



NATYALAYA

WHERE MUSIC MEETS MINDFUL
MOTION IN DANCE

DATE

6th October

TIMINGS ARE

**11:15 AM
TO 1:00 PM**

VENUE

**BIA BLOCK
AUDITORIUM
(5TH FLOOR)**

Topics

- Raising awareness on Women Safety from abuse.
- Demonstrating stress and anger management skills as essential leadership qualities.
- Raising awareness on dance as a medium to freedom from self limiting beliefs.
- Promoting family bonding through dance performances.
- Women empowerment and protecting girls right.
- Resilience-a skill towards self-discovery and triumph.

