

## **Spic Macay Anubhav-4**

May 29- June 4, 2022

SPIC MACAY (Society for the Promotion of Indian Classical Music and Culture Among Youth) in association with the Alliance School of Liberal Arts and the Department of Student Support Services presented ANUBHAV-4, a week-long five-day cultural convention series from 29th May to 3rd June. It was held at the University premises in a hybrid style for the first time since its foundation. Every summer, the organisation conducts a convention at which volunteers and students from all over the country and beyond come together for a week to meet with the legends of classical music, dance, and folk art forms.

SPIC MACAY went online due to the pandemic in 2020, but this year, in its fourth edition, the event was not only celebrated in hybrid mode but also commemorated Azadi Ka Amrit Mahotsav – 75 years of India's Independence and dedicated this series to the memory of Late Pt Shivkumar Sharma, the santoor maestro.

Jaspal Kaur Public School also participated in ANUBHAV-4 which included teachers of performing arts and nine students. The core purpose of Spic Macay ANUBHAV-4 was to have every child experience the inspiration and mysticism embodied in the Indian and world heritage. Many eminent artists and Padma Shri award-winning artists performed and conducted various workshops. Participants from schools and colleges learnt various art forms from their gurus at the convention. The series began at 4 a.m. with a yoga session led by senior yoga gurus and a meditation session led by a young Brahmakumaris instructor. This was followed by workshops led by gurus of various classical art forms, folk art forms, crafts, and painting. There were intensives, movie screenings, expert discussions, and folk performances throughout the afternoon session. Participants were also able to see maestros from the field of Indian classical music and dance in the evening.

### **ANUBHAV-4 (ART Intensive)**

Various Art forms were taught to students during seven-day intensives at Anubhav-4. It was a great experience for the teachers & students to be a part of the Anubhav 4 SPIC MACAY **ART Intensive** event. The experts explained and exhibited in detail the different styles and techniques which are part of different art forms.

#### **Miniatures Painting by Shri Onkar Meghal**

Miniature painting is a traditional style of art that is very detailed, often referred to as painting or working “in miniature”. In the workshop, the artist explained in detail about miniature painting and answered the queries of students.



### **Pattachitra Art Form Workshop**

The workshop on Pattachitra was held for 5 days. The artist explained this famous Art form, starting from drawing to colouring. He gave good guidance and enhanced knowledge of art among students.

“Pattachitra” is a general term for traditional, cloth-based scroll painting, based in the eastern Indian states of Odisha, West Bengal and parts of Bangladesh. Patachitra art form is known for its intricate details as well as mythological narratives and folktales.

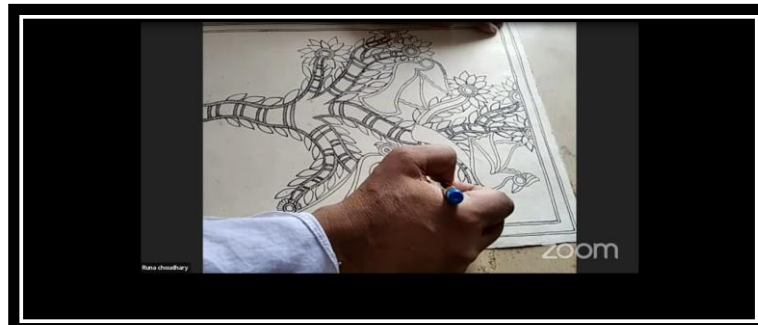


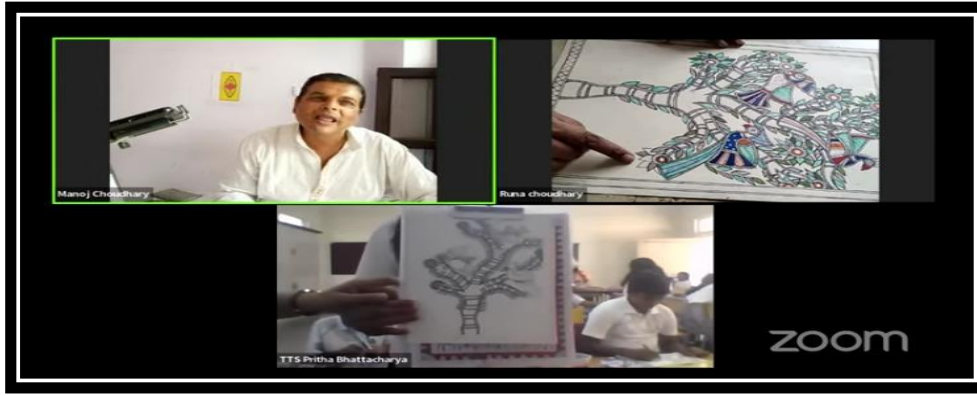


## Madhubani Art Form Workshop

Madhubani workshop, which was scheduled for 5 days, was conducted by Guru Manoj Chaudhary. The artist explained this famous Art form, which ranged from drawing to colouring. The artist guided properly and also answered the queries of students.

“Madhubani” Art is a style of Indian and Nepalese painting, that is practised in the Mithila region of India and Nepal. It was named after the Madhubani District of Bihar, India which is where it originated.





Our students Bani Kaur (VIII-A) and Tavleen Kaur (IXA) along with their Art teacher attended the workshop.

#### **ANUBHAV-4 (MUSIC)**

Every day, after the morning sessions of Nadayoga, Hathayoga, meditation, breakfast, and rejuvenation, intensives/workshops were conducted by various Gurus of classical music. The main themes revolved around Carnatic Vocal and Hindustani Vocal by Pandit Bholanath Mishra, and flute recital by Pandit Nityanand Haldipur. Intensives by Pandit Modumadi Sudhakar Ji. All these intensives had a good learning impact on students and enriched their knowledge of different aspects of Hindustani Music. On the last day, an overnight concert with legendary artists like Pandit Tejendra Narayan Majumdar, Ulhas Kashalkar, and Shruti Sidolika of Hindustani and Carnatic Music mesmerized the atmosphere.



The following students attended the workshop:

- Prabhleen Kaur- Class: IX-C
- Tanishka Handa- Class: IX-C

Tabla:

- Pavneet Singh- Class: IX-C
- Harman Malhotra- Class: IX-A

Western Music:

- Simarpreet Singh- Class: VIII-B

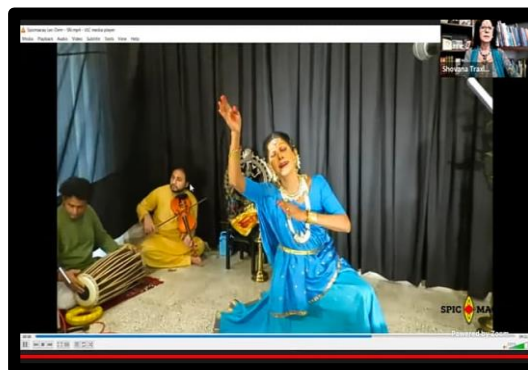
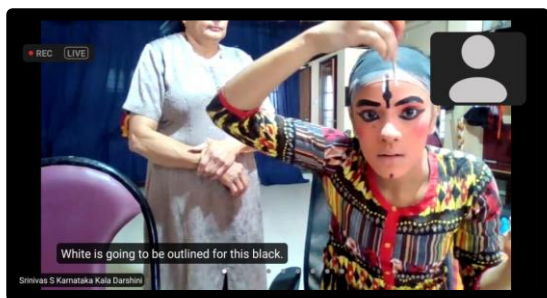
### **ANUBHAV-4 (DANCE)**

Dance, a beautiful art form, always leads to a joyful experience among students. Various dance sessions were taught to students by numerous legendary artists. Harikatha, a form of Hindu storytelling, was conducted by Vidushi Vishakha in a very interesting and artistically appealing way. Vidushi Shobna Naryana, a renowned Kathak dancer, conducted a session with students and shared knowledge of the long history of Kathak dance.

Learning Yakshagana dance from Guru Shri Srinivas was a great honour. Class VIII students Aashna Bains and Sonal Verma had the chance to learn the Yakshagana dance style. On the final day of the Yakshagana Dance workshop, which was taught by Guru Sri Srinivas



Satasthan Ji, our students Aashna Bains of class VIII A and Sonal Verma of class VIII D were chosen to perform. Their performance was broadcasted live on YouTube.



The following students attended the dance workshop:

- Aashna Bains: VIII-A
- Sonal Verma: VIII-D

The following teacher attended the dance workshop:

- Mrsss. Meena Ojha

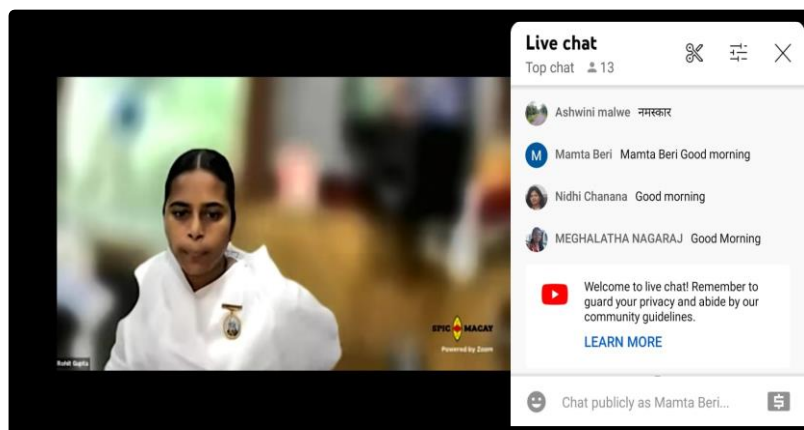
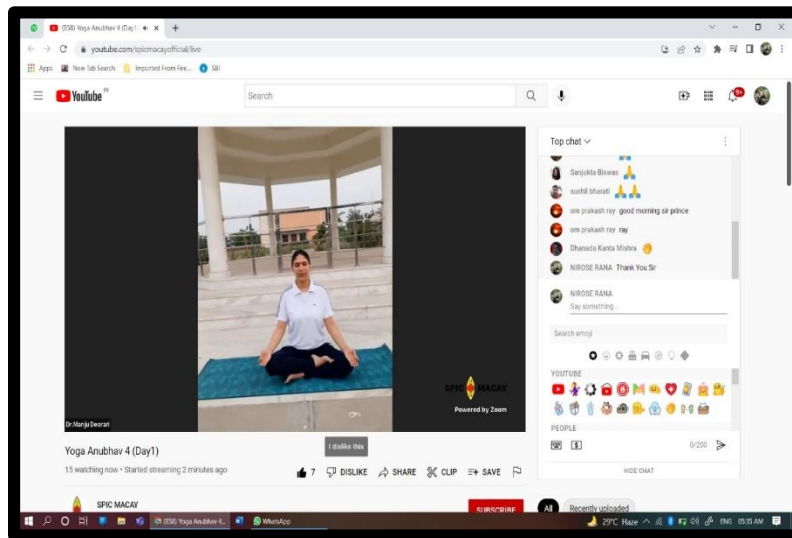
### **Anubhav-4 (YOGA & MEDITATION)**

An opening day commenced early at 4 A.M, during the auspicious Brahma Mahurat. Yoga was conducted in two different Yogic instantiations- Naad and Hath Yog and was conducted all days of the convention.

Naad Yog was demonstrated by Ustad Wasifuddin Dagar from 30 May to 4 June 2022 between 04:00 am to 05:30 am. Naad Yog was very useful for inner peace and spiritual wellness.

In tranquil succession, Hatha Yog sessions were carried out under the able guidance of DR.Manju Deorari from 5:30 am to 6:30 am. These Yoga sessions brought optimism and energy for constructive work along with the warm-up exercises and Yoga Asanas. Pranayama and Surya Namaskar sessions added more energy to the participants.

Closing the early morning sessions, Brahamkumari Krishnan Menon, Bhai Shrinidhi and Bhai Shantanu from Brahmakumaris graced the meditation sessions, in which spiritual facets such as mindfulness and introspection were emphasized.





All the nine students registered for Anubhav-4 attended the morning Yoga sessions along with the following teachers:

- Mr. Niro's Rana
- Mrs. Veena Rawat
- Mr. Deepak
- Mr. Arjun Tomar
- Mrs. Mamta Beri