

CLASS:	3	SUBJECT:	YOGA
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FIRST TERM

MONTH	TOPIC
Apr	Introduction Standing and sitting posture
May	Preparation for RABINDRA JAYANTI
Jun	Brambhasana and Padmasana
July	Preparation for BOSCOTSAV
Aug	Asta yoga for self-protection
Sep	Revision for first term examination

SECOND TERM

MONTH	TOPIC
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