

ACADEMIC PLANNER FOR CLASS XI FOR 2024-25

YOGA SKILL (841)

Month/ Working days	No of Working Days	Content	Teaching Pedagogy	Practical
July (25 Days) 1st July to 15th July	12	Communication Skill Etymology of Yoga Introduction of Yoga	Inquiry Based Learning	Sukshma Vayayama
16th July to 31st July	13	Communication Skill Common Terminology used in Yoga and Their Meaning Yoga: its Origin, History and Development Rules and Regulation to be followed by Yoga Practitioners History and Development of Yoga	Inquiry Based Learning Project File	Surya namaskar
Aug (23 Days) 1st Aug to 15th Aug	11	Self-Management Skill Introduction About Hatha Yoga PRADIPIKA Patanjali Yoga Sutra Objectives, Misconceptions and Major benefits of Yoga	Practical File	Some introduction and Practical of Yogasana
16th Aug to 31st Aug	12	Self-Management Skill Bhakti Yoga, Karma Yoga and Sankhaya Yoga	Practical Methods	Forward and Backward Bending Poses
Sept (23 Days) 1st Sep to 15th Sep	11	Self-Management Skill Jnana Yoga Introduction and Study of BHAGAVAD GITA including Memorization of selected Shlokas	Inquiry Based Learning	Neti and Tratak Kriyas
16th Sep to 30th Sep	12	HALF YEARLY EXAMINATION		
Oct (20 Days) 1st Oct to 15th Oct	8	ICT Skill Yoga for Health Promotions Skeletal, Cardiovascular Systems	Practical Methods	Setting and Meditative Poses

16th Oct to 31st Oct	12	ICT Skill Yoga for Health Promotions Muscular, Digestive and Endocrine Systems	Debate and discussion	Introduction of Pranayama and Practice of Anulomvilom and Bharamari
Nov (23 Days) 1st Nov to 15th Nov	10	Entrepreneurial Skill Yoga for Health Promotions Immune, Excretory and Reproductive System	Experiential Learning, Inquiry Based Learning	Practice of Hastha Mudras
16th Nov to 30th Nov	13	Entrepreneurial Skill Role of Yoga for Health Promotions Holistic Benefits of Yoga Development of Personality Traits through Yogic Attitudes and Practices	Practical Method	Spine Yoga Poses
Dec (24 Days) 1st Dec to 15th Dec	11	Green Skill Safety Hazards During Practice of Yoga What is Yoga Diet?	Practical Method	Prone Line Poses
16th Dec to 31st Dec (12 Days)	13	Green Skill What is the Importance of Fasting in Yoga? To live a healthy life(Main Components)	Inquiry Based Learning	Standing Yoga Poses
Jan (13 days) 1st Jan to 15th Jan	NIL	Project and Practical Completion work		
Jan (13 days) 16th Jan to 31st Jan	13	Concept of Pancha Maha Bhutas Concept of Tri Dosha Dincharya and Ritucharya	Practical Based	Practice of Kapalbhathi Kriya
Feb 1st Feb to 15th Feb	12	REVISION & FINAL EXAMINATION.		