



THE ADVENT SCHOOL (2026-27)

CLASS- II | SUBJECT- YOGA

TERM WISE SYLLABUS

TERM-I

SYLLABUS FOR PRE-MID TERM ASSESSMENTS:

- Om Chant
- Gyan Mudra
- Sukhasana
- Vajrasana
- Balasana
- Titliasana
- Agnimudra
- Suryanamaskar
- Pashimottanasana
- Padmasana
- Savasana

SYLLABUS FOR MID TERM ASSESSMENTS:

- Supta Vajrasana
- Yogmudra
- Seetkari Pranayama
- Anulom Vilom Pranayama
- Bhramari Pranayama
- Tadasana
- Triyank Tadarana
- Trikona sana
- Suryanamaskar
- Kapel Bhati Pranayama

TERM-II

SYLLABUS FOR POST-MID TERM ASSESSMENTS:

- Hastattamarana
- Padahastanasana
- Ashwa Sanchalanasama
- Ashtanga Namaskar
- Bhujangasana
- Parvatasana
- Virksana
- Virabhadrasana
- Utkatarana
- Dhanurasana

SYLLABUS FOR FINAL ASSESSMENTS:

- Suryanamaskar
- Kati Chakrasang
- Janusirsana
- Meditation
- Ustrasang
- Gomukhiasana
- Dhanurasana
- Akash mudra
- Puithvi mudra
- Bhastrika Pranayanka

NOTE: All the work done in textbook, classwork notebook and worksheets given in class groups.

PRINCIPAL