

Yoga Skill

841 CBSE

CLASS XI

Project File : Celebration International Yoga Day (Your Contribution/Overall Judgment how we Celebrate) Paste Your picture and Report

🔗 *Practical File (15 Marks)*

Practical file

- surya namaskar – benefits , description , precautions etc

- 4 diseases - *Obesity/Hypertension/Lower Back Pain/Bronchial Asthma/ Arthritis/ Thyroid/Diabetes* description, Diet Plan, asana that benefits , precautions etc

- 2 kriyas – description , benefits and precautions

- 2 pranayama – description , benefits and precautions

Practice of all yoga poses and Pranayama given to the practical file

Holiday Homework and your final Practical File*