

Research Article

**Relative Study On Balance Among Yoga And Bharathanatyam Practicing Student**

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**ABSTRACT**

The aim of the examination was to think about the equilibrium among Yoga and Bharathanatyam rehearsing understudies. To accomplish this motivation behind the examination 20 Yoga rehearsing understudies were chosen from Peace and Cure Yoga Center, Puducherry and 20 Bharathanatyam rehearsing understudies were chosen from Sri Saravanan Dance School, Puducherry. Understudy's age went from 10 to 15. The nature and significance of this examination was disclosed to the subjects furthermore, they communicated their ability to take an interest as subjects for this examination. They were named into two gatherings which was Yoga rehearsing understudies (YRS) considered as Group I and Bharathanatyam rehearsing understudies (BRS) considered as gathering II. Equilibrium is the measure variable. Equilibrium was estimated by Stork Stand test. The gathered information were genuinely investigated by 't' test. The information was examined utilizing SPSS factual bundle. The degree of certainty was fixed at 0.05 degree of importance. From the consequences of the examination it very well may be presumed that there is huge contrast among YRS and BRS on balance. In this way, the outcome plainly shows that the equilibrium in the Yoga rehearsing understudies was better compared to the Bhathanatyam rehearsing understudies.

Keywords: Yoga, bhathanatyam, balance.

**Introduction**

The Sanskrit word yoga has the exacting significance of "burden", or "the demonstration of burdening or saddling", from the root word yuj. In Vedic Sanskrit, the expression "yoga" other than its exacting significance, the burdening or saddling of bulls or ponies, as of now has a metaphorical sense, where it takes the general importance of "business, use, application, execution" (Gombrich, 1988). In the Yoga Sutras of Patanjali (2001) there is a succinct meaning of Yogasanas : "Sthiram sukham

asanas", which means a position which is agreeable furthermore, consistent". Asanas are drilled to foster the capacity to sit easily in one situation for an all-inclusive time of time, capacity vital for reflection. Raja yoga likens yogasana with a stable sitting stance. The Hatha Yogis, in any case, tracked down that specific explicit asanas, open energy channels and mystic focuses. They tracked down that creating control of the body through these rehearses empowered them to control the psyche and energy. Yogasanas became instruments to higher mindfulness, giving the stable establishment essential for the investigation of the body, breath, mind and higher states. Thus, asana practice starts things out in writings like Hatha Yoga Pradipika. In the yogic sacred texts it is said that there were initially 8,400,000 asanas, which address the 8,400,000 manifestations each person should go through prior to achieving freedom from the pattern of birth and demise. These asanas addressed a reformist advancement from the easiest type of life to the most unpredictable; that of a completely acknowledged person. Down through the ages the incredible rishis and yogis altered and decreased the quantity of asanas to the couple of hundred known today. Through their training, it is feasible to sidestep numerous developmental stages in one lifetime. Of these couple of hundred, as it were 84 most helpful are examined in detail. The principle object of hatha yoga is to make balance between the connecting exercises and cycles of the pranic and mental powers. Whenever this is accomplished, the driving forces created conscious SUSHUMNA NADI, the focal pathway in the spine, through which the kundalini shakti rises to sahasrara chakra, accordingly brightening the higher focuses of human awareness. Hatha yoga, accordingly, not just reinforces the body and improves wellbeing yet additionally enacts and stirs the higher focuses answerable for the advancement of human awareness. Bharathanatyam – bha/articulation, ra/musicality, ta/beat, and natya/dance is an interdisciplinary dance structure that started in the territory of Tamil Nadu in south India. It is a co-curricular action that is natural to individuals of Asian Indian beginning. This dance isn't tended to in the US school educational program since Asian Indian understudies are a minority in America also, dance instruction overall is disregarded in our instructive framework. As per Risner (2010), "... I became increasingly more annoyed that so little consideration is paid to the status and well being of postsecondary dance instruction in the United States". Generally speaking dance, training isn't loved in our school educational program and Bharathanatyam isn't apparent in US schools albeit numerous Asian Indian individuals use this style of dance to show their young grown-ups. A Bharathanatyam artist is a transnational translator, who assists with instructing Asian Indian understudies about their way of life, religion, history, legacy, and writing with the help of dance. Risner (2010) appropriately focuses that, "Generally, dance and dance instruction has shared significant social bonds with their networks, both by definition and out of need". Bharathanatyam, learned utilizing socio-social guidance instructs significant social and language abilities unexpectedly alongside aiding Asian Indian understudies utilize this dance structure as transnational proficiency. O'Shea (2003) claims that, "The dance structure works as, in Arjun Appadurai's (1996) terms, purposeful social creations for non occupant Indians in places as Los Angeles, Singapore, and Manchester".

### **Objectives Of The Study**

The reason for this examination is to think about the distinction on balance among Yoga and Bharatanatyam rehearsing understudies.

The reason for the investigation is to advance the significance of Yoga furthermore, Bharatanatyam among youngsters.

## **Techniques And Materials**

### Determination of Subjects

To accomplish the reason for the study 20 Yoga rehearsing understudies were chosen from Peace and Cure Yoga focus, Puducherry and 20 Bharathanatyam rehearsing understudies were chosen from Sri Saravanan Dance School, Puducherry. Understudy's age ran from 10 to 15.

### System

The nature and significance of this study was disclosed to the subjects and they were communicated their ability to partake as subjects for this examination. They were named into two gatherings which was Yoga rehearsing understudies (YRS) considered as Group I and Bharathanatyam rehearsing understudies (BRS) considered as gathering II.

### Choice of Variables

Equilibrium is the rule variable. Equilibrium was estimated by Stork Stand test.

### Statistical Analysis

The gathered information were measurably investigated by 't' test. The information was broke down utilizing SPSS factual bundle. The degree of certainty was fixed at 0.05 degree of importance.

## **Findings**

A definitive reason for the research is to discover the critical distinction on balance among Yoga and Bharathanatyam rehearsing understudy to screen their actual wellness execution. Followings are the creators contributed the examination dependent on the investigation and understanding of the examination Madanmohan., Michael Agnew et. al. (2008).

## **Conclusion**

It is inferred that there is a critical change in balance among Yoga and Bharathanatyam understudies. t is presumed that the yoga rehearsing understudies would be unrivaled in balance than the Bharathanatyam rehearsing understudies.

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