

# ITL PUBLIC SCHOOL

Active Engagement of Young Minds during Summer Vacations 2026-27

Class :XI

Subject: YOGA

---

Prepare file on the following topic:-

## 1. Project file (Anyone of the below mentioned topic)

- Ashtang yoga  
Or
- Major school of yoga

## 2. Practical file (Anyone of the below mentioned topic)

- Five asana with their steps, precautions and benefits.  
Or
- Project on Surya Namaskar.  
Or
- Steps of pranayama practices with their steps, benefits and precautions

