

EDITORIAL

Dear Lovers of Performing Arts,

In these trying times, it's heartening to note that performing arts and artistes are far from suppressed. In fact, they are not only very much active and vibrant, but also at their innovative best. But what tops it all is the fact that a large number of artistes and art-related organizations are selflessly using their talents and management skills for the noble cause of providing aids and support for those affected by the COVID-19 crisis.

They are organizing online events, competitions and workshops, among others, to raise money to be used as Corona Virus relief funds. We, at [Indian Sounds & Steps](#), heartily join all like-minded citizens, in saluting these wonderful members of the arts community.

In the light of this, we are happy to share yet another edition of Tarang. Among other features in this edition, we are excited to bring to you an interview of **Pratibha Kini** (a dancer who is also a popular dance fitness expert), sharing some valuable fitness tips for aspiring performers; a refreshing rendezvous with **Aditi S**, an artiste who has started winning national-level accolades at a very young age; and an article on how you can do well on **Social Media**.

Kindly send your suggestions and feedback at support@indiansoundsandsteps.com. We also welcome you to send information on your upcoming / recently held events and newsworthy achievements so that we can put it up in the next Tarang.

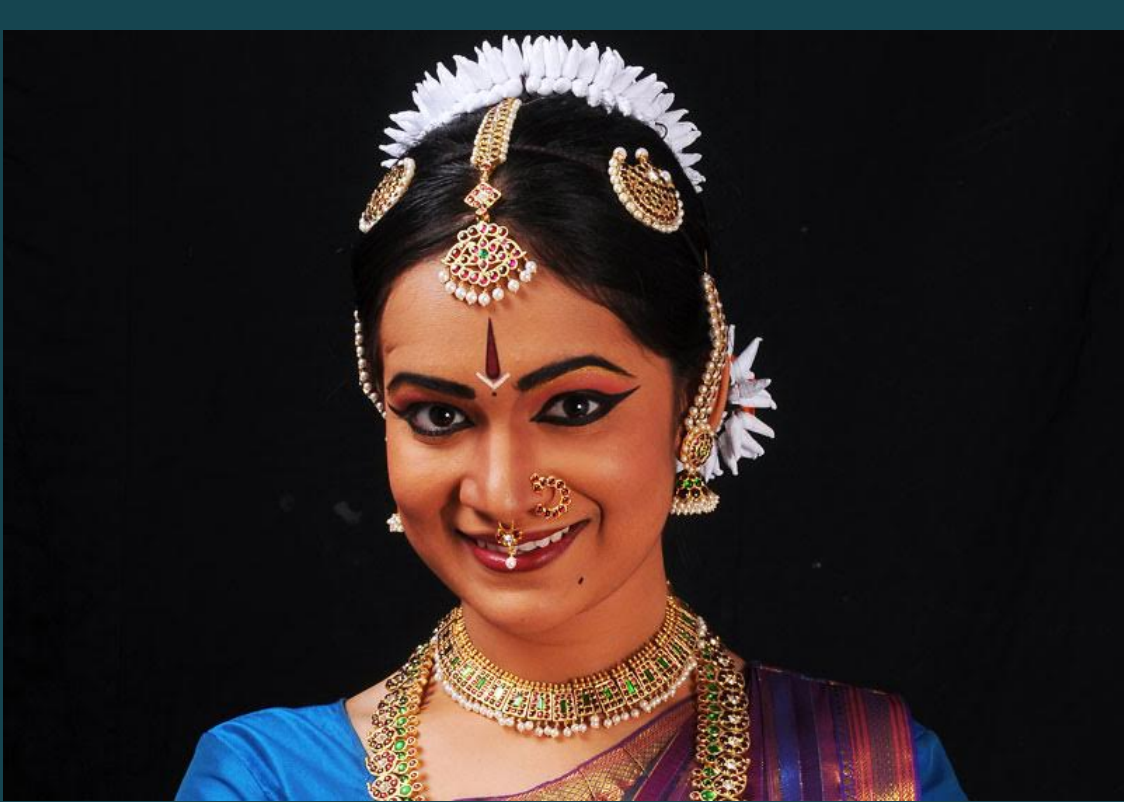
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We hope you will like this edition of Tarang.

Stay healthy and happy,

Team Indian Sounds & Steps

INTERVIEW



PRATIBHA KINI - Dancer, Dance Fitness Expert and Adventurer

In this exclusive interview with [Indian Sounds & Steps](#), Pratibha Kini talks about a wide range of topics, including ideal exercises for dancers during the COVID-19 lockdown, how exercises help improve performances, and the importance of nutrition and diet in a dancer's life, among others.

[Read the interview](#)



ARTISTE IN FOCUS



ADITI S

Emoting Her Way to National Level

Accolades

Meet 11-year-old Aditi from Bengaluru - a young gifted performer who simply wants to dance to her heart's content and showcase her artistic proficiency to a world audience. That's not all! She is also winning accolades as a Carnatic music vocalist.

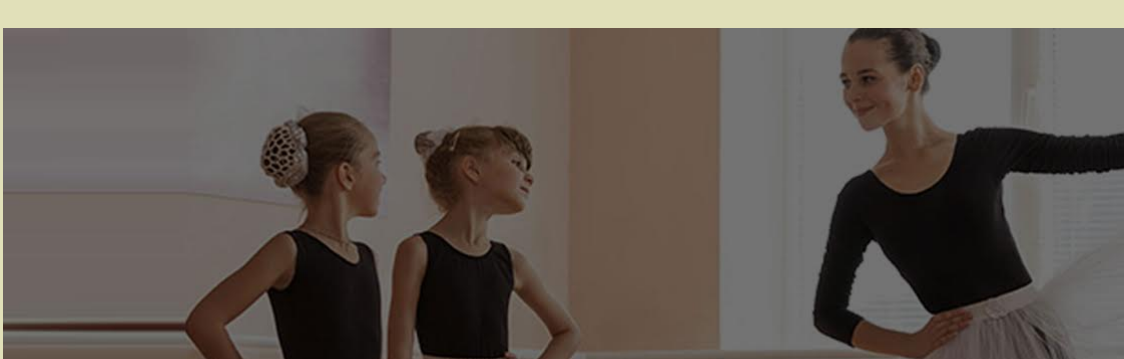
[Visit Aditi's web page](#)

TIPS & TRICKS

Simple and Useful Social Media Tips for Young Artistes

During the lockdown period, you have the time to experiment with Social Media, find out what works for you, what does not, learn how to augment your presence in and how to get the best results from different SM platforms. Here, **Indian Sounds & Steps** presents a few useful and doable tips that can help you get the desired results from SM without professional help. [Read more...](#)

SERVICES FOR PERFORMING ARTS



How Students of Performing Arts Can Get Noticed

If you are a Performing Arts student, you have to promote your capabilities and accomplishments. Or else, could miss out on opportunities that can help take your ambitions to the next level. INDIAN SOUNDS & STEPS, your Performing Arts Growth Partner, offers a number of Promotional Services for aspiring dancers, singers and musicians. These services can go a long way in realizing their dreams.

[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.

