

PROJECT ON

"Benefits of dance education"

SUBMITTED BY

ROHINI.D.P

SB19BHA012

FINAL YEAR B.A BHARATHANATYAM

ST.TERESA'S COLLEGE

DEPARTMENT OF BHARATHANATYAM



AFFILATED TO M.G UNIVERSITY

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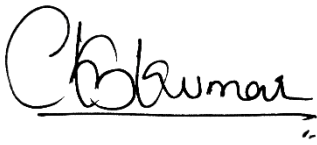


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CERTIFICATE

Certified that this is a confide record of final year project on
“Benefits of dance education”. Submitted by
Rohini.D.P(SB19BHA012) and submitted in partial fulfillment
of requirement of award of B.A Bharathanatyam this collage.



Mr. SureshKumar
Head of the Department
St.Teresa’s Collage
Ernakulam



Ms. Arunima.J.R
Lecture - in - charge
Dept.of Bharathanatyam
St.Teresa’s Collage
Ernakulam



Collage Seal

External Examiner

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"Benefits of dance education"

Introduction

Bharatanatyam is a major Hindu form of Indian classical dance that originated in the modern-day region of Tamil Nadu. The *Natya Shastra* by Bharata Muni and *Abhinaya Darpana* (Mirror of Gesture) by Nandikeshvara are considered to be the original sources of Bharatanatyam (an Indian classical dance form). The dance form is also briefly mentioned in Kannada text *Manasolalla* written by Someshwara III. It has flourished in the temples and courts of southern India since ancient times. It is one of eight widely recognized Indian classical dance forms and it expresses South Indian religious themes and spiritual ideas, particularly of Shaivism, Vaishnavism and Shaktism, collectively Hinduism. Bharatanatyam is the oldest classical dance tradition in India. The dance form was prevalent in ancient Tamil Nadu, and several books have codified it, such as the *Natya Shastra* by Bharata Muni. Bharatanatyam is the state dance form of Tamil Nadu. Bharatanatyam contains different types of *banis*. *Bani*, or 'tradition', is a term used to describe the dance technique and style specific to a guru or school. These are named according to the village of the guru (with the exception of some *banis*). Bharatanatyam style is noted for its fixed upper torso, bent legs and knees flexed (Aramandi) combined with spectacular footwork, and a sophisticated vocabulary of sign language based on gestures of hands, eyes, and face muscles. The dance is accompanied by music and a singer, and typically the dancer's guru is present as the Nattuvanar, director, and conductor of the performance and art. The dance has traditionally been a form of an interpretive narration of mythical legends and spiritual ideas from Hindu texts. The performance repertoire of Bharatanatyam, like other classical dances, includes *nrita* (pure dance), *nritya* (solo expressive dance) and *natya* (group dramatic dance).

Sequence of dances

The traditional Bharatanatyam Arangetram performance follows a seven to eight-part order of presentation. This set is called *margam*.

Pushpanjali

The Arangetram performance typically begins with a dance called the pushpanjali, which literally translates to "offering of flowers". In this dance, the performer offers flowers and salutations to the Hindu deities, the guru, and the audience as a mark of respect. The beginning of the dance symbolizes supplication, from which the dancer then commences the rest of the performance.

Alarippu

The presentation can also begin with a rhythmic invocation (vandana) called the Alarippu. It is a pure dance, which combines a thank you and benediction for blessings from the gods and goddesses, the guru and the gathered performance team. It also serves as a preliminary warm up dance, without melody, to enable the dancer to loosen their body, journey away from distractions and towards single-minded focus.

Jatiswaram

The next stage of the performance adds melody to the movement of Alarippu, and this is called Jatiswaram. The dance remains a preliminary technical performance (nritta), pure in form and without any expressed words. The drums set the beat, of any Carnatic music raga (melody). They perform a sequence (Korvai) to the rhythm of the beat, presenting to the audience the unity of music, rhythm and movements.

Shabdham

The performance sequence then adds Shabdham (expressed words). This is the first item of margam where expressions are introduced. The solo dancer, the vocalist(s) and the musical team, in this stage of the production, present short compositions, with words and meaning, in a spectrum of moods.

Varnam

The Varnam part of Bharatanatyam emphasizes expressive dance. The performance thereafter evolves into the Varnam stage. This marks the arrival into the sanctum sanctorum core of the performance. It is the longest section and the nritya. A traditional Varnam may be as long as 30–45 minutes or sometimes an hour. Varnam offer huge scope for improvisation and an experienced dancer can stretch the Varnam to a desirable length. The artist presents the play or the main composition, reveling in all their movements, silently communicating the text through codified gestures and footwork, harmoniously with the music, rhythmically punctuated. The dancer performs complicated moves, such as expressing a verse at two speeds. Their hands and body tell a story, whether of love and longing, or of a battle between the good and the evil, as the musicians envelop them with musical notes and tones that set the appropriate mood.

Padam

The Padam is next. This is the stage of reverence, of simplicity, of abhinaya (expression) of the solemn spiritual message or devotional religious prayer (bhakti). The music is lighter, the chant intimate, the dance emotional. The choreography attempts to express rasa (emotional taste) and a mood, while the recital may include items such as a keertanam (expressing devotion), a javali (expressing divine love) or something else.

Tillana

The performance sequence ends with a thilana, the climax. It closes out the nritya portion, the movements exit the temple of expressive dance, returning to the nritya style, where a series of pure movement and music are rhythmically performed. Therewith the performance ends.

Shlokam or Mangalam

The seventh and final item in the sequence can be either a shlokam or a Mangalam. The dancer calls for blessings on the people all around.

The overall sequence of Bharatanatyam, states Balasaraswati, thus moves from "mere meter; then melody and meter; continuing with music, meaning and meter; its expansion in the centerpiece of the varnam; thereafter, music and meaning without meter a non-metrical song at the end. We see a most wonderful completeness and symmetry in this art".

Originally a temple dance for women, bharatanatyam often is used to express Hindu religious stories and devotions. It was not commonly seen on the public stage until the 20th century. The dance movements are characterized by bent legs, while feet keep rhythm. Hands may be used in a series of mudras, or symbolic hand gestures, to tell a story.

Definition - What does *Bharatanatyam* mean?

A form of classical Indian dance, bharatanatyam is a **physical expression that centers on displaying the divine or spiritual aspects through the body**. In Sanskrit, bharatanatyam means "Indian dance" and is believed to have divine origin. It is considered the most ancient form of classical Indian dance, as well as one of the most popular.

Bharatanatyam is a form of *Natya* yoga (a sacred and meditative dance yoga) and is believed by some to have similar health benefits as yoga. **Yogapedia explains *Bharatanatyam***

In Hindu religious tradition, it is believed that Brahma created bharatanatyam (through the creation of the *Natya Veda*) as a form of

entertainment and communication that could be understood by all, as some people were unable to understand the scriptures.

Historically, bharatanatyam was primarily performed by female dancers and dancer-priestesses. Contemporary classical dancers of bharatanatyam are both male and female. It is considered a sacred ritual that is spiritually uplifting for both audience and dancer. **During These Times of Stress and Uncertainty Your Doshas May Be Unbalanced.**

Mudras and postures, songs and steps, Bharatanatyam is a magical blend of expressions, melody and rhythm. It is an Indian classical dance from Tamil Nadu. In a culture where traditional dance occupies a very important part, Bharatanatyam is at the top of many parents' pursuits for their child.

Dance, and Bharatanatyam, in particular, can be a great activity to achieve fitness. An article on 'children and dance', published in says, "At a physical level, dance is an excellent way to achieve and maintain fitness; very few exercise routines can boast of the same benefits with respect to coordination, strength and endurance. Poise and grace are, of course, the icing on the cake!" The article also cites persistence, discipline, culture and social skills as added learning quotients your child can have from this art form.

But not just physical improvements, Bharatanatyam can have great cognitive and psychological impacts on your child as well. "A performer needs to remember steps, names of the various steps, different moves, the to pay attention if the body movements are in sync. This hones the mental skills and builds mental beats and rhythm of the song. With all this a dancer has alertness," says an article in india parenting. Moreover, Bharatanatyam dancers, have been proven to possess more confidence.

Benefits Of Bharatanatyam.

Nritya Nritta, and Natya. Nritya emphasizes body movements and various dance postures. Nritta highlights rhythm and body movements. Natya gives significance to poem and drama. A perfect combination of all three elements makes a perfect dance. If performed with absolute concentration this dance form is as beneficial as yoga. The numerous health benefits of bharatanatyam include:

1.Helps improves body balance.

Like many other dance forms of Indian origin Bharatanatyam also has many poses and postures. The performer needs to maintain the body balance elegantly in the entire performance. The different kinds of body movements known as Karanas help in improving the body balance.

2.Helps improve the flexibility.

This dance form is associated with non verbal communication and facial expressions. Here facial expressions and hand gestures are the main ways to express and communicate feelings. Various Mudras including symbols and positions are a vital part of this dance form and helps to improve the flexibility of the body.

3.Develops concentration.

Bharatanatyam improves the overall response of both the body and the mind. The dancer needs to remember Hastas, Mudras, and Karnas in prder to give good performance. He or she also needs to remember different steps, their names, the different moves, rhythm and beats of the song and maintain the synchrony. This sharpens the mental skills, improves concentration, and develops mental alertness.

4. Benefits to the heart.

Dance can always be associated with fitness. The same holds true for Bharatanatyam as well. It is very beneficial for the health of the heart. It improves blood circulation, pumps the blood at a faster pace and keeps the heart healthy.

5. Develops endurance and staying power.

The movements in this dance use up various muscles and body tissues. A few hours practice of this dance form is a good exercise and helps to improve stamina and endurance. The simultaneous movements of all limbs, the eyes following the actions performed by the hands, help develop body stamina. Although, performance of each dance step with perfection requires a lot of time but also helps to develop endurance and staying power within the body.

6. Helps in controlling body weight.

Dance forms such as Bharatanatyam improves the activity of the body muscles. A good performance requires regular and lengthy hours of practice. Regular dance practice helps to lose fat and control weight. The difficult body movements, jumps and hand gestures use a lot of energy and require the burning of calories. This helps to lose excessive body weight.

By learning this traditional dance form, you will not only contribute to continue our culture and traditions but also improve upon your health and endurance naturally. Along with that you will be admired as a good dancer by people around you.

Advantages Of Bharatanatyam For Kids

- Bharatanatyam is one such dance form that can be learnt from the age of four for any child irrespective of gender. There are a plethora of benefits in learning this classical dance form and we

have listed below the reasons for your child to pursue this magnificent dance form.

➤ **Discipline**

Bharatanatyam is a type of dance form that dwells on discipline. The patient practices of the adavu along with guru bhakthi propagated by this dance ensure that the child is disciplined at an early age.

➤ **Remove Shyness**

Enroll your child to a Bharatanatyam class for this dance form will help your child shed all her shyness and inhibitions. Dancing with other students and in front of so many people will boost the morale of your child. Bharatanatyam will help in bringing out the extrovert in your child.

➤ **Improving Mental Faculties**

Learning Bharatanatyam helps in improving the mental faculties of the children. The subtle movements of the feet along with the hand-eye coordination in the adavu (steps) help the child to have a lucid and sharp mind.

➤ **A Source Of Fitness Activity**

Bharatanatyam is not just a dance form; it is also a kind of exercise that helps you to ooze out the fatty acids deposited in the body. Learning Bharatanatyam will help children keeps the body impeccably fit and flexible.

➤ **Learning becomes fun**

Bharatanatyam is precisely that dance form where children learn the art with all vim and vigor. When inducted at the right age the dance becomes a fun process and let the child to explore more on the

nuances of it. This is especially important for all other learning activities as well.

Dance - health benefits

Dance has always been a part of human culture, rituals and celebrations. Today, most dancing is about recreation and self-expression, although it can also be done as a competitive activity. Dancing is an enjoyable way to be more physically active and stay fit.

Health benefits of dancing

Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits including:

- improved condition of your heart and lungs
- increased muscular strength, endurance and motor fitness
- increased aerobic fitness
- improved muscle tone and strength
- weight management
- stronger bones and reduced risk of osteoporosis
- better coordination, agility and flexibility
- improved balance and spatial awareness
- increased physical confidence
- improved mental functioning
- improved general and psychological wellbeing
- greater self-confidence and self-esteem
- better social skills.
- Getting started with dancing

You can dance in a group, with a partner, or on your own. There are lots of different places where you can enjoy dancing, for example, at dance schools, social venues, community halls and in your own home. Dancing has become such a popular way to be active and

keep fit, that most fitness clubs now offer dance classes in their group exercise programs.

Dancing can be done both competitively and socially. It can be a great recreational and sporting choice, because anyone of any age can take part. It doesn't matter whether it is cold or raining, as dancing is usually done indoors.

The gear you need for dancing will depend on the style of dancing you choose.

❖ 6 Benefits of Bharatanatyam – Why should one learn Bharatanatyam?

Bharatanatyam is a classical dance form which is beneficial in many ways. It provides with many health benefits. Classical dance forms like Kathak, Kuchipudi, Odissi, Manipuri and Bharatanatyam are admired by people across the different states of the country. Classical dances have made a place not only in India but also in abroad because of its benefits to the body. Below are some of the b



- **Improves flexibility**

Mudras are an important part of Bharatnatyam. They are created by different body parts that enhance flexibility. Bharatnatyam is associated with expressions and gestures which help in communicating the message and feelings. Mudras and expressions help in talking with the audience through the dance and also help in improving flexibility.

- **Increases stamina**

Like various other dance forms, Bharatnatyam too has many movements which help in making the muscles strong. These body movements are sometimes tough and the postures are needed to be held for some seconds. Bharatnatyam is no less than yoga or exercise so a few hours of practice and movement of limbs helps in boosting stamina.

- **Improves balance**

Bharatnatyam includes different postures, poses and movements. The different body movements are called Karanas which help in improving the balance of the body. There can be different postures such as standing on one foot that needs to be held on for a few seconds to improve the balance. Bharatnatyam is as beneficial to the body as yoga.

- **Provides healthy heart**

Dancing helps in keeping your heart healthy. It helps in circulating blood faster and pumping it. Just like many other dance forms, Bharatnatyam demands a lot of energy and ultimately it increases the blood circulation in the body. Dance and fitness always go side by side.

○ **Improves concentration**

While performing Bharatnatyam, one needs to remember the mudras, karanas and hastas to perform well. It requires a lot of concentration and attention to remember all this correctly. A dancer needs to remember different movements, steps, the rhythm and beats and expressions while performing. Ultimately Bharatnatyam helps in improving the mental skills, concentration and mental alertness.

● **The other benefits of learning Bharatanatayam**

Bharatnatyam demands a lot of facial expressions. It involves the movement of eyes, eyebrows, neck and lips which make the muscles strong. The facial tissues become strong due to the constant movement of facial muscles. Different expressions are used in displaying different feelings like sadness, anger, happiness etc. Bharatnatyam dancers have glowing skin and grace in their eyes. The eyes movements help in strengthening the eye muscles.



What are the benefits of dance in physical education?

1.Discipline :- In a roundabout manner, the Principal is setting about discipline in the most creative manner possible. It is said that marches were used by soldiers and commanders to instill discipline among the armed forces. In the civil world, the closest to that is group dancing doing the same moves together. People who have danced together would know this very well, as to how discipline is the absolute necessity and how over time you know your place in the order of things.

2.Creativity :- Dance is creativity. It comes naturally to some, it does not others. But if done daily, it instills the idea of creativity in mind. You may not get good at it but over time you will get good at the allied stuff, the music, or the artistry of the costumes. It all starts to seep in. You will not know but creative involvement begets creativity. Dance is the most vigorous form. It works big time.

3.Fun :- School going in nearly all parts of the globe has an element of dreariness. The principal in the video is fighting that by the most fun method available to him. Just for this, the whole school shall land up every day. One would remember when Indian schools started first offering midday meals during lunch times, what an excitement it created among students. Fun is necessary, excitement for being in school is requisite to make the school system work well.

4.Exercise and wellness :- This is a no-brainer. Dance is and has always been the best form of exercise. It definitely works very well for the respiratory system. If the rhythms of a child have been affected, the rhythm comes back and this enables a student to become regimented, his body language changes and his core strength gets better because of all the right muscles in action. It is a delight to see children getting fit, energetic and happy by the day.

5. Concentration :- Only a dancer can tell you as to how concentration improves. Only they can tell you how an ability to do one thing for a longer period of time improves every passing day when you have been dancing. With children, expect all of this to happen at great speed.

6. Calm and peace :- The true dancers have an aura of calm that is well known. They are not angry or distraught about anything. Children would do very well adopting dancing for just the calm and peace that it brings. The intensity of regimen and the solace of poses or stretches bring great calm into a well-activated body. It is near nirvana.

9 Health Benefits of Dance

These days, people love to watch other people dance. Competitive dance shows like So You Think You Can Dance and Dancing With the Stars are dominating the world of reality television. What you may not realize, however, is that if you get off the couch and dance yourself, it's a great way to keep your body and mind healthy. Studies show that dancing can help you lose weight, stay flexible, reduce stress, make friends, and more.



Boost Memory

Dance not only instills grace, but it also helps you age gracefully. According to a study in *The New England Journal of Medicine*, dancing may boost your memory and prevent you from developing dementia as you get older. Science reveals that aerobic exercise can reverse volume loss in the hippocampus, the part of the brain that controls memory. The hippocampus naturally shrinks during late adulthood, which often leads to impaired memory and sometimes dementia.

Reduce Stress

If you're feeling tense or stressed out, you might want to grab a partner, turn up the music, and tango! In a controlled study in the *Journal of Applied Gerontology*, researchers found that partner dance and musical accompaniment can help bring about stress relief.

Diminish Depression

Dancing really does lift your spirits, according to a study that tested the effects of dancing on people with depression. Patients who participated in an upbeat group dance showed the fewest depression symptoms and the most vitality. Got the blues? Grab a friend and go out dancing tonight.

Help Your Hear

Dance is a great activity for those at risk for cardiovascular disease. People with heart failure who took up waltzing improved their heart health, breathing, and quality of life significantly compared to those who biked or walked on a treadmill for exercise, noted an Italian study.

Lose Weight

Bored with your bicycle? A study in the *Journal of Physiological Anthropology* found that an exercise program of aerobic dance training is just as helpful for losing weight and increasing aerobic power as cycling and jogging.

Balance Better

If you are nervous about falling as you get older, some dance lessons might help ease your worries, according to a study in the Journal of Aging and Physical Activity that showed tango dancing can improve balance in aging adults. Dancing requires a lot of fast movement and good posture, so frequent dancing will help you stabilize and gain better control of your body.

Increase Energy

Can't seem to find your get-up-and-go? Taking a dance class might help. Research published in The Scholarly Publishing and Academic Resources Coalition found that a weekly dance program could improve physical performance and increase energy levels among adults.

The importance of Dance in Education

Learning, thought, creativity, and intelligence don't just come from the brain alone, but from the entire body. Movement combinations increase memory, order, and sequencing skills. Creating dances also increases self-esteem which is so very important to learning.

We already witness the need for children to move throughout the day. Having experienced first-hand the positive effects that music and dance have on students' development, I feel it is important for dance to be included in all elementary (and secondary) curricula.

There are so many reasons why dance is important to the health and development of our young people. Above all, children need to move! Any way to get kids moving on their feet is a must (especially in a digital era). Dance burns calories, strengthens muscles, improves balance, increases flexibility, and gives the heart a good workout. Dance has also been proven to increase cognitive development. Current research documents the importance of exercise on the brain

and supports what dancers have always known – the body and mind are connected in vital ways.

Utilizing dance in academics also helps children develop skills that are necessary for learning such as creativity, communication, critical thinking, and collaboration. Through the creative process, students are encouraged to use their imagination, collaborate with their peers to solve problems, and discover multiple solutions to challenges.

It is because of these reasons that I have chosen to incorporate music and dance. I have found that they learn steps and rhythms extremely quickly. Some children chose to create their own dances, and this is always a joy to watch. My hope is that all of us enjoy the dance and young adults never lose their desire to play music and just dance.

Why dancing is amazing for you — according to an expert “In my opinion, there is no better workout than dance,” says iFit trainer Kelsey Sheahan. “You have to use every essence of your body to do it. Dancing is a full-body workout in the truest sense.”

“It helps improve coordination, memorization, endurance, flexibility, and most importantly, it makes your heart happy,” continues Sheahan. “I guarantee you will see a huge difference in your overall mood, decrease stress levels, and have an extra pep in your step.”



CONCLUSION

Bharatnatyam is one of the most beautiful dance forms of India. It is India's representation globally. It has a deep and an interesting history to discuss about. Right from being a temple dance to being one of the most popular dances, it is a legacy in itself. This ancient dance style was earlier restricted to temples and were performed by the temple dancers also known as Devadasis. During the older times, being born in a Devadasi household was considered to be a blessing of God but the British colonial times, tarnished the image of these dancers who were then reduced to mere prostitutes and were subject to filth and dirt. Also various studies has been conducted that would highlight the pathetic conditions of these once renowned Devadasis. This dance style had seen its fair share of success and struggle. It was also banned during the colonial times, yet there had been many pioneers who have not given in to the oppression of the British. These frontiers had led to revival and rebirth of Bharatnatyam, turning it into the Dance of Glory.

The contributions of these Devadasis and revivalists should be made aware to the people of India who lack a clear understanding about the subject matter. The study conducted highlighted the relevance of this dance among the people of India and it was quite appalling to study the results. More than 60% of the people are not trained classical dancers. Also they lack the basic knowledge of the number of classical dances in the country. The study also highlighted many people viewed it to be a recreational, fitness or a spiritual activity but if given a choice to learn this dance style only 43% of the respondents readily agreed to learn this art style. Ironically, more than 50% of the respondents do agree that classical dances are losing their presence in India.

Studies have been conducted to understand the presence of this style internationally but not much has been spoken about its hold in the country. Hence this study played an important role by being an eye opener and highlighted the presence of Bharatnatyam in

the country itself. Various factors like popularization of Western practices and the drive towards modernization is leading to the decline of the age old art forms of India, Bharatnatyam being one such art form which was earlier revered and worshipped. Various steps in the form of advertising, mass media and so on should be taken not only by the government but also by the people of the country which would be then passed on to one generation to generation, inspiring them to stick to their roots but at the same time not isolate themselves from the changing times in order to be up to date. These steps would be predominant in keeping the culture, heritage and art forms of India alive and intact. Dance is not just moving your hands and legs to match the tune of a song. It's a lot more than that! To learn the rhythm of the steps being performed, one just might learn the rhythm of everything else in life! A child will learn to understand the capacities of his or her own body, maintain a balance between the mind, the body and feelings and to channel it out in a positive and expressive way. They not just learn to express themselves but also present themselves as confident and sound human beings.



