

ACADEMIC PLANNER FOR CLASS XII FOR 2024-25
Yoga Skill (841)

Month/ Working days	No of Working Days	Content	Teaching Pedagogy	Practical
APRIL (22). 1st April To 15th April	11	Communication Skill Importance of Fasting in Yoga. Concept of Pancha Maha Bhutas	Constructive Method	Surya namaskar and their Mantras
APRIL (22). 16th April To 30th April	11	Communication Skill Dincharaya and Ritucharaya Shatkarma -meaning, principles and their benefits	Project	Neti and Tratak Kriya
May (18 Days). 1st May to 15th May	12	Self-Management Skill Introduction of Pranayama, Dhayan and their Benefits	Practical Based Learning	Yogasana and their Health Benefits
May (18 Days). 16th May to 25th May	6	Self-Management Skill Identify Career Opportunities of Yoga Concept of Aahara Concept of Mitahara	Practical Based Learning	Yogasana and their Health Benefits
25th May to 30th June.		HOLIDAY HOMEWORK (PRACTICAL FILE FOR 2024-25) And Practical in International Yoga Day		
July (25 Days) 1st July to 15th July	12	ICT Skill Significance of Hatha Yoga Practice in Health Promotions	Discussions and Exploration	Kapalbhati Kriya
16th July to 31st July	13	ICT Skill Concept of Mental health well-being according to Patanjali Yoga The Yogic Practice of Patanjali Yoga	Integrative Method	Rechak,Purak and Kumbhak
Aug (23 Days) 1st Aug to 15th Aug	11	Entrepreneurial Skill Concept of Healthy living style in BHAGAVAD GITA Importance of Subjective experience in Daily Yoga Practice	Project Based	Anulom Vilom and Bharamari Pranayama

16th Aug to 31st Aug	12	Entrepreneurial Skill MUDRAS Introduction of First-Aid	Practical Method	Training of First Aid
Sept (23 Days) 1st Sep to 15th Sep	11	Green Skill Introduction of CPR	Practical Based	Traning of CPR
16th Sep to 30th Sep	12	HALF YEARLY EXAMINATION		
Oct (20 Days) 1st Oct to 15th Oct	8	Green Skill Yaga Management of Stress and Its Consequences	Inquiry Based Learning	Ujjaayai and Sheetkari Pranayama
16th Oct to 31st Oct	12	Concept of Stress Types of Stress Yoga Practice of Stress Management Most Powerful Meditation in Present Time	Practical Method	Hasta Mudras Mahabandhas
Nov (23 Days) 1st Nov to 15th Nov	10	Yoga and Diet: Nutritional Harmony Yoga Prevention of Common Diseases OBESITY, HYPERTENTSION, ASTHMA	Practical Method	Yoga for Diseases
16th Nov to 30th Nov	13	Yoga Prevention of Common Diseases ARTHRITIS, CERVICAL SPONDYLITIS, BACKACHE	Practical and Inquiry Based Learning	Yoga for Diseases
Dec (24 Days) 1st Dec to 15th Dec	11	Yoga Prevention of Common Diseases THYROID, DIABETES	Practical and Inquiry Based Learning	Yoga for Diseases

16th Dec to 31st Dec (12 Days)	13	Yoga for Personality Development		CBSE Sample Paper
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Jan (13 days) 1st Jan to 15th Jan	NIL	Revision Work of syllabus		CBSE Sample Paper
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Jan (13 days) 16th Jan to 31st Jan	13	Revision Work of syllabus		CBSE Sample Paper
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