



THE ADVENT SCHOOL (2026-27)
CLASS- VII | SUBJECT- YOGA
TERM WISE SYLLABUS

NAMES OF TEXTBOOKS –

TERM - I
TOPIC/ SYLLABUS FOR PRE-MID TERM ASSESSMENTS:
<ul style="list-style-type: none">● Introduction to Yoga and its benefits● Basic Asanas (Tadasana, Vrikshasana, etc.)● Breathing exercises (Pranayama)● Relaxation techniques
REVISION & PRE-MID TERM ASSESSMENTS
TOPIC/ SYLLABUS FOR MID TERM ASSESSMENTS:
Revision of basic asanas <ul style="list-style-type: none">● Advanced asanas (Vrksasana, Trikonasana, etc.)● Pranayama techniques (Anuloma-Viloma, etc.)● Yoga and concentration
REVISION & MID TERM ASSESSMENTS
TERM - II
TOPIC/ POST-MID TERM ASSESSMENT SYLLABUS:
More advanced asanas and sequences <ul style="list-style-type: none">● Meditation techniques● Yoga and stress management● Group yoga activities
REVISION & POST-MID TERM ASSESSMENTS
TOPIC/ SYLLABUS FOR FINAL ASSESSMENTS:
Full syllabus revision <ul style="list-style-type: none">● Advanced yoga poses and sequences● Pranayama and meditation practice● Yoga and lifestyle
REVISION & FINAL ASSESSMENTS

PRINCIPAL