

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

MONTH	TOPIC	SUB-TOPICS	CONCEPTS
JUNE	1.Introduction	1. .Yama , Niyama, Asanas benefits of yoga . General Guidelines of Yoga Practice.	1. A child will be aware of DO's and Don't's . Body Posture
JULY	1. Sukshma Vyayama	1.Neck , Shoulder, elbows, wrist, fingers, hip, knee and ankle exercise	Improves joint health by enhancing flexibility and strength.
AUGUST	1. Standing Asanas	1. Trikonasana (Variations) . 2. Ardhakadi Chakrasana	1. To energise , to balance and to improve focus 2. Tones the muscles around the waist , hips and abdomen.
SEPTEMBER	1. Standing Asanas	1. Ardha Chakrasana/ Padahasthasana	1. To improve lung capacity , strengthen spine/ Spinal nerves stimulated and tone
OCTOBER	1. Sitting Asana	1. Janushirasana/ Ushtrasana	1. It calms the brain and eliminates mild depression/Stretches and open the front of the body. Stimulate the thyroid gland
NOVEMBER	1. Sitting Asana	1. Vakrasana, Pachimothasana	2. Provides relief from hamstring pains. tones internal organs
DECEMBER	1. Lying Prone Asana	1. Bhujangasana/ Ardha Shalabhasana	1. Helps to stretch muscles in the chest, shoulders and abdominal area/It reduce excess fat in the thighs hips and buttocks
JANUARY	1. Lying Prone Asana	1. Dhanurasana	Manage digestive ailment . Strengthen the Shoulder, chest and thigh muscles
FEBRUARY	1. Pranayama	1. Bhramari	1 Reduce heat in the body, to reduce tension , stress and other mental burdens./ Metabolism becomes faster./ Eliminate anxiety
MARCH	1. Dhyanam	Simple process Meditation	1. Keep the mind calm and quiet. Increases concentration, memory , clarity of thought . It improve imagination and creativity. A child acquire more power and vitality