

**NC JINDAL PUBLIC SCHOOL, PUNJABI BAGH WEST**  
**YOGA SYLLABUS (CLASS 1)**  
**ACADEMIC YEAR 2026–2027**

**APRIL**

Week/Date	Activity	General Warming Up	Specific Warming Up	Periods/Week
Week 1 (01-Apr-26 to 07-Apr-26)	Introduction + Prayer	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 2 (08-Apr-26 to 15-Apr-26)	Neck & Shoulder	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 3 (16-Apr-26 to 23-Apr-26)	Hand + Back	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 4 (24-Apr-26 to 30-Apr-26)	Leg, Knee, Ankle	Neck, Shoulder, Back, Leg	Stretching, Twisting	1

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**MAY**

Week/Date	Activity	General Warming Up	Specific Warming Up	Periods/Week
Week 1 (01-May-26 to 07-May-26)	Tadasana	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 2 (08-May-26 to 18-May-26)	Vrikshasana	Neck, Shoulder, Back, Leg	Stretching, Twisting	1

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**JULY**

Week/Date	Activity	General Warming Up	Specific Warming Up	Periods/Week
Week 1 (01-Jul-26 to 07-Jul-26)	Ardha Chakrasana	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 2 (08-Jul-26 to 15-Jul-26)	Setu Bandhasana	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 3 (16-Jul-26 to 23-Jul-26)	Ustrasana	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 4 (24-Jul-26 to 31-Jul-26)	Practice	Neck, Shoulder, Back, Leg	Stretching, Twisting	1

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**AUGUST**

Week/Date	Activity	General Warming Up	Specific Warming Up	Periods/Week
Week 1 (01-Aug-26 to 07-Aug-26)	Chakrasana Prep	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 2 (08-Aug-26 to 15-Aug-26)	Purnashalabhasana	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 3 (16-Aug-26 to 23-Aug-26)	Practice	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 4 (24-Aug-26 to 31-Aug-26)	Correction	Neck, Shoulder, Back, Leg	Stretching, Twisting	1

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**SEPTEMBER**

Week/Date	Activity	General Warming Up	Specific Warming Up	Periods/Week
Week 1 (01-Sep-26 to 07-Sep-26)	Padahasthasana	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 2 (08-Sep-26 to 15-Sep-26)	Paschimottanasana	Neck, Shoulder, Back, Leg	Stretching, Twisting	1

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**OCTOBER**

Week/Date	Activity	General Warming Up	Specific Warming Up	Periods/Week
Week 1 (01-Oct-26 to 07-Oct-26)	Sukhasana	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 2 (08-Oct-26 to 15-Oct-26)	Padmasana	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 3 (16-Oct-26 to 23-Oct-26)	Vajrasana	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 4 (24-Oct-26 to 31-Oct-26)	Practice	Neck, Shoulder, Back, Leg	Stretching, Twisting	1

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**NOVEMBER**

Week/Date	Activity	General Warming Up	Specific Warming Up	Periods/Week
Week 1 (01-Nov-26 to 07-Nov-26)	Ardh Padmasana	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 2 (08-Nov-26 to 15-Nov-26)	Baddha Padmasana	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 3 (16-Nov-26 to 23-Nov-26)	Practice	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 4 (24-Nov-26 to 30-Nov-26)	Meditation Intro	Neck, Shoulder, Back, Leg	Stretching, Twisting	1

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**DECEMBER**

Week/Date	Activity	General Warming Up	Specific Warming Up	Periods/Week
Week 1 (01-Dec-26 to 07-Dec-26)	Anulom Vilom	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 2 (08-Dec-26 to 15-Dec-26)	Bhramari	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 3 (16-Dec-26 to 23-Dec-26)	Chandra Bhedi	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 4 (24-Dec-26 to 31-Dec-26)	Surya Bhedi	Neck, Shoulder, Back, Leg	Stretching, Twisting	1

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**JANUARY**

Week/Date	Activity	General Warming Up	Specific Warming Up	Periods/Week
Week 1 (16-Jan-27 to 23-Jan-27)	Meditation	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 2 (24-Jan-27 to 30-Jan-27)	Asana + Pranayama	Neck, Shoulder, Back, Leg	Stretching, Twisting	1

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**FEBRUARY**

Week/Date	Activity	General Warming Up	Specific Warming Up	Periods/Week
Week 1 (01-Feb-27 to 07-Feb-27)	Full Practice	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 2 (08-Feb-27 to 15-Feb-27)	Correction	Neck, Shoulder, Back, Leg	Stretching, Twisting	1
Week 3 (16-Feb-27 to 20-Feb-27)	Assessment	Neck, Shoulder, Back, Leg	Stretching, Twisting	1