



Title of the Event	Garba Workshop		
Date of the Event	7 th October 2024	Place of the event	Auditorium, St. Vincent College
Objectives of the Event	To teach the students the dance form of Garba		
Name/s of the Resource Persons	Prof. Franklin Salvi		
A short narration of the program			
On 7th October St. Vincent College organized a vibrant Garba Workshop to celebrate the rich cultural heritage of Gujarat and promote community bonding through dance. The event aimed to introduce students to Garba, a traditional folk dance form, while also offering them a platform for self-expression, fitness, and enjoyment. The workshop was well-received by students and faculty, fostering an atmosphere of celebration, joy, and cultural learning.			
Objectives of the Workshop			
The key objectives of the Garba Workshop were:			
- To familiarize students with the traditional dance form of Garba. - To promote cultural awareness and appreciation for India’s diverse traditions. - To provide an opportunity for students to engage in physical activity through dance. - To encourage community participation and social bonding among students.			
Workshop Structure and Activities			
Inaugural Session			
The workshop began with a welcome address by the cultural coordinator of the college, who explained the importance of Garba in the Navratri festival. She highlighted that Garba is more than a dance form; it symbolizes unity, devotion, and celebration.			
The Principal of St. Vincent College also addressed the participants, emphasizing how such events promote cultural inclusivity and foster a sense of community and togetherness within the college.			
Introduction to Garba			
The workshop was led by a professional dance instructor specializing in Garba and folk dances of India. He provided participants with an overview of the origins of Garba, explaining that it is traditionally performed to honor Goddess Durga during the Navratri festival.			
Participants were introduced to the significance of:			
Circular dance formations, symbolizing the cyclical nature of life and time.			



- Clapping patterns and rhythmic steps that reflect devotion and joy.
- Traditional attire and the use of dandiya sticks in Raas Garba.

Hands-On Dance Sessions

Session 1: Basic Steps and Movements

The instructor began with basic Garba steps, demonstrating clapping techniques, turns, and footwork. Students were divided into small groups, allowing them to practice simple routines under the guidance of assistants. This session ensured that even beginners could comfortably follow the steps and participate actively.

Session 2: Learning the Garba Routine

The next part of the workshop focused on teaching short Garba sequences to participants, gradually increasing in complexity. Participants practiced syncing their movements to the beats of traditional Garba songs. The dance instructor emphasized the importance of team coordination in group performances, creating a lively and energetic environment.

Session 3: Introduction to Dandiya Raas

Following the Garba routines, students were introduced to Dandiya Raas, a form of Garba performed with decorated sticks (dandiya). The instructor guided participants on proper techniques for tapping and twirling the sticks while dancing with a partner. This part of the workshop was especially enjoyable as it encouraged interaction among participants and fostered a spirit of camaraderie.

The Garba Workshop at St. Vincent College was a resounding success, drawing enthusiastic participation from students. The event promoted cultural awareness while offering participants an opportunity to engage in fun-filled physical activity.

The event concluded with a vote of thanks by the cultural coordinator, who expressed gratitude to the dance instructor, participants, and organizers for their efforts in making the event a memorable experience.

Name of the Collaborating Agency	Students Council Committee of St. Vincent College.
Learning Outcomes of the Event for the Participants	The students learned the Dance form of Garbha
Learning Outcomes for the Organizing team	To teach the students about Indian Dance Forms Particularly Garbha
No. of Participants	30+ Students of the College
Faculty in Charge	Dr. Franklin Salvi
Documents Attached	1. Photographs



