Bharatanatyam

It is the oldest among all classical dance forms.

It is named from Amurthi Maa’s Natiyathmin.

It is also known by name: Nitk Soutkunam, Chithiavartanam or Sath.

In the beginning of the first century AD, the dance form was almost wiped out with the decline of the Chola dynasty.

Later on it was revived by V. Krishnamurti.

Earlier, it was only performed by the royal court and palace ladies, but later on it became popular among male dancers and group artists.

Reema De Ananthan’s efforts have contributed to the global recognition of the dance.

**Elements**

**Abhijit** – It is the first part of performance in this art form, which includes a combination of pure dance along with narration of the situation.

**Abhinandana** – It is a short pure dance performed along with different poses and movements.

**Bhalabhama** – It includes Abhijnana in the song, which is performed in reverence to the devine kahania.

**Vayanam** – It encompasses both dance and emotions in syncronization with kala and samay.

**Asanam** – It represents the expression of the dancer himself by the arangetram.

**Jawhara** – Short love-lyrics are performed at a quick tempo.

**Thillana** – The dance performance ends with a thillana at the stage, pure dance is performed with energetic movements and elaborate moodful variations.

**Important Features**

Elephant camaraderie, where one dancer performs many roles in a single act as a feature of Bharatanatyam.

Under the famous "Bharatnatyam" quartet, it also came to be known as Amurthi Natiyathmin.

Bharatanatyam and Laghava are given equal importance, with major prominence to mudras.

Youthful mission is of one the main mudras, "Shripad" is symbolized by joining three fingers.

During recital, the dancers bend their knees in a way that their weight gets equally distributed across both their feet.

Since it represents the flag in the human body, it is also referred to as the "Vine dance."

**Famous Proponents**

- Dr. K. Padmanabhan
- A. L. Raja
- S. Kalyanaraman
- S. Sowdhamini
- Dr. V. Natarajan
- Dr. Kalyani Shankar
- Ms. Aparna Rangarajan
- S. Ranganathan

**Visionarias**