

## IMPACT OF BHARATANATYAM DANCING EXERCISE IN REDUCING CENTRAL OBESITY IN ADULT BENGALEE FEMALES

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*A study was conducted to assess the impact of receiving Bharatnatyam, a popular form of Indian classical dancing, training for at least a period of five years, on addressing obesity and in particular, central obesity in adult Bengalee females. It has been observed that individuals receiving the dancing training have significantly lower ( $P < 0.05$ ) values of central obesity biomarkers, compared to the control group (CG) individuals, of similar age and socioeconomic background, not receiving any exercise training and leading sedentary life.*

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**Keywords :** *abdominal obesity, metabolic syndrome, Indian dancing, Bengalee, visceral fat*

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