



Utsav Foundation

Yoga Curriculum 2025-2026

Class: 5th

Subject Name: Yoga

Subject Code: B147

Book Name: LEVEL B147

Marks Distribution: Theory: 60 | Practical: 40

Pre-requisites

1. Understanding of the meaning and history of Yoga.
 2. Basic knowledge of Yoga terminologies.
 3. Awareness of Yoga's purpose in practical life.
 4. Understanding the significance of Yoga in daily life.
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Learning Outcomes

1. Physical Benefits: Improved flexibility, strength, and endurance.
 2. Mental Peace: Reduction of stress and enhancement of mental clarity.
 3. Stress Management: Development of techniques to manage anxiety.
 4. Physical Comfort: Enhancement of bodily coordination and comfort.
 5. Self-Discovery: Improved self-awareness and discipline.
 6. Disease Resistance: Strengthening of immunity through yogic practices.
 7. Spiritual Growth: Attainment of balance through mindfulness and self-discipline.
 8. Dedication to a Yogic Lifestyle: Adopting a holistic approach to wellness.
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Theoretical Curriculum (72 Hours)

Sr. No	Lesson	Study Time	Marks (100)
1	Lesson 1: Yoga	6.5 Hours	10
2	Lesson 2: Yama and Niyama	6.5 Hours	12
3	Lesson 3: Asanas and Pranayama	6.5 Hours	15
4	Lesson 4: Pratyahara, Dharana, Dhyana, and Samadhi	6.5 Hours	10
5	Lesson 5: Asanas	6.5 Hours	15
6	Lesson 6: Pranayama and Kriyas	6.5 Hours	8
7	Lesson 7: Exercises for Concentration Development	6.5 Hours	6
8	Lesson 8: Exercises for Wisdom Development	6.5 Hours	6
9	Lesson 9: Memory Enhancement Exercises	6.5 Hours	8
10	Lesson 10: Krida Yoga (Sports Yoga)	6.5 Hours	5
11	Lesson 11: Memorization of the Samadhi and Sadhana Pada of Patanjali Yoga Sutra	6.5 Hours	5
Total		72 Hours	100 Marks

Lesson Details

Lesson 1: Introduction to Yoga

- Meaning, history, and evolution of Yoga.

- Different branches of Yoga (Hatha, Raja, Karma, Bhakti, Jnana).
- Importance and misconceptions about Yoga.

Lesson 2: Yama and Niyama

- Five Yamas (Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha).
- Five Niyamas (Shaucha, Santosha, Tapas, Svadhyaya, Ishvarapranidhana).
- Practical applications in life.

Lesson 3: Asanas and Pranayama

- Various types of Asanas and their significance.
- Introduction and practice of Pranayama (Anulom Vilom, Bhastrika, Bhramari, Kapalbhathi).
- Precautions while practicing Asanas and Pranayama.

Lesson 4: Pratyahara, Dharana, Dhyana, and Samadhi

- Explanation and practical techniques to practice these stages.
- Benefits of meditation in daily life.

Lesson 5: Asanas

- Step-by-step practice of key Asanas.
- Therapeutic benefits and modifications of Asanas.

Lesson 6: Pranayama and Kriyas

- Role of breath in Yoga.
- Introduction to Kriyas (Jal Neti, Kapalbhathi, Trataka).
- Safety precautions while performing Kriyas.

Lesson 7: Exercises for Concentration Development

- Yogic techniques to improve focus.
- Chanting and meditation for mental clarity.

Lesson 8: Exercises for Wisdom Development

- Relationship between Yoga and Intelligence.
- Brain-stimulating Asanas and practices.

Lesson 9: Memory Enhancement Exercises

- Asanas and techniques for memory improvement.
- Diet and lifestyle tips to boost memory.

Lesson 10: Krida Yoga (Sports Yoga)

- Concept of Yoga through games.
- Traditional Yogic games and their benefits.

Lesson 11: Memorization of the Samadhi and Sadhana Pada of Patanjali Yoga Sutra

- Understanding the teachings of Patanjali.
- Methods to memorize and apply the Yoga Sutras.

Practical Curriculum (48 Hours)

1. Asanas Practice:
 - Standing, Sitting, Supine, and Balancing Asanas.
2. Pranayama and Kriyas:
 - Deep breathing exercises and cleansing techniques.
3. Meditation and Mindfulness Practices:
 - Guided meditation for mental well-being.
4. Krida Yoga Activities:
 - Yoga-based games and exercises.
5. Concentration and Memory Development Exercises:
 - Yogic techniques for mental focus.
6. Patanjali Yoga Sutras Recitation:
 - Chanting and memorization sessions.

Assessment Structure

Assessment Criteria	Marks
Theory	60
Practical (Performance in Asanas, Pranayama, Meditation, and Krida Yoga)	40
Total Marks	100

This curriculum ensures a well-rounded learning experience, balancing theoretical knowledge with practical application, aligning with the objectives of holistic wellness and personality development.