

**SENTIA THE GLOBAL SCHOOL****Class: III****ACADEMIC YEAR PLANNER 2023-24****SUBJECT: Act Kids**

<b>S. No</b>	<b>Month</b>	<b>Schedule</b>	<b>Syllabus/Portion taught</b>
1	March	Week-2	
		Week-3	Space
		Week-4	Space -2
2	April	Week-1	Space - 3
		Week-2	Space - 4
		Week-3	Rhythm
3	June	Week-2	Expressions - 1
		Week-3	Expressions- 2
		Week-4	Expressions- 3
4	July	Week-1	Expressions- 4
		Week-2	Movements
		Week-3	Movements - 2 PT1 (Exams)
		Week-4	Movements - 3
5	Aug	Week-1	choreography
		Week-2	Theatre
		Week-3	Theatre -2 PT2 (Revision)
		Week-4	Theatre - 3 PT2 (Revision)
6	Sept	Week-1	Theatre - 4 PT2 (Revision)
		Week-2	Dance PT2 (Revision)
		Week-3	PT2 (Exam)
		Week-4	PT2 (Exam)

7	Oct	Week-1	Imagination
		Week-2	Mime
		Week-3	Dusshera Vacation
		Week-4	Dusshera Vacation
8	Nov	Week-1	Mime - 2
		Week-2	Mime - 3
		Week-3	Mime - 4
		Week-4	Voice
9	Dec	Week-1	Voice - 2
		Week-2	Characterization
		Week-3	Characterization - 2 PT3 (Exam)
		Week-4	Stories -1
10	Jan	Week-1	Stories -2
		Week-2	Stories -3 Pongal vacation
		Week-3	Stories PT4 (Revision)
		Week-4	Puppetry PT4 (Revision)
11	Feb	Week-1	Puppetry PT4 (Revision)
		Week-2	Puppetry PT4 (Revision)
		Week-3	PT4 (Exam)
		Week-4	PT4 (Exam)

**SENTIA THE GLOBAL SCHOOL****Class: III****ACADEMIC YEAR PLANNER 2023-24****SUBJECT: Art and Craft**

<b>S. No</b>	<b>Month</b>	<b>Schedule</b>	<b>Syllabus/Portion taught</b>
1	March	Week-2	
		Week-3	Boat in the Water
		Week-4	Mushroom
2	April	Week-1	What's on My plate?
		Week-2	Paper City
		Week-3	Chinese Lantern
3	June	Week-2	Googly – eyed Pebble Creations
		Week-3	Colourful Fish
		Week-4	Matryoshka Dolls
4	July	Week-1	3D Tree
		Week-2	Patachitra
		Week-3	Quilled Snail PT1 (Exams)
		Week-4	Quilled Snail
5	Aug	Week-1	Door Toran
		Week-2	Matchbox Monsters
		Week-3	PT2 (Revision)
		Week-4	PT2 (Revision)
6	Sept	Week-1	PT2 (Revision)
		Week-2	PT2 (Revision)
		Week-3	PT2 (Exam)
		Week-4	PT2 (Exam)
		Week-1	Corner Bookmark

7	Oct	Week-2	Pen Stand
		Week-3	Dusshera Vacation
		Week-4	Dusshera Vacation
8	Nov	Week-1	Japanese Women Notepad
		Week-2	Thunderstorm
		Week-3	Solar and Lunar Eclipses
		Week-4	Valcano
9	Dec	Week-1	Spectroscope
		Week-2	Map to Globe
		Week-3	Clay Rocket PT3 (Exam)
		Week-4	The Astronaut
10	Jan	Week-1	Phases of the Moon
		Week-2	Pongal vacation
		Week-3	PT4 (Revision)
		Week-4	PT4 (Revision)
11	Feb	Week-1	PT4 (Revision)
		Week-2	PT4 (Revision)
		Week-3	PT4 (Exam)
		Week-4	PT4 (Exam)

**SENTIA THE GLOBAL SCHOOL****Class: III****ACADEMIC YEAR PLANNER 2023-24****SUBJECT: COMPUTER**

<b>S. No</b>	<b>Month</b>	<b>Schedule</b>	<b>Syllabus/Portion taught</b>
1	March	Week-2	
		Week-3	Text book: Ch - 1
		Week-4	Text book: Ch - 1
2	April	Week-1	Text book: Ch - 1
		Week-2	Text book: Ch - 2
		Week-3	Text book: Ch - 2
3	June	Week-2	Text book: Ch - 2
		Week-3	Text book: Ch - 3
		Week-4	Text book: Ch - 3
4	July	Week-1	Text book: Ch - 3
		Week-2	Text book: Ch - 4
		Week-3	PT1 (Exams)
		Week-4	Text book: Ch - 4
5	Aug	Week-1	Text book: Ch - 4
		Week-2	Text book: Ch - 4
		Week-3	PT2 (Revision)
		Week-4	PT2 (Revision)
6	Sept	Week-1	PT2 (Revision)
		Week-2	PT2 (Revision)
		Week-3	PT2 (Exam)
		Week-4	PT2 (Exam)
		Week-1	Text book: Ch - 5

7	Oct	Week-2	Text book: Ch - 5
		Week-3	Dusshera Vacation
		Week-4	Dusshera Vacation
8	Nov	Week-1	Text book: Ch - 5
		Week-2	Text book: Ch -6
		Week-3	Text book: Ch - 6
		Week-4	Text book: Ch - 6
9	Dec	Week-1	Text book: Ch - 7
		Week-2	Text book: Ch - 7
		Week-3	Text book: Ch – 8 PT3 (Exam)
		Week-4	Text book: Ch - 8
10	Jan	Week-1	Text book: Ch – 8
		Week-2	Pongal Vacation
		Week-3	PT4 (Revision)
		Week-4	PT4 (Revision)
11	Feb	Week-1	PT4 (Revision)
		Week-2	PT4 (Revision)
		Week-3	PT4 (Exam)
		Week-4	PT4 (Exam)

**SENTIA THE GLOBAL SCHOOL****Class: III****ACADEMIC YEAR PLANNER 2023-24****SUBJECT: ENGLISH**

<b>S. No</b>	<b>Month</b>	<b>Schedule</b>	<b>Syllabus/Portion taught</b>
1	March	Week-2	Text book & Work book: Ch-1
		Week-3	Text book & Work book: Ch-1
		Week-4	Text book & Work book: Ch-2
2	April	Week-1	Text book & Work book: Ch-2
		Week-2	Text book & Work book: Ch-3
		Week-3	Text book & Work book: Ch-3 & Supplementary Reader Book: Ch-1
3	June	Week-2	Text book & Work book: Ch-4
		Week-3	Text book & Work book: Ch-5
		Week-4	Supplementary Reader Book: Ch-2 & 3
4	July	Week-1	Text book & Work book: Ch-6
		Week-2	Text book & Work book: Ch-6
		Week-3	Supplementary Reader Book: Ch - 4 PT1 (Exams)
		Week-4	Text book & Work book: Ch-7
5	Aug	Week-1	Text book & Work book: Ch-7
		Week-2	Supplementary Reader Book: Ch-5
		Week-3	PT2 (Revision)
		Week-4	PT2 (Revision)
6	Sept	Week-1	PT2 (Revision)
		Week-2	PT2 (Revision)
		Week-3	PT2 (Exam)
		Week-4	PT2 (Exam)
		Week-1	Text book & Work book: Ch-8

7	Oct	Week-2	Text book & Work book: Ch-8
		Week-3	Dusshera Vacation
		Week-4	Dusshera Vacation
8	Nov	Week-1	Supplementary Reader Book: Ch-6 Text book & Work book: Ch-9
		Week-2	
		Week-3	Text book & Work book: Ch-10
		Week-4	Text book & Work book: Ch-10 & Supplementary Reader Book: Ch-7
9	Dec	Week-1	Text book & Work book: Ch-11
		Week-2	Text book & Work book: Ch-12 & Supplementary Reader Book: Ch-8
		Week-3	Text book & Work book: Ch-13 PT3 (Exam)
		Week-4	Text book & Work book: Ch-14 & Supplementary Reader Book: Ch- 9
10	Jan	Week-1	Text book & Work book: Ch-15 & Supplementary Reader Book: Ch-10
		Week-2	Pongal vacation
		Week-3	PT4 (Revision)
		Week-4	PT4 (Revision)
11	Feb	Week-1	PT4 (Revision)
		Week-2	PT4 (Revision)
		Week-3	PT4 (Exam)
		Week-4	PT4 (Exam)



**SENTIA THE GLOBAL SCHOOL****Class: III****ACADEMIC YEAR PLANNER 2023-24****SUBJECT: HINDI**

<b>S. No</b>	<b>Month</b>	<b>Schedule</b>	<b>Syllabus/Portion taught</b>
1	March	Week-2	
		Week-3	Text book & Work book: Ch-1
		Week-4	Text book & Work book: Ch-1
2	April	Week-1	Text book & Work book: Ch-2
		Week-2	Text book & Work book: Ch-2
		Week-3	Sahitya Mala: Ch-1
3	June	Week-2	Text book & Work book: Ch-3
		Week-3	Text book & Work book: Ch-4
		Week-4	Sahitya Mala: Ch-2
4	July	Week-1	Text book & Work book: Ch-5
		Week-2	Text book & Work book: Ch-6
		Week-3	Sahitya Mala: Ch-3 PT1 (Exams)
		Week-4	Text book & Work book: Ch-7
5	Aug	Week-1	Text book & Work book: Ch-7
		Week-2	Sahitya Mala: Ch-4
		Week-3	PT2 (Revision)
		Week-4	PT2 (Revision)
6	Sept	Week-1	PT2 (Revision)
		Week-2	PT2 (Revision)
		Week-3	PT2 (Exam)

		Week-4	PT2 (Exam)
7	Oct	Week-1	Text book & Work book: Ch-8
		Week-2	Text book & Work book: Ch-8
		Week-3	Dusshera Vacation
		Week-4	Dusshera Vacation
8	Nov	Week-1	Sahitya Mala: Ch-5
		Week-2	Text book & Work book: Ch-9
		Week-3	Text book & Work book: Ch-9
		Week-4/5	Text book & Work book: Ch-10
9	Dec	Week-1	Text book & Work book: Ch-11
		Week-2	Text book & Work book: Ch-12
		Week-3	Text book & Work book: Ch-12 & Sahitya Mala: Ch-6  PT3 (Exam)
		Week-4	Text book & Work book: Ch-13
10	Jan	Week-1	Text book & Work book: Ch-14 & Sahitya Mala: Ch-7
		Week-2	Pongal Vacation
		Week-3	PT4 (Revision)
		Week-4	PT4 (Revision)
11	Feb	Week-1	PT4 (Revision)
		Week-2	PT4 (Revision)
		Week-3	PT4 (Exam)
		Week-4	PT4 (Exam)

**SENTIA THE GLOBAL SCHOOL**

**Class: III**

**ACADEMIC YEAR PLANNER 2023-24**

**SUBJECT: M. Arts**

<b>S. No</b>	<b>Month</b>	<b>Schedule</b>	<b>Syllabus/Portion taught</b>
1	March	Week-2	1. Origin of Taekwondo 2. When was Taekwondo introduced in Olympics
		Week-3	1. Meaning of Taekwondo 2. Player oath
		Week-4	1. Basic warm-up, cool down exercises 2. Taekwondo benefits
2	April	Week-1	1. Training program for Taekwondo 2. Running, Jogging, Jumping drills
		Week-2	2. Basic Taekwondo kicks ( Slap Kick, Front kicks) Punches Mid Punch, double punch
		Week-3	Rising kick, Moving drills
3	June	Week-2	Taekwondo belt objectives
		Week-3	Round house kick
		Week-4	* Foot Work Cone and hurdle drills
4	July	Week-1	Practice of forward moving stands and along with block and punches
		Week-2	* Kicks (Moving) * Practice of Non – Stop punches
		Week-3	PT1 (Exams)
		Week-4	Speed Kicking 1. Out kick, 2. In kick
5	Aug	Week-1	Sparring stands drill with cones and hurdles
		Week-2	Combination of punches, blocks and kicks , Poomsae
		Week-3	Korean terminology * Practice of flexibility (balancing) PT2 (Revision)
		Week-4	Sparring foot work poomsae PT2 (Revision)
6	Sept	Week-1	Kick (Moving) * Poomsae -1 PT2 (Revision)
		Week-2	Sparring techniques PT2 (Revision)

		Week-3	PT2 (Exam)
		Week-4	PT2 (Exam)
7	Oct	Week-1	Sparring foot work * Poomsae
		Week-2	Counter kicks * Punches and blocks
		Week-3	Dusshera Vacation
		Week-4	Dusshera Vacation
8	Nov	Week-1	Sparring semi content foot work drills 1. Side step, 2. Two hops while lifting our front leg
		Week-2	Foot work drill 1. Speed and conditioning forward drills, 2. Two step forward and one step back
		Week-3	Foot work drill 1. Speed and conditioning forward drills, 2. Two step forward and one step back
		Week-4	Poomsae
9	Dec	Week-1	Practice of flexibility * Pad work
		Week-2	Combination kicks punches and blocks poomsae
		Week-3	PT3 (Exam)
		Week-4	Poomsae
10	Jan	Week-1	Self defense techniques
		Week-2	Pongal vacation
		Week-3	Practice with partner counter kick drills PT4(Revision)
		Week-4	Practice with partner turning kick and blocks  PT4(Revision)
11	Feb	Week-1	Revising full year syllabus  PT4(Revision)
		Week-2	Revising full year syllabus  PT4(Revision)
		Week-3	PT4(Exam)
		Week-4	PT4(Exam)

**SENTIA THE GLOBAL SCHOOL****Class: III****ACADEMIC YEAR PLANNER 2023-24****SUBJECT: MATHS**

<b>S. No</b>	<b>Month</b>	<b>Schedule</b>	<b>Syllabus/Portion taught</b>
1	March	Week-2	Text book & Work book: Ch-1
		Week-3	Text book & Work book: Ch-1
		Week-4	Text book & Work book: Ch-1
2	April	Week-1	Text book & Work book: Ch-2
		Week-2	Text book & Work book: Ch-2
		Week-3	Text book & Work book: Ch-2
3	June	Week-2	Text book & Work book: Ch-3
		Week-3	Text book & Work book: Ch-3
		Week-4	Text book & Work book: Ch-4
4	July	Week-1	Text book & Work book: Ch-4
		Week-2	Text book & Work book: Ch-5
		Week-3	Text book & Work book: Ch-5 PT1 (Exams)
		Week-4	Text book & Work book: Ch-6
5	Aug	Week-1	Text book & Work book: Ch-6
		Week-2	Text book & Work book: Ch-6
		Week-3	PT2 (Revision)
		Week-4	PT2 (Revision)
6	Sept	Week-1	PT2 (Revision)
		Week-2	PT2 (Revision)
		Week-3	PT2 (Exam)
		Week-4	PT2 (Exam)

7	Oct	Week-1	Text book & Work book: Ch-7
		Week-2	Text book & Work book: Ch-7
		Week-3	Dusshera Vacation
		Week-4	Dusshera Vacation
8	Nov	Week-1	Text book & Work book: Ch-8
		Week-2	Text book & Work book: Ch-8
		Week-3	Text book & Work book: Ch-9
		Week-4	Text book & Work book: Ch-9
9	Dec	Week-1	Text book & Work book: Ch-10
		Week-2	Text book & Work book: Ch-11
		Week-3	Text book & Work book: Ch-12 PT3 (Exam)
		Week-4	Text book & Work book: Ch-12
10	Jan	Week-1	Text book & Work book: Ch-13
		Week-2	Text book & Work book: Ch-13 Pongal Vacation
		Week-3	PT4 (Revision)
		Week-4	PT4 (Revision)
11	Feb	Week-1	PT4 (Revision)
		Week-2	PT4 (Revision)
		Week-3	PT4 (Exam)
		Week-4	PT4 (Exam)

**SENTIA THE GLOBAL SCHOOL****Class: III****ACADEMIC YEAR PLANNER 2023-24****SUBJECT: SCIENCE**

<b>S. No</b>	<b>Month</b>	<b>Schedule</b>	<b>Syllabus/Portion taught</b>
1	March	Week-2	Text book & Work book: Ch-1
		Week-3	Text book & Work book: Ch-1
		Week-4	Text book & Work book: Ch-1
2	April	Week-1	Text book & Work book: Ch-2
		Week-2	Text book & Work book: Ch-2
		Week-3	Text book & Work book: Ch-3
3	June	Week-2	Text book & Work book: Ch-3
		Week-3	Text book & Work book: Ch-4
		Week-4	Text book & Work book: Ch-4
4	July	Week-1	Text book & Work book: Ch-5
		Week-2	Text book & Work book: Ch-5
		Week-3	PT1 (Exams)
		Week-4	Text book & Work book: Ch-6
5	Aug	Week-1	Text book & Work book: Ch-6
		Week-2	Text book & Work book: Ch-6
		Week-3	PT2 (Revision)
		Week-4	PT2 (Revision)
6	Sept	Week-1	PT2 (Revision)
		Week-2	PT2 (Revision)
		Week-3	PT2 (Exam)
		Week-4	PT2 (Exam)

7	Oct	Week-1	Text book & Work book: Ch-7
		Week-2	Text book & Work book: Ch-7
		Week-3	Dusshera Vacation
		Week-4	Dusshera Vacation
8	Nov	Week-1	Text book & Work book: Ch-8
		Week-2	Text book & Work book: Ch-8
		Week-3	Text book & Work book: Ch-9
		Week-4	Text book & Work book: Ch-9
9	Dec	Week-1	Text book & Work book: Ch-10
		Week-2	Text book & Work book: Ch-10
		Week-3	PT3 (Exam)
		Week-4	Text book & Work book: Ch-11
10	Jan	Week-1	Text book & Work book: Ch-12
		Week-2	Pongal Vacation
		Week-3	PT4 (Revision)
		Week-4	PT4 (Revision)
11	Feb	Week-1	PT4 (Revision)
		Week-2	PT4 (Revision)
		Week-3	PT4 (Exam)
		Week-4	PT4 (Exam)



**SENTIA THE GLOBAL SCHOOL****Class: III****ACADEMIC YEAR PLANNER 2023-24****SUBJECT: SOCIAL**

<b>S. No</b>	<b>Month</b>	<b>Schedule</b>	<b>Syllabus/Portion taught</b>
1	March	Week-2	
		Week-3	Text book & Work book: Ch-1
		Week-4	Text book & Work book: Ch-1
2	April	Week-1	Text book & Work book: Ch-2
		Week-2	Text book & Work book: Ch-2
		Week-3	Text book & Work book: Ch-3
3	June	Week-2	Text book & Work book: Ch-4
		Week-3	Text book & Work book: Ch-4
		Week-4	Text book & Work book: Ch-5
4	July	Week-1	Text book & Work book: Ch-5 & Ch - 6
		Week-2	Text book & Work book: Ch-6 & Ch - 7
		Week-3	PT1 (Exams)
		Week-4	Text book & Work book: Ch-7
5	Aug	Week-1	Text book & Work book: Ch-8
		Week-2	Text book & Work book: Ch-8
		Week-3	PT2 (Revision)
		Week-4	PT2 (Revision)
6	Sept	Week-1	PT2 (Revision)
		Week-2	PT2 (Revision)
		Week-3	PT2 (Exam)
		Week-4	PT2 (Exam)

7	Oct	Week-1	Text book & Work book: Ch-9
		Week-2	Text book & Work book: Ch-9 & Ch-10
		Week-3	Dusshera Vacation
		Week-4	Dusshera Vacation
8	Nov	Week-1	Text book & Work book: Ch-10
		Week-2	Text book & Work book: Ch-11
		Week-3	Text book & Work book: Ch-11 & Ch-12
		Week-4	Text book & Work book: Ch-13
9	Dec	Week-1	Text book & Work book: Ch-14
		Week-2	Text book & Work book: Ch-15
		Week-3	PT3 (Exam)
		Week-4	Text book & Work book: Ch-15
10	Jan	Week-1	Text book & Work book: Ch-16
		Week-2	Pongal Vacation
		Week-3	PT4 (Revision)
		Week-4	PT4 (Revision)
11	Feb	Week-1	PT4 (Revision)
		Week-2	PT4 (Revision)
		Week-3	PT4 (Exam)
		Week-4	PT4 (Exam)

**SENTIA THE GLOBAL SCHOOL****Class: III****ACADEMIC YEAR PLANNER 2023-24****SUBJECT: TELUGU**

<b>S. No</b>	<b>Month</b>	<b>Schedule</b>	<b>Syllabus/Portion taught</b>
1	March	Week-2	
		Week-3	Text book: Pg No - 2 & 3
		Week-4	Text book: Pg No - 2 & 3
2	April	Week-1	Text book: Pg No - 4 & 5
		Week-2	Text book: Pg No - 4 & 5
		Week-3	Text book: Pg No - 4 & 5
3	June	Week-2	Text book: Pg No – 6 to 11
		Week-3	Text book: Pg No – 6 to 11
		Week-4	Text book: Pg No – 6 to 11
4	July	Week-1	Text book: Pg No – 12 to 20
		Week-2	Text book: Pg No – 12 to 20
		Week-3	PT1 (Exams)
		Week-4	Text book: Pg No – 12 to 20
5	Aug	Week-1	Text book: Pg No – 21 to 36
		Week-2	Text book: Pg No – 21 to 36
		Week-3	Text book: Pg No – 21 to 36 PT2 (Revision)
		Week-4	Text book: Pg No – 21 to 36 PT2 (Revision)
6	Sept	Week-1	Text book: Pg No – 37 to 44 PT2 (Revision)
		Week-2	Text book: Pg No – 37 to 44 PT2 (Revision)
		Week-3	PT2 (Exam)
		Week-4	PT2 (Exam)
		Week-1	Text book: Pg No – 45 to 52

7	Oct	Week-2	Text book: Pg No – 45 to 52
		Week-3	Dusshera Vacation
		Week-4	Dusshera Vacation
8	Nov	Week-1	Text book: Pg No – 53 to 68
		Week-2	Text book: Pg No – 53 to 68
		Week-3	Text book: Pg No – 53 to 68
		Week-4	Text book: Pg No – 53 to 68
9	Dec	Week-1	Text book: Pg No – 69 to 84
		Week-2	Text book: Pg No – 69 to 84
		Week-3	Text book: Pg No – 69 to 84 PT3 (Exam)
		Week-4	Text book: Pg No – 69 to 84
10	Jan	Week-1	Text book: Pg No – 85 to 104
		Week-2	Text book: Pg No – 85 to 104
		Week-3	Text book: Pg No – 85 to 104 PT4(Revision)
		Week-4	Text book: Pg No – 85 to 104 PT4(Revision)
11	Feb	Week-1	PT4(Revision)
		Week-2	PT4(Revision)
		Week-3	PT4(Exam)
		Week-4	PT4(Exam)

**SENTIA THE GLOBAL SCHOOL**

**Class: III**

**ACADEMIC YEAR PLANNER 2023-24**

**SUBJECT: Yoga**

<b>S. No</b>	<b>Month</b>	<b>Schedule</b>	<b>Syllabus/Portion taught</b>
1	March	Week-2	1. Opening and closing Prayer 2. Sukshma Vyayam
		Week-3	Surya Namaskars
		Week-4	Surya Namaskars
2	April	Week-1	Pranayam ( Anulom – Vilom, Bhastrika, Brahmari)
		Week-2	Tadasan, katichakrasan, Hasthuthanasan, Padahasthasan
		Week-3	Paschimottanasana, naukasana, Basakonasan
3	June	Week-2	Trikonsan, Vrikshasana
		Week-3	Warrior 1 & Warrior 2 pose
		Week-4	Recap of asanas taught in Week -1 and week -2 and week -3
4	July	Week-1	Bhujangasan, Dhanurasana , Superman pose
		Week-2	1.Matsya asana 2. Sethubandhasana
		Week-3	Pranayam PT1 (Exams)
		Week-4	Suryanamaskars
5	Aug	Week-1	Immunity Boosting Asanas
		Week-2	Kumbhakasana, Halasana, Chakrasana
		Week-3	Padamasan, Pigeon pose, Aanjeya Asana PT2 (Revision)
		Week-4	Ardha Hanuman Asana PT2 (Revision)
6	Sept	Week-1	Recap of Suryanamaskars PT2 (Revision)
		Week-2	Meditation – Level -1 PT2 (Revision)
		Week-3	Meditation – level -2 PT2 (Exam)
			Recap of Asanas

		Week-4	PT2 (Exam)
7	Oct	Week-1	Suryanamaskars with Mantra
		Week-2	Alphabetical yoga A to E
		Week-3	Dusshera Vacation
		Week-4	Dusshera Vacation
		Week-1	Alphabetical yoga F to J
8	Nov	Week-2	Alphabetical yoga K to O
		Week-3	Alphabetical yoga P to T
		Week-4	Recap of Alphabetical yoga A to T asanas
		Week-1	Alphabetical yoga U to Z
9	Dec	Week-2	Alphabetical yoga U to Z recap
		Week-3	Suryanamskars PT3 (Exam)
		Week-4	Breathing exercise
		Week-1	Standing, Sitting and Supine Aasana Practice
10	Jan	Week-2	Pongal vacation
		Week-3	OM Chanting & Mantras PT4 (Revision)
		Week-4	Medication (Mindful medication and Focus medication) PT4 (Revision)
		Week-1	PT4 (Revision)
11	Feb	Week-2	PT4 (Revision)
		Week-3	PT4 (Exam)
		Week-4	PT4 (Exam)
		Week-1	PT4 (Exam)

