



ACADEMIC CURRICULUM

Session: 2025-26

Class:- XI

SUBJECT:- YOGA (SUBJECT CODE-841) SKILL SUBJECT

Sr. No.	Month	Content	Learning Outcome
1	April	Employability Skills: Unit 1 - Communication Skills-III	Develop effective verbal and non-verbal communication skills for personal and academic use.
2	May	Employability Skills: Unit 2 - Self- Management Skills- III	Build self-confidence, emotional balance, and set achievable goals.
3	June	Employability Skills: Unit 3 - ICT Skills- III Practical File	Gain basic knowledge of computers and digital tools for communication and work.
4	July	Employability Skills: Units 4 & 5 - Entrepreneurial Skills- III & Green Skills-III	Learn about entrepreneurship, eco-friendly practices, and sustainable development.
5	August	Subject-Specific Skills: Unit 1 - Introduction to Yoga and Yogic Practices	Understand yoga's meaning, aims, origin, history, misconceptions, and basic yogic exercises.
6	September	Continue Unit 1 + Start Unit 2 - Introduction to Yoga Texts	Recite and understand selected sutras and shlokas from Patanjali Yoga Sutras and Bhagavad Gita.