

ACADEMIC CALENDAR - 2025-2026
GRADE 10 PORTION MONTH WISE

MONTH	TOPIC	OBJECTIVES
1st month	* Brief knowledge of Kathak dance and brief information of other Classical and Folk dances of Goa and its accompanying instruments. * Mudras, Bhed, Abhinaya	• Theory of Classical dance and their accompanying instruments • Theory and practical of Samyukta Hastamudra
2nd month	* Mudras, Bhed, Abhinaya * Terminology - Definitions - Vandana	• Theory and practical of Greeva Bheda and types of Abhinaya • Theory of Laya and its types, Thaata, Aamad, Parmelu. • Vandana - Guru/Krishna/Vishnu
3rd month	* Brief information Kathak dance and brief information of other Classical dances and Folk dances of Goa and its accompanying instruments - Chapter 4 - Notations - Taal Teental and Tatkar with Tihai and Ginti ki Tihai	• Theory of folk dances of Goa • Recitation of Taal Teental and its footwork in Barabar, Dugun, Chougun, Aathgun, 1 tihai and 1 Ginti ki Tihai with Notation (Lipibaddh)
4th month	* Terminology - Definitions * Notations - Thaata, Aamad and Toda	• Theory of Kavitta, Gatnikas, Nritya, Natya, Lasya and Tandav • Thaata - 3 Stances, Aamad, Toda with Notations and Recitation
5th month	* Notations - Parmelu and Sada Paran - Activity 1	• Parmelu, Sada Paran with Notations and Recitations • Practice of previous matter • Viewing of Kathak performances (Live and Visuals)
6th month	* Notations - Kavitta and Gat - Introduction of Taal Jhaptal - Activity 2	• Kavitta, Gat - Basuri or Matki or Ghoongat • Recitation, Notation of Taal Jhaptal and its footsteps. • Practice of previous matter. • Viewing of Folk dances (Live or Visuals)
7th month	- Activity 3 - Assignment - Revision	• Visit any institution related to Music and dance • Kathak, Gharana and Kathak dancers - information with pictures or Folk dances of India - brief information with pictures (any 5) • Revision of all the matter taught

BLUE SHEET - GRADE 10 - KATHAK DANCE

Chapters	Remembering (10 marks)				Understanding (16marks)				Application (10 marks)				Create (4 Marks)				Total
1	MCQ	VSA	SA	LA	MCQ	VSA	SA	LA	MCQ	VSA	SA	LA	MCQ	VSA	SA	LA	
	Q.1.3 (1)	Q.2. E (1)					Q.3. D (3)										8
	Q.1.4 (1)	Q.2. F (1)															
	Q.1.6 (1)																
2	Q.1.5 (1)	Q.2. B (1)			Q.1.2 (1)		Q.3. B. (3)			Q.1.7 (1)							8
										Q.2.D (1)							
3	Q.1.1 (1)	Q.2.A (1)			Q.2.C (1)		Q.3.A (3)										12
	Q.1.8 (1)				Q.1.9 (1)		Q.3. C (3)										
					Q.1.10 (1)												
4												Q.4. (8)				Q.4 (4)	12
	10				16				10				4				40

**Goa Board of Secondary and Higher Secondary School
GOA Alto Betim Goa 403521**

Grade 10
Subject: Art education - Kathak Dance
Syllabus for Kathak Dance

Theory 40 Marks

Practical 60 Marks (40 Practicals + 10 Orals + 10 Assignment)

Total Marks 100

Theory - 40 Marks

- KNOWLEDGE OF KATHAK AND BREIF INFORMATION OF OTHER CLASSICAL DANCES AND FOLK DANCES OF GOA AND ITS ACCOMPANYING INSTRUMENTS. **10 MARKS**
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- MUDRAS, BHEDA, ABHINAYA - SANYUKTA HASTAMUDRA, GREEVA BHEDA AND TYPES OF ABHINAYA IN BRIEF. **10 MARKS**
-
- TERMINOLOGY - DEFINITIONS OF AAMAD, THAAT, PARMELU, LAYA AND IT' S TYPES, LASYA AND TANDAV, GAT NIKAS, KAVITT AND NRUTTA, NRITYA, NATYA. **10 MARKS**
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- NOTATIONS/LIPIBADDH - TO WRITE TAAL TEENTAL THEKA, TAAL JHAPTAL THEKA, TODA, PARAN & TIHAI IN TAAL TEENTAL. **10 MARKS**
- _____

Practical 60 Marks (40 Practicals + 10 Orals + 10 Assignment)

- VANDANA - GURU/KRISHNA/VISHNU. - **4 MARKS**
 - ADVANCED TEENTAL
 - THAAT - 3 STANCES - **3 MARKS**
 - AAMAD - **3 MARKS**
 - TATKAAR - BARABAR, DUGUN. CHOUGUN, AATHGUN WITH TIHAI - **5 MARKS**
 - TODA OR CHAKRADAR TODA - **3 MARKS**
 - SADA PARAN - **3 MARKS**
 - PARMELU - **3 MARKS**
 - KAVITT. **4 MARKS**
 - GAT - BASURI/MATKI/GHOONGAT - **4 MARKS**
 - GINTI KI TIHAI (ONLY 1) - **2 MARKS**
 -
 - INTRODUCTION OF SANYUKTA HASTAMUDRA WITH USES AND GREEVA BHADA - **4 MARKS**
 - INTRODUCTION OF TAAL JHAPTAL, ONLY LEGS - **2 MARKS**
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ACTIVITY 1 - VIEWING OF KATHAK PERFORMANCES (LIVE OR VISUALS)
ACTIVITY 2 - VIEWING OF FOLK DANCES LIVE OR VISUALS)

ACTIVITY 3 - VISITING ANY INSTITUTION RELATED TO MUSIC AND DANCE

ASSIGNMENT - 10 MARKS

KATHAK, GHARANA, KATHAK DANCERS - (INFORMATION WITH PICTURES)

OR

FOLK DANCES OF INDIA (BRIEF INFORMATION WITH PICTURES ANY 5)

Guidelines for the teachers to follow

- To develop interest amongst the students and train them professionally for better mental alertness, quick reflexes, improving concentration and to maintain body posture.
- To refer books like “ Anga Kavya” by Pt. Birju Maharaj Ji; “ Kathak Nritya Shiksha PART 1 & 2” by Dr. Puru Dadheech, “ Kathak - Volume 1 - A theoretical and Practical guide by Marami Medhi, Debashish Talukdar, ‘ Kathak Nrutya Vol 1 by Nayana Nagle and Mohini Khatri
- To give thorough knowledge about other classical dance forms and folk dances of India.
- To engage students in dance productions of classical or folk dances to boost their stage confidence, camera consciousness and groom the students professionally.

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Practical Assessment for Kathak Dance - Grade 10 (Rubrics)

Criteria	Excellent (5)	Very Good (4)	Good (3)	Needs Improvement (2)	
Knowledge of subject and Musicality	The student demonstrates excellent knowledge of matter , showing a full understandin g of rhythm in dance style and hears and interprets dance to music or notations	Demonstrate s a strong knowledge of performance , few errors in performance however it doesn't interfere with performance .	The student shows understandin g the steps in dance but makes some errors that disturbs his/her performance.	The student recalls a few steps and makes attempts, but fails to perform well.	5 marks (Orals)
Information of Tal teental and Taal Jhaptal					2 marks
Vandana					4 marks

[illegible]

Skills and Efforts Samyukta hastmudra and Greeva Bheda - 4 mrks Gat - 4 marks Kavitt - 4 mrks	The Student performs exceptionally with great confidence, expressive facial and gestures and footwork with correct body alignment. This demonstrates the significant efforts put into riyaz (practice) for the actual performance	The student performs well with good confidence displaying strong facial expressions, footwork and body language that effectively draws attention.	The student mostly focuses on his/her performance but is bit unsure of themselves i.e. lack of confidence and practice.	The student lacks focus during their performance, displaying minimum expressions, footwork and very low confidence with stage fear and fails to perform well.	12 marks
Activity 1, 2, 3 Assignment • Kathak, Gharana and Kathak dancers - information with pictures or Folk dances of India - brief information with pictures (any 5)	The student has done the given assignment exactly and in a perfect manner under the topic given to them with the mentioned guidelines. The students also attends all the 3 activities assigned to him/her and understands the subject excellently	The student has done the given assignment in a neat manner under the topic given to them. The students attends activities assigned to him/her and understands the subject better.	The student has done the given assignment satisfactorily well under the topic given to them. The students attends the activities assigned to him/her and tries to understand the subject	The student hasn't been able to submit the assignment in a required manner under the topic given to them. The student fails to attend the activity	10 marks Total= 60 marks

KNOWLEDGE OF KATHAK DANCE AND BRIEF INFORMATION OF OTHER CLASSICAL DANCE AND FOLK DANCE OF GOA AND ITS ACCOMPANYING INSTRUMENTS - 10 MARKS

Brief information of Kathak dance:

Kathak dance is one of the eight classical dance form of India. It is North Indian classical dance style originated from the state of Uttar Pradesh. It is also known as Kushilav, Natvari nritya. The word Kathak is derived from the word Katha which means story telling. In the ancient days Kathakas (story tellers) used to be appointed in temples for narrating mythological stories. Gradually these story tellers started performing dance along with narrating stories. The Kathak is originated from Vrundavan and Mathura.

In the Indian history when temples were destroyed, all these Kathakas scattered. Some of them went to the court of new Muslim Rulers, some went under the patronage of Hindu Emperor and rest tried to maintain their tradition. So during this period, three main Gharanas of Kathak came into existence .i.e. Lucknow Gharana, Jaipur Gharana and Benaras Gharana and later Raigad Gharana.

- The main feature of kathak dance is its complex footwork of its rhythmic pattern and chakkars (spins).
- Musical instruments used are Tabla, Pakhawaj, Sarangi, Sarod, Flute, Harmonium, Sitar etc.
- The dancer wears 100-200 bells called Ghungaroo in their legs.
- Padhant is the bols recited by the performer or Guru himself.
- Languages used are Braja Bhasha, Hindi, Sanskrit, Urdu and regional languages.
- Style - Hindustani Sangeet Padhati is used.
- Costume-women wears Ghagra, choli, odhani and costume called Peshwaj which includes anarkali, churidar pyjama and jacket, chunni, Topi (cap) with feathers and jewellery.
- Men wears dhoti with Kambar patta, churidar pyjama, angarkha, dupatta, cap, pagadi etc.

Gurus:- Pt. Bindadin Maharaj ji, Pt. Shambhu Maharaj ji, Kalika Prasad, Pt. Janaki Prasad, Pt. Gauri Shankar ji

Kathak dancers - Pt. Birju Maharaj ji, Sitara Devi, Gopi Krishna, Pt. Rohini Bhate, Dr. Puru Dadhich, Dr. Vibha Dadich, Pt. Shama Bhate, Shovana Narayan and many more.

Classical dance styles of India

- I. Sattriya (from year 2000)- North Indian Classical Dance originated from North Eastern Region - Assam
- II. Manipuri - North Indian Classical Dance originated from Manipur
- III. Kathak - North Indian Classical Dance originated from Uttar Pradesh
- IV. Kathakali - South Indian Classical Dance originated from Kerala
- V. Mohiniyattam - South Indian Classical Dance originated from Kerala
- VI. Kuchipudi - South Indian Classical Dance originated from Andhra Pradesh
- VII. Odissi - South Indian Classical Dance originated from Odisha
- VIII. Bharatnatyam - South Indian Classical Dance originated from Tamil Nadu

Folk dances of Goa

Goa has a rich cultural heritage and the beautiful tradition of folk dances. They are performed for the harvest, traditional and religious festivals in Goa. Goan Folk dances are influenced by Indian as well as a Portuguese culture. Every dance features traditional attire and energetic movement and accompanying local instrument called Ghumat, Dhol, Taaso, Kassale and many more.

Some of the folk dances of Goa are:

Kunbi, Dhalo, Dhekhani, Fugadi, Ghode modni, Dhangar, Morullo, Samai Nrutya, Mando, Goff, Musal and many more.

MUDRA, BHEDA, ABHINAYA - SAMYUKTA HASTAMUDRA, GREEVA BHEDA AND TYPES OF ABHINAYA - 10 MARKS

Mudra:- A mudra is symbolic hand gestures used in dance. The word mudra comes from Sanskrit and it means ' gesture' . It is prominent mode of communication in dance and the dramatic arts in India. As per Abhinay darpan, there are two types of mudra:

- **Asamyukta Hastmudra** - single hand gesture. There are 32 hastmudra
- **Samyukta Hastmudra** - double or two hand gestures. There are 23 hastmudra (mentioned below)
 - 1) Anjali- to do namaskar
 - 2)Kapot- to show lotus bud opening
 - 3) Karkat- Stitching of limbs
 - 4) Swastik - used in refusing and quarrelling etc
 - 5) Dola - used to start dance
 - 6) Pushpaput - used fro worshipping ,offering flowers ,arghya in worship etc.
 - 7) Utsang - used to show love, to embrace, the gesture used to show wearing Baju band jewellery.
 - 8) Shivlinga - use to display Lord Shiva or Shivaling
 - 9) Katakavardhan - to tell marriage, bond, worship, two things etc.
 - 10)Kartariswastik - used to show branches of trees, mountains etc.
 - 11) Shakat - used to depict a monster, a scary figure.
 - 12) Shankha - used for blowing a shankha (conch shell)
 - 13) Chakra - used for meeting, placing one object on another etc.
 - 14) Samputa - used in the expression of covering the object, friendship, meeting etc.
 - 15) Paash - used in the demonstration of quarrel, union, friendship, chain etc.
 - 16) Keelak - to show friendly talk.
 - 17) Matsya - to show fish.
 - 18) Kurma - to show turtle, tortoise.
 - 19) Varaha -to show Boar (wild pig)

- 20) Garuda - to show bird ,Garuda.
- 21) Naagbandh - to show pair of snakes, creeper.
- 22) Khatawa - to show bed, used to convey a sense of cleverness.
- 23) Bherunda - to show a bird couple.

- **Bheda:**

Griva bheda are neck movements used in dance. As per Abhinaya Darpan, there are four types of griva bheda .

- I. **Sundari**:-neck moved horizontally on both sides, used in affection, effort, expansion and to give approval etc.
- II. **Tiraschina**:-neck moved like a snake in both sides and upwards.Used to show sword or movement of snake
- III. **Parivartita** - neck moved from right to left like a half moon.Used to describe the action of Lasya dance, affection etc.
- IV. **Prakampita**:-neck moved from backward and forward like pigeon' s neck. Used to describe the movement of horse.

Abhinaya:

The expressions which are shown to express poetic meanings is Abhinaya. Here the emphasis is more on facial expressions than the rhythmic movement.The Abhinaya is divided into..

- I. Angikabhinay - Expressing the meanings of lyrics using body parts like Head, hands, legs etc.
- II. Vachikabhinay - expressing the story using the narrations in the dance drama.
- III. Aharyabhinay - Imitating the costumes, jewellery, make-up etc. in dance.
- IV. Satvikabhinay - Showing the Bhava (moods).

TERMINOLOGY - DEFINITIONS - 10 MARKS

1. **Laya and its types:** ' Laya' means ' merge' . The speed of time, passing in the action of singing, dancing or playing music is called ' Laya' . There are three kinds of Laya Vilambit, Madhya and Drut:
 - a. **Vilambit:-** A very slow speed in music, dance and vocals
 - b. **Madhya:-** When the speed is neither slow nor fast. The . It is double of Vilambit laya.
 - c. **Drut:-** Fast speed which is double of Madhya laya.
2. **Thaat:-** Thaata, in general means graceful attitude. It is the beginning part of the pure dance in Kathak. In Thaata, the dancer stands in some typical pose, moves his/her eyes, eyebrows, neck, shoulders, arms, chest, wrist to the accompaniment of low rhythm played on Tabla and Nagma. It is performed in Vilambit laya.
3. **Aamad:-** is a Persian word which means to enter. It is generally presented after Thaata but at the beginning of the performance. After building a structure of dance in thaata, the dancer takes the entry on stage with a small pieces of composition. Eg. धा तक़ thoonga
4. **Parmelu:-** is a competition in which syllabus sounds like different drums or percussion instruments are combined with the Natwari bols. Some of the words used in Parmelu are jhan jhan, thadunga, thoonga noonga etc.
5. **Kavitt:-** is a poetic composition set to taal. Very often a Natwari piece is affixed to it. The meaning is interrupted by different gestures, while laya is marked by the feet. Although these compositions show Abhinaya, but they are considered to be a part of nritya because of rhythm and beat. Eg. choom choom, cha nananana
6. **Gat Nikas:-** is the simplest form of Gat. The word Gat Nikas has been derived from two words - Gat+Nikas. Gat means Chaal or Chalan and Nikas means to emerge. To emerge out with the chaal (Palta)making a mudra is called Gat Nikas. There are various types of Gat nikas.e.g.Sidhi(simple),mukut, Ghungat, Basuri, matki, rukhsar.

7. **Nritta, Natya, Nritya**

- **Nritta**:-Dance without emotions is called Nritta. In other words “ Shuddha Nritta” is that aspect of dance in which there is no place for emotions and expressions, only the Angas are operated on Taal - Laya. Thaata, Tukada, Parana, Tatkar etc. are included in Nritta.
- **Natya**:- is a part of Nartana Kriya which means to act. It is the act of imitating a certain character's movement, colour, speech, dress etc. The Gatbhava of Kathak dance is also considered under Natya.
- **Nritya**:-The union of Natya and Nritta is called Nritya. The act of expressing with the movement of Angas according to the Taal and laya is called Nritya. Thumri, bhajan in Kathak dance comes under the Nritya.

8. **Tandava**:- It is believed that the Lord Shiva (Shankar) after defeating the demon Tripurasura, opened the third eye and performed a Raudra and Veera Rasa, pure dance in fast pace called Tandava Nritya. It is mainly male dominated dance and danced by Lord Shiva.

- **Lasya**:- It is a mythological belief that when Lord Shiva killed Tripurasura, Goddess Parvati pleased with the destruction of demons, and performed a Shringara Rasa dominant dance, which is called Lasya. It is female dominated dance.
- **Vandana**:- is to offer salutation to Lord. Vandana is the composition in which words in praise of Lord are blended with other dance bols forming a rhythmic piece. Vandana is mostly performed first by the Kathak dancers. e.g. Gan Gan Ganapati...

NOTATIONS - 10 MARKS

Information of Taal Teentaal

Matra - 16; Taali 1,5,13; Khali 9; Vibhag 4 (4-4-4-4)

1. 2. 3. 4. 5. 6. 7. 8
धा धीं धीं धा | धा धीं धीं धा |
X 2

9. 10. 11. 12. 13. 14. 15. 16
धा तीं तीं ता | ता धीं धीं धा |
o 3

Information of Taal Jhaptal

Matra - 10; Taali 1,3,8; Khali 6; Vibhag 4 (2-3-2-3)

1. 2. 3. 4. 5. 6. 7. 8. 9. 10
धीं ना | धीं धीं ना | तीं ना | धीं धीं ना |
X. 2. O. 3

Toda - notation

Paran - notation

Tihai - notation

Note:

Session 1- explain syllabus

Explain ACADEMIC CALENDAR

Session 2-model question paper

Blue print

Practical assessment /rubrics

MODEL QUESTION PAPER - GRADE 10
SUBJECT : ART EDUCATION - KATHAK DANCE

Q1. Select and write the appropriate option from those given below each question(10Marks)

1. In which laya Thaata is performed?
 - a. Vilambit
 - b. Madhya
 - c. Drut
 - d. Ati drut

2. Mudras performed by joining 2 hands known as
 - a. Samyukta
 - b. Asamyukta
 - c. Vaachik
 - d. Tirashchina

3. Which of the following is Indian Classical dance form?
 - a. Satriya
 - b. Bihu
 - c. Kunbi
 - d. Garba

4. Instruments used in Kathak dance
 - a. Dholak
 - b. Mridangam
 - c. Ghumat
 - d. Tabla

5. As per Abhinaya darpan, how many Greeva Bheda are there?
 - a. 2
 - b. 1
 - c. 4
 - d. 5

6. Which of the following dance comes under folk dance style?
 - a. Kathak
 - b. **Musal**
 - c. Manipuri
 - d. Kathakali

7. Which of the following mudra is Samyukta hasta mudra?
 - a. Shikhar
 - b. Sarpshisha
 - c. Kartari Mukha
 - d. Shiva Linga

8. Dance style performed by Goddess Parvati?
 - a. Tandav
 - b. Lasya
 - c. Rasa
 - d. Ballet

9. 'Aamad' word is derived from which language
 - a. Marathi
 - b. Gujarati

- c. Persian/Farsi
- d. English

10. The combination of Bhav, Rasa and Abhinaya is called

- a. Nritta
- b. Nrutya
- c. Natya
- d. Poem

Q2. Answer the following questions in one line.

6 marks

- a. What is the laya with fast tempo called?
- b. Name the types of Abhinaya.
- c. What is the meaning of 'Aamad' ?
- d. As per the Abhinaya Darpan, which Samyukta mudra is used to show a pair of snakes?
- e. Name the Gharanas of Kathak dance.
- f. Write any two Folk dances of Goa.

Q.3. Answer the following in 2-3 sentences.

12 marks

- a. Define Parmelu.

Or

What is Gat Nikas?

- b. Name the types of Greev Bheda.

Or

Write the 2 uses of Utsanga and Pushpaputa Hastamudra.

- c. Write two differences between Lasya and Tandav.

Or

Write two differences between Nritta and Nrutya.

- d. What is the difference between Classical dance and Folk dance (any 3 points)

Or

What is the difference between Kathak and Bharatnatyam? (Any 3 points)

Q.4. Write notations with information (any 3).

12 marks

- a. Taal Teental Theka
 - b. Taal Jhaptal Theka
 - c. Toda in Taal Teental
 - d. Sada paran in Taal Teental
 - e. Tihai in taal Teental
-

Model Answer Paper

- Q1-1] Vilambit
2] Samyukta
3] Sattriya
4] Tabla
5] 4
6] Musal dance
7] Shivalinga
8] Lasya
9] Farsi/Persian
10] Nrutya

- Q2-a) The Laya which has fast tempo is called Drut Laya.
b) Angik, Vachik, Aharya, and Satvik.
c) Amad is to enter on the stage signifying the start of the performance.
d) Naagbandh hastmudra is used to show a pair of snakes.
e) Jaipur, Lucknow, Banaras, Raigarh .
f) Kunbi, Dhalo etc.

- Q3-a) Parmelu-definition
Or
Gat Nikas-definition

- b) Greeva bheda-
Or
Uses of Utsang and Pushpaput

- | | |
|---------------------|-------------------------|
| c) Lasya | Tandav |
| 1. by Parvati. | 1. by Shiva |
| 2. Shringar rasa. | 2. Raudra and Veer rasa |
| 3. Female dominated | 3. Male dominated |

Or

- Nritta- 1) Pure dance form that focuses on rhythm and movement
2) Shows beauty through its fundamental expression
3) thaata, paran, tukada

- Nritya- 1) It is a dance that communicates the theme
2) Is a narrative type of dance that portrays poetry through graceful movement
3) Thumari, Bhajan

- d) Classical Dance — 1) It aims to convey emotions or stories through movement and gestures
2) It demands years of rigorous training to master the technique
3) It is performed on stage

- Folk dance — 1) It expresses the joy and energy of community.
2) It can be learned by anyone with minimal instruction.
3) It is performed in community celebrations like harvest, wedding, etc

Or

- Bharatnatyam- 1) South Indian classical dance.
2) The dancers mostly perform in Aramandi.
3) It uses Carnatic music.

- Kathak- 1) North Indian classical dance style.
2) It is not performed in Aramandi and the dancers mostly dance in Sampaad.

3)It uses Hindustani music.

Q4. Notations