

EFFECT OF KATHAK DANCING ON OBESITY INDICES IN WOMEN OF SEDENTARY AVOCATIONS

Kathak, a typical form of Indian classical dancing originating in northern India, and it involves linear and circular extension of the body with controlled coordination between body and hand besides rhythmic footwork. Present study was structured with an objective to assess the impact, if any, of regular practicing of Kathak dance for at least five years on body composition parameters in Bengalee women. It has been found that practicing Kathak dance results in significantly ($P < 0.05$) favorable body composition in terms of body weight, BMI, fat mass, waist circumference, waist-hip ratio - compared to the non dancers.
