SUNDAY 1 NOVEMBER 2026

Introducing eye, neck and eyebrow exercises

Took part	7	Facilitators	1
Where	aikyam space, Fort Kochi	Club	Dance Club
Run by	Thudippu Dance Foundation and Aparna NS	Facilitated by	Aparna NS

Input

What went in

We introduced exercises for the eyes, neck, and eyebrows. We demonstrated the movements and guided students through practice. We encouraged students to try movements that felt challenging.

Time

1.3 hours

Activity

On Sunday, most students in the adults' batch were absent, so we used the session to introduce new exercises for the eyes, neck, and eyebrows. The students who came were eager to learn. Some movements felt hard at first, but they kept trying.

In Bharatanatyam, eye and neck movements are important for expression and technique. Practising these exercises helps students become familiar with them and control them better, which makes their dancing clearer and more confident.

Outcome

Knowing the art form | Coordination

Students were introduced to a new set of dance exercises and attempted the movements, even when they felt difficult at first. Their eagerness and effort were visible throughout the practice.

(We observed it)

Learnings

Eye and neck movements are important in Bharatanatyam. Regular, patient practice helps students become more familiar with these movements and use them with greater control.

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