

## WORKSHOPS

### 2ND FEB SUNDAY

**A Tale of 120 Cards  
- Sawantwadi Ganjifa Card  
Painting** by Team Iteeha

Coomaraswamy 11:30 am -  
Hall, CSMVS 1:30 pm

A session on Sawantwadi Ganjifa card painting by one of its oldest artisans.

**Liberation of Mind and Soul  
through Expressions** by Manoj Nair

Coomaraswamy 2:30 pm -  
Hall, CSMVS 4:30 pm

The workshop will focus on expressions, body language, rhythm and timing. It will include group activity, discussion on illusion, space and pantomime.

**Sustainability In Restaurants**

BNHS 12:00 pm -  
Auditorium 2:00 pm

This panel discussion is helmed by Arina Suchde who is a chef and mixologist. Moina Oberoi, Chef and entrepreneur, Sumit Gambhir, Director and co-founder Neighborhood Hospitality and Monisha Narke, Founder and CEO, RUR Greenlife. This discussion talks about sustainability in the restaurant space, less wastage and how you can incorporate certain aspects into your own homes and kitchens.

**Deconstructing design thinking** by Uday Athawankar

BNHS 3:00 pm -  
Auditorium 5:00 pm

A workshop on design thinking.

### 3RD FEB MONDAY

**Threads knots n beads**  
by Priya Patil

Coomaraswamy 11:30 am -  
Hall, CSMVS 1:30 pm

A destressing macrame making workshop.

**Calligraphy, meditation with paper  
and ink** by Amruta

Coomaraswamy 2:30 pm -  
Hall, CSMVS 4:30 pm

Learn the art of beautiful cursive writing

## RANGTARANG





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**The art of luxury gift wrapping**  
by Amruta

BNHS  
Auditorium

12:00 noon -  
2:00 pm

Let's work with some basic tools to put the wow factor in your gifts. Fold paper at this therapeutic workshop to create some fabulous looks and inspire you for your next gift-giving opportunity.

**DIY Mandala art on strap for modular footwear** by Shashank Pawar

BNHS  
Auditorium

3:00 pm -  
5:00 pm

A unique workshop where you customize your footwear.

### 4TH FEB TUESDAY

**Knitting the knots of Life** by Smita Raje-Deshpande and Pragati Adhikari

Coomaraswamy  
Hall, CSMVS

11:30 am -  
1:30 pm

A therapeutic workshop which uses art to bring inner healing and peace.

**ONE WORLD ONE BEAT ONE STEP**  
by Ranjan Sharma

Coomaraswamy  
Hall, CSMVS

2:30 pm -  
4:30 pm

This workshop is based on a fusion of dance styles simple yet energetic to create this oneness so that participants feel the connection and go back embracing a sense of unity.

**Voice Workshop (Hindi/English)**  
Presented by Viva Voice Academy

NGMA

4:00 pm -  
7:00 pm

A workshop where participants learn voicing nuances like modulations, pitch, silence, expressions and how to use their voice more effectively in their own profession, through voice and breathing exercises, improvisations and exploring their emotions

**Between Micro-fiction - the long and short of literature** by Hiral and Khushboo

BNHS  
Auditorium

12:00 noon -  
2:00 pm

Learn how to write a microfiction piece-- what works and what doesn't.

**Emotional Intelligence through Storytelling** by Priyanka Patel

BNHS  
Auditorium

3:00 pm -  
5:00 pm

A workshop bringing people together through traditional stories, while helping them tap into their everyday life and inner self.

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### 5TH FEB WEDNESDAY

<b>Pour the colors and fill your hearts</b> by Sharmila Gupte	Coomaraswamy Hall, CSMVS	11:30 am - 1:30 pm	Let's celebrate pre valentine with pour painting on canvas.
<b>Tracing the myths and stories that make Mumbai</b> by Utkarsh Patel and Arundhuti Dasgupta	Coomaraswamy Hall, CSMVS	2:30 pm - 4:30 pm	Arundhuti Dasgupta and Utkarsh Patel look beneath the stones to dig up the folk legends that mark the city's syncretic nature and migratory identity of deities.
<b>Empowering Through Empathy</b> by Priyanshi Vasani	BNHS Auditorium	12:00 noon - 2:00 pm	A workshop aimed at building a positive support system for people through movement-led activities.
<b>Shedding Barnacles - A Poetry workshop with a focus on Honesty</b> by Anish	BNHS Auditorium	3:00 pm - 5:00 pm	A poetry workshop with a focus on honesty.

### 6TH FEB THURSDAY

<b>Painting affections on porcelain</b> by Rashmi Mhapsekar	Coomaraswamy Hall, CSMVS	11:30 am - 1:30 pm	A beautiful demo of porcelain painting.
<b>Being Tech Savvy in 2020</b> by Aparna Thakker	Coomaraswamy Hall, CSMVS	2:30 pm - 4:30 pm	Introducing seniors to everyday technology and simplifying it so they can live independent lives.
<b>Mast Mukhota</b> by Lidwin Mascarenhas	BNHS Auditorium	12:00 noon - 2:00 pm	A pottery workshop on mask making.
<b>Art of Saree Draping</b> by J D Institute of Fashion Technology	BNHS Auditorium	3:00 pm - 5:00 pm	The saree is one of the oldest forms of clothing on planet Earth, with references of it dating back centuries - and it's still going strong. This workshop explores various traditional and regional drapes along with some modern twist for all the saree lovers out there.

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### 7TH FEB FRIDAY

<b>Creativity for the Non-Creative</b> by Rishabh Mehta and Samay Ajmera	Coomaraswamy Hall	11:30 am - 1:30 pm	Creativity can be learnt by breaking down common myths and learning research-based techniques. A music and art workshop.
<b>Sparking candles</b> by Kajal Gaitonde	Coomarswamy Hall	2:30 pm - 4:30 pm	A candle making workshop.
<b>Acting Workshop</b> by Om Katare Presented by Yatri	NGMA	2:30 pm - 4:30 pm	Learn the nuances of acting from theatre veteran Om Katare, Founder, Yatri.
<b>Costume and music</b> by Ishi Srivastava	BNHS Auditorium	12:00 Noon - 2:00 Pm	An insight into the role of costumes in theatre, followed by a practical session.
<b>Learn fighting so that you never have to fight and be fighting fit</b> by Balkrishna Shetty	BNHS Auditorium	3:00 pm - 5:00 pm	Self defence and mixed-martial arts workshop.

### 8TH FEB SATURDAY

<b>Sustainable Design</b> by Sangeeta Kapoor	Coomarswamy Hall	11:30 am - 1:30 pm	An interactive discussion on the practice of and a holistic approach to sustainable living.
<b>Storytelling with Letterforms : a Typographic experiment</b> by Sreekumar	Coomarswamy Hall	2:30 pm - 4:30 pm	A workshop on typography.
<b>Come Play with Gold</b> by Shehzad Khan	BNHS Auditorium	12:00 noon - 2:00 pm	Learn the unique art of gold leafing.
<b>TREE OF LIFE</b> by Karima Dawoodani	BNHS Auditorium	3:00 pm - 5:00 pm	An interactive workshop on making dreamcatchers.

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### 9TH FEB SUNDAY

<b>Fevicryl Acrylic Pour Workshop</b>	Coomarswamy Hall, CSMVS	11.30 am - 1.30 pm	Come and experience the joy of creating some fun abstract art in this fluid art workshop. Learned different techniques of acrylic pouring with Fevicryl colours and take home a unique master piece.
????????????	BNHS Auditorium	3.00 pm - 5.00 pm	????????????

- *No pre-registration is required • Entry is on a first come, first served basis.*
- *Entry for all hands-on workshops will be limited to 25 participants only.*
- *For all writing workshops please bring your own writing material.*
- *All workshops are for Adults only.*

**Curators: Ami Patel and Tripti Ayyar**  
**Team: Yash Oberoi , Payal Bania, Vinodini Hasal**

**Acknowledgements: Bombay Natural History Society (BNHS), Chhatrapati Shivaji Maharaj Vastu Sangrahalaya (CSMVS) and all our guest conductors.**

*Note: All Programs are subject to change.*