



Sant Nandal Smriti Vidya Mandir, Ghatsila

Yearly Syllabus for Std IV-V

Session 2025-26

Subject- Yoga

Month	No. of. days	Event/Topic	Std	Week	Purpose	Requirement	Instructor
April		Explanation about meditation & difference between Asana & Pranayama.	IV - V	1 st & 2 nd	To increase the interest among children towards Yoga.		
		Warm-up:- Jumping Jacks, front & backward cycling, stretching exercises.	IV - V	3 rd & 4 th	For the preparation of the body for advance exercise & poses.		
May		Mediation with om chanting in normal sitting posture. Forward bend pose, one legged forward bend .	IV - V	1 st & 2 nd	For the peacefulness of the mind, and for the flexibility of the body.		
		Laying Pose:- cobra pose, plank, naukasana, makarasana.	IV - V	3 rd & 4 th	For the flexibility and strength of backbone.		
June		Repetition of Sitting pose:-	IV - V	1 st & 2 nd	For the more knowledge and revise.		
		Meditation & Standing pose:- standing forward fold (uttanasana), mountain pose (tadasana), downward facing bend pose.	IV - V	3 rd & 4 th	For the peacefulness of the mind, and for the flexibility of the body.		
July & August		Meditation & 5 steps of Surya Namaskar.. Standing prayer pose, upward salute pose, standing forward fold, left leg front fold, plank.	IV - V		Starting of Sun salutation and flexibility of the body.		
September & October		Repetition of standing pose, sitting pose.	IV – V		For the revision and more knowledge about poses.		
November		Repetition of the 5 steps of Surya Namaskar.	IV – V		For the revision of Sun salutation and flexibility of the body.		