

Academic Planner for Class XI (2025-26) Yog Skill 841

Month/ Work	Content	Learning Outcome	Mode of Assessment	Home work /Assignment	Teaching Pedagogy	Interdisciplinary Aspect / SDG	21ST Century Skills
18th Marh To 31st March (11)	Communication Skill, Etymology of Yoga, Introduction of Yoga	Students will understand history of Yoga	Oral test		Inquiry Based Learning	Sukshma Vayayama	Communication
3th April To 15th April (10)	Common Terminology used in Yoga, Yoga: its Origin, History and Development, Rules for Yoga Practitioners	Understand the methods of cummnication	Practice test	Prepre notes	Inquiry Based Learning, Project File	Surya namaskar	Critical Thinking
16th April To 30th April (12)	Self- Management Skill, Hatha Yoga PRADIPIKA, Patanjali Yoga Sutra, Misconceptions and Benefits	Understand the yogasana	Oral test	Project file	Practical File	Some introduction and Practical of Yogasana	
1st May to 15th May (11)	Bhakti Yoga, Karma Yoga and Sankhaya Yoga	Importance of Karma	Case study based question		Practical Methods	Forward and Backward Bending Poses	Communication
16th May to 55th May (8)	Jnana Yoga, Study of BHAGAVAD GITA including Memorization of selected Shlokas	Understand the Gyan Yoga		Project file	Inquiry Based Learning	Neti and Tratak Kriyas	Critical Thinking
16th May to 30th June.	HALF YEARLY EXAMINATION						
1st July to 15th July (12)	ICT Skill, Yoga for Health Promotions, Skeletal, Cardiovascular Systems	Understand the ModernYoga			Practical Methods	Setting and Meditative Poses	
16th July to 31st July (14)	ICT Skill, Yoga for Health Promotions,	Understand the ModernYoga	Practice test	Project file	Debate and discussion	Anulomvilom and Bharamari	

1st Aug to 15th Aug (11)	Muscular, Digestive and Endocrine Systems	Understand the benefit of Yoga	Case study based question	Prepre notes			Communication
16th Aug to 31st Aug (12)	Entrepreneurial Skill, Yoga for Health, Immune, Excretory and Reproductive System	Understand the benefit of Yoga	Oral test		Experiential Learning, Inquiry Based Learning	Practice of Hastha Mudras	
1st Sep to 15th Sep (11)	Role of Yoga for Health, Holistic Benefits, Personality Development through Yoga	Understand the benefit of Yoga in daily life	Case study based question	Project file	Practical Method	Spine Yoga Poses	
16th Sep to 30th Sep (12)	Green Skill, Safety Hazards in Yoga, What is Yoga Diet?		Case study based question		Practical Method	Prone Line Poses	
1st Oct to 15th Oct (8)	Importance of Fasting in Yoga, Healthy Life Components	Understand the benefit of Yoga in daily life	Practice test	Prepre notes	Inquiry Based Learning	Standing Yoga Poses	Communication
16th Oct to 31st Oct	Project and Practical Completion work		Oral test				
1st Nov to 15th Nov (11)	Concept of Pancha Maha Bhutas, Tri Dosha, Dincharya and Ritucharya	Understand the benefit of Yoga in daily life		Project file	Practical Based	Kapalbhati Kriya	
16th Nov to 30th Nov (12)	REVISION & FINAL EXAMINATION		Oral test	Project file			Communication
1st Dec to 15th Dec (12)	REVISION & FINAL EXAMINATION	Understand the benefit of Yoga in daily life			CBSE Sample Paper	—	
16th Dec to 31st Dec (13)	Yogasana and Pranayam Practical		Oral test	Project file			
1st Jan to 15th Jan (13)	Netikriya			Project file			

15th Jan to 31st Jan (14)	REVISION & FINAL EXAMINATION			Project file			
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