

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

YOGA SYLLABUS FOR 4th CLASS

S.NO.	NAME OF ACTIVITY	TOTAL ASANAS/ACTIVITY	GENRAL WARMING UP	SPECIFIC WARMING UP
1.	YOGA	<u>BALANCING ASANAS</u> HAND BALANCE ASANAS -Pinchama yurasana(forearm stand) Titibhasana -Bakasana -Parsvabakasana - Ekapadkoundinyasana -Ekpadskandhasana -Padammayurasana -Mayurasana -Vayangmayurasana -Vyagharasana -Handstand LEG BALANCE -Tad asana -Vriksh asana -Triyak tad asana -Trikon asana -Pasharvkon asana -Grudasana -Natraj asana	-Neck Exercise -Shoulder Exercise -Hand Exercise -Back Exercise -Leg Exercise -Thigh Exercise -Knee Exercise -Ankle Exercise	Body stretching 2.Twisting Exercise 3.Back bending Exercise 4.Front Bending Exercise

		-Flageposeasana -Dollposeasana -Panchiasana <u>2.BACK BENDING</u> <u>ASANAS</u> -ardh chakra asana -chakra setu bandh asana -Puran ushtrasana -Puran chakrasana -Puran Bhujang asana -Puran Dhanurasana -Puransalabhasana <u>3.FRONT BENDING</u> -padhastasana -paschimottanasana -janushirshasana -yogmudraasana -ardhbadh - Paschimottan asana -Halasana -Sarvangasana <u>4.SITING ASANAS</u> -sukhasana -padamasana -vajarasana - - ardhbadhpadamasana -Matasyasana -Ardhmatsyender asana -Kukutasana -Uardkukutasana -Puran - Matsyenderasana		
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