

**MET's Institute of Engineering
Bhujbal Knowledge City, Adgaon, Nashik
Department of First Year Engineering**

Name of the program: Activity "Garba"

Date: 28/08/2025

Time: 2.00 to 4.00pm

Day: Thursday

Venue: Sport Department

Induction Coordinator: Dr. R.S. Dhake & Prof. R. D. Rajkuvar

Activity Coordinator- Dr .P. S.Raut

Event Coordinator:
Prof. Amol Varandal
Prof. Namrata Ghuse
Prof. Komal Mahekar
Prof. Diksha Ahire
Prof. Priyanka More
Prof. Nilesh Ahire
Prof. Bhumika Alte

Resource Person: Miss Anaya Kothawade

No. of Participants: 120

Objective of Activity-

1. **To promote cultural awareness and appreciation** of India's traditional art forms among engineering students.
2. **To foster unity, teamwork, and inclusiveness** by bringing together students, faculty, and staff through a shared cultural experience.
3. **To provide a platform for students** to showcase their talent in dance, music, and traditional attire.
4. **To encourage participation in extracurricular activities** that help in the holistic development of students beyond academics.
5. **To create a joyful and stress-free environment** that strengthens community bonds and college spirit.

First Year Department of MET'S Institute of Engineering Nashik organized a **Gabha Workshop** on 28th September 2025 to promote cultural awareness, creativity, and holistic development among students. The workshop aimed to introduce participants to the traditional dance form of **Garbha**, an integral part of India's rich cultural heritage celebrated during the Navratri festival. This initiative provided students an opportunity to learn the techniques, rhythm, and expressions associated with Garbha while fostering teamwork, confidence, and cultural appreciation.

Students were taught various **Garba steps**, including *basic circular steps, dodhiya, trikon, popat, and sanedo*. The instructors also emphasized rhythm coordination, hand movements, and traditional Garba formations.

Over **120 students** participated enthusiastically, dressed in traditional attire, creating a colorful and energetic atmosphere. The event concluded with a free-style Garba session where all participants danced together to traditional and modern Garba songs.

Outcomes

- Students learned traditional Garba dance techniques.
- The event enhanced cultural awareness and unity among students.
- It provided a recreational break from the academic schedule, boosting student engagement and morale.

Feedback

Participants expressed immense satisfaction with the workshop, appreciating the lively instruction and cultural exposure. Many requested similar cultural events to be organized in the future.

Conclusion-The Garba Workshop was a grand success, fulfilling its objective of promoting cultural values and student interaction. The organizing committee expressed gratitude to the college management, faculty members, and participants for their support in making the event memorable.





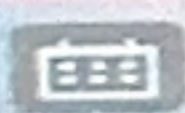
**DEPARTMENT OF FIRST YEAR ENGINEERING
INDUCTION PROGRAM 2025**

Activity

**FOLK DANCE
"GARBHA
GROOVE"**



Mrs. Anaya Kothawade



29th August 2025, Friday



02:00PM to 04:00PM

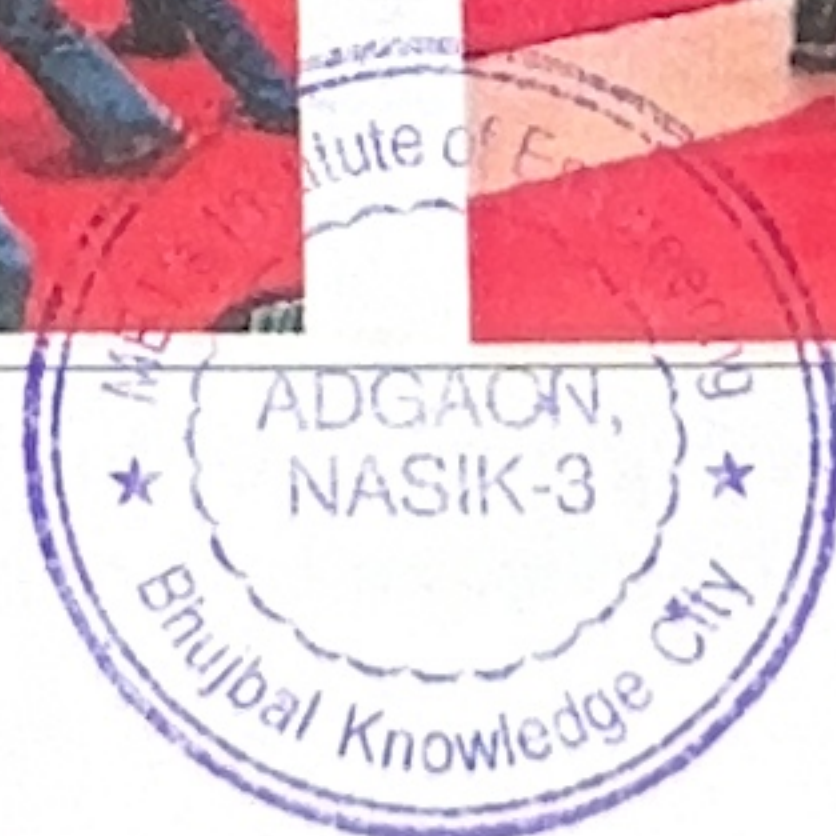


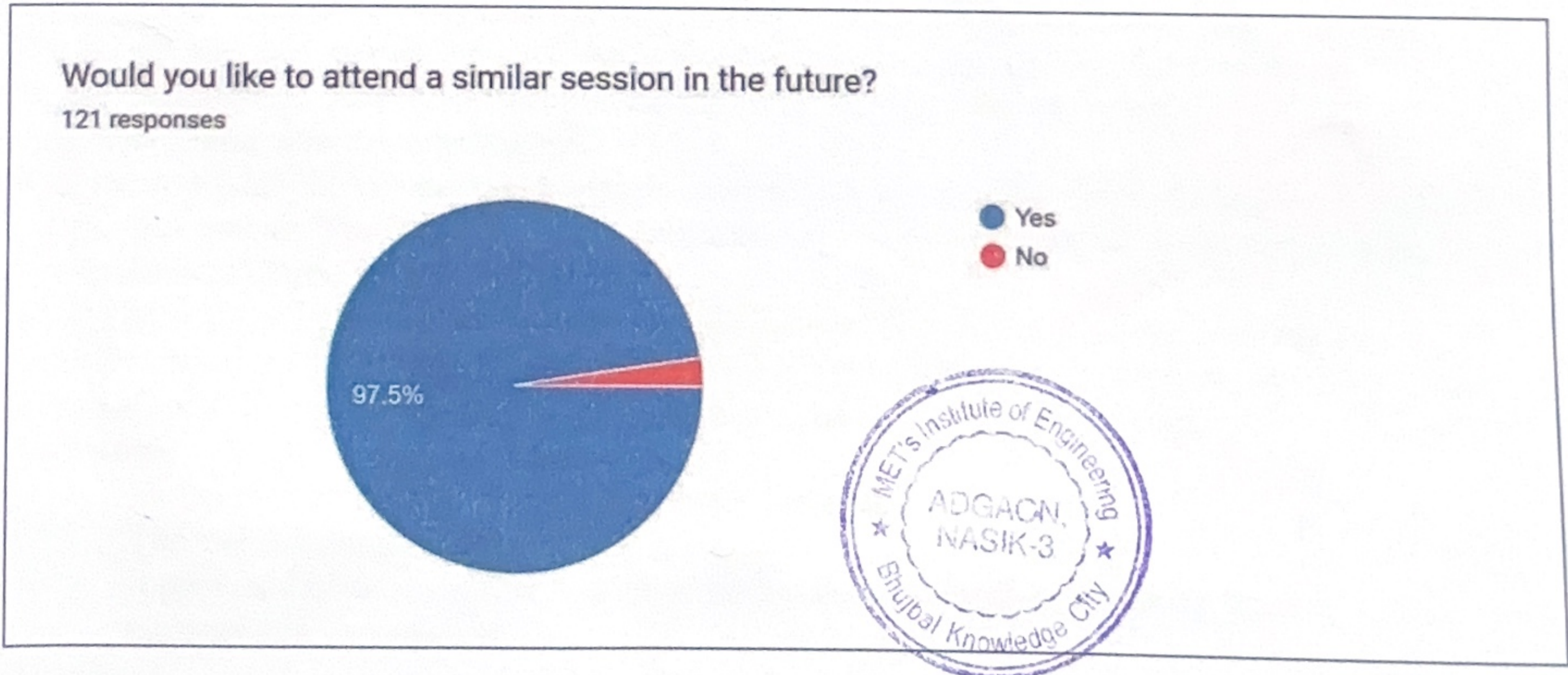
Sports Department above canteen



**Institute of
Engineering**

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 (FE-Coordinator)

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Dr. R. S. Dhake & Prof. R. D. Rajkuvar
 (Coordinator)

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Dr. Vijaykumar P. Wani
 (Principal-IOE)