

## REPORT – SPIC MACAY

Delhi Public School, Sector 45, Gurgaon, in collaboration with the Spic Macay Society, hosted a 'Kathak Dance Performance' on 26th May 2022. Ms Vidha Lal, a multi-faceted Kathak artiste and a Guinness World Record holder for taking 103 spins in 60 sec, graced the occasion. Ms Lal is a disciple of the Sangeet Natak Akademi awardee, Guru Smt. Geetanjali Lal Ji of Jaipur Gharana.

The event commenced with the welcome of Ms Vidha Lal, who has also been conferred with the Bismillah Khan Yuva Puraskar by Central Sangeet Natak Akademi, the Kalpana Chawla Excellence Award, the Atal Samman Award, the National Devdasi Award and Young Women Achievers Award by FICCI, to name a few. Director Principal, Ms Aditi Misra, felicitated Ms Lal and her entourage, Mr Amaan Ali, Mr Ahsan Ali and Mr Shueb Hasan. She also welcomed, Spic Macay Gurgaon Coordinator, Ms Rupri Mahindroo. Ms Misra, a dance enthusiast herself, said that any form of choreography helps one understand, not just the historical value and the place of origin of the same, but also narrates a beautiful story to the audience. She further urged the students to practice dance, as it's a good form of exercise as well as a stress buster.

Ms Vidha 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 it is also a prayer and meditation, attracting divine peace of mind. The students of classes VI-IX got an opportunity to witness the phenomenal rendition. They got a better understanding of 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 delightful interaction between the artiste and the young learners. While answering the students' queries, Ms Vidha Lal reiterated that classical dance is an intrinsic part of Indian culture and teaches children about the rich literary and cultural heritage of India.

The event culminated with an enriched and rejuvenated audience.

