SATURDAY 31 OCTOBER 2026

Exploring Abhinaya through situations



Took part	20	Facilitators	1
Where	aikyam space, Fort Kochi	Club	Dance Club
Run by	Thudippu Dance Foundation and Anjali Krishnadas	Facilitated by	Anjali Krishnadas

Input

What went in

- We combined two batches for one Abhinaya session.
- We asked students to imagine situations and act out their own ideas.
- We created a more comfortable setting by having groups perform separately.
- We introduced short choreography that explored śgāra, bhayānaka and hāsya.

Time

2 hours

Activity

We held a combined Abhinaya session for two batches. Abhinaya is an important part of Bharatanatyam. It helps dancers communicate feelings and meaning through expression and movement.

Students imagined different situations and interpreted them in their own way. Shyness and hesitation were an early challenge. We tried ways to help them feel more comfortable. While one

group performed, the others sat to the side, which gave each student space to express themselves without feeling watched by classmates. Everyone made an effort to participate.

After the improvisation, students enacted a short choreography. We explored śgāra (love or affection), bhayānaka (fear) and hāsya (laughter or joy). The students found expressing laughter comparatively easier. Regular practice like this can help students build their Abhinaya skills. It can also help them feel more at ease expressing themselves.

Outcome

Confidence in movement | Creative expression | Knowing the art form

All students tried to express themselves through the situations and choreography. They explored three different Rasas, with laughter proving comparatively easier for them to express. The session also helped identify shyness and hesitation as areas to work on through continued practice.

(Participants told us)

Learnings

Students can learn to read a situation and show how it feels. A calm setting helps. So does regular practice. Both can ease shyness and help students feel sure of themselves.

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