

The Medical Arts 16-17: Medical Arts Dance Workshop Participant Reflection: Anjan Saha

On Wednesday, November 16 at students of the Medical Arts Program gathered in the Michigan League for a dance workshop led by choreographer, performer, and scientist Beth Graczyk, U-M Associate Professor of Dance Amy Chavasse, and MFA students Yoshiko Iwai and Molly Paberzs. Here is Med Arts ambassador Anjan Saha's account of the workshop:

"Vigor and exhaustion was what I walked into the Dance Workshop expecting. What I walked out feeling was invigorated and enlightened instead. The nature of Medical Arts is to cultivate a meaningful synergy between the fine arts and medicine, with the hope that intellectual rigor and mutual appreciation for one another's crafts can foster personal enrichment for everyone involved. The dance workshop did just that, insofar as the exercise speaking volumes about natural dynamics between people, from duet and trio arrangements, to larger group activities.



As a future medical scientist, the perspective I take on describing this event is similar to the perspective that I take to the work I do in science: a personal "N of 1" study on the human



beings that make the music, dance, science and experimentation enjoyable, rewarding, and exciting. I am by no means a trained dancer, but to participate in this event was without question a humanizing experience. The randomness of our movements and interactions, only kept structured by a schedule of events organized prior to the event, is a testament to how little control each of us actually have on our lives despite the layers upon layers of constructs we as society place on ourselves. This event thus served as a personal reminder that success within these self-leveled constructs may actually be best

served by aligning with the natural inclination towards disorder and chaos. I hope that the

means to organize future events such as this workshop remains in line with this natural inclination as well.”

The Medical Arts Program is an initiative of Michigan Medicine at the University of Michigan.

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