

Regional Workshop on
Nritya Yoga and Indian Classical Dance (Bharatnatyam)

(8th April, 2019 to 12th April, 2019)

'An Workshop on Nritya Yoga and Indian Classical Dance (Bharatnatyam)' was conducted by Beauty and Wellness Centre, IQAC, Tinsukia College from 8th April, 2019. Workshop was carried out in Library Conference hall. The program was inaugurated by Maitreyee Baruah Bhowmick, Socio-cultural Activist, Dibrugarh. She delivered a lecture on Inter-relationship of Yoga with Classical Dance along with all sorts of music. She told, "All these are contributory elements to make a balanced person." The session was followed by a lecture on: 'Importance of Nritya and Yoga in our day to day life' by Nritya Gaurav, Diganta Borah, Dibrugarh.

In the afternoon session Nritya yoga demonstration was done by Nritya Jyoti Xeuj Xondhya Changmai followed by Practical class. On 9th, 10th and 12th April morning session were started by yoga class which were taken by Jitendra Ingte, Nagar Sangathan Vivekananda Kenrda, Kanyakumari Branch. This was followed by Nritya yoga meditation by Natya Jyoti Xeuj Xondhya Changmai. Every afternoon the practical classical dance classes were done.

Resource Persons:

1. Maitreyee Baruah Bhowmick, Socio-cultural Activist, Dibrugarh.
2. Nritya Gaurav, Diganta Borah, Dibrugarh.
3. Natya Jyoti Xeuj Xondhya Changmai
4. Jitendra Ingte, Nagar Sangathan Vivekananda Kenrda, Kanyakumari Branch





