

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

YOGA SYLLABUS FOR 1ST 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 -Tiriyak tad asana -Trikon asana <u>2.BACK BENDING ASANAS</u> -ardh chakra asana -cakra setu bandh asana -ushtrasana -chakrasana <u>3.FRONT BENDING</u> -padhastasana -paschimottanasana -janushirshasana -yogmudraasana <u>4.SITING ASANAS</u> -sukhasana -padamasana -vajasana -ardhbadhpadasana <u>5.PRANAYAM</u> -anulomvilom pranayama - chandrabhedipranayam -suryabhedipranayam <u>6.MEDITATION</u>	-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