

CBSE | DEPARTMENT OF SKILL EDUCATION

CURRICULUM FOR SESSION 2024-2025

YOGA (SUBJECT CODE - 841)

CLASS – XII

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 XII opting for the subject along with other subjects.

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

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

DETAIL OF THE UNITS OF CLASS - XII

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

PART-A: EMPLOYABILITY SKILLS

S. No.	Units	Duration (in Hours)
1.	Unit 1: Communication Skills- IV	13
2.	Unit 2: Self-management Skills- IV	07
3.	Unit 3: Information and Communication Technology Skills-IV	13
4.	Unit 4: Entrepreneurial Skills- IV	10
5.	Unit 5: Green Skills- IV	07
	TOTAL DURATION	50

Note: - The 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 – II
- ❖ Unit 2 – Introduction to Yoga Texts - II
- ❖ Unit 3 – Yoga for Health Promotion – II

UNIT 1 – INTRODUCTION TO YOGA AND YOGIC PRACTICES – II

- Shatkarma meaning, purpose and their significance in yoga sadhana
- Yogasana - meaning, principal and their health benefit.
- Introduction to Pranayama and Dhyana and their health benefits.
- Identify career opportunities in Yoga

UNIT 2 – INTRODUCTION TO YOGA TEXTS - II

- Concepts of Aahara (Diet) according yogic text.
- Significance of Hath Yoga practices in Health promotion.
- Concept of mental health well-being according to patanjali Yoga
- Yogic practice of Patanjali yoga: Bahiranga and Antranga Yoga
- Concept of healthy living style in Bhagavad Gita
- Importance of subjective experience in daily yoga practice

UNIT 3 – YOGA FOR HEALTH PROMOTION - II

- Introduction to first aid and CPR
- Yogic management of stress and its consequences
- Yogic prevention of common diseases
- Yoga and personality development

PRACTICAL GUIDELINES FOR CLASS - XII

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 examiners (one internal and one external). 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. Repetition of Asana of class XI
2. Practice of Tadasana
3. Practice of ArdhaChakrasana
4. Practice of Katichakrasana
5. Practice of Dandasana
6. Practice of Bhadrasana
7. Practice of Padamasana
8. Practice of Vajrasana
9. Practice of Utanmandukasana
10. Practice of kakasana
11. Practice of Parvatasana
12. Practice of Makrasana
13. Practice of Uttanpadasana
14. Practice of Setubandhasana
15. Practice of Vipritkarniasana
16. Practice of Saral matsyasana
17. Practice of Shavasana
18. Repetition of Pranayam of class XI
19. Practice of Jalandhar and Uddayan Bandh
20. Repetition of Mudras of class XI
21. Practice of breath Meditation and OM Dhyan

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.