

Research on maintenance and promotion of mental and physical health as the foundation to create happiness

-Utilization of traditional performing arts and dissemination of health education-

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Happiness



Healthy life

Maintenance and promotion of mental and physical health

Aim of this research : to help creation of happiness by use of **traditional performing arts** & health education

Features and significance of this research

Following 2 projects are ongoing.

1) Study on utilization of traditional performing arts such as Noh play (Noh/Kyogen) for maintenance and/or improvement of physical function and broadening of view in elderly people and their effects on extension of healthy life.

We will develop a self-care * method using the concepts and techniques of traditional performing arts such as Noh play, by taking advantage of the fact that our university created the “Noh Research Archives of Musashino University” and has been doing efforts to introduce Noh to the general public.

2) Research on the dissemination of health education (e.g., education aimed at mastering of self-care methods), including project 1).



Hagoromo (Written by H.Miura “Hajimete no Noh and Kyogen”)

*: Self-care is what people do for themselves to establish and maintain health, prevent and deal with illness. (WHO definition)