



ASHA MODERN INTERNATIONAL
SYLLABUS
SESSION – 2024-25
CLASS I

SUBJECT - ENGLISH

PRESCRIBED BOOKS-

1. Reflections (Acevision)
2. New Learner's Grammar and Composition (Oxford)

TERM I

(A) PERIODIC TEST-I

Literature

CH-1 The Lion and the Mouse

CH-2 Bruno the Dog

POEM

CH-3 One, Two, Three, Four, Five

GRAMMAR BOOK

L-1 Fun with Letters

L-2 Naming Words

L-3 One Many

L-4 Using A and An

NOTEBOOK WORK GRAMMAR

TOPIC - 1 Antonyms (10)

TOPIC - 2 Gender (10)

Writing : Write 5 sentences on Elephant

(B) SUBJECT ENRICHMENT ACTIVITY (SEA)

- **Speaking Assessment**
- **Art Integrated /Subject Integrated**

(C) NOTEBOOK SUBMISSION

HALF-YEARLY EXAMS

SECTION-A (READING)

Two unseen passages of 5 marks each will be asked. (In MCQ form)

SECTION-B (WRITING)

1. Write 5 sentences on any one topic (Choice will be given)
TOPIC – Elephant, Sun, Mango
2. Picture Composition (In fill up form) (No Choice will be given.)
Ball & Pencil (Topics other than these will be given in Exams)

SECTION-C (GRAMMAR)

L-1 Fun with Letters

L-2 Naming Words

40

10

05

10

05

05

15

<p>L-3 One Many L-4 Using A and An L-5 I, You, He, She, It L-6 Describing words GRAMMAR NOTEBOOK WORK</p> <ul style="list-style-type: none"> • Antonyms (10) • Synonyms (10) • Three Forms Of Verb (10) • Change the Gender (10) • One – Many (10) 	15
<p style="text-align: center;">SECTION-D (LITERATURE)</p> <p>CH-1 The Lion and the Mouse CH-2 Bruno the Dog CH-4 The Story of Rama CH-5 Mowgli Poem CH-3 One, Two, Three, Four, Five CH-6 Mice</p>	30
<p>ENGLISH READING, WRITING & DICTATION</p> <p>Reading, Cursive Writing & Dictation will be asked from Chapters-1,2,4,& 5 Reading Exam (10 marks) Dictation Exam (10 marks) Cursive Writing Exam (5 marks) Note: English Reading , Cursive Writing and Dictation Exam will be taken separately.</p>	25
<p style="text-align: center;"><u>TERM II</u></p> <p>(A) PERIODIC TEST-II</p> <p>Literature CH-7 The Story of the Coconut Tree CH-8 The Aeroplane POEM CH-9 The Wind GRAMMAR BOOK L-7 This, That, These, Those L-8 Action Words L-9 Is, Am, Are, Has & Have NOTEBOOK WORK GRAMMAR</p> <ul style="list-style-type: none"> • Antonyms (10) • Gender (10) <p>Writing : Write 5 sentences on ‘My Mother’</p>	40
<p>(B) SUBJECT ENRICHMENT ACTIVITY (SEA)</p> <ul style="list-style-type: none"> • Listening Assessment • Art Integrated /Subject Integrated 	10
<p>(C) NOTEBOOK SUBMISSION</p>	05

ANNUAL- EXAMS

SECTION-A (READING)

Two unseen passages of 5 marks each will be asked. (In MCQ form)

10

SECTION-B (WRITING)

1. Write 5 sentences on any one topic (Choice will be given)
TOPIC – My Mother, Tiger and Banana
2. Picture Composition (No Choice will be given.)
Lotus & Rabbit (Topics other than these will be given in Exams)

05

05

SECTION-C (GRAMMAR)

- L- 7 This, That, These, Those
- L- 8 Action Words
- L- 9 Is, Am, Are, Has & Have
- L- 10 In, On, Under, Near, Behind
- L- 11 Capital Letters

10

GRAMMAR NOTEBOOK WORK

- Antonyms (10)
- Synonyms (10)
- Three Forms Of Verb (10)+ 10 verb forms done in Term 1
- Change the Gender (10)
- One – Many (10)

15

SECTION-D (LITERATURE)

- CH-7 The Story of the Coconut Tree
- CH-8 The Aeroplane
- CH-10 The Fairy Party
- CH-11 Chacha Nehru

30

Poem-

- CH-9 The Wind
- CH-12 Left and Right

25

ENGLISH READING, WRITING & DICTATION

Reading, Cursive Writing & Dictation will be asked from Chapters-7, 8, 10, 11.

Reading Exam (10 marks)

Dictation Exam (10 marks)

Cursive Writing Exam (5 marks)

Note: English Reading, Cursive Writing and Dictation Exam will be taken separately.

DELETED PORTION

(a) Reflections (Acevision)

CH-13 Scene of a Forest

(b) Grammar Book

L-12 Comprehension

L-13 Composition

Common Errors

NOTE: References are for practice.

PAPER PATTERN AND MARKING SCHEME FOR PERIODIC TEST I & II

DETAILS	NO. OF QUES.	MARKS PER QUES	TOTAL
UNSEEN PASSAGE	4	1	4
WRITING TECHNIQUE	1	5	5
WORD MEANING MAKE SENTENCES (3 Out of 5)	3	2	6
QUES-ANS (4 Out of 6)	4	2	8
BACK EXERCISE (FROM REFLECTIONS)	-	-	6
GRAMMAR BOOK	-	-	06
GRAMMAR NOTE BOOK	-	-	05
TOTAL			40

MARKS DIVISION OF SECTION D FOR HALF-YEARLY & ANNUAL EXAMS

DETAILS	NO. OF QUES.	MARKS PER QUES	TOTAL
ONE SEEN EXTRACT	4	0.5	2
WORD MEANING & MAKE SENTENCES (4 Out of 6)	4	2	8
QUES-ANS (5 Out of 7)	5	2	10
BACK EXERCISE (FROM REFLECTIONS)	10	1	10
TOTAL			30

INSTRUCTIONS:

- 1) SEA Activities will be conducted in class. The marks of every SEA will be added in Term Assessment.
- 2) Prepare chapters thoroughly as any Objective Type Question may be asked.
- 3) Marks of notebook submission will be given on the basis of work completion, in cursive writing, neatness and covering of books & notebooks.
- 4) There will be a separate exam of English Dictation, Cursive Writing and Reading in both the Terms (1 reading passage will be from the Text book and 1 reading passage will be from some another book of same level.)
- 5) Syllabus of PA I will be asked in Half-Yearly Exams.
- 6) Syllabus of PA II will be asked in Annual Exams.
- 7) Syllabus of Term I (PA I and Half-yearly) will not be asked in Term 2 (PA 2 and Annual) Exams.
- 8) Only Three Forms of Verb done in Term I will be asked in Term II also.
- 9) Self framed questions will carry a weightage of at least of 10 marks.
- 10) Each Periodic Test will be of 40 marks.
Half-yearly Exams & Annual Exams will be of 80 marks.

SUBJECT - HINDI

प्रस्तावित पुस्तकें :-

- 1) दिव्य भारती - ऐवरग्रीन (भाग-1)
- 2) भाषा अधिगम एवम व्याकरण - प्राची पब्लिकेशन

TERM I

(A) PERIODIC TEST-I

हिन्दी साहित्य

- पाठ-1 प्रार्थना
- पाठ-2 केका
- पाठ-3 जन्मदिन

हिन्दी व्याकरण

1. विलोम शब्द
2. लिंग बदलो
3. दिए गए चित्र पर पांच वाक्य लिखो (लेखन भाग)
4. शब्द एवं वाक्य

(B) SUBJECT ENRICHMENT ACTIVITY (SEA) विषय संवर्धन गतिविधि

(C) NOTEBOOK SUBMISSION (उत्तर पुस्तिका)

HALF-YEARLY EXAMS

(A) हिन्दी साहित्य

1. सही मात्रा लगाकर शब्द पूरा करो (आ से रेफ, पदेन तक)
2. पाठ -1 प्रार्थना (कविता)
3. पाठ-2 केका
4. पाठ -3 जन्मदिन
5. पाठ-4 बच्चों का सप्ताह (कविता)
6. पाठ-5 सड़क पर कैसे चले ?

(B) हिन्दी व्याकरण

1. विलोम शब्द (1-10)
2. लिंग बदलो (1-10)
3. वचन बदलो (1-10)
4. दिनों के नाम
5. अनेक शब्दों के लिए एक शब्द (1-10)
6. गिनती (1-10)

40

10

05

40

40

04

04

04

04

04

04

- | | |
|--|----|
| 7. शब्द व वाक्य की परिभाषा | 03 |
| 8. द्वित्व व्यंजन | 04 |
| 9. दिए गए चित्र / विषय पर पांच वाक्य लिखो (लेखन भाग) | 05 |
| 10. अपठित गद्यांश (बहुविकल्पीय प्रश्न) | 04 |

(C) हिन्दी वाचन एवं श्रुतलेख परीक्षा

हिन्दी वाचन (10)

हिन्दी श्रुतलेख (15)

हिन्दी वाचन व श्रुतलेख पाठ 1,2, 3, 4, 5 से ली जाएगी ।

हिन्दी वाचन व श्रुतलेख परीक्षा अलग सेली जाएगी ।

25

TERM II

(A) PERIODIC TEST-II

40

हिन्दी साहित्य

पाठ-6 पेड़ हमारे साथी

पाठ -7 वर्षा-आई (कविता)

पाठ-8 बुरा न मानो होली है

हिन्दी व्याकरण

1. वचन बदलो
2. महीनों के नाम
3. संज्ञा
4. दिए गए विषय पर अनुच्छेद लिखो (लेखन भाग)

(B) SUBJECT ENRICHMENT ACTIVITY (SEA) विषय संवर्धन गतिविधि

10

(C) NOTEBOOK SUBMISSION (उत्तर पुस्तिका)

05

ANNUAL- EXAMS

(A) हिन्दी साहित्य

40

1. पाठ -6 पेड़ हमारे साथी
2. पाठ -7 वर्षा-आई (कविता)
3. पाठ -8 बुरा न मानो होली है
4. पाठ -9 डॉक्टर से बातचीत
5. पाठ -10 मुझे काम में लाओ
6. पाठ -11 जीवों पर दया करो

लघु उत्तरीय प्रश्न- उत्तर (5 में से 4)	4	1	4
दीर्घ उत्तरीय प्रश्न उत्तर (5 में से 4)	4	2	8
रिक्त स्थान	5	1	5
बहुविकल्पीय प्रश्न उत्तर	3	1	3
पुस्तक अभ्यास कार्य	4	1	4
व्याकरण एवं लेखन भाग			40
कुल अंक			80

निर्देश:

- 11) समस्त पाठ्यक्रम का भली-भांति अध्ययन करें क्योंकि प्रत्येक परीक्षा में 10 अंक में स्वनिर्मित प्रश्न पूछे जाएंगे 1
- 12) व्याकरण भाग से वार्षिक परीक्षा में लेखन भाग अर्द्धवार्षिक पाठ्यक्रम से भी शामिल किया किया जाएगा।
- 13) विषय संवर्धन गतिविधि **(SEA ACTIVITY)** कक्षा में ही कराई जाएगी तथा इसके अंक अर्द्धवार्षिक एवं वार्षिक परीक्षा में जोड़े जाएंगे 1
- 14) वाचन व श्रुतलेख की परीक्षा अर्द्धवार्षिक एवं वार्षिक परीक्षा में अलग से ली जाएगी 1

SUBJECT - MATHS

PRESCRIBED BOOK:- MATHS GENIUS!

BY: R.K GUPTA

TERM I

(A) PERIODIC TEST-I

CHAPTERS

Ch-1 Spatial Understanding

Ch-2 Numbers upto 20

Ch-3 Addition Sums 2 digits (Carry & without carry)

EXTRA TOPICS (From Notebook)

1. Write in Words (1 to 200)
2. Write in Figures (1 to 200)
3. After (Successor), Before (Predecessor) (1 to 700)
4. What comes between (1 to 700)
5. Ring the Smallest & the greatest number (1 to 700)
6. Put the sign (>, < or =) (1 to 700)
7. Tables 2 to 8
8. Ascending & Descending order (1 to 200)
9. Dodging Tables (2 to 8)
10. Expanded and Short form (1 to 200)

(B) SUBJECT ENRICHMENT ACTIVITY (SEA)

(C) NOTEBOOK SUBMISSION

40

10

05

HALF-YEARLY EXAMS

MATHS WRITTEN

80

CHAPTERS

- Ch-1 Spatial Understanding
- Ch-2 Numbers upto 20
- Ch-3 Addition Sums 2 digits (Carry & without carry)
- Ch-4 Subtraction Sums 2-digits (without borrow)
- Ch-5 Numbers 21 to 50
- Ch-6 Numbers upto 100
- Ch- 8 Shapes & Patterns

EXTRA TOPICS (From Notebook)

1. Write in Words & Figures (1 to 999)
2. After (Successor), Before (Predecessor) (1 to 999)
3. What comes between (1 to 999)
4. Ring the Smallest & the greatest number (1 to 999)
5. Put the sign (>, < or =) (1 to 999)
6. Tables 2 to 10
7. Ascending & Descending order (1 to 200)
8. Dodging Tables (2 to 10)
9. Expanded and Short form (1 to 999)

MATHS DICTATION

Dictation Upto 999

10

MATHS ORAL

- Tables 2 to 10
- No. Name 1-999
- Dodging Tables 2 to 10
- Flat Shapes with spellings

15

TERM II

(A) PERIODIC TEST-II

CHAPTERS

- Ch- 7 Addition Sums 2 or 3 digits (Carry & without carry) and subtraction sums of 2 or 3 digits (without borrow)
- Ch- 9 Multiplication
- Ch- 11 Time

40

EXTRA TOPICS (From Notebook)

1. Write in Words & Figures (upto 2000)
2. After (Successor), Before (Predecessor) (Upto 999)
3. What comes between (upto 999)
4. Ring the Smallest & the greatest number (1 to 2000)
5. Put the sign (>, < or =) (upto 2000)

6. Tables 2 to 12
7. Ascending & Descending order (upto 500)
8. Expanded and Short form (upto 2000)

(B) SUBJECT ENRICHMENT ACTIVITY (SEA)

10

(C) NOTEBOOK SUBMISSION

05

ANNUAL- EXAMS

MATHS WRITTEN

80

CHAPTERS

- Ch- 7 Addition Sums 2 or 3 digits (Carry & without carry) and subtraction sums of 2 or 3 digits (without borrow)
- Ch- 9 Multiplication
- Ch- 11 Time
- Ch- 12 Money
- Ch- 13 Data Handling
- Ch- 14 Introduction to Division

EXTRA TOPICS (From Notebook)

1. Write in Words & Figures (upto 9999)
2. After (Successor), Before (Predecessor) (Upto 1000)
3. What comes between (upto 1000)
4. Ring the Smallest & the greatest number (1 to 9999)
5. Put the sign (>, < or =) (upto 9999)
6. Tables 2 to 12
7. Ascending & Descending order (upto 500)
8. Expanded and Short form (upto 9999)

MATHS DICTATION

Dictation Upto 9999

10

MATHS ORAL

15

- Tables 2 to 12
- No. Name 1-9999
- What Comes After, Before, Between upto 1000
- Dodging Tables 2 to 12
- Days/ Months name with spellings

PAPER PATTERN AND MARKING SCHEME OF PERIODIC I & II

DETAILS	NO. OF QUES.	MARKS PER QUES	TOTAL
Very Short Questions	10	1	10
Short Questions Type - 1	5	2	10
Short Questions Type -2	4	3	12
Long Questions	2	4	8
TOTAL			40

PAPER PATTERN & MARKING SCHEME FOR HALF-YEARLY & ANNUAL EXAMS

DETAILS	NO. OF QUES.	MARKS PER QUES	TOTAL
Very Short Questions	20	1	20
Short Questions Type - 1	10	2	20
Short Questions Type -2	8	3	24
Long Questions	4	4	16
TOTAL			80

INSTRUCTIONS:-

1. One mark Questions comprise of MCQ, True/False, Fill ups and One word.
2. Paper setter may increase or decrease the weightage of the chapters by 1 or 2 marks.
3. In each Term questions of 10 marks may be out of book but from the Syllabus.
4. Oral and Dictation Assessment will be conducted in Half-Yearly Exam & Annual Exams.
5. Ch-10 Measurement will be taken in Term – 1 as Class Activity only.

SUBJECT – EVS

PRESCRIBED BOOK :- eENVIRONMENTAL STUDIES

BY :- RACHNA SAGAR

TERM - I

(A) PERIODIC TEST-I

1. Ch-3 Keeping Clean and Fit
2. Ch-4 The Food We Eat
3. Ch-5 The Clothes We Wear
4. Ch-6 Houses We Live in

(B) SUBJECT ENRICHMENT ACTIVITY (SEA)

(C) NOTEBOOK SUBMISSION

HALF-YEARLY EXAMS

1. Ch-3 Keeping Clean and Fit
2. Ch-4 The Food We Eat
3. Ch-5 The Clothes We Wear
4. Ch-6 Houses We Live in
5. Ch-9 Festivals We Celebrate
6. Ch-10 Our Neighbourhood
7. Ch-11 People Who help us

TERM – II

(A) PERIODIC TEST-II

1. Ch-12 The World of Plants
2. Ch-13 The World of Animals
3. Ch-14 Air
4. Ch-15 Water

40

10
05

80

40

(B) SUBJECT ENRICHMENT ACTIVITY (SEA)

(C) NOTEBOOK SUBMISSION

10

05

ANNUAL EXAMS

80

1. Ch-12 The World of Plants
2. Ch-13 The World of Animals
3. Ch-14 Air
4. Ch-15 Water
5. Ch-16 Transport
6. Ch-17 Safety Rules
7. Ch-18 The Sun , Moon and Stars

NOTE:

1. Ch-2 (Our body) and Ch-7 (My Family) will be covered under SEA.
2. **Deleted Chapters**
CH-1 My self
CH-8 My School

PAPER PATTERN AND MARKING SCHEME OF PERIODIC I & II

DETAILS	NO. OF QUES.	MARKS PER QUES	TOTAL
MCQs	5	1	5
Fill Ups	5	1	5
True False	5	1	5
Match	5	1	5
Very Short Questions	10	1	10
Short Questions	5	2	10
TOTAL			40

PAPER PATTERN & MARKING SCHEME FOR HALF-YEARLY & ANNUAL EXAMS

DETAILS	NO. OF QUES.	MARKS PER QUES	TOTAL
MCQs	10	1	10
FILL UPS	10	1	10
TRUE FALSE	5	1	5
MATCH	5	1	5
WHO AM I ?	5	1	5
V SHORT Q/ANS	10	1	10
SHORT Q/ANS	10	2	20
LABEL/ IDENTIFICATION	5	1	5
PROBLEM SOLVING(SELF MADE)	10	1	10
TOTAL			80

SUBJECT – COMPUTER

PRESCRIBED BOOK :- DIGICODE A1

BY :- ORANGE EDUCATION

HALF-YEARLY EXAMS

DIGITAL & CYBER LITERACY

- Ch-1 Computer a Smart Machine
- Ch-2 The Mouse and The Keyboard
- Ch-3 Introduction to Paint

50

ARTIFICIAL INTELLIGENCES

- Ch-7 What is AI?

ANNUAL- EXAMS

COMPUTATIONAL THINKING & CODING

- Ch-5 Google Blockly Games
- Ch-6 Introduction to Scratch Jr
- Ch-4 Reasoning and Critical Thinking

50

ARTIFICIAL INTELLIGENCE & ROBOTICS

- Ch-8 Intelligent Machines Around Us

NOTE:-Assessment will be done on the basis of Oral and Practical Exam during regular periods.

SUBJECT – G.K

PRESCRIBED BOOK :- KNOW FOR SURE (1)

BY :- INDIANNICA LEARNING

HALF-YEARLY EXAMS

PAGES- 1, 3, 5, 6, 7, 8, 9, 13, 14, 15, 16, 17, 18, 19, 20, 21, 24, 25, 26, 27, 30 (quick quiz only), 31 (quick quiz only), 32, Model test paper- 1 (Pg-68).

PICTURE BASED PAGES: 15, 17, 18, 19, 21, 27, 28 & 29.

SELF MADE QUESTIONS FROM PAGES: 28, 29 + General Questions.

REASONING QUESTIONS (based on the concepts taught in the class) – Pattern

DELETED PAGES: 2, 4, 10, 11, 12, 22, 23.

40

SUBJECT ENRICHMENT ACTIVITY (SEA)

10

ANNUAL EXAMS

PAGES – 34, 36, 37, 40, 44, 48, 52, 56, 57, 58, 59, 60, 62, 63, 64, 65, 66, 67, Model test paper- 2 (Pg-69).

PICTURE BASED PAGES:- 44, 45, 46, 47, 55, 58, 59, 62, 64 & 65.

SELF MADE QUESTIONS FROM PAGES: - 46 + General Questions.

REASONING QUESTIONS (based on the concepts taught in the class) – Series

DELETED PAGES: 33, 35, 38, 39, 41, 42, 43, 49, 50, 51, 53, 54 & 61.

SUBJECT ENRICHMENT ACTIVITY (SEA)

PAPER PATTERN & MARKING SCHEME FOR HALF-YEARLY & ANNUAL EXAMS

DETAILS	NO. OF QUES.	MARKS PER QUES	TOTAL
FILL UPS	8	1	8
ONE WORD	8	1	8
MATCH THE FOLLOWING	8	0.5	4
MCQs	10	0.5	5
REASONING	6	1	6
PICTURE BASED	5	1	5
TRUE FALSE	8	0.5	4
TOTAL			40

INSTRUCTIONS:

1. Picture based questions will be asked only from the pages mentioned in the syllabus. However some other questions may also asked from these pages.
2. Reasoning questions will be based on the concepts taught in the class but different from those questions which are discussed in the class.
3. Self-made questions and general questions will be asked from those given in the notebook.

40

10

SUBJECT – ART

PRESCRIBED BOOK :- Made Easy Art Workplace-1

By: Amazing Books

<u>TERM I</u>	<u>TERM II</u>
<u>HALF-YEARLY EXAMS</u>	<u>ANNUAL- EXAM</u>
(A) Colour Book Page No. 3 to 26 (10)	(A) Colour Book Page No. 27 to 48 (10)
(B) Draw & Colour (40)	(B) Draw & Colour (40)
TOPICS 1. Rocket 2. Fish 3. Hut 4. Aeroplane 5. Candle 6. Cake	TOPICS 1. Duck 2. Tree 3. Tomato 4. Flower 5. Cat 6. Teddy

GENERAL INSTRUCTIONS :-

1. Use only Crayons colour for Colouring and Sketch pen for outline.
2. There will be on the spot Exam in Half-yearly & Annual Exams.
3. Two Colouring topics will be asked in Half-yearly & Annual Exams.

SUBJECT – MUSIC

PART-I

TERM-I

HINDI PRAYER

- Namokar Mantra
- Tu Hi Ram Hai

ENGLISH PRAYER

- Like a Sunflower

NATIONAL ANTHEM

- Jana Gana Mana

TERM-II

HINDI PRAYER

- Gayatri Mantra

ENGLISH PRAYER

- I have came to thee

NATIONAL SONG

- Vande Mataram

SCHOOL ANTHEM

- To The North Eastern Side of Saharanpur

PART II

Instrument – a) Keyboard b) Congo
c) Guitar d) Drum Set
e) Percussions f) Tabla
g) D-Jembe h) Cojon

NOTE:

- 1) The student will be asked to sing any one item from Part-I.
- 2) The student will be asked to play any one instrument or to tell about the instrument from Part-II.
- 3) Assessment will be on a 3 point grading scale (A to C)

SUBJECT – HEALTH: PHYSICAL EDUCATION

TERM-I

1. Attention and Stand at ease
2. Obstacle Race & Circle Race
3. Ball Pick up & Drop Race
4. P.T. Exercises (1 to 5)
5. Races: Hulla Hoop Race, Shuttle Run & Fun Relay Race

TERM-II

1. Hula Hoop Games
2. Dribbling of Ball (Basket Ball)
3. P.T Exercise (6 to 10)
4. Aerobics Exercise (5)
5. Races: Crab Race, Hurdle Race, Obstacle Race, Circle Race, Fun Relay Race, Ball Pick and Drop Race.

SUBJECT – YOGA

TERM-I

गुरु वंदना

अखंडानन्द बोधाय शिष्य संताप हारिणे
सच्चिदानन्द ज्ञानाय तस्मै श्री गुरुवे नमः

स्थिरता एकाग्रता एवं मानसिक स्वास्थ्य

- ॐ कार
- माँ का ध्यान
- भ्रामरी
- सुखासन

शारीरिक स्वास्थ्य एवं आसन

1. स्कन्द संचालन
2. कटि चक्रासन
3. ताडासन
4. कोणासन
5. उत्कटासन
6. तपासन- वृक्षासन
7. तितली आसन
8. चक्की चालन
9. पश्चिमोत्तानासन
10. आकर्ण धनुरासन
11. चक्रासन

TERM-II

स्थिरता एकाग्रता एवं मानसिक स्वास्थ्य

- ॐ कार
- माँ का ध्यान
- भ्रामरी
- सुखासन

शारीरिक स्वास्थ्य एवं आसन-

- वज्रासन
- उष्ट्रासन
- पदमासन
- धनुरासन
- पूर्ण भुजंगासन