

# **CBSE | DEPARTMENT OF SKILL EDUCATION**

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## **CURRICULUM FOR SESSION 2024-2025**

### **YOGA (SUBJECT CODE - 841)**

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#### **CLASS – XI**

#### **COURSE OVERVIEW:**

In view of today's global problems, the course of yoga is compulsory, as mental and physical stress is increasing everywhere, students will benefit from this course. Just as the word yoga means to connect, the students will also have loyalty and engagement towards their duty towards society and our society will move towards a positive thinking.

WHO has also emphasized the role of yoga in prevention therapy. For this reason, the popularity of yoga will increase globally.

Yoga is a new topic for the international community, which is why the world is trying to understand yoga more. For this reason, yoga has very good opportunities internationally.

#### **OBJECTIVES OF THE COURSE:**

Following are the main objectives of this course.

- To enable the student to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.

#### **SALIENT FEATURES:**

- Yoga course is cost effective.
- Another very important feature for this course is that students of all category can do this course very easily

## **LIST OF EQUIPMENT AND MATERIALS:**

The items required for the course are as follows:

### **Teaching/Training Aids:**

- Computer (optional)
- Sutra Neti
- Rubber Neti
- Jalneti
- Jalneti pot
- Vastra Dhoti
- Soap
- Tratak stand
- Candle
- Yoga Mat

## **CAREER OPPORTUNITIES:**

- Yoga teacher
- Yoga therapist
- Resource officer in yoga
- Yoga instructor
- Naturopathy Doctor

## **VERTICAL MOBILITY:**

After, following career options are available in field:

- Paramedical physiotherapist
- Fitness trainer
- Aerobic or Zumba trainer

## **CURRICULUM:**

This course is a planned sequence of instructions consisting of Units meant for developing employability and skills competencies of students of Class XI and XII opting for the subject along with other subjects.

**YOGA (SUBJECT CODE - 841)**  
**CLASS –XI (SESSION 2024-2025)**  
**Total Marks: 100 (Theory - 50 + Practical - 50)**

	UNITS	NO. OF HOURS for Theory and Practical	MAX. MARKS for Theory and Practical
<b>Part A</b>	<b>Employability Skills</b>		
	Unit 1 : Communication Skills - III	13	2
	Unit 2 : Self-Management Skills - III	07	2
	Unit 3 : ICT Skills - III	13	2
	Unit 4 : Entrepreneurial Skills - III	10	2
	Unit 5 : Green Skills - III	07	2
	<b>Total</b>	<b>50</b>	<b>10</b>
<b>Part B</b>	<b>Subject Specific Skills</b>		
	Unit 1 – Introduction to Yoga and Yogic Practices - I	25	12
	Unit 2 – Introduction to Yoga Texts - I	40	12
	Unit 3 – Yoga for Health Promotion - I	40	16
	<b>Total</b>	<b>105</b>	<b>40</b>
<b>Part C</b>	<b>Practical Work</b>		
	Project	105	10
	Viva		05
	Practical File		15
	Demonstration of skill competency via Lab Activities		20
	<b>Total</b>	<b>105</b>	<b>50</b>
	<b>GRAND TOTAL</b>	<b>260</b>	<b>100</b>

**NOTE:** Detailed Curriculum/ Topics to be covered under Part A: Employability Skills can be downloaded from CBSE website.

# DETAILS OF THE UNITS OF CLASS - XI

**Total Marks: 100 (Theory - 50 + Practical - 50)**

## **PART-A: EMPLOYABILITY SKILLS**

<b>S. No.</b>	<b>Units</b>	<b>Duration in Hours</b>
1.	Unit 1: Communication Skills-III	13
2.	Unit 2: Self-Management Skills-III	07
3.	Unit 3: Information and Communication Technology Skills-III	13
4.	Unit 4: Entrepreneurial Skills-III	10
5.	Unit 5: Green Skills-III	07
	<b>TOTAL DURATION</b>	<b>50</b>

**NOTE:** Detailed Curriculum/ Topics to be covered under Part A: Employability Skills can be downloaded from CBSE website.

## **Part-B – SUBJECT SPECIFIC SKILLS**

- ❖ Unit 1 – Introduction to Yoga and Yogic Practices - I
- ❖ Unit 2 – Introduction to Yoga Texts - I
- ❖ Unit 3 – Yoga for Health Promotion – I

### **Unit 1 – Introduction to Yoga and Yogic Practices - I**

- Yoga Etymology, definition, Aim, objective and misconception text
- Yoga origin, history and development
- Rules and regulations to be followed by yoga practitioners
- Introduction to Major schools of Yoga (Janan, Yoga Bhakti, Yoga Karma, Patanjali, Hatha)
- Introduction to yogic practices (Sukshama Vyayama, Surya Namaskar and Asanas)

### **Unit 2 – Introduction to Yoga Texts - I**

- Introduction and study of Patanjali Yoga Sutra including memorization of selected Sutra
- Introduction and study of Bhagavad Gita including memorization of selected Slokas
- Introduction of Hata Pradpika.
- Introduction and study of Gheranda Samhita.

### **Unit 3 – Yoga for Health Promotion – I**

- Brief introduction to human body
- Role of yoga for health promotion
- Yogic attitudes and practices
- Holistic approach of yoga towards the health and diseases
- Introduction to yoga diet and its relevance and importance in yoga Sadhana
- Dincharya and Ritucharya with respect of yogic lifestyle

# PRACTICAL GUIDELINES FOR CLASS - XI

## **Assessment of performance:**

The two internal examiners, assigned for the conduct and assessment of Practical Examinations each in **Senior Secondary School Curriculum (Under NSQF)**. Question for the viva examinations should be conducted by two internal examiners. Question to be more of General nature, project work or the curriculum. Investigatory Project especially those that show considerable amount of effort and originality, on the part of the student, should get suitable high marks, while project of a routine or stereotyped nature should only receive MEDIOCRE marks.

## **Procedure for Record of Marks in the Practical answer-books:**

The examiner will indicate separately marks of practical examination on the title page of the answer-books under the following heads:

### **Project -10 marks**

Projects for the final practical is given below. Student may be assigned

### **Viva based on Project -05 marks**

The teacher conducting the final practical examination may ask verbal questions related to the project, if any, done by the student. Alternatively, if no project has been assigned to the students, viva may be based on questions of practical nature from the field of subject as per the Curriculum

### **Practical File -15 Marks**

Students to make a power point presentation / assignment / practical file / report. Instructor shall assign them any outlet to study the elements in Yoga.

Suggested list of Practical –

1. Practice of Sukshnavyayama
2. Practice of Surya Namaskar
3. Practice of Asanas

4. Practice of Halasana
5. Practice of Pawanmuktasana
6. Practice of Bhujangasana
7. Practice of Shalabhasana
8. Practice of Gomukhasana
9. Practice of Vakrasana
10. Practice of Ustrasana
11. Practice of Mandukasana
12. Practice of Sasankasana
13. Practice of Janusirasana
14. Practice of Virkshasana
15. Practice of Padhastasana
16. Practice of Nadi Shudhi
17. Practice of Dhyana Mudra
18. Meditation
19. Project on Patanjali Yoga Sutras
20. Yoga effect on Human Body
21. Steps of Sithaili Pranayama
22. Steps of Ujjayai Pranayam
23. Steps of Paschimottansana
24. Conducting Yoga project on common diseases Yoga sessions on suryanamaskar
25. Asanas board
26. Yoga for Weight loss
27. Improved Posture. Let's face it, all of us have slouched at some time or another
28. Increased flexibility of body through Yoga.
29. Practical Asana, Pranayama, Meditation, Mudras and Bandha

### **Demonstration of skill competency in Lab Activities -20 marks**

#### **Guidelines for Project Preparation:**

The final project work should encompass chapters on:

- a) Introduction,
- b) Identification of core and advance issues,
- c) Learning and understanding and
- d) Observation during the project period.