

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

YOGA SYLLABUS FOR 2nd 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 -Tiriyak tad asana -Trikon asana <u>2.BACK BENDING ASANAS</u> -Ardh chakra asana -Chakra Setu bandh asana -Ushtrasana -Chakrasana Purnashalbhaasana	-Neck Exercise -Shoulder Exercise -Hand Exercise -Back Exercise -Leg Exercise -Thigh Exercise -Knee Exercise	Body stretching 2.Twisting Exercise 3.Back bending Exercise 4.Front Bending Exercise

		<u>3.FRONT BENDING</u> -Padhastasana -Paschimottanasana -Janushirshasana -Yogmudraasana -Manduk asana -Kurmasana -Parvatasana <u>4.SITING ASANAS</u> -Sukhasana -padamasana -Vajarasana -Ardhbadhpadamasana Badhpadmasana <u>5.PRANAYAM</u> -Anulomvilom pranayama - Chandrabhedipranayam -Suryabhedipranayam Bhramripranayam <u>6.MEDITATION</u> <u>7. PRAYER</u>	-Ankle Exercise	
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