

MONTHLY SYLLABUS

SESSION-2016-17

CLASS XII

SUBJECT : HOLISTIC HEALTH (746)

THEORY : 50 / PRACTICAL : 50

MONTH	CONTENTS
April 2016	<p>THEORY</p> <p>Unit-I Yoga and Health</p> <ul style="list-style-type: none">• Sthul Vyayam• Surya Namaskar (mantra and exercisesl-12)• Shat Karmas <p style="text-align: center;">PRACTICAL</p> <p>Unit-I Yoga and Health</p> <ul style="list-style-type: none">• History and consulation of patron• Demo and practice of Sthul Vyayam. Demo and Practice of Surya Namaskar• Demo and practice of shat karmas
May 2016	<p style="text-align: center;">THEORY</p> <ul style="list-style-type: none">• Asana <p>Suptavajrasana, Paschimotanasana, Ardhmatsendrasana, Konasana, Matsyasana, Virasana, Makrasana, Sinhasana, Chakrasana,</p> <p style="text-align: center;">PRACTICAL</p> <ul style="list-style-type: none">• Practice of all Asanas as in theory• File- Project work

	11.05.2016 to 30.06.2016 “ON THE JOB TRAINING”
July 2016	<p style="text-align: center;">THEORY</p> <ul style="list-style-type: none"> • Pranayama (1-8) • Bhav Shudhi <p>Unit-2: Diet and Nutrition</p> <ul style="list-style-type: none"> • Method of cooking and effect of food by dry heat, moist heat and use of oil • Technologies to improve the quality of food-germination, fermentation and fortification • Body Mass Index (BMI) BMR, expected height and weight for ages. <p style="text-align: center;">PRACTICAL</p> <ul style="list-style-type: none"> • Practice of Pranayama as in theory (1-8) • Practice of mudra and bandha <p>Unit-2: Diet and Nutrition</p> <ul style="list-style-type: none"> • Various method of cooking to protect nutritive value of food
August 2016	<p style="text-align: center;">THEORY</p> <ul style="list-style-type: none"> • Diet for lifestyle related disorders- obesity, under weight, hypertension • Diet for summer, winter and rainy season • Diet for healthy skin and hair • Diet for weight loss • Sample diet for different age groups

	<p>Unit-3: Anatomy & Physiology detailed study of</p> <ul style="list-style-type: none"> • Nervous system • Endocrine system <p style="text-align: center;">PRACTICAL</p> <ul style="list-style-type: none"> • Diet plan for various age groups and work • Labourer • Sedentary worker • Pragnant/lactating mother • Diet for healthy skin and hair • File-projects-charts
September 2016	<p>01.09.2016 to 12.09.2016- REVISION</p> <p>Onward First terminal examination</p>
October 2016	<p style="text-align: center;">THEORY</p> <p>Unit-3: Anatomy & Physiology detailed study of</p> <ul style="list-style-type: none"> • Circulatory system/Lymphatic system • Digestive system • Excretory system • Disorders in brief (joint, hormone, basic, physiological) <p style="text-align: center;">Autumn Break: 08.10.2016 to 11.10.2016</p>
	<p>Unit-4: Indian and International Body Therapies</p> <ul style="list-style-type: none"> • Detail knowledge and study of shirodhara • Detail study of <ul style="list-style-type: none"> ○ Hydrotherapy ○ Colour therapy

	<ul style="list-style-type: none"> ○ Mud therapy (lepa) <p>Unit-4: Indian and International Body Therapies</p> <ul style="list-style-type: none"> • Demo and practice of shirodhara • Demo and practice of hydro therapy, colour therapy, mud therapy for various ailments (joint pain, high B.P., thyroid, diabetic)
November 2016	<p style="text-align: center;">THEORY</p> <p>Unit-4: Indian and International Body Therapies</p> <ul style="list-style-type: none"> • Body wrap (hot and cold treatment) to detoxify the body • Jacuzzi hydro massage • Modern trends in spa, medi-tourism medi-spa • Accupressure massage • Shiastu • Reiki • Detail knowledge of reflexology massage <p>Unit-5: Basic health and safety</p> <ul style="list-style-type: none"> • To meet minimum occupational standards • Disease caused by unhygienic practices <p>Unit-6: Business studies</p> <ul style="list-style-type: none"> • Planning and establishing of a spa/saloon <p style="text-align: center;">PRACTICAL</p> <p>Unit-4: Indian and International Body Therapies</p> <ul style="list-style-type: none"> • Body wrap (hot and cold) • Spa treatments (head to toe) • Demonstration and practice of reflexology massage

December to March	<ul style="list-style-type: none"> • 01/12/2016 TO 07/12/20 16 – REVISION • 08/12/2016 TO 19/12/2016 - MOCK TEST • 20/12/2016 TO 30/12/2016 - BLOCK TEACHING • 31/12/2016 TO 15/01/2017 – “ON THE JOB TRAINING” PROGRAM
January 2017	<ul style="list-style-type: none"> • 16/01/2017 TO 31/01/ 2017 – PRE-BOARD EXAM
February 2017	<ul style="list-style-type: none"> • 01/02/2017 TO 15/02/2017 - ANNUAL PRACTICAL EXAM AND DISCUSSION OF PRE BOARD QUESTION PAPER • 16/02/2017 TO 28/02/2017 - REVISION THEORY
March 2017	Board Examinations