

**FORTNIGHTS FOR THE ACEDMIC SESSION 2018-19**

**YOGA**

**CLASS VII**

**NEW SESSION BEGINS ON 2<sup>ND</sup> APRIL 2018**

**CLASS –VII**

**1 ) 2<sup>nd</sup> April - 13<sup>th</sup> April**

1. History of yoga
2. Meaning of yoga
3. Definition of yoga
- 4.

**2) 16<sup>th</sup> April – 27<sup>th</sup> April**

Elements of yoga

1. Yama
2. Niyama
3. Pranayam
4. Asana

**3) 1<sup>st</sup> may – 18<sup>th</sup> may**

1. Pratayhara
2. Dharna
3. Dhyan
4. Samadhi

**PTM on 12<sup>th</sup> may 2018**

**Summer vacation from 19<sup>th</sup> may to 1<sup>st</sup> July 2018**

**4) 2<sup>nd</sup> July – 13<sup>th</sup> July**

1. Posture
2. Sitting posture
3. Standing posture

4. Walking posture
5. Importance of posture

**5) 16<sup>th</sup> July -31<sup>st</sup> July**

1. Yogic exercise for improving
2. Sitting position
3. Standing position
4. Walking position

**6) 1<sup>st</sup> august – 18<sup>th</sup> august**

1. Kapalbhathi
2. Meaning
3. Benefits of kapalbhathi
4. Practical of kapalbhathi

**7) 20august -4<sup>th</sup> September**

1. Pranayama
2. What is pranayama
3. Kinds of pranayama

**Completion of syllabus 4<sup>th</sup> September 2018**

**Revision – 6<sup>th</sup> September -11<sup>th</sup> September 2018**

**Midterm exams from 12<sup>th</sup> September to 22<sup>nd</sup> September 2018**

**PTM 13<sup>TH</sup> October**

**8) 24<sup>TH</sup> September -17<sup>th</sup> October**

1. Practice of Pranayama
2. Effects of Pranayama
3. Importance of Pranayama

**Dusshera Break 18<sup>th</sup> October -21<sup>st</sup> October**

**9) 22<sup>nd</sup> October -3<sup>rd</sup> November**

1. Meaning of asana
2. Types of asana
3. Importance of asana

**Diwali break from 5<sup>th</sup> November -11<sup>th</sup> November**

**10) 12<sup>th</sup> November -30<sup>th</sup> November**

1. Meditation
2. Meaning
3. Types of meditation
4. Importance of meditation

**11) 3<sup>rd</sup> December-15<sup>th</sup> December**

1. Role of exercise
2. Different types of exercises
3. Difference between Asana and exercises

**12) 17<sup>th</sup> December -29<sup>th</sup> December**

1. Shoulder and arm exercises
2. Basic breathing exercises
3. Benefits and effects of breathing exercises

**Winter break 31<sup>st</sup> December- 9<sup>th</sup> January**

**13) 10<sup>th</sup> January -25<sup>th</sup> January**

1. Smart board presentation

2. Padamasana
3. Vajraasana
4. Sukhasana
5. Practical on ground

**14) 28<sup>th</sup> January – 08<sup>th</sup> February**

1. What is relaxation
2. How to relax our body parts
3. Benefits and effects of Relaxation

**15) 11<sup>th</sup> February-20<sup>th</sup> February**

1. Meaning of Suryabhedhi
2. Effect of Suryabhedhi Pranayam on our body

**Completion of syllabus by 20<sup>th</sup> February 2019**

**Revision – 21<sup>st</sup> February – 28<sup>th</sup> February 2019**

**Annual exams -1<sup>st</sup> march -15<sup>th</sup> march 2019**

**PTM for class vi and vii -30<sup>th</sup> march 2019**

**PTM for class viii -30<sup>th</sup> march 2019**

**NEW SESSION TO BEGIN ON 1<sup>ST</sup> APRIL 2019**















