

<b>CLASS:</b>	<b>2</b>	<b>SUBJECT:</b>	<b>YOGA</b>
<b>BOOK:</b>			

**FIRST TERM**

<b>MONTH</b>	<b>TOPIC</b>	<b>CHAPTERS</b>
Apr	Introduction Standing and sitting posture	
May	Preparation for RABINDRA JAYANTI	
Jun	Brambhasana and Padmasana	
July	Action with music	
Aug	Action with music	
Sep	Revision for first term examination	

**SECOND TERM**

<b>MONTH</b>	<b>TOPIC</b>	<b>CHAPTERS</b>
Oct	Aerobics	
Nov	Preparation for RECTOR PARENTS DAY	
Dec	Preparation for R.P.DAY Preparation for CHRISTMAS DAY	
Jan	Zumba and Prayer Dance	
Feb	Revision for Final Term Exam	