Department of Youth Welfare organised a dance workshop for selected students, both in contemporary and classical during 27 – 29, October 2023 with a mission to awake and nourish the unique dance spirit that lies in every student. The major objective of the workshop was to identify and understand style, techniques and movements in different dance forms, including contemporary and classical - with attention to alignment, style, quality, weight and rhythm

Students selected from various departments participated. Sri. Renjini Kunju, Raees Abdul Rahoof, Hima Sankar and Kalamandalam Vasantha were the key resource persons of the workshop. The first day of the workshop covered various tools of dancing, especially individual skills. The second day was on voice, emotions, behaviour, movements, gestures and expressions. The third day was a mix of imagination, timing property, silence and dance practices on stage. This workshop provided benefits for the students in improving their core strength, which includes the deep muscles around the abdomen, back and pelvis, which support your internal organs. Qualities like posture, discipline, memory, self-expression and resilience are improved among the participants. It took a huge amount of creativity and offered lessons on how to express their emotions and gave dancers the space to release their inhibitions and explore new ways of moving. Students were given creative freedom to improvise and come up with their own stories. The workshop offered new insights and understanding to students on the most critical step toward success is the ability to fail, try again, and fail again; to be grateful for the information each failure gives us, and to develop the resilience necessary for success.

Each student gave their personalised feedback as a worthwhile and outstanding workshop. In short, the camp was a wonderful, creative experience for the participants. The workshop was highly beneficial for the participants.

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