

PREFACE

Indian classical dances combine music, literature, art, and religion. Perhaps the oldest style of South Indian classical dance is Bharatanatyam. Its origins can be found in the Vedas, the oldest and most revered Hindu scripture. The great sage Bharata spread the art of Bharatanatyam and wrote the treatise Natya Shastra, which is the ancient work on theatrical art. The Tanjore Quartet, comprised of Chinnaya, Ponnaya, Shivanandam and Vadivelu, gave the art during the 18th century a specific format known as "Margam". The Adavus and the kritis taught and performed according to the format described in the Margam.

Bharata Natyam's basic movements are intricate and challenging. Different hand and foot movements are used. For each set of steps, a different Shollukattu is used. Students find it challenging to remember the order of the steps while also writing down all of the steps. Combination of simple but specific rhythmic sounds is Shollukattu. It enhances the elegance of the footwork. The sound and footwork have a pure vibration that resembles the spirit of Nritta. The foundation of this art is adavus. It is necessary to teach and learn Adavus' methods and grammar systematic way. Both the body and the mind must be coordinated. To master it, it takes many years of consistent practice.

Nowadays, Bharatanatyam classes are held without the proper warm-up exercises, additionally, food is unhealthy. By considering this situation and a few examples, additional body training is required. This is the opinion of the researcher. After speaking with a few senior Bharatanatyam dancers, the researcher learned that the senior practitioners share the same opinion. These days, there is a growing awareness of good health. Bharatanatyam dancers should choose an additional training that incorporates the same fundamental Bharatanatyam principles if they want to get fit, prevent injuries and rehabilitation from an injury.

The introduction and prelude to Pilates exercise can be found for 100 years. The association of Pilates exercise with the inception of therapy can be seen for 100 years. Based upon this, the Pilates method, the trainers and the therapists went through an evolution with changing times and situations. Along with their propagation and promotion, innovations took place. Because of this, Pilates exercise evolved into new forms from the traditional Pilates exercises invented by Joseph Pilates himself, which was used as a therapy to the World War I soldiers.

During Master's in dance, the researcher had the opportunity to practice Pilates exercises and achieved outstanding results and went on to complete a trainers course and earn the

certification. After receiving best results, the researcher made the decision to further investigate the topic, discovered related principles, and considered creating a suitable Pilates exercise regimen for Bharatanatyam dancers. The researcher met trainers and physiotherapists along the way, studied therapeutic Pilates, which is already used by them to treat sports injuries, conducted in-depth research, and conducted interviews with them.

The researcher thought about researching a benefit of Pilates exercise for Bharatanatyam dancers that has not been explored or touched by anyone else after taking into account all the aforementioned factors and studying various topics like the fundamental principles of Bharatanatyam and Pilates exercise, history of both disciplines, and therapeutic effects of Pilates. Numerous studies on the benefits of Pilates exercises as a form of therapy have been conducted and it is successful. So, staying with the same theme, the researcher chose to develop a regimen and aware Bharatanatyam dancers about 34 preventative and rehabilitation exercises created by Joseph Pilates under the name "Contrology," which later became known as Pilates exercises.

This research is divided in five chapters, wherein the researcher has talked about fundamental principles of Bharatanatyam and Pilates exercise, history of Pilates exercise, integration of Pilates exercises in Nritya part of Bharatanatyam, and therapeutic Pilates and establishment in the field of physiotherapist based on interviews of various scholars, articles, books, journals, audio recordings, photographs, YouTube videos etc.

Place: Vadodara

Date:

Researcher

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