

MONDAY 14 SEPTEMBER 2026

Aparna's introduction of Mudras and Sanskrit



Took part **11**
Where aikyam space, Fort Kochi
Facilitated by Thudippu Dance Foundation

Facilitators **1**
Run by Aparna NS

On this Saturday (12.09.2026), Aparna focused on the fundamentals. She taught the students Thattadavu and Nattadavu, while also explaining why these basic steps are so important in building a strong foundation in dance.

After working through the adavus, it was time for the students to explore the Mudras. While the movements themselves were interesting for the students, remembering and pronouncing the Sanskrit names proved to be a little difficult. Some students hesitated, especially when the unfamiliar words did not come easily.

But Aparna had a simple solution: repetition.

She kept encouraging them with the same words, again and again "Guys, repeat, repeat and repeat. You will remember."

Rather than expecting them to get everything right immediately, she gave them the space to practise, make mistakes and try again. she know's that Slowly, the unfamiliar Sanskrit words began to sound more familiar, and the students became more confident in remembering and pronouncing them.

It was a small challenge, but it became an important learning moment. The session showed how patience, repetition and encouragement can make even something that initially feels difficult much easier to learn.