



Revathi Performing Arts

Bharathanatyam – Facts and Fascinations

Origin & Developments

- Originated in Temples of South India thousands of years ago
- It is said to be the Cosmic Dance of Lord Natraj, the Lord of Dance
- Dancers known as “Devadasis” regularly danced for important festivals and ceremonies , and this “Dasi aattom” later has developed as Bharathanatyam
- Thanjavur Quartet , the group four brothers (Chinnaiah, Ponniah, Sivavavdam , Vadivelu) contributed a lot to Bharathnatyam in early 19th Century
- Rukmini Devi Arundale, Dr. Padma Subrahanyam etc., are few names which have become synonyms of this Art Form
- Over the years it has evolved in its structure and presentation

Bani - Styles

- There are several styles or “Bani” such as
 - Pandanalloor
 - Vazhuvoor
 - Thanjavoor
 - KalakshethraAre few to name

At Revathi Performing Arts, our basic Bani is of Pandanalloor and Kerala Kalamandalam

Building Blocks

- Bharathanatyam is the combination of three elements Nritta, Nritya and Natya
- Nritta is pure dance, comprising of body movements in rhythmic pattern – examples are Adavus, Alarippu, Jathiswaram
- Nritya is the dance form adorned with “Rasa” and “Bhaava” and corresponds to an interpretative dance – Examples are Sabdam, Varnam
- Natyam gives importance to expressions- Example Padam , Javali

Health Benefits

- Various postures help to improve stamina, muscle strength, aerobic fitness and concentration
- “Adavus” and hand gestures help to improve flexibility and aerobic fitness
- “Korvais” help to build endurance and to control weight
- Learning process itself helps to develop observation and memory skills