

## **Effect of Selected Asanas and Lunges Exercise on Hip Flexibility among Bharathanatyam Dancers**

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Flexibility is the key factor to aesthetic gracefulness of bharathanatyam dancers. Additional fitness and flexibility training may influence on mobility of the joints and leads to artistic postures and injury free performance. Therefore, the present study intent to assess the effect of selected asanas and lunges exercise on flexibility among bharathanatyam dancers. To achieve the purpose hundred (N=100, age= 22-25yrs) first and final year students were Purposively selected from Department of Dance, Ramanathan academy of fine arts, University of Jaffna, Sri Lanka. They were classified in to Group I [(Training Group (TG))( n=50), practice selected asana and lunges Exercise, 45-60 min / day / three days / week over the period of twelve weeks], Group II (n=50) acted as control. Data were collected on Flexibility by groin flexibility test before and after the intervention programme. Collected data were statistically analyzed by using Independent “t” test. The Results Revels that selected Asanas and lunges training positively influence on flexibility (t=34.35\*). From the results it was concluded that, strengthening lateral rotators and stretching medial rotators of the hip my leads to strong lower body strength in respect to aramandi (Half squat) in Bharathanatyam Dancers.

**Key Words:** Flexibility, asana, lunges, bharathanatyam