















Topic	Workshop	Description	
Art & Craft	Rangoli Art	Rangoli is a mixture of Indian art and craft. Learn about this Indian art form and the traditional ways it is created. Individual Rangolis are created using supplied templates & materials like coloured powders, coconut, rice, lentils. Both taster and linked series of workshops are available. See unique Rangolis created by artist Sangita Kapadia.	
	Group Rangoli Art	Work together as a team to create an interior wall hangable unique Group Rangoli artwork using supplied contemporary materials like pulses, lentils, pasta, coloured rice, coconut. Workshop duration from 2 hours to whole day based on artwork size.	
	Handmade Cards	Learn to make Indian Theme 3D Cards for any occasion. A variety of materials are provided such as symbolic motifs, papers, studs, threads, etc. Dazzle yourself as you create your own bespoke card.	
	Animated Poetry	In Animated Poetry you are guided to create a rhyming couplet about nature. You are also shown pencil sketching techniques so you can add your own creative sketch to animate your poem & make a greeting card.	
Dance	Garba	Discover the traditional Indian dance called "Garba", which combines elegant hand & feet movements. The dancer forms part of a group which moves in a circular formation in time with the beat & music. Its energetic, fun, develops coordination and is cross-cultural. Both taster & linked series of 5 workshops are available. In the later a basic costume is provided and there is possibility to present to an audience.	
	Raas	In "Raas", the dancers still form a circular formation, like Garba, but work in pairs with their hands engaged in a stick dance. The 5 cycle stick formation circulates with the beat of the drum and music. This dance is energetic, fun, develops coordination and is cross-cultural. Both taster and linked series of 5 workshops are available. In the later a basic costume is provided and there is possibility to present to an audience.	
Fashion	Heena Tattoos	An introductory talk on the origin and significance through pictures. Two types of workshops are offered: Family/Adult Learning: adults learn, then try on children/each other. Pampering: a medium Heena tattoo is applied to a hand by Sangita.	
	Sari Wrapping	Learn how to wear this most elegant and traditional Indian costume, the Sari. Discover the different regional styles and see the variety of materials used. Try and wear a sari provided for the workshop and take a picture!	
	Bindi Art	An introductory talk on the origin and significance through pictures. A fancy coloured Bindi is applied to forehead or hand and then a small design created around it. Two types of workshops are offered: Family/Adult Learning: adults learn, then try on children/each other. Pampering: Bindi Art is applied individually by Sangita.	
Talks	Food, Culture, Festivals, Fashion, Art	All talks include visualisation via pictures and items as appropriate. Food: Indian vegetarian - diet, spices, herbs, vegetables, pulses. Culture: weddings, customs, regional variations, language, symbols. Festivals: Diwali, Holi, Navratri, Janmashtami, RakshaBandhan, GaneshChoth Fashion: costumes, embroidery, jewellery, Heena tattoo, Bindi, Sari styles. Art: traditional and contemporary Rangoli, significance of colours.	
Language	Hindi, Gujarati	Basic words and phrases needed to communicate with friends, colleagues, relatives, for travelling, shopping, dining, etc, in the National Language Hindi and Gujarati are introduced using English transliteration.	Namaste Kem Cho? Baazar Khana Shukriya 
Music	Tabla Drums	Introduction to the classically based Indian drums called "Tabla". Discover how many different sounds can be created from the tabla using combinations of the various finger and hand techniques. Then have a go yourself.	
	Indian Music	See Indian instruments like Tabla, Dholak and Harmonium and how they are played. Discover a new language of the Indian drums and how Indian music can be related to Western music.	