

SUSHRUTHA AYURVEDIC MEDICAL COLLEGE & HOSPITAL, BENGALURU

“Prashanti Kutera” Jodi Bingipura, Jigani Hobli, Anekal Taluk, Bengaluru - 560105

REPORT ON DANCE CLUB ACTIVITY

Club: Dance Club

Date: 21st February, 2026

Venue: Santosha Hall

Timings: 3:10 PM – 4:10 PM

Organized by: NSS Unit in collaboration with Cultural Committee, SAMCH

Participants: Staff & Students (Batches - Panthers, Titans, Dakshas) ~150

Overview: The Dance Club of Sushruta Ayurvedic Medical College and Hospital, Bengaluru conducted a vibrant and engaging club activity – ‘Dance & Movement workshop’ on 21st February, 2026 at Santosha Hall from 3:10 PM to 4:10 PM. The session was organized with the objective of promoting physical fitness, artistic expression, and appreciation of diverse dance forms among students.

Flow of events: The **Dance workshop** was conducted under the guidance of **Dr. Sowmya H and Dr. Namitha** and the **Movement workshop** was conducted by **Dr Nischal**, who actively led the session and encouraged enthusiastic participation from students. The session commenced with a **movement workshop** led by Dr Nischal, that served as a warm-up activity before the main dance workshop. The movement session focused on body awareness, flexibility, rhythm coordination, posture alignment, and breathing techniques. This preparatory segment helped participants loosen up physically and mentally, creating an energetic and focused atmosphere for the subsequent activities. Following this, the **contemporary dance segment** led by Dr Sowmya focused on fluid body movements, emotional expression, spatial awareness, and creative freedom. Participants were encouraged to explore movement beyond rigid structures, blending rhythm with expressive interpretation. This was followed by **introduction to the fundamentals of Bharatanatyam** by Dr Namitha, including basic adavus (steps), hand gestures (mudras), facial expressions (abhinaya), and posture techniques. The session emphasized grace, rhythm, and the storytelling aspect inherent in classical.

Outcome: All workshop allowed the students to learn through demonstration, guided practice, and co-ordinated group movements towards energy from lethargy.

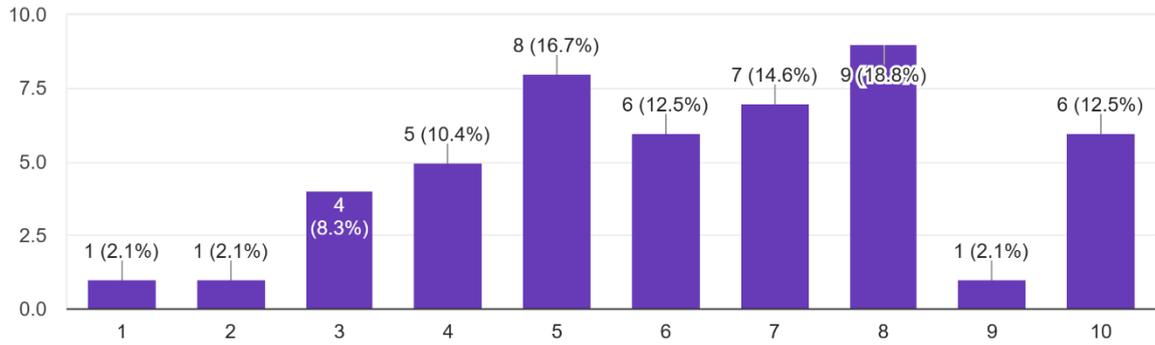
GALLERY:



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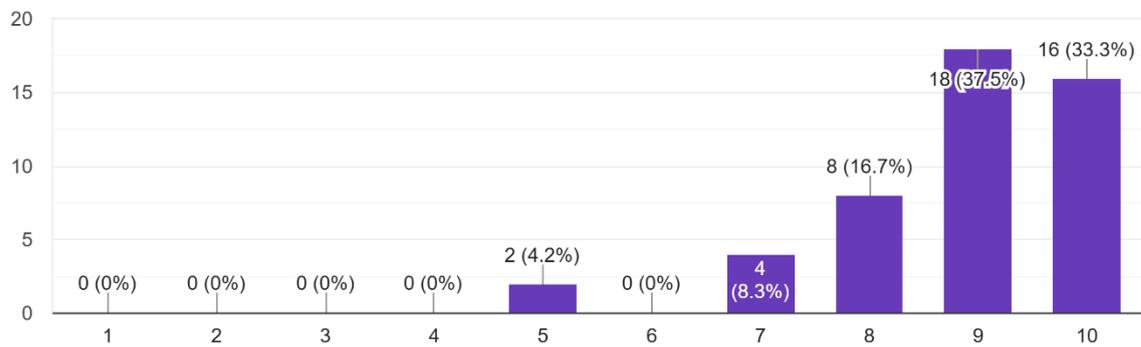
Mental, Emotional, Social wellbeing BEFORE participating in Club activities

48 responses



Mental, Emotional, Social wellbeing AFTER participating in Club activities

48 responses



Are the club activities helping you become a better student?

48 responses

