

CBSE | DEPARTMENT OF SKILL EDUCATION

CURRICULUM FOR SESSION 2020-2021

YOGA (SUBJECT CODE - 841)

JOB ROLE: STORE OPERATIONS ASSISTANT

RATIONALIZED CURRICULUM FOR CLASS-XII FOR SESSION 2020-21

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

	UNITS	NO. OF HOURS for Theory and Practical 260	MAX. MARKS for Theory and Practical 100
Part A	Employability Skills		
	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	
	Total	50	
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	115	10
	Viva		05
	Practical File		15
	Demonstration of skill competency via Lab Activities		20
	Total		115
	GRAND TOTAL	260	100

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

DETAILED CURRICULUM/TOPICS:

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

Part-B – SUBJECT SPECIFIC SKILLS

S. No.	Units	Units	Duration in Hours
1.	Unit 1 – Introduction to Yoga and Yogic Practices II	25	10
2.	Unit 2 – Introduction to Yoga Texts II	40	25
3.	Unit 3 – Yoga for Health Promotion II	40	25
	Total	105	50

Unit 1

- Shatkarma meaning, purpose and their significance in yoga sadhana
- Yogic Practice - Sukshama Vyayama, sthula Vyayama and Suryanamaskar
- Yogasana – meaning, principal and their health benefit.
- Introduction to Pranayama and Dhyana and their health benefits
- Identify career opportunities in Yoga

Unit 2

- 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

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