



tarang
the vibes of performing arts

The Indian Sounds & Steps eNewsletter

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EDITORIAL

Greetings and Best Wishes!

We sincerely hope this will bring you some cheer in the current crisis situation. We are excited to unveil the first edition of our eNewsletter, Tarang, dedicated to the Performing Arts community.

For those who don't know us, we are [Indian Sounds & Steps](#), a Mumbai, India based organization, focused on providing [exclusive services](#) for those who are associated with or devoted to Performing Arts – like you.

Tarang will offer you useful information, news updates, expert opinions and even tips – all that can help you pursue your goals in the Performing Arts domain. In this edition, among other features, Kalpita Rane-Sawant, a multi award winning performing artiste, writes on how aspiring dancers can leverage the COVID-19 situation; you also get to read an article on how Yoga can benefit Performing Artistes. Kindly share our eNewsletter with your friends who too could find it useful.

An eNewsletter that is helpful to you, is our aim. So, we would love to receive your suggestions and feedback, at support@indiansoundsandsteps.com Tarang is for you! To get featured in it, feel free to send information on your upcoming / recently held events and newsworthy achievements.

We hope you enjoy Tarang.

Stay healthy and happy,

Team Indian Sounds & Steps

PEER SPEAK



COVID-19 SITUATION: TIME TO KNOW THE DANCER IN US BETTER

Kalpita Rane Sawant

In this article written exclusively for Indian Sounds & Steps, Mumbai-based [Kalpita Rane Sawant](#), an achiever in multiple genres of performing arts, elaborates on how the shut-down necessitated by the COVID-19 situation, brings forth an unexpected opportunity for artistes to improve their skills and finesse and also, indulge in experiments with their preferred art forms.

[Click here to read more >>>](#)



TIPS & TRICKS

7 Reasons Why Yoga Can Benefit Dancers

Do you know that Yoga has the potential to take your dance to a higher level? It's a fact, and today an increasing number of dancers are actually taking the Yoga route to be better exponents of their arts. However, this trend is more visible among practitioners of non-Indian dance forms in the West, than in India. The few famous Indian dancers who have leveraged Yoga to excel in the dance domain, include veteran Kathak artiste Shovana Narayan and the young Bharatanatyam dancer of global repute, Renjith Babu.

This article is an attempt to give aspiring dancers, in brief, the benefits of practicing Yoga for them – irrespective of their dance genre. To read the article, [click here](#)

SPOTLIGHT



Raja Anand

Raja Anand blends modern with tradition at international dance fest

New Delhi-based Raja Anand, an accomplished exponent of Chaau, Kathakali, Contemporary Dance and Aerial Acrobatics, performed at the internationally renowned annual performing arts fest, Sree Yasodha Mahotsav, held recently in Trivandrum, a South Indian city.

Anand and his dance troupe presented a unique blend of modern and Indian traditional dance forms, captivating the audience with their exotic moves and making them ask for more. Anand's dance company Space Performing Arts has produced several nationalistic dance dramas, such as 'Utho Jaago' that showcased Swami Vivekananda's teachings; 'Missile Man', which presented Dr. APJ Abdul Kalam's legacy; and 'The Heroes' which depicted the sacrifices of India's freedom fighters.

AT YOUR SERVICE

How Arts Institutes Can Meet Growth Objectives

Every arts institute wants to be the preferred choice when it comes to attracting students, sponsors or business associates. A strong brand image is vital to differentiate yourself from your competitors. Especially at a time when you are not only competing with other institutions, but also with fitness, sports and leisure centres. Indian Sounds & Steps offers a range of branding and promotional services for the modern-day institute.

To know more, [click here](#)

Did you find Tarang interesting?

What changes / improvements / content would you like to see in it? You are welcome to write to us at support@indiansoundsandsteps.com and even email us information on your latest news, events and achievements for publishing.



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