

## National Seminar on the Bharatiya 64 Arts



Detailed Programme (Subject to finalization):

**Day 1 – 9<sup>th</sup> November 2023 (Thursday)**

**Inaugural Session:  
10.00 AM to 11.30 AM**

Tea Break: 11.30 AM to 11.45 AM

**All events shall be Demonstration-cum-presentations on :**

**1st Academic Session :  
11.45 AM to 1.15 PM**

**Intellectual Arts: Thoughtful Reverie**

- Literature - prose and poetry
- Riddles/Replying with the same letter
- Use of metres
- Calligraphy
- Mathematics
- Knowledge of herbs

Lunch Break: 1.15 PM to 2.15 PM

**2<sup>nd</sup> Academic Session :  
02.15 PM to 4.00 PM**

**Visual Arts and Handicrafts: Kaleidoscope Creations**

- Gemology
- Mud works
- Vastuvidya/Knowledge of Omens/  
Knowledge of marks on the body
- Stone works
- Painting
- Metallurgy

Tea Break: 04.00 PM to 04.15 PM

**3<sup>rd</sup> Academic Session :  
04.15 PM to 5.45 PM:**

**Performing Arts - 1: Enchanting Expressions**

- Dance
- Magic & Playing with threads
- Singing

## National Seminar on the Bharatiya 64 Arts



**Day 2 – 10<sup>th</sup> November 2023 (Friday)**

**4<sup>th</sup> Academic Session :  
10.00 AM to 11.30 AM**

**Sports: The Arena of Mastery**

- Riding Elephants, Horses and Chariots
- Martial Arts
- Exercise and Physical fitness
- Water Sports

Tea Break: 11.30 AM to 11.45 AM

**5<sup>th</sup> Academic Session :  
11.45 AM to 1.15 PM**

**Social and Societal Arts: Community Harmony**

- Perfumery
- Cooking
- Training of birds
- Art of Worshipping of God
- Animal Husbandry

Lunch Break: 1.15 PM to 2.15 PM

**6<sup>th</sup> Academic Session :  
02.15 PM to 4.00 PM**

**Performing Arts - 2: Enchanting Expressions**

- Art of Recitation
- Musical Instruments
- Disguise & Drama

Tea Break: 04.00 PM to 04.30 PM

**Valedictory Session  
4.30 PM onwards**

RSVP

**Dr. S. Vidyashree**  
Organizing Secretary  
Ph. 9900161271

Email: samikshanationalseminar@gmail.com



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Govt. Of India, New Delhi

**समीक्षा-२**

**इवलौखना-२**



**Date : 9th & 10th November, 2023**

**Venue : Multi-Vision Theatre, ISKCON**

Rajajinagar, Bengaluru 560 010.  
Karnataka, Bharat

[www.samikshanationalseminar.in](http://www.samikshanationalseminar.in)

## Themes of the Seminar-64 Arts of Bharat

### Performing Arts:

**Enchanting Expressions** - In the spotlight's glow, artists captivate, whether through graceful movements or the magic of words and instruments, crafting stories that resonate through time.

### Visual Arts and Handicrafts:

**Kaleidoscope Creations** - Colors burst forth on canvas, and hands weave threads of tradition, creating a visual diversity that tells the tale of culture's vibrant beauty.



### Sports:

**The Arena of Mastery** - Life's arena, where water splashes, swords clash, and minds and bodies toughen, teaching the art of perseverance, discipline, and teamwork.

### Intellectual Arts:

**Thoughtful Reverie** - From poetic verses to solving intricate puzzles, these arts reveal a rich tradition of intellect, encompassing mathematics, astronomy, and herbal wisdom.



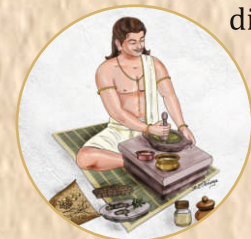
### Social and Societal Arts:

**Community Harmony** - In playful moments with children, the sizzle of culinary mastery, and the bonds forged in volunteerism, communities thrive, echoing traditions and unity with the world.



## 64 Arts of our Bharat:

The 64 Arts of Bharat are a remarkable and diverse collection of skills and practices that have been passed down through generations in India. These arts encompass a wide range of disciplines, from traditional forms of dance and music to ancient sciences like Ayurveda and metallurgy. Each art is a witness to the rich cultural heritage and deep-rooted traditions of India.



These arts are not just historical relics; they are a living legacy that continues to shape and enrich Indian culture. They offer a window into the past, allowing us to connect with the wisdom and knowledge of our ancestors. The 64 Arts also reflect the holistic approach to life that has been integral to Indian philosophy for centuries. They emphasize the importance of physical and mental well-being, creativity, and community engagement.



In today's fast-paced world, where technology often takes precedence over tradition, the 64 Arts serve as a reminder of the value of our cultural heritage. They offer a pathway to balance and well-being, fostering a deeper connection with ourselves and our roots. Additionally, these arts hold the key to unlocking creativity and innovation, as they encourage us to think outside the box and explore new horizons.

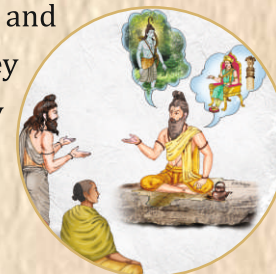
## The Eternal Pioneer of Bharat's 64 Arts

In the heart of Bharat's ancient traditions, the story of Bhagawan Sri Krishna's journey and mastery of the 64 Arts symbolizes his relentless quest for wisdom. Krishna, an avatar of Lord Vishnu, embodied Bharat's spiritual legacy. He rescued his friend Sudāma from a demon, reflecting Bharat's enduring spiritual strength. Grateful, Sudāma's parents granted Krishna any wish. Krishna, valuing knowledge and culture, sought their



guru, Sāndīpani Muni, who tasked him with retrieving his son from the relentless ocean. Krishna's divine intervention and mastery over the elements mirrored Bharat's devotion and resilience. In return, the guru imparted the wisdom of the Catuṣṣaṭīkālā—the 64 Arts.

Guided by Sāndīpani Muni, Krishna explored these arts, embracing their connection to Bharat's spiritual heritage. From the sacred Vedas to Natya dance, celestial Gītam music, craftsmanship in Maṇīrāgākarañjānam, and the path of dharma, Krishna's journey embodied Bharat's blend of spirituality and artistry.



## What Awaits You at the Seminar?

### Knowing Our Heritage:

Immerse yourself in the heart of Bharat's living culture through the lens of the 64 Arts. It's not just tradition; it's a bridge to our roots in a world that's ever-changing.



### Balancing Act:

In today's whirlwind life, find serenity through the arts—yoga, dance, and more. Learn how to harmonize your mind and body, and discover techniques to combat stress.

### Age-Old Wisdom, Modern Miracles:

Dive into the realm of Ayurveda and herbal medicine. Unearth ancient insights that hold the key to natural well-being in a world searching for holistic health.

### Celebrating Diversity:

Join us on a journey through the rich tradition of Indian culture. Gain profound cross-cultural insights and celebrate the mosaic of our heritage.



### Rediscover Togetherness:

Experience the joy of shared stories and activities. Connect with others in an era dominated by digital isolation.

### Resilience & Innovation:

Develop the resilience and creative thinking needed to navigate life's hurdles. Reacquaint yourself with skills that adapt to a changing world.

### Fuelling Tomorrow's Inspiration:

Harness the 64 Arts to inspire innovation and fresh perspectives. Play a role in creating a brighter future.

### Why Attend?

Expect an engaging blend of hands-on demonstrations, profound insights into the "Why" behind these arts, and an all-encompassing exploration of these treasures. This seminar isn't just about information; it's about embracing a transformative experience. Join us for a seminar that's as human as it gets!

