

## INDIAN CLASSICAL DANCING AND CARDIOVASCULAR HEALTH STATUS: A STUDY IN BENGALEE FEMALE ADULTS

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*The rapid emergence of cardiovascular diseases in countries that are undergoing nutrition and lifestyle transitions including India has become a bottleneck for the country's social and economic development. A study was conducted to find out the impact of Bharatnatyam dancing (BD), a feasible, enjoyable, accessible and appealing form of traditional recreational activity, on CV health status in respect of anthropometric markers, of adult Bengalee females. A significant ( $P < 0.05$ ) favorable impact has been found in individuals undergoing training in BD compared to their control group counterparts.*

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