

N.C Jindal Public School
Punjabi Bagh, New Delhi
Session -2025-2026
Subject: DANCE

Teacher's Name:- Mr. Jaiprakash Sisodia ,Ms.Anjali Saini

CLASS: 1st

TERM-I

- .Introduction of Teentaal.
- .Bhoomi Pranam.
- .Tatkaar in Teentaal.
- .Handmovements.
- .Practice of Padanth.

TERM-II

- .Rounds in Taal.
- .Tukra in Teentaal.
- .Gestures and their uses in dance.
- .Movements and steps of Folk Dance.
- .Practice of all.