



Press Release September 2012

Dear Sir/Madam,

Please see below CICD's forth coming event at Beauchamp College Leicester

A Celebration of Health and Culture

Date: 22nd September 2012

Time: 10am- 4pm

Entrance fee: £1.00 including Raffle ticket

Following the Success of our Health And Culture Event at the Peepul Centre on June 23rd, CICD is now taking UTTSAV to Beauchamp College for another day of fun cultural and of course hale and hearty activities and performances.

The day will comprise of **FREE** health tests and screenings along with:-

There will also be a diverse range of stalls including:

- ❖ Slimming GURU **Rosemary Conley** Diet and Fitness Club
- ❖ 'Stop Smoking' **FREE** health Checks
- ❖ Action Deafness Providing **FREE** Hearing Tests
- ❖ CLASH –Leicester Arthritis Support Group
- ❖ MENCAP
- ❖ Baba '**RAMDEV**' Ayurvedic treatments
- ❖ Crystal/ Holistic Healing,
- ❖ Head Massage and Henna painting
- ❖ Healthy Food Products
- ❖ Children's Good Values Club and many more!

Talks and Demonstrations from 10am onwards in:

- ❖ Indian Classical Music for Healthy living, Live demonstrations in Tabla and Sitar By Rishii Chowdhury and Akash Parekh.
- ❖ Indian Classical Dance for Healthy Living by Kathak dancer Priya Admane from Pune India
- ❖ Ayurveda
- ❖ Crystal Healing

- ❖ Diabetes by Dr. Mohamad Roshan
- ❖ Arthritis
- ❖ Cardio Vascular Diseases
- ❖ Bollyaerobics workshop

All lead by practitioners and Artists who have trained with World renowned Musicians '*Zakir Hussein and Dharambir Singh and Nilima Devi*'.

Variety Show

The Variety Show will be presented and co-ordinated by CICD representing young, upcoming talent in the UK performing **Bollywood** and Live Indian music and Sports dance with **audience participation**. There will also be performances by Senior Artists in the field of Indian Classical Dance.

*Programme Subject to Change depending on Practitioners and Artist Availability.

The Centre for Indian Classical Dance

CICD is one of the leading South Asian dance organisations in the UK. Its pioneering development over the last 30 years in Leicester has helped to put South Asian dance on the British cultural map, and it now intends to expand its artistic work in the East Midlands region by working in association with individual artists, arts and cultural organisations, venue promoters and arts officers in local Authorities. It already has strong links with Leicester City Council, East Midlands Arts, Arts Training Central, Foundation for Community Dance and various arts and community organisations at local, regional and national levels, and it intends to further consolidate and extend this networking and partnership arrangement for the development of South Asian dance.

For more information and photo opportunities please contact:

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