

KENDRIYA VIDYALAYA IIT CHENNAI

Activities for Co-Scholastic areas to be familiarised for the closed days of November 2015

S. No.	Classes	Yoga		Work Education		Library
		Name of the Aasana / Meaning	Uses	Activity	Materials Required / Procedure	
1	VI A, B & C	1. Paschimottanasan (Posterior Stretching Pose)	1. Spine stretches fully	Spray Painting work - to make greeting card	1. White chart	1. Books on Moral stories and values
			2. Massages heart & abdominal organs and activates Pancreas		2. Tooth brush	2. Wisdom - Magazine for General Knowledge
		2. Uttanapadasan (Leg raising pose)	1. congestion in legs, pelvic region & abdominal organs is relieved		3. Stencil of a design	3. Books related to Academics - Junior Science Refresher , Tell me why
			2. cramps and pain is relieved		4. Poster colours	
2	VII A, B & C	Natarajasan (Dancing Pose)	1. Hand muscles and leg balancing develops	Bangle work - wall hanging using broken bangle pieces	1. Card board base with white chart to cover it	1. Books on moral stories and values, books related to Academics and Personality development
			2. Helps frozen shoulders		1. Bangle pieces, Fevicol	2. G.K Today (for General knowledge, Comics for relaxation and Fun)
3	VIII A, B, & C	1. Supta-vajrasan (lying adamantly pose)	1. Loosens stiffness in legs and pelvic region	Paper beads garland - using toothpaste box etc.	1. To cut triangle piece in thick paper	1. Books on moral stories and values
			2. Reduces excess fat in the thighs		2. Roll it from the base to make beads	2. G.K Today, Tell me why (for General knowledge)
		2. Shashankasan (rabbit pose)	1. Arms, shoulders and upper back receive upward pull of the spine		3. Stick using Fevicol	

			2. Good for stooping shoulders			3. Books related to Academics and Personality development
4	IX A,B, &C	Baddha-Padmasan (Body caught in between crossed hands)	1. Increases the range of shoulder movement	Paper Basket - by rolling waste papers	1. Roll wastepaper like straw	1. Biographies of great personalities / child craft
			2. Peristaltic activity is intensified			2. Roll it and stick it with Fevicol to make a Basket
5	X A, B & C	1. Matsyasan (Fish Pose)	1. Blood circulation to head and face is more	Electric Motors	1. Parts	1. Biographies of great personalities
			2. Eyesight and Brain work is good		2. Types	2. History of India
		2. Mandukasan (Frog Pose)	1. Develop flexibility in Knees		3. Uses of Motors	3. Projects in Science / Maths Puzzles
			2. Abdominal organs attain firmness and are kept intact		4. Application of Motors	4. Story Books for Entertainment
6	XI A,B,C &			Vermicomposting & Paper Quilling Work	1. To prepare natural manure from vegetable waste and organic waste like dried leaves	1. Question Banks & Study material in all subjects
7	XII A,B, & C	-	-			2. To make models or wall hangings using quilling techniques
						2. Entrance Exam Books
						3. Books by Abdul Kalam

Source of Information for Yoga : Internet, You - Tube, Books & Magazines

Source of Information for Work Education : Internet, You - Tube, Craft Books

