

# LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

## NEP Vocational Class 10



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### LAPT — London Academy of Professional Training

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AT A GLANCE

|               |                                                |
|---------------|------------------------------------------------|
| AWARD         | Certificate                                    |
| ASSESSMENT    | 2100 marks — 1260 to pass (60%)                |
| PREREQUISITES | None                                           |
| VALIDITY      | Lifetime                                       |
| AWARDING BODY | LAPT — London Academy of Professional Training |

CURRICULUM

1

Agriculture

5 chapters · 30 classes100 marks

• 1 Unit 1 — Crop Protection — Pests, Diseases and Remedies — 6 classes

› 1.1 Identify Common Agricultural Pests and Their Characteristics

› 1.2 Explore Symptoms of Crop Diseases and Their Causes

› 1.3 Assess the Impact of Pests and Diseases on Crop Yield

› 1.4 Investigate Integrated Pest Management Strategies

› 1.5 Evaluate Organic and Chemical Remedies for Crop Protection

› 1.6 Develop a Crop Protection Plan for Sustainable Agriculture

• 2 Unit 2 — Post-Harvest Management and Storage Techniques — 6 classes

› 2.1 Identify Key Post-Harvest Management Practices

› 2.2 Explore the Importance of Proper Drying Techniques

› 2.3 Examine Different Storage Methods for Agricultural Produce

› 2.4 Analyze the Role of Temperature and Humidity in Storage

› 2.5 Implement Quality Control Measures for Stored Products

› 2.6 Develop a Post-Harvest Management Plan for Specific Crops

• 3 Unit 3 — Agricultural Enterprise — Cost, Revenue and Profit — 6 classes

› 3.1 Define Key Terms in Agricultural Economics

› 3.2 Identify Different Types of Agricultural Costs

› 3.3 Calculate Total Revenue from Agricultural Products

› 3.4 Analyze Profit Margin in Agricultural Enterprises

› 3.5 Assess Impact of Variable Costs on Profitability

› 3.6 Develop a Simple Budget Plan for an Agricultural Enterprise

• 4 Unit 4 — Government Agricultural Schemes and Support Systems — 6 classes

› 4.1 Explore the Role of Government in Agriculture

› 4.2 Identify Key Agricultural Schemes in India

› 4.3 Analyze the Benefits of Subsidies for Farmers

› 4.4 Examine the Impact of Crop Insurance Programs

› 4.5 Discuss Support Systems for Sustainable Agricultural Practices

› 4.6 Apply Knowledge to Create a Proposal for a New Agricultural Scheme

• 5 Unit 5 — Farm Visit Report and Agricultural Project — 6 classes

› 5.1 Analyze the Importance of Farm Visits for Agricultural Learning

› 5.2 Identify Key Components of a Farm Visit Report

› 5.3 Develop Skills for Observation and Note-Taking During a Farm Visit

› 5.4 Structure a Comprehensive Farm Visit Report

› 5.5 Plan an Agricultural Project Based on Farm Visit Insights

› 5.6 Present and Review Agricultural Projects from Farm Visit Experiences

**• 1 Unit 1 — Pattern Making and Draping Techniques — 6 classes**

- › 1.1 Understand the Basics of Pattern Making
- › 1.2 Identify Different Types of Patterns and Their Uses
- › 1.3 Explore Essential Tools for Pattern Making
- › 1.4 Demonstrate Pattern Drafting Techniques
- › 1.5 Analyze Draping Techniques for Garment Design
- › 1.6 Apply Draping Methods to Create a Fashion Prototype

**• 2 Unit 2 — Garment Finishing — Pressing, Embellishments — 6 classes**

- › 2.1 Understand the Importance of Garment Pressing
- › 2.2 Identify Different Pressing Techniques and Tools
- › 2.3 Demonstrate Basic Pressing Techniques on Fabric
- › 2.4 Explore Decorative Embellishments for Garments
- › 2.5 Apply Embellishments Using Various Techniques
- › 2.6 Evaluate the Finished Garments for Quality and Aesthetics

**• 3 Unit 3 — Fashion Design — Sketching and Collection Planning — 6 classes**

- › 3.1 Introduce Fashion Illustration Techniques for Beginners
- › 3.2 Explore Color Theory and its Application in Fashion Sketching
- › 3.3 Develop Character Mood Boards for Style Inspiration
- › 3.4 Create Basic Fashion Sketches of Clothing Silhouettes
- › 3.5 Integrate Textures and Fabrics into Your Fashion Designs
- › 3.6 Plan a Mini Fashion Collection Based on Your Sketches

**• 4 Unit 4 — Apparel Quality Standards and Grading — 6 classes**

- › 4.1 Understand Apparel Quality Standards
- › 4.2 Identify Key Quality Components in Apparel
- › 4.3 Explore Grading Techniques in Apparel Design
- › 4.4 Assess Apparel Quality Using Industry Standards
- › 4.5 Implement Quality Control Processes in Apparel Production
- › 4.6 Evaluate the Impact of Quality on Consumer Satisfaction

**• 5 Unit 5 — Fashion Portfolio and Garment Project — 6 classes**

- › 5.1 Explore the Elements of a Fashion Portfolio
- › 5.2 Identify Key Components of Garment Design
- › 5.3 Research and Analyze Fashion Trends
- › 5.4 Develop Your Personal Fashion Aesthetic
- › 5.5 Create a Mood Board for Your Garment Project
- › 5.6 Present Your Fashion Portfolio to Peers

**• 1 Unit 1 — AI Decision Trees and Rule-Based Systems — 6 classes**

- › 1.1 Understand the Basics of Decision Trees
- › 1.2 Explore Components of Decision Trees: Nodes and Edges
- › 1.3 Analyze How Decision Trees Make Predictions
- › 1.4 Define Rule-Based Systems and Their Purpose
- › 1.5 Compare Decision Trees and Rule-Based Systems
- › 1.6 Apply Decision Trees and Rules to Real-World Scenarios

**• 2 Unit 2 — Introduction to Neural Networks and Deep Learning — 6 classes**

- › 2.1 Define Neural Networks and Their Importance in AI
- › 2.2 Explore the Structure of a Basic Neural Network
- › 2.3 Understand the Role of Neurons and Activation Functions
- › 2.4 Introduce Deep Learning and Its Differences from Traditional Neural Networks
- › 2.5 Explain Common Deep Learning Architectures and Their Applications
- › 2.6 Implement a Simple Neural Network Using a Programming Framework

**• 3 Unit 3 — AI Tools — Teachable Machine, ML for Kids — 6 classes**

- › 3.1 Explore Teachable Machine: Understanding AI Basics
- › 3.2 Create Your First Model: Using Teachable Machine for Image Recognition
- › 3.3 Experiment with Sound: Building Audio Recognition Models
- › 3.4 Dive into ML for Kids: Introduction to Machine Learning Concepts
- › 3.5 Develop Interactive Projects: Using ML for Kids Tools
- › 3.6 Showcase Your Work: Presenting AI Projects to Peers

**• 4 Unit 4 — Real-World AI Applications and Case Studies — 6 classes**

- › 4.1 Identify Key Real-World AI Applications in Various Industries
- › 4.2 Analyze Case Studies of AI in Healthcare and Medicine
- › 4.3 Explore AI Utilization in Finance and Banking Sector
- › 4.4 Investigate the Role of AI in Environmental Conservation Efforts
- › 4.5 Evaluate Ethical Considerations in Real-World AI Implementations
- › 4.6 Develop a Mini-Project Showcasing AI Applications in Daily Life

**• 5 Unit 5 — AI Capstone Project — Design, Build and Present — 6 classes**

- › 5.1 Identify a Problem to Solve Using AI
- › 5.2 Research Existing AI Solutions and Technologies
- › 5.3 Design an AI Model Framework for Your Project
- › 5.4 Build and Train Your AI Model Effectively
- › 5.5 Evaluate and Refine Your AI Model's Performance
- › 5.6 Create a Compelling Presentation for Your AI Project

**• 1 Unit 1 — Engine Systems — Petrol, Diesel and Variants — 6 classes**

- › 1.1 Identify the Components of Petrol Engine Systems
- › 1.2 Compare Petrol and Diesel Engine Functionality
- › 1.3 Explain the Working Principles of Internal Combustion Engines
- › 1.4 Analyze Emission Standards for Petrol and Diesel Engines
- › 1.5 Demonstrate Basic Maintenance Techniques for Engine Systems
- › 1.6 Evaluate the Impact of Engine Type on Vehicle Performance

**• 2 Unit 2 — Vehicle Electrical and Electronic Systems — 6 classes**

- › 2.1 Identify Key Components of Vehicle Electrical Systems
- › 2.2 Explain the Function of Battery Systems in Vehicles
- › 2.3 Demonstrate the Basics of Circuit Testing with Multimeters
- › 2.4 Analyze Common Faults in Electrical Circuits
- › 2.5 Explore Electronic Control Units (ECUs) and Their Functions
- › 2.6 Apply Troubleshooting Techniques to Diagnose Electrical Issues

**• 3 Unit 3 — Automobile Diagnostics and Testing Procedures — 6 classes**

- › 3.1 Identify Key Components of Automobile Diagnostics
- › 3.2 Understand Common Diagnostic Tools and Equipment
- › 3.3 Explore Engine Performance Testing Procedures
- › 3.4 Analyze Electrical System Diagnostics
- › 3.5 Apply Diagnostic Trouble Codes for Troubleshooting
- › 3.6 Evaluate the Effectiveness of Repair Procedures Based on Testing

**• 4 Unit 4 — Servicing Protocols — Periodic and Breakdown — 6 classes**

- › 4.1 Identify Key Components of Periodic Servicing
- › 4.2 Explain the Importance of Regular Vehicle Maintenance
- › 4.3 Demonstrate the Steps for Performing a Basic Vehicle Check
- › 4.4 Analyze Common Breakdown Causes and Prevention Strategies
- › 4.5 Execute a Troubleshooting Protocol for Common Vehicle Issues
- › 4.6 Create a Maintenance Schedule for Vehicle Servicing

**• 5 Unit 5 — Safety Standards, Quality Control and Project Work — 6 classes**

- › 5.1 Identify Key Safety Standards in the Automotive Industry
- › 5.2 Evaluate Quality Control Processes in Vehicle Manufacturing
- › 5.3 Conduct Risk Assessments for Automotive Workspaces
- › 5.4 Implement Quality Improvement Techniques in Automotive Projects
- › 5.5 Analyze Case Studies of Safety Failures in Automobiles
- › 5.6 Develop a Safety and Quality Control Project Plan

**• 1 Unit 1 — Advanced Banking Operations and Clearing Processes — 6 classes**

- › 1.1 Understand Advanced Banking Operations and Their Importance
- › 1.2 Explore Different Types of Bank Accounts and Their Functions
- › 1.3 Analyze the Process of Electronic Fund Transfers
- › 1.4 Investigate Clearing Processes in Banking Transactions
- › 1.5 Apply Knowledge of Risk Management in Banking Operations
- › 1.6 Evaluate Case Studies on Banking Failures and Remedies

**• 2 Unit 2 — Insurance Claims Processing and Documentation — 6 classes**

- › 2.1 Identify Key Definitions and Terminology in Insurance Claims
- › 2.2 Understand the Insurance Claims Process Steps
- › 2.3 Analyze Common Types of Insurance Claims
- › 2.4 Explore Documentation Requirements for Claims Submission
- › 2.5 Evaluate Case Studies of Successful Claims Processing
- › 2.6 Simulate Completing an Insurance Claims Form

**• 3 Unit 3 — Risk Assessment and Risk Management Basics — 6 classes**

- › 3.1 Identify Key Concepts of Risk Assessment
- › 3.2 Analyze Types of Risks in Banking and Insurance
- › 3.3 Evaluate the Importance of Risk Management Practices
- › 3.4 Apply Risk Assessment Techniques to Real-World Scenarios
- › 3.5 Develop a Basic Risk Management Plan
- › 3.6 Present Risk Management Solutions to Stakeholders

**• 4 Unit 4 — Financial Regulatory Bodies — RBI, IRDA, SEBI — 6 classes**

- › 4.1 Identify the Roles and Functions of the RBI
- › 4.2 Explore the Regulatory Framework of the IRDA
- › 4.3 Understand the Purpose and Functions of SEBI
- › 4.4 Compare and Contrast RBI, IRDA, and SEBI
- › 4.5 Analyze the Impact of Regulatory Bodies on Financial Stability
- › 4.6 Apply Regulatory Knowledge to Real-World Banking and Insurance Scenarios

**• 5 Unit 5 — Banking and Insurance Project Work — 6 classes**

- › 5.1 Explore the Role of Banks in the Economy
- › 5.2 Identify Different Types of Bank Accounts
- › 5.3 Understand the Importance of Savings and Interest Rates
- › 5.4 Examine the Functions of Insurance in Risk Management
- › 5.5 Analyze Different Types of Insurance Policies
- › 5.6 Create a Personal Banking and Insurance Plan

**• 1 Unit 1 — Advanced Beauty Treatments — Facials and Body Care**

— 6 classes

- › 1.1 Explore the Basics of Facials: Types and Benefits
- › 1.2 Identify Skin Types: Tailoring Facial Treatments
- › 1.3 Master Key Techniques: Cleansing and Exfoliation
- › 1.4 Apply Advanced Facial Treatments: Masks and Serums
- › 1.5 Discuss Body Care Essentials: Treatments and Practices
- › 1.6 Design a Comprehensive Beauty Treatment Plan for Clients

**• 2 Unit 2 — Client Consultation and Skin Analysis** — 6 classes

- › 2.1 Establish Trust Through Effective Client Communication
- › 2.2 Conduct a Comprehensive Skin Type Assessment
- › 2.3 Identify Common Skin Conditions and Concerns
- › 2.4 Analyze Client Skincare Goals for Tailored Solutions
- › 2.5 Document Client Information Accurately and Legally
- › 2.6 Develop Personalized Skincare Recommendations for Clients

**• 3 Unit 3 — Advanced Hair Services — Colouring and Styling** — 6

classes

- › 3.1 Understand Hair Colour Theory and Principles
- › 3.2 Identify Different Types of Hair Dyes and Their Uses
- › 3.3 Demonstrate Hair Colour Application Techniques
- › 3.4 Explore Creative Hair Colouring Trends and Techniques
- › 3.5 Assess and Solve Common Colouring Challenges
- › 3.6 Style Coloured Hair for Various Occasions

**• 4 Unit 4 — Salon Management and Service Protocols** — 6 classes

- › 4.1 Define Key Salon Management Concepts
- › 4.2 Explore Essential Client Service Protocols
- › 4.3 Identify Roles and Responsibilities in a Salon
- › 4.4 Analyze Effective Communication Strategies with Clients
- › 4.5 Develop a Client Consultation Process
- › 4.6 Create a Basic Salon Service Workflow

**• 5 Unit 5 — Beauty Portfolio and Practical Assessment** — 6 classes

- › 5.1 Understand the Purpose of a Beauty Portfolio
- › 5.2 Identify Essential Components of a Beauty Portfolio
- › 5.3 Explore Different Presentation Formats for Beauty Portfolios
- › 5.4 Develop a Personal Beauty Portfolio Framework
- › 5.5 Conduct Practical Assessments in Beauty Techniques
- › 5.6 Evaluate and Reflect on Beauty Portfolio Submissions

**• 1 Unit 1 — Introduction to Python for Data Analysis** — 6 classes

- › 1.1 Understand Python Basics for Data Analysis
- › 1.2 Explore Python Data Types and Structures
- › 1.3 Implement Basic Python Functions for Data Handling
- › 1.4 Utilize Libraries: Introduction to NumPy for Data Operations
- › 1.5 Analyze Data with Pandas: DataFrames and Series
- › 1.6 Visualize Data with Matplotlib: Creating Basic Plots

**• 2 Unit 2 — Data Cleaning, Transformation and Preparation** — 6

classes

- › 2.1 Identify Common Data Quality Issues
- › 2.2 Apply Data Validation Techniques
- › 2.3 Explore Different Data Cleaning Methods
- › 2.4 Implement Data Transformation Techniques
- › 2.5 Standardize Formats for Consistency
- › 2.6 Prepare a Cleaned Dataset for Analysis

**• 3 Unit 3 — Exploratory Data Analysis (EDA) Techniques** — 6 classes

- › 3.1 Identify the Importance of Exploratory Data Analysis
- › 3.2 Explore Different Types of Data Visualizations
- › 3.3 Apply Descriptive Statistics for Initial Data Insights
- › 3.4 Utilize Data Cleaning Techniques to Enhance Analysis
- › 3.5 Conduct a Correlation Analysis Between Variables
- › 3.6 Create an EDA Report to Present Findings

**• 4 Unit 4 — Data Visualisation — Matplotlib and Seaborn** — 6 classes

- › 4.1 Understand the Importance of Data Visualisation in Data Science
- › 4.2 Install and Set Up Matplotlib for Data Visualization
- › 4.3 Create Basic Plots Using Matplotlib: Line and Bar Charts
- › 4.4 Explore Data Visualization Customization in Matplotlib
- › 4.5 Introduction to Seaborn: Enhancing Visualisations with Style
- › 4.6 Compare Matplotlib and Seaborn for Effective Data Storytelling

**• 5 Unit 5 — Mini Data Science Project — Analyse and Present** — 6

classes

- › 5.1 Define Objectives for Your Mini Data Science Project
- › 5.2 Identify and Collect Relevant Data Sources
- › 5.3 Process and Clean Your Dataset Effectively
- › 5.4 Analyze Data Using Basic Statistical Techniques
- › 5.5 Create Compelling Visualizations to Present Findings
- › 5.6 Prepare and Deliver a Data Presentation to Your Peers

**• 1 Unit 1 — Advanced Design Thinking — Systems Thinking — 6**

classes

- › 1.1 Explore the Fundamentals of Systems Thinking
- › 1.2 Identify Key Components of a System
- › 1.3 Analyze Interrelationships Within Systems
- › 1.4 Evaluate System Behavior Over Time
- › 1.5 Develop Strategies for Effective Problem Solving in Systems
- › 1.6 Apply Systems Thinking to Real-World Design Challenges

**• 2 Unit 2 — User Research Methods — Surveys and Interviews — 6**

classes

- › 2.1 Understand User Research: Importance of Surveys and Interviews
- › 2.2 Identify Key Components of Effective Surveys
- › 2.3 Develop Skills to Craft Engaging Interview Questions
- › 2.4 Analyze Different Survey Formats for User Research
- › 2.5 Conduct Mock Interviews: Practice and Feedback
- › 2.6 Interpret and Present User Research Findings

**• 3 Unit 3 — Medium-Fidelity Prototyping and User Testing — 6 classes**

- › 3.1 Explore the Purpose of Medium-Fidelity Prototyping
- › 3.2 Identify Key Elements of Effective Prototyping
- › 3.3 Create a Medium-Fidelity Prototype for User Testing
- › 3.4 Develop User Testing Scenarios to Gather Feedback
- › 3.5 Analyze Feedback from User Testing Sessions
- › 3.6 Iterate on Prototypes Based on User Insights

**• 4 Unit 4 — Product Iteration and Design Documentation — 6 classes**

- › 4.1 Explore the Importance of Product Iteration in Design
- › 4.2 Identify Key Components of Effective Design Documentation
- › 4.3 Analyze Real-World Examples of Product Iteration
- › 4.4 Develop a Prototype Based on Iterative Feedback
- › 4.5 Create a Design Document for Your Prototype
- › 4.6 Present Your Prototype and Collect User Feedback

**• 5 Unit 5 — End-to-End Design Project — Present to Audience — 6**

classes

- › 5.1 Analyze Audience Needs and Expectations
- › 5.2 Develop a Persuasive Presentation Outline
- › 5.3 Create Engaging Visual Aids and Prototypes
- › 5.4 Practice Delivery Techniques for Impact
- › 5.5 Gather and Incorporate Feedback into Presentation
- › 5.6 Present Final Design Project to Audience Effectively

**• 1 Unit 1 — PCB Design — Components, Layout and Fabrication — 6**

classes

- › 1.1 Identify and Describe Key PCB Components
- › 1.2 Understand Basic PCB Layout Principles
- › 1.3 Explore Different PCB Fabrication Techniques
- › 1.4 Analyze the Impact of Component Placement on Performance
- › 1.5 Design a Simple PCB Layout Using Software Tools
- › 1.6 Assess PCB Design for Efficiency and Functionality

**• 2 Unit 2 — Microcontroller Basics — Arduino Introduction — 6**

classes

- › 2.1 Explore Arduino Hardware Components
- › 2.2 Install Arduino IDE and Set Up Your Workspace
- › 2.3 Write Your First Arduino Sketch
- › 2.4 Understand Digital Input and Output Functions
- › 2.5 Create a Simple LED Blinking Project
- › 2.6 Troubleshoot Common Arduino Issues

**• 3 Unit 3 — Electronic Project Work — Sensors and Actuators — 6**

classes

- › 3.1 Identify and Classify Common Sensors Used in Electronics
- › 3.2 Explore the Functionality and Types of Actuators
- › 3.3 Demonstrate How to Connect a Basic Sensor to a Microcontroller
- › 3.4 Design a Simple Circuit Incorporating Sensors and Actuators
- › 3.5 Test and Troubleshoot a Sensor-Actuator Integration Project
- › 3.6 Evaluate Real-World Applications of Sensors and Actuators in Technology

**• 4 Unit 4 — Hardware Fault Diagnosis and Repair — 6 classes**

- › 4.1 Identify Common Hardware Faults in Electronic Devices
- › 4.2 Use Diagnostic Tools to Test Electronic Components
- › 4.3 Analyze Symptoms to Determine Potential Issues
- › 4.4 Conduct Step-by-Step Troubleshooting Procedures
- › 4.5 Implement Repair Techniques for Common Hardware Issues
- › 4.6 Evaluate Repair Outcomes and Document Findings

**• 5 Unit 5 — Electronics Project — Design, Build and Test — 6 classes**

- › 5.1 Identify Project Requirements and Goals
- › 5.2 Explore Basic Components and Their Functions
- › 5.3 Develop a Project Design Plan with Schematics
- › 5.4 Assemble Electronic Components for the Project
- › 5.5 Test and Troubleshoot the Completed Project
- › 5.6 Present Project Results and Reflect on Learning

### • 1 Unit 1 — Advanced Cooking Techniques — Continental, Oriental

— 6 classes

- › 1.1 Explore Key Techniques in Continental Cooking
- › 1.2 Master Sauces Used in Continental Cuisine
- › 1.3 Identify Essential Ingredients in Oriental Cooking
- › 1.4 Demonstrate Stir-Frying Techniques for Asian Dishes
- › 1.5 Prepare a Full Course Meal Using Continental Methods
- › 1.6 Create and Present a Fusion Dish Combining Both Cuisines

### • 2 Unit 2 — Bakery and Confectionery — Advanced Products — 6

classes

- › 2.1 Explore Advanced Baking Techniques for Breads
- › 2.2 Master the Art of Pastry Making with Enhanced Methods
- › 2.3 Create Innovative Cakes with Flavour Pairings
- › 2.4 Develop Skills in Specialty Breads for Artisan Markets
- › 2.5 Apply Advanced Decoration Techniques to Confectionery
- › 2.6 Evaluate and Present a Range of Advanced Bakery Products

### • 3 Unit 3 — Food Cost Management and Kitchen Economics — 6

classes

- › 3.1 Identify Key Elements of Food Cost Management
- › 3.2 Calculate Basic Food Costs and Pricing Strategies
- › 3.3 Analyze Menu Planning for Cost Efficiency
- › 3.4 Explore Waste Reduction Techniques in Food Production
- › 3.5 Implement Inventory Management Best Practices
- › 3.6 Develop a Personal Budget for Food Production Projects

### • 4 Unit 4 — Food Plating, Presentation and Food Safety Standards

— 6 classes

- › 4.1 Understanding Food Plating Techniques
- › 4.2 Exploring Elements of Food Presentation
- › 4.3 Identifying Safe Food Handling Practices
- › 4.4 Creating Attractive Plate Designs
- › 4.5 Evaluating Food Presentation and Appeal
- › 4.6 Practicing Food Safety Standards During Service

### • 5 Unit 5 — Practical Assessment and Culinary Project — 6 classes

- › 5.1 Explore Culinary Techniques for Practical Assessment
- › 5.2 Develop a Culinary Project Concept and Menu Plan
- › 5.3 Demonstrate Food Safety and Sanitation Practices
- › 5.4 Execute Cooking Methods and Recipe Execution
- › 5.5 Present and Plate Dishes Like a Professional
- › 5.6 Reflect on Feedback and Evaluate Culinary Projects

### • 1 Unit 1 — Advanced Reservation Systems and OTA Platforms — 6

classes

- › 1.1 Understand the Basics of Advanced Reservation Systems
- › 1.2 Explore Different Types of Online Travel Agencies (OTAs)
- › 1.3 Analyze the Features of Popular OTA Platforms
- › 1.4 Demonstrate How to Make a Reservation Using an OTA
- › 1.5 Assess the Role of Technology in Reservation Systems
- › 1.6 Evaluate Customer Experiences with Online Reservations

### • 2 Unit 2 — Billing, Night Audit and Revenue Procedures — 6 classes

- › 2.1 Understand Key Billing Concepts and Terminology
- › 2.2 Explore Different Billing Methods and Their Applications
- › 2.3 Identify Night Audit Procedures and Their Importance
- › 2.4 Analyze Common Revenue Management Strategies
- › 2.5 Implement Billing Software for Accurate Transactions
- › 2.6 Conduct a Mock Night Audit and Reporting Session

### • 3 Unit 3 — Guest Relations and Handling Special Requests — 6

classes

- › 3.1 Understand Guest Expectations and Needs
- › 3.2 Communicate Effectively with Guests
- › 3.3 Identify and Handle Special Requests
- › 3.4 Develop Problem-Solving Skills for Guest Complaints
- › 3.5 Create a Personalized Guest Experience
- › 3.6 Assess and Reflect on Guest Feedback

### • 4 Unit 4 — Front Office Technology — PMS and CRS — 6 classes

- › 4.1 Understand the Basics of Property Management Systems (PMS)
- › 4.2 Explore the Key Features of Property Management Systems (PMS)
- › 4.3 Navigate the User Interface of a Typical PMS
- › 4.4 Identify the Functions of Central Reservation Systems (CRS)
- › 4.5 Compare PMS and CRS: Roles in Front Office Operations
- › 4.6 Implement a Sample Reservation Scenario Using PMS and CRS

### • 5 Unit 5 — Hotel Operations Project and Assessment — 6 classes

- › 5.1 Explore the Essential Components of Hotel Operations
- › 5.2 Identify Roles and Responsibilities in Front Office Management
- › 5.3 Analyze Customer Service Strategies in Hotel Operations
- › 5.4 Develop Effective Communication Skills for Receptionists
- › 5.5 Implement Reservation Systems and Processes
- › 5.6 Evaluate the Impact of Technology on Hotel Front Office Operations



### • 1 Unit 1 — Advanced Clinical Procedures and Patient Assessment

— 6 classes

- › 1.1 Identify Key Components of Patient Assessment
- › 1.2 Demonstrate Effective Communication Techniques with Patients
- › 1.3 Conduct a Comprehensive Medical History Review
- › 1.4 Perform Basic Clinical Procedures Safely and Efficiently
- › 1.5 Analyze Patient Data for Clinical Decision Making
- › 1.6 Develop a Patient Care Plan Based on Assessment Findings

### • 2 Unit 2 — First Aid and Emergency Response Protocols — 6 classes

- › 2.1 Identify Common First Aid Scenarios and Responses
- › 2.2 Understand the Principles of Emergency Response
- › 2.3 Demonstrate Basic First Aid Techniques for Wounds
- › 2.4 Perform CPR: Assessing and Responding to Cardiac Emergencies
- › 2.5 Apply First Aid for Common Injuries: Burns and Fractures
- › 2.6 Evaluate Emergency Response Plans and Protocols in Community Settings

### • 3 Unit 3 — Hospital Records Management and IT Systems — 6 classes

- › 3.1 Identify Essential Components of Hospital Records Management
- › 3.2 Explore the Role of IT Systems in Healthcare Documentation
- › 3.3 Understand Legal and Ethical Considerations in Patient Records
- › 3.4 Learn to Use Digital Tools for Effective Record Keeping
- › 3.5 Analyze Case Studies on Errors in Hospital Records Management
- › 3.6 Develop a Plan for Streamlining Patient Information Retrieval

### • 4 Unit 4 — Infection Control, Sterilisation and Bio-waste — 6 classes

- › 4.1 Identify Common Infection Types and Their Sources
- › 4.2 Understand the Principles of Infection Control
- › 4.3 Explore Techniques for Effective Hand Hygiene
- › 4.4 Demonstrate Proper Use of Personal Protective Equipment (PPE)
- › 4.5 Learn the Steps for Sterilisation of Medical Instruments
- › 4.6 Develop a Bio-waste Disposal Plan for Health Care Settings

### • 5 Unit 5 — Healthcare Practical Project and Assessment — 6 classes

- › 5.1 Define Key Terms in Healthcare Assessment
- › 5.2 Identify Components of a Practical Healthcare Project
- › 5.3 Develop a Project Proposal for a Healthcare Issue
- › 5.4 Conduct Research Methodologies for Healthcare Projects
- › 5.5 Present Your Healthcare Project Findings Clearly
- › 5.6 Evaluate Peer Projects Using Assessment Criteria

### • 1 Unit 1 — Advanced Word Processing and Desktop Publishing — 6 classes

- › 1.1 Explore Advanced Word Processing Features
- › 1.2 Utilize Styles and Formatting for Professional Documents
- › 1.3 Create and Manage Tables for Data Presentation
- › 1.4 Insert and Format Graphics to Enhance Documents
- › 1.5 Implement Desktop Publishing Principles in Design
- › 1.6 Develop a Complete Document Using Advanced Techniques

### • 2 Unit 2 — Database Management Fundamentals (MS Access) — 6 classes

- › 2.1 Understand the Basics of Database Concepts
- › 2.2 Navigate the MS Access Interface Effectively
- › 2.3 Create a Simple Database and Tables
- › 2.4 Design Forms for Data Entry in MS Access
- › 2.5 Query Data Using Basic SQL in MS Access
- › 2.6 Generate Reports to Analyze Database Information

### • 3 Unit 3 — Advanced Spreadsheets — Formulas, Charts, Macros — 6 classes

- › 3.1 Explore Advanced Formula Functions in Spreadsheets
- › 3.2 Implement Conditional Formatting to Visualize Data
- › 3.3 Create and Customize Charts for Data Representation
- › 3.4 Develop Dynamic Dashboards Using Multiple Charts
- › 3.5 Introduce and Record Simple Macros for Automation
- › 3.6 Apply Macros to Streamline Workflow and Processes

### • 4 Unit 4 — Web Browsing, Email and Digital Collaboration Tools — 6 classes

- › 4.1 Understand Web Browsing Basics and Navigation Techniques
- › 4.2 Explore Browser Features: History, Bookmarks, and Extensions
- › 4.3 Practice Safe Browsing: Identifying Secure Websites and Threats
- › 4.4 Set Up and Manage an Email Account Effectively
- › 4.5 Utilize Email Features: Organizing, Archiving, and Professional Etiquette
- › 4.6 Collaborate Using Digital Tools: Sharing Documents and Real-time Communication

### • 5 Unit 5 — IT Project Work and Practical Assessment — 6 classes

- › 5.1 Define IT Project Work: Key Concepts and Importance
- › 5.2 Identify Project Phases: Planning, Execution, and Evaluation
- › 5.3 Develop a Project Proposal: Objectives and Scope
- › 5.4 Utilize Project Management Tools: Introduction to Software Options
- › 5.5 Conduct a Practical Assessment: Criteria and Best Practices
- › 5.6 Present Your IT Project: Effective Communication Techniques



### • 1 Unit 1 — Derivatives, Futures and Options — Introduction — 6 classes

- › 1.1 Define Derivatives and Their Role in Financial Markets
- › 1.2 Explore Types of Derivatives: Futures and Options
- › 1.3 Analyze the Key Features of Futures Contracts
- › 1.4 Examine the Characteristics of Options Contracts
- › 1.5 Differentiate Between Futures and Options: A Comparative Study
- › 1.6 Apply Derivatives in Real-World Scenarios: Case Studies

### • 2 Unit 2 — Mutual Fund Types and SIP Planning — 6 classes

- › 2.1 Explore Different Types of Mutual Funds
- › 2.2 Understand the Benefits of Mutual Funds
- › 2.3 Identify Key Features of Equity and Debt Funds
- › 2.4 Analyze Risk Profiles of Various Mutual Funds
- › 2.5 Plan a Systematic Investment Plan (SIP)
- › 2.6 Evaluate Performance Metrics of Mutual Funds

### • 3 Unit 3 — Digital Payments — UPI, Wallets and Net Banking — 6 classes

- › 3.1 Understand the Basics of Digital Payments and Their Advantages
- › 3.2 Explore the Concept of Unified Payments Interface (UPI) and Its Functionality
- › 3.3 Analyze How Digital Wallets Work and Their Benefits for Users
- › 3.4 Identify Key Features and Security Measures of Net Banking
- › 3.5 Compare Different Digital Payment Methods: UPI, Wallets, and Net Banking
- › 3.6 Apply Digital Payment Tools in Real-Life Scenarios for Transactions

### • 4 Unit 4 — Insurance Products — Life, Health and General — 6 classes

- › 4.1 Understand the Role of Insurance in Financial Planning
- › 4.2 Explore Different Types of Life Insurance Products
- › 4.3 Analyze Health Insurance Options and Coverage
- › 4.4 Identify Components of General Insurance Policies
- › 4.5 Evaluate Factors Influencing Insurance Premiums
- › 4.6 Apply Knowledge to Create a Basic Insurance Portfolio

### • 5 Unit 5 — Personal Portfolio and Financial Planning Project — 6 classes

- › 5.1 Assess Your Financial Goals and Priorities
- › 5.2 Explore Different Types of Investment Vehicles
- › 5.3 Analyze Risk Tolerance and Investment Strategies
- › 5.4 Create a Personal Budget to Inform Investment Decisions
- › 5.5 Develop a Diversified Personal Portfolio
- › 5.6 Present Your Financial Plan and Investment Portfolio

### • 1 Unit 1 — Itinerary Planning and Tour Package Design — 6 classes

- › 1.1 Define Key Terms in Itinerary Planning and Tour Package Design
- › 1.2 Identify Components of an Effective Itinerary
- › 1.3 Explore Different Types of Tour Packages
- › 1.4 Analyze Customer Preferences and Needs for Tailored Itineraries
- › 1.5 Develop a Sample Itinerary for a Themed Tour
- › 1.6 Present and Evaluate Itineraries and Tour Packages

### • 2 Unit 2 — Tourism Products — Packages, MICE and Eco-tourism — 6 classes

- › 2.1 Define and Describe Tourism Packages
- › 2.2 Identify Key Components of MICE Tourism
- › 2.3 Examine the Role of Eco-Tourism in Sustainable Travel
- › 2.4 Compare and Contrast Different Types of Tourism Packages
- › 2.5 Analyze the Benefits of MICE for Local Economies
- › 2.6 Create an Eco-Tourism Proposal for a Local Destination

### • 3 Unit 3 — Cultural Awareness and Heritage Tourism — 6 classes

- › 3.1 Explore the Concept of Cultural Awareness in Tourism
- › 3.2 Identify Key Elements of Heritage Tourism
- › 3.3 Analyze the Impact of Cultural Heritage on Local Communities
- › 3.4 Compare Different Cultural Practices in Global Tourism
- › 3.5 Develop Strategies for Promoting Cultural Respect in Tourism
- › 3.6 Create a Heritage Tourism Itinerary Incorporating Local Culture

### • 4 Unit 4 — Hotel Classification, Front Office and F&B Overview — 6 classes

- › 4.1 Explore Hotel Classification Systems and Standards
- › 4.2 Identify Key Features of Different Hotel Categories
- › 4.3 Understand Front Office Operations and Responsibilities
- › 4.4 Analyze the Role of Front Office in Guest Experience
- › 4.5 Discover Food and Beverage Services in Hospitality
- › 4.6 Apply Knowledge of Hotel Classification in Real-World Scenarios

### • 5 Unit 5 — Tourism Project — Plan and Present a Tour Package — 6 classes

- › 5.1 Identify Key Components of a Tour Package
- › 5.2 Research Destinations and Attractions
- › 5.3 Develop Itinerary for the Tour Package
- › 5.4 Calculate Costs and Pricing Strategies
- › 5.5 Create Promotional Materials for the Tour Package
- › 5.6 Present and Evaluate the Tour Package Proposal

### • 1 Unit 1 — Digital Marketing — SEO, Social Media and Email — 6

classes

- › 1.1 Understand the Basics of SEO and Its Importance in Digital Marketing
- › 1.2 Explore Key SEO Strategies: Keyword Research and On-Page Optimization
- › 1.3 Analyse the Role of Social Media in Building Brand Awareness
- › 1.4 Create Engaging Content for Social Media Platforms
- › 1.5 Implement Effective Email Marketing Techniques for Customer Engagement
- › 1.6 Evaluate Campaign Performance: SEO, Social Media, and Email Metrics

### • 2 Unit 2 — Sales Planning, Forecasting and Target Setting — 6

classes

- › 2.1 Analyze the Importance of Sales Planning in Business Success
- › 2.2 Identify Key Components of Successful Sales Forecasting
- › 2.3 Apply Different Methods of Sales Forecasting Techniques
- › 2.4 Set SMART Targets for Effective Sales Management
- › 2.5 Evaluate Sales Performance Against Set Targets
- › 2.6 Develop an Action Plan for Continuous Sales Improvement

### • 3 Unit 3 — Brand Management and Consumer Psychology — 6

classes

- › 3.1 Define and Identify Key Brand Concepts
- › 3.2 Explore the Role of Brand Equity in Consumer Choices
- › 3.3 Analyze Consumer Behavior Through Psychological Theories
- › 3.4 Investigate the Impact of Brand Image on Purchasing Decisions
- › 3.5 Create a Brand Positioning Statement for a Target Market
- › 3.6 Develop a Simple Brand Management Strategy Based on Consumer Insights

### • 4 Unit 4 — CRM and After-Sales Service — 6 classes

- › 4.1 Define CRM: Understanding Customer Relationship Management
- › 4.2 Explore the Importance of CRM in Marketing and Sales
- › 4.3 Identify Key Components of Effective CRM Systems
- › 4.4 Analyze Customer Data: Techniques for Data-driven Decision Making
- › 4.5 Implement Customer Feedback Loops for Continuous Improvement
- › 4.6 Design a Basic After-Sales Service Strategy for Client Retention

### • 5 Unit 5 — Marketing Campaign Project and Presentation — 6 classes

- › 5.1 Identify Target Audience for Marketing Campaign
- › 5.2 Develop Unique Selling Proposition (USP) for the Campaign
- › 5.3 Select Appropriate Marketing Channels
- › 5.4 Create Engaging Marketing Materials
- › 5.5 Implement and Execute the Marketing Campaign
- › 5.6 Evaluate Campaign Effectiveness and Gather Feedback

### • 1 Unit 1 — Video Production — Planning, Shooting and Editing — 6

classes

- › 1.1 Identifying Audience and Purpose for Video Production
- › 1.2 Developing a Storyboard and Script for Video Projects
- › 1.3 Selecting the Right Equipment and Tools for Shooting
- › 1.4 Techniques for Effective Video Shooting and Framing
- › 1.5 Importing and Organizing Footage in Editing Software
- › 1.6 Adding Effects and Finalizing Edits for Professional Quality

### • 2 Unit 2 — Web Design Basics — HTML and CSS Introduction — 6

classes

- › 2.1 Understand the Basics of HTML Structure
- › 2.2 Explore HTML Elements and Tags
- › 2.3 Introduce CSS and Its Role in Web Design
- › 2.4 Apply CSS to Style HTML Elements
- › 2.5 Create a Simple Web Page Using HTML and CSS
- › 2.6 Evaluate and Improve Web Page Design

### • 3 Unit 3 — Digital Publishing — Brochures, Posters, Infographics —

6 classes

- › 3.1 Explore the Elements of Effective Brochure Design
- › 3.2 Analyze Visual Hierarchy in Posters
- › 3.3 Understand the Principles of Infographic Creation
- › 3.4 Create a Draft Brochure Using Design Software
- › 3.5 Design an Engaging Poster for a Target Audience
- › 3.6 Develop a Data-Driven Infographic Presentation

### • 4 Unit 4 — Social Media Content Creation and Analytics — 6 classes

- › 4.1 Explore the Basics of Social Media Platforms
- › 4.2 Identify Target Audiences for Social Media Content
- › 4.3 Create Engaging Content for Various Social Media Channels
- › 4.4 Analyze Social Media Metrics and Engagement
- › 4.5 Develop a Social Media Campaign Plan
- › 4.6 Present and Evaluate Social Media Content Outcomes

### • 5 Unit 5 — Multimedia Portfolio and Final Project — 6 classes

- › 5.1 Explore Multimedia Elements and Their Functions
- › 5.2 Identify Target Audience and Purpose of Your Portfolio
- › 5.3 Design Layout and Structure for Your Multimedia Portfolio
- › 5.4 Create Compelling Visual and Audio Content
- › 5.5 Integrate Interactive Features into Your Project
- › 5.6 Present and Evaluate Your Multimedia Portfolio

### • 1 Unit 1 — Integrated Multi-Skill Assessment — Services — 6 classes

- › 1.1 Understand the Concept of Multi-Skill Services
- › 1.2 Explore Different Types of Services in the Industry
- › 1.3 Identify Key Skills Required for Integrated Services
- › 1.4 Assess Personal Skills for Service Delivery
- › 1.5 Develop a Service Improvement Plan
- › 1.6 Role-Play Scenarios to Apply Multi-Skill Services

### • 2 Unit 2 — Advanced Communication and Interview Readiness — 6 classes

- › 2.1 Enhance Active Listening Skills for Effective Communication
- › 2.2 Build Confidence in Verbal Communication Techniques
- › 2.3 Master Non-Verbal Communication: Body Language and Gestures
- › 2.4 Craft a Compelling Personal Elevator Pitch
- › 2.5 Prepare for Common Interview Questions with STAR Technique
- › 2.6 Conduct Mock Interviews for Real-World Practice

### • 3 Unit 3 — Workplace Simulation and Industry Orientation — 6 classes

- › 3.1 Explore Workplace Roles and Responsibilities
- › 3.2 Understand Workplace Communication Techniques
- › 3.3 Identify Workplace Health and Safety Protocols
- › 3.4 Demonstrate Teamwork in a Simulated Environment
- › 3.5 Apply Problem-Solving Skills in Industry Scenarios
- › 3.6 Evaluate Workplace Situations and Propose Improvements

### • 4 Unit 4 — Resume Writing, Portfolio and Career Planning — 6 classes

- › 4.1 Understanding the Importance of a Resume
- › 4.2 Identifying Key Components of an Effective Resume
- › 4.3 Crafting Your Personal Resume: Best Practices
- › 4.4 Creating a Professional Portfolio to Showcase Your Skills
- › 4.5 Exploring Career Pathways and Opportunities
- › 4.6 Preparing for Career Success: Interview Skills and Networking

### • 5 Unit 5 — Internship Report and Exit Assessment — 6 classes

- › 5.1 Analyze the Purpose of an Internship Report
- › 5.2 Identify Key Components of an Effective Internship Report
- › 5.3 Develop a Structured Outline for Your Report
- › 5.4 Reflect on Personal Experiences and Learning Outcomes
- › 5.5 Practice Writing a Summary of Internship Experiences
- › 5.6 Prepare for the Exit Assessment: Tips and Strategies

### • 1 Unit 1 — Advanced Coaching Techniques for Team Sports — 6 classes

- › 1.1 Analyze Team Dynamics in Competitive Sports
- › 1.2 Develop Effective Communication Strategies for Coaches
- › 1.3 Implement Advanced Tactical Planning for Team Coordination
- › 1.4 Integrate Mental Toughness Techniques into Training Regimens
- › 1.5 Evaluate Performance Metrics to Enhance Player Development
- › 1.6 Design Customized Drills for Specific Team Needs

### • 2 Unit 2 — Fitness Assessment and Personalised Training Plans — 6 classes

- › 2.1 Understand the Importance of Fitness Assessments
- › 2.2 Explore Different Types of Fitness Assessments
- › 2.3 Conduct a Basic Fitness Assessment
- › 2.4 Analyze Assessment Results for Individual Needs
- › 2.5 Create a Personalised Training Plan Based on Assessments
- › 2.6 Evaluate and Adjust Training Plans for Continuous Improvement

### • 3 Unit 3 — Nutrition for Athletes and Sports Performance — 6 classes

- › 3.1 Explore the Role of Macronutrients in Athletic Performance
- › 3.2 Analyze Micronutrient Requirements for Optimal Health in Athletes
- › 3.3 Investigate Hydration Strategies for Peak Physical Performance
- › 3.4 Design a Balanced Meal Plan for Training and Recovery
- › 3.5 Evaluate the Impact of Supplements on Sports Performance
- › 3.6 Create an Individualized Nutrition Plan for an Athlete's Goals

### • 4 Unit 4 — Sports Event Planning and Management — 6 classes

- › 4.1 Identify Key Components of Sports Event Planning
- › 4.2 Define Roles and Responsibilities in Event Management
- › 4.3 Develop a Timeline for Sports Event Preparation
- › 4.4 Create a Budget for a Sports Event
- › 4.5 Explore Marketing Strategies for Sports Events
- › 4.6 Evaluate Event Success through Feedback and Analysis

### • 5 Unit 5 — Physical Trainer Portfolio and Practical Assessment — 6 classes

- › 5.1 Develop a Physical Trainer Portfolio Framework
- › 5.2 Identify Key Components of a Practical Assessment
- › 5.3 Create Effective Training Plans for Diverse Clients
- › 5.4 Demonstrate Assessment Techniques in Physical Training
- › 5.5 Evaluate Client Progress Using Standard Metrics
- › 5.6 Present and Reflect on Practical Assessment Outcomes

### • 1 Unit 1 — Inventory Management and Stock Control — 6 classes

- › 1.1 Understand the Importance of Inventory Management
- › 1.2 Identify Different Types of Inventory in Retail
- › 1.3 Explore Inventory Management Techniques and Systems
- › 1.4 Analyze Stock Control Methods and Their Applications
- › 1.5 Implement Inventory Tracking Tools and Technology
- › 1.6 Develop Strategies for Effective Stock Replenishment

### • 2 Unit 2 — Customer Relationship Management (CRM) Basics — 6 classes

- › 2.1 Define Customer Relationship Management and Its Importance
- › 2.2 Identify Key Components of Successful CRM Strategies
- › 2.3 Explore Different CRM Tools and Technologies for Retail
- › 2.4 Analyze Customer Data to Improve Relationship Management
- › 2.5 Implement Customer Service Techniques for Enhanced Experience
- › 2.6 Evaluate the Impact of CRM on Customer Loyalty and Sales Performance

### • 3 Unit 3 — Visual Merchandising and Store Layout Design — 6 classes

- › 3.1 Analyze the Principles of Visual Merchandising
- › 3.2 Explore Effective Store Layout Types
- › 3.3 Design Attention-Grabbing Displays
- › 3.4 Understand the Psychology of Retail Spaces
- › 3.5 Create a Thematic Store Layout Plan
- › 3.6 Evaluate the Impact of Visual Merchandising Strategies

### • 4 Unit 4 — E-commerce and Online Retail Platforms — 6 classes

- › 4.1 Explore the Fundamentals of E-commerce
- › 4.2 Identify Different Types of Online Retail Platforms
- › 4.3 Analyze the Benefits and Challenges of E-commerce
- › 4.4 Investigate Secure Payment Methods in Online Retail
- › 4.5 Develop Strategies for Effective Online Marketing
- › 4.6 Create a Mock E-commerce Business Plan

### • 5 Unit 5 — Retail Project — Planning and Industry Visit Report — 6 classes

- › 5.1 Identify Key Elements of Retail Project Planning
- › 5.2 Conduct Market Research for Retail Industry Insights
- › 5.3 Develop a Structured Retail Project Proposal
- › 5.4 Plan and Organize an Effective Industry Visit
- › 5.5 Gather and Analyze Data from Industry Visit Findings
- › 5.6 Present and Evaluate Retail Project Reports

### • 1 Unit 1 — Advanced Asanas — Inversions and Balance Postures — 6 classes

- › 1.1 Mastering the Fundamentals of Inversions
- › 1.2 Exploring the Benefits of Balance Postures
- › 1.3 Practicing Supported Inversions for Improved Strength
- › 1.4 Developing Core Stability Through Balance Asanas
- › 1.5 Integrating Breathing Techniques in Inversions
- › 1.6 Creating a Personal Practice with Advanced Inversions

### • 2 Unit 2 — Therapeutic Yoga for Common Ailments — 6 classes

- › 2.1 Identify Common Ailments Addressed by Therapeutic Yoga
- › 2.2 Explore the Principles of Therapeutic Yoga
- › 2.3 Demonstrate Yoga Poses for Stress Relief
- › 2.4 Practice Breathing Techniques for Anxiety Management
- › 2.5 Develop a Personalised Yoga Routine for Specific Ailments
- › 2.6 Evaluate the Effectiveness of Your Therapeutic Yoga Practice

### • 3 Unit 3 — Advanced Pranayama and Bandha Techniques — 6 classes

- › 3.1 Explore the Fundamentals of Advanced Pranayama Techniques
- › 3.2 Understand the Role of Bandhas in Pranayama Practices
- › 3.3 Practice Uddiyana Bandha for Enhanced Breath Control
- › 3.4 Apply Jalandhara Bandha in Pranayama Sessions
- › 3.5 Integrate Advanced Pranayama Techniques into Yoga Routines
- › 3.6 Evaluate the Benefits of Pranayama and Bandhas on Well-being

### • 4 Unit 4 — Yoga Philosophy — Patanjali's Ashtanga Yoga — 6 classes

- › 4.1 Explore the Historical Context of Patanjali's Ashtanga Yoga
- › 4.2 Understand the Eight Limbs of Ashtanga Yoga
- › 4.3 Analyze the Philosophical Principles of Yama and Niyama
- › 4.4 Practice Asanas: Foundations of Physical Discipline
- › 4.5 Dive into Pranayama: Techniques for Breath Control
- › 4.6 Apply Meditation and Samadhi in Daily Life

### • 5 Unit 5 — Yoga Instructor Basics — Cueing and Class Planning — 6 classes

- › 5.1 Understanding the Role of a Yoga Instructor
- › 5.2 Mastering the Basics of Effective Cueing
- › 5.3 Developing Clear and Concise Instructions for Poses
- › 5.4 Creating a Structured Yoga Class Sequence
- › 5.5 Incorporating Modifications and Variations in Classes
- › 5.6 Evaluating Class Effectiveness Through Student Feedback