



Free & Open to All

Register on < www.hydlitfest.org >

26 – 28 January 2024

Sattva Knowledge City

WORKSHOPS SCHEDULE

26 Jan	27 Jan	28 Jan
	<p>9:00am – 11:00am</p> <p>Yoga for Yoga Teachers & Practitioners with Shri G Chandrakanth</p> <p>(<u>Venue</u>: The Grid, District 150)</p>	<p>9:00am – 11:00am</p> <p>Mobility (Sukshma Vyayama) & Therapy Movements for Senior Citizens with Shri G Chandrakanth</p> <p>(<u>Venue</u>: The Grid, District 150)</p>
<p>11:30am – 1:00pm</p> <p><i>Singing Kabir</i> – Vipul Rikhi (<u>Venue</u>: The Grid, District 150)</p> <p>11:00am – 12:30pm</p> <p><i>Fun, freedom and pleasure in the city: Audio escapades through a feminist lens</i> - Menaka Raman Radhika Viswanathan (<u>Venue</u>: Octave1 Foyer)</p>	<p>11:00am – 1:00pm</p> <p>Learn the Art of Storytelling – Pankaj Singh, Naveed Mulki (<u>Venue</u>: The Grid, District 150)</p> <p>11:00am – 1:00pm</p> <p>The Endless Possibilities of Cacao with Manam Chocolate (<u>Venue</u>: Octave 1 Foyer)</p>	<p>11:00am – 1:00pm</p> <p>The Endless Possibilities of Cacao with Manam Chocolate (<u>Venue</u>: Octave1 Foyer)</p>
<p>2:00 – 4:30 pm</p> <p>Just Play – Life Lessons from Traditional Games with Vinita Sidhartha (<u>Venue</u>: The Grid, District 150)</p> <p>2:00 – 3:00pm</p> <p>Hum Hindustani: The Poetry of Citizenship with Samina Mishra (<u>Venue</u>: Octave1 Foyer)</p> <p>3:15 – 4:45pm</p> <p>Learn Rosemaling Art with Heena Akbari (<u>Venue</u>: Octave1 Foyer)</p>	<p>2:00pm – 5:00pm</p> <p>Tactile Painting for the Sighted with Aishwarya Pillai (<u>Venue</u>: The Grid, District 150)</p> <p>2:00pm – 4:00pm</p> <p>Story of the Origin of the Earth – Gond Art with Durgabai & Subhash Vyam (<u>Venue</u>: Octave1 Foyer)</p> <p>4:00 – 5:30pm</p> <p>Learn Rosemaling Art with Heena Akbari (<u>Venue</u>: Octave1 Foyer)</p>	<p>2:00pm – 3:30pm</p> <p>Cooking Workshop by Sridevi Jasti for adults (<u>Venue</u>: Octave1 Foyer)</p> <p>2:00pm – 4:00pm</p> <p>Zines for Science with Ipsa Jain (<u>Venue</u>: The Grid, District 150)</p> <p>12:00pm – 1:00pm</p> <p>A Peaceful Movement – for dancers and non dancers with Nayantara Nanda Kumar Nalini Nanda Kumar (<u>Venue</u>: The Grid, District 150)</p>



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Stream Coordinator: **Anuradha Reddy**