CLASS – IV SYLLABUS (2025-26)			
	ENGLISH		
CONTENT	TO BE COVERED	SKILL ENHANCEMENT	LEARNING OUTCOMES
		APRIL – MAY	
COURSE BOOK	L – 1 Foreign Lands (Poem) L – 2 Rama in Exile L – 3 The Lake Isle of Innisfree (Poem) L – 4 A Tiger In The House	<ul> <li>Speaking some lines on the topic – 'Forgiveness is a virtue'.</li> <li>Reciting a poem about nature.</li> </ul>	<ul> <li>Learners will be able to:</li> <li>Read aloud a text with proper pause and pronunciation.</li> <li>Know about an epic.</li> <li>Learn and recite a poem with intonation and pause.</li> <li>Know about a story based on fantasy.</li> <li>Enhance their vocabulary.</li> </ul>
LITERATURE	L–1 Woody L–2 The Crowded Home	<ul> <li>Draw and colour the picture of–'Woody the toy wagon'.</li> </ul>	<ul> <li>Enhance their vocabulary.</li> <li>Know about the wise and witty Mulla Nasreddin.</li> <li>Understand the value of a true friend.</li> </ul>
GRAMMAR	<ul> <li>Nouns–Kinds</li> <li>Nouns– Numbers</li> <li>Nouns– Genders</li> <li>Articles</li> <li>Unseen Passage</li> </ul>	<ul> <li>Making a chart showing the Kinds of Nouns.</li> </ul>	<ul> <li>Know about the kinds of nouns.</li> <li>Identify the singular and plural nouns.</li> <li>Know about the opposite genders of some noun words.</li> <li>Know about the use of an articles.</li> </ul>
WRITING SKILLS	<ul> <li>Paragraph Writing</li> </ul>	<ul> <li>Writing a paragraph on the topic– 'Books Are Our Best Friends.</li> </ul>	<ul> <li>Know more about how to write a Paragraph independently.</li> </ul>

		JULY	
COURSE BOOK	L – 5 How Prithviraj Chauhan Won His Bride L – 6 You Are Old Father William (Poem)	<ul> <li>Talking about physical fitness and wellness.</li> <li>Look around your kitchen and make a list of things your mother commonly uses in her day to day cooking.</li> </ul>	<ul> <li>Learners will be able to:</li> <li>Know about the bravery and gallantry of Prithviraj Chauhan.</li> <li>Find the rhyming words from the stanzas of a poem.</li> <li>Read aloud a humorous</li> <li>Poetic verse.</li> </ul>
LITERATURE	L – 3 The Field Daisy (Poem) L – 4 The Policeman and the Strange Boots	<ul> <li>What natural things do you see in your neighbourhood? Make a list. Draw at least one of them.</li> </ul>	<ul> <li>Know some interesting facts about daisies.</li> <li>Learn about some poetic devices.</li> <li>Understand how to arrange the words in alphabetical order.</li> <li>Read a mysterious story.</li> </ul>
GRAMMAR	<ul> <li>Sentences (Pg No.12 to14)</li> <li>Verbs (Pg No.15 &amp; 16)</li> <li>Adjectives (Pg No.35–37)</li> <li>Comprehension (Pg No. 64 &amp; 65)</li> </ul>	<ul> <li>Drawing a noun word on A- 4 size sheet and writing some adjectives to describe it in creative ways.</li> </ul>	<ul> <li>Know the types of sentences.</li> <li>Understand the use of correct form of verbs.</li> <li>Explore more about the kinds of adjectives.</li> <li>Identifying the types of sentences.</li> </ul>
WRITING SKILLS	<ul> <li>Paragraph Writing</li> <li>Formal Letter</li> </ul>	<ul> <li>Writing a paragraph on the topic – 'Honesty is the Best Policy'.</li> <li>Writing an application to the Headmistress for leave seeking permission to attend a family function.</li> </ul>	<ul> <li>Know how to write formal letter.</li> <li>Know about the value of honesty.</li> </ul>

		AUGUST			
COURSE BOOK	L–7 Miss Rottenmeier Has A Hard Day L–8 The Land Of Story Books (Poem)	<ul> <li>Elocution–Importance of keeping pets.</li> <li>Drawing any activity contrasting the village life Vs City Life.</li> <li>Completing the dialogue of a conversation.</li> </ul>	<ul> <li>Learners will be able to:</li> <li>Contrasting the two characters of a story.</li> <li>Know some new words related to village life.</li> <li>Explore the exciting world of story books.</li> <li>Understand the importance of reading books.</li> </ul>		
LITERATURE	L–5 Messua Finds Mowgli	<ul> <li>Presenting a story written by Rudyard Kipling.</li> </ul>	<ul> <li>Learn some new words related with the jungle.</li> <li>Reading a text aloud.</li> <li>Know how to make sentences with given words.</li> <li>Know about animated stories.</li> <li>Fantasize about animals' behavior.</li> </ul>		
GRAMMAR	<ul> <li>Tenses(Present Tense) (Pg no.17 to 21)</li> <li>Pronoun (Pg no.28 to 31)</li> <li>Antonyms(Pg no.50 to 52)</li> </ul>	<ul> <li>Make a chart showing the rules of present Tense.</li> </ul>	<ul> <li>Know the rules of present tense.</li> <li>Identifying the kinds of pronouns.</li> <li>Learn the antonyms of some words.</li> </ul>		
WRITING SKILLS	Informal Letter	<ul> <li>Writing a letter to a friend for congratulating him/ her on his/her success in the examination.</li> </ul>	<ul> <li>Know the rules of notice writing.</li> </ul>		

	Notice Writing	Drafting a notice for	Understand the format
		school notice board -	and method of informal
		Drawing Competition	letter writing.
	SE	PTEMBER (REVISION)	
		हिंदी	
f	वेषय सामग्री	कौशल वृद्धि	शिक्षण उद्देश्य
		अप्रैल – मई	
	पाठ - 1 एक किरण	• पृष्ठ14 पर दिए गए चित्र को	• छात्रों को प्रकृति का महत्त्व
पाठ्य-पुस्तक	पाठ - २ जैसा सवाल, वैसा	देखकर रंगीन कागजों का	समझाना।
3	তবাৰ	एक कोलाज बनाइए।	<ul> <li>छात्रों में ईमानदारी, दूसरों के</li> </ul>
	पाठ - 3 ईमानदारी का फल	• अकबर और बीरबल की कोई	प्रति करुणा की भावना
	पाठ - ५ इनागदारा पंग पंग्ल		
		एक कहानी कक्षा में सुनाइए।	उत्पन्न करना ।
		• गमले में एक पौधा लगाएँ	<ul> <li>छात्रों में धैर्य रखने की बुद्धि</li> </ul>
		और उसकी देखभाल करें।	उत्पन्न करना ।
			• कविता का संस्वर वाचन
			करना।
	• श्रुतलेख	<ul> <li>भाषा और उनकी लिपियों को</li> </ul>	• छात्रों की लेखन क्षमता का
व्याकरण	• भाषा, व्याकरण एवं लिपि	प्रदर्शित करते हुए एक तालिका	विकास करना।
04147.01	• हमारी वर्णमाला	5	
		बनाइए।	<ul> <li>संज्ञा शब्दों को पहचानने की</li> </ul>
	• संज्ञा		की क्षमता बढ़ाना।
	• लिंग		<ul> <li>अपठित गद्यांश को पढ़कर</li> </ul>
	<ul> <li>अपठित गद्यांश</li> </ul>		समझना।
लेखन कौशल	• अनुच्छेद लेखन	• 'विद्यार्थी जीवन में समय की	• छात्रों में अनुच्छेद लेखन क्षमता
	• चित्रं वर्णन	उपयोगिता' विषय पर अनुच्छेद	का विकास करना।
		लिखिए।	
		• पार्क का एक सुन्दर चित्र	
		बनाइए और वर्णन कीजिये	

		जुलाई	
पाठ्य-पुस्तक	पाठ - 4 गुलाब और नागफनी पाठ – 5 इतना तो तुम रखो याद पाठ - 6 राधिका की डायरी - गर्मी की छुट्टियों के बाद !	<ul> <li>किसी का भी जीवन निरर्थक नहीं होता इस विषय पर अपने विचार कक्षा में सुनाइए।</li> <li>'जल ही जीवन है' विषय पर एक पोस्टर बनाइए।</li> <li>डायरी लिखना एक अच्छी आदत है। एक सप्ताह तक अपनी डायरी लिखिए।</li> </ul>	
व्याकरण लेखनकौशल	<ul> <li>लिंग</li> <li>वचन</li> <li>सर्वनाम</li> <li>औपचारिक पत्र</li> </ul>	<ul> <li>सर्वनाम व उसके भेदों के नाम दर्शाते हुए एक वेबचार्ट बनाना।</li> <li>'बीमारी में अवकाश के लिए प्रार्थना - पत्र' लिखिए।</li> </ul>	<ul> <li>छात्र सर्वनाम शब्दों को पहचानने में सक्षम होंगे।</li> <li>छात्र स्त्रीलिंग व पुल्लिंग शब्दों को जानने में समर्थ बनेंगे।</li> <li>छात्रों में पत्र लेखन कला का विकास करना।</li> </ul>
	I	अगस्त	
पाठ्य-पुस्तक	पाठ-7 लालची मिठाई वाला पाठ-8 महक और चिड़िया का घोंसला	<ul> <li>प्रत्येक व्यक्ति अपने कार्य का प्रचार करने के लिए विज्ञापन बनवाता है। अपनी दुकान के लिए एक सुन्दर सा वज्ञापन बनाइये।</li> <li>भारत में पाई जाने वाली पक्षियों की किन्ही पाँच प्रजातियों के नाम लिखिए।</li> </ul>	<ul> <li>छात्रों में जीव – जंतुओं के प्रति दया उत्पन्न करना।</li> <li>छात्रों को लालच और धोखेबाज़ी के दुष्परिणाम बताना।</li> <li>छात्रों को ईमानदारी और न्याय का महत्व समझाना।</li> </ul>

व्याकरण	<ul> <li>अनेक शब्दों के लिए एक शब्द</li> <li>विशेषण</li> <li>क्रिया</li> <li>विलोम शब्द</li> <li>अपठित गद्यांश</li> </ul>	• दिए गए विषयों पर एक चार्ट बनाइए : विशेषण, विशेष्य और क्रिया।	<ul> <li>छात्रों को क्रिया शब्दों से परिचित करवाना।</li> <li>छात्र विशेषण शब्दों की पहचान करना सीखेंगे।</li> <li>छात्र विलोम शब्दों को दोहराएँगे।</li> <li>अपठित गद्यांश को पढ़कर समझना।</li> </ul>
लेखनकौशल	अनौपचारिक पत्र अनुच्छे लेखन	<ul> <li>मित्र को जनमदिन पर आमंत्रित करने के लिए पत्र लिखिए।</li> <li>'मेरा प्रिय नेता' विषय पर अनुच्छेद लिखिए।</li> </ul>	<ul> <li>छात्रों में पत्र लेखन कला का विकास करना।</li> <li>छात्रों मेंअनुच्छेद लेखन क्षमता का विकास करना।</li> </ul>
	f	सेतम्बर (पुनरावृति)	
		MATHEMATICS	
CONTEN	T TO BE COVERED	SKILL ENHANCEMENT	LEARNING OUTCOMES
		APRIL – MAY	
TEXT BOOK	<ul> <li>Ch - 1 Place Value</li> <li>Place value system</li> <li>Comparing numbers</li> <li>Forming numbers</li> <li>Rounding off numbers</li> </ul>	<ul> <li>Find population of union territories of India and write it in both words and figures.</li> <li>Arrange them in ascending and descending order.</li> </ul>	<ul> <li>Learners will be able to:</li> <li>understand the Indian Place Value System.</li> <li>compare large numbers.</li> <li>form the greatest and smallest numbers using given digits.</li> <li>round off the given numbers</li> </ul>
	<ul> <li>Ch - 2 Addition and</li> <li>Subtraction <ul> <li>Adding large numbers</li> <li>Estimating the sum</li> <li>Subtracting large numbers</li> </ul> </li> </ul>	<ul> <li>Reinforcing addition and subtraction using terms- increase, decrease, more and less and by forming numbers on ABACUS.</li> </ul>	<ul> <li>add and subtract the large numbers.</li> <li>check the difference.</li> <li>estimate the sum and</li> </ul>

	<ul> <li>Estimating the difference</li> <li>Checking subtraction</li> <li>Word Problems</li> <li>Addition and subtraction together</li> <li>Ch - 8 Shapes and Patterns</li> <li>Reflections</li> <li>Number patterns</li> <li>Number tower</li> <li>Coding &amp; Decoding</li> <li>Workbook pages related to the chapters.</li> </ul>	<ul> <li>Make different beautiful patterns using leaf and different vegetable impressions.</li> </ul>	<ul> <li>difference</li> <li>solve story sums.</li> <li>code and decode the given message</li> </ul>
		JULY	
TEXT BOOK	<ul> <li>Ch - 3 Multiplication</li> <li>Multiplication facts</li> <li>Multiplicationby10, 100,1000</li> <li>Multiplicationbya1,2 &amp;3- digit numbers</li> <li>Estimating the product</li> <li>Word Problems</li> <li>Ch - 5 Multiples and</li> </ul>	<ul> <li>Multiplying using lattice algorithm and points of Intersection method.</li> <li>Finding common</li> </ul>	<ul> <li>Learners will be able to:</li> <li>understand multiplication facts</li> <li>multiply the given number by 10, 100, 1000</li> <li>multiply the given number by up to 3-digit numbers</li> <li>estimate the product</li> <li>solve story sums</li> </ul>
	<ul> <li>Ch - 5 Multiples and Factors <ul> <li>Multiples</li> <li>Common Multiples</li> <li>Factors</li> <li>Common Factors</li> <li>Workbook pages related to the chapters.</li> </ul> </li> </ul>	<ul> <li>Finding common multiples using colours on number grid.</li> <li>Finding factors by drawing rectangles on a grid paper.</li> </ul>	<ul> <li>solve story sums</li> <li>understand factors and multiples</li> <li>find common factors and multiples of the given numbers</li> </ul>

AUGUST			
TEXT BOOK	<ul> <li>Ch - 4 Division</li> <li>Division facts</li> <li>Division by 10, 100,1000</li> <li>Division by 1 &amp; 2-digit Divisor</li> <li>Checking Division</li> <li>Estimating the quotient</li> <li>Word Problems</li> <li>Workbook pages related to the Chapters.</li> </ul>	<ul> <li>Solving HOTS questions of all the four operations to assess and enhance the understanding of concepts</li> </ul>	<ul> <li>Learners will be able to:</li> <li>understand division facts</li> <li>find Q and R when divided by 10, 100, 1000</li> <li>divide the given number by 2-digit divisor.</li> <li>estimate the quotient.</li> <li>solve story sums.</li> </ul>
		TEMBER (REVISION)	
	ENVIRO	NMENTAL STUDIES	
CONTEN	T TO BE COVERED	SKILL ENHANCEMENT	LEARNING OUTCOMES
		APRIL - MAY	
TEXT BOOK	<ul> <li>Ch – 1 Our Family</li> <li>A Family Tree</li> <li>Mother as a child.</li> <li>Birth of Babies.</li> <li>Adoption and Foster Parents.</li> </ul>	Comparing & contrasting the responsibilities of different family members in your household.	<ul> <li>Learners will be able to:</li> <li>Explore the concept of family tree.</li> <li>Understand the dependence of human babies on their mothers.</li> <li>Identify the similarities between human and animal parenting.</li> <li>Discuss the significance of adoption in forming families.</li> </ul>
	Ch – 2 Our Extended Family • Meeting Family Members	<ul> <li>Create a colourful family drawing using various art</li> </ul>	<ul> <li>Describe the significance of spending quality time with immediate family.</li> </ul>

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	<ul> <li>Family Bond</li> <li>Family Teaches Us Values.</li> <li>Family Changes.</li> <li>Making Decisions.</li> </ul>	supplies.	<ul> <li>Discuss the importance of communication and mutual respect.</li> <li>Recognize the role of family traditions, rituals and celebrations.</li> <li>Analyze the evolving roles and responsibilities of family members in contemporary society.</li> </ul>
	<ul> <li>Ch – 3 Our Sense Organs</li> <li>Identify Sensory Organs.</li> <li>Recognize touch types – Good touch and bad touch</li> <li>Understand sensory diversity.</li> <li>Special individuals.</li> </ul>	<ul> <li>Class discussion – Good touch and bad touch.</li> <li>Picture study</li> </ul>	<ul> <li>Exploring more about the sense organs.</li> <li>Know about different types of touches.</li> <li>Learning about special individuals.</li> </ul>
	<ul> <li>Ch – 4 People And Their Skills</li> <li>People and their profession.</li> <li>Various occupations Gender and employment</li> </ul>	<ul> <li>Identifying and pasting the pictures representing different occupations.</li> </ul>	<ul> <li>Understand various occupations.</li> <li>Recognize the importance of each profession</li> <li>Understand how skills can be passed down through families or learned through training and education.</li> </ul>
		JULY	
ΤΕΧΤ ΒΟΟΚ	<ul> <li>Ch – 5 Ways Of Recreation</li> <li>What is recreation?</li> <li>Toom Spirit</li> </ul>	<ul> <li>Making hand or finger puppet.</li> <li>Drawing and colouring</li> </ul>	<ul> <li>Learners will be able to:</li> <li>Learn about recreation.</li> <li>Recognize different types of</li> </ul>
	<ul> <li>Team Spirit</li> </ul>	<ul> <li>Drawing and colouring</li> </ul>	<ul> <li>Recognize different types of</li> </ul>

	Traditional Indian Games.	favourite food item and telling why it is your favourite?	<ul> <li>games.</li> <li>Explore various leisure time activities.</li> <li>Understand the benefits of playing with friends and team spirit.</li> </ul>
	<ul> <li>Ch – 6 Eating Together</li> <li>Community Eating</li> <li>Strengthening bonds through shared meals.</li> <li>Mid Day Meals</li> <li>Food, regions and occasions</li> </ul>	<ul> <li>Collecting information about Mid Day Meal in schools.</li> </ul>	<ul> <li>Learn about the importance of community eating.</li> <li>Know about the communal dining provided by boarding schools and hostels.</li> <li>Know about the langar.</li> <li>Exploring about the different food items related to different religions.</li> </ul>
		AUGUST	
TEXT BOOK	<ul> <li>Ch – 7 Beaks And Claws</li> <li>Different kinds of beaks.</li> <li>Bird's feet and claws</li> </ul>	<ul> <li>Choose a bird that you see in your locality and explain how its beak, claws and feet are adapted to its environment.</li> </ul>	<ul> <li>Learners will be able to:</li> <li>Know the uses of beaks</li> <li>Learn about use of claws of a bird.</li> <li>Know about the functions of birds' feet.</li> <li>Know about the different behaviours of birds.</li> </ul>
	<ul> <li>Ch – 8 The Green World</li> <li>Around Us</li> <li>Parts of a plant</li> <li>Types of roots.</li> </ul>	<ul> <li>Make a drawing of a plant showing both the shoot system and the root system.</li> </ul>	<ul> <li>Exploring about root system and shoot system.</li> <li>Knowing about flowers.</li> </ul>

<ul> <li>Functions of roots</li> <li>Flowers</li> <li>People living in forests</li> </ul>	<ul> <li>Learning how flowers are useful to the people.</li> <li>Exploring about tribal people</li> </ul>
SEF	TEMBER (REVISION)
GE	NERALKNOWLEDGE
	TOPICS
	APRIL-MAY
<ul> <li>UNIT - 1 Plants &amp; Animals</li> <li>Birds Without Wings</li> <li>Plants</li> <li>Quiz Time</li> <li>The Family of Cats</li> <li>Dinosaurs</li> <li>Night Animals</li> <li>Friends of Plants</li> <li>The Mammals' World</li> <li>Superlatives of Plants</li> <li>The Healers</li> <li>UNIT - 2 Language &amp; Literature</li> <li>Indian Writers</li> <li>Famous Quotes</li> <li>Short Forms</li> <li>Famous Proverbs</li> <li>Simple Yet Different</li> <li>Famous Tales</li> <li>The Professional World</li> <li>The Anagrams Words</li> </ul>	

	JULY
UNIT – 3 Amazing Science	
Nutrients	
Inventions	
<ul> <li>Types of Doctors</li> </ul>	
Computer World	
The Space Corner	
Our Planet Earth	
<ul> <li>Sources of Energy</li> </ul>	
	AUGUST
UNIT – 4 Incredible India	
<ul> <li>Indian Presidents</li> </ul>	
<ul> <li>Parks and Wildlife Sanctuaries</li> </ul>	
<ul> <li>India's First Ones</li> </ul>	
<ul> <li>Neighbours of India</li> </ul>	
<ul> <li>The Famous Shrines</li> </ul>	
<ul> <li>Heroes of Freedom Struggle</li> </ul>	
<ul> <li>Names of States and Cities</li> </ul>	
<ul> <li>Test Paper –1</li> </ul>	
	SEPTEMBER (REVISION)
	LIFE SKILLS
	TOPICS
	APRIL – MAY
L – 1 Trust in God	
L – 2 Serving God	
L – 3 Forgiveness	
	JULY
L – 4 The Prodigal Son	
L – 5 Simple Living	
	AUGUST
L – 6 The Internet	

L – 7 Eye on the Goal			
SEPTEMBER (REVISION)			
COMPUTER SKILLS			
TOPICS			
APRIL – MAY			
Ch – 1 Data and Storage Ch – 4 More on MS-Word 2019 LAB SESSION Ch - More on MS-Word			
JULY			
Ch – 2 Files and Folders LAB SESSION Ch - More on MS-Word			
	AUGUST		
Ch – 5 Working with Power Point 2019 LAB SESSION Ch – Working with Power Point 2019			
	SEPTEMBER (REVISION)		
	DRAWING		
	TOPICS		
APRIL-MAY			
<ul> <li>Colour (Concept)</li> <li>Pencil Shading</li> <li>Still Life (Method of Pencil Shading)</li> <li>MySchool</li> <li>FunTime (Code Colouring)</li> <li>Cityscape</li> <li>Crown</li> </ul>	(Pg no.3) (Pg no.4) (Pg no.5) (Pg no.6) (Pg no.7) (Pg no.8) (Pg no.9)		
Cityscape	(Pg no.8)		

## FILE WORK

- Thread painting.
- Let's make a line Art (Still Life)
- Crown
- Bunny Basket
- Umbrella

## Elephant PAPER FOLDING

Dog, Fox, Penguin

## JULY

Pongal	(Pg no.11)	
<ul> <li>In the Universe (Glitter Pasting)</li> </ul>	(Pg no.12)	
Hot Air Balloon	(Pg no.13)	
<ul> <li>Kangaroo (Pencil Shading)</li> </ul>	(Pg no.14)	
Snake (Code Colouring)	(Pg no.15)	
Sparrow	(Pgno.16 &17)	
Ship (Step Drawing)	(Pg no.18)	
FILE WORK		
<ul> <li>Pencil Shading(Scenery)</li> </ul>		
Rangoli		
Lotus		
Sparrow		
Ship		
Thumb Impression – Bird		
PAPER FOLDING		
Pencil, Bear Face, Fortune Teller		
AUGUST		
Sparrow	(Pgno.16 & 17)	
<ul> <li>Ship(Step Drawing)</li> </ul>	(Pg no.18)	
<ul> <li>Fruits(Pencil Shading)</li> </ul>	(Pg no.19)	
Navratri	(Pg no.20)	
Nest(Craft)	(Pg no.21)	

<ul> <li>Birds(Sponge Im</li> <li>Frog(Step Drawi</li> <li>FILE WORK</li> <li>Scenery</li> <li>Beach Scene</li> <li>Spray Painting</li> <li>Ship</li> </ul>		(Pg no.22) (Pg no.23)
PAPER FOLDING		
Pin Wheel, Snake	DANCE AND YOGA	
DANCE	Exercises • Cross Walk • Chest Hope • Lank and Jump • Running Man Exercise • One-leg Stretch • Chest Roll • Hip–Hop Moves Choreography Songs • Main Khiladi	
	Leke Prabhu Ka Naam	
YOGA	<ul> <li>Jalsa 2.0</li> <li>Tadasana – Mountain Pose</li> <li>Vrikshasana – Tree Pose</li> <li>AdhoMukha Svanasana – Downward Facing Dog</li> <li>Bhujangasana – Cobra Pose</li> </ul>	
	<ul> <li>Dhanurasana – Bow Pose</li> <li>Ustrasana – Camel Pose</li> <li>Halasana – Plow Pose</li> <li>Sarvangasana – Shoulder Stand</li> <li>Sirsasana – Headstand</li> </ul>	

<ul> <li>Paschimottanasana – Seated Forward Bend</li> </ul>
<ul> <li>Ardha Matsyendrasana – Half Lord of the Fishes Pose(Seated Spinal Twist)</li> </ul>
<ul> <li>Trikonasana – Triangle Pose</li> </ul>
Utkatasana – Chair Pose
<ul> <li>Setu Bandhasana – Bridge Pose</li> </ul>
Navasana – Boat Pose
<ul> <li>Gomukhasana – Cow Face Pose</li> </ul>
Bakasana – Crow Pose
<ul> <li>Matsyasana – Fish Pose</li> </ul>
<ul> <li>Shavasana – Corpse Pose</li> </ul>
<ul> <li>Padmasana – Lotus Pose</li> </ul>