

The Nehru-Wangchuck Cultural Centre (NWCC),
Thimphu is pleased to
announce activities under
three new series:

AAROGYA | SAMVAD | KALA UTSAV

AAROGYA

Every First Friday of the Month
Conversation & Presentation
on Health, Nutrition & Wellness



SAMVAD

Every Second Friday of the Month
Conversation & Dialogue
On Textiles, Literature,
Cinema, Arts & Culture



KALA UTSAV

Every Fourth Friday of the Month
Lecture -cum-Demonstration
On Performing Arts & Music



Music Class with Dr. Saba Hashmi Monday to Friday

SESSION 1: 10:00 AM TO 11:00 AM
SESSION 2: 11:00 AM TO 12:00 PM
SESSION 3: 04:00 PM TO 05:00 PM
SESSION 4: 05:00 PM TO 06:00 PM

Yoga Class with Mr. Tanuj Yadav Monday to Friday

SESSION 1: 09:30 AM TO 10:30 AM
SESSION 2: 10:30 AM TO 11:30 AM
SESSION 3: 04:15 PM TO 05:15 PM
SESSION 4: 05:15 PM TO 06:15 PM

Contact Us:

(09:00 - 17:30 hrs)

Phone : +975 02333025

Email: cul.thimphu@mea.gov.in

Venue: Yarkay Thimphu- IHCL SeleQtions



सत्यमेव जयते
Embassy of India
Thimphu

NEHRU WANGCHUCK
CULTURAL CENTRE,
THIMPHU



Indian Council for Cultural Relations
भारतीय सांस्कृतिक सम्बन्ध परिषद्



CALENDAR OF ACTIVITIES

OCTOBER - DECEMBER 2025





NEHRU WANGCHUCK CULTURE CENTRE

OCTOBER 2025



Indian Council for Cultural Relations
भारतीय सांस्कृतिक सम्बंध परिषद्



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NEHRU WANGCHUCK CULTURE CENTRE

NOVEMBER 2025



Indian Council for Cultural Relations
भारतीय सांस्कृतिक सम्बंध परिषद्



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NEHRU WANGCHUCK CULTURE CENTRE

DECEMBER 2025



Indian Council for Cultural Relations
भारतीय सांस्कृतिक सम्बंध परिषद्

AAROGYA

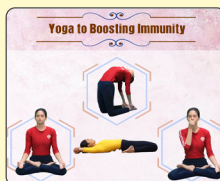


10
October

Friday

Yoga for senior citizens

A discussion on maintaining mobility and independence for senior citizens by Mr. Tanuj Yadav, Teachers of Indian Culture at NWCC, Thimphu



07
November

Friday

Yoga and immunity

A presentation on strengthening the body's defense system by Mr. Tanuj Yadav



05
December

Friday

Pranayama

A demonstration of using breath as a tool for energy and mind control by Mr. Tanuj Yadav

SAMVAD



17
October

Friday

Bhutan to the Olympics

A reflection on her journey to the Paris 2024 Olympics by Ms. Kinzang Lhamo, Olympic Marathoner



14
November

Friday

Changing Narratives

A conversation with Ms. Charmi Chedda on her new podcast platform



12
December

Friday

English Vinglish

Screening of the movie "English Vinglish"

KALA UTSAV



31
October

Friday

Gharana System

A lecture by Dr. Saba Hashmi, Teacher of Indian Culture at NWCC, Thimphu



28
November

Friday

Great Maestros of Indian Classical music

A session by Dr. Saba Hashmi on Contribution of Great Maestros of Indian Classical music



26
December

Friday

Devotional Classical music

A discussion by Dr. Saba Hashmi on Devotional Classical music