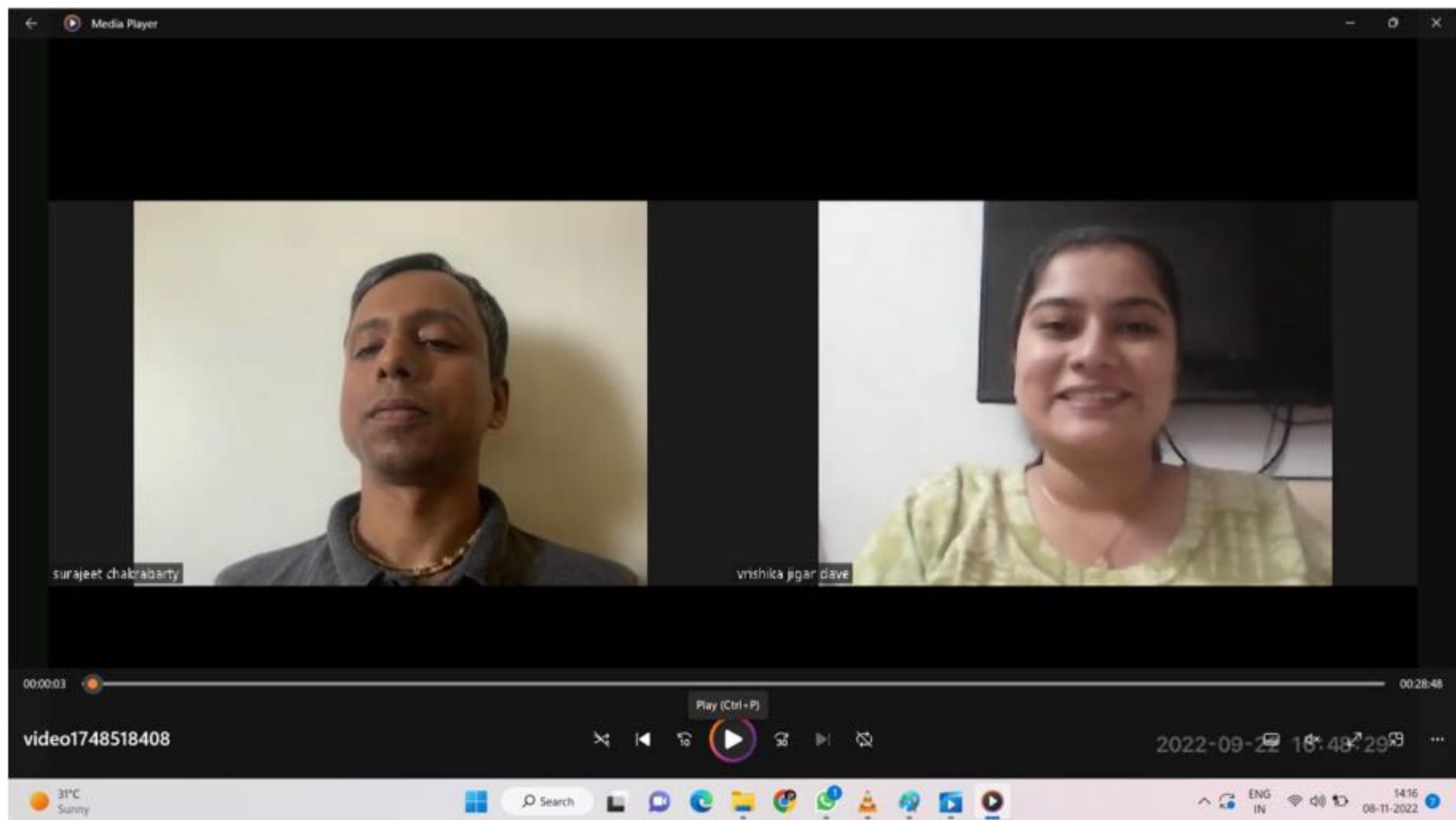
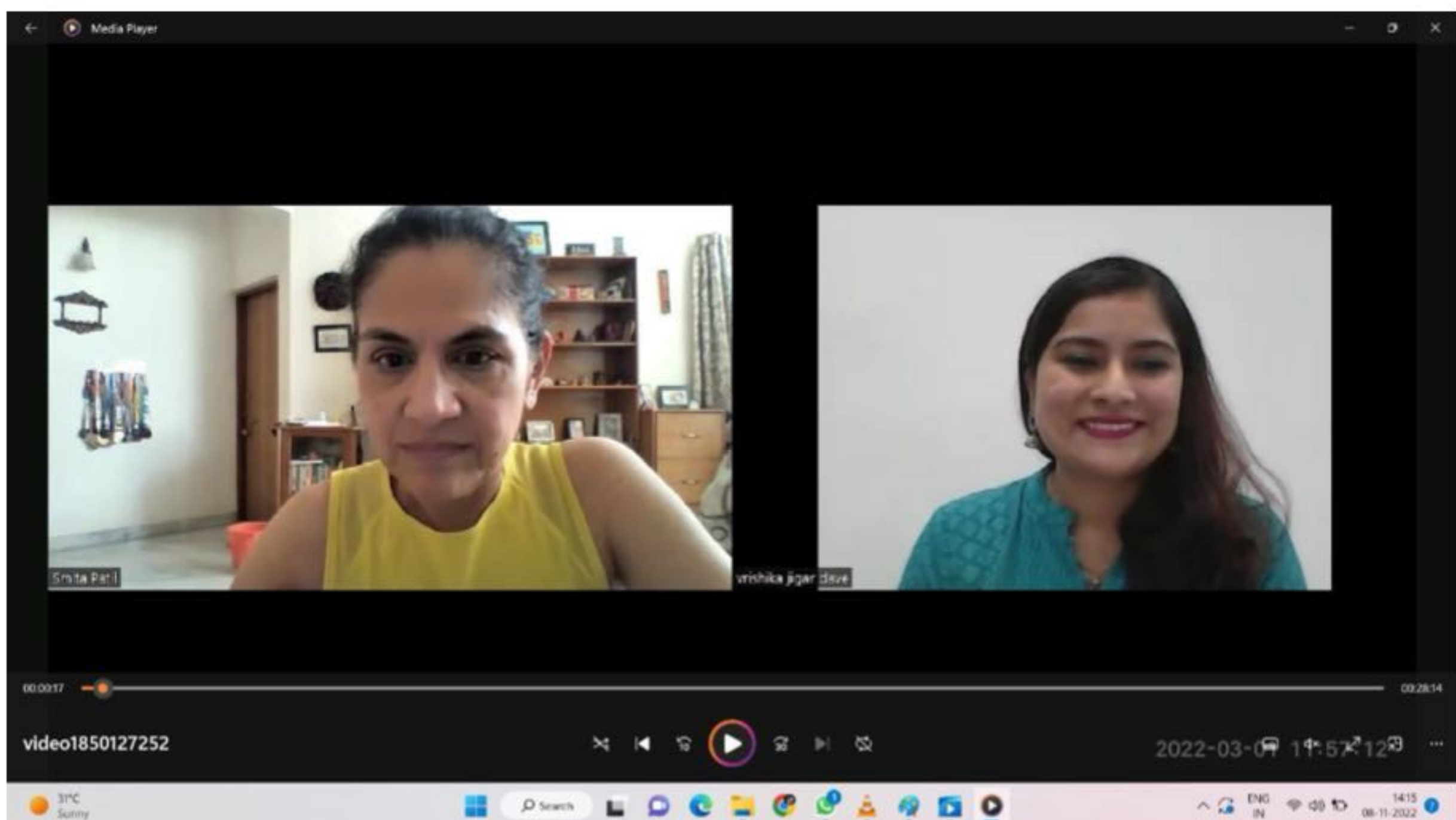


Appendix 1

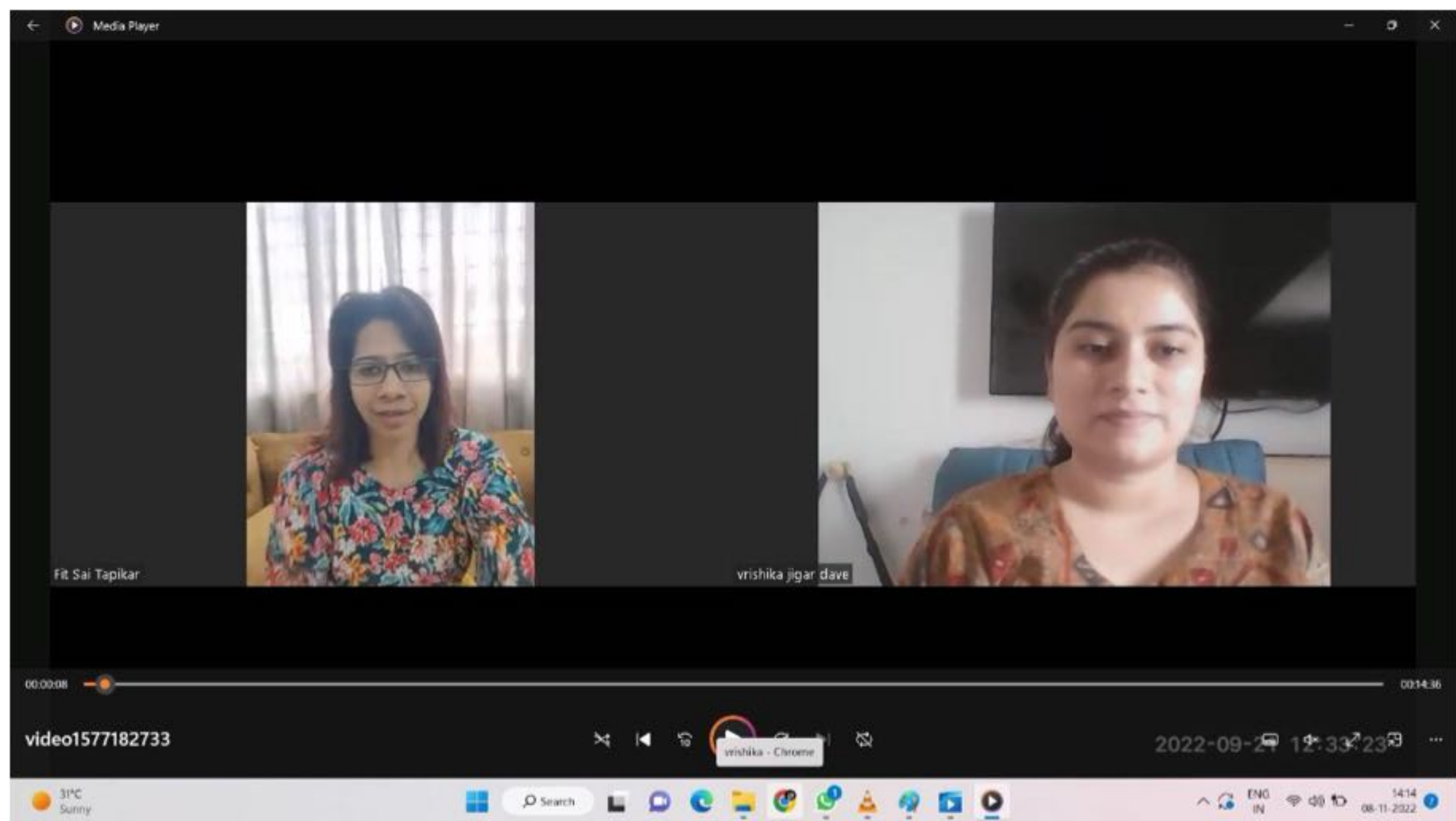
Pictures of Researcher with the interviewed Dignitaries for this research work



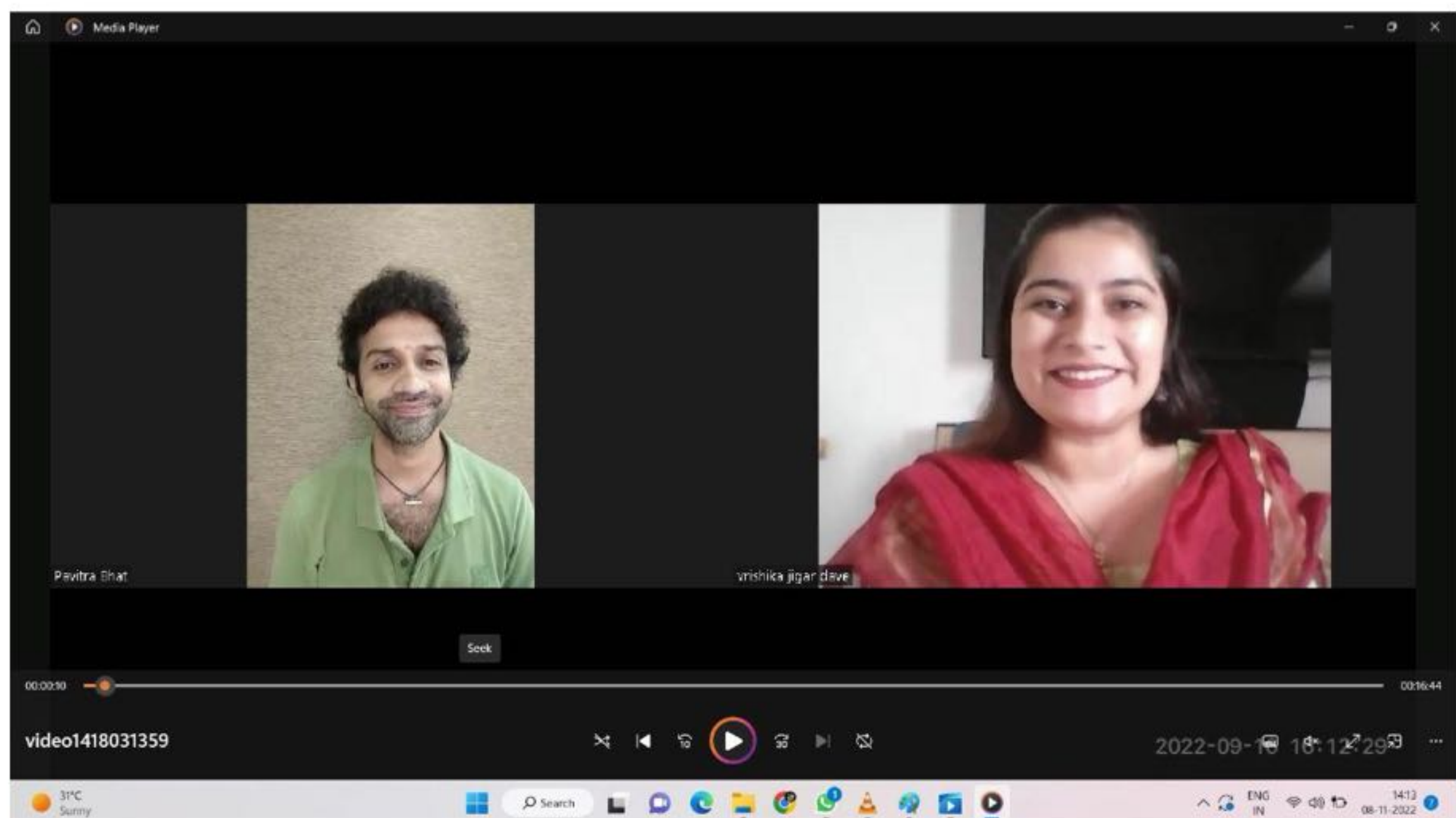
Dr Surjeet Chakraborty



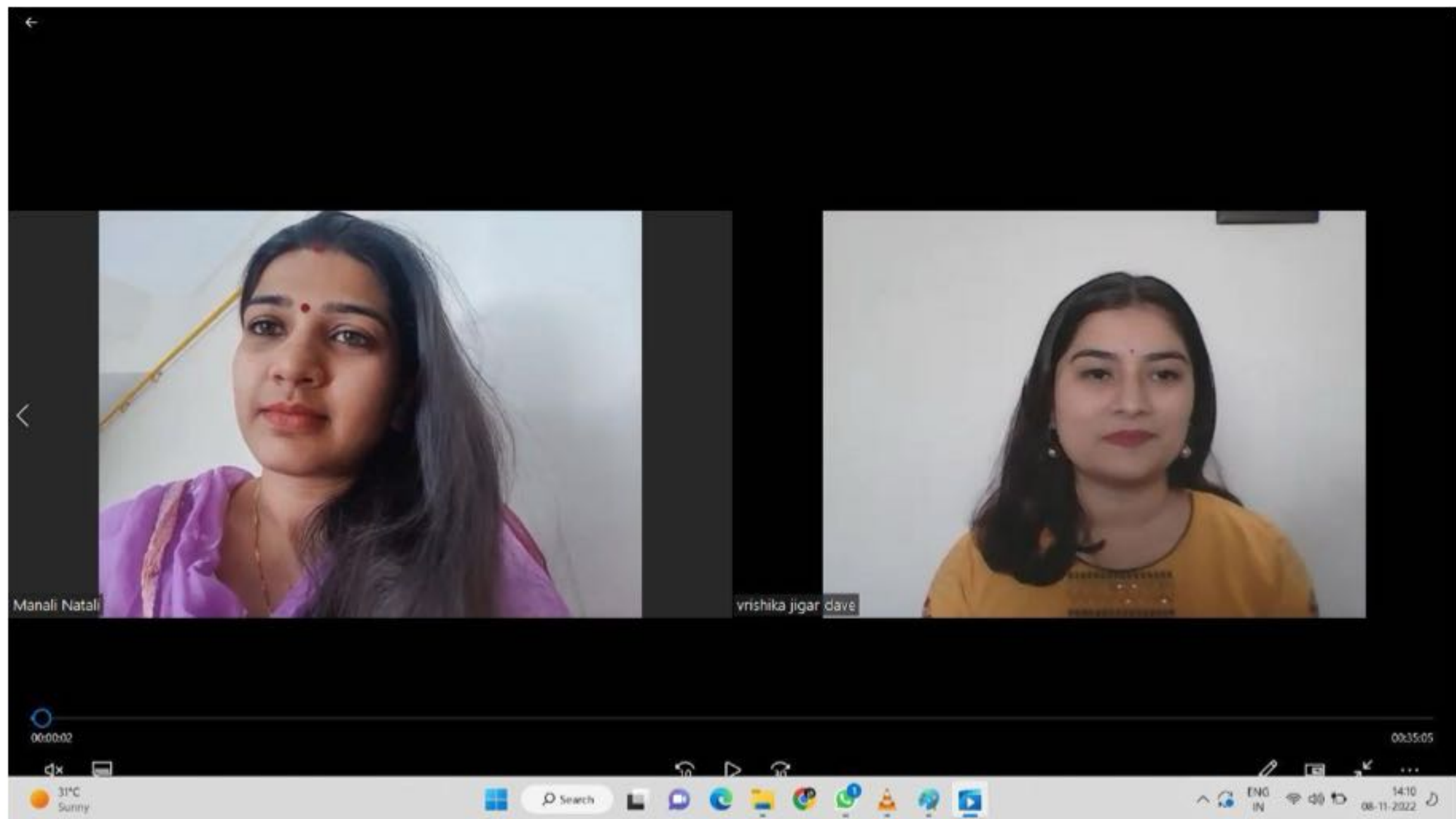
Athlete and Pilates trainer Mrs. Smita Patil



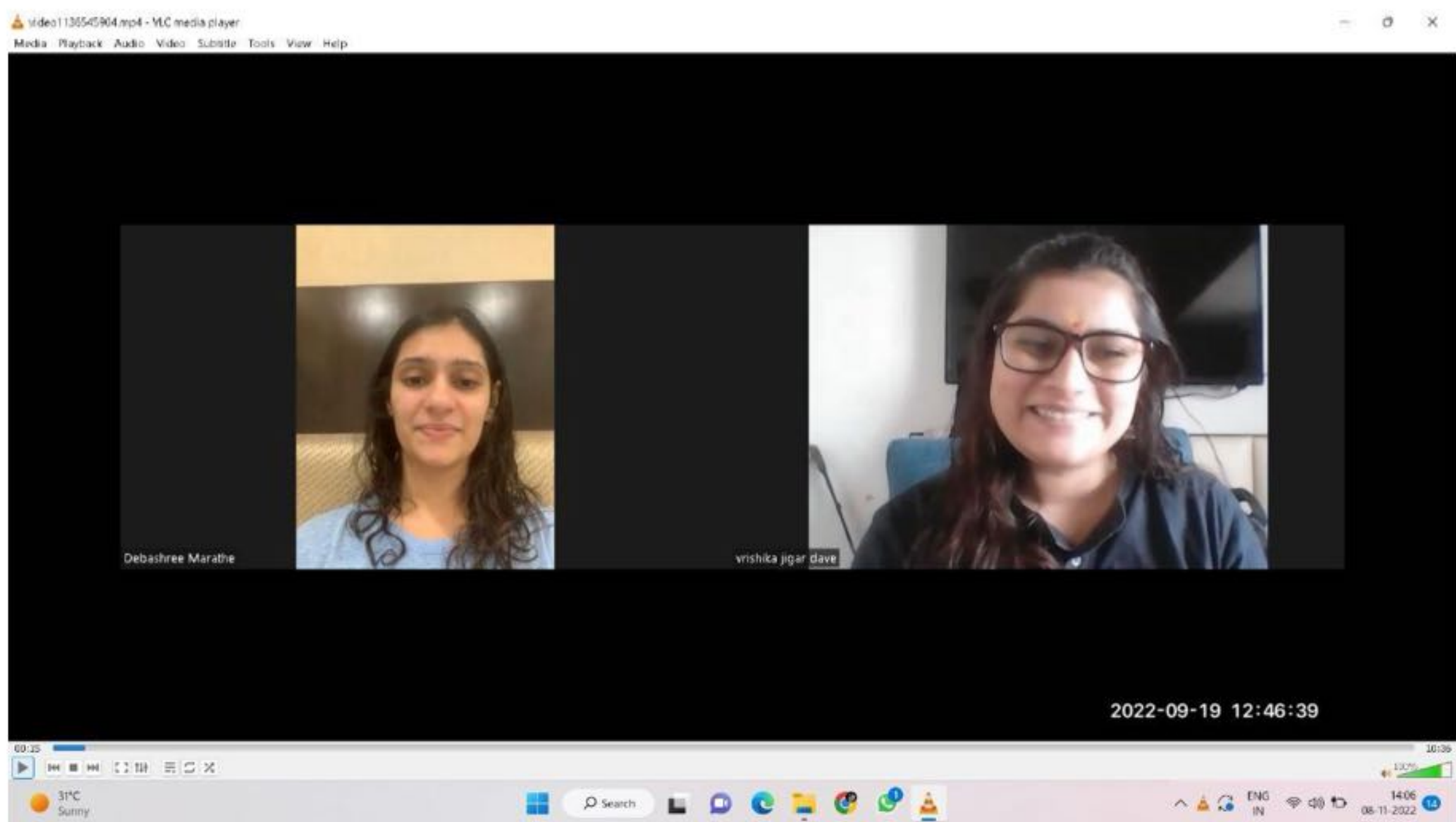
Pilates trainer Ms. Sai Tapikar



Bharatanatyam Practitioner, Performer and teacher Pavitra Bhat ji



Bharatanatyam Dancer and Actress Manali Natali ji



Pilates Trainer and Athlete Debashree Dandekar



Physiotherapist Dr Nikunj Upadhyay



Bharatanatyam practitioner and teacher Shivangi Vikram



Kathak dancer Akansha Sheth



Researcher receiving certificate of completion of Pilates trainers' course