

**Army Public School Wellington**

**Split-Up Syllabus (2023-24)**

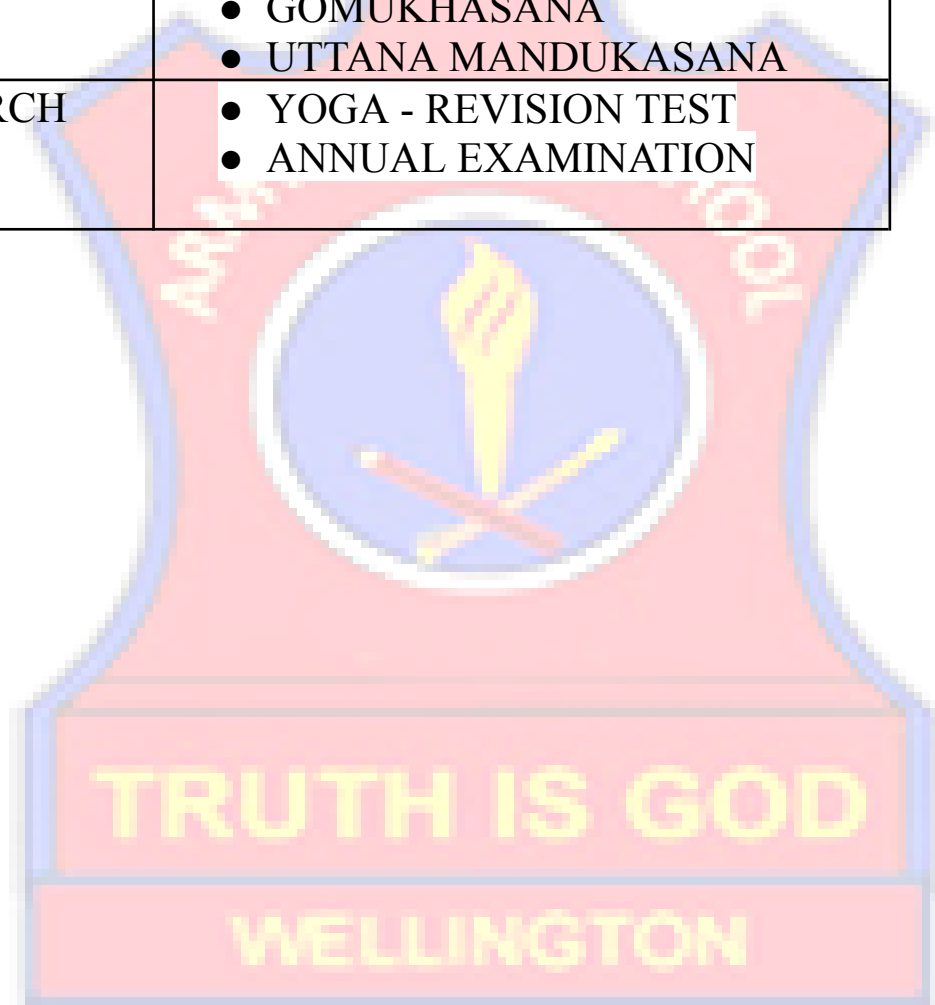
**Subject Name (Subject Code)**

**Class : CLASSES 3 TO 5**

**Prescribed book : NCERT - YOGA A HEALTHY WAY OF LIVING**

<b>MONTH</b>	<b>YOGIC PRACTICES</b>
<b>JUNE</b>	<ul style="list-style-type: none"><li>● PADAHASTASANA</li><li>● TRIKONASANA</li><li>● PARSVAKONASANA</li><li>● VAJRASANA</li></ul>
<b>JULY</b>	<ul style="list-style-type: none"><li>● SURYA NAMASKAR</li><li>● TADASANA</li><li>● HALASANA</li><li>● PADMASANA</li></ul>
<b>AUGUST</b>	<ul style="list-style-type: none"><li>● PASCHIMOTTANASANA</li><li>● DHANURASANA</li><li>● VAKRASANA</li><li>● VRIKSHASANA</li></ul>
<b>SEPTEMBER</b>	<ul style="list-style-type: none"><li>● YOGA - REVISION TEST</li><li>● CHAKRASANA</li><li>● SHALABHASANA</li></ul>
<b>OCTOBER</b>	<ul style="list-style-type: none"><li>● KAPALABHATI</li><li>● HALASANA</li><li>● SHASHANKASANA</li><li>● USHTRASANA</li></ul>
<b>NOVEMBER</b>	<ul style="list-style-type: none"><li>● BHUJANGASANA</li><li>● SARVANGASANA</li><li>● MATSYASANA</li></ul>

	<ul style="list-style-type: none"> <li>● BHRAMARI PRANAYAMA</li> </ul>
DECEMBER	<ul style="list-style-type: none"> <li>● YOGA - REVISION TEST</li> <li>● HALF YEARLY EXAMINATION</li> </ul>
JANUARY	<ul style="list-style-type: none"> <li>● EKA PADA SIRASASANA</li> <li>● PARIVRTTA TRIKONASANA</li> <li>● AKARNA DHANURASANA</li> <li>● BHASTRIKA PRANAYAMA</li> </ul>
FEBRUARY	<ul style="list-style-type: none"> <li>● BADDHA KONASANA</li> <li>● PADMA YOGA MUDRASANA</li> <li>● GOMUKHASANA</li> <li>● UTTANA MANDUKASANA</li> </ul>
MARCH	<ul style="list-style-type: none"> <li>● YOGA - REVISION TEST</li> <li>● ANNUAL EXAMINATION</li> </ul>



**Army Public School Wellington**

**Split-Up Syllabus (2023-24)**

**Subject Name (Subject Code)**

**Class : CLASSES 6 TO 12**

**Prescribed book : NCERT - YOGA A HEALTHY WAY OF LIVING**

<b>MONTH</b>	<b>YOGIC PRACTICES</b>
JUNE	<ul style="list-style-type: none"><li>● PADAHASTASANA</li><li>● TRIKONASANA</li><li>● PARSVAKONASANA</li><li>● COMPETITIVE ASANAS</li></ul>
JULY	<ul style="list-style-type: none"><li>● SURYA NAMASKAR</li><li>● TADASANA</li><li>● HALASANA</li><li>● PADMASANA</li></ul>
AUGUST	<ul style="list-style-type: none"><li>● PASCHIMOTTANASANA</li><li>● DHANURASANA</li><li>● VAKRASANA</li><li>● VRIKSHASANA</li></ul>
SEPTEMBER	<ul style="list-style-type: none"><li>● YOGA - REVISION TEST</li><li>● CHAKRASANA</li><li>● SHALABHASANA</li><li>● YOGA FOR CONCENTRATION</li></ul>
OCTOBER	<ul style="list-style-type: none"><li>● KAPALABHATI</li><li>● HALASANA</li><li>● SHASHANKASANA</li><li>● USHTRASANA</li></ul>

NOVEMBER	<ul style="list-style-type: none"> <li>● BHUJANGASANA</li> <li>● SARVANGASANA</li> <li>● MATSYASANA</li> <li>● BHRAMARI PRANAYAMA</li> </ul>
DECEMBER	<ul style="list-style-type: none"> <li>● YOGA - REVISION TEST</li> <li>● MUDRAS</li> <li>● HALF YEARLY EXAMINATION</li> </ul>
JANUARY	<ul style="list-style-type: none"> <li>● EKA PADA SIRASASANA</li> <li>● PARIVRTTA TRIKONASANA</li> <li>● AKARNA DHANURASANA</li> <li>● BHASTRIKA PRANAYAMA</li> </ul>
FEBRUARY	<ul style="list-style-type: none"> <li>● BADDHA KONASANA</li> <li>● PADMA YOGA MUDRASANA</li> <li>● GOMUKHASANA</li> <li>● UTTANA MANDUKASANA</li> </ul>
MARCH	<ul style="list-style-type: none"> <li>● YOGA - REVISION TEST</li> <li>● ANNUAL EXAMINATION</li> </ul>



**Army Public School Wellington**

**Split-Up Syllabus (2023-24)**

**Subject Name (Subject Code)**

**Class : NURSERY TO 2**

**Prescribed book : NCERT - YOGA A HEALTHY WAY OF LIVING**

<b>MONTH</b>	<b>YOGIC PRACTICES</b>
JUNE	<ul style="list-style-type: none"><li>● TREE POSE</li><li>● CHAIR POSE</li><li>● BUTTERFLY POSE</li><li>● SNAKE POSE</li></ul>
JULY	<ul style="list-style-type: none"><li>● SURYA NAMASKAR</li><li>● TADASANA</li><li>● HALASANA</li><li>● PADMASANA</li></ul>
AUGUST	<ul style="list-style-type: none"><li>● PASCHIMOTTANASANA</li><li>● DHANURASANA</li><li>● VAKRASANA</li></ul>
SEPTEMBER	<ul style="list-style-type: none"><li>● YOGA - REVISION TEST</li><li>● WHEEL POSE</li><li>● MOUNTAIN POSE</li></ul>
OCTOBER	<ul style="list-style-type: none"><li>● HALASANA</li><li>● SHASHANKASANA</li><li>● USHTRASANA</li></ul>
NOVEMBER	<ul style="list-style-type: none"><li>● BHUJANGASANA</li><li>● SARVANGASANA</li><li>● MATSYASANA</li><li>● BHRAMARI PRANAYAMA</li></ul>

DECEMBER	<ul style="list-style-type: none"> <li>● YOGA - REVISION TEST</li> <li>● HALF YEARLY EXAMINATION</li> </ul>
JANUARY	<ul style="list-style-type: none"> <li>● EKA PADA SIRASASANA</li> <li>● PARIVRTTA TRIKONASANA</li> <li>● AKARNA DHANURASANA</li> <li>● BHASTRIKA PRANAYAMA</li> </ul>
FEBRUARY	<ul style="list-style-type: none"> <li>● BADDHA KONASANA</li> <li>● PADMA YOGA MUDRASANA</li> <li>● GOMUKHASANA</li> <li>● UTTANA MANDUKASANA</li> </ul>
MARCH	<ul style="list-style-type: none"> <li>● YOGA - REVISION TEST</li> <li>● ANNUAL EXAMINATION</li> </ul>

