

**NC JINDAL PUBLIC SCHOOL, PUNJABI BAGH WEST**  
**YOGA SYLLABUS (CLASS 3)**  
**ACADEMIC YEAR 2026–2027**

**APRIL**

Week/Date	Activity	General Warming Up	Specific Warming Up	Periods/Week
Week 1 01-Apr-26 to 07-Apr-26	Balancing Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
Week 2 08-Apr-26 to 15-Apr-26	Back Bending Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
Week 3 16-Apr-26 to 23-Apr-26	Front Bending	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1

Week 4 24-Apr-26 to 30-Apr-26	Sitting Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
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**MAY**

Week/Date	Activity	General Warming Up	Specific Warming Up	Periods/Week
Week 1 01-May-26 to 07-May-26	Balancing Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
Week 2 08-May-26 to 18-May-26	Back Bending Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1

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**JULY**

Week/Date	Activity	General Warming Up	Specific Warming Up	Periods/Week
Week 1 01-Jul-26 to 07-Jul-26	Balancing Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
Week 2 08-Jul-26 to 15-Jul-26	Back Bending Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
Week 3 16-Jul-26 to 23-Jul-26	Front Bending	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1

Week 4 24-Jul-26 to 31-Jul-26	Sitting Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
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**AUGUST**

Week/Date	Activity	General Warming Up	Specific Warming Up	Periods/Week
Week 1 01-Aug-26 to 07-Aug-26	Balancing Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
Week 2 08-Aug-26 to 15-Aug-26	Back Bending Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
Week 3 16-Aug-26 to 23-Aug-26	Front Bending	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1

Week 4 24-Aug-26 to 31-Aug-26	Sitting Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
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**SEPTEMBER**

Week/Date	Activity	General Warming Up	Specific Warming Up	Periods/Week
Week 1 01-Sep-26 to 07-Sep-26	Balancing Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
Week 2 08-Sep-26 to 15-Sep-26	Back Bending Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1

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**OCTOBER**

Week/Date	Activity	General Warming Up	Specific Warming Up	Periods/Week
Week 1 01-Oct-26 to 07-Oct-26	Balancing Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
Week 2 08-Oct-26 to 15-Oct-26	Back Bending Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
Week 3 16-Oct-26 to 23-Oct-26	Front Bending	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1

Week 4 24-Oct-26 to 31-Oct-26	Sitting Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
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**NOVEMBER**

Week/Date	Activity	General Warming Up	Specific Warming Up	Periods/Week
Week 1 01-Nov-26 to 07-Nov-26	Balancing Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
Week 2 08-Nov-26 to 15-Nov-26	Back Bending Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
Week 3 16-Nov-26 to 23-Nov-26	Front Bending	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1

Week 4 24-Nov-26 to 30-Nov-26	Sitting Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
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**DECEMBER**

Week/Date	Activity	General Warming Up	Specific Warming Up	Periods/Week
Week 1 01-Dec-26 to 07-Dec-26	Balancing Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
Week 2 08-Dec-26 to 15-Dec-26	Back Bending Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
Week 3 16-Dec-26 to 23-Dec-26	Front Bending	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1

Week 4 24-Dec-26 to 31-Dec-26	Sitting Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
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**JANUARY**

Week/Date	Activity	General Warming Up	Specific Warming Up	Periods/Week
Week 1 16-Jan-27 to 23-Jan-27	Balancing Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
Week 2 24-Jan-27 to 30-Jan-27	Back Bending Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1

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**FEBRUARY**

Week/Date	Activity	General Warming Up	Specific Warming Up	Periods/Week
Week 1 01-Feb-27 to 07-Feb-27	Balancing Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
Week 2 08-Feb-27 to 15-Feb-27	Back Bending Asanas	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1
Week 3 16-Feb-27 to 20-Feb-27	Front Bending	Neck Shoulder Hand Back Leg Thigh Knee Ankle	Stretching Twisting Back Bending Front Bending	1