

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

YOGA SYLLABUS FOR 1ST CLASS

2024-2025

S.NO.	NAME OF ACTIVITY	TOTAL ASANAS/ACTIVITY	GENRAL 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 -Chakra Setu bandh asana -Ushtrasana -Chakrasana - Purnashalbhahasana <u>3.FRONT BENDING</u> -Padhastasana -Paschimottanasana -Janushirshasana -Yogmudraasana <u>4.SITING ASANAS</u> -Sukhasana -Padamasana -Vajarasana -Ardhbadhpadamasana -Badhpadmasana <u>5.PRANAYAM</u> -anulomvilom pranayama Chandrabhedhi pranayam -suryabhedipranayam -Bhramripranayam <u>6.MEDITATION</u> <u>7. PRAYER</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