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. They then explored a more advanced movement sequence, building on the Adavus they had learned earlier.

This practice helped students pay closer attention to body coordination and how their hands and legs move together. As they worked through the steps, they became more aware 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.

Run this activity yourself. You are free to copy, change and share this write-up, as long as you credit aikyam space. Photos are not included. (Creative Commons licence CC BY 4.0: https://creativecommons.org/licenses/by/4.0/)