



REPORT

TITLE: CAPACITY BUILDING PROGRAM FOR YOGA TEACHERS

Date: 16th November 2024

Resource Persons:

- Dr. Neha Chaudhary
- Ms. Dolly Thakur

As part of the National Education Policy (NEP) 2020, which recognizes the importance of equipping teachers with high-quality content knowledge and innovative pedagogical approaches, the CBSE organized a one-day training program for yoga teachers. This program aimed to empower teachers with updated skills and deeper insights into the CBSE Yoga syllabus for classes XI-XII.

The training session was held on **16th November 2024** at **Sri Venkateshwara International School**, Sector 18, Dwarka, 110075. I, **Gaurav Goswami**, actively participated in and successfully completed this training program.

Overview of the Sessions

The program was conducted by two distinguished resource persons, **Dr. Neha Chaudhary** and **Ms. Dolly Thakur**. After a brief introduction, the sessions covered the following key aspects:

- Detailed discussion on the yoga syllabus for CBSE classes XI and XII.
- Explanation of theoretical concepts and their integration into the classroom.

YOGA (SUBJECT CODE - 841)
CLASS –XI (SESSION 2023-2024)
Total Marks: 100 (Theory - 50 + Practical - 50)

	UNITS	NO. OF HOURS for Theory and Practical	MAX. MARKS for Theory and Practical
Part A	Employability Skills		
	Unit 1 : Communication Skills - III	13	2
	Unit 2 : Self-Management Skills - III	07	2
	Unit 3 : ICT Skills - III	13	2
	Unit 4 : Entrepreneurial Skills - III	10	2
	Unit 5 : Green Skills - III	07	2
	Total	50	10
Part B	Subject Specific Skills		
	Unit 1 – Introduction to Yoga and Yogic Practices - I	25	12
	Unit 2 – Introduction to Yoga Texts - I	40	12
	Unit 3 – Yoga for Health Promotion - I	40	16
	Total	105	40
Part C	Practical Work		
	Project	105	10
	Viva		05
	Practical File		15
	Demonstration of skill competency via Lab Activities		20
	Total	105	50
	GRAND TOTAL	260	100

YOGA (SUBJECT CODE - 841)
CLASS – XII (SESSION 2024-2025)
Total Marks: 100 (Theory - 50 + Practical - 50)

	UNITS	NO. OF HOURS for Theory and Practical	MAX. MARKS for Theory and Practical
Part A	Employability Skills		
	Unit 1: Communication Skills-IV	13	2
	Unit 2: Self-Management Skills-IV	07	2
	Unit 3: ICT Skills-IV	13	2
	Unit 4: Entrepreneurial Skills-IV	10	2
	Unit 5: Green Skills-IV	07	2
	Total	50	10
Part B	Subject Specific Skills		
	Unit 1 – Introduction to Yoga and Yogic Practices – II	25	12
	Unit 2 – Introduction to Yoga Texts - II	40	12
	Unit 3 – Yoga for Health Promotion - II	40	16
	Total	105	40
Part C	Practical Work		
	Project		10
	Viva		05
	Practical File	105	15
	Demonstration of skill competency via Lab Activities		20
	Total	105	50
	GRAND TOTAL	260	100

Individual and group practice of various yoga asanas.

Focus on techniques, benefits, and correct posture.





Methods to make yoga learning more engaging and effective.

Strategies to align yoga teaching with NEP 2020 objectives

Enhanced understanding of yoga content and its relevance in the academic curriculum.

Practical knowledge of asanas and methods to demonstrate them effectively.

Familiarity with the blueprint and structure of the CBSE Yoga syllabus for classes XI-XII.



The session was a valuable experience that equipped teachers with the skills and confidence to deliver high-quality yoga education in schools.

"The discussed syllabus was covered in the session, and all necessary information was provided to the teachers. This session was highly fruitful and informative for me, and it will greatly assist in teaching students in the future. Attached some glimpses from the session."

Prepared by
Gaurav Goswami
PRT (YOGA)