

**Report On ‘Applied Natya Therapy’-Workshop,  
(An ongoing project of Nari Samvaad Prakalp, IGNC A-Delhi)  
Goa Regional Centre. Ravindra Bhavan Madgaon, Goa  
10<sup>th</sup> October to 14<sup>th</sup> October 2019**

Applied Natya Therapy Workshop was organized at Ravindra, Bhavan Margao for the art enthusiasts of Goa. Applied Natya Therapy is a form of therapy that aims to move the individual from being stuck and allows them to work through their issues by physical externalization. This Therapy is based on 3000 year old tradition of Bharatmuni’s Natya Shastra and applies the visual language of the brain to the body. This workshop was started with a warm inauguration function. Shri. Vinayak Khedekar, ex member Secretary of Goa Kala Academy, noted Folk Artist and a Writer Shri. Shridhar Kamat Bambolkar renowned Painting Artist, Theater Artist and ex professor of Goa College of Art’s, was the chief guest. Along with Dr. Sushma Jatoo, Director of IGNC A’s Nari Sanvaad Prakalp, Resource Person Dr. Dimple Kaur, Chairman of Ravindra Bhavan Shri. Prashant Naik & Dr. Aruna Gajbhiye, Regional Director of Regional Centre, Goa were present on the dais. All the guests were very curious to understand the concept of Natya Therapy and express their interest to participate in the workshop.

A number of **106 enquiries were received, 42 registered** their names for the workshop on the day one of the workshop and, **36 participants** completed the workshop successfully.

About the group: The Group for this workshop was completely heterogeneous in respect of age, gender and profession. People of age group from 19 to 64 have participated. There were participants from Theatre Background, Teaching, Medicine, Psychology, Psychiatry, Physics, Botany, Dance, Educationists, Students of Teachers training, home makers, Acupressure Therapists, and Social Scientists, etc.

**Methodology:**

1. Brain Storming Session
2. Pre and Post Tests on emotional and Psychological Competency.
3. Group Activities.
4. Exercises based on Angika, Aaharya, Vaachika and Satvika.
5. Healing Exercises,
6. Exercises for self introspection, self awareness and Self concepts of body Image, Gender Differences and Mental Blockages etc.

After every exercise Dr. Dimple Kaur used to conduct a discussion session, in which participants who were not able to express their feeling much during the first two days, started speaking and sharing their emotions on the third day.

Within five days and at the time of the completion of the workshop, the participants experienced noticeable change within them, some of the participants expressed the desire to have advance course of Applied Natya Therapy.

**Outcome:**

The five days workshop was completed successfully and the participants expressed their views on the workshop which are as follows:

1. Participants from the discipline Psychology and psychiatry expressed the change they noticed within them during the workshop. Earlier, they were taught to suppress their own desire and not to express their emotions in front of anybody, but after participating in this workshop they felt like they got freedom from the self-build-prison and felt relaxed after sharing the same.
2. Feedback from Educationists, “this kind of workshop is a need in every teacher training college to improve the quality of teaching and learning process.”
3. Dancers, “We learnt Bharatmuni’s Natyashastra theory during our training period but how to apply it for self development was never taught in this way. Now, we will teach dancing with ease and without making our students stressed”.
4. Homemakers, “this workshop will help us to improve our quality of communication, and understanding others perspectives. Now we are able to understand the problems which are commonly faced by all and now they have no problem in expressing”.

In general participants were very satisfied, and according to theatre persons, “this workshop is good for beginners and for experienced persons it needs to be more elaborate”.

As per Regional Directors opinion who was one of the participant and a social scientist: this workshop is very useful for grooming one’s personality and it can be used as a therapeutic purpose as well”.

The workshop concluded in the presence of Dr. Padmashree Josalkar, retired HOD, department of Theatre, Goa Kala Academy, Panjim, Goa. Mr. Prashant Naik was also present during the concluding programme. He expressed his satisfaction on providing space for the workshop. He expressed his satisfaction as “that cannot be counted in crores of Rupees”. Participants shared their experiences and certificates were given to all the participants.

**Suggestions:** The workshop was very successful in general and it helps me a lot personally. As a social scientist and a councilor few suggestions I would like to mention after a discussion with the participants. One can understand the challenges to conduct these types of course with a heterogeneous group in respect of age, education, language and culture.

1. The workshop should be conducted for more than five days.
2. Pre and post tests are useful for self evaluation but it required little update.
3. Post tests were conducted immediately after the session, it will more appropriate to give some time or a day after the group exercise so participants can evaluate it better.
4. Exercises based on Angika (body movements) were main focus it would be great if these exercises would also be based on Aaharya and Vachika, too. Like

how to observe our tone and can mold it as per our role demand in daily life, tone and voice modulation can also help a person to overcome from depression or anxiety. How to dress appropriately when a person is depressed.  
Dignitaries present: Dr. Sushma Jatoo, Mr. Vinayak Khedekar, Mr. Shridhar Bambodkar, Mr. Sai Panandikar, Ms. Anagha Deshpande, Mrs. Ayashree Josalkar.

Dr. Aruna Gajbhiye,  
RD, RC, Goa