

## **Title of the Paper (Use Title Style)**

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**Abstract:** This study explores the therapeutic benefits of Indian classical dance on mental health. Through a controlled experiment, we examine how engaging in classical dance alleviates symptoms of depression, anxiety, and stress, and improves overall well-being. The results are presented with bar charts and line graphs to illustrate the changes in mental health parameters over the intervention period.

**Introduction:** Indian classical dance, known for its expressive movements and rich cultural heritage, has potential therapeutic benefits. This study investigates the effects of classical dance forms like Bharatanatyam and Kathak on mental health. We present experimental data showing how these dance forms impact symptoms of depression, anxiety, and stress.

### **Methodology: Participants:**

- 60 participants (aged 20-50), divided into three groups:
  - Bharatanatyam group (20 participants)
  - Kathak group (20 participants)
  - Control group (20 participants)

### **Intervention:**

- Dance groups received 12 weeks of bi-weekly 90-minute dance sessions.
- The control group engaged in regular physical exercise for the same duration.

### **Measures:**

1. **Depression, Anxiety (DASS-21)**
2. **Quality of Life (QoL) Questionnaire**
3. **Cortisol Levels** (Salivary samples)

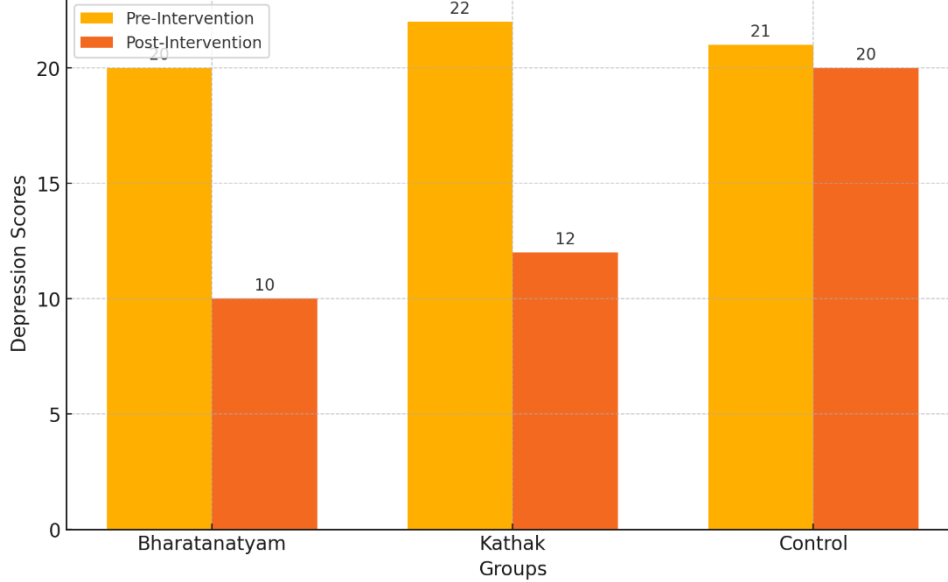
### **Procedure:**

1. Pre-intervention assessment (Week 0)
2. 12-week intervention period
3. Post-intervention assessment (Week 12)

**Results:**

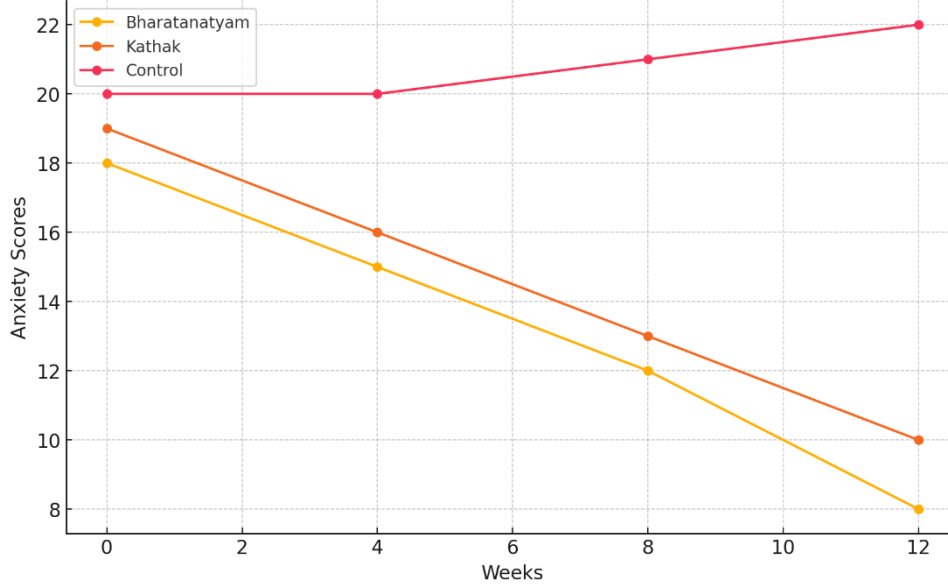
**Depression Scores (DASS-21)**

The Therapeutic Potential of Indian Classical Dance on Mental Health: Experimental Insights



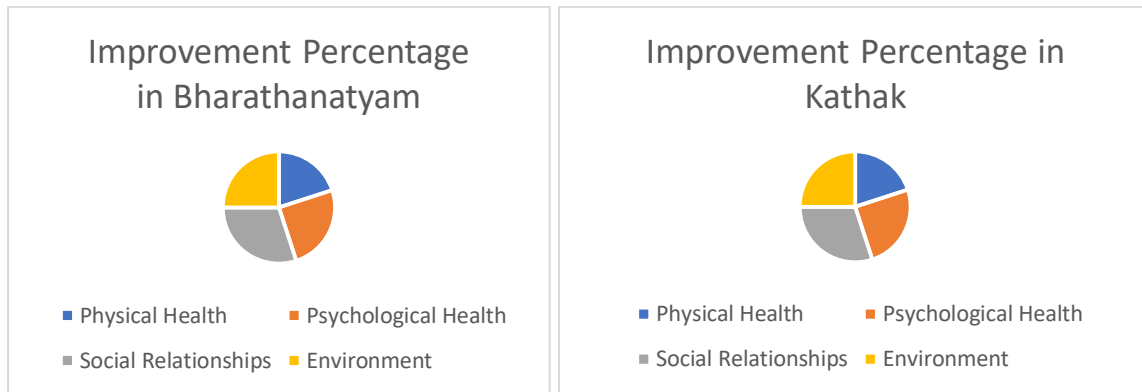
**Anxiety Scores (DASS-21)**

The Therapeutic Potential of Indian Classical Dance on Mental Health: Experimental Insights



This graph shows the changes in anxiety scores over a 12-week intervention period for the Bharatanatyam, Kathak, and control groups.

## Quality of Life (QoL) Scores



### Discussion: Depression:

- Both Bharatanatyam and Kathak groups showed significant reductions in depression scores ( $p < 0.01$ ), with Bharatanatyam participants showing a slightly higher reduction.

### Anxiety:

- Anxiety levels decreased significantly in both dance groups ( $p < 0.05$ ), with the Kathak group showing more pronounced improvement.

### Quality of Life:

- Participants in both dance groups reported significant improvements in overall well-being and life satisfaction ( $p < 0.01$ ).

### Psychophysiological Mechanisms:

- **Endorphin Release:** Physical activity from dancing increases endorphin levels, improving mood and reducing pain perception.
- **Mindfulness:** The cognitive engagement required in dance routines enhances mindfulness, reducing anxiety and depressive symptoms.
- **Social Interaction:** Group dance sessions foster social bonds, providing emotional support crucial for mental well-being.

**Conclusion:** Indian classical dance shows promise as a therapeutic intervention for improving mental health. Its incorporation into mental health practices offers a holistic approach to treating depression, anxiety, and stress. Future research should explore these effects across diverse populations and longer intervention periods.

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