

**YOGA**  
**FORTNIGHTS FOR THE ACEDMIC SESSION 2018-19**  
**CLASS X**

**19<sup>th</sup> March -28<sup>th</sup> March 2018 (08 days)**

1. YOGA A. History of Yoga
2. Meaning and definition.

**2<sup>nd</sup> April -13<sup>th</sup> April 2018 (11 days)**

1. YOGA A. Eight limbs of yoga [elements of yoga ].

**16<sup>th</sup> April -27<sup>th</sup> April 2018 (11 days)**

1. YOGA - What is Pratyahara and Dharana [ fifth and sixth part of eight limbs ]

**1<sup>st</sup> May -18<sup>th</sup> May (14 days)**

1. YOGA - Practice of yoga for improving standing and sitting posture.

**PTM on 12<sup>th</sup> MAY 2017**

**21<sup>st</sup> May -25<sup>th</sup> May (05 days) BLOCK TEACHING**

**Completion of Syllabus by 25<sup>th</sup> May 2018**

**SUMMER VACATIONS from- 26<sup>th</sup> MAY TO 28<sup>th</sup> JUNE 2018**

**Pre Mid Tern Exam – 29<sup>th</sup> June – 09<sup>th</sup> July 2018**

**PTM on 28<sup>th</sup> JULY 2018**

**10<sup>th</sup> July-31<sup>st</sup> July (16 days)**

1. YOGA - According to Patanjali definition of Asanas  
Importance of Asanas

**PTM on 12<sup>th</sup> MAY 2017**

**1<sup>st</sup> Aug -18<sup>th</sup> Aug (13 days)**

1. YOGA - Practice of Standing Asanas

**20<sup>th</sup> Aug -4<sup>th</sup> September (10 days)**

1. YOGA - What is Pranayama  
Types of Pranayama

**Completion of Syllabus by 04<sup>th</sup> Sep 2018**  
**Revision – 06<sup>th</sup> Sep – 11<sup>th</sup> Sep 2018 (05 days)**  
**Mid Term Exam from 12<sup>th</sup> Sep to 22<sup>nd</sup> Sep 2018**  
**PTM on 13<sup>th</sup> Oct 2018**

**24<sup>th</sup> Sept- 17<sup>th</sup> September (17 days)**

1. YOGA - Practice of Pranayama like Kapalbhathi, Suryabedhi and Anuloma – Viloma Pranayama.

**Dusshera Break 18<sup>th</sup> Oct – 21<sup>st</sup> Oct 2018**

**22<sup>nd</sup> Oct -3<sup>rd</sup> Nov (10days)**

1. YOGA - Benefits and effects of Pranayama

**Diwali Break from 5<sup>th</sup> Nov – 11<sup>th</sup> Nov 2018**

**12<sup>th</sup> Nov-30<sup>th</sup> Nov (13 days)**

1. YOGA - What is Surya Namaskar

**3<sup>rd</sup> Dec -15<sup>th</sup> Dec (11 days)**

1. YOGA - Effects and Benefits of Suryanamaskar

**Completion of Syllabus by 15<sup>th</sup> December 2018**

**Revision – 17<sup>th</sup> Dec - 19<sup>th</sup> Dec (03 days)**

**Pre Board Exam from 20<sup>th</sup> Dec 2018 – 14<sup>th</sup> Jan 2019.**

**Winter Break- 31<sup>st</sup> December 2018- 09<sup>th</sup> January 2019.**

**PTM on 28<sup>th</sup> Jan 2019.**

**15<sup>th</sup> Jan – 31<sup>st</sup> Jan 2019 (12 days)**

1. YOGA - Suryanamaskar Smart board presentation

**1<sup>st</sup> Feb -15<sup>th</sup> Feb 2019 (11 days)**

1. Evaluation of Yoga.