--PREFACE--

"The function of education is to teach one to think intensively and critically."

Education is a tool that strengthens the foundational skills acquired early in childhood and make possible a lifetime of learning. There is a focus on an integrated curriculum. An integrated curriculum is described as one that connects different areas of study by cutting across subject-matter lines and emphasizing unifying concepts. Integration focuses on making connections for students, allowing them to engage in relevant, meaningful activities that can be connected to real life. Achieving, learning for all, is challenging, but it is the right agenda for the real gist of education. This document is the overview of the syllabus prescribed for the standard it is meant for, so that the children, teachers and the parents have a concrete idea as to how much is to be learnt by the child for the scheduled examination. It comprises of the pattern of examination and detailed date sheet for the whole session. In short it is the index, a glance of which, will help a child to get prepared for assessment and evaluations with ease.

"Learning is not attained by chance, it must be sought for, with passion and intelligence."

Objectives of the Curriculum

- To identify and articulate the curriculum challenges for educating young people for the twenty first century.
- Taking care of different styles of learning i.e. audio, visual and experimental.
- The theoretical knowledge to be pursued ensuring maximum application of it.
- Correlating academics to real life situations balancing social and emotional stimulation among children and imbibe human values.
- To shape and influence the development of a national collaborative approach to curriculum.

(1)

	DATE SHEET : 20	018-2019		
Orientation		nteraction with the Teachers		
PERIODIC – I				
Date	Day	 Subject		
13.07.18	Friday	Science		
20.07.18	Friday	English		
23.07.18	Monday	Computer		
27.07.18	Friday	Hindi		
03.08.18	Friday	S.St.		
10.08.18	Friday	Maths		
	Periodic - I (13th July -	- 10th August)		
	PTM on 25th Aug	ust 2018		
	<u>HALF-YEARI</u>	<u>_Y</u>		
Date	Day	Subject		
28.09.18	Friday	Science		
05.10.18	Friday	English		
08.10.18	Monday	Computer		
12.10.18	Friday	Hindi		
17.10.18	Wednesday	S.St.		
22.10.18	Monday	Maths		
	Half-Yearly (28th Sept.			
	PTM on 17th Nover			
	SECOND TER			
Date	Day	Subject		
24.11.18	Saturday	Science		
07.12.18	Friday	English		
14.12.18	Friday	Hindi		
17.12.18	Monday	Computer		
21.12.18	Friday	S.St.		
28.12.18	Friday	Maths		
	Periodic – II (29th Nov.	-		
PTM on 19th January 2019				
Date	ANNUAL EXA			
28.02.19	Day Thursday	Subject Computer		
	-	•		
05.03.19	Tuesday	Science		
08.03.19	Friday	English Llindi		
12.03.19 15.03.19	Tuesday	Hindi S.St.		
15.03.19	Friday			
18.03.19	Monday	Maths		
Yearly Exam (28th Feb. – 18th March)				
PTM on 27th March 2019				

SCHEDULE OF TEST SERIES : 2018-2019				
FIRST TEST SERIES				
Date	Day		Subject	
01.05.18	Tuesday		Computer	
04.05.18	Friday		English	
08.05.18	Tuesday		Hindi	
11.05.18	Friday		Maths	
15.05.18	Tuesday		E.V.S.	
	SECOND TE	ST SERIES		
Date	Day		Subject	
14.09.18	Friday		Computer	
18.09.18	Tuesday		English	
21.09.18	Friday		Hindi	
25.09.18	Tuesday		Maths	
28.09.18	Friday		E.V.S.	
	THIRD TES	T SERIES		
Date	Day		Subject	
14.12.18	Friday		Computer	
18.12.18	Tuesday		English	
21.12.18	Friday		Hindi	
24.12.18	Monday		Maths	
27.12.18	Friday		E.V.S.	
ASSESSMENT OF VAR	IOUS SKILLS, G	ROUP DISCU	JSSION & PR	OJECTS
	VARIOUS	SKILLS		
SUB. (ENGLISH)	DAY	EV-1	EV-2	EV-3
Listening Skills	Monday	09.07.18	15.10.18	11.02.19
Speaking Skills	Monday	16.07.18	22.10.18	18.02.19
Reading Skills	Monday	23.07.18	29.10.18	25.02.19
SUB. (HINDI)	DAY	EV-1	EV-2	EV-3
Listening Skills	Wednesday	11.07.18		
Speaking Skills	Wednesday	18.07.18		20.02.19
Reading Skills	Wednesday GROUP DIS	25.07.18	14.11.18	27.02.19
SUBJECT	DAY	EV-1	EV-2	EV-3
Social Studies	Tuesday	31.07.18	13.10.18	29.01.19
Science	Tuesday	07.08.18		
PROJECT – 26th October — Individual Projects				
Winter Break Integrated Project				
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ENGLISH

Book : The English Channel (Course Book)

: The English Channel (Practice Book)

: Wow Grammar & Composition

(Grammar & Writing Book)

Ist PERIODIC

Apr<u>il</u>

Literature : L-1 The Man Who fought Wind Mills

: L-2 Visiting France

: Poem-The Puppy

Grammar : Ch-1 The Sentence

: Ch-2 Subject & Predicate

: Ch-3 Nouns

: Ch-4 Nouns : Singular & Plural

: Ch-5 Adjectives

Writing Skill : Letter writing (Pg. 127)

Reading Skill : Unseen Passage Listening Skill : Listening for details

Speaking Skill: Poem Recitation, Role Play

May

Literature : L-3 Washing Clothes with My Mom

: Poem-The Music of Your Voice

Grammar : Ch-6 Degrees of Comparison

: Ch-10 Present Tense

Writing Skill : Writing an Email (Pg. 128)

Reading Skill : Unseen Passage Listening Skill : Listening for details

Speaking Skill: Poem Recitation, Role Play

HALF-YEARLY

July & August

Literature : L-4 The Half Built House

: L-5 Who is to Blame ?: L-6 A Pod of My Own

Grammar : Ch-7 Articles

: Ch-8 Pronouns

: Ch-9 Verbs

: Ch-11 Past Tense

: Ch-5 Adjectives

Writing Skill : Poster writing (Pg. 130)

: Letter Writing (Pg. 127)

Reading Skill : Unseen Passage

Listening Skill: Listening for specific information

Speaking Skill: Poem recitation

: Asking and answering questions

<u>September</u>

Literature : L-9 The Mango Story

: Poem- The Beautiful Spring

Grammar : Ch-6 Degrees of Comparison

Reading Skill : Unseen Passage

Listening Skill: Listening for specific information

Speaking Skill: Poem Recitation

: Asking and answering questions

IInd PERIODIC

<u>October</u>

Literature : L-7 Jahan has Visitors

: L-8 Jahan Offers Breakfast

: Poem- From a Railway Carriage

Grammar : Ch-12Future Tense

: Ch-13 Can, May, Should, Must

Writing Skill : Notice Writing (Pg. 129

Reading Skill : Unseen passage

Listening Skill: Listening and answering

Speaking Skill: Poem recitation, Describing pictures

November

Literature : L-10 The Spider and the Fly

: Poem- How the Little Kite Learned to Fly

Grammar : Ch-17 Adverb

: Ch-18 Preposition

: Ch-19 Conjunctions

Writing Skill : Message Writing (Pg. 131)

Reading Skill : Unseen Passage

Listening Skill: Listening and Answering

Speaking Skill: Poem Recitation, Describing Pictures

ANNUAL EXAM

December

Literature : L-11 Jurassic Park : Making the Film

Grammar : Ch-14 Negative Sentences

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Writing Skill : Dialogue Writing Reading Skill : Unseen Passage

Jan. & Feb.

Literature : L-12 Jurassic Park : The Perfect Film

Grammar : Ch-15 Questions

: Ch-16 Subject Verb Agreement

: Ch-20 Punctuation

Articles, Preposition, Conjunction, Present

Tense, Past Tense

Writing Skill : Notice writing, Dialogue writing, Letter

writing

Listening Skill: Listening and answering Speaking Skill: Poem recitation, Story chain

ı			
	Reader of the Month Activities (2018-19)		
	Month	Date	Activities
	April &	15.05.18	Open Reading Evaluation
	May		
	July	07.08.18	Book review of the book read
	August &	02.10.18	Mimic : Role play of your favourite
	Sept.		character
	Oct. &	04.12.18	My Vocab Book from the stories read
	Nov.		and their synonyms
	Dec. &	29.01.19	Be An Innovator (Weave a Tale)
	Jan.		
	February	26.02.19	Assessment of year long readings
			through worksheet.

Intra Class Activities Schedule on every Friday of the Month

Date	Activity
	English Handwriting
	(Every month 1st and 3rd week on Monday)
27.04.18	English Spell Check, Vocabulary
06.07.18	English Creative Writing
31.08.18	English Creative Writing
14.09.18	School English Olympiad
16.11.18	English Spell Check, Vocabulary and Creative
	Writing
15.02.19	English Spell Check & Vocabulary
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Intra Class Activities Schedule on every Friday of the Month

Date Activity

Hindi Handwriting

(Every month 2nd & 4th week on Monday)

04.05.18 Hindi Spell Check, Vocabulary and Creative

Writing

08.02.19 Hindi Spell Check, Vocabulary and Creative

Writing

MATHS }

Book : Junior Maths (Bharati Bhawan)

: Practice Manual

Term - 1 Ist Periodic

April : Unit-4 Operations with large numbers

May : Unit-3 Large Numbers

: Unit-16 Lines and Shapes (Ex. 16A)

July : Unit-5 Multiples and Factors

Activity 1 : To build the greatest and smallest number

Activity 2 : To find common multiples of a given pair of

numbers.

Half-Yearly

July : Unit-2 Roman Numbers

: Unit-16 Lines and Shapes (Ex. 16B)

August : Unit-6 HCF and LCM

: Unit-7 Fractions

: Unit-20 Maths in daily life

September : Unit-14 Time

: Unit-19 Data Handling

: Unit-5 Will be repeated

Activity 1 : To get an idea of angles (Pg. 120)

Activity 2 : To find about LCM (Pg. 47)

Term - 2 IInd Periodic

October : Unit-8 More on Fractions

: Unit-9 Decimals

: Unit-16 Lines and Shapes (Ex. 16C)

November: Unit-11 Rounding Numbers (Ex. 11A)

: Unit-17 Perimeter and Area

Activity 1 : To get an idea of triangles (Pg. 136)

Activity 2 : To explore the relation between Perimeter

and Area. (Pg. 146)

Annual Exam

December : Unit-10 Operations with Decimals

: Unit-16 Lines and Shapes (Ex. 16D)

January : Unit-12 Percentage

: Unit-13 Patterns

February : Unit-15 Measurements

: Unit-18 Solids, Boxes and Volumes (Ex. 18A)

: Unit - 5, 6, 7, 8, 16 will be repeated.

Activity 1 : To find about multiplication of a decimal

fraction. (Pg. 82)

Activity 2 : To get an idea of a squares and rectangles

(Pg. 140)

Units 2, 3, 11, 13, 14, 15, 19 to be taken up

only in the Practice Manual.

Intra Class Activities Schedule on every Friday of the Month

Date Activity 20.04.18 Number Handwriting & Number Dictation Mental Ability and Tables 24.08.18 Number Handwriting & Number Dictation Mental Ability and Tables 24.11.18 Maths Olympiad 25.01.19 Number Handwriting & Number Dictation Mental Ability and Tables

SCIENCE

Books : Millenium

: Practice Manual will be taken chapterwise.

Ist Periodic

Chapter-1 : Reproduction in Plants

Chapter-2 : Animals & Their Lifestyle

Chapter-4 : Nervous System Chapter-5 : Food & Health

Class Test :

Group Disc. : Ch-2 Animals and their Lifestyle

Activity 1 : Reproduction by vegetative parts of plant.

Activity 2 : Slide show of Bacteria and Viruses.

Half-Yearly

Chapter-3 : Bones & Muscles

Chapter-6 : Building Houses

Chapter-7 : Living Safely

Chapter-9 : Air and Water

Chapter-1 : (Repeat)

Class Test :

Group Disc. : Ch-6 Building Houses

Project : Development in the building of houses from

early age to present time with models. (Ch-6)

Activity 1 : Practical demonstration of various joints

and understanding their movement and

importance.

Activity 2 : Methods of purification of water.

IInd Periodic

Chapter-8 : Saving our Environment

Chapter-10 : Rocks & Minerals Chapter-12 : States of Matter Chapter-14 : Moon

Class Test :

Group Disc. : Ch-10 Rocks and Minerals

Activity 1 : Slogans & listing ways to protect

environment.

Activity 2 : Air is necessary for burning.

Annual Exam

Chapter-13 : Force, Energy & Simple Machines

Chapter-11 : Soil Conservation Chapter-15 : Natural Calamities

Ch-1, 9, 12, 14

Group Disc. : Ch-15 Natural Calamities

Project : Manufacturing of simple machines and

telling their uses. (Ch-13)

Activity 1 : Solubility

Activity 2 : Demonstration of simple machines.

Note: 09.11.18 School Science Olympiad

SOCIAL SCIENCE

Text Book : Loving Our Environment – APC

Practice Manual : Practice Manual

Ist Periodic

Chapter-1 : Globes

Chapter- : The Revolt of 1857

Group Disc. : Ch-3 Weather and Climate
Project : Ch-8 Conquering Distances

Activity 1 : Imagine that you are a soldier in the British

army participating in the Revolt of 1857.

Design a poster inviting other soldiers to join the revolution. Add caption & phrases to

attract others.

Half-Yearly

Chapter-2 : Maps : Our Guide

Chapter-4 : Life in Rain Forest (DRC)

Chapter-17 : The Beginning of Freedom Struggle

Group Disc. : Ch-11 Keeping Fit Living Long

Project : Ch-10 World of Growing Knowledge

Activity : Make flash cards of the conventional

symbols of your choice and write their

names.

IInd Periodic

Chapter-5 : The Land of Sand (Saudi Arabia)

Chapter-14 : The Birth of United Nations

Group Disc. : Ch-15 The Working of United Nations

Project : Ch-12 Age of Machines

Activity : Search out similarities between the Great

Indian Desert & The Great Arabian Desert mentioning their countries, continents,

people, pilgrimage etc.

Annual Exam

Chapter-6 : Praries - The Treeless Grassland

Chapter-7 : The Land of Ice and Snow

Chapter- : India Wins Freedom

Ch-1 Globes + Ch-17 Freedom Struggle +

Ch-5 Land of Sand

Group Disc. : Ch-9 Keeping in Touch

Project : Ch-13 Great People Never Die

Activity : Form a grid for a comparative study of

Greenland & Antarctica on the basis of continent, climate, vegetation, capitals,

wildlife etc.

Note: 07.08.18 Social Science Olympiad

COMPUTER

Book : Tools 16 – KIPS

Ist Periodic

Lesson-1 : Evolution of Computers Lesson-3 : Working with Tables

Class Test : (L-1)

Activity 1 : Paste the pictures of different types of Micro

computers.

Activity 2 : Create and format a table of Recyclable and

non-recyclable products you see around in

MS-Word.

Half-Yearly

Lesson-2 : Understanding Windows 10
Lesson-5 : More on Powerpoint 2016
Lesson-6 : Formatting a Presentation

Lesson-4 : Using Mail Merge

Class Test : (L-2)

Group Disc. : Applications & Features of Windows 10

Activity 1 : Kahoot Quiz on Windows 10 Applications

Activity 2 : Mail Merge : Write a letter of invitation for

your birthday party to be sent to your 20

friends using mail merge.

IInd Periodic

Lesson-7 : Programming in Scratch Lesson-10 : Internet and E-mail

Lesson-10 : Internet and E-ma

Class Test : (L-7)

Group Disc. : Importance of Internet & Cyber Security

Activity 1 : Create a game in SCRATCH.

Activity 2 : Learning hunt : Quick searching on Internet

Annual Exam

Lesson-8 : OneNote

Lesson-9 : Microsoft Excel 2016

Repeated : L-1, 5, 10

Class Test : L-8

Group Disc. :

Activity 1 : Create your "study time table" in

ONENOTE and share with your teacher.

Activity 2 : Excel : Make a list of requirements for your

school trip and calculate total expense.

Note: 18.01.19 School Cyber Olympiad

G.K.

Book : Wow! - World Within Worlds

: Current Affairs of the month & logical

reasoning

APRIL-MAY

Ch-1 : First Among Equals

Ch-2 : Fruity Fun

Ch-3 : A Splash of Water

Activity : Paste pictures of 5 fruits and write some

amazing facts about them.

JULY

Ch-4 : Gifts of Nature Ch-5 : All About Animals

Activity : Paste the pictures of any 5 medicinal plants

and write their uses.

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AUGUST

Ch-6 : The World Around Us

Ch-7 : Exploring Europe

Activity : Make a travel brochure on European cities.

SEPTEMBER

Ch-8 : Interesting Inventions

Ch-9 : Science Struck

Activity : Write a biography on any one famous

scientist.

OCTOBER

Ch-10 : Space Quiz Ch-11 : India's Pride

Activity : Draw a solar system and write some

interesting facts about planets.

NOVEMBER

Ch-12 : Business Barons Ch-13 : Amazing Women

Activity : Research about the women who broke

conventions to emerge as successful women.

DECEMBER

Ch-14 : Artists And Their Art

Ch-15 : Book Worm

Activity : Make an interesting & creative book mark

on the theme "Books - Our Best Friends".

JANUARY-FEBRUARY

Ch-16 : Entertainment Arena

Ch-17 : Sport Fever Ch-18 : Banking Matters

Activity : Paste a photocopy of a cheque and label all

its features.

G.K. Assessment

(Text Book, Reasoning and Current Affairs)

Month	Date
April-May	11.05.2018
September	07.09.2018
November	02.11.2018
December	07.12.2018
February	01.02.2019
	22.02.2019

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MORAL SCIENCE

Book : Dew Drops by Insight Publishing House

APRIL-MAY

Chapter-1 : Contentment.... the only Road to Happiness Value Card : Acrostic poem on honesty with pictures.

Gender Sens. : Let's compliment each other.

JULY-AUGUST

Chapter-2 : Trash Talk Beauty in Waste Value Card : Web-chart on Team Spirit

Gender Sens. : Discussion on "Team work helps to make a

task easier."

SEPTEMBER-OCTOBER

Chapter-3 : Patience the Virtue of the Wise

Value Card : Make a poster on "FRIENDLY TREES"

depicting all that we get from them.

Gender Sens. : Paste the pictures of successful males &

females in various domains.

NOVEMBER-DECEMBER

Chapter-4 : Desh Bhakti Ek Pavitra Bhavna

Value Card : Make a tri colour kite and write what

changes you want in your country.

Gender Sens. : Changing roles

JANUARY-FEBRUARY

Chapter-5: Non-Violence ... Weapons of Mass

Compassion

Value Card : Make any item from "THE WASTE".

Gender Sens. : Make a poster on "GENDER EQUALITY"

on a A-4 size sheet & paste it in your

Notebook.

ART & CRAFT

Referred Book : I am an Artist

APRIL

Book Work : Fresh fruits, My pet dog

File Work : Fruits, Dog

MAY

Book Work : Mother & baby, Natural beauty

File Work : Hen, Butterfly

(18)

JULY

Book Work : Beautiful pattern, Happy Independence Day

File Work : Bird, Animal

AUGUST

Book Work : Beautiful crane, Cow & Calf

File Work : Bird, Animal

SEPTEMBER

Book Work : Flowers, Daandiya Raas

File Work : Flowers, Human figures with dandiya

OCTOBER

Book Work : Eid-Mubarak, Landscape File Work : Free plantation, Rhinoceros

NOVEMBER

Book Work : Tree plantation, Rhinoceros

File Work : Birds, Rhinoceros

DECEMBER

Book Work : Save Energy, Diwali

File Work : Child Labour, Rishi Muni

JANUARY

Book Work : Two dicky birds, Happy Lohri File Work : Vegetable basket, Village scene

FEBRUARY

Book Work : Republic Day, Rishi Muni File Work : Happy Holi, Play time

MUSIC |

INSTRUMENTAL

April : Variation of Taal (Teen Taal)

May : Taal Dadra on Drum with rolling

July : Second western beat on Congo with rolling

Teen Taal Kayada, Palte & Tihai

August : Second western beat on Drum with rolling

Taal Dadra (6 beat) on Tabla

September : (Revision of syllabus)(April to August).

October : Taal Keharva (8 beat) on Tabla

Taal Keharva variation

(19)

November : Tukda in Taal (Teen Taal)

Second western beat on Congo with rolling

(Advanced)

December : Rupak Taal on Tabla (7 beat)

Variation of Taal (Rupak Taal)

January : Second western beat on Drum with rolling

(Advanced)

Second western beat on Congo with rolling

(Advanced)

February : (Revision of syllabus) (October to January).

VOCAL

April : This is my Prayer

May : School Song + Foundation Song

July : Patriotic Song August : Diwali Song

September :

October : Gurbani

November : Jingle Bell (Rock)

December : Patriotic Song/New Year Song

January : Saraswati Vandana

February : Revision

DANCE

First Term

April : Warm-up Exercises and body movements

with count

May : Aerobics rhythmic body movement
July : Patriotic dance (Swagatam India Song)

August : Classical Teen Taal (foot work+theory) and

Krishna Dance (Raas Songs)

Second Term

September : Free style dance steps (with music)
October : Hip-hop dance steps (with music)

November : Marathi folk dance steps (Koli Marathi

songs)

Third Term

December : Basic movements aerobics (we wish you

merry christmas song)

January : Classical dance (Vakratundra Mahakaya+

Guru Brahma)

February : Revision of whole syllabus

Grading

March : Test of Evaluation

CLAY MODELLING

April : Abstract shapes and Folk Art composition

May : Slab Method - Human figure, Island Scene

comp.

July : Sinking Ship and Space Craft

August : Deer and Swamp Deer composition September : Monsoon scene, Aquatic composition

October : Dussehra & Diwali composition

November : Standing Human Figure, Human

composition

December : Christmas composition

Santa Claus and Deer Cart

January : Mahatma Gandhi Portrait

Rabindra Nath Tagore Portrait

February : Monuments : India Gate, Lotus Temple

PHYSICAL EDUCATION

APRIL

1st Week Card No. 1 : Track and field events

2nd Week Card No. 2 : Roll into the goal

3rd Week Card No. 3 : Four Court Dodge Ball

4th Week Card No. 4 : Throwball

MAY

1st Week Card No. 5 : Load up games for Kabadi

2nd Week Card No. 6 : Gallery

3rd Week Card No. 7 : Find that space 4th Week Card No. 8 : Simple net games

JUNE

1st Week Card No. 9 : Zone passing

2nd Week Card No. 10 : Cricket

3rd Week Card No. 11 : Catch (cricket) 4th Week Card No. 12 : Past forward

JULY 1st Week Card No. 13 Kho-Kho 2nd Week Card No. 14 Seven stones 3rd Week Card No. 15 Leg cricket 4th Week Card No. 16 Standing kho **AUGUST** 1st Week Card No. 17 Throwing Relay : 2nd Week Card No. 18 Let's got fit 3rd Week Card No. 19 Fun relay races 4th Week Card No. 20 Rhythmic Activities SEPTEMBER 1st Week Yoga 2nd Week Net game 3rd Week Shuttle Relay 4th Week Quick Run **OCTOBER** 1st Week Fill your bucket 2nd Week Leg cricket 3rd Week Kick ball 4th Week Table-Tennis **NOVEMBER** 1st Week 2nd Week 3rd Week 4th Week **DECEMBER** 1st Week Blind fold 2nd Week Shadow 3rd Week **Bubbles** 4th Week Mini Athletics **JANUARY** 1st Week Play & Go 2nd Week Badminton Cat & Mouse 3rd Week 4th Week Cavay leg **FEBRUARY** 1st Week Football Shooting Basketball 2nd Week 3rd Week Wall to Wall 4th Week Rug by (passing game)

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YOGA

April : What is Yoga-Definition of Yoga

: Benefits of doing Yoga

: Importance of Yoga for children

: Neck joint movements

May : Shoulder exercise for warmup

Tadasana (stretching)

: Vrikshasana/treepose (balancing)

Warm up exercises for upper body (including spine and waist)

July : Trikonasana/Triangle pose

(with two variations)

Chair pose (balancing pose-to increase the

concentration and focus power of children)

: Warrior pose/Veerbhadrasana

Veerasana

Tiryak tadasana (left and right-side bend in

tadasana)

Parshvakonasana

August : Om chanting

: What is Om?

: Benefits of Om chanting

: Padmasana, Ardhpadmasana

Vajrasana

Sukhasana

September: Mantra chanting

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: Camel pose (ushtrasana)

: Gomukhasana

Janushirshasana, pashchimottasana

Chakkichalasana

October : Shanit mantra (sarve bhavantu sukhinah..)

Garudasana

Plough pose (halasana)

Butterfly pose (bhadrasana)
Cobra pose (Bhujangasana)

November: Pranayama-definition, benefits

Shalabhasana Dhanurasana

: Crow pose (marjaryasana)

Katichakrasana, ardha katichakrasana

December : Bhramari pranayama

Boat pose (naukasana)

: Mudras of hands (Gyan mudra, Anjali

mudra, Chin mudra etc.)

: Stretching of thighs (for hanumanasana)

: Shavasana

Supta Vajrasana

Ardha matsyendrasana

January : Anulom vilom pranayama

: Meditation

Deep breathing (with concentration on the

movement of chest and navel)

Hastottanasana (backward bending)

Padhastasana (forward bending)

February : Surya Namaskar-Introduction and

Demonstration

: Benefits of Surya Namaskar

: Chandra bhedi and surya bhedi pranayama

: Kapalbharti

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