

Colours of India: Uniting Endocrinologists in Fitness and Friendship

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Abstract

Colours of India is an annual cultural phenomenon that transcends the boundaries of professional conferences, uniting endocrinologists through the universal language of music and dance. Since its inception in 2016, this vibrant event has brought together teams from across India and other participating countries, showcasing diverse dance forms while fostering friendships, promoting wellness, and celebrating cultural diversity within the medical community.

Keywords: Colours of India, dance, endocrinologist, fitness

INTRODUCTION

In 2016, an innovative idea emerged within the endocrine community – to create a cultural event that would not only entertain but also unite professionals through the joy of dance. Thus, “Colours of India” was born. This annual programme has since then become a highlight of the endocrinology calendar in India, offering a unique platform for endocrinologists to showcase their talents, forge friendships, and celebrate the rich cultural heritage of India.

Origin

The genesis of Colours of India arose from a desire to transcend the conventional boundaries of medical conferences and create a platform where professionals

could connect on a deeper and more personal level. Founded in 2016, at New Delhi, the event sought to harness the power of dance and music as a universal language to bridge cultural divides and celebrate the diverse heritage of India. Over the years, it has grown into a cornerstone of the medical calendar, embodying the fusion of art, science, and fellowship.

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Event structure and participation

At the heart of the success of Colours of India is its inclusive structure, which embraces participants not only from all corners of India but also from neighbouring and distant countries. Teams representing the North, South, East, West, and Central regions of India showcase their distinctive dance forms, each reflecting the cultural richness and diversity of its region. Additionally, the participation of the executive committee of the Endocrine Society of India (ESI) adds a fun touch to the event, while performances from other participating countries contribute to its international flair.

Preparation and collaboration

The journey towards Colours of India is marked by months of meticulous planning and preparation. Every year, notifications are distributed across social media platforms, inviting individuals keen on participating to join teams for Colours of India. Enthusiastic volunteers step up to organize group logistics, including selecting songs, costumes, and more. Song selections are made with care, reflecting the cultural heritage and spirit of each region. Participants receive dance videos, which they use to learn the routines independently. As the event approaches, they participate in online sessions and then engage in physical practice sessions just before the performances, honing their skills and building camaraderie with fellow dancers. The collaborative nature of these sessions fosters a sense of solidarity and teamwork, transcending geographical boundaries and forging lasting bonds among participants. This spills over to the academic arena as well by facilitating inter-college and inter-country collaborations.^[1-3]

Culmination at ESICON

The culmination of Colours of India takes place at the annual Endocrine Society of India Conference (ESICON), where the magic of dance meets the rigour of academia. Against the backdrop of scholarly discussions and scientific presentations, participants take the stage, showcasing the beauty and diversity of Indian culture. The presence of senior faculty in the dance teams reminds the attendees of the importance of holistic health.^[4]

Evolution through the years

Colours of India began its vibrant journey at ESICON 2016 in Delhi, where it welcomed more than 100 enthusiastic participants. Building upon its success, Colours of India 2018 in Bhubaneswar marked a significant milestone as teams from South Asian Federation of Endocrine Societies joined the celebration, with the theme revolving around sports.^[5] In 2019, the event in Nagpur received a spirited boost with the participation of the team from the Indian Armed Forces. The Colours of India 2022, hosted in Jaipur, underscored the theme of “Fitness is Fun,” thereby emphasizing the growing importance of health and fitness.^[6] The most recent edition in 2023, hosted in Hyderabad, included over 150 participants from across India, South Asia, and beyond. The theme Anandamide highlighted the relationship of hormones and happiness. This further solidified Colours of India’s standing as

a vibrant and inclusive celebration of friendship and fellowship of the endocrine fraternity.

Promoting wellness through dance

Beyond its cultural significance, Colours of India serves as a powerful tool for promoting wellness and fitness among endocrinologists.^[5] The rigorous practice sessions leading up to the event provide participants with an opportunity to engage in physical activity, thereby improving fitness. Moreover, the sheer joy of dance uplifts spirits and fosters a sense of well-being, contributing to overall mental and emotional wellness.^[7,8]

Fostering connections beyond professional boundaries

One of the most significant outcomes of Colours of India is its capacity to cultivate connections and friendships that transcend professional boundaries. Through shared rehearsals, collaborative performances, and moments of laughter and camaraderie, participants forge lasting bonds that extend beyond the duration of the event. These friendships not only enrich personal lives but also provide support, inspiration, and mentorship in both personal and professional spheres.^[9,10]

Celebrating unity in diversity

At its core, Colours of India is a celebration of unity in diversity. By bringing together endocrinologists from diverse backgrounds, cultures, and traditions, the event underscores the importance of inclusivity, acceptance, and mutual respect within the medical community. Participants come together on the dance floor, setting aside differences in language, ethnicity, and nationality to celebrate the rich tapestry of cultures.

Challenges and weaknesses

While Colours of India is an important part of ESICON, it faces various challenges. As time is limited, it is difficult for all interested participants to get adequate exposure on the stage. Also, concurrent academic activities make it difficult for all participants to spare enough time for practice. The increasing cost of logistics and infrastructure is another challenge which needs to be met.

CONCLUSION

Colours of India has evolved beyond a routine cultural event, becoming a platform that champions unity, diversity, and wellness among endocrinologists. By blending art, culture, fitness, and fellowship, the event serves as a beacon of inspiration, nurturing connections, advocating for wellness, and celebrating the shared humanity among its participants. We thank the ESI for the friendships forged, the cultures embraced, and the transformative influence of dance to unite, heal, and inspire. Team-based fitness and dance breaks should be integrated into all continuing medical education events to encourage healthy living.

We eagerly anticipate each annual iteration of Colours of India. Future editions of Colours of India should be more inclusive and more impactful. We should invite colleagues from across the global endocrine fraternity to celebrate Colours of the World. Socially meaningful themes should be taken up to

ensure introspection and action for collective well-being. With these improvements, Colours of India will continue to grow and spread harmony, health, and happiness.

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Authors contribution

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Conflicts of interest

There are no conflicts of interest.

Data availability

Not applicable.

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