



Thakur Educational Trust's (Regd.)
THAKUR RAMNARAYAN
COLLEGE OF ARTS & COMMERCE
ISO 21001:2018 Certified

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TRCAC/DC/B.A./003 of 2024-25

Date:12/07/2024

NOTICE
(DC)

Find Your Flow: A Dance Movement Therapy Exploration

All the students and faculty members of B.A. department are hereby informed that **The Department of Arts (Psychology)** has organized an engaging **workshop on Dance Movement Therapy on Monday, 15/07/2024.**

The workshop will help the students to find calmness, regulate emotions and give an insight into the modern take on psychotherapeutic approaches.

The details of the event are as follows:

Day: **Monday**

Date: **15/07/2024**

Time: **11:30am - 1:30pm**

Venue: **Seminar Hall**



Dr. Ravish R. Singh

Principal