

**YOGA (CODE NO. 841)**  
**CLASS XI (SESSION 2019-2020)**

YOGA (CODE NO. 841) Class XI (Session 2019-2020)	
Theory (Part A & B)	60 marks
Practical (Part C)	40 marks
<b>Total Marks</b>	<b>100 marks</b>

**Theory**

❖ **PART A: EMPLOYABILITY SKILLS**

- Unit 1: Communication Skills
- Unit 2: Self-Management Skills
- Unit 3: Basic ICT Skills
- Unit 4: Entrepreneurial Skills
- Unit 5: Green Skills

❖ **PART B:**

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

**Practical**

❖ **PART C:**

- Viva
- Project
- Practical file/ Portfolio/ Power Point presentation
- Demonstration Skills