



K.R. MANGALAM UNIVERSITY
THE COMPLETE WORLD OF EDUCATION



Report

“Harmonizing Frequencies: A Journey into Therapeutic Movement”

Date: 17 September 2024

Time: 1.30 pm

Venue: A Block, Moot Court, K.R.M.U

Event Type: Meditation with music skill-Based activity

Mode of Activity: Offline

Target Audience: Pan-University Students

Faculty Coordinators: - Dr. Kriti Arya (Asst. Prof. SOMC), Ms. Tanu Gupta (Asst. Prof. SOET)

Student Coordinator: Mr. Ayush Singh, Ms. Chitra Agarwalla, Ms. Ganga Singh & Mr. Ankit Mahla

Organised by: CHETNA SOCIETY

Number of Participants: 53

On 17th September 2024, the Moot Court in A Block buzzed with excitement as students and faculty gathered for “Harmonizing Frequencies: A Journey into Therapeutic Movement”. This insightful event aimed at exploring the transformative power of movement as a form of therapy for physical and mental well-being.

The event was convened by Dr. Manju Rani, Assistant Professor, School of Health Sciences (SOHS). Mr. Prashant Panwar, Assistant Professor, School of Legal Studies co-convened the event.

The event was further supported by Ms. Tanu Gupta, Assistant Professor, School of Engineering and Technology (SOET), and Dr. Kriti Arya, Assistant Professor, School of Management and Commerce (SOMC). Their dedication ensured the smooth execution of the event, coordinating effectively with both faculty and students to create an enriching experience.

A group of enthusiastic students led the logistical arrangements. Mr. Ayush Singh, Ms. Ganga Singh, Mr. Ankit Mahla and student coordinators from School of management & commerce (SOMC) and School of Engineering Technology (SOET), efficiently handled the coordination and managed all aspects of the event's organization. With their deep commitment to mental health and wellness, they set the tone for the session, emphasizing the importance of integrating therapeutic practices into everyday life.

The event was designed in a such a manner where students participated in two interactive activities to foster creativity and expression. In the first activity, students were encouraged to express themselves through gestures and movements based on the rhythm and mood of the music being played. This allowed them to connect with the music on a deeper level and showcase their individuality. In the second activity, students were paired up, with one partner dancing to the music and the other mimicking their movements, creating a synchronized and collaborative performance. This exercise not only promoted teamwork but also highlighted the importance of observation and coordination in a fun and dynamic way. The event successfully brought out students' creative energy and collaborative spirit, making it a memorable experience.

The event successfully fostered a deeper understanding of therapeutic movement, benefiting the participants with practical knowledge and techniques. It provided a platform for participants to engage, reflect, and learn about the benefits of incorporating movement therapy into their daily routines for improved mental and physical health.

The event concluded on a positive note, with participants expressing their interest in future wellness-centred activities.

Glimpse:



Introduction of the activity





During Activity



Group Photograph