



ASHA MODERN INTERNATIONAL
SYLLABUS
SESSION – 2024-25
CLASS II

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 Ass and the Grasshopper
CH-3 The Story of Jesus

POEM

- CH-2 The fly

GRAMMAR BOOK

- L-1 Naming words and Nouns
L-2 Singular and Plural
L-4 A, An, The
L-5 Pronouns

NOTEBOOK WORK GRAMMAR

- Antonyms (10)
- Change the Gender (10)

Writing : Write 5 sentences on Lotus

(B) SUBJECT ENRICHMENT ACTIVITY (SEA)

- Speaking Assessment
- Art Integrated /Subject Integrated Activity

(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 – Lotus, Kiwi, My Teacher
2. Picture Composition (In fill up form) (No Choice will be given.)
Policeman & Dolphin (Topics other than these will be given in Exams)

SECTION-C (GRAMMAR)

- L-1 Naming words and Nouns
L-2 Singular and Plural
L-4 A, An, The

40

10

05

80

10

05

05

15

<p>L-5 Pronouns L-6 Describing Words are Adjectives L-7 Action Words and Verbs 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 Ass and the Grasshopper CH-3 The Story of Jesus CH-4 Heidi CH-6 The Three Little Pigs</p> <p>Poem- CH-2 The Fly CH-8 The Vulture</p>	30
<p style="text-align: center;">ENGLISH READING WRITING & DICTATION</p> <p>Reading, Cursive Writing & Dictation will be asked from Chapters-1, 3, 4 & 6 Reading Exam (10 marks) Dictation Exam (10 marks) Cursive Writing Exam (5 marks)</p>	25
<p>Note: English Reading , Cursive Writing and Dictation Exam will be taken separately.</p>	
<p><u>TERM II</u></p>	
<p>(A)PERIODIC TEST-II</p> <p>Literature CH-9 Real Brotherly Love CH-10 The Pied Piper of Hamelin</p> <p>POEM CH-11 The Moon</p> <p>GRAMMAR BOOK L-8 Verbs: Present and Past L-9 Is, Am, Are, Has, Have, Had, Was, Were</p> <p>NOTEBOOK WORK GRAMMAR</p> <ul style="list-style-type: none"> • Antonyms (10) • Change the Gender (10) <p>Writing : Write 5 sentences on ‘Peacock’</p>	40
<p>(B) SUBJECT ENRICHMENT ACTIVITY (SEA)</p> <ul style="list-style-type: none"> • Listening Assessment • Art Integrated /Subject Integrated Activity 	10
<p>(C) NOTEBOOK SUBMISSION</p>	05

ANNUAL- EXAMS

80

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**)

TOPICS – Peacock, Brinjal, Christmas

05

2. Picture Composition (**No Choice will be given.**)

Aeroplane and Clock (Topics other than these will be given in Exams)

05

SECTION-C (GRAMMAR)

L-8 Verbs: Present and Past

L-9 Is, Am, Are, Has, Have, Had, Was, Were

L-10 Verb + ing

L- 11 Prepositions

L-12 Sentences

L-13 Linking Words

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-9 Real Brotherly Love

CH-10 The Pied Piper of Hamelin

CH-12 The Story of Band-Aid

CH-13 Florence Nightingale

Poem-

CH-11 The Moon

CH-14 Someone

30

ENGLISH READING WRITING & DICTATION

Reading, Cursive Writing & Dictation will be asked from Chapters-9, 10, 12 & 13.

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.

25

DELETED PORTION

(a) Reflections (Acevision)

CH-5 Problem Solved (Poem)

CH- 7 My Dog and I

CH-15 A Play based on a Jataka Tale

(b) Grammar Book

L-3 Tina's Books

L-14 Comprehension

L-15 Composition

Common Errors

NOTE: Let's Remember 2, Let's Remember 3 and 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:

- SEA activities will be conducted in class. The marks of every SEA will be added in Term Assessment.
- Prepare chapters thoroughly as any Objective Type Question may be asked.
- Marks of notebook submission will be given on the basis of work completion, in cursive writing neatness and covering of books & notebooks.
- There will be a separate exam of English Dictation, Reading and Cursive writing 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.)
- Syllabus of PA I will be asked in Half-Yearly Exams.
- Syllabus of PA II will be asked in Annual Exams.
- Syllabus of Term I (PA I and Half-yearly) will not be asked in Term 2 (PA 2 and Annual) Exams.
- Each Periodic Test will be of 40 marks.
Half-yearly Exams will be of 80 marks.
Annual Exams will be of 80 marks.
- Self framed questions will carry a weightage of at least of 10 marks.

SUBJECT - HINDI

प्रस्तावित पुस्तकें :-

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

TERM I

(A) PERIODIC TEST-I

40

हिन्दी साहित्य

- 1) पाठ-1 सुबह सवेरे (कविता)
- 2) पाठ-2 खरगोश शार्पनर
- 3) पाठ 3 रक्षा बंधन

हिन्दी व्याकरण

- लिंग परिवर्तन
- वचन परिवर्तन
- शब्द व वाक्य
- दिए गए विषय पर अनुच्छेद लिखो (लेखन भाग)

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

10

(C) NOTEBOOK SUBMISSION (उत्तर पुस्तिका)

05

HALF-YEARLY EXAMS

(A) हिन्दी साहित्य

40

- 1) पाठ-1 सुबह सवेरे (कविता)
- 2) पाठ-2 खरगोश शार्पनर
- 3) पाठ-3 रक्षा बंधन
- 4) पाठ-4 चलो पिकनिक को (कविता)
- 5) पाठ-5 गुब्बारे वाला
- 6) पाठ-6 शाबाश खुशी
- 7) पाठ-8 बीरबल की खिचड़ी

(B) हिन्दी व्याकरण

40

- 1) लिंग परिवर्तन (1-15) शब्दों में
- 2) वचन परिवर्तन (1-15) शब्दों में
- 3) विलोम (1-15) शब्दों में
- 4) गिनती (21-30)
- 5) संज्ञा एवं भेद

04

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6) अनेक शब्दों के लिए एक शब्द (1-10)	04
7) शब्द व वाक्य	03
8) अनुच्छेद (लेखन भाग)	04
9) कहानी (संकेत बिंदु के आधार पर कहानी पूरी करो।) (लेखन भाग)	05
10) अपठित गद्यांश (बहुविकल्पीय रूप में)	04
(C) हिन्दी वाचन व श्रुतलेख परीक्षा	25
हिन्दी वाचन	10
हिन्दी श्रुतलेख	15
हिन्दी वाचन व श्रुतलेख पाठ 1,2,3,4,5,6,8 से ली जाएगी ।	
हिन्दी वाचन व श्रुतलेख परीक्षा अलग से ली जाएगी ।	
<u>TERM II</u>	
(A) PERIODIC TEST-II	40
हिन्दी साहित्य	
पाठ -9 चंदा मामा (कविता)	
पाठ -10 वर्षा	
पाठ - 11 बादल और किसान	
हिन्दी व्याकरण	
• भाषा	
• मुहावरे	
• विलोम शब्द	
• पत्र (लेखन भाग) (औपचारिक पत्र)	
(B) SUBJECT ENRICHMENT ACTIVITY (SEA) विषय संवर्धन गतिविधि	10
(C) NOTEBOOK SUBMISSION (उत्तर पुस्तिका)	05
<u>ANNUAL- EXAMS</u>	
(A) हिन्दी साहित्य	40
1) पाठ -9 चंदा मामा (कविता)	
2) पाठ-10 वर्षा	
3) पाठ-11 बादल और किसान	
4) पाठ-12 ईश्वरचंद्र विद्यासागर	
5) पाठ-13 सीखें (कविता)	
6) पाठ-14 अपनों की चोट	
7) पाठ-15 हमारा राष्ट्रीय पक्षी मोर	

(B) हिन्दी व्याकरण

- 1) लिंग परिवर्तन (16-30) शब्दों में
- 2) वचन परिवर्तन (16-30) शब्दों में
- 3) विलोम शब्द (16-30) शब्दों में
- 4) गिनती (31-40)
- 5) सर्वनाम एवं भेद
- 6) मुहावरे (1-10)
- 7) भाषा
- 8) अनुच्छेद (लेखन भाग)
- 9) पत्र (प्रार्थना पत्र) (लेखन भाग)
- 10) अपठित गद्यांश (बहुविकल्पीय प्रश्न)

(C) हिन्दी वाचन व श्रुतलेख परीक्षा

हिन्दी वाचन

हिन्दी श्रुतलेख

हिन्दी वाचन व श्रुतलेख पाठ 9,10,11,12,13,14,15 से ली जाएगी ।

हिन्दी वाचन व श्रुतलेख परीक्षा अलग से ली जाएगी ।

PAPER PATTERN AND MARKING SCHEME OF PERIODIC I & II

DETAILS	NO. OF QUES.	MARKS PER QUES	TOTAL
शब्दार्थ एवं वाक्य प्रयोग	3	2	6
लघु उत्तरीय प्रश्न- उत्तर	4	1	4
दीर्घ उत्तरीय प्रश्न उत्तर	3	2	6
रिक्त स्थान	4	0.5	2
किसने किससे कहा	2	1	2
गद्यांश प्रश्न- उत्तर	4	1	4
व्याकरण			12
लेखन भाग			4
कुल अंक			40

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

DETAILS	NO. OF QUES.	MARKS PER QUES	TOTAL
गद्यांश पर आधारित प्रश्नोत्तर	4	1	4
पद्यांश पर आधारित प्रश्नोत्तर	4	1	4
शब्दार्थ एवं वाक्य प्रयोग (5 में से 4)	4	2	8

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

निर्देश:

- समस्त पाठ्यक्रम का भली-भांति अध्ययन करें क्योंकि प्रत्येक परीक्षा में 10 अंक में स्वनिर्मित प्रश्न पूछे जाएंगे 1
- व्याकरण भाग से वार्षिक परीक्षा में लेखन भाग अर्द्धवार्षिक पाठ्यक्रम से भी शामिल किया जाएगा।
- विषय संवर्धन गतिविधि (**SEA ACTIVITY**) कक्षा में ही कराई जाएगी तथा इसके अंक अर्द्धवार्षिक एवं वार्षिक परीक्षा में जोड़े जाएंगे 1
- 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 Number upto 999

Ch-2 Addition

Ch-3 Subtraction

(B) SUBJECT ENRICHMENT ACTIVITY (SEA)

(C) NOTEBOOK SUBMISSION

HALF-YEARLY EXAMS

MATHS WRITTEN

CHAPTERS

Ch- 1 Number upto 999

Ch- 2 Addition

Ch- 3 Subtraction

Ch- 5 Multiplication

Ch- 8 Shapes & Patterns

Ch-10 Time

40

16

12

12

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13

MATHS DICTATION

- Dictation Upto 99,999

10**MATHS ORAL**

- Tables 2 to 13
- No. Name upto 99,999
- What Comes After, Before & Between upto 9,999
- Dodging Tables 2 to 13

15**TERM II****(A) PERIODIC TEST-II****CHAPTERS**

Ch- 4 Addition and Subtraction

Ch- 6 Division

Ch- 11 Money

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(B) SUBJECT ENRICHMENT ACTIVITY (SEA)**(C) NOTEBOOK SUBMISSION****10****05****ANNUAL- EXAMS****80****CHAPTERS**

Ch- 4 Addition and Subtraction

Ch- 6 Division

Ch- 7 Fraction

Ch- 9 Measurement

Ch- 11 Money

Ch- 12 Data Handling

Ch-1 Number upto 999 (**From Half-Yearly**)

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13

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MATHS DICTATION

- Dictation Upto 9,99,999

10**MATHS ORAL**

- Tables 2 to 15
- No. Name 99,999
- What Comes After, Before, Between upto 9999
- Dodging Tables 2 to 15

15**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:-

- One mark Questions comprise of MCQ, True/False, Fill ups and One word.
- Paper setter may increase or decrease the weightage of the chapters by 1 or 2 marks.
- In each Term questions of 10 marks may be out of book but from the Syllabus.
- Oral and Dictation Assessment will be conducted in Half-Yearly and Annual Exams.

SUBJECT – EVS

PRESCRIBED BOOK :- e-ENVIRONMENTAL STUDIES

BY :- RACHNA SAGAR

TERM - I

(A) PERIODIC TEST-I

- Ch-2 Growing Up
- Ch-3 Organs of Our Body
- Ch-4 Food for Health

(B) SUBJECT ENRICHMENT ACTIVITY (SEA)

(C) NOTEBOOK SUBMISSION

HALF-YEARLY EXAMS

CHAPTERS

- Ch-2 Growing Up
- Ch-3 Organs of Our Body
- Ch-4 Food for Health
- Ch-5 The Clothes We Wear
- Ch-6 House
- Ch- 7 Places in our Neighbourhood
- Ch-9 Festivals

TERM – II

(A) PERIODIC TEST-II

- Ch-10 Our Earth
- Ch-11 Weather and Seasons
- Ch-12 Air and Water

40

10
05

80

40

(B) SUBJECT ENRICHMENT ACTIVITY (SEA)
(C) NOTEBOOK SUBMISSION

ANNUAL EXAMS

CHAPTERS

Ch-10 Our Earth
 Ch-11 Weather and Seasons
 Ch-12 Air and Water
 Ch-13 Plants Around us
 Ch-14 Animals Around Us
 Ch-15 Transport and Communication
 Ch-16 Safety for All

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 OUT OF 11)	10	2	20
LABEL/ INDENTIFICATION	5	1	5
PROBLEM SOLVING(SELF MADE)	10	1	10
TOTAL			80

NOTE:

- Ch-8 (People and their work) will be covered under SEA.
- CH-1 is for Class Activity only.

SUBJECT – COMPUTER

PRESCRIBED BOOK :- DIGICODE AI

BY :- ORANGE EDUCATION

HALF-YEARLY EXAMS

50

DIGITAL & CYBER LITERACY

Ch-1 Working of a Computer

Ch-2 More on Paint

Ch-3 Introduction to word 2016

ARTIFICIAL INTELLIGENCES & ROBOTICS

Ch-7 AI Machines Around Us

ANNUAL- EXAMS

50

COMPUTATIONAL THINKING & CODING

Ch-5 More on Google Blockly Games

Ch-6 More on Scratch Jr

Ch-4 Reasoning and Analysis

ARTIFICIAL INTELLIGENCES & ROBOTICS

Ch-8 AI in Games and Movies

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

SUBJECT – G.K

PRESCRIBED BOOK :- KNOW FOR SURE (2)

BY :- INDIANNICA LEARNING

HALF-YEARLY EXAMS

40

PAGES- 1, 4, 5, 6, 7, 8, 9, 10, 14, 15, 18, 20, 21, 23, 24, 25, 29 (quick quiz only), 30, 31, 33, 35, Model test paper- 1 (Pg-69).

PICTURE BASED PAGES: 2, 3, 8, 9 & 23.

SELF MADE QUESTIONS FROM PAGES: 2, 3, 12, 13 + General Questions.

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

DELETED PAGES: 11, 16, 17, 19, 22, 26, 27, 28, 32 & 34.

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SUBJECT ENRICHMENT ACTIVITY (SEA)

ANNUAL EXAMS

40

PAGES – 36, 37, 39, 41, 44, 45, 47, 50, 51, 55, 58, 59, 62, 63, 64, 65, 66, 67, Model test paper- 2 (Pg-70).

PICTURE BASED PAGES:- 43, 46, 52, 53, 61, 62, 64 & 66.

SELF MADE QUESTIONS FROM PAGES: -36, 37, 52, 53 + General Questions.

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

DELETED PAGES: 38, 40, 42, 48, 49, 54, 56, 57, 60 & 68.

SUBJECT ENRICHMENT ACTIVITY (SEA)

10

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.

SUBJECT – ART

PRESCRIBED BOOK :- Made Easy Art Workplace-2

By: Amazing Books

<u>TERM I</u>	<u>TERM II</u>
<u>HALF-YEARLY EXAMS</u>	<u>ANNUAL- EXAMS</u>
(A) Colour Book Page No. 3 to 26 (10)	(A) Colour Book Page No. 27 to 48 (10)
(B) Draw & Colour (40) Topics 1. Snow man 2. Fish 3. Duck 4. Ship 5. Ice-cream 6. Grapes	(B) Draw & Colour (40) Topics 1. Scenary 2. Tree 3. Train 4. Pumpkin 5. Flower 6. Brinjal

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 come 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: 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

NOTE: The student will be assessed practically on a Three point grading scale 'A to C'.

SUBJECT – YOGA

TERM-I

गुरु वंदना

अखंडानन्द बोधाय शिष्य संताप हारिणे
सच्चिदानंद ज्ञानाय तस्मै श्री गुरुवे नमः

स्थिरता एकाग्रता एवं मानसिक स्वास्थ्य

- ॐ कार
- माँ का ध्यान
- भ्रामरी
- सुखासन

शारीरिक स्वास्थ्य एवं आसन

- स्कन्द संचालन
- कटि चक्रासन
- ताडासन
- कोणासन
- उत्कटासन
- तपासन- वृक्षासन
- तितली आसन
- चक्की चालन
- पश्चिमोत्तानासन
- आकर्ण धनुरासन

TERM-II

स्थिरता एकाग्रता एवं मानसिक स्वास्थ्य

- ॐ कार
- माँ का ध्यान
- भ्रामरी
- सुखासन

शारीरिक स्वास्थ्य एवं आसन

- वज्रासन
- उष्ट्रासन
- पदमासन
- धनुरासन
- पूर्ण भुजंगासन
- चक्रासन