

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

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

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



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

MONTH	YOGIC PRACTICES
JUNE	<ul style="list-style-type: none">● PADAHASTASANA● TRIKONASANA● PARSVAKONASANA● VAJRASANA
JULY	<ul style="list-style-type: none">● SURYA NAMASKAR● TADASANA● HALASANA● PADMASANA
AUGUST	<ul style="list-style-type: none">● PASCHIMOTTANASANA● DHANURASANA● VAKRASANA● VRIKSHASANA
SEPTEMBER	<ul style="list-style-type: none">● ADVANCED ASANAS● CHAKRASANA● SHALABHASANA● YOGA FOR CONCENTRATION

OCTOBER	<ul style="list-style-type: none"> ● KAPALABHATI ● HALASANA ● SHASHANKASANA ● USHTRASANA
NOVEMBER	<ul style="list-style-type: none"> ● BHUJANGASANA ● SARVANGASANA ● MATSYASANA ● BHRAMARI PRANAYAMA
DECEMBER	<ul style="list-style-type: none"> ● MEDITATION ● VIRABHADRASANA ● SHANTI ASANA ● HALF YEARLY EXAMINATION
JANUARY	<ul style="list-style-type: none"> ● EKA PADA SIRASASANA ● PARIVRTTA TRIKONASANA ● AKARNA DHANURASANA ● BHASTRIKA PRANAYAMA
FEBRUARY	<ul style="list-style-type: none"> ● BADDHA KONASANA ● PADMA YOGA MUDRASANA ● GOMUKHASANA ● UTTANA MANDUKASANA
MARCH	<ul style="list-style-type: none"> ● YOGA - REVISION TEST ● ANNUAL EXAMINATION

TRUTH IS GOD

WELLINGTON

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

MONTH	YOGIC PRACTICES
JUNE	<ul style="list-style-type: none">● TREE POSE● CHAIR POSE● BUTTERFLY POSE● SNAKE POSE
JULY	<ul style="list-style-type: none">● SURYA NAMASKAR● MOUNTAIN POSE● PLOUGH POSE● LOTUS POSE
AUGUST	<ul style="list-style-type: none">● PASCHIMOTTANASANA● DHANURASANA● VAKRASANA
SEPTEMBER	<ul style="list-style-type: none">● YOGA - REVISION TEST● WHEEL POSE● MOUNTAIN POSE
OCTOBER	<ul style="list-style-type: none">● HALASANA● SHASHANKASANA● USHTRASANA

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

