



FORTNIGHTLY SYLLABUS PLANNING (2025-26)

CLASS XII

SUBJECT- YOGA (841)

New Session begins on 3 rd March 2025					
S.no.	Duration	No. of Teaching Days	Theory	Practical/ Activity	Weightage in Board
1	1 st March – 15 th March	9	Part B Unit 1 Ch 1,2		
2	16 th March-31 st March	11	Part B Unit 1 Ch 2,3		
3	1 st April-15 th April	10	Part B Unit 1 Ch 3,4		
4	16 th April- 30 th April	10	Part A Ch 1,2		
Unit Test: 28 th April – 9 th May 25					
5	1 st May- 15 th May	10	Part A Ch 2,3		
6	16 th May – 31 st May	6	Part A Ch 4,5		
Summer Vacations: 26 th May – 30 th June 25					
7	1 st July- 15 th July	11	Part B Unit 2 Ch 1,2		
Periodic Test-1: 11 th July – 23 rd July 25					
8	16 th July-31 st July	12	Part B Unit 2 Ch 3,4		
9	1 st Aug- 15 th Aug	10	Part B Unit 2 Ch 4,5		
10	16 th Aug- 31 st Aug	10	Part B Unit 2 Ch 6		
Syllabus Completion for Mid Term Examination: 29 th Aug 2025					
Practicals for Mid Term Examination: 8 th Sept – 12 th Sept 25					
11	1 st Sept-15 th Sept	9	REVISION		
Mid Term Examination - 15 th Sept- 26 th Sept 25					
Autumn Break- 30 Sept – 2 nd Oct 25					
12	1 st Oct- 15 th Oct	8	Part B Unit 3 Ch 1, 2		
13	16 th Oct-31 st Oct	8	Part B Unit 3 Ch 3, 4		
Syllabus Completion for Board Examination– 31 st Oct 25					
14	1 st Nov -15 th Nov	3	REVISION		
Diwali Break : 20 th Oct - 23 rd Oct 25					
Preboard 1 Examination: 7 th Nov – 17 th Nov 25					
15	16 th Nov-30 th Nov	9	REVISION		
Pre Board 2 Practicals: 1 st Dec – 5 th Dec 25					
Pre Board - 2 Examination: 8 th Dec – 19 th Dec 25					
Winter Break- 29 th Dec - 9 th Jan 26					

TOTAL TEACHING DAYS: 136

SYLLABUS FOR ASSESSMENT

Exam	Test Date	Syllabus
UNIT TEST		Part B Ch- 1,2,3
PERIODIC TEST1		Part A Ch 1-5, Part B Unit 1 (Ch 1-4) Unit 2 (Ch 1-3)
MID TERM EXAMINATION		Part A Ch-1,2 part B Unit 1(Ch1-4), Unit 2(Ch 1-3)
PRE BOARD 1 EXAMINATION		Full syllabus
PRE BOARD 2 EXAMINATION		Full syllabus