

XII-DANCE (056)

MONTH	TOPICS	Pedagogy tools	E CONTENT	LEARNING OUTCOMES
April	A brief history of other classical dance styles of India - Kathak, Bharatanatyam, Kuchipudi, Odissi, Mohiniyattam, Kathakali, Sattriya	Create a blank master grid on the blackboard. Divide the class into teams, give them flashcards of features, and have them pin them to the correct style.	https://ncert.nic.in/	Students will be able to understand the origin and historical development of various classical dance styles of India. • Identify major classical dance forms of India. • Recognize the states/regions from which these dance styles originated. • Appreciate the diversity of Indian cultural heritage.
May	Basic understanding of the terms abhinaya and its four aspects angika, vachika, aharya and satvik.	Have a teater perform a sequence using only <i>Angika</i> (body). On your cue, they must freeze their body and switch entirely to <i>Satvika</i> (facial/emotional projection) to convey the rest of the story. Students look into a mirror (or use their phone front cameras) to learn how to isolate	https://share.google/9hQ8SkIthTE0UDENk	Students will Understand the meaning and importance of Abhinaya in Kathak dance. • Define the four aspects of Abhinaya. • Apply Abhinaya elements in Kathak presentations effectively. • Develop expressive skills for storytelling

		facial muscles without distorting their entire face.		and emotional communication through dance.
July	Gharanas – Detailed study of Lucknow, Jaipur and Banaras; historical background, characteristics, style and contribution	Assign students a "Gharana/Sampradaya Roots" project using digital presentations to track lineage.	https://share.google/oMMGFOelUoLuZifA6	Students will Identify the three major gharanas of Kathak. • Compare styles and characteristics of each gharana. • Understand historical development of Kathak gharanas. • Appreciate contributions of different gharanas.
August	Rasa – Definition and explanation of Navarasas: Shringar, Hasya, Karuna, Raudra, Veera, Bhayanaka, Bibhatsa, Adbhuta, Shanta	Silent cinema Students must communicate a complex mythological event using <i>only</i> facial expressions (<i>Mukhaja Abhinaya</i>) and <i>Hastas</i> (hand gestures),	Exploring the Navarasas: Depicting 9 Emotions Through Indian Art https://share.google/FLVZYdODwInWQans !	They will learn that how to define Rasa and its importance in dance. • Identify all nine rasas with examples. • Express emotions through facial expressions and body

		completely eliminating bodily torso movement.		language. •Develop creativity and emotional expression skills.
	Detailed explanation of Sangeet, Taal, Laya, Angahara, Bhramari, Lokdharmi, Natyadharmi, Rasa and Bhava with meanings and usage	Place a bright sticker or object at eye level on the mirror/wall. Teach students to keep their eyes locked on that "spot" as they begin their turn. The head must be the last thing to leave the spot and the first thing to return to it.	• Lokadharmi vs Natyadharmi in NatyashastraF The Arts Performing Arts https://share.google/YK06MaIXIYLRHyGer •	• After studying this topic students will understand meanings of technical dance terms. • Demonstrate correct use of arms, legs and expressions. • Apply concepts in practical Kathak performance. • Improve theoretical and practical understanding.
September	Term I Examination			

October	Detailed study of Dadra, Keharwa and Roopak; Tali, Khali, Sam; Types of Laya (Vilambit, Madhya, Drut); Writing and recitation of Theka with hand gestures Chakardar compositions, Gat Nikas and Gat Bhav; Writing of Toda, Tukra and Paran	• The Notation Lab: Teach students how to accurately write down dance compositions using standard symbolic notation charts	https://kathakbyneha.in/kathak-costumes-history-and-design/	• Define important Kathak terms clearly. • Understand their role in performance. • Write basic notation of compositions. • Improve practical presentation skills. Apprentices will understand Chakardar compositions and presentation. • Perform Gat Nikas and Gat Bhav with expression. • Write Toda, Tukra and Paran In notation form.' • Recognize traditional costumes and stage makeup.
November	Practice & Internal Assessment			Perform confidently In practical assessment. • Demonstrate learned skills effectively. • Improve stage confidence and discipline.
December	Final Exam Preparation			Revise complete syllabus systematically. • Strengthen theory and practical concepts. • Prepare confidently for final examination.