



TAAL THEKAS

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Taal Thekas

[NOTE: (n) means play tin or dhin on maidan area]

Dadra Taal – It has 6 beats with two divisions of 3/3. Taali is at 1 & khali is 4.

Theka 1: ([CLICK FOR VIDEO TUTORIAL](#))



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DADRA THEKA 1

1	2	3	4	5	6
Dha	Dhi(n)	Na	Dha	Ti(n)	Na
X			O		

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DADRA THEKA 2

1	2	3	4	5	6
Dha	Ti(n)	Ti(n)	TaTa	Dhi(n)	Dhi(n)
X			O		

Roopak Taal - It has 7 Beats with 3 Divisions of 3/2/2 Beats. Khali at 1 and Taali/Clap is at 4 and 6.

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ROOPAK THEKA

1	2	3	4	5	6	7
Ti(n)	Ti(n)	Na	Dhi(n)	Na	Dhi(n)	Na
O			1		2	

Kehrwa Taal - It has 8 Beats with 2 Divisions of 4 Beats each. Taali/Clap is at 1 and Khali/Wave is at 5.

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KEHRWA THEKA 1

Dha	Ge	Na	Ti	Na	Ka	Dhi(n)	Na
1	2	3	4	5	6	7	8
X				O			

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KEHRWA THEKA 2

1	2	3	4	5	6	7	8
Dha	Tit	Ti(n)	Ti(n)	Ta	Tit	Dhi(n)	Dhi(n)
X				O			

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KEHRWA THEKA 3

1	2	3	4	5	6	7	8
Dhitt	Ta	Titt	Ta	Titt	Ta	Dhitt	Ta
X				O			

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KEHRWA THEKA 4

1	2	3	4	5	6	7	8
Dhitt	Ta	Ta	Ta	Titt	Ta	Dha	Ta
X				O			

THUMRI THEKA

Theka 5: ([CLICK FOR VIDEO TUTORIAL](#))



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THUMRI THEKA

1	2	3	4
Dha	Ti(n)	Nage	Dhi(n)
X			

BHAJAN THEKA:

Theka 6: ([CLICK FOR VIDEO TUTORIAL](#))



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BHAJAN THEKA

1	2	3	4	5	6	7	8
Dhi(n)S	<u>NaDhi(n)</u>	SDhi(n)	NaS	Dhi(n)S	<u>NaTi(n)</u>	STi(n)	NaS
X				O			

Mat Taal - It has 9 Beats with 3 Divisions of 4/2/3 Beats. Taali/Clap is at 1,7 and Khali/Wave is at 5.

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MAT TAAL THEKA

1	2	3	4	5	6	7	8	9
Dhi(n)	<u>Titkit</u>	Dhi(n)	Na	Tu	Na	Dhi(n)	Dhi(n)	Na
X				O		2		

Kalavati Taal:

1	2	3	4	5	6	7	8	9	9 ½
Dhi(n)	<u>Titkit</u>	Dhi(n)	Na	Tu	Na	Ka	Ta	<u>Dhi(n)Dhi(n)</u>	Na
X		2		O					

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KALAVATI TAAL - 9.5 BEATS

Sunand Taal:

1	2	3	4	5	6	7	8	9	9 ½
Dhi(n)	Na	Dhi(n)	Dhi(n)	Na	Ti(n)	Na	<u>Dhi(n)Na</u>	<u>Dhi(n)Dhi(n)</u>	Na
X		2			O		3		

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SUNAND TAAL - 9.5 BEATS

Jhap Taal - It has 10 Beats with 4 Divisions of 2/3/2/3 Beats. Taali/Clap is at 1, 3 and 8, Khali/Wave is at 6.

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JHAP TAAL THEKA

1	2	3	4	5	6	7	8	9	10
Dhi(n)	Na	Dhi(n)	Dhi(n)	Na	Ti(n)	Na	Dhi(n)	Dhi(n)	Na
X		2			O		3		

Char Taal Ki Sawari - It has 11 Beats with 6 Divisions. Taali/Clap is at 1,3,7,9,10 and Khali/Wave is at 5.

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CHAR TAAL KI SAWARI

1	2	3	4	5	6	7	8	9	10	11
Dhi(n)	<u>Titkit</u>	Dhi(n)	Na	Tu	Na	Ka	Ta	Dhi(n)	Dhi(n)	Na
X		2		O		3		4		

Ek Taal - It has 12 Beats with 6 Divisions of 2-2-2-2-2 Beats. Taali/Clap is at 1,5,9,11 and Khali/Wave is at 3,7.

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EK TAAL THEKA

Dhi(n)	Dhi(n)	Dhage	Titkit	Tu	Na	Ka	Ta	Dhage	Titkit	Dhi(n)	Na
1	2	3	4	5	6	7	8	9	10	11	12
X		O		2		O		3		4	

Jai Taal - It has 13 Beats with 7 Divisions of 2-2-2-2-1-2 Beats. Taali/Clap is at 1,3,7,11,12 and Khali/Wave is at 5,9.

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JAI TAAL THEKA

1	2	3	4	5	6	7	8	9	10	11	12	13
Dhi(n)	Titkit	Dhi(n)	Na	S	Titkit	Dhi(n)	Na	Tu	Na	Dhi(n)	Dhi(n)	Na
X		2		O		3		O		4	5	

Deep Chandi Taal - It has 14 beats with 4 division of 3/4/3/4. Tali is at 1,4,11 and Khali at 8.

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1	2	3	4	5	6	7	8	9	10	11	12	13	14
Dha	Dhi(n)	S	Dha	Dha	Dhi(n)	S	Ta	Ti(n)	Dha	Dha	Dhi(n)	S	Dha
X			2				O			3			



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DEEPCHANDI TAAL - 14 BEATS

Ada Chautaal – It has 14 beats with seven division of 2/2/2/2/2/2/2. Tali is at 1,3,7,11 and Khali at 5,9,13.

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ADA CHAUTAAL THEKA

1	2	3	4	5	6	7	8	9	10	11	12	13	14
Dhi(n)	<u>Titkit</u>	Dhi(n)	Na	Tu	Na	Ka	Ta	<u>Titkit</u>	Dhi(n)	Na	Dhi(n)	Dhi(n)	Na
X		2		O		3		O		4		O	

Pancham Sawari Taal - It has 15 beats with four division of 3/4/4/4. Tali is at 1,4,12 and Khali at 8.

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PANCHAM SAWARI TAAL

1	2	3	4	5	6	7
Dhi(n)	Na	<u>Dhi(n)Dhi(n)</u>	Kat	<u>Dhi(n)Dhi(n)</u>	<u>NaDhi(n)</u>	<u>Dhi(n)Na</u>
X			2			

8	9	10	11	12	13	14	15
<u>Ti(n)SKd</u>	<u>Tina</u>	<u>Titkit</u>	<u>Tuna</u>	<u>Kata</u>	<u>Dhi(n)Dhi(n)</u>	<u>NaDhi(n)</u>	<u>Dhi(n)Na</u>
O				3			

Pancham Sawari Taal (GURMAT SANGEET VERSION) - It has 15 beats with five division of 3/4/4/2/2. Tali is at 1, 4, 8, 12 and 14.

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PANCHAM SAWARI TAAL - 14 BEATS
(GURMAT SANGEET VERSION)

1 Dhi(n) X	2 STa	3 SKa	4 Dhi(n) 2	5 Dhi(n)	6 Dha	7 Dha	
8 Ti 3	9 †	10 Dhi(n)	11 Dhi(n)	12 Dha 4	13 Dhage	14 NaDha 5	15 Titkit

Teen Taal – It has 16 beats with four division of 4/4/4/4. Tali is at 1,5,13 and Khali at 9.

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TEEN TAAL THEKA

Dha 1 X	Dhi(n) 2	Dhi(n) 3	Dha 4	Dha 5 2	Dhi(n) 6	Dhi(n) 7	Dha 8
Dha 9 O	Ti(n) 10	Ti(n) 11	Ta 12	Ta 13 3	Dhi(n) 14	Dhi(n) 15	Dha 16

Tilwada Taal – It has 16 beats with four division of 4/4/4/4. Tali is at 1,5,13 and Khali at 9.

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TILWADA TAAL - 16 BEATS

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EDUCATION

2011

VISHARAD (TABLA)

I completed my visharad Purna exam from Gandharva Mahaviyalaya Mandal with the best grades.

2014-2016

Bachelor in Tabla

I completed three years of undergraduate with Tabla from Punjabi University, Patiala.

2016-2018

Master in Tabla

I completed two years of Master's Program with Tabla from Punjabi University, Patiala.

2007-2022

Tabla Player

I served as an A-Grade Tabla Player at Delhi Sikh Gurudwara Management Committee for 14 Years.

2017-PRESENT

Founder - Soul Of Rythms

I started working in the teaching field in 2017 and started 'Soul Of Rythms'. I also worked with many institutes to provide guidance and training in Tabla Training.

COMMUNICATION SKILLS

ENGLISH



PUNJABI



HINDI





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