

N.C Jindal Public School  
Punjabi Bagh, Delhi  
Session: 2022-2023  
Subject: DANCE

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

**CLASS: 2nd**

TERM-I

- .Introduction of Teentaal
- .Bhoomi pranam
- .Rounds and Handmovements.
- .Gestures and their uses.
- .Practice of Padanth.

TERM-II

- .Tukra in Teentaal.
- .Variations in hastakas/handmovements.
- .Ekgoon, dugoon of Tatkaar in Teentaal.
- .Movements and steps of folk dance.
- .Practice of all.