

**NAVY CHILDREN SCHOOL
VISAKHAPATNAM**

**YOGA (841) - MONTH WISE SPLIT UP SYLLABUS (2024-2025)
CLASS-XI**

MONTH	UNIT No.	TOPIC NAME	Practical / Project	Subject enrichment activity
April	1	Introduction to Yoga and Yogic Practices – I <ul style="list-style-type: none"> • Yoga Etymology, definition, Aim, objective and misconception text • Yoga origin, History and development • Rules and regulations to be followed by yoga practitioners • Introduction to major schools of Yoga (Jnana, Bhakti) 	Sukshma Vyayama Asanas	Discuss about civilizations (Sindhu, Harappa, etc.,)
May & June	1 & ES-1	Introduction to Yoga and Yogic Practices – I <ul style="list-style-type: none"> • Introduction to major schools of Yoga (Karma, Patanjali, Hatha) • Introductions to yogic practices Communication Skills-III	International Yoga Day Meditation	Introducing Patanjali Yoga Sutras Discuss about different types of Karmas. (Sanchita, Agami, Prarabdha, Nishiddha, Nishkama)
July	2 & ES-1	Introduction to Yoga Text-I <ul style="list-style-type: none"> • Introduction and study of Patanjali Yoga Sutras • Introduction and study of Bhagavad Gita Communication Skills-III	Asanas Suryanamaskaras	Practicing Important verses (slokas) from Bhagavad Gita and Sutras from Patanjali yoga sutras.
August	2 & ES-2	Introduction to Yoga Text-I <ul style="list-style-type: none"> • Introduction of Hata Pradipika Self -Management Skills-III	Kriyas (Jalaneti/ Sutraneiti)	Creating awareness on yogic kriyas Chart making on different kriyas

September	2 & ES-3	Introduction to Yoga Text-I <ul style="list-style-type: none"> • Introduction and study of Gheranda Samhita ICT Skills-III	Pranayamas	Discuss about steps in pranayama, different types of breathing (abdominal , chest, throat, Yogic breath)
October	3	Yoga for Health Promotion-I <ul style="list-style-type: none"> • Brief introduction to human body 	Kriyas (Jalaneti/ Sutraneti)	Chart making on endocrine system
November	2 & ES-4	Yoga for Health Promotion-I <ul style="list-style-type: none"> • Role of yoga for health promotion • Yogic attitudes and practices • Holistic approach of yoga towards the health and diseases Entrepreneurial Skills-III	Asanas Pranayama	Creating awareness on types of diseases (Somatic, psychosomatic, psychic)
December	3 & ES-5	Yoga for Health Promotion-I <ul style="list-style-type: none"> • Introduction to the diet and its relevance and importance of yoga sadhana • Dinacharya and Ritucharya with respect of yogic lifestyle Green Skills-III	Asanas Pranayama Meditation	Making chart on sattvic, rajasic, tamasic food. Making To do list (Dinacharya)
January	ES-5	Green Skills-III		
February	All	Revision		