Month	Period	lesson	Skill		Activity/ project	Teaching aid	Assessme nt	LearningOutcome
		-	Reduce moods swings and bring more motional stability.	By part and countinue	Chart	Yoga mat & Demostration	Perform by Students	
May	4	Padmasana	Helps keep joints and ligaments flexible.	By part and countinue	Chart	Yoga mat & Demostration	Perform by Students	Helps keep joints and ligaments flexible.
		Vajrasana	Helps in digestion.	By part and countinue	Chart	Yoga mat & Demostration	Perform by Students	Helps in digestion.
June		vacation						
July	4	Tadasana	Increases the height.	By part and countinue	Chart	Yoga mat & Demostration	Perform by Students	Increases the height.
		Trikonasana	strengthens the thighs, knees the ankles.	By part and countinue	Chart	Yoga mat & Demostration	Perform by Students	sterngthens thevthighs, knees, ankles.
Aug	4	Anulom-vilom pranayam	Excellent for respiratory issue like asthma.	By part and countinue	Chart	Yoga mat & Demostration	Perform by Students	Excellent for respiratory issue like asthma.

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		Dhanurasana	strengthens the back muscles.	By part and countinue	Chart	Yoga mat & Demostration	Perform by Students	strengthens the back muscles.
		DilaliulaSalia	muscles.	by part and countinue	Chart	Demostration	Students	back muscles.
Sep.				Mid term ex	am			<u> </u>
Ont	4	Llatracana	Doduce stomach fot	Dry north and countings	Ch o wt	Yoga mat &	Perform by	Daduca atomach fat
Oct	4	Ustrasana Omkar	Reduce stomach fat. Reduce stress And gives	By part and countinue	Chart	Demostration Yoga mat &	Students Perform by	Reduce stomach fat.
		pranayama	positive energy	By part and countinue	Chart	Demostration	Students	gives positive energy.
		Gomukh	Relieves in chronic knee			Yoga mat &	Perform by	Relieveschronic
Nov	4	asana	pain.	By part and countinue	Chart	Demostration	Students	knee pain.
		Setuband				Yoga mat &	Perform by	
		asana	Reduce stomach fat.	By part and countinue	Chart	Demostration	Students	Reduce stomach fat.
		Bhunamanasa				Yoga mat &	Perform by	Improves flexibility of
Dec	4	na	Improves flexibility of legs.	By part and countinue	Chart	Demostration	Students	legs.
		Paschimottana sana	stimulates the liver , kidney.	By part and countinue	Chart	Yoga mat & Demostration	Perform by Students	stimulates the liver , kidney.
Jan	4	Cat Pose	Stretches the neck and back torso.	By part and countinue	Chart	Yoga mat & Demostration	Perform by Students	Stretches the neck and back torso.
			Clams the mind and			Yoga mat &	Perform by	Clams the mind and
-		Shavasanas	reduce stress.	By part and countinue	Chart	Demostration	Students	reduces the stress.

				I	
				Perform by	
Feb	Final Practical			Students	