

YOGA
FORTNIGHTS FOR THE ACEDMIC SESSION 2018-19
CLASS –VIII

1) 2nd April - 13th April

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

2) 16th April – 27th April

Elements of yoga

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

3) 1st may – 18th may

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

PTM on 12th may 2018

Summer vacation from 19th may to 1st July 2018

4) 2nd July – 13th July

1. Posture
2. Sitting posture
3. Standing posture
4. Walking posture
5. Importance of posture

5) 16th July -31st July

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

6) 1st august – 18th august

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

7) 20august -4th September

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

Completion of syllabus 4th September 2018

Revision – 6th September -11th September 2018

Midterm exams from 12th September to 22nd September 2018

PTM 13TH October

8) 24TH September -17th October

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

Dusshera Break 18th October -21st October

9) 22nd October -3rd November

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

Diwali break from 5th November -11th November

10) 12th November -30th November

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

11) 3rd December-15th December

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

12) 17th December -29th December

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

Winter break 31st December- 9th January

13) 10th January -25th January

1. Smart board presentation
2. Padamasana
3. Vajrasana
4. Sukhasana

5. Practical on ground

14) 28th January – 08th February

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

15) 11th February-20th February

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

Completion of syllabus by 20th February 2019

Revision – 21st February – 28th February 2019

Annual exams -1st march -15th march 2019

PTM for class vi and vii -30th march 2019

PTM for class viii -30th march 2019

NEW SESSION TO BEGIN ON 1ST APRIL 2019

