



## Sant Nandlal Smriti Vidya Mandir, Ghatsila

### Yearly Syllabus for Std III

Session 2025-26

#### Subject - YOGA

Month	No. of days	Event/ topic	Std	Week	Purpose	Requirement	Instructor
April		Explanation of yoga, from where it is discovered?	III	1 <sup>st</sup> & 2 <sup>nd</sup>	For basic knowledge of children.		
		Warm-up exercises & meditation with om chanting.	III	3 <sup>rd</sup> & 4 <sup>th</sup>	for the mind,s peace and prepare the body.		
May		Light warm-up & breathing exercises	III	1 <sup>st</sup> & 2 <sup>nd</sup>	For the flexibility of the body.		
June		Stretching exercises & some sitting exercises eg : -touch the toe ,rotate the toe, sit-ups, butterfly.	III	1 <sup>st</sup> & 2 <sup>nd</sup>	For the strength & flexibility of the body.		
		Breathing exercises in normal sitting pose.	III	3 <sup>rd</sup> & 4 <sup>th</sup>	To inhale & exhale properly.		
July		Standing exercises...upside stretch, touch your toes, back bend side by side bend.	III	1 <sup>st</sup> & 2 <sup>nd</sup>	For stretching & flexibility of the body.		
		Sitting poses:- lotus pose, child pose, butterfly.	III	3 <sup>rd</sup> & 4 <sup>th</sup>	To keep the backbone straight.		
August		Warm-up, breathing exercises, meditation.	III	1 <sup>st</sup> & 2 <sup>nd</sup>	To keep the body active, and peaceful mind.		
September		Repetition of sitting poses:-lotus pose, child pose, butterfly.	III	1 <sup>st</sup> & 2nd	To breathing deeply and properly, and keep the backbone straight.		
		Light warm-up, meditation with om chant& Gyatri mantra.	III	3 <sup>rd</sup> & 4 <sup>th</sup>	To keep the body active, and peaceful mind.		
October & November		Repetition of breathing exercises in padmasana.	III		To breathing deeply and properly.		
		Repetition of sitting & standing pose	III		For the balance & strength of the body.		