



Date: 09-03-2026

REPORT

Programme Name	: Dance Workshop: Celebrating the Womanhood with Rhythm & Grace
Date of the event	: 06-03-2026
Time	: 3.00pm to 4.00pm
Number of Participants	: 48 staff members
Event Coordinator	: Dr. Mamta Kurvey and Dr. Mugdha Agarwadkar
Resource Persons	: Ms Kalyanni Vrajesh (Masters of Fine Arts Degree in Bharata Natyam and Belly Dance instructor)

Event Description:

On the occasion of International Women's Day, a dance workshop titled "Dance Workshop: Celebrating the Womanhood with Rhythm & Grace" was conducted on 6th March 2026 by Kalyanni Vrajesh (instructor), held jointly by Women's Development cell (WDC) and Internal Complaints Committee (ICC). The event aimed to celebrate womanhood through the expressive art of dance, encouraging participants to connect with their inner strength, grace, and creativity.

The workshop began with a brief introduction by the instructor, who highlighted the significance of dance as a medium of self-expression and empowerment. Participants were introduced to basic dance movements and techniques designed to improve coordination, rhythm, and confidence. The session incorporated warm-up exercises followed by guided choreography that blended expressive movements with rhythmic patterns.

Throughout the workshop, Kalyanni Vrajesh encouraged participants to embrace their individuality and express emotions through dance. The interactive nature of the session created a positive and energetic atmosphere, allowing participants to learn new dance steps while celebrating the essence of womanhood. The instructor also shared valuable insights on posture, body movement, and maintaining rhythm, which helped participants enhance their performance.

The workshop witnessed enthusiastic participation and engagement. Participants appreciated the opportunity to learn dance in a supportive environment while celebrating the spirit of women empowerment. The event successfully fostered a sense of unity, joy, and confidence among the attendees.

The program concluded with a short performance of the learned choreography by the participants, followed by a vote of thanks expressing gratitude to Kalyanni Vrajesh for conducting the inspiring and engaging workshop. The event proved to be a memorable experience that beautifully combined art, celebration, and empowerment.



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GLIMPSES OF THE EVENT



Welcome speech for the instructors



Enthusiastic participants



Instructor giving an introductory speech



Group Photo at the end of session

