SUNDAY 22 NOVEMBER 2026

Beginning performance preparation with the teenage batch

Took part 11 to 20
Run by Thudippu Dance Foundation and Aparna NS
Where aikyam space, Fort Kochi
Facilitated by Aparna NS

Audience
The teenage batch.

Steps
1. Began with warm-up exercises.

2. Practised body-conditioning exercises to build strength needed for Bharatanatyam.

3. Introduced a new composition for the upcoming February performance.

4. Began work on the movements in the composition, building on the students' earlier training.

Response
Attendance was almost full. This was a change from the lower attendance of the previous few weeks. The students learned the new movements more easily, using the training they had built up over the past months.

Materials
Warm-up exercises to prepare the students for dance practice Body-conditioning exercises to develop strength for Bharatanatyam A new Bharatanatyam composition for the upcoming February performance Movements and skills developed through the students' previous months of training.

Other outputs
Warm-up and body-conditioning exercises completed. We began work on a new performance composition.

Evidence
After several weeks of lower attendance, the full batch attended this class. The students were able to learn the new movements more easily than they might have earlier in their training. This showed progress in their ability to take on new choreography and a step towards the next level of learning Bharatanatyam.

We observed this.

Learnings
The regular warm-up and body-conditioning practice prepared students for the choreography. Their previous months of training helped them pick up the new movements more easily. Beginning work on a performance item also gave the batch a shared goal to prepare for.

Kind of learning: went well

What we would do differently

I will plan the class timing so we can include cool-down exercises after dancing. We ran out of time this session, but cooling down after a long dance practice is important for helping the body settle after exercise.

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