



Governor Released the Book 'Nritya Rahasya'

Why In News?

On November 18, 2023, Chhattisgarh Governor Vishwabhusan Harichandan released the book 'Nritya Rahasya The Sacred Mystics of Dance' written by famous Odissi dancer Purnashree Raut at Raj Bhavan.

Key Points:

- It is told in this book that through dance one can remain healthy and many major diseases can be cured.
- Dance is a form of ancient yoga art. This physical mechanism is a medium for Kundalini awakening and connecting the soul with God. Indian classical dance is a genre which brings movement in the body parts, awakens energy and creates a sense of spiritual experience.
- In this book, dance postures depicted in historical temples from Bastar to Surguja in Chhattisgarh have been mentioned.



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