

YOGA
FORTNIGHTS FOR THE ACEDMIC SESSION 2018-19
CLASS IX

2nd April -13th April 2018 (11 days)

1. YOGA A. History of Yoga , its meaning and definition.

16th April -27th April 2018 (11 days)

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

1st May -18th May (14 days)

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

PTM on 12th MAY 2017

21st May -25th May (05 days) BLOCK TEACHING

Completion of Syllabus by 25th May 2018
SUMMER VACATIONS from- 26th MAY TO 28th JUNE 2018
Pre Mid Tern Exam – 29th June – 09th July 2018

10th July-31st July (16 days)

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

PTM on 12th MAY 2017

1st Aug -18th Aug (13 days)

1. YOGA - Practice of Standing Asanas

20th Aug -4th September (10 days)

1. YOGA - What is Pranayama
Types of Pranayama

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

24th Sept- 17th September (17 days)

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

Dusshera Break 18th Oct – 21st Oct 2018

22nd Oct -3rd Nov (10days)

1. YOGA - Benefits and effects of Pranayama

Diwali Break from 5th Nov – 11th Nov 2018

12th Nov-30th Nov (13 days)

1. YOGA - What is Surya Namaskar

3rd Dec -15th Dec (11 days)

1. YOGA - Effects and Benefits of Suryanamaskar

Completion of Syllabus by 15th December 2018

Revision – 17th Dec - 19th Dec (03 days)

Post Mid Term Exam from 20th Dec 2018 – 14th Jan 2019.

Winter Break- 31st December 2018- 09th January 2019.

PTM on 29th Jan 2019.

15th Jan – 25th Jan 2019 (09 days)

1. YOGA - Suryanamaskar Smart board presentation

28th Jan -08th Feb 2019 (11 days)

1. Evaluation of Yoga.

Completion of Syllabus by 11th Feb 2019.

Revision – 12th Feb 15th Feb 2019 (04 days)

Annual Exam 16th Feb. -26th Feb 2019

PTM 14th march 2019

New Session To Begin 18th march 2019