

Chief Patron



Dr. G. Aghila
Director,
NIT Tiruchirappalli



Resource Persons



Dr. Richard Shusterman
Florida Atlantic University
USA



Dr. E. N. Narayanan
Associate Professor,
St. Berchmans College,
Kerala



Pon. Sivakumar
Yoga Expert



Muthuraman
Silambam Expert



**Dr. Shivshankar
Rajmohan A K**
Assistant Professor,
VIT Vellore

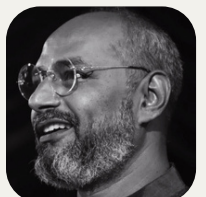


Brinda Ramanan
Bharatanatyam Expert

Programme Co-ordinators



Dr. N Ramasubramanian
Dept of CSE,
NIT Tiruchirappalli



Dr. Vinod Balakrishnan
Dept of HSS,
NIT Tiruchirappalli

Organizing Secretary



Dr. M Sridevi
Dept of CSE, NIT
Tiruchirappalli

Cultivating the Body through the Arts: New Directions in Somaesthetics

5 Day Conference (Lecture-Demonstration Series)

Organised by:-

Department of Humanities and Social Sciences &
Department of Computer Science and Engineering



7th - 11th January 2026



**Barn Hall,
NIT Tiruchirappalli**

Student Coordinators

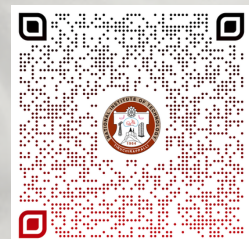
Ganga V S: 8547391252

Anugraha Saji: 9074952575

Annie Siby: 7907417122

Dipanjan Banerjee: 9477482163

Karthick S: 9994518992



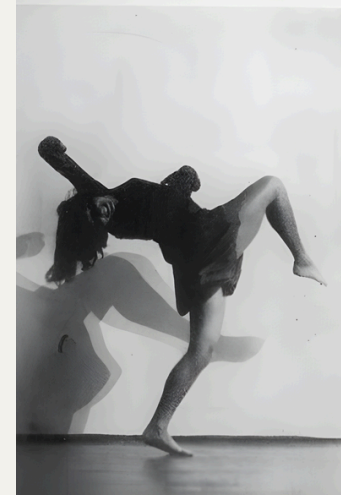
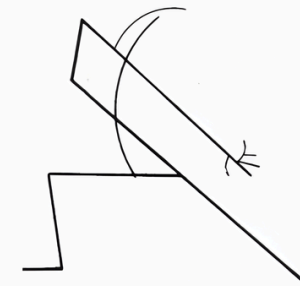
Register Here

About Host Institute

National Institute of Technology, Tiruchirappalli (NIT Trichy) is a leading Indian technical university recognized as an Institute of National Importance. It offers programs across engineering, science, management, architecture, and humanities, with a strong emphasis on research and innovation. Consistently ranked among India's top technical institutes in NIRF, NIT Trichy is known for academic excellence and global collaborations.

What is Somaesthetics?

Somaesthetics is a discipline whose attitude is shaped by philosophy and aesthetics. It raises the question: Can we live life that has the character of the Arts? The answer to that question must come from the philosophical stand that the everyday life is a potential field where the body realizes states of physical, mental and spiritual attainments that are no different from the aesthetic fulfilment experienced by artists. By closely following dancers, yoga practitioners, thespians, martial artists, we gain knowledge about the body as the medium through which one reaches higher mental and spiritual attainments. The somaesthetic philosopher puts together the argument that the everyday is the stage on which we can perform our actions like the dancers and the martial artists. From the art of living we attain to living as an art.



On the Dances of Palucca / Wassily Kandinsky

DAY 1

07-01-2026

**INAUGURATION
CEREMONY**

BOOK RELEASE

SOMAESTHETICS

Dr. Richard Shusterman

DAY 2

08-01-2026

KATHAKALI

Dr. E. N. Narayanan

DAY 3

09-01-2026

Session 1: YOGA

Pon. Sivakumar

DAY 3

09-01-2026

Session 2: SILAMBAM

Muthuraman

DAY 4

10-01-2026

KALARI

**Dr. Shivshankar
Rajmohan A K**

DAY 5

11-01-2026

BHARATANATYAM

Brinda Ramanan

DAY 1

07-01-2026



10:00 AM – 11:30 AM
Inauguration Ceremony and
Book Release

11:30 AM – 12:00 PM
Tea Break

DAY 1

07-01-2026

12:00 PM – 1:00 PM

Introduction to Somaesthetics

2:30 PM – 3:30 PM

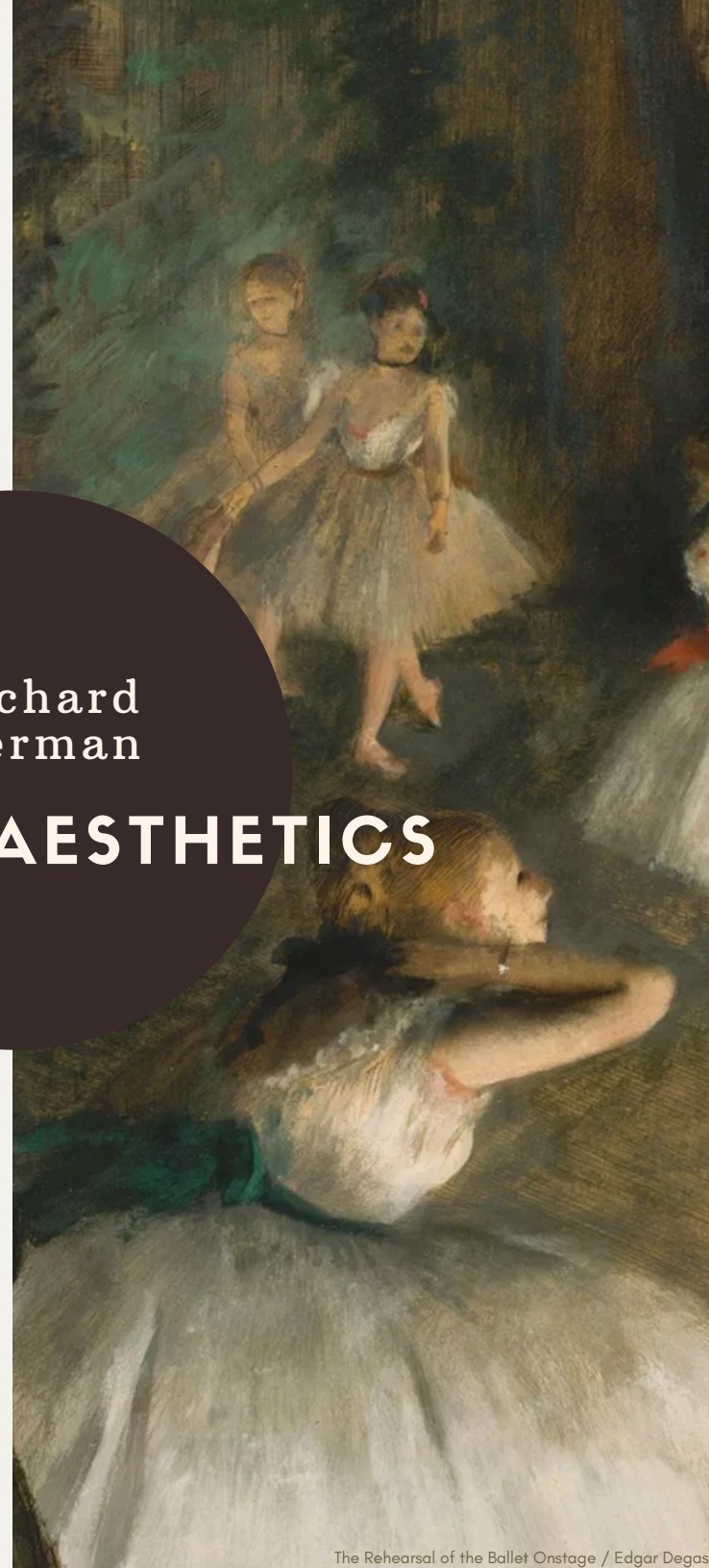
Panel Discussion

3:30 PM – 4:00 PM

Tea Break

Dr. Richard
Shusterman

SOMAESTHETICS



DAY 2

08-01-2026

10:00 AM – 11:30 AM
Kathakali: Lecture

11:30 AM – 12:00 PM
Tea Break

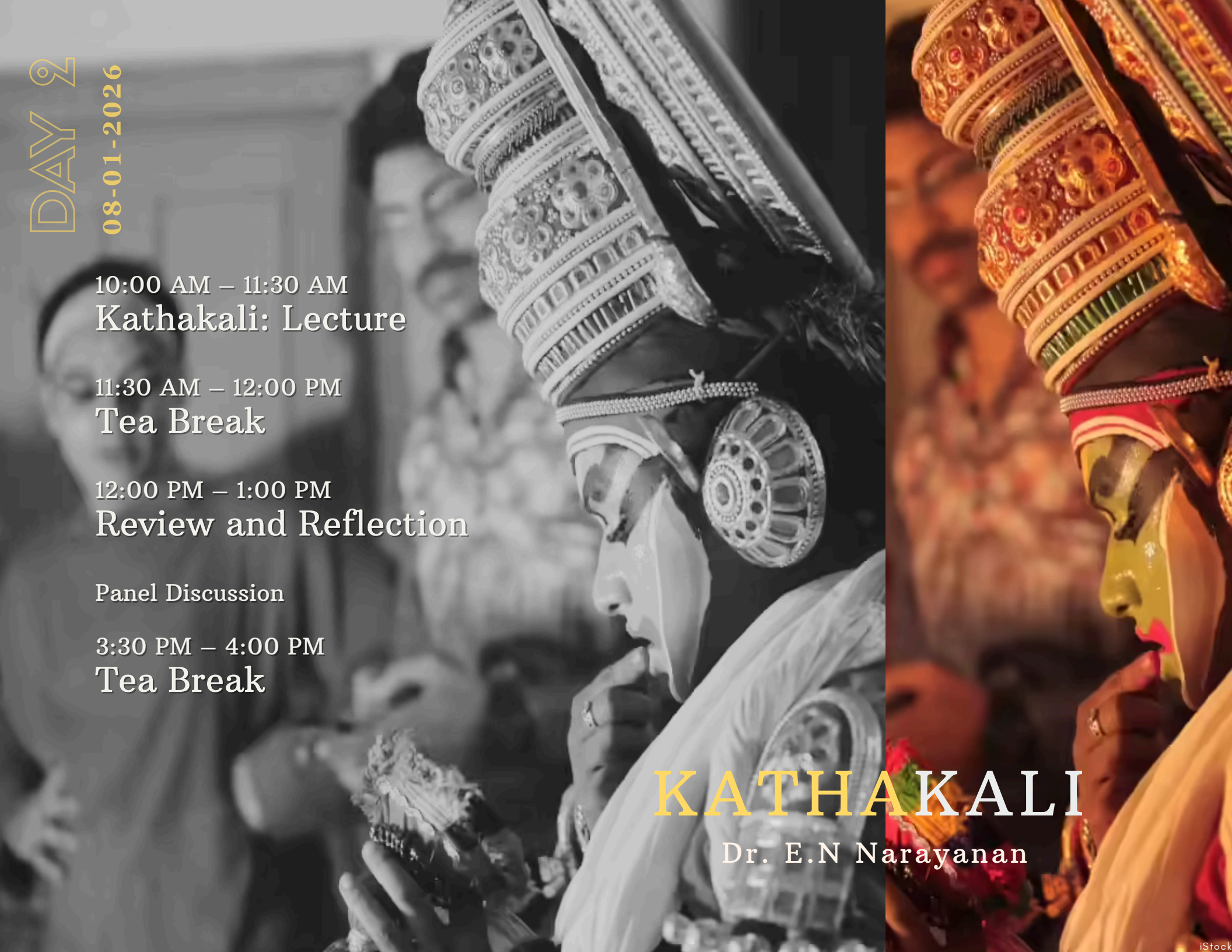
12:00 PM – 1:00 PM
Review and Reflection

Panel Discussion

3:30 PM – 4:00 PM
Tea Break

KATHAKALI

Dr. E.N Narayanan



DAY 3

09-01-2026

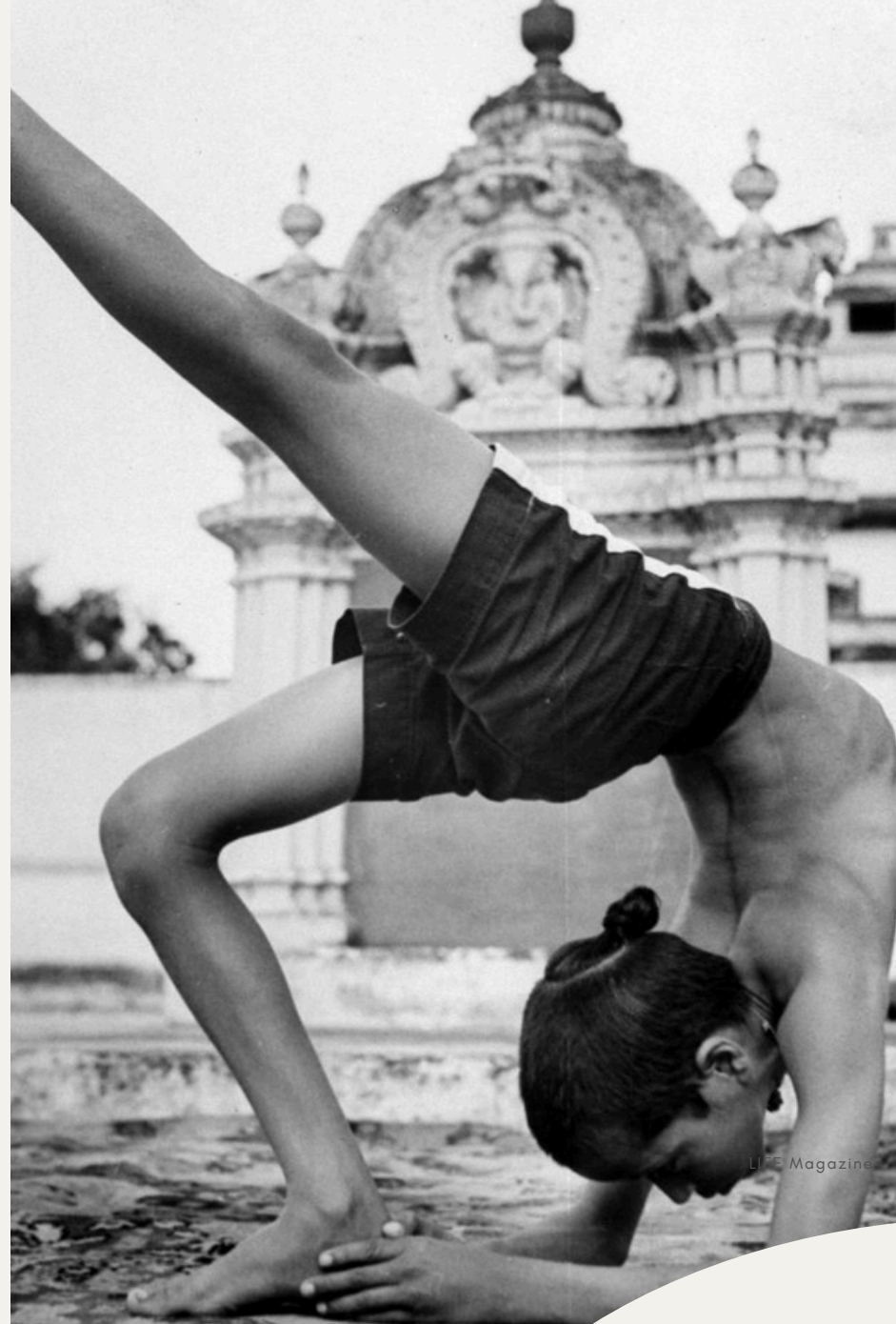
Session 1

10:00 AM – 11:30 AM
Yoga: Demonstration

11:30 AM – 12:00 PM
Tea Break

YOGA

Pon. Sivakumar



DAY 3

09-01-2026

SILAMBAM

Muthuraman

Session 2

12:00 PM – 1:00 PM

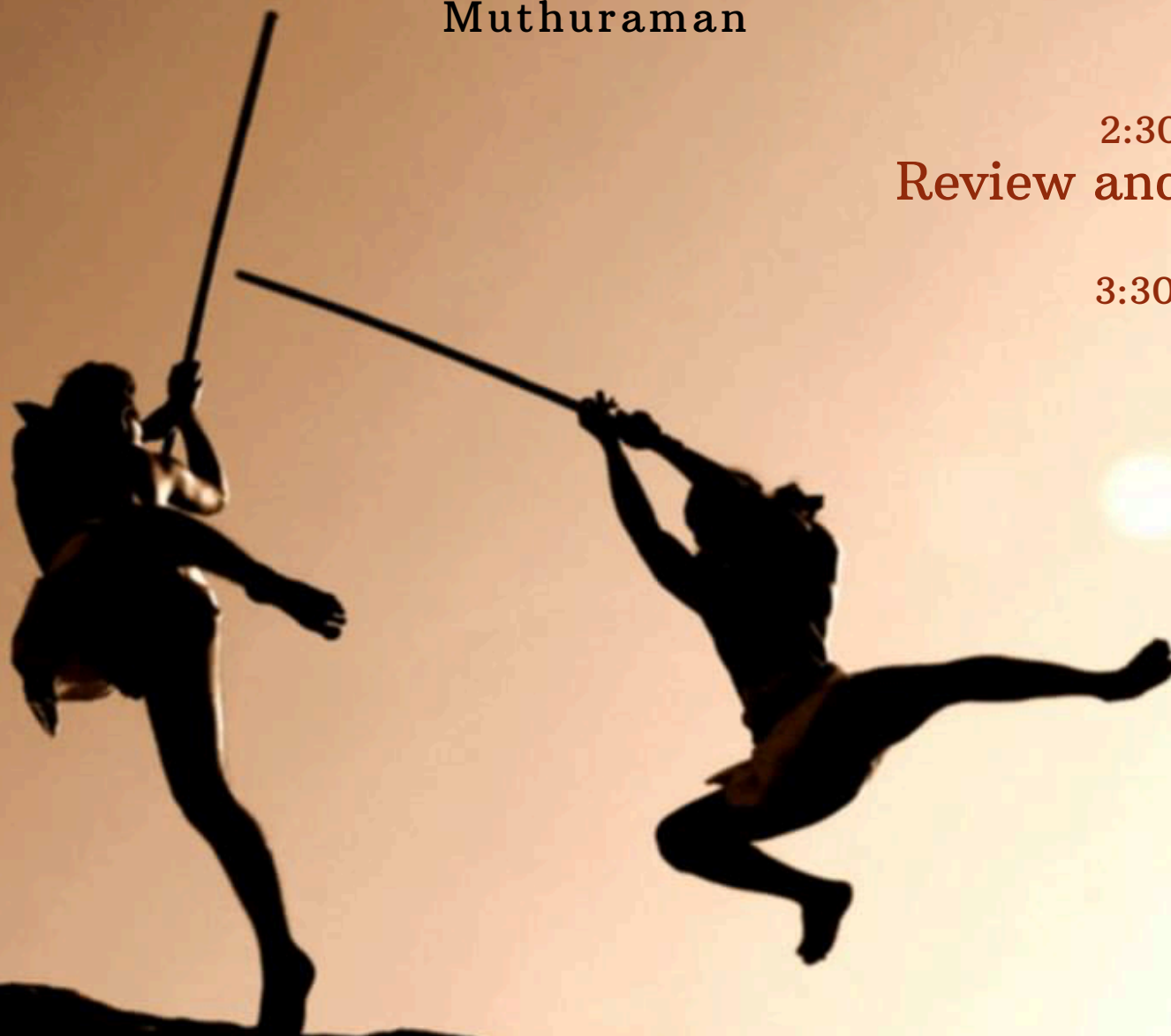
Silambam: Performance

2:30 PM – 3:30 PM

Review and Reflection

3:30 PM – 4:00 PM

Tea Break



10:00 AM – 11:30 AM
Kalari: Performance
& Lecture

11:30 AM – 12:00 PM
Tea Break

12:00 PM – 1:00 PM
Review & Reflection

2:30 PM – 3:30 PM
Panel Discussion

3:30 PM – 4:00 PM
Tea Break

KALARI

Dr. Shivshankar Rajmohan A K

10-01-2026
DAY 4



DAY 5

11-01-2026

Brinda Ramanan

BHARATANATYAM

10:00 AM – 11:30 AM
Bharatanayam:
Performance & Lecture

11:30 AM – 12:00 PM
Tea Break

12:00 PM – 1:00 PM
Review & Reflection

2:30 PM – 3:30 PM
Panel Discussion

3:30 PM – 4:00 PM
Tea Break



Registration



Venue



WhatsApp Group

Tea and refreshments will be provided

