



# FORTNIGHTLY SYLLABUS PLANNING (2025-26)

## CLASS XI

### SUBJECT- YOGA (841)

New Session begins on 15 <sup>th</sup> April 2025				
S.no.	Duration	No. of Teaching Days	Theory	Practical/ Activity
1	15 <sup>th</sup> April- 30 <sup>th</sup> April	11	Part B Unit 1 Ch 1&2	
2	1 <sup>st</sup> May- 15 <sup>th</sup> May	10	Part B Unit 1 Ch 3,4,5	
3	16 <sup>th</sup> May-31 <sup>st</sup> May	6	Part A Ch 1,2	
Summer Vacations:26 <sup>th</sup> May – 30 <sup>th</sup> June25				
4	1 <sup>st</sup> July- 15 <sup>th</sup> July	11	Part A Ch 2,3	
Periodic Test-1: 11 <sup>th</sup> July – 23 <sup>rd</sup> July 25				
5	16 <sup>th</sup> July-31 <sup>st</sup> July	12	Part B Unit 2 Ch 1,2	
6	1 <sup>st</sup> Aug- 15 <sup>th</sup> Aug	10	Part B Unit 2 Ch 3	
7	16 <sup>th</sup> Aug- 31 <sup>st</sup> Aug	10	Part A Ch 3, Part B Unit 2 Ch 4	
Syllabus Completion for Mid Term Examinations: 29 <sup>th</sup> Aug 2025				
Practicals for Mid Term Examinations: 8 <sup>th</sup> Sept – 12 <sup>th</sup> Sept 25				
8	1 <sup>st</sup> Sept-15 <sup>th</sup> Sept	9	REVISION	
Mid Term Examination - 15 <sup>th</sup> Sept- 26 <sup>th</sup> Sept 25				
Autumn Break- 30 <sup>th</sup> Sept–2 <sup>nd</sup> Oct 25				
9	1 <sup>st</sup> Oct- 15 <sup>th</sup> Oct	8	Part B Unit 3 Ch 1	
10	16 <sup>th</sup> Oct-31 <sup>st</sup> Oct	8	Part B Unit 3 Ch 2	
Diwali Break : 20 <sup>th</sup> Oct - 23 <sup>rd</sup> Oct 25				
11	1 <sup>st</sup> Nov -15 <sup>th</sup> Nov	9	Part B Unit 3 Ch 3	
12	16 <sup>th</sup> Nov-30 <sup>th</sup> Nov	10	Part B Unit 3 Ch 4	
Annual Day: 29 <sup>th</sup> Nov 25				
13	1 <sup>st</sup> Dec- 15 <sup>th</sup> Dec	11	Part B Unit 3 Ch 5	
Periodic Test-2: 8 <sup>th</sup> Dec – 19 <sup>th</sup> Dec 25				
14	16 <sup>th</sup> Dec-31 <sup>st</sup> Dec	8	Part B Unit 3 Ch 6	
Winter Break- 29 <sup>th</sup> Dec - 9 <sup>th</sup> Jan26				
15	1 <sup>st</sup> Jan -15 <sup>th</sup> Jan	4	Part A Ch 4	
16	15 <sup>th</sup> Jan- 31 <sup>st</sup> Jan	11	Part A Ch 5	
Syllabus Completion for Annual Examination :30 <sup>th</sup> Jan 26				
17	1 <sup>st</sup> Feb -6 <sup>th</sup> Feb	5	REVISION	
Practicals for Annual Examination: 2 <sup>nd</sup> Feb – 6 <sup>th</sup> Feb 26				
Annual Exam begins: 9 <sup>th</sup> Feb26				

**TOTAL TEACHING DAYS: 153**

### SYLLABUS FOR ASSESSMENT

Exam	Test Date	Syllabus
PERIODIC TEST1		Part B Unit 1 Ch 1-3
MID TERM EXAMINATION		Part A Ch 1-3, Part B Unit 1, Ch 1-5, Unit 2 Ch 1,2
PERIODIC TEST2		Part B Unit 2 Ch 3& 4, Unit Ch 1,2
ANNUAL EXAMINATION		Full syllabus