

DANCE
Subject Code: 056 to 061
Class -XII (2025-26)

The objective of the theory and practical course in Indian Classical Dance, Indian Traditional Dance, Drama or Theatre forms is to acquaint the students with the literary and historical background of the Indian performing arts in general, and dance drama form offered in particular. It is presumed that the students offering these subjects will have had preliminary training in the particular form, either within the school system or in informal education. The Central Board of Secondary Education being an All-India Organization has its schools all over the country. In order to meet the requirements of the schools, various forms or regional styles have been included in the syllabus. The schools may OFFER ANY ONE OF THE STYLES. Since the syllabi are closely linked with the culture, it is desirable that the teachers also make themselves familiar with the aspects of Indian Cultural History; classical and medieval period of its literature.

Any one style from the following may be offered by the students:

INDIAN CLASSICAL DANCE

- (a) Kathak
- (b) Bharatnatyam
- (c) Kuchipudi
- (d) Odissi
- (e) Manipuri
- (f) Kathakali

(A)KATHAK DANCE
(CODE NO.056)
CLASS–XII (2025-26)

Total Marks: 100
Marks:30

Theory
Time-2 Hours

1. A brief history with other classical dance styles of India.
2. Basic understanding of the term ABHINAYA and definition of its four aspects: angika, vachika, aharya, satvika.
3. Acquaintance of the three gharanas of kathak dance (Lucknow, Jaipur, Banaras)
4. Rasa: definition and explanation of nine rasas.
5. Knowledge of the following terms: (short note) sangeet, tal, laya, angahara, bhramari, lokadharmi, natyadharmi, rasa and bhava.
6. Knowledge of the technical terminology of the dance form.
 - a) Definition of the following:
 - i) Vandana
 - ii) Tihaayi
 - iii) Aamad
 - iv) Toda/Tukraa
 - v) Paran
 - vi) Chakardar Toda / Tukraa and Paran
 - vii) Gatnikas
 - viii) Gatbhaav
 - b) Knowledge of Theka of Dadra, Kaharwa, Roopak.
 - c) Definition of Tali, Khali, Sam, Tihaayi.
 - d) Ability to notate a Tukraa/Toda and Paran.
7. Acquaintance with the traditional costumes and makeup.

CLASS–XII

Practical

Marks:70

1. Practice of the tatkar set to teen taal and jhap taal in slower tempo, in its double(dugun) and four times (chougun) tempos.

2. Student should know all the techniques and compositions of the following:

(i) Vandanaa	1
(ii) Thaata	1
(iii) Aamad	2
(iv) Fast aamad	2
(v) Tukda, Toda	1
(vi) Tihaayi	4
(vii) Gatnikas	3
(viii) Gatbhav	1
(ix) Parhant of tukra/todaa, with hasta- kriyaa	1

NOTE: The students should be taught some of these in jhap taal and dhamar tal.

3. Ability to improvise in nritta and abhinaya.
4. Parhant (recitation of bols) to the basic theka of all compositions learnt.

DANCE (KATHAK)

PRACTICAL GUIDELINES TO THE EXAMINERS FOR EVALUATION OF KATHAK PRACTICALS CLASS–XII

Practical

Marks:70

Time: At the discretion of the examiner.

General Instructions:

There are four important aspects of Kathak which need careful assessment. They are:

- (a) Angashudhi, which means that movements of limbs and torso should not only be graceful and aesthetically but also in accordance with the style of the Kathak dance.
- (b) Laya, i.e., the steadiness of tempo and command over rhythmic structure in any passage of dance.
- (c) Bhaav-Paksh, i.e., the capability to express through mime in which face plays a dominant role.
- (d) Tatkaar, i.e., neatness in executing complicated footwork.

Distribution of marks and other instructions

The total marks of 70 may be divided as indicated below:

- 1. For the Angashuddhi 20 marks may be allotted, for laya and Bhaav-paksh each may be allotted 15 marks, and footwork (Tatkaar) 10 marks. The remaining 10 marks may be equally divided for repertoire and Parhant.
- 2. Each examinee should perform for about 15 minutes and in all the three layas, i.e., vilambit, madhya and drut. In Vilambit Laya he/she may perform Thaata, Aamad, Ganesh Paran, fast Aamad, Tihai and Tatkaar; in Madhya Laya; Tukra/Todaa, Paran, Abhinaya of a Thumri/Bhajan; and in Drut Laya; Gatnikaas and Gat-Bhaav.
- 3. As said above five marks may be allotted for the richness of the repertoire. The examinee is required to perform at least one item from each of the intra forms mentioned in the syllabus, i.e., Vandanaa, Ganesh Paran, Thaata, Aamad, fast Aamad, Parmelu, Tihaayi, Gatnikaas and Gat-bhaav.

4. The examinee should be asked to do the Parhant of a tukraa/toraa and then performiton Thekaa. While doing Parhanthe / she should also indicate the taal by doing hasta-kriyaa. This will give the idea of his/her command over the taal. As indicated above five marks may be allotted for the manner in which Parhant is done.
5. The examinee may be asked to play the thekaa of Teentaalor Jhaptalon Table.
6. The examinee may be asked to abhinaya on a line or two from any thumri orbhajan and elaborate it with sanchaari passages.

(B)BHARATNATYAM DANCE
(CODE NO.057)
CLASS–XII (2025-26)

Total Marks: 100
Marks:30

Theory
Time-2 Hours

1. Acquaintance with life history of the chief exponents and contributors of the past of the Dance form. (Rukmini Devi Arundale, Balasraswati, Meenakshi Sundaram Pillai, Tanjorequartette)
2. Acquaintance with the contents of the Abhinaya Darpana. (The chapters and the aspects of dance dealt with in them).
3. Knowledge of the following terms:
 - (i) Nritya, Nritya, Natya (Sanskrit slokas from the Abinaya Darpana and basic definition) Tandava (7 tandavas with detailed stories) Lasya, Lokadharmi, Natyadharmi (Definitions with example)
 - (ii) Sthana, Chari, Mandala, Bharmari, Utplavana (Slokas and meaning from Abinaya Darpana)
 - (iii) Abhinaya (Angika, Vachika, Satvika, Aharya-slokas from the Abinaya Darpana along with the meaning)
 - (iv) Sangeeta, Tala, Laya (Definition of the term, seven talams, three layams)
 - (v) Rasa (names of the nine rasas and their English meanings)
4. Knowledge of the technical terminology of the particular Dance form (any one to be studied in accordance with the Dance style offered)-
 - (a) Definitions of the following: araimandi, muzhumandi, kuttanam, korvai, karvai, adavu, shollu, aradhi, theerumanam, jati, jaati, gati, avertana, yati, taalanga, thattukazhi, nattuvangam, arangetram)
5. Acquaintance with the traditional costumes, makeup of the Dance style opted.

CLASS–XII

Practical

Marks: 30

1. Revision of all the adavus in classXI
2. Jatiswaram in Rupakataal
3. Padam on Krishna or Keertanam on Shiva/Krishna/Vinayaka/Rama
4. Tillana in Adi taalam
5. Ability to repeat the adavu* syllables in Rupaka and Tripuda Talas, knowledge of the Sapta talas with hasta kriya (taalanga andsign)
6. Hasta-Viniyoga of 14 Asamyuta (upto Chandrakala hasta) and 12 Samyuta, Hastas (Upto Chakra hasta) and all, Deva Hastas (all Abhinaya Darpanam).
7. Knowledge of the Pada, Bhedas, Mandalas, Bhramaris and Utpalvanas occurring in the items learnt (Abhinaya Darpanam).
8. Basic knowledge of Carnatic Music-format of the raga system-the 72 melakarta ragams and the music of the items learnt.

(C)KUCHIPUDI DANCE
(CODE NO.058)
CLASS–XII (2025-26)

Theory
Time-2 Hours

Total Marks: 100
Marks:30

1. A brief history and acquaintance with some traditional dance forms of the region, other than the one offered for study.
2. Acquaintance with life history of the chief exponents of the dance form, past and present.
3. Knowledge of the following terms:
 - (i) Nritta, Nritya, Natya, Tandava, Lasya, Lokadharmi, Natyadharmi
 - (ii) Chaturvidha Abhinaya (Angika, Vachika, Satyika, Aharya) with special reference to Mukhaja Abhinaya.
 - (iii) Sanchari Bhava, Sattvika Bhava
4. Types of compositions and formats used in Kuchipudi
5. Definitions of the following:
 - (a) Rangapuja, Shabdam, Ashthapadi, Kalaapam, (Bhaama Kalaapam, GollaKalaapam).

CLASS–XII

Practical

Marks:70

1. One Sabdam preferably from Dashavatara or Prahlada Pattabhi shekha, Shabdam.
2. One Swarapallavi, one padam.
3. One Kshetravaya padam, one Asthapadi
4. One Tarangam.
5. An extract from Bhaama Kalaapam.
6. Recitation of an Aditala Jathi along with Teermanam.

(D) ODISSI DANCE
(CODE NO. 059)
CLASS–XII (2025-26)

Theory
Time-2 Hours

Total Marks: 100
Marks:30

1. Elementary knowledge about the three styles of Chhau: Mayurbhanj, Seraikella and Purulia.
2. Brief notes on the lives and contribution of the three Gurus: Guru Pankaj Charan Das, Guru Kelucharan Mohapatra and Guru Deba Prasad Das.
3. Elementary introduction to the texts; Natya Shastra, Abhinaya Darpana, and Abhinaya Chandrika: a) Identification of the author (approximate date) b) Basic overview of the broad areas covered in the context of each text. c) Myths regarding the origin of dance according to each text.
4. Basic understanding of the term ABHINAYA and definition of its four aspects: angika, vachika, aharya and sattvik.
5. Rasa: Definition and short explanation of the nine rasas.
6. Short notes on:
 - a) The Aharya of Odissi.
 - b) The music accompaniment of Odissi.
7. Brief explanation of the following terms:
 - a) Nritya, Nritya and Natya
 - b) Matra, Laya, Taal, Avartana, Vibhaga (Anga)
 - c) Tandava and Lasya d) Natyadharmi and Lokdharmi
8. Write some names of Folk Dances of Odisha

CLASS–XII

Practical

Marks:70

1. Learning and practice of one Pallavi:
 - a) Definition of the term Pallavi. b) Demonstration of the item.
 - c) Recitation of the ukutas of the item with hands.
 - d) Identification of the Raga, Taal and the Choreographer of the item.
 - e) Identification of the hastas and the bhangis used in the item.
2. Ability to show different Paad bhedas and bramaris.
3. Practice of Patak Hasta Mudra Viniyog acc to Abhinaya Darpan.

(E)MANIPURI DANCE
(CODE No. 060)
CLASS–XII (2025-26)

Theory
Time-2 Hours

Total Marks: 100
Marks:30

1. Acquaintance with life history of chief exponents past and present of the dance form.
2. Acquaintance with the contents of Abhinaya Darpana.
3. Knowledge of the following terms:
 - (a) Nritya, Nritya and Natya. Tandava, Lasya, Loka Dharmi, Natya Dharmi.
 - (b) Abhinaya: Angika, Vachika, Aharya and Satvika.
 - (c) Sangeet: TalaLaya.
 - (d) Rasa: Sthayi Bhava, Sanchari Bhava.
4. Knowledge of technical terms of the style:
 - (a) Chali, Bhangi, Longlei, Uplei
 - (b) Different kinds of Choloms: Kartal Cholom, Khubak Isei Cholom, PungCholom.
 - (c) Sankirtan. Different Talas, Rajmel, Menkup, Tanchap.
 - (d) Different kinds of Raas.
5. Acquaintance with the traditional costumes, make up for the dance style offered.
 - (a) Potloi and its different components for Radha and Gopis
 - (b) Krishna's costume.
 - (c) Typical traditional make up for Manipuri classical dances with emphasison Vaishnava Tilak.

CLASS–XII

Practical

Marks:70

1. Basic stance and movements of both Pung and Kartal Choloms (whichever is applicable). Practical demonstration of Choloms in Rajmel, Menkup and Tanchap.
2. Bhangi Pareng Achouba and Goshtha Bhangi Pareng. Punglon Jagoi and IseiJagoi.
3. Khurumba Bhangi Pareng, Krishna Abhisar, Radha Abhisar Krishna Nartan, Radha Nartan, Advanced Cholom in Char Tal

Knowledge of the background of the following:

- a) Nata Sankirtan and Ariba Pala. Lai Haraoba, Maharaas, Vasant Raas, Kunja Raas, Nitya Raas and Diva Raas, Goshtha Leela, Udukhal Leela.
- b) Biographies of great Jagoi Gurus: Guru Amubi Singh, Guru Atomba Singh and Guru Amudon Sharma.
- c) Stories of Nongpok Ningthou and Panthoibi, Khamba and Thoibi.

(F)KATHAKALI DANCE
(CODE NO.061)
CLASS–XII (2025-26)

Total Marks: 100
Marks:30

Theory
Time-2 Hours

1. Acquaintance with the life history of the great masters of the dance form of both past and present.
2. Acquaintance with the contents of the Hastha Lakshana Deepika and Natyasasthra.
3. Knowledge of the following terms:
 - (i) Nritta, Nritya, Natya, Tandava, Lasya, Lokadharmi, Nattyadharmi.
 - (ii) Anga, Upanga, Prathyanga
 - (iii) Abhinaya (Angika, Vachika, Satvika, Aharaya) with special reference to Hasta-Abhinaya, Mukhaja-Abhinaya and Netra-Abhinaya.
 - (iv) Sangeeta, Tala, Laya
 - (v) Rasa, Rasadhristi, Sthayibhava, Sthayidrishti, Sancharibhava, Bhaava, Vibhava, Anubhava and Sathvika Bhaava,
4. Knowledge of the Technical Terminology of the Artforms.
 - (a) Mutiyettu, Theyyam, Kootiyaattam, Ramanattam, Krishnattam, Ottanthullal, and Kalarippayattu
 - (b) Hastas – Samyutha, Asamyuta, Mishra, Nanartha from Hastalakshanadipika.
 - (c) Kaal Sadhakamlrativata.
 - (d) Kalassam, Ashtakalasam, Ilakiyattam, Cholliyattam
 - (e) Keli, Arangu Keli (Shuddha Maddalam), Todayam, Purappadu, Melapada, and Dhanaasi
 - (f) Chutti, Pachchha, Kathi, Thaadi, Kari, Minukku
 - (g) Rasa, Rasadhristi, Sthayibhava, Sthayidrishti, Sancharibhava, Manodharma, Cholliyaattam and Ilakiyaattam
 - (h) Ability to write in notation talas learnt under practicals.
5. Acquaintance with the traditional costumes and makeup of the Dance style opted.
6. Knowledge of Kathakali music both vocal and percussion.

CLASS–XII

Practical

Marks: 70

1. Purppadu
2. Pakuthipurappadu
3. Different kalaasams in different thaalams
 - a) Vattamvechu Kalaasam
 - b) Iratti c) Atakkam
 - d) Thonkaaram
 - e) Idakkalaasam
 - f) Eduthukalaasam
 - g) Naalaaratti
 - h) Sthreevesha Kalaasam
 - i) Saaree Dance
 - j) Kummi
4. Theru kootikkettal
5. Thiranokku – Idamattil
6. Eight types of Ilakiyaattam
7. Padams of the character from the Kathakali plays
 - a) Male
 - i) Subhadraharanam – Sree Krishna – “Kim BhoSukham”
 - ii) Dakshayaagam – Shiva – “Kuvalayavilochane”
 - b) Female
 - i) Uttaraswayamvaram – Uttara – “Veera SodaraSumathe”
 - ii) Dakshayaagam – Sathi – “LokaadhipaKaantha”
8. Recite various kalaasams with rhythm.