

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

YOGA SYLLABUS FOR 2nd CLASS

2024-2025

S.NO.	NAME OF ACTIVITY	TOTAL ASANAS/ACTIVITY	GENERAL 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 - Purnashalbhaasana <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>	-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

		-anulomvilom pranayama - chandrabhedipranayam -suryabhedipranayam - Bhamripranayam <u>6.MEDITATION</u> <u>7. PRAYER</u>		
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