

REPORT

Move with Your “Self” and Connect with Your Inner Divine.

2022-2023

On 1st April 2023, the Peace Club run by the Department of Sociology, St. Xavier’s College, Burdwan organized a short yet very beautiful event “Move with Your “Self” and Connect with Your Inner Divine”. The program started sharp at 11:30 am in the Seminar Hall, academic building in the auspicious presence of Rev. Fr. Dr. G. Paul Arockiam, S.J, Principal of St. Xavier’s College, Burdwan. All the students of the Sociology Department attended the program. Also, four/five students from each Department were present in the seminar hall to represent their own Department. Srabasti Ghosh, an experienced Dance Therapist was esteemed the guest of honour for the day.



In the middle of the daily hustle and bustle, most of the time, we failed to identify the unique rhythmic patterns within us. We try to move as everyone is doing or maybe, societal norms never give us the space to recognize our inner rhythm. We are always either under the judgment of others or we are judging ourselves as we all are trying to meet certain levels, trying to fit in certain parameters, and in the process, we sometimes lose ourselves, and our peace of mind. Thus, to help the students to connect with their inner rhythm, the participatory dance therapy workshop was organized. Registered student participants of all departments

took part in the workshop and were awarded with participation certificates in the end of the session.



