

# CBSE | DEPARTMENT OF SKILL EDUCATION

## CURRICULUM FOR SESSION 2020-2021

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

#### **CLASS – XI & XII**

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#### **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, joining, 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 conscious.

#### **SALIENT FEATURES:**

- Yoga course is very good that it does not cost a lot.
- Another very 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
- Sutra Neti
- Rubber Neti
- Jalneti
- Jal neti pot
- vastra Dhoti
- Soap
- Tratak stand
- Candle
- Match box
- 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
- Hypnosis
- Counselor
- 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 Skills subject along with other subjects.

# CLASS –XI (SESSION 2020-2021)

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

| YOGA (SUBJECT CODE - 841)<br>Class XI (Session 2020-21) |   |   |   |
|---|---|---|---|
|   | UNITS   | NO. OF HOURS<br>for Theory and<br>Practical | MAX. MARKS<br>for Theory<br>and Practical |
| Part A  | <b>Employability Skills</b>                           |   |   |
|   | Unit 1 : Communication Skills - III                   | 13  | 10  |
|   | Unit 2 : Self-Management Skills - III                 | 07  |   |
|   | Unit 3 : ICT Skills - III                             | 13  |   |
|   | Unit 4 : Entrepreneurial Skills - III                 | 10  |   |
|   | Unit 5 : Green Skills - III                           | 07  |   |
|   | <b>Total</b>  | <b>50</b>                                   |   |
| Part 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>                                 |
| Part C  | <b>Practical Work</b>                                 |   |   |
|   | Project   | 115   | 10  |
|   | Viva  |   | 05  |
|   | Practical File  |   | 15  |
|   | Demonstration of skill competency via Lab Activities  |   | 20  |
|   | <b>Total</b>  |   | <b>115</b>                                |
|   | <b>GRAND TOTAL</b>                                    | <b>260</b>                                  | <b>100</b>                                |

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

# DETAIL OF THE UNITS OF CLASS XI

Total Marks: 100 (Theory - 60 + Practical - 40)

## PART-A: EMPLOYABILITY SKILLS

| S. No. | Units   | Duration in Hours |
|--------|---|-------------------|
| 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:** For 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 Increased.
28. 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.

# CLASS – XII (SESSION 2020-2021)

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

| <b>YOGA (SUBJECT CODE - 841)</b><br><b>Class XII (Session 2020-21)</b> |  |  |  |
|--|--|--|--|
|  | <b>UNITS</b>   | <b>NO. OF HOURS<br/>for Theory and<br/>Practical</b> | <b>MAX. MARKS<br/>for Theory<br/>and Practical</b> |
| <b>Part A</b>  | <b>Employability Skills</b>                            |  |  |
|  | Unit 1 : Communication Skills - IV                     | 13   | 10   |
|  | Unit 2 : Self-Management Skills - IV                   | 07   |  |
|  | Unit 3 : ICT Skills – IV                               | 13   |  |
|  | Unit 4 : Entrepreneurial Skills - IV                   | 10   |  |
|  | Unit 5 : Green Skills – IV                             | 07   |  |
|  | <b>Total</b>   | <b>50</b>  |  |
| <b>Part B</b>  | <b>Subject Specific Skills</b>                         |  |  |
|  | 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   |
|  | <b>Total</b>   | <b>105</b>   | <b>40</b>  |
| <b>Part C</b>  | <b>Practical Work</b>                                  |  |  |
|  | Project  | 115  | 10   |
|  | Viva   |  | 05   |
|  | Practical File   |  | 15   |
|  | Demonstration of skill competency via Lab Activities   |  | 20   |
|  | <b>Total</b>   |  | <b>115</b>   |
|  | <b>GRAND TOTAL</b>                                     | <b>260</b>   | <b>100</b>   |

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

# 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                  |
|        | <b>TOTAL DURATION</b>                                      | <b>50</b>           |

**NOTE:** For 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.

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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 Dhyam

**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.