

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)
* Padahastanasana (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)
* Katichakrasana (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