

Sir Padampat Singhania Education Centre Kamla Nagar, Kanpur

Lesson Plan Session 2025- 2026 Class: XI

Subject: Kathak Nritya (056)

Book : Elements of Kathak

Subject Coordinator

Name: Mrs. Gauri Sanjay Pathak Name: Manoj Srivastava

Head of Department

Sign:

Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

Yearly Syllabus/Planning overview

Session: 2025- 2026

Subject :Kathak Nritya (056) Class :XI No. of periods :169

Month	Assessed in	Lesson/s to be covered	Period Count
		Introduction of Kathak Nritya Teen Tal Introduction	
APRIL			12
	1 st TEST	Practical: Tatkar, Hastak(Basic Standing	
MAY		Positions) Definitions	22
JUNE		Summer Break	04
	2 nd TEST	Practical: Rangmanch pranam, tukdas Theory: Bindadeen Maharaj,Birju Maharaj ji	
JULY		Dadra Tal,Kehrwa Tal	26
		Practical: Paltas	
AUGUST		Theory: Abhinaya and its types	23
SEPTEMBER	Half Yearly	Three major Gharanas of Kathak Revision of previous lessons	10
OCTOBER		Aamad and paran in Teen taal Basic knowledge of Bharatnatyam	19
OCTOBER		Basic knowledge of Odissi Nritya	
NOVEMBER		Ras & 9 Rasas	10
DECEMBER		Revision Practical	12
		Revision	12
JANUARY			17
FEBRUARY		Revision	12

Subject coordinator: Mrs. Gauri Sanjay Pathak



Kamla Nagar, Kanpur

Monthly Syllabus/Planningoverview

Session: 2025 - 2026

Subject: Kathak Nritya Class:XI

Books: Elements of Kathak No. of periods: 169

Month Date/Week			Lesson/s to be covered in classroom	Period
	From	То		Count
April	16 st April	19 th April	Teen Tal, Introduction, Tatkar,Theka	03
April	21 st April	26 th April	Rangmanch pranam	06
April	28 th April	30 th April	Tukda in Teen taal	03
May	01 st May	03 rd May	Kathak	03
May	05 th May	10 th May	Bindadeen Maharaj	05
May	13 th May	17 th May	Definitions	05
May	19 th May	24 th May	Theka of Dadra Taal & practical	06
May	26 rd May	28 st May	Theka of Keharwa Taal & practical	03
May June	01st June	26 th June	SUMMER VACATION	
June	27 th June	30 th June	Chakkardar Aamad, Chakkardar Tukda	04
July	01stJuly	05 th July	Tatkar, Palta & Tihai	05
July	07 th July	11 th July	Birju Maharaj	05
July	14 th July	19 th July	Revision	06
July	21 st July	26 th July	Revision	06
July	28 th July	02 nd Aug	Abhinaya & its types	06
Aug	04 th Aug	09 th Aug	Tukda, Chakkardar tukda	05

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Aug	11 th Aug	16 th Aug	Ras & its types	04
Aug	18 th Aug	23 th Aug	Chakkardar Aamad	06
Aug	25 th Aug	30 th Aug	Notations Practice	06
Sept	01stSept	06 th Sept	Revision of all Thekas in writing	05
Sept	08 th Sept	13 th Sept	Revision	05
Sept	15 th Sept	27 th Sept	HALFYEARLYEXAMINATIONS	
Sept Oct	29 th Sept	04 th Oct	DUSSEHRA& MAHATMA GANDHI JAYANTI	
Oct	06 th Oct	11 th Oct	Revision Theory : Odissi Nritya (Practical)	05
Oct	13 th Oct	18 th Oct	Revision Practical in Teen Tal	06
Oct	20 th Oct	25 th Oct	Deepawali	02
Oct	27 th Oct	01stNov	Kavitta, Vandana	05
Nov	03 rd Nov	08 th Nov	Ang,pratyang,upaang	05
Nov	10 th Nov	22nd Nov	Characteristics of Gharanas	05
Nov	24stNov	29 th Nov	Revision of Full Syllabus & Practicals	06
Dec	01stDec	06 th Dec	Revision	06
Dec	08th Dec	13 ^h Dec	Revision of Full Syllabus & Practicals	06
Dec	15 th Dec	27 th Dec	Revision & Practical	06
Jan	31st Dec	07 th Jan	WINTER BREAK	

Jan	08 th Jan	10 th Jan	Sample papers & practicals	02
Jan	12 th Jan	17 th Jan	Sample papers & practicals	05
Jan	19 th Jan	24 th Jan	Revision of full syllabus & practicals	05
Jan	27 th Jan	31 st Jan	Sample papers & practicals	05
Feb	02 nd Feb	07 th Feb	Sample papers & practicals	06
Feb	09 th Feb	14 th Feb	Sample papers & practicals	06

Subject coordinator: Mrs. Gauri Sanjay Pathak



Weekly planning overview

Session: 2025 - 2026

Subject: Kathak Nritya (056) Class: XI No. of periods: 169

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)			
	WEEK1: 16st Aprilto19th April Period Count: 03					
PD1	Introduction of Teen Tal					
PD2	Introduction of Teen Tal					
	GOOD FRIDAY (18/04)					
PD3	Introduction of Teen Tal & Tatkar					
WEEK2:2	1stAprilto26thApril Period Count: 06					
PD1	Introduction of Teen Tal & Tatkar in Teen Tal with Dugun,Chaugun					
PD2	Introduction of Teen Tal & Tatkar in Teen Tal with Dugun,Chaugun					
PD3	Introduction of Teen Tal & Tatkar in Teen Tal with Dugun,Chaugun					
PD4	Introduction of Teen Tal & Tatkar in Teen Tal with Dugun,Chaugun					

PD5	Introduction of Teen Tal & Tatkar in Teen Tal with Dugun,Chaugun	
PD6	Introduction of Teen Tal & Tatkar in Teen Tal with Dugun,Chaugun	
WEEK3:28	8 th Aprilto30 th April Period Count: 03	
PD1	Rangmanch Pranaam in Teen Tal	
PD2	Rangmanch Pranaam in Teen Tal	
PD3	Rangmanch Pranaam in Teen Tal	
	WEEK4: 01st Mayto03rd May	Period Count: 03
PD1	Tukda in Teen Tal	
PD2	Tukda in Teen Tal	
PD3	Tukda in Teen Tal	
	WEEK5: 05 th Mayto10 th MayPerio	od Count: 05
PD1	Chakkardar tukda in Teen Tal	
PD2	Chakkardar tukda in Teen Tal	
PD3	Chakkardar tukda in Teen Tal	
PD4	Chakkardar tukda in Teen Tal	
PD5	Chakkardar tukda in Teen Tal	
	SECOND SATURDAY (10/5)	
	WEEK6:12 th Mayto17 th May Peri	od Count: 05
	BUDDHA PURNIMA (12/05)	
PD1	Aamad in Teen Tal, Kathak Nritya	
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PD2	Aamad in Teen Tal, Kathak Nritya
PD3	Aamad in Teen Tal, Kathak Nritya
PD4	Aamad in Teen Tal, Kathak Nritya
PD5	Aamad in Teen Tal, Kathak Nritya

Subject coordinator

Supervisor

Principal/V. Principal

Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

Weekly planning overview

Session: 2025 - 2026

Subject: Kathak Nritya(056) Class:XI No. of periods:169

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
	WEEK7: 19 th Mayto24 th MayPerio	i Count: 05	
PD1	Bindadeen Maharaj		
PD2	Bindadeen Maharaj		
PD3	Bindadeen Maharaj		
PD4	Bindadeen Maharaj		
PD5	Bindadeen Maharaj		
WEEK 8:	26 rd May to 28 th MayPeriod Count: 05		
PD1	Practical – Chakkardar Aamad	PD1	
PD2	Practical – Chakkardar Aamad	PD2	
PD3	Practical – Chakkardar Aamad	PD3	

PD4	Practical – Chakkardar Aamad	PD1			
PD5	Practical - Chakkardar Aamad	PD2			
WEEK:9 -	11 31 st May to 26 th JunePeriod Count:				
	SUMMER VACATION	l			
WEEK 12:	: 27th Juneto30thJunePeriod Count: 04				
PD1	Tihai				
PD2	Tihai				
PD3	Tihai				
PD4	Tihai				
	WEEK13: 01stJuly to 05thJulyPerio	od Count: 05			
PD1	Birju Maharaj				
PD2	Birju Maharaj				
PD3	Birju Maharaj				
PD4	Birju Maharaj				
PD4	Birju Maharaj				
Subject o	coordinator Supervisor	Prir	ncipal/V. Principal		



Kamla Nagar, Kanpur

Weekly planning overview

No. of periods

: 169

Session: 2025 - 2026 : Kathak Nritya(056) Class : XI

Subject

Status (Yes/No) Period Topic/s to be covered in classroom **Homework** (Reason if No) 07thJulyto12thJulyPeriod Count: 04 **WEEK14: Definitions** PD1 **Definitions** PD2 **Definitions** PD3 PD4 **Definitions SECOND SATURDAY** (12/7) WEEK15: 14th Julyto19th JulyPeriod Count: 06 PD1 Notations of Tukda and Aamad PD2 Notations of Tukda and Aamad PD3 Notations of Tukda and Aamad PD4 Notations of Tukda and Aamad PD5 Revision PD6 Revision WEEK16:21stJulyto26thJulyPeriod Count: 06 PD1 Practical: Aamad, Tukda PD2 Practical: Aamad, Tukda PD3 Practical: Aamad, Tukda PD4 Practical: Aamad, Tukda

PD5	Practical : Aamad, Tukda		
PD6	Practical : Aamad, Tukda		
	WEEK17:28 th Julyto02 nd AugPerio	d Count: 06	
PD1	Abhinaya & its types		
PD2	Abhinaya & its types		
PD3	Abhinaya & its types		
PD4	Abhinaya & its types		
PD5	Abhinaya & its types		
PD6	Abhinaya & its types		
WEEK19	e: 04 th Aug to 09 th Aug PeriodCount:05		
PD1	Three major Gharanas		
PD2	Three major Gharanas		
PD3	Three major Gharanas		
PD4	Three major Gharanas		
PD5	Three major Gharanas		
	RAKSHA BANDHAN (09/08)		
WE	EK20:11 th Augto16 th Aug		PeriodCount:04
PD1	Bharatnatyam		
PD2	Bharatnatyam		
PD3	Bharatnatyam		
PD3	Bharatnatyam		
	INDEPENDENCE DAY (15/08)		

	SHREE KRISHNA JANMASHTAMI (16/08)		
WEEK21:	18 th Augto23 th Aug Period Count: 06		
PD1	Ras & its 9 types		
PD2	Ras & its 9 types		
PD3	Ras & its 9 types		
PD4	Ras & its 9 types		
PD5	Ras & its 9 types		
PD6	Ras & its 9 types		
WEEK22:	25 th Aug to30 th Aug Period Count: 06		
PD1	Odissi Nritya		
PD2	Odissi Nritya		
PD3	Odissi Nritya		
PD4	Odissi Nritya		
PD5	Odissi Nritya		
PD6	Odissi Nritya		
WEEK23:	01stSept to 06thSept Period Count: 05		
PD1	Revision of previous lessons		
PD2	Revision of previous lessons		
PD3	Revision of previous lessons		
PD4	Revision of previous lessons		
PD5	Revision of previous lessons		
WEEK24: 08thSept to13th Sept PeriodCount:05			

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PD1	Revision				
PD2	Revision				
PD3	Revision				
PD4	Revision				
PD5	Revision				
WEEK25:	15 th Sept to 27 th Sept Period Count:				
	Half Yearly Examination				
WEEK26:2	29 th Sept to 04 th Oct Period Count: 02				
	DUSSEHRA& MAHATMA GANDHI JAYANTI				
PD1	Ang,Pratyang,Upang				
PD2	Ang,Pratyang,Upang				
WEEK 27	: 06th Oct to 11th Oct PeriodCount: 05 Revision	T			
PD1	(Practical & Theory)				
PD2	Revision (Practical & Theory)				
PD3	Revision (Practical & Theory)				
PD4	Revision (Practical & Theory)				
PD5	Revision (Practical & Theory)				
	SECOND SATURDAY (11/10)				
WEEK28:	WEEK28:13thOctto18th Oct Period Count: 05				
PD1	Revision & Practical				
PD2	Revision & Practical				
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PD3	Revision & Practical			
PD4	Revision & Practical			
PD5	Revision & Practical			
WEEK29:	20 th Oct to 25 th Oct		Period Count: 02	
	DEEPAWALI (20-23/10)			
PD1	Revision & Practical			
PD2	Revision & Practical			
WEEK30.	27th Oot to 01st Nov. Poriod County 05			
WEEK3U:	27 th Oct to 01 st Nov Period Count: 05 Written practices of all the Thekas and			
PD1	Notations			
PD2	Written practices of all the Thekas and Notations			
PD3	Written practices of all the Thekas and Notations			
PD4	Written practices of all the Thekas and Notations			
PD5	Written practices of all the Thekas and Notations			
WEEK31: 03 rd Novto08 th Nov			Count: 05	
PD1	Practical			
PD2	Practical			
PD3	Practical			
PD4	Practical			
PD5	Practical			
	GURU NANAK JAYANTI (05/11)			
WFFK 32	- 33: 10 th Nov to 27 th Nov Period Count:			

WEEK 3	34 : 25 th Nov to 29 th Nov		Period Count: 05	
	GURU TEGH BAHADUR SHAHEEDI DIWAS (24/11)			
PD1	Revision & Practical			
PD2	Revision & Practical			
PD3	Revision & Practical			
PD4	Revision & Practical			
PD5	Revision & Practical			
WEEK 35	: 01stDec to 06thDec Period Count: 06			
	Revision & Practical			
WEEK 36	: 08 th Dec to 13 ^h Dec Period Count: 06			
	Revision & Practical			
WEEK 37	: 15 th Dec to 27 th Dec Period Count: 06			
	Revision & Practical			
WEEK 38	- 39 : 31st Dec to 07thJan	Perio	d Count:	
	WINTER BREAK			
WEEK 39-: 08th Janto 10thJan PeriodCount: 02				
	Revision			
WEEK40: 12th Jan to 17th Jan PeriodCount: 06				
	Revision			
WEEK41: 19th Jan to 24th Jan PeriodCount: 06				
	Revision			

WEEK42: 27 th Jan to 31 st Jan Period Count: 05				
	Revision			
WEEK 43	WEEK 43 : 02 nd Feb to 07 th Feb PeriodCount:05			
	Revision			
WEEK44: 09th Feb to 14th Feb			Count:05	
	Revision			

Subject coordinator Supervisor Principal/V. Principal

Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

Lesson plan implementation report Session: 2025 - 2026

Assessment Term From Date: To Date Subject Class No. of periods **Book**

Section	Subject Teacher	Lesson/s to be covered according to lesson plan	Status Yes/No	Reason if not completed

Remarks	•		
Subject co	oordinator: Mrs	s. Gauri Sanjay Pathak	