

N.C Jindal Public School
Punjabi Bagh,
New Delhi

Session-2025-2026

Subject: DANCE

CLASs- 3rd

Teacher's Name:

Mr.Jai Prakash sisodia,

Ms. Anjali Saini

TERM-I

Introduction of Teental.Taali and Khali

.Bhoomi pranaam.

.Tatkar in Teentaal.Ekgon and Padnth

.Hastakas and Chakkars with variations.

.Practice of Padanth.

TERM-II

.Movements of Folk Dance.Ekgon

.Steps of folk dance in single and double beat.

.Tukra in Teentaal.3 kavit 1.and Round

.Practice of all.