

Delhi Public School, G'gram, hosts Kathak dance performance in collaboration with Spic Macay

Delhi Public School (DPS), Sector 45, Gurugram, hosted a Kathak dance performance in collaboration with the Spic Macay. Vidha Lal, a famous Kathak exponent and Guinness World Record holder for taking 103 spins in 60 seconds, graced the occasion.

Lal is a disciple of Sangeet Natak Akademi awardee Guru Geetanjali Lal Ji of Jaipur Gharana. Lal has also been conferred with Bismillah Khan Yuva Puraskar by Central Sangeet Natak Akademi, Kalpana Chawla Excellence Award, the Atal Samman Award, the National Devdasi Award and Young Women Achievers Award by FICCI, to name a few.

The event commenced with school director-principal Aditi Misra, felicitating Lal and the members of her team namely Amaan Ali, Ahsan Ali and Shueb Hasan. Misra also welcomed Spic Macay Gurgaon coordinator Rupri Mahindroo.

Misra, a dance enthusiast herself, said that any form of choreography not only helps one understand its historical value and place of origin but also narrates a beautiful story to the



The students got an opportunity to learn about the nuances of the Kathak dance

audience. She further urged the students to practise a dance as it is a good form of exercise as well as a stress buster.

Lal enthralled the audience with her hand motions, intricate footwork and face expressions. Her dance form

is not only the quintessence of sweetness, beauty and power of our culture but also a prayer and meditation, attracting divine peace of mind. The students of Classes 6-9 got an opportunity to witness the amazing show.

They got a better understanding of

VIDHA LAL, A FAMOUS KATHAK EXPONENT AND GUINNESS WORLD RECORD HOLDER FOR TAKING 103 SPINS IN 60 SECONDS, GRACED THE OCCASION. LAL IS A DISCIPLE OF SANGEET NATAK AKADEMI AWARDEE GURU GEETANJALI LAL JI OF JAIPUR GHARANA.

the various stages that one is ushered through while learning Kathak, along with the nuances of the Jaipur Gharana repertoire.

This was followed by an informative and interaction session between the artiste and the young learners. While answering the students' queries, the renowned Kathak exponent reiterated that the classical dance is an intrinsic part of Indian culture and it teaches the children about the rich literary and cultural heritage of India.

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