

My Times

NOIDA & GREATER NOIDA

March 6, 2010

COMPLIMENTARY TO THE READERS OF THE TIMES OF INDIA IN NOIDA SECTORS 18, 26, 27, 29, 30, 31, 36, 37, 39, 40, 41, 44, 50, 82, 90, 93, JAIPURIA MARKET, NOIDA PHASE 2, GREATER NOIDA, SURAJPUR, KASNA

GRACEFUL STRIDES ACROSS BORDERS



ation. However, with the emergence of dancesport in modern times, it usually refers to the International Standard and International Latin style dances, such as Samba, Cha Cha Cha, Rumba, Paso Doble and Jive, among others.

"Ballroom dancing also addresses health issues. In today's urban lifestyle, people sit at desks and on couches all the time, and we've become very brain-oriented," points out Neel Sodhi, women's fitness trainer managing Ballrumours.

"Ballroom dance gets you into your body. It bridges the gap between the brain and the body so that you tap into your physical, emotional, spiritual and mental being," she adds.

The closing of the event was marked by a high tea in traditional Japanese style along with exchange of traditional gifts and certificates.

Nandi Sakura, who has been teaching Japanese language at JNU for 15 years, co-ordinated the event between the two countries.

Interestingly, Japan has a highly elaborate and organised ballroom dance culture.

Ballrumours DanceSport Studios had earlier successfully organised a similar event about seven months ago.

Dance enthusiasts in the city have pioneered a unique form of cultural exchange with Japan — through ballroom dancing

SHAILJA KATYAL VERMA

In an effort to promote cultural exchange between India and Japan, Ballrumours DanceSport Studios organised a workshop of ballroom dancing at Jaypee Greens, Greater Noida, recently.

A group of 10 ballroom dance enthusiasts and professional teachers

from Japan's Akhoro Yokomichi Dance Plaza (Tokyo) came to India to promote ballroom dancing, besides facilitating a cultural exchange programme.

An equal number of Indians collaborated with them through mutual teaching activities. Kana from Japan taught the flamboyant Paso Doble and Rumba, where as Amir and Neel of Ballrumours taught them

the energetic Rock 'n' Roll and a Latin dance, Bachata.

Significantly, ballroom dancing has got a provisional entry into Olympics under Dancesport category, this series of events is expected to promote dancesport and nurture young talent in India.

Ballroom dance refers to almost any type of social dancing as recre-

Travel made easy for women

Sakhi, the bus service launched a few days before Women's Day, plies on two routes, Sector 62 to Greater Noida and Sector 62 to Dhaula Kuan. It has a woman bus conductor

VIBHA VERMA



SHRADHA MAHESHWARI

owing to public demand, a ladies special bus 'Sakhi' was recently flagged off by Gautam Buddha Nagar MP Suresh Singh Nagar. It operates for six days a week on two routes, Noida to Dhaula Kuan and Noida

to Greater Noida. The conductor is a woman.

The Uttar Pradesh State Roadways Transport Corporation assistant general manager for Greater Noida, Kapil Sharma, says: "The bus starts from Sector 62 at 8 in the morning and reaches Dhaula Kuan at 9.30 a.m. It

leaves from there at 9.45 a.m. for Greater Noida and then goes back to Sector 62. In another round it goes from Sector 62 to Dhaula Kuan and then returns."

Nagar, while launching the bus, says: "It is an attempt to strengthen the transportation system in Noida." The bus is beneficial for all those women who want to go to AIIMS or Safdarjung Hospital or other places on Ring Road. It will also prove good for girl students studying in Delhi University colleges at Ring Road."

Sharma says that the fare was calculated on the basis of three fare structures, which are UP-



SRTC city fare, UPSRTC rural fare and DTC fare. "From Sector 62 to Dhaula Kuan, a ticket will cost Rs 27; Dhaula Kuan to Greater Noida, Rs 44, Dhaula Kuan to Sector 37, Rs 21 and Sector 37 to Greater Noida, Rs 23.

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