

MONDAY 21 SEPTEMBER 2026

Every First Step | A Beginner's Bharatanatyam Journey



Took part **18**
Where aikyam space, Fort Kochi

Facilitators **2**
Run by Aparna NS and Thudippu Dance Foundation

This Sunday started like a regular practice day. Our students were practising what they had learned the previous Saturday Kuthithu Mettu Adavu, repeating the steps until their bodies slowly remembered them. Then, three new members walked in with warm smiles and joined our community class. The first day was always a mix of emotions excitement, curiosity, a little nervousness, and of course, the pain that came with making those first few movements! They learned their first Namaskaram and got a little introduction to Bharatanatyam, its movements and the history behind the form. Small steps, lots of repetition, a few mistakes, and plenty of smiles. And that's the beauty of learning everyone starts somewhere. For them, this Sunday was simply the beginning.