



EDITORIAL

Hope each of you are well and safe!

We are in the midst of the rainy season, which has inspired Performing Artistes from times immemorial to come out with ever-green creative wonders. With the rains as the backdrop, this issue of **'Tarang'** is a small, yet sincere attempt, to set you thinking about ways to enhance your creative process and next artistic project.

In this issue, we are thrilled to have participation from illustrious artistes ANINDITA NEOGY ANAAM, RIDY SHEIKH, TITHI DAS, ARSHIA ROSALEEN, and the outstandingly talented SRUTHI SAMANVI, RISALI DANDENIYA, ANANYA TIWARI and DISHIKA CHHABRA. To match the rainy mood, we also have a monsoon special dance by NAVYA CHAURASIYA, a student of the eminent Kathak exponent VISHAL KRISHNA, and who also adorns this edition's masthead.

While Indian Sounds & Steps offers [Promotional, Branding & Marketing Services](#) exclusively for the Performing Arts community, its newsletter **'Tarang'** is an attempt to spread some positivity and smiles among this creative community. So we invite you to check it out ...

Cheers,

Team Indian Sounds & Steps

AN ESSAY



TITHI DAS – Accomplished Odissi Practitioner

This thought-provoking article lucidly explains that we can express emotions and feelings by using only our hands. [Read This](#)

AN INTERVIEW



RIDY SHEIKH – Fusion Dance & Social Media Icon

Ridy speaks on her journey and dreams and how aspirants can take forward their passion in this social media age. [Go For It](#)

SUCCESS TIPS



ANINDITA NEOGY ANAAM – Kathak Performer, Educator

Words of advice on using social media to reach out to your potential audience, and further your career. [Watch Vlog](#)

INCISIVE ARTICLE



ARSHIA ROSALEEN – Dancer & Psychologist

Read about inter-connectivity between dance and psychology and the psychological benefits of dance. [Know More](#)

SPECIAL FEATURE



RISALI DANDENIYA – Dance Achiever, TV Artiste

Meet Risali who is doing exceptionally well as a dancer, tele-drama artiste and social media content creator. [This Way](#)

SPOTLIGHT ON



ANANYA TIWARI – Young Dance Phenomenon

Meet this Mumbai-based dancer who exudes a rare and youthful brilliance and has a string of big achievements. [Check It Out](#)

IN FOCUS



DISHIKA CHHABRA – Kathak Wonder Girl

Getting awards has already become a habit with her though she has just entered her teenage years. [Click Here](#)

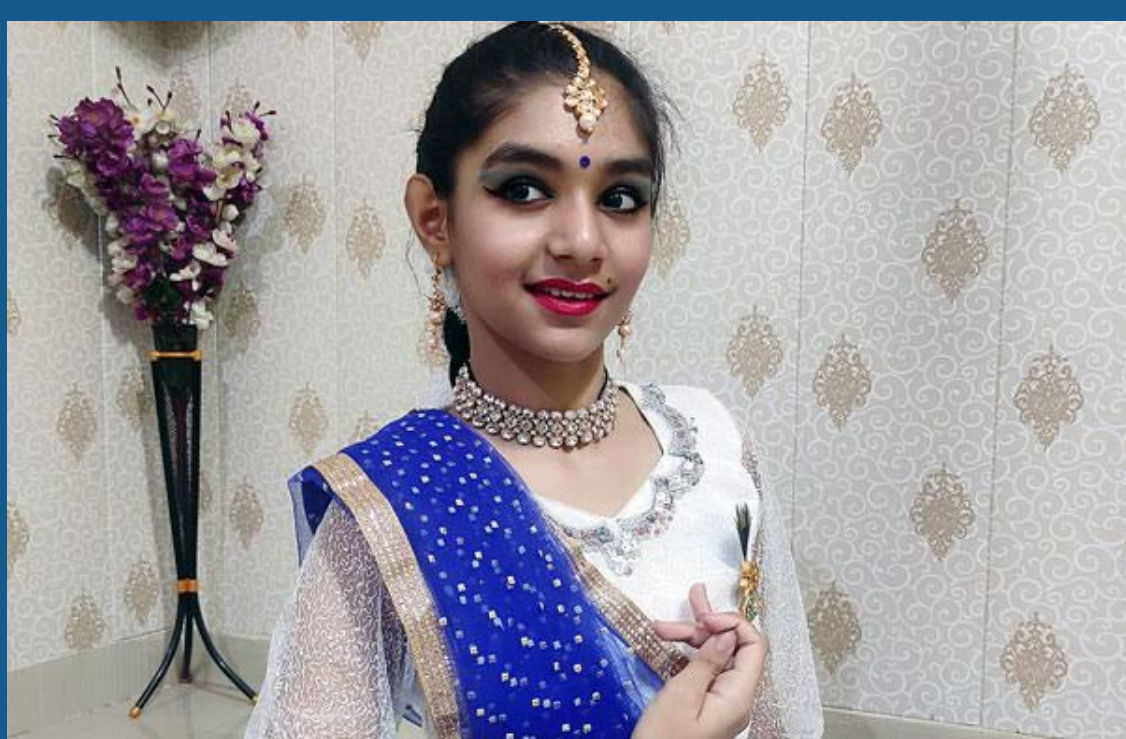
ARTISTE PROFILE



SRUTHI SAMANVI – Performer Par Excellence

An artistic profile of an immensely talented youngster who is already making waves with her winning performances. [Visit Page](#)

WATCH A MONSOON SPECIAL DANCE - by NAVYA CHAURASIYA



Award-winning Student of Kathak Maestro Vishal Krishna

[Watch Video](#)

WE WELCOME YOUR FEEDBACK ON TARANG!

Did you like it? What changes / content would you prefer? Please reach us at support@indiansoundsandsteps.com and also, email us information on your latest news, events and achievements for publishing. Here's the [Subscription Link](#) to Tarang, which you could also share.

