

N.C.Jindal Public School
Punjabi Bagh
New Delhi

Session:2025-2026

Subject: DANCE

CLASS: 2nd

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

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.