

**SYLLABUS**  
for  
**Class- IX (Session 2025-2026)**  
**Subject- Yoga**  
**Total Marks-50 (Theory-40+Practical-10)**

**Periodic Test-I**

Unit-1 (Value Education)  
\*Saint Mother Teresa

Unit- II (Physical Education)  
\* History of Yoga  
\* Paschimottanasana( The forward Bend Pose  
\* Padmasana ( The Lotus Pose  
\* Padahastasana ( The Hand to FootPose)

**Periodic Test-II**

Unit-1 (Value Education)  
\* Sculpting a Life  
\* MS Subbulakshmi

Unit-II (Physical Education)  
\* Kinds of Yoga  
\* Concept of Yoga  
\* Sarvangasana( The Shoulder Stand Pose)  
\* Sukhasana (The Easy Yoga Pose)  
\* Vajrasana ( The Thumble Bolt or Dimond Pose  
\* Supta Virasana ( The Reclining Hero Pose)  
\* Overview of Physical Fitness

+ All the Chapter of Periodic Test-I

**Periodic Test-III**

Unit-1 (Value Education)  
\* The Restless Rakshase

Unit-II (Physical Education)  
\* Asthanag Yoga  
\* Personality development through Yoga  
\* Hastauttanasana ( The Raised Arm Pose)  
\* Trikonasana (The Traingle Pose)  
\* Katicakrasana (The Spinal Twist Pose)  
\* Bitilasana ( The Cow or Cat Pose)  
\* Buddha Ardha Matsyendrasana ( The half Lord of the Fishes Pose)

**Annual Exam:**

Unit-1 (Value Education)  
\* The Blue Umbrella

Unit-II (Physical Education)  
\* Benefits of Yoga  
\* Overview of Concentration and Memory  
\* Chakrasana ( The Wheel Pose)  
\* Utthita Hasta Padangusthasana (The Hand- to- Big- Toe- Pose)

**+ All the Chapter of Periodic Test-III**