

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

YOGA SYLLABUS FOR 3rd CLASS

S.NO.	NAME OF ACTIVITY	TOTAL ASANAS/ACTIVITY	GENRAL WARMING UP	SPECIFIC WARMING UP
1.	YOGA	<u>BLANCING ASANAS</u> -Tad asana -Vriksh asana -Triyak tad asana -Trikon asana -Pasharvkon asana -Grudasana Badh Privrtitaasana -Shirshasana	-Neck Exercise -Shoulder Exercise -Hand Exercise -Back Exercise -Leg Exercise	Body stretching 2.Twisting Exercise 3.Back bending Exercise 4.Front Bending Exercise

		<u>2.BACK BENDING ASANAS</u> -Ardh chakra asana -cakra setu bandh asana -Ushtrasana -Purn chakrasana -Matasyasana - Badhpadmasana <u>3.FRONT BENDING</u> -Padhastasana -Paschimottanasana -Janushirshasana -Yogmudraasana -Ardhbadh Paschimottan asana <u>4.SITING ASANAS</u> -Sukhasana -Padamasana -Vajarasana - - Ardhbadhpadamasana - Badhpadmasana <u>5.PRANAYAM</u> -Anulomvilom pranayama -Chandrabhedhi pranayam -Suryabhedipranayam -Bhramripranayam <u>6.MEDITATION</u> 7.PRAYER	-Thigh Exercise -Knee Exercise -Ankle Exercise	
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