

Class XI – Yoga (841)

Holiday Homework Plan

Register Work

1. Setup

Make Cover Page and Index Page.

2. Panchakosha

Write definition and explain all 5 koshas: Annamaya, Pranamaya, Manomaya, Vijnanamaya, Anandamaya. Draw a neat labelled diagram.

3. Aahara and Mitahara

Aahara: Meaning, importance, types (Sattvic, Rajasic, Tamasic).

Mitahara: Meaning, rules of eating, benefits.

4. Patanjali Yoga Sutra

Introduction and definition of Yoga.

Explain Ashtanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.

5. Misconceptions About Yoga

Yoga is only exercise, only for flexible people, only for old people, is a religion, gives instant results. Write correct explanation for each.

Practical File Work

1. Surya Namaskar

Write 12 steps with names, benefits, and add diagrams.

2. Two Diseases and Yoga Plan

Example: Obesity and Diabetes. Include asanas, pranayama, and benefits.

3. Two Shatkriya

Jal Neti and Kapalbhata with procedure, benefits, precautions.

4. Two Pranayama

Anulom Vilom and Bhastrika with steps, benefits, precautions.

Final Checklist

Complete all topics, neat work, diagrams included, headings underlined.