

SANT NANDLAL SMRITI VIDYA MANDIR, GHATSILA
SYLLABUS FOR ART-EDUCATION
SESSION 2024-25
SUBJECT – YOGA / AEROBIC

OBJECTIVES:-

- FOR BETTER SLEEP.
- FOR THE PEACEFULNESS OF THE MIND.
- FOR THE FLEXIBILITY OF THE BODY.
- FOR THE FLEXIBILITY AND STRENGTH OF THE BACKBONE.
- TO KEEP THE BODY ACTIVE.
- FOR MORE ENERGY AND FRESHER MOOD.
- FOR MORE FOCUS IN STUDIES AND OTHER ACTIVITIES.
- TO MAINTAIN THE HEALTHY HEART.
- TO IMPROVE BLOOD CIRCULATION.
- TO SUPPORT HEALTHY JOINTS.

ACTIVITIES:-

- EXPLANATION ABOUT MEDIATION AND DIFFERENCE BETWEEN ASANA AND PRANAYAMA.
- WARM UP: JUMPING JACKS, FRONT/BACK CYCLING, STRETCHING BASED AND STRENGTH BASED EXERCISES.
- MEDIATION WITH OM CHANTING IN NORMAL SITTING POSTURE.
- SITTING POSTURES: FORWARD BEND POSE, ONE LEGGED FORWARD BEND POSE, BUTTERFLY POSE.
- LAYING POSTURES: COBRA POSE, PLANK POSE, BOAT POSE, CROCODILE POSE.
- STANDING POSTURES: PRAYER POSE, TREE POSE, PALM TREE POSE, HALF WHEEL POSE, TRIANGLE POSE, CHAIR POSE.

NAME OF THE TEACHER:- MISTU RANI DEY.