

Celebration of Indian Culture Through Classical Dance



Noida, Uttar Pradesh May 30, 2022 ([Issuewire.com](https://www.issuewire.com)) - [“Sadhana”](#), a cultural dance program was organized by Manasija on Sunday 29th May 2022 at Noida Sector 119. The program offered a unique opportunity for the city’s dance enthusiasts to witness brilliant performances by young talented dance students.

Celebrating India’s rich culture through classical dance, “Sadhana” showcased three different dance forms - Odissi, Bharatanatyam, and Kathak and won the audience's hearts by presenting a unique visual treat.

Sadhana means Tapasya – A Spiritual Practice. Indian classical dance forms are considered as a form of worship and mediation as every movement and posture has a spiritual meaning to it.

The idea behind the program was to encourage participation and educate people about different classical dance forms. The event was conceptualized by Arunima Ghosh from Manasija, an accomplished classical dancer, who has been at the forefront of promoting and exhibiting Indian culture through classical dance. “My aim is to provide exposure and bring Indian classical dance forms closure

to kids and young adults. And thus, generate love for our culture among the new generation.” – says Arunima, founder and director of Manasija.

Odissi performance was staged by the students of Arunima Ghosh. Bharatnatyam and Kathak dance was performed by the students of Moumala Nayak and Abdul Khalid respectively.



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