

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

MONTH	TOPIC	SUB-TOPICS	CONCEPTS
JUNE	1.Prayer , 2.Introduction	1.Starting Prayer(OM Sahanavavathu...)With Pranam Mudra, 2.Yama , Niyama benefits of yoga . General Guidelines of Yoga. Closing Prayer (Sarve Bhavandhu...)	1.Prayer - Practicing the presence 2. Awareness in proper breathing, proper relaxation, proper exercise and positive thinking
JULY	Sitting Pose, Hand Stretch Breathing	1.vajrasana 2.Breathing and Streatching (90- 135-180)	1. Good for our digestive system,helps to calm our mind ,improve sleep 2.To boost lung capacity , increase mental clarity and ability to focus
AUGUST	1. Sitting Pose	1.Pathangasana 2. Koormasana	1. Bringing mobility to the hip joint 2.Improves the flexibiliy of the hips and shoulders
SEPTEMBER	1. Sitting Pose, 2. Lying pose (Prone Pose)	1. Sasangasana 2. Ardha Shalabhasana	1.Increase body awarness with breathing. Flexes the spine and relieves the stress 2. Open the chest, help in improving posture
OCTOBER	1. Sitting Pose	1. Mandukasana 2. Cat Pose	1. Strengthening the legs and developing balance 2. This asana makes the neck , shoulders and spine flexible
NOVEMBER	1. Sitting pose 2. Lying Pose	1. Padmasana (Meditative Pose). 2. Dhanurasana	1. It increases the focus of mind and concentration 2. This Posture is excellent for massaging the abdominal musles and organs.
DECEMBER	1. Sitting Pose	1. . Gomughasana	1. Increases co-ordination and emotional balance. Gently massages the spine and helps to open the chest
JANUARY	1. Super Brain Yoga 2. Meditation	1. Simple squatting exercise 2. Simple Meditaion	Synchronizing the left brain and right brain to boost creativity
FEBRUARY	1. Standing pose	1. Vrikshasana	1. To develop equilibrium , balance and concentraion
MARCH	1. Simple Yogic breathing	1. Sectional breathing (Abdominal breathing, Thoracic breathing and Clavicular breathing)	1. Preparatory breathing practice for pranayama .It corrects the wrong breathing pattern and increases the vital capacity of the lung