



MAYO COLLEGE
Academic Curriculum - 2021-22
Subject - Yoga
CLASS – XII

ASSESSMENT 1	ASSESSMENT 2	HALF YEARLY	PRE BOARDS
Employability Skills Unit 1 : Communication Skills – IV	Employability Skills Unit 3 : ICT Skills - IV	Employability Skills Unit 1 : Communication Skills - IV	Employability Skills Unit 1 : Communication Skills - IV
Employability Skills Unit 2 : Self-Management Skills – IV	Employability Skills Unit 4 : Entrepreneurial Skills - IV	Employability Skills Unit2 : Self- Management Skills - IV	Employability Skills Unit2 : Self- Management Skills - IV
Subject Specific Skills Unit 1 – Introduction to Yoga and Yogic Practices - II	Subject Specific Skills Unit 2 – Introduction to Yoga Texts - II	Employability Skills Unit 3 : ICT Skills - IV	Employability Skills Unit 3 : ICT Skills - IV
		Employability Skills Unit 4 : Entrepreneurial Skills - IV	Employability Skills Unit 4 : Entrepreneurial Skills - IV
		Employability Skills Unit 5 : Green Skills - IV	Employability Skills Unit 5 : Green Skills - IV
		Subject Specific Skills Unit 1 – Introduction to Yoga and Yogic Practices - II	Subject Specific Skills Unit 1 – Introduction to Yoga and Yogic Practices - II
		Subject Specific Skills Unit 2 – Introduction to Yoga Texts – II	Subject Specific Skills Unit 2 – Introduction to Yoga Texts – II
		Subject Specific Skills Unit 3 – Yoga for Health Promotion - II	Subject Specific Skills Unit 3 – Yoga for Health Promotion - II



MAYO COLLEGE

Academic Curriculum - 2021-22

Subject - Yoga

CLASS – XI

ASSESSMENT 1	ASSESSMENT 2	HALF YEARLY	FINALS
Employability Skills Unit 1 : Communication Skills - III	Employability Skills Unit 3 : ICT Skills - III	Employability Skills Unit 1 : Communication Skills - III	Employability Skills Unit 1 : Communication Skills - III
Employability Skills Unit 2 : Self-Management Skills - III	Employability Skills Unit 4 : Entrepreneurial Skills - III	Employability Skills Unit 2 : Self- Management Skills - III	Employability Skills Unit 2 : Self- Management Skills - III
Subject Specific Skills Unit 1 – Introduction to Yoga and Yogic Practices - I	Subject Specific Skills Unit 2 – Introduction to Yoga Texts - I	Employability Skills Unit 3 : ICT Skills - III	Employability Skills Unit 3 : ICT Skills - III
		Employability Skills Unit 4 : Entrepreneurial Skills - III	Employability Skills Unit 4 : Entrepreneurial Skills - III
		Employability Skills Unit 5 : Green Skills - III	Employability Skills Unit 5 : Green Skills - III
		Subject Specific Skills Unit 1 – Introduction to Yoga and Yogic Practices - I	Subject Specific Skills Unit 1 – Introduction to Yoga and Yogic Practices - I
		Subject Specific Skills Unit 2 – Introduction to Yoga Texts – I	Subject Specific Skills Unit 2 – Introduction to Yoga Texts – I
		Subject Specific Skills Unit 3 – Yoga for Health Promotion - I	Subject Specific Skills Unit 3 – Yoga for Health Promotion - I