

**"The Therapeutic Value of Pilates in Indian Classical  
Dance-Bharatanatyam"**

A Thesis Submitted to  
The Maharaja Sayajirao University of Baroda  
For the Award of the Degree of  
Doctor of Philosophy

In

Dance

By

**Vrushika Jigar Dave**

Under the Guidance of

**Dr. Ami Pandya**



**DEPARTMENT OF Dance  
FACULTY OF PERFORMING ARTS  
THE MAHARAJA SAYAJIRAO UNIVERSITY OF BARODA  
VADODARA-390001  
2018-2023**

**Registration No: FOPA/84**

**Registration Date: 26/11/2018**

