

SATURDAY 19 SEPTEMBER 2026

Senior faculty's session on Kuthithu Mettu Adavu



Run by Aparna NS and Thudippu Dance Foundation

Saturday's class turned into something really special, quite unexpectedly.

We had been wanting our senior faculty, Ponnu Sanjeev, to take a session with the students for a while, and this time it just happened naturally. It wasn't planned, but the students really enjoyed having a different teacher and a different way of learning.

They worked on Kuthithu Mettu Adavu, focusing not only on getting the steps right but also on understanding what happens within the body while doing them. Ponnu introduced them to new techniques and helped them work on balance, control and core strength through the adavu itself.

It was lovely to see the students listen, try, make mistakes, try again, and slowly find their balance. More than just learning a new adavu, the session gave them a chance to experience the movement differently.

Sometimes, the best classes are the ones that happen without much planning a little change in the room, a new perspective, and a lot of learning.