



विना तु नृत्यमस्त्रेण विनासुहृत् इत्युच्यते

nalanda nritya kala mahavidyalaya

(Affiliated to University of Mumbai & Grant-in-Aid Govt. of Maharashtra)

NAAC Re-Accredited. Grade B++ (CGPA 2.87) Now in 3rd Cycle.

PROFILE SUMMERY

PERSONAL DETAILS

Name	Smt. Vaidehi Lal	
Designation	Visiting Faculty	
Phone No	9819914161	
E-mail Id	vaidehi_lal@outlook.com	
Subject Taught	Dance Practicals, Dance Journal, Hasta Shlokas	
Year Of Joining/ Associating with Nalanda	2016	
Year Of Experience with Nalanda	5 years and counting	

ACADEMIC QUALIFICATIONS

S.NO.	Degree	Year Of Qualification	Name Of University
1.	Bachelors of Law (BLS LLB)	2012	University of Mumbai
2.	Masters in Performing Arts (MPA - Bharata Natyam)	2016	University of Mumbai
3.	UGC NET (Dance)	2016	University of Mumbai

WORK EXPERIENCE

S.No.	Details of Your Experience	Total Work Eperience
1.	Nalanda Dance Research Centre since 2014 - Dance Teacher.	7 years
2.	Nalanda Nritya Kala Mahavidyalaya since 2016 - Visiting Faculty.	5 years

PORTFOLIO

S.No.	INSTITUTION	PORTFOLIO HELD
1.	Visiting Faculty at Nalanda Nrityakala Mahavidyala	Teacher Representative in Website Committee, Health and Nutrition Committee, CDC Committee, Culture and Co-curricular Committee, Students Council Committee

RESEARCH WORK

S.No.	ACTIVITY	Total (IN NO.)
1.	Students Guided Under You	0
2.	Research Paper Presented in Seminar/Conferences	0
3.	Journal Articles	0
4.	Books Published	0
5.	Chapters Published in a Book	0

6.	Minor Research Project	0
7.	Major Research Project	0
DETAILS OF RESEARCH PUBLICATIONS		
S.NO.	Research Publications	
1.	Nil	
PROFESSIONAL DEVELOPMENT		
S.No.	Activity	Total (IN NO.)
1.	Conferences/ Workshops/ Seminars/ Symposia attended	25
2.	Conferences/ Workshops/ Seminars/ Symposia conducted	3
3.	National Conferences/ Workshops/ Seminar/ Symposia attended	15
4.	International Conferences/ Workshops/ Seminar/ Symposia attended	2
5.	Faculty Development Programme/ Training attended	1
DETAILS OF AWARDS AND ACCOLADES ACHIEVED		
S.No.	Achievements	
1.	National Awards - Nalanda Nritya Nipuna Title 2016.	
2.	National Awards - Guru Kadirvelu Pillai Nritya Saadhaka Title 2016.	
3.	National Awards - 1st place Winner of Sandip Soparrkar's India Dance Week 2016.	
4.	National Awards - Natvar Gopikrishna Award, Bhilai 2016.	
5.	National Awards - Acharya Nandikeshwar Puraskaar Solapur 2019	
6.	Dance Teacher at IAID Performing Arts Doha Qatar since 2020	
7.	Have been privileged in holding the title of being the youngest performer at the Khajuraho Festival of Classical Dance at the tender age of 8 years.	
8.	Judged various dance events and competitions being Brahmanaad National Level Dance Competition 2018, Tarang Padma 2019, Dance Competition at Chatrabhuj Narsee School 2019, Inter- College Dance Competition 'Nrityangan' at St. Xaviers College Mumbai 2020.	
9.	Have been nominated to hold the National Scholarship in Classical Dance at the age of 10 years.	
10.	Conducts and trains students for Arangetrams and presents them on stage as professional performers.	
11.	Trains teachers to teach at hobby class level and to imbibe the Nalanda Style of teaching which is recognised by Ministry of Culture, Government of India.	
12.	A part of the Cultural Social Responsibility outreach of National Centre for Performing Arts (NCPA) Nrityaparichay, heading the team with Nalanda Nritya Kala Mahavidyalaya Students where they teach the students of BMC Schools and educate them about Indian classical and folk dance since 2017.	
13.	A popular Compere due to the know how of Indian Classical Dance for Dance Arangetrams and Dance Festivals.	
14.	An anchor for Doordarshan National Program on Dance and Music.	
15.	Certified Personal Trainer from K11 Fitness Academy for Physical Fitness and Personal Training.	

S.No.	Activity	Total (IN NO.)
1.	Performances	100 and counting
2.	Name of National Platforms	<p>Amritanjali Dance Festival Pune 2016, Aatmalaya Trust Festival to celebrate President Shri Abdul Kalam 2016, Amritanjali Festival Pune, Samskruti Festival Aurangabad 2017, Natyanjali Festival Chidambaram, Mulund Festival 2017. She has also performed solo at Nalanda Nrityotsava, Natyanjali Festival Chembur Mumbai, Brahma Vasant Nrityotsava Mumbai, India Dance Week 2016, Lata Surendra's - Ode to Poetry Ensemble 2016, Youth in Dance Festival Bangalore, 2016, Chelenga Festival Mumbai, Tarang Festival, Thane 2016, Nrithyati Yuva Festival, India Sanskruti Festival, Thane 2017, Mulund Mahotsava 2017, Ninad Dance Series 2017, India Dance Week 2017, Konark Dance Festival 2017 Orissa, Mumbai dance Season NCPA 2018, Prayaag Dance Festival 2018, Kalpataru Dance Festival Solapur 2019, Vishwashanti Yuva Festival Thane 2019, Mudra Festival NCPA 2019, Dance Yatra 2019, Gunakeertana 2020 in memory of Padmavibhushan Kelucharan Mahapatra, Mumbai International Film Festival 2020, Sai Nrityotsava Online 2020, Ekam Online 2020, Hum Hai Saath (Pandemic Video) 2020, Horizon Series Online (ICCR) 2020, Nrityaparva Online 2021 (Doha, Qatar), Arohana - A Step Ahead 2021 (Online Festival of M.S.University Baroda, NrittaManjiri Online Festival 2021, Online Raindrops Festival 2021 to name a few .</p>
3.	Name International Platforms	<p>Khajuraho Dance Festival, Shrishti World Festival of Dance and Drama Bangalore 2016, 4th Purva International Classical Dance Festival Baroda, Kala Ghoda Arts Festival Mumbai, Rajgir Mahotsva, International Dance Festival Bangalore, Cuttack Mahotsava 2017 Orissa, Naadam Online Festival 2021, Ananya Samarpana Online Festival 2021.</p>