

Vol 5 Issue 12 September 2016

ISSN No : 2249-894X

*Monthly Multidisciplinary
Research Journal*

*Review Of
Research Journal*

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Review Of Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial Board readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

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LEARN BHARATHANATYAM - WHY?

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ABSTRACT

Bharathanatyam like any other form of exercise, influence and over all well being, not only gradually builds up our stamina, and enhances our productivity, it also improves our blood circulation as well as supply of nutrients to the individual cells, and these positive influences apply to the measure of the brain. It helps in improving the memory and learning. Bharathanatyam is a culturally driven object driven activity. Bharathanatyam learning where action is process oriented and socially and culturally meditated is the premise of socio-cultural process. Bharathanatyam is taught using socio-cultural pedagogies. The relationship between dance education and intellectual, social and emotional literacy can elevate our understanding of the Educational advances through Bharathanatyam.

KEYWORDS: Bharathanatyam, Memory, Learning.



INTRODUCTION

Bharathanatyam - bha/expression, ra/rhythm, ta/beat, and natya/dance is an interdisciplinary dance form that originated in the state of Tamil Nadu in South India. It is a co-curricular activity that is familiar to people of Asian Indian origin. A Bharathanatyam dancer who helps teaches students about their culture, religions, history, heritage and literature through the medium of Dance. Bharathanatyam also involves family, community and teacher support and hence this dance style is appropriate for co-operative learning. Approach to Bharathanatyam, education is committed to the creation of conditions for learning, that will enhance and facilitate children's construction of his or her own powers of thinking through the synthesis of all the expressive, communicative and cognitive languages. In addition, the learning environment established at dance classes is conducive for skills enhancement and cognitive advancement. Although Knowledge is cognitive it is also acquired through cultural interaction. Further the cultural instruction and self authorship are crucial in learning Bharathanatyam also integrates three of Gardner's intellectual capacities such as Mathematical, Music/ Rhythmic, spatial and Bodily Kinesthetic skills by allowing dancers to create artistic and Creative design on stage using music. Bharathanatyam makes the relationship between body and mind.

Why Should Children Learn Bharathanatyam?

Children are the source of happiness and joy for all loving parents. Their laughter, innocence, naughtiness in their eyes and the innate nature to imitate elders bring an instant smile to our face and as parents it brims your heart with content and gusto. Childhood is indeed the perfect age for any kind of learning to happen. Their minds are fresh and body teems with energy and enthusiasm. There are a plethora of benefits in learning this classical dance form.

Discipline

An unruly child is always preferred over a well disciplined child. Being disciplined is of prime importance is one's like. For it is a key factor that determines your success, so being disciplined at an early age helps one to climb the ladder of success? Bharathanatyam is one such dance form that dwells on discipline. The patient practices the adavu along with guru bhakthi propagated by this dance ensure that the child is disciplined at an early age.

To Shed Shyness

If your child run away seeing guest at home or does he/she refuse to mingle with other kids enroll your child to a Bharathanatyam class for this dance form will help your child shed all shyness and inhibitions. Dancing with other Students and in front of so many people will boost the morale of your child. Bharathanatyam will help in bringing out the gusto, extrovert in your child.

Augments the Mind

Learning Bharathanatyam helps in improving the mental faculties of the children. The subtle movements of the feet along with the hand eye co-ordination in the adavu help the child to have a lucid and sharp mind. By learning Bharathanatyam the child is trained to concentrate and this will in turn help to perform well in their academics.

Significance and Role of Bharathanatyam in Health

Bharathanatyam like any other physical exercise provides necessary physical movements to each and every part of the body. The Whole body is involved in dancing and the whole body system is put into action. The performance of Bharathanatyam involves the mental happiness and preserves the physical beauty since the performance involves the mind, feet, hand, face, eyes, the whole body the impact on the total health of the performer is main fold as the whole body system gets the benefit of the performance for controlling Asthma, Diabetic, Rheumatism etc., It also maintains the level of cholesterol, blood sugar and other important factors in the blood. In addition to provide intellectual and physical entertainment and favour dancing also. Enhance the spiritual atmosphere of the human being. It has got the magical powers of warding off much severe illness, chronic ailments without severe medical treatment. The continued performance and practice of Bharathanatyam brings a total mental and physical alertness to the artist.

Bharathanatyam and Brain

Constructive changes that are more specifically associated to Bharathanatyam have also been documented for instance in the past decades it was strongly rebutted by the neurologists that the brain is capable of increasing in volume with advancing years/age. However in recent years this has indeed been validated as a real event by magnetic resonance imaging. This growing volume of brain is partly explainable through formation of new Synapses new pathways as well as through formation of new

cells.

The Brain Regions are Particularly Stimulated in Bharathanatyam

First and foremost it is the motor cortex because this is the region in our brain that is directly involved in learning and training new patterns of movements. Simultaneously, other cortical regions that interpret sensory information are also stimulated. New patterns of movement generate novel sensations in the mind that eventually lead to more refined body consciousness. Here by the Cerebellum, a region in our brain that facilitates co-ordination and refinement of our motoric control is particularly stimulated due to the complex and unusual forms of movement specific for bharathanatyam. Eventually and overtime the brain stem (hippocampus) is activated in so-called "habituation" process where each newly learned pattern progresses from the short-term to the long-term memory.

In addition the pituitary gland (hypophysics) is also stimulated by the intense body movements of note; hypophysis is responsible for the secretion of several hormones. Among others, endorphins (endogenous opioids) enda cannabinoids (akin to hashish ingredient) adrenaline as well as noradrenalin, dopamine and serotonin (the latter two are alternatively known as "happiness" and mood hormones) are constantly formed and distributed. However in the process of dancing and frontal lobe-a part of our brain responsible for thinking and pondering is shut down. This simply implies that or other regions of our brain become increasingly active the frontal lobe takes a break.

As a direct consequence of sustained development of responsiveness our concentration and perseverance also improve overtime further more associative learning and imaginative faculties are promoted and these signify an improvement of sensory perception as well as problem-solving skills. Added to these benefits our spatial orientation and cognitive capacity also increases (translated intelligence) Bharathanatyam not only makes us physically fitter and more productive it also contributes immensely to our overall happiness and intelligence.

Stimulating Movement

Scientists gave little thought to the neverological effects of dance until relatively recently, when researches began to investigate the complex mental co-ordination that dance requires music and dance essentially constitutes a pleasure double play. Music stimulates the brains reward centers while dance activates it sensory and motor circuits.

Studies using PET imaging have identified regions of the brain that contribute to dance learning and performance. These regions include the motor cortex somatosensory cortex basal ganglia and cerebellum. The motor cortex is involved in planning control and execution of voluntary movements. The somato sensory cortex located in the mid region of the brain is responsible for motor control and also plays areole in eye hand co-ordination. In Bharathanatyam we use to do Sanskrit slogan.

"Yatho hasthas thatho rusti
Yatho drusti thatho Mahana
Yatho manas thatho bhavaha
Yatho bhavaas thatho rasaha"

The basal ganglia a group of structures deep in the brain work with other brain regions to smoothly coordinated movement while the cerebellum integrates input from the brain and spinal cord and helps in the planning of fine and complex motor actions while some imaging studies have shown

which regions of the brain are activated by dance other have explored how the physical and expressive elements of dance alter brain function for eg. Much of the research on the benefits of the physical activity associated with dance links with those gained from physical exercise benefits that range from memory improvement to strengthened neuronal connections.

Dance also improves certain cognitive skills such as visual recognition and decision making other studies show that it helps reduces stress, increases levels of the feel good hormone serotonin and helps develop new neural connections, especially in regions involved in executive function long term memory and spatial recognition.

CONCLUSION

Bharathanatyam enables all the people involve their home, social worlds, networks, social interactions and community (moll, Amanti, neff and Gonzalez 1992) Bharathanatyam also an interdisciplinary Indian art form that integrates Key elements from different disciplines such as semiotics, music, mathematics, philosophy, history, religion, sociology, anthropology, art, aesthetics, cognitive psychology and cultural studies. Bharathanatyam incorporates knowledge's from different disciplines to produce an artifact aesthetically pleasing appealing to the audiences, senses and intellect. The different disciplines have to come together to synthesize beautiful artifacts and this interdisciplinary synthesis paves way to cognitive promotion through integration (Mansilla 2007). Bharathanatyam also uses culturally relevant pedagogy (CRP) research has established children's home environment and scholastic life and encourages cultural competence in children and such pedagogies may act as literacy agents especially in upholding their memory and learning.

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