



MALAVIYA NATIONAL INSTITUTE OF TECHNOLOGY JAIPUR

(Institute of National Importance)

Workshop on Dance Movement Therapy



About:

The **Wellness Club**, under the **Office of Dean Student Welfare (DSW)**, **MNIT Jaipur**, in collaboration with the **Centre of Excellence for Indian Knowledge Systems (CoEIKS)**, organized a **Workshop on Dance Movement Therapy** on **22nd April 2026**, from **4:00 PM to 6:00 PM**.

The session was facilitated by **Dr Chirmi Acharya**, a Certified Dance Movement Therapist, PhD in Psychology, classical dancer, and Assistant Professor at Manipal University, Jaipur. She is also associated with the Creative Movement Therapy Association of India (CMTAI) and CID-UNESCO.

The workshop was designed to create a safe and engaging space for students to explore emotional well-being through movement, expression, and reflective practices. It focused on helping participants reconnect with themselves beyond academic pressures, using body-based and creative techniques.

The event was coordinated by **Dr Ritika Mahajan (Coordinator, Wellness Club)**, along with support from the DSW team.

Resource Person:

Dr Chirmi Acharya is a trained Dance Movement Therapy practitioner with a PhD in Psychology and a **Certified Dance Movement Therapist**. Her work integrates psychology, movement, and expressive arts to support emotional and mental well-being.

Dance Movement Therapy is widely recognized as a psychotherapeutic approach that uses movement to support emotional, cognitive, and social integration.

Dr Acharya brings a strong interdisciplinary approach, combining academic expertise with practical facilitation, and has worked extensively with students and individuals to create safe, reflective, and experiential learning environments.



Session Highlights:

- The session began with **gentle grounding and movement exercises**, helping participants shift from a cognitively overloaded state to present-moment awareness.
- Participants engaged in **guided movement activities**, encouraging them to explore body awareness and emotional expression.
- This was followed by **reflective prompts and structured introspection**, allowing students to connect with their internal emotional states.
- A key component of the workshop was **art-based expression**, where participants used colours and creative media to express feelings beyond verbal language.
- The session also included **optional sharing and group reflection**, fostering a sense of connection and psychological safety among participants.
- The workshop concluded with **simple grounding techniques** that students could apply in daily stressful situations.

Learning Outcomes:

The workshop had a meaningful impact on participants:

- Participants developed **greater awareness of their emotional states**.
- Participants learned **practical grounding techniques for stress management**.
- Participants explored **non-verbal methods of emotional expression through movement and art**.
- Participants experienced a **sense of connection and shared understanding with peers**.
- Participants gained **simple, usable tools to navigate academic and personal stress**.