

Saturday
31 January 2015
4 p.m.

Practice of Yoga to Shape Male Body

by **Chittranjan Acharya**

Purush Ang in Odissi Dance – Seminar-cum-Workshop, Bhubaneswar in 2000

Duration: 52 minutes

Chittaranjan Acharya is an Odissi Dance practitioner, disciple of Guru Ramani Ranjan Jena and Guru Pankaj Charan Das, learning Chhau from Guru Kedar Nath Sahoo. He belongs to the Mahari Gharana. In "Purush Anga", he explains the Practice of Yoga to Shape the Male Body. He explains that since creation is popularly conceived as the result of union of two energies, male and female, the Nirguna aspect has been taken as Purusha Anga (Shiva) and Saguna aspect has been

taken as Stree Anga (Shakti or Parvati). They do not have separate entities.

Masculinity is active in males though femininity is potentially latent. Femininity is active in female and masculinity is latent. It can be concluded that each human being is incomplete on account of latent state of one aspect of his/her energy.

