

## Sangeet Natak Akademi, New Delhi

National Academy of Music, Dance and Drama  
an Autonomous Body of Ministry of Culture, Government of India



on the Occasion of  
**WORLD YOGA DAY**  
and  
**WORLD MUSIC DAY**

*presents*

# संयोग SAMYOG



**Wednesday, 21 June 2023; 10.00 a.m. to 6.00 p.m.**

Meghdoot III, Rabindra Bhavan, New Delhi

*All are Welcome*

## Workshops

21 June 2023, 10.00 a.m.

*Sahaj Yoga* – **Poonam Singh**, Yogmanthan

*Swar Yog Abhyas* : Voice Culture for Actors and Public Speakers - **Lokendra Trivedi**

*Yoga Parampara aur Natyashastra* - **Surakshit Goswami**

## Gati Yog Prastutiyan

21 June 2023, 11.30 a.m.

*Adi Anant* – Choreography: **Sangeeta Sharma**, Anveshana Society  
for Performing Arts, Delhi

*Karma Yoga* - Choreography: **Kavita Dwibedi**, Sanchari Foundation, Delhi

## Chitra Yoga –In the Context of Folk Paintings

**Bhuneshwar Bhaskar and Vinita Kumari**

## Music Performances

21 June 2023, 3.00 p.m.

**Saraswati Veena** – **S. Radhakrishnan**, *Delhi*

**Dhrupad Vocal** – **Afzal Hussain**, *Madhya Pradesh*

**Instrumental Ensemble** – **Rashid Mustafa Thirakwa & Group**, *Delhi*

Invitees should take their seats 15 minutes before the commencement of the programme.

For security reasons, camera or any other objectionable articles will not be allowed in the auditorium.  
Mobile phones must be switched off or in silent mode.

Audio/video recording is prohibited.


**Please follow Covid-19 Protocol**

*Programme subject to change. Enq: 23387246/47/48*

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