SUNDAY 22 NOVEMBER 2026

Building posture, rhythm and co-ordination

Took part	1 to 5	Where	aikyam space, Fort Kochi
Run by	Thudippu Dance Foundation and Anjali Krishnadas	Facilitated by	Anjali Krishnadas

Audience
Students with hearing difficulties.

Steps
- Introduced body-conditioning exercises to support posture and Bharatanatyam technique.
- Guided the students through the exercises and gave them a set of three to practise daily.
- Revised Nattadavu 1, 2 and 3, focusing on posture.
- Practised keeping Talam and began Nattadavu movements that included the hands.
- Observed and corrected posture, and encouraged students to use eye movements in co-ordination with the movement.

Response
The students found the conditioning exercises a little difficult at first, but tried them. They followed the revision and practised keeping Talam. They also attempted the Nattadavus with hand movements.

Materials
- Demonstrations and guided practice of body-conditioning exercises for Bharatanatyam posture and technique
- A set of three exercises for students to practise daily
- Nattadavu 1, 2 and 3 for revision
- Talam practice, followed by Nattadavu practice that introduced hand movements
- Visual observation and individual posture corrections

Evidence
At the beginning, the conditioning exercises felt difficult for the students. By the end, they had attempted the exercises and received a set to practise regularly. During Talam practice, I observed improved understanding of rhythm. The students were able to follow the Talam without hearing it. I also noticed that they were co-ordinating their eye movements with the movement.

We observed this.

Learnings
Introducing the exercises and revising familiar Nattadavus gave students time to work on posture while practising dance. The improvement I observed in their understanding of Talam, and their use of eye movements, were encouraging signs of progress. The conditioning exercises were challenging at first, so repeating them regularly will be important.

This activity went well as a kind of learning.

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