

## Class XII – Yoga Skill (841)

### Practical File Work

#### 1. Surya Namaskar (12 Steps)

Pranamasana, Hasta Uttanasana, Padahastanasana, Ashwa Sanchalanasana, Dandasana, Ashtanga Namaskar, Bhujangasana, Parvatasana, Ashwa Sanchalanasana, Padahastanasana, Hasta Uttanasana, Pranamasana

#### Benefits:

Improves flexibility, blood circulation, strength, and mental focus.

#### 2. Diseases and Yoga Plan

##### Obesity:

Asanas: Tadasana, Trikonasana, Bhujangasana, Naukasana, Pawanmuktasana

Pranayama: Kapalbhathi, Anulom Vilom

Benefits: Reduces fat, improves metabolism

##### Diabetes:

Asanas: Mandukasana, Ardha Matsyendrasana, Bhujangasana, Dhanurasana, Vakrasana

Pranayama: Bhastrika, Anulom Vilom

Benefits: Controls blood sugar, improves pancreas function

#### 3. Shatkriya

##### Jal Neti:

Procedure: Clean nose using saline water

Benefits: Clears nasal passage

Precautions: Use clean water

##### Kapalbhathi:

Procedure: Forceful exhalation

Benefits: Detoxifies body

Precautions: Avoid high BP

#### 4. Pranayama

Anulom Vilom:

Steps: Alternate nostril breathing

Benefits: Calms mind

Bhastrika:

Steps: Forceful inhale-exhale

Benefits: Boosts energy

Project File:

Prepare as per roll number and topic.