

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

YOGA SYLLABUS FOR 4th CLASS

2024-2025

S.NO.	NAME OF ACTIVITY	TOTAL ASANAS/ACTIVITY	GENERAL WARMING UP	SPECIFIC WARMING UP
1.	<u>YOGA</u>	<u>1. BALANCING ASANAS</u> * HAND BALANCE ASANAS -Pinchama yurasana(forearm stand) - Titibhasana -Bakasana -Parsvabakasana -Ekapadkoundinyasana -Ekpads kandhasana -Padammayurasana -Mayurasana -Vayangmayurasana -Vyagharasana -Adhomukhvakrasana (Handstand) * LEG BALANCE -Tad asana -Vrikshasana -Triyak tad asana -Trikon asana -Pasharvkon asana -Grudasana -Natraj asana - Ekp pad puttlikaasana (Dollposeasana) -Utthitahasta padangusthasana (Flageposeasana) -Panchiasana	-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

		<p><u>2.BACK BENDING ASANAS</u></p> <ul style="list-style-type: none"> -ardh chakra asana -chakra setu bandh asana -Puran ushtrasana -Puran chakrasana -Puran Bhujang asana -Puran Dhanurasana -Puransalabhasana <p><u>3.FRONT BENDING</u></p> <ul style="list-style-type: none"> -padhastasana -paschimottanasana -janushirshasana -yogmudrasana -ardhbadh Paschimottan asana -Halasana -Sarvangasana <p><u>4.SITING ASANAS</u></p> <ul style="list-style-type: none"> -sukhasana -padamasana -vajasana -ardhbadhpadamasana -Matasyasana -Ardhmatsyender asana -Kukutasana -Uardkukutasana -Puran Matsyenderasana <p><u>5.PRANAYAM</u></p> <ul style="list-style-type: none"> -anulomvilom pranayama -Bhramripranayam -Kapalbhatipranayam -chandrabhedi pranayam -suryabhedipranayam -Naadisodhan pranayama <p><u>6.MEDITATION</u></p> <p><u>7.PRAYER</u></p>		
--	--	---	--	--