

**MONTHLY SYLLABUS BREAK UP**  
**CLASS – VII (SESSION 2019-20)**

Term 1

<b><u>SUBJECT</u></b>	<b>APRIL- MAY</b>	<b>JULY</b>	<b>AUGUST</b>	<b>SEPTEMBER</b>
<b>ENGLISH</b>	<p><b>Literature:</b> Ch-1 Hanuman and I Ch-2 The Outlaw’s Report</p> <p><b>Grammar:</b> Countable and Uncountable Nouns, Indefinite Pronouns, Simple &amp; Complex Prepositions</p> <p><b>Writing Skills:</b> Diary Entry Notices</p> <p><b>Workbook:</b> Worksheet 1</p> <p><b>MAY</b></p> <p><b>Literature:</b> Ch-3 Wildlife in a City Pond</p> <p><b>Poem:</b> The Hero</p> <p><b>Grammar:</b> Adjectives: Kinds and</p>	<p><b>Literature:</b> Ch-4 Playing with Gorillas Ch-5 The Quarrel (Enactment only)</p> <p><b>Grammar:</b> Kinds of Adverbs, Position of Adverbs, First Conditional, Second Conditional</p> <p><b>Writing Skills:</b> Summary Play to Story Slogan</p> <p><b>Workbook:</b> Worksheet 4</p> <p><b>UNIT TEST 1 SYLLABUS</b></p> <p><b>Reading Section:</b> Unseen Passage</p> <p><b>Writing Section:</b></p>	<p><b>Literature:</b> Ch-6 The Regimental Myna Ch-7 A Race to Remember</p> <p><b>Poem:</b> Blake’s Tyger Revisited</p> <p><b>Grammar:</b> Finite and Infinite Verbs Present and Past Participles Infinitives, Gerunds, Modals (mixed) - ought to, need to, have to etc.</p> <p><b>Writing Skills:</b> Descriptive paragraph, Narrative, Crossword Puzzle Clues</p> <p><b>Workbook:</b> Worksheet 5</p>	<p>Revision for the Half Yearly Exam</p> <p><b>SYLLABUS FOR HALF YEARLY EXAMINATION</b></p> <p><b>Reading Section:</b> Unseen passage</p> <p><b>Writing Section:</b> Descriptive paragraph, Narrative paragraph, Diary Entry, Notice, Summary, Slogan, Formal letter, Comic strip</p> <p><b>Grammar:</b> Countable &amp; Uncountable Nouns, Indefinite pronouns, Simple and complex prepositions, Adjectives: kinds and comparatives, relative</p>

	<p>Comparatives Relative Clauses <b>Writing Skills:</b> Formal Letter Comic Strip</p> <p><b>Workbook:</b> Worksheet 2 and 3</p>	<p>Diary Entry Notice Summary Play to story Slogan Formal letter Comic strip</p> <p><b>Grammar:</b> Countable &amp; Uncountable Nouns Indefinite pronouns Simple and complex prepositions Adjectives: kinds and comparatives Relative clauses All work done in notebook and textbook ,workbook (1 to 3)</p> <p><b>Literature Section:</b> Ch-1 Hanuman and I Ch-2 The Outlaws’ Report</p>		<p>clauses, kinds of adverbs, position of adverbs, first conditional, second conditional, finite and non- finite verbs: present and past participles, infinitives, gerunds, suffixes, prefixes synonyms, antonyms, All grammar done in notebook, textbook and workbook (1 to 5)</p> <p><b>Literature Section:</b> Ch-3 Wildlife in a city pond Ch-4 Playing with Gorillas Ch-6 The Regimental Myna Ch-7 A Race to Remember</p> <p>Poem 1 .The Hero Poem 2. Blake's Tyger Revisited</p>
<b>MATHS</b>	<p>Chapter 1: Integers</p> <p>Chapter 2: Fractions and Decimals</p>	<p>Chapter 4: Linear Equations</p> <p>Chapter 5 – Lines and Angles</p> <p><b><u>Syllabus for UT-1</u></b> Chapter 1 –Integers</p>	<p>Chapter 6 Triangles and its properties</p> <p>Chapter 13 – Exponents and Powers</p>	<p>Chapter 3 – Data Handling</p> <p>Revision for Half Yearly Examination</p> <p><b><u>Syllabus for Half Yearly</u></b> CH – 1 ,2 ,3 , 4 , 5 ,6 and 13</p>

		Chapter 2 – Fractions and Decimals ( Till Fractions		
<b>GENERAL SCIENCE</b>	<p>Chapter -1 : Nutrition in plants.  <i>Activity - 1</i> : To grow bread moulds  <i>Activity – 2</i> : To demonstrate the presence of starch due to the process of photosynthesis.</p> <p>Chapter- 2 : Nutrition in Animals  <i>Activity – 1</i> : To test the effect of saliva on starch.  <i>Activity – 2</i> : To observe and study the structure of Amoeba under the microscope.</p>	<p>Chapter-3 : Fibre to Fabric  <i>Activity -1</i> : Collect samples of various types of fabric and paste them in practical file.  <i>Activity-2</i> : Collect pictures of different phases of the life cycle of a silk moth and arrange them in cyclic form by pasting in practical file.  Chapter-4 : Heat  <i>Activity -1</i> : To show that the tern ‘Hot ‘and ‘cold ‘are relative terms.  <i>Activity-2</i> : Conduction of heat by different materials.  <i>Activity-3</i> : Movement of rice grain in hot boiling water (Individual activity at home: Convection).  Chapter-5 : Acids, Bases and Salts.</p>	<p>Chapter-6 : Physical and chemical changes.  <i>Activity-1</i> : Reaction between copper sulphate and iron fillings.  <i>Activity-2</i> : Name of the type of changes taking place:  a) Blowing a balloon b) Burning and melting of wax.</p> <p>Chapter-7 : Weather, climate and Adaptations of animals to climate.  <i>Activity-1</i> : Cut out the weather reports of the last week from any newspaper and paste on a chart paper. Now record the information in a table.  <i>Activity-2</i> : Take an outline map of the world and mark the polar regions in blue and the tropical regions in red  Paste in notebook.  Chapter-9 : SOIL (Group Presentation)</p>	<p>REVISION</p> <p><b><u>SYLLABUS OF HALF YEARLY EXAMINATION</u></b></p> <p><b>Chapter 1, 2, 3,4,5,6 and 7</b></p> <p>Chapter1-Nutrition in plants</p> <p>Chapter2-Nutrition in animals</p> <p>Chapter3-Fibres to fabric</p> <p>Chapter4- Heat</p> <p>Chapter5-Acids, Bases and Salts</p> <p>Chapter6-Physical and chemical change</p> <p>Chapter7- Weather climate and adaptations</p>

		<p><i>Activity-1</i> : To test if a solution is acidic basic or neutral.</p> <p><i>Activity-2</i> : Preparation of a natural indicator.</p> <p><b><u>SYLLABUS OF UT-1</u></b>  CHAPTER- 1 , 2  Chapter1-Nutrition in plants</p> <p>Chapter2-Nutrition in animals</p>		
<b>Social Science</b>	<p><b>History</b>  Chapter1-Tracing changes through thousand years  Chapter2-New kings and kingdoms</p> <p><b>Geography</b>  Chapter 1-Environment  Chapter 2-Inside our earth</p> <p><b>Civics</b>  Chapter 1-On Equality</p>	<p><b>History</b>  Chapter 3 –The Delhi Sultans  Chapter 4- The Mughal Empire</p> <p><b>Geography</b>  Chapter 3- Our changing earth  Chapter 4- Air</p> <p><b>Civics</b>  Chapter 2- Role of the government in health</p> <p><b><u>SYLLABUS OF UT-1</u></b>  <b>History</b>  Chapter 1-Tracing</p>	<p><b>History</b>  Chapter 5-Rulers and buildings  <i>(project)</i>  Chapter 6-Towns Traders and Craftsperson</p> <p><b>Geography</b>  Chapter4-Air<i>(cont)</i></p> <p><b>Civics</b>  Chapter 3-How the state government works  Chapter4 –Growing up as boys and girls<i>(project)</i>  Chapter5 Women change the world</p>	<p>REVISION</p> <p><b><u>SYLLABUS OF HALF YEARLY EXAMINATION</u></b></p> <p><b>History</b>  Chapter 2-New kings and kingdoms  Chapter 3-The Delhi sultans  Chapter4-The Mughal Empire  Chapter 6-Towns Traders and Craftsperson</p> <p><b>Geography</b>  Chapter 2-Inside our earth  Chapter 3-Our changing</p>

		changes through a thousand years Chapter2-New Kings and Kingdoms <b>Geography</b> Chapter 1-Environment <b>Civics</b> Chapter 1-On Equality		earth Chapter 4-Air  <b>Civics</b> Chapter 2-Role of the government in health Chapter 3-How the state government works? Chapter5 Women change the world
<b>COMPUTER</b>	Exploring the computer	Formula, Functions and more in Excel	Creating Charts in Excel	Revision
<b>Computer Activity</b>	Paste pictures of peripheral devices write about them	Use functions instead of formula in given problem	*Present data in form of graphs *Edit the charts	
<b>Computer Exam Syllabus</b>		UT (I) Exploring the computer		Half Yearly Exam *Exploring the computer *Formula Function and More in Excel *Creating charts in Ms-Excel
<b>Electronics &amp; Robotics</b>	Revision of previous class and introduction of high voltage (220) How to use line tester and test lamp Basic principles of electricity generators How to use simple motor as a generator	Precautions should be taken while working with high voltage and introduction of house wiring Demonstration of house wiring	Extension Cord and House Wiring Parts of extension cord	Extension Cord and House Wiring Extension cord

<b>INSTRUMENTAL MUSIC</b>	Introduction of their respective musical instruments (New students), Revision all previous tunes New Chords	One new composition (Raag Based)	New Composition continue	Revision & <b><u>Syllabus for Half Yearly Examination</u></b> One new composition (Raag Based) National Anthem
<b>MUSIC VOCAL</b>	Alankars and Palte, Sarva Dharma Prayer, Vandemataram	Bhajan / Devotional Song	Patriotic Song	Half Yearly Assessment Patriotic Song
<b>WOOD CRAFT</b>	Rasping models, Simple carving	Geometrical carving	Natural art & carving models	Creative & carving models
<b>ARTS</b>	ZENTANGLE DESIGN B/W, COLOUR, ORIGAMI TULIP FLOWER	HOT COLOUR DESIGN	COOL COLOUR DESIGN	DIWALI CELEBRATION & <b>HALF YEARLY EXAM</b>
<b>DANCE</b>	Saraswati shloka based on classical form (kathak) practice continues. Basic knowledge about Indian classical dance Forms.	Dance on folk song	Dance on patriotic song.	Revision of dances .Half yearly examinations
<b>PHYSICAL EDUCATION</b>	<b>FOOTBALL</b>  INSTEP KICK INSIDE KICK STOPPING THE BALL  <b>CRICKET</b>  FRONTFOOT DEFENCE BACKFOOT DEFENCE	<b>BASKETBALL</b>  CHEST PASS BOUNCE PASS RUNNING WITH THE BALL	<b>VOLLEYBALL</b>  UNDER HAND PASS UNDER HAND SERVICE SKILL PRACTICE	<b>FOOTBALL</b>  LONG PASSES CHEST TRAPPING

<p><b>YOGA</b></p>	<p>PRAYER :- Vedic Mantra.</p> <p>SHATKARMA :- Agnisara.</p> <p>YOGIC SUKSHMA VYAYAMA :- Ucharanasthal tatha vishudhi chakra-shudhi.</p> <p>ASANA:- urdhvahastotanasana, padhastasana, shavasana.parshva konasana, shavasana.</p> <p>PRANAYAMA :- Practice of Puraka Kumbhaka and Rechaka and prana mudra.</p> <p>MEDITATION :- Breath shanti: patha:Meditation and shanti: patha:</p> <p>YOGA STUDY :- Yoga in Bhagavad Gita ( Lesson – 1).</p>	<p>PRAYER :- Vedic Mantras.</p> <p>SHATKARMA:- Water-Neti and kapalbhathi.</p> <p>YOGIC SUKSHMA VYAYAMA :- Smarana shakti-vikasaka and medha shakti vikasaka kriya. ASANA :- Tadasana ,vrikshana, ardha-chakrasana, ardha-padahastanasana,</p>	<p>PRAYER :- Vedic Mantras</p> <p>SHATKARMA :- Sutra Neti and Jala Neti.</p> <p>YOGIC SUKSHMA VYAYAMA :- Netra sakti vikasaka and kapola shakti vikasaka kriya</p> <p>ASANA :- Padmasana, sputa-padmasana, vajrasana. Ardha-ushtrasana,shashankasana,</p> <p>PRANAYAMA:- Nadi-shodhan pranayam ( with kumbhaka ) and apan mudra.</p> <p>MEDITATION :- Yoga-Nindra Meditation and shant: patha:</p> <p>YOGA STUDY :- Yoga in Bhagavad Gita ( Lesson-2).</p>	<p>PRAYER :- Vedic Mantras.</p> <p>SHATKRAMA :- Kunjal kriya, kapalbhathi.</p> <p>YOGOC SUKSHMA VYAYAMA :- Karna shakti vikasaka and Griva shakti vikasaka kriya.</p> <p>ASANA :- Vajrasana , Mandukasana,Ushttrasana , shashankasana, shavasana.</p> <p>PRANAYAMA :- Kapalbhathi , Nadi-shodhan and vayu mudra.</p> <p>MEDITATION :- Pranava Japa and Soham Japa and shanti: patha:</p> <p>YOGA STUDY :- Yoga in Bhagavad Gita ( Lesson -3)</p>
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		<p>shavasana.</p> <p><b>PRANAYAMA :-</b> Nadi-shodhan ( with out kumbhaka ) and Vayu mudra.</p> <p><b>MEDITATION :-</b> Preksha Meditation and shanti: patha:</p> <p><b>YOGA STUDY:-</b> Yoga in Bhagavad Gita ( Lesson-2)</p>		
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**Term 2**

<b>SUBJECT</b>	<b>OCTOBER</b>	<b>NOVEMBER</b>	<b>DECEMBER</b>	<b>JANUARY</b>	<b>FEBRUARY</b>
<b>ENGLISH</b>	<p><b>Literature:</b> Ch-8 Wrestling with the Phogats</p> <p><b>Poem:</b></p>	<p><b>Literature:</b> Ch-9 Maggie's First Reader Ch-10 The Girl Who Ate Books</p>	<p><b>Literature:</b> Ch-11 The Magical Picture</p> <p><b>Poem:</b></p>	<p><b>Literature:</b> Ch- 12 Kidnapped by Goblins!</p> <p><b>Poem:</b></p>	<p><b>Literature:</b> Revision for Annual Exam.</p> <p><b>Workbook:</b> Worksheet 11 and 12.</p>



	<p>Friends and Flatterers</p> <p><b>Grammar:</b> Tenses (mixed), Future time - will, going to</p> <p><b>Writing Skills:</b> Poem, News Report.</p> <p><b>Workbook:</b> Worksheet - 6</p>	<p><b>Poem:</b> Life is a Game</p> <p><b>Grammar:</b> Conjunctions, Simple, Compound and Complex Sentences Active and Passive Conversion</p> <p><b>Writing Skills:</b> e-mails, Book Review</p> <p><b>Workbook:</b> Worksheet 7</p> <p><b>UNIT TEST II SYLLABUS</b></p> <p><b>Reading Section:</b> Unseen Passage</p> <p><b>Writing Section:</b> News report, email, book review, narrative paragraph</p> <p><b>Grammar:</b> Modals (mixed and others done in</p>	<p>Alphabet Stew</p> <p><b>Grammar:</b> Creative Description, Direct- Indirect Speech Conversion</p> <p><b>Writing Skills:</b> Picture Based Story</p> <p><b>Workbook:</b> Worksheet 8 and 9</p>	<p>The Pied Piper of Hamelin</p> <p><b>Grammar:</b> Subject Verb Agreement, Collective Nouns and Indefinite Pronouns.</p> <p><b>Writing Skills:</b> Debate Speech</p> <p><b>Workbook:</b> Worksheet 10</p>	<p><b>SYLLABUS FOR ANNUAL EXAM</b></p> <p><b>Reading Section:</b> Unseen Passage</p> <p><b>Writing Section:</b> Debate speech, picture based story, creative description, book review, formal letter</p> <p><b>Grammar Section:</b> Weak and strong words, adjectives, similies, idioms, words that can be used as Nouns and verbs, conjunctions, direct and indirect speech conversion , subject verb agreement- collective Nouns and indefinite pronouns. Active – passive conversion, simple, compound and complex sentences.</p>
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		<p>class), Tenses (mixed and future time), phrasal verb, compound adjectives, conjunctions, simple, compound and complex sentences,</p> <p>Active and passive conversion and all grammar exercises done in textbook, notebook and workbook 5,6,7</p> <p><b>Literature:</b> Ch-7 A Race to Remember Ch-8 Wrestling with the Phogats</p> <p><b>Poem:</b> Friends and Flatterers</p>			<p><b>Literature Section:</b> Ch-9 Maggie's first Reader, Ch-10 The Girl Who Ate Books Ch-11 The Magical Picture Ch-12 Kidnapped by Goblins!</p> <p><b>Poem:</b> Life is a Game Alphabet Stew The Pied Piper of Hamelin.</p> <p><b>Workbook:</b> Worksheet (8 to 12) All exercises of grammar and vocabulary, writing skills.</p>
<b>MATHS</b>	<p>Chapter 8 Comparing Quantities</p> <p>Chapter 9 Rational</p>	<p>Chapter 7 Congruence of Triangles</p> <p>Chapter 12 Algebraic</p>	<p>Chapter 11 Perimeter and Area</p> <p>Chapter 10 Practical Geometry</p>	<p>Chapter 14 Symmetry</p> <p>Chapter 15 Visualising Solid Shapes</p>	<p>Revision for Final Examination</p> <p><b><u>Syllabus for Annual Exam</u></b></p>

	Numbers	Expressions  <b><u>Syllabus for UT 2</u></b> Chapter 8 and 9			CH- 6 ,7 ,8 ,9, 10 ,11 ,12 and 13
<b>GENERAL SCIENCE</b>	Chapter-10: Respiration in Organisms. <i>Activity-1:</i> To show that exhaled air has more Carbon dioxide <i>Activity-2:</i> To demonstrate that how the diaphragm works during breathing. Chapter-12: Reproduction in plants <i>Activity-1 :</i> To observe vegetative reproduction in potato and bryophyllum	Chapter-11: Transportation in Animals and Plants. <i>Activity-1:</i> Counting of pulse rate. <i>Activity-2 :</i> To prove that conduction of water takes place through xylem.  <b><u>SYLLABUS OF UT-2 CHAPTER- 10,12</u></b> Chapter 10 Respiration in organisms Chapter 12- Reproduction in plants	Chapter-13 : Motion & Time  <i>Activity-1 :</i> Measurement by cubit and a string. <i>Activity-2 :</i> To plot the distance v/s time graph. a) Uniform motion b) Non Uniform motion  Chapter – 14 – Electric Current and its effects. <i>Activity – 1 –</i> To show the heating effect of current. <i>Activity – 2 –</i> To make an electromagnet.	Chapter-15 : Light  <i>Activity-1 :</i> To see the reflection of light from a plane mirror. <i>Activity-2 :</i> To observe formation of real image by a concave mirror. <b>Activity Based Chapters</b> Chapter-16 Water a Precious Resource Activity:To make a poster on water conservation Chapter 17- Forest :Our Lifeline Activity- To make a project report on (any one) i)Forest land in our country ii) Endangered species found in	Revision.  <b><u>ANNUAL EXAMS SYLLABUS-</u></b> <b>Chapter – 1,5,8,10,11,12,13, 14 and 15</b> Chapter1-Nutrition in plants Chapter5-Acids bases and salts Chapter 8-Wind storms and cyclones Chapter 10 Respiration in organisms Chapter 11- Transportation in Animals and Plants Chapter 12- Reproduction in plants Chapter-13 : Motion & Time Chapter – 14 – Electric Current and its effects.

				<p>Indian forest iii) Effect of deforestation Chapter 18: Waste Water Story Activity: To make a model or flowchart of waste water treatment plant</p>	Chapter 15-Light
<b>SOCIAL SCIENCE</b>	<p><b>History</b> Chapter 7- tribes,nomads and settled communities</p> <p><b>Geography</b> Chapter5- Water</p> <p><b>Civics</b> Chapter 6- Understanding media</p>	<p><b>History</b> Chapter 8- Devotional paths to the divine(project)</p> <p><b>Geography</b> Chapter 6- Natural vegetation and wildlife Chapter7-Human Environment- settlement, transport and communication (project)</p> <p><b>Civics</b> Chapter 7- Understanding advertisement (project)</p> <p><b>UNIT TEST II</b> <b>History</b> Chapter 7-</p>	<p><b>History</b> Chapter 9-The making of regional cultures (project)</p> <p><b>Geography</b> Chapter 8-Human EnvironmentTropical and Sub-tropical regions Chapter 9-Life in the temperate grassland</p> <p><b>Civics</b> Chapter 8-Markets around us</p>	<p><b>History</b> Chapter 10- Eighteenth century political formation</p> <p><b>Geography</b> Chapter 10-Life in the desert (project)</p> <p><b>Civics</b> Chapter 9-A shirt in the market (project) Chapter 10- Struggles for equality</p>	<p><b>Revision</b> <b><u>ANNUAL EXAMS SYLLABUS-</u></b> <b>History</b> Chapter 4- The Mughal Empire Chapter 7- tribes,nomads and settled communities Chapter 10-Eighteenth century political formations</p> <p><b>Geography</b> Chapter 1- Environment Chapter 8- Human environment: Tropical and subtropical regions Chapter 9-Life in the temperate grassland Chapter 10-Life in the Desert</p> <p><b>Civics</b></p>

		Tribes,nomads and settled communities <b>Geography</b> Chapter 5-Water Chapter 6- Natural vegetation and wildlife <b>Civics</b> Chapter6- Understanding media			Chapter1-On Equality Chapter 6- Understanding media Chapter 8-Markets around Chapter 10- Struggles for equality
<b>COMPUTER</b>	HTML Basic	Loops and Graphics in Qbasic	Loops and Graphics in Qbasic	Internet Applications	Revision
<b>Computer Activity</b>	* Design Web page from solved examples *Edit WebPages for given criteria	*Recall Qbasic command *Counters and Loops	*Drawing shapes in Qbasic *Creating Sound in Qbasic	Searching information on Internet on educational sites	
<b>Computer Exam Syllabus</b>		UT (II) HTML Basics			Annual Exam *HTML Basics *Loops and Graphics in Qbasic *Internet Application
<b>Electronics &amp; Robotics</b>	Extension Cord and House Wiring	Ohm's Law, function of fuse, Earth and short circuit breaker Replacement of burnt fuse and how to confirm the presence of Earth in a gadget	Understanding of House hold electrical things Assembling and dismantling of house hold electrical things	Repairing of house hold electrical things How to test and find the faults in electrical things Replacement of faulty parts and testing for ok.	Revision & Evaluation
<b>INSTRUMENTAL</b>	Folk Song	New Scale	Christmas carol	Patriotic Song	Revision &

<b>MUSIC</b>					<b><u>Syllabus for Annual Examination</u></b> Christmas carol Patriotic song
<b>MUSIC VOCAL</b>	Folk Song	Marching Song and Devotional Song	Christmas Carol	Patriotic Song	Revision and final Assessment Devotional Song
<b>WOOD CRAFT</b>	Carving models	Wall hanging and Kashmir hanging	Creative figure	Creative model and simple joints	Revision work and exams
<b>PAINTING</b>	DIWALI CARD MAKING	MADHUBANI PAINTING	FLOWER SHOW	BARTIK ON PAPER	REVISION & ANNUAL EXAM
<b>DANCE</b>	Folk dance practice continues. Preparation for Annual Day	Dance on sufi song	Folk dance (Rajasthan).	Dance on patriotic song.	Revision of dances and Annual examinations.
<b>PHYSICAL EDUCATION</b>	<b>BADMINTON</b> GRIP OF RACKET HOLDING SHOT THE SHUTTLE BODY BALANCING FOOTWORK	<b>ATHLETICS</b> START OF RACE BODY POSITION FINISHING THE RACE SKILL	<b>CRICKET</b> CUT SHOT COVER DRIVE SWEEP SHOT	<b>ATHLETICS</b> SKILL OF RACES LONG JUMP	<b>BASKET BALL</b> HOOK PASS PASSING THE BALL DRIBLE THE BALL
<b>YOGA</b>	PRAYER :-	PRAYER :- Vedic Mantras.	PRAYER :- Vedic Mantras.	PRAYER :- Vedic M SHATKARMA :-	PRAYER :- Vedic

	<p>Vedic Mantras.</p> <p>SHATKARMA :- Trataka.</p> <p>YOGIC SUKSHMA VYAYAMA :- Griva Shakti-vikasaka kriya 1,2,3 – A,B.</p> <p>ASANA :- Pranam asana , hasta-uttanasana, pada-hastasana, chakrasana, shavasana.</p> <p>PRANAYAMA :- Prana-aakarshan pranayama and deep breathing and prithvi mudra .</p> <p>MEDITATION :- Antarmauna and shanti: patha:</p> <p>YOGA STUDY :- Yoga in</p>	<p>SHATKARMA :- Water Neti and Sutra Neti.</p> <p>YOGIC SUKSHMA VYAYAMA :- Skand-tatha-bahumula shakti-vikasaka kriya.</p> <p>ASANA :- Asva-sanchalanasana , parvatasana , ashtanga-namaskar ,shavasana.</p> <p>PRANAYAMA :- Bharamri</p>	<p>SHATKARMA :- kunjla kriya and agnisara kriya, kapalbhati.</p> <p>YOGIC SUKSHMA VYAYAMA :- Bhujabandha shakti vikasaka kriya.-</p> <p>ASANA :- Bhujangasana , parvatasana, asva-sanchalanasana, shavasana.</p> <p>PRANAYAMA :- Ujjayi pranayama and deep breathing and maha mudra.</p> <p>MEDITATION :- Sthul dhyana and jyotidhyana &amp; shanti: patha:</p> <p>YOGA STUDY :- Yoga in Bhagavad Gita ( Lesson-4).</p>	<p>Practice of Nauli Chalan.antras Namaskar. YOGIC SUKSHMA VYAYAMA :- Kohini shakti-vikasaka and bhujavalli shakti-vikasaka kriya. ASANA :- Surya PRANAYAMA :- Ujjayi pranayama ( with kumbhaka ) and jalandhar bandh. MEDITATION :- (A) Kar chanting and Meditaion &amp; shanti: patha:</p>	<p>Mantras chanting. SHATKARMA :- Practice of Vama Nauli, Madhyama Nauli, Dakshin Nauli.</p> <p>YOGIC SUKSHMA VYAYAMA :- Purnabhujabandha shakti-vikasaka kriya.</p> <p>PRANAYAMA :- Bhastrika Pranayama and uddiyana bandha. MEDITATION :- ( U ) kar Medetation and chanting.</p> <p>YOGA STUDY :- Yoga in Bhagavad Gita ( Lesson-5)</p>
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	Bhagavad Gita ( Lesson-3).	pranayama ( with kumbhaka ) and yoga mudra.  MEDITATION :- OM Meditation and shanti: patha:  YOGIC STUDY – Yoga in Bhagavad Gita ( Lesson-4 )			
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