

YEAR PLAN FOR THE ACADEMIC YEAR 2026-27 STD I

MONTH	TOPIC	SUB-TOPICS	CONCEPTS
JUNE	Prayer with Mudra , Silent Sitting	Starting Prayer(OM Sahanavavathu...)With Pranam Mudra, silent sitting with chin mudra.Silent Sitting with breathing awarness. Closing Prayer (Sarve Bhavandhu...)	1.Prayer - Practicing the presence 2. Silent sitting - create the space to observe our thoughts. 3. Awarness of breathing
JULY	Easy Pose, Hand Stretch Breathing	1.Sitting (Chin Mudra). 2.Breathing and Streatching (90- 135-180)	1. Synchornization of body movements with breath. 2.To boost lung capacity .
AUGUST	1. Sitting Pose, 2. Standing pose	1.Butterfly Pose 2. Side streching,forward and backward bending.	1. Bringing mobility to the hip joint 2.To Flexibility of joints..
SEPTEMBER	1. Sitting Pose, 2. Lying pose (Prone Pose)	1. Balasana (Child Pose) 2. Crocodile Pose	1. It helps to induce calm with in the body and mind, Stimulate digestive system . 2. Stabilizes the mind and body
OCTOBER	1. Sitting Pose	1. Rabbit pose	1. Blood circulation increaces. 2. This asana makes the neck , shoulders and spine flexible
NOVEMBER	1. Lying Pose (Supine Pose)	1. Fish Pose	1. It is very good for lung ailments .
DECEMBER	1. Krida Yoga	1. There was a tree	1. To bring physical , mental and emotional development
JANUARY	1. Super Brain Yoga	1. Sit Up exercise	Synchronizing the left brain and right brain to boost creativity
FEBRUARY	1. Standing pose	1. One legged Balancing .	1. To develop equilibrium , balance and concentraion
MARCH	1. Sitting pose	1. Vajrasana	1. To calm the mind , To improve awarness of lung capacity