



KIRIT BIKRAM INSTITUTION

CBSE affiliated Vidyajyoti School under Mission-100

Syllabus for YOGA

(Syllabus specially for Standard- I,II,III)

Unit 1 : Introduction

Overview

- 1) What is Yoga
 - 2) Importance of Yoga
 - 3) Yoga – Its History
 - 4) Objectives of Yogic Practices
 - 5) General Guidelines for Yogic Practices
 - 6) Common Yogic Practices
- Asana • Pranayama • Meditation.

Unit 2 : Yoga for Health.

Overview

- Loosening Exercises
- Surya Namaskar

Pranayama

- Breathing with Awareness
- Meditation

Unit 3 : Yoga for Physical Fitness

Overview

What is Flexibility

Yogic Practices to Enhance Flexibility

- **Surya Namaskar**

- **Asanas**

- Tadasana
- Vrikshasana
- Utkatasana
 - Vajrasana
 - Padahasthasana
 - Uttanapadasana
 - Pawanamuktasana
 - Padmasana
 - Ardha-Chandrasana
 - Bhujangasan
 - Paschimottanasana

Pranayama

- Breathing with Awareness
- Anuloma-viloma Pranayama
- Meditation



Unit 4 : Yoga for Concentration

Overview

Yogic Practices for Concentration

• **Surya Namaskar**

• **Asanas**

- Gomukhasana
- Makarasana
- Bhujangasana
- Shalabhasana
- Makarasana
- Naukasana
- Baddhapadmasana
- Shavasana

Pranayama

- Anuloma-viloma Pranayama
- Bhramari Pranayama
- Trataka
- Meditation

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