

Synopsis of the thesis
**“The Therapeutic Value of Pilates in Indian Classical Dance-
Bharatanatyam”**



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Preface:

India has 28 states and 8 union territories, each with its own culture, and it is the world's second most populous country. India is a country who welcomes all the religion and cultures, accepts it and practice it. This research is a result of an amalgamation of an exercise system (Pilates) and an Indian classical dance (Bharatanatyam).

Bharata Natyam, which originated in Tamil Nadu, is one of India's eight classical dance genres. According to studies, Bharatanatyam dancers should engage in supplementary training/exercise for their bodies, which is accepted by dance experts, teachers, and gurus.

Pilates is a growing workout regimen developed by Joseph Pilates, who lived in Germany. Following the development of this system, it was dubbed "Contrology" and later named after Joseph Pilates. During World War I, he treated soldiers using Pilates as a rehabilitation therapy and had extraordinary results. After that, he practised it, perfected his form, and relocated to New York. Famous dancers such as George Balanchine and Martha Graham studied Pilates' method and sent their students to his classes.

After reading the history of Joseph Pilates and evolution of Pilates exercise, the researcher realised that Joseph Pilates gave his entire life to physical training and developed this technique. The researcher also benefited from the system and decided to educate Bharatanatyam dancers about supplementary exercises such as Pilates. Being a certified Pilates trainer, researcher has developed a special combination of Pilates exercises for Bharatanatyam Adavus and Nritta kritis of Margam.

Need for Research:

Everyday exercise is required, as taught by Bharata Muni in Natyashastra but no satisfactory explanation or a specific manner of exercise for Bharatanatyam dancers is provided. For more than two decades, the scholar had the privilege of studying under great Bharatanatyam Guru. Being a Pilates student and Bharatanatyam dancer, the researcher was attracted by the application of Pilates exercise for Bharatanatyam dancers as a supplementary training. While pursuing M.A in dance simultaneously the

researcher was getting trained in Pilates exercise and the researcher was surprised when got the positive result.

Bharatanatyam dancers should undertake which warm-up exercises? Is a 10-minute warm-up activity sufficient before beginning a dance class, or do dancers require a 60-minute exercise class? Weekly once is enough, or a dancer should be active for 5 to 7 days a week? What are the types of exercises? Which combination should be selected? What exercises are appropriate for a Bharatanatyam student in their first year as well as for a professional dancer? How can a dancer's career be extended by strengthening their muscles? All these questions triggered in researcher's mind and these questions were the main motivation behind this study.

The purpose of this research is to determine the influence of Pilates movement education on preventing injury and expanding career, development of flexibility, posture alignment, breathing technique, body control, enhancement in focus, and balance in Bharatanatyam dancers.

Hypothesis:

While working on the title related questions, the researcher came up with the following hypothesis:

Exercise is vital for a dancer, according to Bharata Muni in the Natyashastra. Nowadays, dancers are well-versed in yoga, endurance training, and strength training, along with many other disciplines. Pilates is a type of strength training that focuses on the core muscles and is utilized as a therapy by physiotherapists.

The structure and substance of existing Pilates Mat exercises with therapeutic purpose are based on the same principle as Bharatanatyam, an Indian classical dance style.

The Therapeutic Pilates exercises are subject to identification based on textual and interview evidence. Various combinations of Pilates exercises may be applied and brought to existing and active dancers in order to convey the use of therapeutic value of Pilates to prevent injuries and extend careers.

Data Collection and Methodology:

This study employs an art exercise framework, physical analysis, Verbal Interviews, being a Pilates trainer-researcher's own Experience and an information-based method with an invention perspective. Before projecting their usage, a conscious effort will be made to analyze all of the sources. The planned study will use qualitative research methodologies and procedures, using Joseph Pilates's workouts, and interpretative analysis. This is a three-part study using Indian texts and Pilates exercises as a foundation, includes literary analysis, interpretation, reconstruction, and the combination of exercises for Bharatanatyam dancers.

Primary sources - Pilates books, Natya Shastra by Manmohan Ghosh, Abhinaya Darpana by Nandikeshwara-English translation by Manmohan Ghosh. Books by physiotherapists who use Pilates as a rehabilitation. Scholarly books that give a critical analysis: These books, written by scholars and subject experts, are based on primary source data and they analyze, critique, report, summaries, interpret and restructure the data from primary sources. Natya Shastra by Bharat Muni-English translation by Manmohan Ghosh, Abhinaya Darpanam of Nandikeshwara- English translation by Manmohan Ghosh, Nrutya Saurabh by Dr. Manjiri Shriramdev, Nrityatmika by Dr. Sucheta Chapekar.

The Pilates Handbook a Young Woman's Guide to Health and Well-Being- Roger Brignel, Pilates and Dance: A Reformer for the Art by Gabriella Berkow, Pilates – A Teachers' Manual -by Geweniger and Bohlander are some of the subject experts and researchers whose books have been referred for this research.

Interviews of dancers and Pilates' practitioners.

1. Interviews of Pilates experts.
2. Interviews of physiotherapists.
3. Researcher's own experience.
4. Images of Performing the exercises.
5. Rehabilitation techniques given by physiotherapists.
6. Special combinations of Pilates exercise, prepared by researcher, for Bharatanatyam dancers regarding Adavus and Nritya kritis of margam.

Secondary sources-

- Published thesis available on UGC website Inplibnet and various other universities have been referred. Some of the online sources are also consulted for this research.
- Magazines and journals: Research journals, both print and online, such as South Asian Dance, Dance research, Journal of Sangeet Natak Academy, Music Academy 28 Journal, Attendance, Narthanam, Narthaki, Sangeet galaxy, Sangitikarasikpriya etc. which publish research papers on dance. These papers give inputs regarding the issues faced by a dance researcher and the tools and methods they used to deal with such issues. These papers were downloaded from different websites and the details of the same are given as and when required in the body of the thesis.
- The necessary data gathered from the above mentioned primary and secondary sources are analyzed systematically and accurately.

Review of Literature:

Because the dancers of western countries have adopted Pilates exercise in their routine, we can find so much awareness and research work on it. There are numerous books, journals, and papers about Pilates, its therapeutic value, and Pilates for sports injuries, but the researcher observed that in India there is very less awareness and importance of Pilates is there and no research has been conducted on the importance of therapeutic Pilates exercise for Bharatanatyam.

There has been no research done on Indian classical dance and Pilates exercises. Pilates is being practiced by dance professionals in Western countries since there is an awareness for it. As the researcher is currently based in India as a Bharatanatyam dancer and Pilates trainer chose to educate Indian Bharatanatyam dancers about Pilates exercise and its therapeutic effects. The researcher has also communicated with injured dancers to inquire about their treatment and how it relates to therapeutic Pilates. In this thesis, the researcher has reviewed and studied this topic in depth, and has presented all of the data discovered during the investigation.

Objectives:

Practicing Pilates as a supplementary exercise is an excellent outlet for physical as well as mental energies.

It helps improve abilities such as balance, right left coordination, overall body coordination, rhythm, concentration, grasping, expression, muscle tone, breathing techniques, memory, sensory skills, posture etc.

The main objective of this study is,

- To let Bharatanatyam dancers, know what Pilates is,
- Similarities in Bharatanatyam dance form and Pilate's exercise,
- How a dancer can use Pilates for injury prevention,
- Pilates as a rehabilitation method,
- Pilates for career longevity,
- To improve posture and capacity of mobility of the dancer,
- To develop a systematic method of Pilates exercise for dancers.
- To promote healthy lifestyle,
- To elaborate about therapeutic value of Pilates for Bharatnatyam dancers.

Scope and significance:

Pilate's training can be an integral element of the regimen of a Bharatanatyam dancer. With the findings of this study, we can confidently say that including Pilates into the routines of Bharatanatyam dancers can help them extend their careers, improve their posture, develop their muscles, and most importantly prevent injuries.

There are several avenues for further research in the realm of dance and fitness studies. This topic has a wide range of characteristics and issues that could be researched further. We may learn more about the key muscles utilized in basic postures, performing Adavus and Kritis of Margam, and nutrition for Bharatanatyam dancers. It may be used to study classical dance traditions from various states and use Pilates as a supplemental exercise for dancers, and it can be expanded to include other classical dance forms from India and Southeast Asia. In India the therapeutic Pilates is already in use by Physiotherapists for sports injuries but it can also be applied for any Indian dance forms like Indian classical, Indian Folk or Indian tribal.

1.11 Limitation of study:

Some of the points that may explain the study's limitations are as follows:

- This study focusses on Bharatanatyam dancers. This study focusses on Bharatanatyam dance, for limited Nritya portions only and not applicable for nritya part which includes expressions.
- If the individual is already wounded, he or she should seek medical attention before starting this activity. Pilates is a foreign exercise, though physiotherapists are using it on large level for sports and other various injuries, there are very few physical Pilates workout classes available in India for normal people.
- Because the researcher wishes to educate Bharatanatyam dancers about Pilates exercise, this study is based on the researcher's personal experience, observations during training of Pilates exercise, results pursued after the training as well as material produced on Pilates exercise and skill in it after 4 years of practice.
- The outcome varies from person to person depending on body type.
- If a Pilates exercise is new to the Bharatanatyam dancer and the training medium is internet classes, it can be a risk factor.
- Physiotherapists utilize Therapeutic Pilates all over the world, and the goal of this study is to introduce or educate Bharatanatyam dancers about Mat Pilates exercises that can help them avoid injuries. The anatomy and muscle systems are not covered in depth in this study. Only physiotherapists' case studies are included.

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Bharata Muni explains in Natyashastra that exercise is important for dancers but not mentioning any name of the exercise. And according to textual evidence, Joseph Pilates who was a very sick child, learnt different types of physical exercises like yoga, Zen yoga, boxing, he was a gymnast, after learning all these types of exercise he invented his own rehabilitation method called “Contrology”. Few cross-training exercise/supplementary exercises are explained.

Bharatanatyam dancers if use Pilates as a supplementary exercise in their routine can achieve incredible fitness gains, avoid injuries, and recover rapidly if they are already injured. It is important for classical dancers to get exposed to such a therapy which will motivate their confidence and career length.

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2. Dr Surjeet Chakraborty Sir- Physiotherapist and Pilates trainer
3. Dr Nikunj- Physiotherapist and Pilates trainer
4. Dr Swati- Physiotherapist
5. Ms. Rucha Lalit- Professional Bharatanatyam Dancer and Pilates student(fixed)
6. Ms. Rashmi Joshi- Professional Bharatanatyam dancer and Pilates student

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