SUNDAY 1 NOVEMBER 2026

Practising Basic Adavus and Exploring Paraval Adavu



Took part	6	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

Practised basic Adavus

Reviewed the detailed notes for the second Paraval Adavu

Built on movements learned in previous classes

Time

1.3 hours

Activity

In the second batch, students practised the basic Adavus and went through the detailed notes for the second Paraval Adavu. Building on the Adavus they had learned earlier, they explored a more advanced movement sequence.

This practice helped students pay closer attention to body coordination and the coordination of hand and leg movements. As they worked through the steps, they developed greater awareness of how their bodies move.

Outcome

Confidence in movement | Technique (adavus) | Balance, control, spatial awareness

Students practised connecting hand and leg movements while learning a more advanced Adavu. Their work through the sequence gave them an opportunity to strengthen coordination and movement awareness.

(We observed it)

Learnings

Progressing to more advanced Adavus builds on earlier practice. Careful repetition helps students understand how different body movements work together.

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