



MAHARAJA AGARSAIN PUBLIC SCHOOL
A Cambridge International School Ashok Vihar, Delhi

CLASS - XI

SUBJECT- YOGA

SESSION : 2023-2024

DURATION	Syllabus Tested	Syllabus Covered	SUBJECT ENRICHMENT/PRACTICAL/ ENGLISH/ CONVERSATION/ VISUAL STIMULUS	LEARNING OUTCOMES	RESOURCES	SDG
PT1 (APR-MAY)	Part B: Ch 1- Introduction to yoga and yogic practices.	1.1 Yoga Etymology, definition, Aim, objective and misconception text 1.2 Yoga origin, history and development 1.3 Rules and regulations to be followed by yoga practitioners 1.4 Introduction to Major schools of Yoga (Janan, Yoga Bhakti, Yoga Karma, Patanjali, Hatha)	<ul style="list-style-type: none"> • Surya Namaskar and types of Asanas. • Asanas of hypertension. 	After completing the Ch. Students will be able to <ul style="list-style-type: none"> • Differentiate asanas guidelines for different stages of growth and development. • Classify common postural deformities and identify corrective measures. • Recognize the role and importance of yoga. 		SDG-Quality Education SDG- Good Health & well Being SDG-Good Health & Wellness

TERM-I (JUNE- JULY)	Part A: Ch 1 – communication skills	<ul style="list-style-type: none"> • Methods of Communication Verbal, Non-verbal Visual • Communication styles- assertive, aggressive, passive-aggressive, submissive, etc. • Writing skills to the following: Sentence Phrase, Kinds of Sentences Parts of Sentence, Parts of Speech Articles 	<ul style="list-style-type: none"> • Writing pros and cons of written, verbal and nonverbal communication. • Listing do's and don'ts from language mistake • Observing and sharing communication styles of friends, teachers and family members 	<p>After completing the unit, the students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate knowledge of various methods of Communication. • Identify specific Communication styles. • Demonstrate basic writing skills. 		SDG-Quality Education SDG- Good Health & well Being SDG-Good Health & Wellness
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	<p>Part B: Ch 1- Introduction to yoga and yogic practices</p> <p>Part B: Ch- 2 Introduction to yoga text</p>	<p>Construction of a Paragraph</p> <p>Topic : 1.1 to 1.4 1.5 Introduction to yogic practices (Sukshama Vyayama, Surya Namaskar and Asanas)</p> <p>2.1 Introduction and study of Patanjali Yoga Sutra including memorization of selected Sutra</p>	<p>and adapting the best Practice.</p> <ul style="list-style-type: none"> • Role plays on Communication styles. • Demonstration and practice of writing sentences and paragraphs on topics related to the subject • Sukshama Vyayama • Ashtanga yoga • Pranayama • Meditation • Padmasana • Bhadrasana • Muktasana • Dhanurasana 	<ul style="list-style-type: none"> • Develop their interest in yoga as it is also a part of shrimadbhagavad Gita, Mahabharat Chant shlokas. 		
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<p>PT-2 (JULY- AUG)</p>	<p>Part A: Ch-2 Self management skills</p> <p>Part B: Ch- 2 Introduction to yoga text</p>	<ul style="list-style-type: none"> ● Demonstrate impressive appearance and grooming ● Demonstrate team work Skills ● Apply time management strategies and techniques ● Meaning and importance of time management – setting and prioritizing goals, creating a schedule, making lists of tasks, balancing work and leisure, using different optimization tools to break large tasks into smaller tasks. <p>2.2 Introduction and study of Bhagavad Gita including memorization of selected Slokas</p> <p>2.3 Introduction of Hata Pradpika.</p> <p>2.4 Introduction and study of Gheranda Samhita.</p>	<ul style="list-style-type: none"> ● Prepare a personal grooming checklist Describe the techniques of self Exploration ● Sitting asana ● Standing asana 	<p>After completing the unit students will be able to:</p> <ul style="list-style-type: none"> ● Describe the importance of dressing appropriately, looking decent and positive body language Describe the term Grooming ● Describe the important factors that influence in team building ● Describe factors influencing team work ● Describe the importance of yoga from ancient times. 	<p>SDG- Good Health & Well Being. SDG- Good Health & Well Being.</p>
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<p>HALF YEARLY (SEP)</p>	<p>Ch 1 & 2 Part A: Ch-3 Information and communication Technology</p> <p>Ch- 4 Entrepreneurial skills</p> <p>Part B: Ch – 3 Yoga for health promotion</p>	<ul style="list-style-type: none"> • Editing Text Wrapping and aligning the text Font size, type, Face, Header and Footer, Auto correct, Numbering and bullet, Creating table, Find and replace, Page numbering. • Printing document Saving a document in various formats. • Entrepreneurial value orientation with respect to innovativeness, independence, Outstanding performance and respect for work • Attitudes in general and entrepreneurial • Attitudes Using imagination/ Intuition Tendency to take moderate risk Enjoying freedom of expression and action <p>Topic : 1.1 to 2.4 1.5 Brief introduction to human body 1.6 Role of yoga for health promotion 1.7 Yogic attitudes and practices</p>	<ul style="list-style-type: none"> • Create a document on word processor • Edit, save and print a document in word processor • Demonstrate the knowledge of attitudinal changes required to become an entrepreneur • Looking for economic Opportunities Believing that we can change the Environment Analyzing situation and planning action Involving in activity • Relaxative asana • Meditative asana • Balancing asana 	<p>After completing this chapter students will be able to -</p> <ul style="list-style-type: none"> • Perform word Processing. Software packages for word processing. Opening and exiting the word processor. Creating a document • Describe the significance of entrepreneurial values in general • Understand the concept of a balanced diet and nutrition. Classify Nutritive and Non-Nutritive components of the Diet. 	<p>SDG- Quality Education.</p>
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TERM II (NOV)	<p>Part A: Ch- 5 Green Skills</p> <p>Part B: Ch – 3 Yoga for health promotion</p>	<ul style="list-style-type: none"> About main sector of green economy. Role of various stakeholders in green economy. <p>Topic : 1.1 to 3.3</p> <p>3.1 Holistic approach of yoga towards the health and diseases</p> <p>3.2 Introduction to yoga diet and its relevance and</p> <p>3.3 Importance in yoga Sadhana Dincharya and Ritucharya with respect of yogic lifestyle</p>	<ul style="list-style-type: none"> Prepare a poster on Main sectors of green economy- E waste management, green transportation, renewal energy, green construction, water manangement. Make a list of Policy initiatives for greening economy in India. Role of government and private agencies in greening cities, buildings, tourism, industry, transport, renewable energy, waste management, agriculture, water forests and fisheries Pranayama Dhyana Meditation Padmasana Bhadrasana Muktasana Vajrasana Swastikasana Dhanurasana 	<p>After completing this chapter students will be able to</p> <ul style="list-style-type: none"> Describe the importance of main sector of green economy. Describe the major green sectors/areas and the role of various stakeholders in green economy. Identify the asanas beneficial for different ailment and health problems. Recognize importance of various asanas for preventive measures of obesity, diabetes, asthma, hypertension, back pain and arthritis. 		SDG- Good Health & Well Being

				<ul style="list-style-type: none"> • Describe the procedure for performing a variety of asanas for maximal benefits. • Outline the role of yogic management for various health benefits and preventive measures 		
PRE FINAL EXAM (DEC)		Complete syllabus covered during the session.				
FINAL EXAMS		Complete syllabus covered during the session.				