

MONTHLY SYLLABUS

SESSION-2016-17

CLASS-XI

SUBJECT : HOLISTIC HEALTH (CODE 746)

THEORY : 50 / PRACTICAL : 50

MONTH	CONTENTS
July 2016	<p style="text-align: center;">THEORY</p> <p>Unit-I: Yoga & Body Care Importance of Yoga in Cosmetology & Holistic Health</p> <ul style="list-style-type: none">• Evaluation of Yoga• Astang Yoga• Suksham Vyamyan (1 to 48) <p style="text-align: center;">PRACTICAL</p> <p>Unit-I: Yoga & Body Care</p> <ul style="list-style-type: none">• Practice in suksham vyamyan• File work and project work
August 2016	<p style="text-align: center;">THEORY</p> <p>Unit-2: Diet & Nutrition</p> <ul style="list-style-type: none">• Definition of health, food and Nutrition• Function of food-physiological, social and physiological• Food nutrients-function, sources, deficiency and excess-proteins, carbohydrates, fats, minerals (iodine, iron, calcium, phosphorus, potassium and sodium), vitamins (water soluble B&C and fat soluble A, D, E and K), water and fibre <p style="text-align: center;">PRACTICAL</p> <ul style="list-style-type: none">• Display of various food products which contains various nutrients

	<ul style="list-style-type: none"> • Seasonal diet, display of various diets <p>Unit-3: Anatomy & physiology</p> <ul style="list-style-type: none"> • Knowledge of human body and A/P related to cosmetology and holistic health • Structures and functions of cells and tissues
September 2016	<p style="text-align: center;">01.09.2016 to 07.09.2016 - Revision</p> <p style="text-align: center;">08.09.2016 to 22.09.2016 - First Term Exam</p> <p style="text-align: center;">23.09.2016 to 30.09.2016 - Discussion of Question Papers</p>
October 2016	<p style="text-align: center;">THEORY</p> <p>Unit-I: Yoga & Body Care</p> <ul style="list-style-type: none"> • Yogic balanced diet • Basic asanas (sukhasana, padmasana, vajrasana, gomukhasana, janushrhasana, trikonasana, tarasana, katichakrasana, bhujangasana, shalabhasana (10) • Posture correct posture (sitting, standing or walking) <p style="text-align: center;">PRACTICAL</p> <ul style="list-style-type: none"> • Practice of various asanas as given in theory • Posture (study of correct posture, sitting, standing, walking) • Viva-file work and project work <p style="text-align: center;">AUTUMN BREAK 08.10.2016 TO 11.10.2016</p> <p>Unit-2: Diet and Nutrition</p> <p style="text-align: center;">THEORY</p> <ul style="list-style-type: none"> • Food groups, concept of balance diet and meal planning • Diet for different age groups, food fats and fast foods <p style="text-align: center;">PRACTICAL</p> <ul style="list-style-type: none"> • Diet planning for adolescent girl

	<ul style="list-style-type: none"> • Diet planning for putting on and reducing for girl (16-19 years) • Planning a standard balanced diet for a week
November 2016	<p style="text-align: center;">THEORY</p> <p>Unit-3: Anatomy and physiology</p> <ul style="list-style-type: none"> • Study of skin and its appendages (Nail & Hair) • Basic knowledge of various systems: • Skeletal systems (Detail study of facial and neck bones) • Joints (Place & Names) <p>Unit-4: Indian and International Body Therapies</p> <p>INDIAN</p> <ul style="list-style-type: none"> • Naturopathy • Elements of body (5)
December 2016	<p style="text-align: center;">THEORY</p> <p>Unit-3: Anatomy and physiology</p> <ul style="list-style-type: none"> • Basic knowledge of various systems: • Muscular System (Facial and Neck in detail) • Respiratory System <p>Unit-4: Indian and International Body Therapies</p> <p>INDIAN</p> <ul style="list-style-type: none"> • Naturopathy • Treatment of body by • Hydrotherapy • Colour therapy • Mud therapy • Ayurveda

	<ul style="list-style-type: none"> • Tridoshas • Threegunas • Prakurty of body <p>INTERNATIONAL</p> <ul style="list-style-type: none"> • Massage and its benefits • Five scientific movements of massage <p style="text-align: center;">PRACTICAL</p> <ul style="list-style-type: none"> • Patron’s consultation • Basic Ayurveda treatment • Practical demonstration of five classical massage movements <p>31.12.2016 to 15.01.2017 (Winter break)</p>
January 2017	<p style="text-align: center;">THEORY</p> <p>Unit-4: Indian and International Body Therapies</p> <ul style="list-style-type: none"> • Elementary knowledge of international massage therapy • Aroma therapy • Deep tissue massage • Lymphatic drain massage • Stone massage • Sports massage • Swedish massage <p style="text-align: center;">PRACTICAL</p> <ul style="list-style-type: none"> • And practice of the same with use of various aroma oils and stones in massage • Swedish massage demo and practice • File/project work

February 2017	<p>Unit-5: Basic health and safety</p> <ul style="list-style-type: none"> • To meet minimum occupational standards • Basic hygiene standards • Standard procedures for safety and cleanliness <p>Unit-6: Business Studies</p> <ul style="list-style-type: none"> • Finding and keeping staff • Bookkeeping • Budgeting • Marketing <p>20.02.2017 to 28.02.2017 – Revision</p>
March 2017	SA-II Annual Examination