

S.D. Public School, Pitampura

Lesson Plan (2026–27)

Subject: Yoga (841)

Class: XII

Month & Date	Working Days	Topics	Learning Outcomes	Teaching Aids	Activities / Practical Work	SDG Goals
April 1–15	11	Introduction to Yoga, Meaning & Definition	Students understand concept and importance of Yoga	Blackboard, PPT, Charts	Discussion on benefits of Yoga	SDG 3 – Good Health & Well-being
April 16–30	13	Ashtanga Yoga + Communication Skills	Students explain eight limbs of Yoga	Charts, PPT	Group discussion	SDG 4 – Quality Education
May 1–15	6	Yogic Diet & Yogic Lifestyle + Self Management	Students learn healthy lifestyle habits	Charts, Video	Prepare daily yogic routine	SDG 3 – Good Health
July 1–15	12	Shatkarma – Dhauti, Basti, Neti + ICT Skills	Students understand cleansing techniques	Demonstration Video	Demonstration	SDG 3 – Health
July 16–31	14	Shatkarma – Trataka, Nauli, Kapalbhata	Students identify benefits of Shatkarma	Charts	Trataka practice	SDG 3 – Health
August 1–15	11	Panchkosh (Annamaya, Pranamaya, Manomaya, Vijnanamaya,	Students understand five sheaths of human	PPT, Charts	Diagram explanation and discussion	SDG 4 – Quality Education

		Anandamaya) + Entrepreneurial Skills	existence			
August 16-31	11	Pranayama – Concept, Types & Practice (Anulom Vilom, Bhastrika, Bhramari)	Students perform pranayama correctly	Yoga mats	Practical breathing exercises	SDG 3 – Good Health
September 1-15	11	Meditation (Dhyana) + Green Skills	Students learn meditation benefits	PPT, Video	Guided meditation	SDG 13 – Climate Action
September 16-30	13	Yogic Management of Stress	Students understand stress management	Charts	Relaxation techniques	SDG 3 – Well-being
October 1-15	11	Yoga for Lifestyle Diseases	Students know prevention through yoga	Charts	Asana practice	SDG 3 – Health
October 16-31	9	Demonstration of Important Asanas	Students demonstrate asanas	Yoga mats	Practical class	SDG 3 – Health
November 1-15	9	Teaching Methodology in Yoga	Students learn yoga teaching methods	PPT	Student demonstration	SDG 4 – Quality Education
November 16-30	12	Full Revision & Assessment	Students revise complete syllabus	Question bank	Practical & written test	SDG 4 – Quality Education

