

SUNDAY 18 OCTOBER 2026

Learning Thalam, Mudras and Adavus



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

Facilitators **1**
Club Dance Club
Facilitated by Aparna NS

Input

What went in
ntroduction and practice of basic Thalam
Demonstration and practice of Mudras
Explanation of how Mudras express meanings and emotions
Revision of basic Adavus

Time
1.3 hours

Activity

Today students practised basic Thalam and Mudras. We explored how Mudras are used in dance to express different meanings and emotions, then revised basic Adavus to strengthen students' understanding of the steps and rhythm.

Outcome

Knowing the art form Confidence in movement Balance, control, spatial awareness

Students strengthened their understanding of basic Thalam, Mudras and Adavus. This was evident through their participation in the practice and their ability to follow the steps and rhythm during the

revision.

(We observed it)

Learnings

Students learned that Mudras communicate meaning and emotion in dance. They also practised connecting Adavu steps with rhythm and Thalam.

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