

YEAR PLAN FOR THE ACADEMIC YEAR 2026-27 - STD II

MONTH	TOPIC	SUB-TOPICS	CONCEPTS
JUNE	Prayer , Mudra , Silent Sitting,	Starting Prayer(OM Sahanavavathu...)With Pranam Mudra, silent sitting with chin mudra.Silent Sitting with breathing awarress. Closing Prayer (Sarve Bhavandhu...)	1.Prayer - Practicing the presence 2. Silent sitting - observe the thoughts. 3. Awarress of breathing
JULY	Sitting Pose, Hand Stretch Breathing	1.Diamond Pose. 2.Breathing and Streatching (90- 135-180)	1. It tones the whole body , 2.To boost lung capacity .
AUGUST	Standing pose	Tall pillar pose(Urdwa Hastasana)	1.Help maintain posture,Expand chest and allows deep breathing.
SEPTEMBER	Lying pose (Prone Pose)	Half locust pose (Breathing)	1. It helps to induce calm with in the body and mind, Stimulate digestive system . 2. Open the chest, help in improving posture
OCTOBER	Sitting Pose	Cat Pose	1. Strengthening the legs and developing balance 2. This asana makes the neck , shoulders and spine flexible
NOVEMBER	Lying Pose (Supine Pose)	Rocking and rolling	1. massages the back,Warm up the body.
DECEMBER	Warm-up	Ankle Stretch breathing	1. To bring physical , mental and emotional development 2. Improves blood circulaion and concentration
JANUARY	Super Brain Yoga	Sit UP exercise	Synchronizing the left brain and right brain to boost creativity
FEBRUARY	Standing pose	One legged Balancing	1. To develop equilibrium , balance and concentraion
MARCH	Lying Pose (Supine Pose)	swasanakriya,gratitude meditation	1. To calm the mind , To improve awareness of lung capacity.2,Gratitude meditation helps to increase self esteem & resilience and ability to cope with stress and it increase the level of gratitude.