

Class XII

YOG SKILL

841 CBSE

12 board practical file should include...

- Case base study ( can take any kind of case ... Like curing diseases , healing a constant pain or cramp , Changing behavior etc.... )

-You can add the review of the person whom you'll be studying for the project .

-It should include –

- 1) acknowledge
- 2) certificate
- 3) index
- 4)purpose
- 5) introduction
- 6) your content
- 7) review/ survey ( optional)
- 8) conclusion
- 9) teachers remarks
- 10)thank-you page

Practical File (15 Marks)

Project file (10 Marks)

Practical file (15 Marks)

- 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

( Do study all 7 diseases They are all important but write about only 4 )

- 2 kriyas - description , benefits and precautions

- 2 pranayam - description , benefits and precautions

Also Practice of all yog asana ,Pranayama and kriyas