



THE ADVENT SCHOOL (2026-27)
CLASS- I | 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