

FORTNIGHTS FOR THE ACEDMIC SESSION 2018-19

YOGA

CLASS VI

NEW SESSION BEGINS ON 2ND APRIL 2018

1ST Fortnight 2nd -13th April 2018 (11 Days, 2 Periods)

- Introduction of yoga
- Meaning of word yoga
- Definition by Maharishi Patanjali

2nd Fortnight 16th – 27th April 2018 (11 Days, 2 Periods)

- Eight limbs of Yoga

3rd Fortnight 1st – 18th may 2018 (14 Days , 3Periods)

- Proper Breathing technique
- Introduction of Pranayama

PTM on 12th May 2018

Summer vacation from 19th May to 1st July

Holiday Homework

- Importance of yoga in modern life (6th)
- Importance of yoga in physical activity(7th , 8th)

4th Fortnight 2nd -13th July 2018 (10 Days , 2 Periods)

- Types of Pranayam..

5th Fortnight 16th -31st July 2018 (13 Days , 3 Periods)

- Practice of proper breathing
- Practice of pranayam

6th Fortnight 1st -18th Aug 2018 (13 Days , 3 Periods)

- Revision of topic covered

7th Fortnight 20th August -4th September 2018 (10 Days, 2Periods)

- Practical Test
- Written Test

Completion of the Syllabus 4th September 2018

Result and record maintaining 6th – 11th September

Mid Term Exams 12th -22nd September 2018

PTM – 13th October 2018

8th Fortnight 24th September - 17th October 2018 (17 Days,4 Periods)

- **Sitting Awareness (Correct Posture)**
- **Sitting Asanas for correct posture**

Dusshera Break 18th – 21st October 2018

9th Fortnight 22nd October - 3rd November 2018 (10 Days, 2 Periods)

- Introduction of Surya Namaskar
- Importance of surya namaskar

Diwali Break 5th November - 11th November 2018

10th Fortnight 12th - 30th November 2018 (13 Days, 3 Periods)

- 12 poses of surya namaskar and their importance

11th Fortnight 3rd -15th December (11 days, 2 periods)

- 12 poses of surya namaskar and their importance

12th Fortnight 17th -29th December (10 days 2 periods)

Sports Day preparation

- 12 poses of surya namaskar and their importance

13th Fortnight 10th -25th January 2019 (12 days , 3 Periods)

- Practice of Surya Namaskar
- Meditation

14th Fortnight 28thJanuary -8th February 2019 (10 days , 2 Periods)

- Types of meditation

15th Fortnight 11th – 20th February 2019 (9 days , 2 Periods)

- Practical Test
- Written Test

Result and Record Posting 21st – 28th February 2019

Annual Exams 1st -15th March 2019

New Session Begins on 1st April 2019

