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## NEW ARRIVAL

### 'WHAT IS BHARATANATYAM?' BY VIDYA BHAVANI SURESH, SKANDA PUBLICATIONS, CHENNAI, JANUARY-FEBRUARY 2019

This latest offering by the noted Bharatanatyam exponent and musicologist, Vidya Bhavani Suresh, who was trained under V. P. Dhananjayan, is a glossy photo-essay. It as much seeks to aesthetically explain the basic concepts of Tamil Nadu's classical dance form, as it opens up a template of how internalizing the spirit of those concepts could actually be stress-busters in day-to-day living.

In that sense, 'Bharatanatyam' itself could be another form of 'Yoga', showing how engagement with one's 'inner self' could happily



blend with the 'Navarasas' of life. 'Bharatanatyam', as

a communicative triad between the 'Bhava' (feelings experienced by the performer), the 'Abhniya' (the means or the channel the performer uses to convey them) to create the appropriate 'Rasa' in the audience, can itself be a Zen experience. Vidya Suresh's effort to break conceptual barriers is interesting, as much as it may raise the heckles in traditional circles. The book also introduces the author's younger daughter Harshitha, whose portrayal of various 'Adavus' and 'Jathis', simultaneously bring out the splendour of this ancient dance form.