



Sree Ayyappa Public School
 Affiliated to Central Board of Secondary Education, Delhi
SYLLABUS 2024 -2025

STD. - PRE-NUR
SUBJECT - YOGA

Month	WD	Chapter/ Unit Topic	Activities	Learning Outcomes	Projects promoting 21 st Century Skill
APRIL	23	YOGA	Introduction Of YOGA	Benefits Of Yoga	
MAY + JUNE	9 + 11	ASANA STANDING ASANA	TADASANA INTRODUCTION OF ASANA	Benefits of Asanas	International Yoga Day(21 st JUNE) Yoga Quiz
JULY	25	PRANAYAMA	Anulom-Vilom Bhramari	Concentration	
AUGUST + SEPTEMBER	23+21	MEDITATION	Gayatri Mantra Om Chanting	Peace, calmness	
OCTOBER	18	Asana Sitting asana	Vajrasana Balasana	Benefits of Vajrasana and Balasana	
NOVEMBER + DECEMBER	17+19	Gayatri mantra	Practice	Calmness, Peace	
JANUARY	23	REVISION	<ul style="list-style-type: none"> • YOGA • ASANA • MEDITATION 		
