



Notice

Department of RSDD, Sangit Bhavana, Visva-Bharati 01-Day Lecture-Demonstration on Nritya Yoga Sutra

Curator: Guru. Sri. Rahul Dev Mondal, Assistant Professor, RBU, Kolkata

Date: 20th March 2025



Organized by: The Department of Rabindra Sangit, Dance, and Drama (RSDD), Sangit Bhavana, Visva-Bharati

The Department of Rabindra Sangit, Dance, and Drama (RSDD), Sangit Bhavana, Visva-Bharati, invites registrations for a one-day Lecture-Demonstration on Yoga and Dance, focusing on the integration of yogic principles into dance practice. This event will provide an in-depth understanding of the synergy between yoga and various dance forms, emphasizing body alignment, breathe control, and expressive movement under the expert guidance of **Guru. Sri. Rahul Dev Mondal**.

Objective of the Lecture-Demonstration

- To impart practical training on yoga techniques for enhancing dance movements.
- To explore the relationship between yoga, rhythm, and expressive arts.
- To provide an immersive learning experience for students, researchers, and performers.



Who Can Participate?

- Faculty members and researchers in performing arts.
- Dancers, choreographers, and students of traditional and contemporary dance forms.
- Yoga practitioners interested in movement therapy.
- Enthusiasts interested in the holistic connection between yoga and dance.

This Lecture-Demonstration aims to convey a profound connection between yoga and dance, enabling participants to refine their movements, enhance artistic expression, and develop a deeper awareness of their physical and emotional presence in performance.

Registration Process Willing candidates must register via Google form:

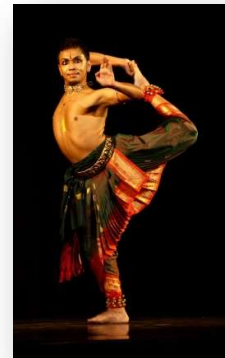
<https://forms.gle/MJHZ8yxipEEEeRa6>

No Registration Fee - Limited Seats

Important Dates • Last Date for Application Submission: 15th March 2025

Inauguration on 20st March 2025, 04PM, Sangit-Bhavana.

By Professor Samiran Mondal, Principal, Vinay-Bhavana, Visva-Bharati



Leviti Bandopadhyay
Principal

Sangit-Bhavana

Visva-Bharati

Dated: 05.03.2025

