

Chapter 6 Conclusion

The thesis' main objective is to explain the importance of supplementary exercise for Bharatanatyam dancers, introduce Pilates exercise, and explain its benefits, method of use, and therapeutic abilities so that dancers can trust the method and practice it to avoid injury and expand their career. The conclusion that can be drawn from the information presented in the thesis is that Bharatanatyam dancers need additional exercise if they want to enhance their performance. Few options of supplemental exercises offer advantages for injury prevention, injury rehabilitation, and career longevity. Despite not mentioning any specific exercise, Natyashastra explains exercise is essential for dancers.

The researcher describes the various kinds of supplementary exercises and their importance in the first chapter. The researcher emphasizes Pilates exercise as a Pilates exercise instructor. To incorporate Pilates exercise into a Bharatanatyam dancer's regimen, it is necessary to first discuss Bharatanatyam and Pilates exercise, as well as the Bharatanatyam Nritta part on which Pilates exercises can be applied directly. The researcher has discussed a portion of Bharatanatyam on which Pilates exercises can be directly implemented in the following chapter. Following that, the third chapter explains the entire history and evolution of Pilates exercise, as well as the current state of Pilates exercise. The researcher introduces 34 exercises created by Joseph Pilates himself as well as all the fundamental guidelines and rules of Pilates exercise in the third chapter. This chapter covers Joseph Pilates' life and work, the evolution of Pilates exercises, and a step-by-step demonstration of the exercises with rare photographs of Joseph Pilates himself.

In the following chapter the researcher is recommending Pilates exercises for each adavu of Bharatanatyam, which can also be applied to Nritta Kritis of the margam, which is systematically set by the researcher specially for Bharatanatyam dancer on the basis of own experience. The process goes from explaining the meaning of integration, relative study of the Principles of Bharatanatyam and Pilates exercise, and then the researcher is integrating Pilates into Bharatanatyam. Pilates is a great way for dancers to supplement their conditioning. Pilates and dance share conceptual and anatomical similarities that can be very helpful in executing movements correctly, preventing injuries, and extending dance careers.

The researcher then uses case studies conducted by physiotherapists and personal experiences to explain the therapeutic value of Pilates exercise for Bharatanatyam dancers. The purpose of this study is to educate Bharatanatyam dancers about Pilates exercise and its extraordinary benefits. During research, the researcher confirmed the same. With the interview of

Bharatanatyam dancers they shared that there is a need of systematic and scientific exercise routine for Bharatanatyam students to aware about their muscles usage during dance and prevent injury and career extension.

After the interviews with Pilates trainers the researcher come to the conclusion that there is a strong need of strengthening and lengthening the muscles to prevent injury and Pilates can fulfil that need of Bharatanatyam dancers. Additionally, according to physiotherapists, Bharatanatyam dancers should have strong hip and core muscles and Pilates exercise focuses mainly on these areas. As a result, Bharatanatyam dancers may choose Pilates exercise and incorporate it into their regimen.

According to the researcher, Bharatanatyam dancers may benefit from functional Pilates training to stay physically fit. A Bharatanatyam dancer's confidence may increase after taking Pilates exercise classes. This research could serve as a starting point for research that how effectively Pilates exercise can be used by Bharatanatyam dancers in their daily lives.

Finally, and perhaps most importantly, as choosing dance as a profession is increasing, this research could contribute to the systematic methodology of Pilates Functional training as a form of physical therapy for Bharatanatyam dancers because proper exercise technique is not mentioned anywhere in any Bharatanatyam-related texts. Dance teachers should be aware of the value of conditioning outside of dance sessions, not only to improve performance but also to protect dancers from injury. Pilates is advised because it develops the necessary capacities for performance while keeping the artistic component in mind. Pilates can support the dance class in enhancing ideal dance technique, exploring and developing one's physical potential, avoiding injuries, and healing from injuries by emphasising breathing, alignment, position, and abdominal exercises.

Both Bharatanatyam and Pilates require the core muscles to be contracted in order to maintain proper posture. The information provided leads us to the conclusion that Therapeutic Pilates is very helpful for dancers, Bharatanatyam dancers can benefit from Pilates concepts. Performers of Bharatanatyam can progress quickly in their careers by working out Pilates exercise twice a week for 60 to 90 minutes. They can improve their posture, strength, and ability to prevent injuries. For Bharatanatyam dancers, Pilates training is specifically created to help them improve their physical skills in a precise way.

Applying the Pilates method entails, in the researcher's opinion,

- Doing full-body exercises and encouraging natural movement through conscious breathing.

- To effectively load joints through the development of muscle strength and flexibility in a balanced manner.
- To maintain sustained mental focus
- To exert as much muscle power through controlled movement as is required for each exercise, i.e., to use energy effectively.
- To start every body movement from a solid centre.
- To direct the natural rhythm of movement and stimulate muscle engagement through the breath.
- To execute precise, defined movements as accurately as possible.

Given exercise suggestions are the researchers' personal opinions as a trainer; there is unquestionably more room for improvement or modification of the exercise sequence or type after careful examination of the muscles and body or Pilates anatomy. Although the current research is only focused on the Bharatanatyam dance form, Pilates exercise may be incorporated in other Indian classical dance styles if they share some of the same core principles as Pilates exercise. The Pilates method is an excellent way for dancers to supplement their dance training. Pilates and dance share conceptual and physical implications in terms that can improve movement execution, prevent injuries, and lengthen the career of a dancer. It is crucial that Bharatanatyam dancers are aware of the nature of Pilates exercise and the evidence supporting its numerous therapeutic effects.
