

Nari Samvaad Prakalp's workshop on 'Applied Natya Therapy' at Vadodara.

The Regional Centre Vadodara in collaboration with the Department of Dramatics, M.S.University of Baroda, conducted a five day workshop on 'Applied Natya Therapy'. This workshop is the second in a series of workshops under Nari Samvaad Prakalp (NSP) of IGNCA. It Integrates Science and Arts for Mental Health through the principles propounded in Bharatmuni's Natyashastra. The Project Investigator and Resource person Dr. Dimple Kaur is an eminent Psychotherapist and Indian classical dancer. The Project Director Dr.Sushma Jatoo who heads Naari Samvaad Prakalp, plans to conduct a series of eight such workshops across the country so that the findings of the workshop can be analyzed to cull out principles. It has been envisioned, to publish the observations and findings that evolve from these workshops.

The lighting of the ceremonial lamp on 22nd of July at 10.30 am marked the inaugural of this event by the hands of Prof. (Dr.) Ajay Ashtaputre, Dean, Faculty of Performing Arts, and Dr. Prabhakar Dabhade, Head, Department of Dramatics, Faculty of Performing Arts, M.S.University of Baroda and Dr Sushma Jatoo, Project Director, Nari Samvaad Prakalp. The venue being the 'Play Box' auditorium in the Faculty of Performing Arts. Welcome Note addressed by Smt. Ayswaria Wariar, Regional Director, Regional Centre Vadodara, was followed by Dr.Sushma Jatoo giving a presentation on Indira Gandhi National Centre for The Arts and the activities of Nari Samvaad Prakalp.

Through the next five days of the workshop, the sixty eight participants undertook various interactive exercises, expressed themselves and filled out questionnaires. The participants mostly from the age group of 18years and above, cut across various fields of the Performing and Visual Arts. They had an advantage of being aware of Natyasastra, the most ancient text of Indian Dramaturgy and its many forms of expressions. It was observed that every aspect of the workshop was based on a broader vision of bringing together the principles of Neuro Science and Psychotherapy and co-relating them to certain slokas from Bharatamuni's Natyasastra. The Investigator, Dr. Dimple Kaur's constant interactive dialogue, helped many of the participants to correlate their experiences to the situational tests undertaken by them.

The highlight of the closing ceremony was the extremely emotional and insightful feedback shared by the participants of the workshop. The five day workshop concluded with a formal valedictory function on 26th of July, graced by Shri. Bharat Bhushan Sharma, Deputy Secretary Academics, IGNCA, the Dean, Prof. (Dr.) Ajay Ashtaputre, Faculty of Performing Arts, M.S.U. and the Heads of all Departments of the Faculty of Performing Arts, M.S.U. It was a proud moment for all the participants as they received their certificates at the hands of Shri. Bharat Bhushan Sharma. Smt.Ayswaria Wariar addressed the gathering summing up the event and discussed the inherent strengths of Natya being applied as Therapy. The proceedings were coordinated and conducted by Project Associate Dr. Kanika Mondal. Shri Rakesh Modi, Associate Professor and Senate Member M.S.U. who was the coordinator on behalf of Dept. Of Dramatics, gave the vote of thanks. This five day workshop was extensively covered both in the print and visual media.

The workshop has definitely resulted in a positive shift in the interpersonal skills of the participants. They all have reported an improvement in their ability to communicate and there is a marked improvement in their all-round personality. This Project has received a good group of pro-active participants from Vadodara and this would surely enrich the findings of Dr. Dimple Kaur and Dr.Sushma Jatoo's interdisciplinary initiative to integrate Natya, Neuroscience and Psychotherapy.

Ayswaria Wariar,

Regional Director, Regional Centre – Vadodara