

N.C. JINDAL PUBLIC SCHOOL, PUNJABI BAGH, NEW DELHI

YOGA SYLLABUS FOR 3rd CLASS

S.NO.	NAME OF ACTIVITY	TOTAL ASANAS/ACTIVITY	GENERAL WARMING UP	SPECIFIC WARMING UP
1.	<u>YOGA</u>	<u>1. BLANCING ASANAS</u> -Tad asana -Vriksh asana -Triyak tad asana -Trikon asana -Pasharvkon asana -Grudasana - Badh Privrtitaasana -Shirshasana <u>2.BACK BENDING ASANAS</u> -ardh chakra asana -cakra setu bandh asana -ushtrasana -chakrasana -Matasyasana - Badhpadmasana <u>3.FRONT BENDING</u> -padhastasana -paschimottanasana -janushirshasana -yogmudraasana -ardhbadh Paschimottan asana <u>4.SITING ASANAS</u> -sukhasana -padamasana -vajasana -ardhbadhpadamasana - Badhpadmasana <u>5.PRANAYAM</u> -anulomvilom pranayama -chandrabhedi pranayam -suryabhedipranayam	-Neck Exercise -Shoulder Exercise -Hand Exercise -Back Exercise -Leg Exercise -Thigh Exercise -Knee Exercise -Ankle Exercise	1. Body stretching 2.Twisting Exercise 3.Back bending Exercise 4.Front Bending Exercise

		-Bhramripranayam		
		<u>6.MEDITATION</u>		
		7.PRAYER		