

IS PLEASED TO ANNOUNCE ACTIVITIES UNDER THREE SERIES

AAROGYA

Every First Friday of the Month
Conversation & Presentation on
Health, Nutrition & Wellness



SAMVAD

Every Second Friday of the Month
Conversation & Dialogue On
Textiles, Literature, Cinema,
Arts & Culture



KALA UTSAV

Every Fourth Friday of the Month
Lecture -cum-Demonstration
& Dialogue on Performing
Arts & Music



CALENDAR OF ACTIVITIES (APRIL - JUNE 2024)



05 April

Benefits of Millets

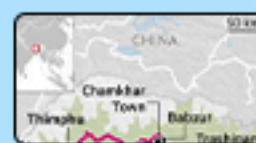
A conversation on the benefits of millets with Lt. Col.(Retd) Kesang Choeden, founder of Chuniding Food



03 May

Yoga for Mental Health

A dialogue on benefits of yoga for mental health by eminent yoga master Dr Vijay Kumar Singh



07 June

Trans-Bhutan Trail

A talk on the Trans-Bhutan Trail connecting Bhutan's past, present & the future by Ms. Tshering Dolkar, ED, Trans Bhutan Team



12 April

Maha Shivratri Special

Screening of documentary on celebrations of strong people to people connections between India and Bhutan by Tshering Denkar, Denkars Getaway



10 May

Textile Tales and Trails

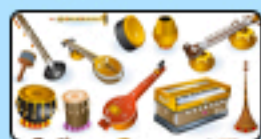
Namrata Dalela in conversation with Karma Tshering Wangchuk (Lhari) on the rich textile traditions of Bhutan and India



14 June

Contemporary Cinema in Bhutan

A conversation on the contemporary cinema in Bhutan by Ms. Charmi Chheda - Film & Theater Director and Ms. Nyema Zam, CEO, SAMUH



26 April

Indian Musical Traditions

Lecture-cum-demonstration on Indian musical traditions by eminent Hindustani classical music teacher Dr Vivek Karmahe



24 May

Indo-Bhutan Musical Jugalbandi

A musical jugalbandi by Indian and Bhutanese artists from RAPA, Thimphu



21 June

Yoga and Music

A presentation on music and yoga towards holistic well-being by Dr. Vijay Singh and Dr Tashi Zangmo, ED, Bhutan Nuns Foundation

Limited seating. Kindly register at cul.thimphu@mea.gov.in for participation.

For additional information, contact us at +975-02333025 (0900-1730 hrs).

Venue: Nehru Wangchuck Cultural Centre, Level 5, dusitD2 Yarkay (Annex), Thimphu