

Name: Ms. JOBY
Grade: V TO X

Month	Skill	Objectives & Specifications	Evaluation
JUNE	NADISUDHI PRANAYAMA SURYA NAMASKAR	IMPROVES LUNG FUNCTION AND CONCENTRATION, FLEXIBILITY, STRENGTHENS THE ENTIRE BODY, BALANCES ALL SYSTEMICS AND THEIR FUNCTIONS	OBSERVATION
JULY	ARDHA CHAKRASANA ARDHA KATI CHAKRASANA VIRABHADRASANA 1,2,3 PASCHIMOTANASANA	STRENGTHENS SPINE AND LEGS, FLEXIBILITY, BALANCING, CONCENTRATION, MASSAGES THE ABDOMINAL ORGAN	OBSERVATION & ASSESSMENT-I
AUGUST	USHTRASANA VAKRASANA VAJRASANA BHUJANGASANA MAKARASANA SETHUBENDASANA	IMPROVES BLOOD CIRCULATION, REDUCES ABDOMINAL FAT, STRENGTHENS THE BACK, GIVES FLEXIBILITY TO HIP, SHOULDERS AND NECK	OBSERVATION
SEPTEMBER	DHANURASANA SALABHASANA PAVANA MUKTHASANA TRIKONASANA	STRENGTHENS THE BACK AND LEGS, IMPROVES BLOOD CIRCULATION, GOOD FOR DIGESTION, REDUCES BELLY FAT	OBSERVATION & ASSESSMENT-II

Month	Skill	Objectives & Specifications	Evaluation
OCTOBER	VRIKSHASANA PARIVRUTA TRIKONASANA NATARAJASANA JANU SIRSHASANA ARDHA MATSYENDRASANA	BALANCING, FLEXIBILITY TO BACK BONES, MASSAGES ABDOMEN, REDUCES BELLY FAT, IMPROVES CONCENTRATION, VRIKSHASANA HELPS TO INCREASE HEIGHT IN CHILDREN	OBSERVATION
NOVEMBER	MATSYASANA PARVATASANA PARSVA KONASANA PARIVRUTA PARSVA KONASANA	GOOD FOR THYROID, STRENGTHENS THE BACK, LEGS, STRETCHES THE THIGH MUSCLES AND BACK MUSCLES	OBSERVATION & ASSESSMENT-III
DECEMBER	PADAHASTASANA URDHA MUGHA SVANASANA VAJRASANA SUPTA VAJRASANA PAVANA MUKTHASANA VARIATIONS	STRENGTHENS THE SHOULDERS, IMPROVES BLOOD CIRCULATION, DIGESTION, FLEXIBILITY TO THE BACK BONE	OBSERVATION
JANUARY	HALASANA ARDHA SIRSHASANA HAMSASANA CHAKRASANA	IMPROVES BLOOD CIRCULATION, FLEXIBILITY TO THE BACK, STRENGTHEN THE BACK, LEGS AND HANDS	OBSERVATION & ASSESSMENT-IV

Principal

Academic Head

P.D