Class: V

## ACADEMIC YEAR PLANNER 2023-24 SUBJECT: Act Kids

S. No	Month	Schedule	Topics to be taught
	March	Week-2	Navarasas
1		Week-3	Body Shapes
		Week-4	Spaces
		Week-1	Rhythm – 1 & Rhythm - 2
2	April	Week-2	Mtro to Theatre
		Week-3	Physical Theatre
		Week-2	Mirror - Mirror
3	June	Week-3	Mime
		Week-4	Comedy Circus
	July	Week-1	Voice Registers
		Week-2	Voice Registers - 2
4		Week-3	PT1 (Exams)
		Week-4	Breathe Control
	Aug	Week-1	Characterization
5		Week-2	Characterization
		Week-3	PT2 (Revision)
		Week-4	PT2 (Revision)
	Sept	Week-1	PT2 (Revision)
6		Week-2	PT2 (Revision)
		Week-3	PT2 (Exam)
		Week-4	PT2 (Exam)

	1	T	
		Week-1	World of Puppets
		Week-2	Making Stones
7	Oct	Week-3	Dusshera Vacation
		Week-4	Dusshera Vacation
		Week-1	Details are Important
0	Nev	Week-2	Being Elmo
8	Nov	Week-3	Stories
		Week-4	Stories - 2
		Week-1	Let's Improvise
		Week-2	Gibbelish
9	Dec	Week-3	Improvisation - 3 PT3 (Exam)
		Week-4	Team Building
		Week-1	Rhythm
		Week-2	Pongal Vacation
10	Jan	Week-3	Recap of Dance PT4 (Revision)
		Week-4	Recap of Stories PT4 (Revision)
		Week-1	Recap of classes PT4 (Revision)
11	Feb	Week-2	PT4 (Revision)
		Week-3	PT4 (Exam)
		Week-4	PT4 (Exam)

Class: V

#### ACADEMIC YEAR PLANNER 2023-24 SUBJECT: Art and Craft

S. No	Month	Schedule	Syllabus/Portion taught
		Week-2	Liberty Crown and Torch
1	March	Week-3	Eiffel Tower
		Week-4	Egyptian Collar
		Week-1	Tea Coasters
2	April	Week-2	IKebana
		Week-3	Taj Mahal
		Week-2	Saura Art
3	June	Week-3	Geometrical Rangoli
		Week-4	Zentangle Owl
		Week-1	Earthen Pot Decoration
		Week-2	Paper Origami
4	July	Week-3	PT1 (Exams)
		Week-4	Box Guitar
		Week-1	Box Guiter
5	Aug	Week-2	Silhouette Art
		Week-3	PT2 (Revision)
		Week-4	PT2 (Revision)
		Week-1	PT2 (Revision)
6	Sept	Week-2	PT2 (Revision)
		Week-3	PT2 (Exam)
		Week-4	PT2 (Exam)

	1	T	
		Week-1	Paint With Lines
7	Oct	Week-2	Decorative Lights
		Week-3	Dusshera Vacation
		Week-4	Dusshera Vacation
		Week-1	Utility Box with Indian Art
0	Nev	Week-2	Van Gogh's Starry Night
8	Nov	Week-3	Brown paper Gift Bags
		Week-4	Accordion Book
		Week-1	Sunflower plant
		Week-2	Doodle: Save the Ocean
9	Dec	Week-3	PT3 (Exam)
		Week-4	Gravity Painting
		Week-1	DIY – ART Work, Wall Hanging
	Jan	Week-2	Pongal Vacation
10		Week-3	PT4 (Revision)
		Week-4	PT4 (Revision)
	Feb	Week-1	PT4 (Revision)
11		Week-2	PT4 (Revision)
		Week-3	PT4 (Exam)
		Week-4	PT4 (Exam)

Class: V

## ACADEMIC YEAR PLANNER 2023-24 SUBJECT: COMPUTER

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

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

Class: V

## ACADEMIC YEAR PLANNER 2023-24 SUBJECT: ENGLISH

S. No	Month	Schedule	Syllabus/Portion taught
	March	Week-2	Text book & Work book: Ch-1
1		Week-3	Text book & Work book: Ch-2
		Week-4	Literature Reader: Ch-1
		Week-1	Text book & Work book: Ch-3
2	April	Week-2	Literature Reader: Ch-2
		Week-3	Holidays
	June	Week-2	Text book & Work book: Ch-4
3		Week-3	Text book & Work book: Ch-5
		Week-4	Literature Reader: Ch-3     Literature Reader: Ch-4
		Week-1	Text book & Work book: Ch-6
		Week-2	Text book & Work book: Ch-7
4	July	Week-3	PT1 (Exams)
		Week-4	Literature Reader: Ch-5
		Week-1	Literature Reader: Ch-6
5	Aug	Week-2	Revisions / correction updates
		Week-3	PT2 (Revision)
		Week-4	PT2 (Revision)
		Week-1	PT2 (Revision)
6	Sept	Week-2	PT2 (Revision)
		Week-3	PT2 (Exam)
		Week-4	PT2 (Exam)

		Week-1	1.Text book & Work book: Ch-8 2. Literature Reader: Ch- 7
7	Oct	Week-2	Text book & Work book: Ch-9
		Week-3	Dusshera Vacation
		Week-4	Dusshera Vacation
		Week-1	1.Text book & Work book: Ch-10 2. Literature Reader: Ch- 8
8	Nov	Week-2	1. Text book & Work book: Ch-11 2. Text book & Work book: Ch-12
		Week-3	Text book & Work book: Ch-13
		Week-4	1. Text book & Work book: Ch-14
		Week-1	1.Text book & Work book: Ch-15 2. Literature Reader: Ch- 9
		Week-2	Literature Reader: Ch- 10
9	Dec	Week-3	Literature Reader: Ch- 11 PT3 (Exam)
		Week-4	Solving of related Grammar Work book
		Week-1	Grammar Work book Completion
		Week-2	Pongal Vacation
10	Jan	Week-3	PT4 (Revision)
		Week-4	PT4 (Revision)
		Week-1	PT4 (Revision)
11	Feb	Week-2	PT4 (Revision)
		Week-3	PT4 (Exam)
		Week-4	PT4 (Exam)

Class: V ACADEMIC YEAR PLANNER 2023-24 SUBJECT: HINDI

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

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

Class: V

# ACADEMIC YEAR PLANNER 2023-24 SUBJECT: M. Arts

S. No	Month	Schedule	Syllabus/Portion taught
		Week-2	Origin of Taekwondo     When was Taekwondo introduced in Olympics
1	March	Week-3	Meaning of Taekwondo     Player Oath
		Week-4	Basic warm up , cool down exercises     Taekwondo benefits
_		Week-1	Explanation about poomsae and Kyorugi * General worm up
2	April	Week-2	Basic punches * Hand movements * Basic kicks ( Leg lifting, Slap kick, Front kick)
		Week-3	Kicks practice on pads and poomsae wall down exercise
	_	Week-2	Block (Lower block , upper block, Inner block) * combination blocks
3	June	Week-3	* Foot work kicking techniques: 1.Moving one step forward and kicking 2. Moving one step backward and kicking
		Week-4	Foot work: 1. Moving forward in stands along with combination kicks and blocks 2. Stepping combination practice offense and defense techniques.
		Week-1	* Block kick and side kick * Out kick and In kick
4	July	Week-2	Turning kicks and poomsae
		Week-3	PT1 (Exams)
		Week-4	Cones and hurdle drills
5	_	Week-1	Sparring stands using cones, hurdles and ladder
5	Aug	Week-2	Back kick practice along with partners
		Week-3	Practice of combination kicks and counter practice PT2 (Revision)
		Week-4	Sparring techniques

			PT2 (Revision)
			Sparring techniques practice with cones
		Week-1	and hurdles
	Comb		PT2 (Revision)
6	Sept	Week-2	Sparring techniques practice with partners * poomsae
		VVCCK-Z	PT2 (Revision)
			i iz (iteriorii)
		Week-3	PT2 (Exam)
		Week-4	PT2 (Exam)
		Week-1	Practice of kicks on pad along with
		AACCK-T	partners
			pararioro
7	Oct	Week-2	Practice of fight (Kyorugi) * Poomsai
		Week-3	Dusshera Vacation
		Week-4	Dusshera Vacation
		VVCCK-4	Practice of kicks and pad along with
		Week-1	partners
			Combination kicks and self defense
_		Week-2	techniques
8	Nov	M1-2	Decrees and monetice of the thirty
		Week-3	Poomsae and practice of flexibility
		Week-4	Spinning kick
	Dec	Week-1	Practice of all Blocks, poomsae, kick,
			Turning kicks and speed techniques
9		Week-2	Basic practice nunchuck
9	Dec	VVECK-Z	Dasic practice nunction
		Week-3	PT3 (Exam)
		Week-4	Practice of Jumpping kicks, Jump back
			kick
		Week-1	Round house spinning , Round house kick
		Week-2	Pongal Vacation
		TTOOK Z	Practice of advance kicks, poomsae
10	Jan	Week-3	PT4 (Revision)
			Practice of speed kicks
		Week-4	PT4 (Revision)
		Week-1	Revising full year syllabus PT4 (Revision)
11		AACCV-T	Revising full year syllabus
	Feb	Week-2	PT4 (Revision)
			,
		Week-3	PT4 (Exam)
		14/aal: 4	DT4 (5:49m)
	1	Week-4	PT4 (Exam)

Class: V

# ACADEMIC YEAR PLANNER 2023-24 SUBJECT: MATHS

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

	1	Wast 1	Tout hook & Mork hook Ch O
		Week-1	Text book & Work book: Ch-8
7	Oct	Week-2	Text book & Work book: Ch-8
/	Oct	Week-3	Dusshera Vacation
		Week-4	Dusshera Vacation
		Week-1	Text book & Work book: Ch-9
0	Nov	Week-2	Text book & Work book: Ch-10
8	Nov	Week-3	1. Text book & Work book: Ch-10 2. Text book & Work book: Ch-11
		Week-4	1. Text book & Work book: Ch-11 2. Text book & Work book: Ch-12
		Week-1	1. Text book & Work book: Ch-12 2. Text book & Work book: Ch-13
9	Dec	Week-2	1. Text book & Work book: Ch-13 2. Text book & Work book: Ch-14
		Week-3	PT3 (Exam)
	Week-4		1. Text book & Work book: Ch-14 2. Text book & Work book: Ch-15
		Week-1	Text book & Work book: Ch-15
10	1	Week-2	Pongal Vacation
10	Jan	Week-3	PT4 (Revision)
		Week-4	PT4 (Revision)
		Week-1	PT4 (Revision)
11	Feb	Week-2	PT4 (Revision)
		Week-3	PT4 (Exam)
		Week-4	PT4 (Exam)

Class: V

## ACADEMIC YEAR PLANNER 2023-24 SUBJECT: SCIENCE

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

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

Class: V

#### ACADEMIC YEAR PLANNER 2023-24 SUBJECT: SOCIAL

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

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

### Class: V ACADEMIC YEAR PLANNER 2023-24 SUBJECT: TELUGU

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

	1		<del></del>
		Week-1	Text book: L. No - 8
7	Oct	Week-2	Text book: L. No - 8
		Week-3	Dusshera Vacation
		Week-4	Dusshera Vacation
		Week-1	Text book: L. No - 9
		Week-2	Text book: L. No - 9
8	Nov	Week-3	Text book: L. No - 9
		Week-4	Text book: L. No - 9
		Week-1	Text book: L. No - 10
		Week-2	Text book: L. No - 10
9	Dec	Week-3	PT3 (Exam)
		Week-4	Text book: L. No - 10
		Week-1	Reading Practice of PT4
		Week-2	Grammar Practice of PT4
10	Jan	Week-3	PT4 (Revision)
		Week-4	PT4 (Revision)
		Week-1	PT4 (Revision)
11	Feb	Week-2	PT4 (Revision)
		Week-3	PT4 (Exam)
		Week-4	PT4 (Exam)

Class: V

### ACADEMIC YEAR PLANNER 2023-24 SUBJECT: Yoga

S. No	Month	Schedule	Topics to be taught	
		Week-2	Opening and closing Prayer	
		vveek-2	2. Sukshma Vyayam	
	Manala	W1-2		
1	March	Week-3	Surya Namaskars	
		Week-4	Surya Namaskars	
		Week-1	Pranayam ( Anulom – Vilom, Bhastrika, Brahmari)	
2	April	Week-2	Tadasan, katichakrasan, Hasthuthanasan, Padahasthasan	
		Week-3	Paschimottanasana, naukasana, Basakonasan	
		Week-2	Trikonsan, Vrikshasana	
3	June	Week-3	Warrior 1 & Warrior 2 pose	
		Week-4	Recap of asanas taught in Week -1 and week -2 and week -3	
	We	Week-1	Bhujangasan, Dhanurasana , Superman pose	
4	July	Week-2	1.Matsya asana 2. Sethubandhasana	
		Week-3	Pranayam PT1 (Fyams)	
		Week-4	Basakonasan  Trikonsan, Vrikshasana  Warrior 1 & Warrior 2 pose  Recap of asanas taught in Week -1 and week -2 and week -3  Bhujangasan, Dhanurasana , Superman pose  1.Matsya asana 2. Sethubandhasana Pranayam PT1 (Exams)  Suryanamaskars  Immunity Boosting Asanas  Kumbhakasana, Halasana, Chakrasana Padamasan, Pigeon pose, Aanjeya Asana PT2 (Revision)  Ardha Hanuman Asana PT2 (Revision)  Recap of Suryanamaskars PT2 (Revision)	
	July	Week-1	Immunity Boosting Asanas	
5	Aug	Week-2	Kumbhakasana, Halasana, Chakrasana	
	3		Padamasan, Pigeon pose, Aanjeya Asana	
		Week-3		
		Week-4	PT2 (Revision)	
		Week-1	1	
	Sept	TTOOK 1	Meditation – Level -1	
6		Week-2	PT2 (Revision)	
		Week-3	Meditation – level -2 PT2 (Exam)	
		WCCK J	Recap of Asanas	

		Week-4	PT2 (Exam)
		VVCCK-T	112 (LAUIII)
		Week-1	Suryanamakskars with Mantra
7	Oct	Week-2	Alphabetical yoga A to E
		Week-3	Dusshera Vacation
		Week-4	Dusshera Vacation
		Week-1	Alphabetical yoga F to J
_		Week-2	Alphabetical yoga K to O
8	Nov	Week-3	Alphabetical yoga P to T
		Week-4	Recap of Alphabetical yoga A to T asanas
		Week-1	Alphabetical yoga U to Z
_	_	Week-2	Alphabetical yoga U to Z recap
9	Dec	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	Revision PT4 (Revision)
11	Feb	Week-2	Revision PT4 (Revision)
		Week-3	PT4 (Exam)
		Week-4	PT4 (Exam)