

ITL PUBLIC SCHOOL

Active Engagement of Young Minds during Summer Vacations 2026-27

Class :XII

Subject: YOGA

- **Prepare Project on lifestyle diseases**

- Obesity
- Hypertension
- Low Backpain
- Asthma
- Arthritis

*(Note : Write down the Yogic Management of anyone of the above mentioned disease)

And

- **Prepare Practical file of yoga on anyone of the following topics:-**

1. Procedure of any 10 Asana along with benefits and contraindication, which is given in the syllabus.
2. Procedure of all the pranayama along with benefits and contraindication, which is given in the syllabus.
3. Procedure of any 5 suksham vyayam and Surya Namaskar along with benefits and, contraindication, which is given in the syllabus

*(Note: while writing down the asana you have to write the Procedure, Benefits and Contraindications)