

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

LAPT Certification Class 9



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

Advanced Certificate in Agriculture (Aligned with NEP 2020)

5 chapters · 30 classes100 marks

• 1 Unit 1 — Introduction to Agriculture and Rural Economy — 6 classes

› 1.1 Define Agriculture: Explore Its Scope and Importance

› 1.2 Identify Key Components of the Rural Economy

› 1.3 Analyze the Role of Agriculture in Economic Development

› 1.4 Investigate Agricultural Practices in the UK

› 1.5 Examine Sustainable Agriculture and Its Benefits

› 1.6 Apply Agricultural Concepts: Case Studies in Rural Development

• 2 Unit 2 — Soil Science — Types, Properties and Preparation — 6 classes

› 2.1 Explore Different Types of Soil and Their Characteristics

› 2.2 Identify Soil Horizons and Their Importance in Agriculture

› 2.3 Examine Soil Properties: Texture, Structure, and pH Levels

› 2.4 Analyze Soil Moisture and Its Impact on Crop Growth

› 2.5 Investigate Soil Preparation Techniques for Sustainable Farming

› 2.6 Apply Soil Testing Methods for Improved Crop Management

• 3 Unit 3 — Crop Production and Irrigation Methods — 6 classes

› 3.1 Analyze Different Crop Types and Their Growth Requirements

› 3.2 Explore Soil Validation Techniques for Optimal Crop Production

› 3.3 Examine Traditional vs. Modern Irrigation Methods

› 3.4 Implement Sustainable Farming Practices in Crop Production

› 3.5 Evaluate the Impact of Climate on Crop Yield and Irrigation Needs

› 3.6 Design an Integrated Crop and Irrigation Management Plan

• 4 Unit 4 — Agricultural Tools, Equipment and Safety — 6 classes

› 4.1 Identify Key Agricultural Tools and Their Uses

› 4.2 Demonstrate Proper Handling of Hand Tools in Agriculture

› 4.3 Explore the Functionality of Mechanized Equipment

› 4.4 Assess Safety Precautions for Handling Agricultural Equipment

› 4.5 Implement Safe Operating Procedures in the Field

› 4.6 Evaluate the Importance of Maintenance and Care for Tools

• 5 Unit 5 — Farm Management and Agricultural Marketing Basics — 6 classes

› 5.1 Analyze Key Principles of Farm Management

› 5.2 Evaluate Agricultural Marketing Strategies

› 5.3 Assess Financial Literacy in Farming Operations

› 5.4 Implement Effective Farm Record Keeping Techniques

› 5.5 Develop a Basic Marketing Plan for Farm Products

› 5.6 Create a Farm Management Action Plan Using Case Studies

• 1 Unit 1 — Introduction to Apparel and Fashion Industry — 6 classes

- › 1.1 Explore the Evolution of the Apparel Industry
- › 1.2 Identify Key Components of Fashion Design
- › 1.3 Analyze Major Fashion Trends and Their Impact
- › 1.4 Examine the Role of Sustainability in Fashion
- › 1.5 Assess the Supply Chain in Apparel Production
- › 1.6 Create a Concept Board for a Fashion Collection

• 2 Unit 2 — Fabric Types, Textile Properties and Selection — 6 classes

- › 2.1 Identify Different Fabric Types Used in Apparel
- › 2.2 Explore Textile Properties: Weave, Weight, and Composition
- › 2.3 Compare Natural and Synthetic Fibers in Fashion
- › 2.4 Analyze Fabric Performance Characteristics for Garments
- › 2.5 Assess Fabric Selection Criteria for Various Clothing Styles
- › 2.6 Apply Knowledge of Fabrics to Design a Simple Apparel Project

• 3 Unit 3 — Basic Stitching and Sewing Machine Operation — 6 classes

- › 3.1 Identify Parts and Functions of a Sewing Machine
- › 3.2 Demonstrate Proper Setup of a Sewing Machine
- › 3.3 Explore Basic Stitch Types and Their Uses
- › 3.4 Practice Threading Techniques for Precision
- › 3.5 Execute Basic Stitching Patterns on Fabric
- › 3.6 Troubleshoot Common Sewing Machine Issues

• 4 Unit 4 — Garment Construction — Cutting, Stitching, Finishing — 6 classes

- › 4.1 Identify and Analyze Fabric Types for Garment Construction
- › 4.2 Master Cutting Techniques for Accurate Fabric Layout
- › 4.3 Explore Different Stitching Methods and Their Applications
- › 4.4 Implement Seam Finishing Techniques for Durable Garments
- › 4.5 Apply Design Elements through Effective Garment Assembly
- › 4.6 Evaluate and Troubleshoot Common Issues in Garment Construction

• 5 Unit 5 — Fashion Fundamentals and Career Pathways — 6 classes

- › 5.1 Explore the Evolution of Fashion Trends
- › 5.2 Identify Key Fashion Influencers and Their Impact
- › 5.3 Understand the Fabric and Material Selection Process
- › 5.4 Analyze the Role of Sustainability in Fashion
- › 5.5 Evaluate Different Career Opportunities in the Fashion Industry
- › 5.6 Create a Personal Fashion Career Development Plan

• 1 Unit 1 — Introduction to AI and Its Real-World Applications — 6 classes

- › 1.1 Define Artificial Intelligence: Key Concepts and Terminology
- › 1.2 Explore Historical Milestones in AI Development
- › 1.3 Identify Types of AI: Narrow vs. General Intelligence
- › 1.4 Examine Core Technologies Behind AI: Machine Learning and Beyond
- › 1.5 Investigate Real-World Applications of AI in Various Sectors
- › 1.6 Discuss Ethical Considerations and Future Implications of AI

• 2 Unit 2 — AI Values — Ethics, Bias and Inclusivity — 6 classes

- › 2.1 Identify Ethical Principles in Artificial Intelligence
- › 2.2 Analyze Bias and Its Impact on AI Outcomes
- › 2.3 Evaluate Case Studies of Ethical AI Implementation
- › 2.4 Discuss the Role of Transparency in AI Systems
- › 2.5 Develop Strategies for Inclusive AI Design
- › 2.6 Create an Action Plan to Mitigate AI Bias in Projects

• 3 Unit 3 — Data and Data Literacy — Understanding Datasets — 6 classes

- › 3.1 Identify Different Types of Data: Qualitative vs Quantitative
- › 3.2 Explore Data Structures: Understanding Tables, Arrays, and Databases
- › 3.3 Analyze Characteristics of Datasets: Size, Scope, and Context
- › 3.4 Evaluate Data Quality: Accuracy, Completeness, and Reliability
- › 3.5 Visualize Datasets: Introduction to Data Visualization Techniques
- › 3.6 Apply Data Literacy Skills: Interpreting and Communicating Dataset Insights

• 4 Unit 4 — Machine Learning — Supervised and Unsupervised Introduction — 6 classes

- › 4.1 Explore the Basics of Machine Learning Concepts
- › 4.2 Distinguish Between Supervised and Unsupervised Learning
- › 4.3 Identify Use Cases for Supervised Learning Techniques
- › 4.4 Analyze Examples of Unsupervised Learning Applications
- › 4.5 Compare Performance Metrics for Supervised Learning Models
- › 4.6 Implement a Simple Supervised Learning Algorithm

• 5 Unit 5 — AI Project Cycle — Planning, Building and Evaluating — 6 classes

- › 5.1 Identify Key Components of the AI Project Cycle
- › 5.2 Define Objectives and Scope for AI Projects
- › 5.3 Develop a Project Plan for AI Implementation
- › 5.4 Build and Train AI Models Using Selected Techniques
- › 5.5 Evaluate AI Models and Interpret Results Effectively
- › 5.6 Present Findings and Recommendations from AI Projects

• 1 Unit 1 — Introduction to the Automobile Industry — 6 classes

- › 1.1 Explore the Evolution of the Automobile Industry
- › 1.2 Identify Key Components of Automobile Design
- › 1.3 Analyze Different Types of Automobiles and Their Uses
- › 1.4 Examine Major Players in the Global Automobile Market
- › 1.5 Discuss Innovations and Technology Trends in Automobiles
- › 1.6 Apply Knowledge to Assess Future Challenges in the Industry

• 2 Unit 2 — Automotive Components and Vehicle Systems — 6 classes

- › 2.1 Identify and Describe Key Automotive Components
- › 2.2 Analyze the Functions of Major Vehicle Systems
- › 2.3 Explore the Relationship Between Components and Systems
- › 2.4 Investigate the Role of Electrical Systems in Vehicles
- › 2.5 Examine Common Issues in Automotive Components
- › 2.6 Apply Knowledge to Diagnose Vehicle System Problems

• 3 Unit 3 — Engine Fundamentals and Safety Practices — 6 classes

- › 3.1 Identify Engine Components and Their Functions
- › 3.2 Explain the Engine Cycle and Its Stages
- › 3.3 Analyze Different Types of Engine Configurations
- › 3.4 Discuss Safety Practices in Engine Maintenance
- › 3.5 Demonstrate Safe Use of Engine Tools and Equipment
- › 3.6 Evaluate Engine Performance and Safety Standards

• 4 Unit 4 — Workshop Tools, Equipment and Safety — 6 classes

- › 4.1 Identify Common Workshop Tools and Their Functions
- › 4.2 Demonstrate Proper Usage of Hand Tools in Automobile Maintenance
- › 4.3 Explore Power Tools and Their Applications in Automotive Repairs
- › 4.4 Assess the Importance of Equipment Calibration and Maintenance
- › 4.5 Implement Safety Protocols When Working in the Workshop
- › 4.6 Evaluate Workshop Layout for Efficiency and Safety

• 5 Unit 5 — Basic Vehicle Maintenance and Servicing — 6 classes

- › 5.1 Identify Key Components of Vehicle Maintenance
- › 5.2 Explain the Importance of Regular Servicing
- › 5.3 Demonstrate Basic Fluid Checks and Top-Ups
- › 5.4 Assess Tire Condition and Maintenance Techniques
- › 5.5 Perform Basic Inspection of Brake Systems
- › 5.6 Develop a Personal Vehicle Maintenance Schedule

• 1 Unit 1 — Introduction to the Indian Banking System — 6 classes

- › 1.1 Explore the Evolution of the Indian Banking System
- › 1.2 Identify Key Components of Banking Infrastructure in India
- › 1.3 Analyze the Role of the Reserve Bank of India
- › 1.4 Differentiate Between Types of Banks in India
- › 1.5 Examine Banking Regulations and Compliance Requirements
- › 1.6 Apply Banking Concepts to Real-World Financial Scenarios

• 2 Unit 2 — Types of Bank Accounts and Banking Services — 6 classes

- › 2.1 Identify Different Types of Bank Accounts
- › 2.2 Compare Features of Savings and Current Accounts
- › 2.3 Evaluate the Benefits of Fixed vs. Recurring Deposits
- › 2.4 Explore Online Banking Services and Their Advantages
- › 2.5 Analyze Banking Fees and Charges Associated with Accounts
- › 2.6 Apply for a Bank Account: A Step-by-Step Guide

• 3 Unit 3 — Insurance Products and Policy Basics — 6 classes

- › 3.1 Define Key Insurance Terminology and Concepts
- › 3.2 Explore Different Types of Insurance Products
- › 3.3 Analyze the Functions and Benefits of Insurance Policies
- › 3.4 Identify the Components of an Insurance Policy Document
- › 3.5 Evaluate Risk Assessment and Underwriting Practices
- › 3.6 Apply Knowledge by Comparing Insurance Products for Specific Needs

• 4 Unit 4 — Negotiable Instruments and Financial Documents — 6 classes

- › 4.1 Explore the Basics of Negotiable Instruments
- › 4.2 Identify Types of Negotiable Instruments and Their Features
- › 4.3 Analyze Legal Framework Governing Negotiable Instruments
- › 4.4 Examine the Role of Banks in Transactions Involving Negotiable Instruments
- › 4.5 Evaluate Common Financial Documents in Banking and Insurance
- › 4.6 Apply Knowledge through Case Studies on Negotiable Instruments

• 5 Unit 5 — Digital Banking and Mobile Finance Transactions — 6 classes

- › 5.1 Explore the Evolution of Digital Banking
- › 5.2 Identify Key Technologies in Mobile Finance
- › 5.3 Analyze Security Measures in Digital Transactions
- › 5.4 Compare Traditional Banking with Digital Banking Models
- › 5.5 Evaluate the Benefits and Risks of Mobile Finance
- › 5.6 Design a User-Friendly Mobile Banking Interface

• 1 Unit 1 — Introduction to Beauty and Wellness Industry — 6 classes

- › 1.1 Explore the Historical Development of the Beauty and Wellness Industry
- › 1.2 Identify Key Components of the Beauty and Wellness Sector
- › 1.3 Analyze Current Trends and Innovations in Beauty and Wellness
- › 1.4 Examine Different Career Pathways in the Beauty and Wellness Industry
- › 1.5 Assess Consumer Behavior and Market Demands in Beauty Services
- › 1.6 Develop a Personal Action Plan for a Career in Beauty and Wellness

• 2 Unit 2 — Skincare — Skin Types, Analysis and Treatments — 6 classes

- › 2.1 Identify Different Skin Types and Their Characteristics
- › 2.2 Analyze Skin Conditions Through Visual Assessment Techniques
- › 2.3 Conduct a Skin Type Questionnaire for Client Evaluation
- › 2.4 Recommend Appropriate Skincare Products for Each Skin Type
- › 2.5 Demonstrate Basic Skincare Treatment Techniques for All Skin Types
- › 2.6 Create Customized Skincare Routines Based on Skin Analysis

• 3 Unit 3 — Hair Care — Types, Washing and Basic Services — 6 classes

- › 3.1 Identify Different Hair Types and Their Characteristics
- › 3.2 Understand the Importance of Hair Washing Techniques
- › 3.3 Demonstrate Proper Hair Washing Steps and Products
- › 3.4 Explore Basic Hair Services: Cuts and Styles
- › 3.5 Analyze Hair Condition and Recommend Treatments
- › 3.6 Apply Knowledge in a Practical Hair Care Routine

• 4 Unit 4 — Salon Operations and Client Communication — 6 classes

- › 4.1 Understand Salon Structure and Roles
- › 4.2 Explore Customer Service Principles in Salon Settings
- › 4.3 Develop Effective Communication Techniques with Clients
- › 4.4 Implement Appointment Scheduling and Management Systems
- › 4.5 Assess Client Needs through Consultations
- › 4.6 Create a Client Feedback and Follow-up Process

• 5 Unit 5 — Safety, Hygiene and Professional Ethics in Beauty — 6 classes

- › 5.1 Analyze the Importance of Safety Standards in Beauty Treatments
- › 5.2 Implement Effective Hygiene Practices in the Beauty Environment
- › 5.3 Explore Common Risk Factors and How to Mitigate Them
- › 5.4 Examine Professional Ethics and Client Confidentiality in Beauty Services
- › 5.5 Develop a Personal Hygiene Protocol for Beauty Professionals
- › 5.6 Create a Safety Checklist for Beauty Procedures and Services

• 1 Unit 1 — Introduction to Data Science and Its Applications — 6 classes

- › 1.1 Define Data Science and Its Core Components
- › 1.2 Explore Key Data Science Tools and Technologies
- › 1.3 Identify Data Types and Their Relevance in Analysis
- › 1.4 Examine the Data Science Process and Methodologies
- › 1.5 Investigate Real-World Applications of Data Science
- › 1.6 Assess Ethical Considerations in Data Science Practices

• 2 Unit 2 — Understanding Data — Types, Sources and Formats — 6 classes

- › 2.1 Identify Different Types of Data: Qualitative vs. Quantitative
- › 2.2 Explore Primary and Secondary Data Sources
- › 2.3 Analyze Data Formats: Structured vs. Unstructured Data
- › 2.4 Evaluate the Importance of Data Quality and Integrity
- › 2.5 Apply Data Collection Techniques for Research Projects
- › 2.6 Synthesize Findings from Various Data Types and Sources

• 3 Unit 3 — Data Collection, Cleaning and Organisation — 6 classes

- › 3.1 Understand the Importance of Data Collection in Data Science
- › 3.2 Identify Various Data Collection Methods and Their Applications
- › 3.3 Explore Techniques for Effective Data Cleaning and Validation
- › 3.4 Implement Data Cleaning Procedures Using Popular Tools
- › 3.5 Organise and Structure Data for Analysis and Interpretation
- › 3.6 Apply Data Collection and Cleaning Best Practices in a Real-World Project

• 4 Unit 4 — Data Visualisation Using Spreadsheets and Charts — 6 classes

- › 4.1 Understand the Importance of Data Visualisation in Data Science
- › 4.2 Explore Different Types of Charts and Their Use Cases
- › 4.3 Create Basic Graphs Using Spreadsheet Tools
- › 4.4 Customize Charts for Effective Data Presentation
- › 4.5 Incorporate Advanced Charting Techniques in Spreadsheets
- › 4.6 Apply Data Visualisation Skills to Real-World Data Sets

• 5 Unit 5 — Basic Statistics — Mean, Median, Mode and Interpretation — 6 classes

- › 5.1 Define and Differentiate Between Mean, Median, and Mode
- › 5.2 Calculate the Mean: Step-by-Step Guide
- › 5.3 Find the Median: Understanding Data Sets
- › 5.4 Identify the Mode: Working with Frequency Distributions
- › 5.5 Interpret Statistical Measures: Mean, Median, and Mode in Context
- › 5.6 Apply Mean, Median, and Mode in Real-World Scenarios

• 1 Unit 1 — Introduction to Design Thinking — The 5-Stage Model —

6 classes

- › 1.1 Understand the Fundamentals of Design Thinking
- › 1.2 Explore the Importance of Empathy in Design Thinking
- › 1.3 Define the Problem Statement Using the Define Stage
- › 1.4 Generate Innovative Ideas in the Ideation Stage
- › 1.5 Create Prototypes to Visualize Solutions
- › 1.6 Test and Validate Your Innovations Effectively

• 2 Unit 2 — Empathy — Understanding Users and Their Needs — 6

classes

- › 2.1 Identify User Segments through Research
- › 2.2 Analyze User Needs and Pain Points
- › 2.3 Develop Empathy Maps for User Insight
- › 2.4 Conduct User Interviews for Deeper Understanding
- › 2.5 Synthesize Findings into User Profiles
- › 2.6 Create User-Centric Solutions Based on Insights

• 3 Unit 3 — Problem Definition and Creative Ideation Techniques — 6

classes

- › 3.1 Analyze the Problem: Identifying Core Issues
- › 3.2 Develop Empathy: Understanding User Needs
- › 3.3 Frame the Challenge: Crafting Effective Problem Statements
- › 3.4 Generate Ideas: Brainstorming Techniques for Creative Solutions
- › 3.5 Evaluate Ideas: Criteria for Choosing Viable Solutions
- › 3.6 Prototype Solutions: Translating Ideas into Actionable Plans

• 4 Unit 4 — Rapid Prototyping — Building Low-Fidelity Solutions —

6 classes

- › 4.1 Understand the Basics of Low-Fidelity Prototyping
- › 4.2 Identify Appropriate Tools and Materials for Prototyping
- › 4.3 Brainstorm and Sketch Initial Prototype Ideas
- › 4.4 Build Your First Low-Fidelity Prototype
- › 4.5 Test and Gather Feedback on Your Prototype
- › 4.6 Iterate and Improve Your Prototype Based on User Feedback

• 5 Unit 5 — Testing, Feedback and Design Project Presentation — 6

classes

- › 5.1 Analyze the Importance of Testing in Design Thinking
- › 5.2 Develop Effective Feedback Mechanisms for Design Projects
- › 5.3 Implement Iterative Testing Processes in Design Solutions
- › 5.4 Create a Prototype Based on Testing Insights
- › 5.5 Construct a Compelling Design Project Presentation
- › 5.6 Evaluate Peer Presentations and Provide Constructive Feedback

• 1 Unit 1 — Introduction to Electronics — Components and Symbols —

6 classes

- › 1.1 Identify Basic Electronic Components and Their Functions
- › 1.2 Understand and Interpret Electronic Symbols
- › 1.3 Explore Resistor Types and Their Applications
- › 1.4 Investigate Capacitors: Functionality and Usage
- › 1.5 Analyze Diodes and Their Role in Circuits
- › 1.6 Apply Knowledge to Create Simple Circuit Diagrams

• 2 Unit 2 — Basic Electronic Circuits and Breadboard Prototyping —

6 classes

- › 2.1 Explore Basic Electronic Components and Their Functions
- › 2.2 Understand Ohm's Law and Its Applications in Circuits
- › 2.3 Analyze Series and Parallel Circuit Configurations
- › 2.4 Introduce Breadboard Prototyping Techniques for Beginners
- › 2.5 Design Simple Circuits Using a Breadboard and Basic Components
- › 2.6 Test and Troubleshoot Breadboard Circuits for Accuracy

• 3 Unit 3 — Soldering Techniques and Safe Practices — 6 classes

- › 3.1 Explore the Fundamentals of Soldering Techniques
- › 3.2 Identify Essential Soldering Tools and Equipment
- › 3.3 Demonstrate Safety Practices in the Soldering Process
- › 3.4 Execute Proper Soldering Techniques for Electronic Components
- › 3.5 Diagnose Common Soldering Problems and Solutions
- › 3.6 Evaluate the Quality of Solder Joints in Circuit Boards

• 4 Unit 4 — PCB Basics and Circuit Assembly — 6 classes

- › 4.1 Understand PCB Design Fundamentals
- › 4.2 Identify Components for Circuit Assembly
- › 4.3 Explore PCB Manufacturing Processes
- › 4.4 Learn Soldering Techniques for Circuit Assembly
- › 4.5 Assemble a Basic Circuit on a PCB
- › 4.6 Test and Troubleshoot PCB Circuits

• 5 Unit 5 — Hardware Troubleshooting — Identify and Fix Faults — 6

classes

- › 5.1 Identify Common Hardware Faults in Electronics
- › 5.2 Use Diagnostic Tools for Troubleshooting Hardware Issues
- › 5.3 Analyze Symptoms and Determine Fault Causes
- › 5.4 Apply Step-by-Step Procedures for Hardware Repair
- › 5.5 Test and Validate Repairs on Electronic Hardware
- › 5.6 Document and Report Hardware Issues and Fixes

• 1 Unit 1 — Introduction to the Food Production Industry — 6 classes

- › 1.1 Explore the Historical Evolution of the Food Production Industry
- › 1.2 Identify Key Components of the Food Production Supply Chain
- › 1.3 Analyze Current Trends Impacting the Food Production Sector
- › 1.4 Examine the Role of Technology in Modern Food Production
- › 1.5 Discuss Sustainability Practices in Food Production
- › 1.6 Apply Knowledge by Creating a Food Production Plan for a Local Business

• 2 Unit 2 — Food Hygiene, Kitchen Safety and FSSAI Basics — 6 classes

- › 2.1 Identify Key Principles of Food Hygiene
- › 2.2 Explore Common Kitchen Hazards and Their Prevention
- › 2.3 Demonstrate Proper Handwashing Techniques
- › 2.4 Apply Safe Food Storage Practices
- › 2.5 Understand FSSAI Regulations and Their Importance
- › 2.6 Conduct a Kitchen Safety Inspection Checklist

• 3 Unit 3 — Cooking Methods — Moist, Dry and Combination Heat — 6 classes

- › 3.1 Explore the Principles of Moist Heat Cooking Methods
- › 3.2 Demonstrate Techniques for Boiling and Steaming Foods
- › 3.3 Investigate Dry Heat Cooking Methods: Roasting and Baking
- › 3.4 Apply Searing and Grilling Techniques for Enhanced Flavors
- › 3.5 Understand Combination Cooking: Braising and Stewing Essentials
- › 3.6 Create a Dish Using a Combination of Cooking Methods

• 4 Unit 4 — Vegetarian and Non-Vegetarian Food Preparations — 6 classes

- › 4.1 Explore the Principles of Vegetarian Cuisine
- › 4.2 Identify Key Ingredients in Non-Vegetarian Dishes
- › 4.3 Demonstrate Techniques for Preparing Vegetarian Dishes
- › 4.4 Apply Flavor Profiles in Non-Vegetarian Cooking
- › 4.5 Compare Nutritional Values of Vegetarian and Non-Vegetarian Foods
- › 4.6 Create a Balanced Meal Using Vegetarian and Non-Vegetarian Ingredients

• 5 Unit 5 — Bakery Fundamentals and Food Presentation — 6 classes

- › 5.1 Explore the Basics of Bakery Ingredients
- › 5.2 Demonstrate Essential Baking Techniques
- › 5.3 Analyze Common Bakery Equipment and Their Uses
- › 5.4 Create Classic Bakery Products from Scratch
- › 5.5 Apply Food Safety and Hygiene Practices in Baking
- › 5.6 Present and Garnish Bakery Products Professionally

• 1 Unit 1 — Introduction to the Hotel Industry and Front Office — 6 classes

- › 1.1 Explore the Fundamentals of the Hotel Industry
- › 1.2 Identify Key Roles and Responsibilities in Front Office Operations
- › 1.3 Understand Hotel Guest Experience and Expectations
- › 1.4 Examine the Front Office Layout and Functions
- › 1.5 Analyze Front Office Technology and Its Impact on Operations
- › 1.6 Implement Best Practices for Front Office Customer Service

• 2 Unit 2 — Reservation Systems and Booking Procedures — 6 classes

- › 2.1 Explore Different Types of Reservation Systems
- › 2.2 Understand the Role of Technology in Booking Procedures
- › 2.3 Analyze Customer Preferences and Data Management
- › 2.4 Simulate Reservation Workflow Scenarios
- › 2.5 Evaluate Best Practices for Handling Booking Changes
- › 2.6 Implement Strategies for Enhancing Guest Experience Through Reservations

• 3 Unit 3 — Guest Check-in, Check-out and Room Assignments — 6 classes

- › 3.1 Explain the Importance of Guest Check-in Procedures
- › 3.2 Demonstrate Effective Check-in Techniques for Guests
- › 3.3 Identify Common Challenges During Check-in and Solutions
- › 3.4 Analyze Guest Check-out Processes and Best Practices
- › 3.5 Conduct a Role-Play Exercise for Check-out Scenarios
- › 3.6 Evaluate Room Assignment Strategies for Optimal Guest Satisfaction

• 4 Unit 4 — Front Desk Communication and Telephone Etiquette — 6 classes

- › 4.1 Understand the Importance of Effective Front Desk Communication
- › 4.2 Identify Key Components of Verbal and Non-Verbal Communication
- › 4.3 Develop Active Listening Skills for Front Desk Interactions
- › 4.4 Practice Professional Telephone Etiquette in Hospitality
- › 4.5 Role-Play Common Front Desk Scenarios and Responses
- › 4.6 Evaluate Real-Life Front Desk Communication Situations

• 5 Unit 5 — Handling Guest Complaints and Providing Services — 6 classes

- › 5.1 Understand the Importance of Guest Complaints in Front Office Operations
- › 5.2 Identify Common Types of Guest Complaints in Hospitality
- › 5.3 Develop Effective Communication Skills for Handling Complaints
- › 5.4 Implement Problem-Solving Techniques to Resolve Guest Issues
- › 5.5 Create Action Plans for Following Up on Guest Complaints
- › 5.6 Role-Play Real-Life Scenarios to Practice Complaint Handling Skills

• 1 Unit 1 — Introduction to the Healthcare Industry — 6 classes

- › 1.1 Define the Healthcare Industry and Its Key Components
- › 1.2 Explore the Historical Development of Healthcare Systems
- › 1.3 Identify Major Healthcare Stakeholders and Their Roles
- › 1.4 Analyze the Impact of Policy and Regulation on Healthcare Delivery
- › 1.5 Examine Current Trends and Innovations in Healthcare
- › 1.6 Develop a Personal Action Plan for a Career in Healthcare

• 2 Unit 2 — Anatomy and Physiology Basics — 6 classes

- › 2.1 Identify the Major Systems of the Human Body
- › 2.2 Explore the Structure and Function of Cells
- › 2.3 Analyze the Interconnection Between Body Systems
- › 2.4 Examine the Basics of the Circulatory System
- › 2.5 Discuss the Importance of Homeostasis in Health
- › 2.6 Apply Anatomical Knowledge to Case Studies

• 3 Unit 3 — Patient Care, First Aid and CPR — 6 classes

- › 3.1 Understand the Principles of Patient Care
- › 3.2 Identify Common Medical Emergencies and Their Symptoms
- › 3.3 Demonstrate Basic First Aid Techniques for Injuries
- › 3.4 Explain the Importance of CPR in Emergency Situations
- › 3.5 Practice CPR Techniques on Adult and Child Manikins
- › 3.6 Evaluate Patient Scenarios to Apply First Aid and CPR Skills

• 4 Unit 4 — Medical Terminology and Health Records — 6 classes

- › 4.1 Define Key Medical Terminology for Health Records
- › 4.2 Explore the Structure and Components of Health Records
- › 4.3 Analyze Common Abbreviations and Acronyms in Healthcare
- › 4.4 Examine Legal and Ethical Considerations in Health Records
- › 4.5 Apply Medical Terminology to Patient Documentation Scenarios
- › 4.6 Evaluate the Role of Technology in Managing Health Records

• 5 Unit 5 — Healthcare Ethics, Hygiene and Safety Protocols — 6 classes

- › 5.1 Define Healthcare Ethics and Its Importance in Patient Care
- › 5.2 Identify Common Ethical Dilemmas in Healthcare Settings
- › 5.3 Explore the Principles of Hygiene in Healthcare Environments
- › 5.4 Implement Safety Protocols for Infection Control
- › 5.5 Analyze Case Studies on Ethical Decision-Making in Healthcare
- › 5.6 Develop a Personal Action Plan for Upholding Ethics and Safety in Practice

• 1 Unit 1 — IT-ITeS Industry: Overview and Career Opportunities — 6 classes

- › 1.1 Explore the IT-ITeS Industry Landscape
- › 1.2 Identify Key Sectors and Services in IT-ITeS
- › 1.3 Analyze Current Trends and Future Prospects in IT-ITeS
- › 1.4 Discover Essential Skills for Careers in IT-ITeS
- › 1.5 Evaluate Career Paths and Opportunities in IT-ITeS
- › 1.6 Develop a Personal Action Plan for Entering the IT-ITeS Industry

• 2 Unit 2 — Operating System and File Management — 6 classes

- › 2.1 Explore the Role of Operating Systems in Computing
- › 2.2 Identify Key Components and Functions of Operating Systems
- › 2.3 Examine Different Types of Operating Systems
- › 2.4 Understand File Management Concepts and Terminology
- › 2.5 Demonstrate File Organization and Storage Techniques
- › 2.6 Apply File Management Best Practices for Efficient Computing

• 3 Unit 3 — Word Processing Applications (MS Word) — 6 classes

- › 3.1 Explore MS Word Interface and Navigation Tools
- › 3.2 Format Text Using Fonts, Styles, and Paragraph Alignment
- › 3.3 Utilize Bullets and Numbering for Document Organization
- › 3.4 Insert and Modify Tables for Data Presentation
- › 3.5 Implement Headers, Footers, and Page Numbering Effectively
- › 3.6 Apply Advanced Features: Mail Merge and Document Collaboration

• 4 Unit 4 — Electronic Spreadsheets (MS Excel) — 6 classes

- › 4.1 Explore the Interface and Features of MS Excel
- › 4.2 Understand and Create Basic Formulas in Excel
- › 4.3 Utilize Functions to Analyze Data Sets
- › 4.4 Format Cells and Enhance Spreadsheet Aesthetics
- › 4.5 Implement Data Visualization Techniques with Charts
- › 4.6 Collaborate and Share Spreadsheets Using Cloud Tools

• 5 Unit 5 — Digital Communication and Internet Safety — 6 classes

- › 5.1 Explore Different Types of Digital Communication Tools
- › 5.2 Identify Key Principles of Effective Digital Communication
- › 5.3 Recognize Potential Online Threats and Risks
- › 5.4 Implement Best Practices for Internet Safety
- › 5.5 Analyze Case Studies on Digital Communication Misuse
- › 5.6 Create a Personal Digital Safety Plan

• 1 Unit 1 — Introduction to Financial Markets — 6 classes

- › 1.1 Define Financial Markets and Their Importance
- › 1.2 Explore Different Types of Financial Markets
- › 1.3 Identify Key Players in Financial Markets
- › 1.4 Examine Financial Instruments: Bonds and Stocks
- › 1.5 Analyze the Role of Regulation in Financial Markets
- › 1.6 Apply Concepts by Simulating a Financial Market Trade

• 2 Unit 2 — Stock Market Basics — BSE, NSE and SEBI — 6 classes

- › 2.1 Understand the Role of Financial Markets
- › 2.2 Explore the Structure and Function of BSE
- › 2.3 Discover the Key Features of NSE
- › 2.4 Analyze the Importance of SEBI in Regulating Markets
- › 2.5 Compare and Contrast BSE and NSE Trading Mechanisms
- › 2.6 Apply Trading Strategies in Simulated Stock Market Scenarios

• 3 Unit 3 — Mutual Funds, FDs and Savings Instruments — 6 classes

- › 3.1 Explore the Basics of Mutual Funds and Their Importance
- › 3.2 Compare Different Types of Mutual Funds and Their Features
- › 3.3 Understand the Role of Fixed Deposits in Personal Finance
- › 3.4 Analyze the Benefits and Risks of Using Fixed Deposits
- › 3.5 Investigate Various Savings Instruments for Financial Growth
- › 3.6 Develop a Personalized Savings and Investment Strategy

• 4 Unit 4 — Banking Services and Financial Institutions — 6 classes

- › 4.1 Explore the Role of Banking Services in Financial Markets
- › 4.2 Identify Different Types of Financial Institutions
- › 4.3 Analyze the Functions of Commercial Banks
- › 4.4 Examine the Importance of Investment Banks in Capital Markets
- › 4.5 Assess the Impact of Regulatory Bodies on Banking Services
- › 4.6 Apply Knowledge of Banking Services to Real-World Financial Scenarios

• 5 Unit 5 — Basics of Personal Financial Planning — 6 classes

- › 5.1 Define Personal Financial Planning Concepts
- › 5.2 Identify Key Components of a Financial Plan
- › 5.3 Assess Personal Financial Goals and Objectives
- › 5.4 Analyze Income and Expense Statements
- › 5.5 Create a Personal Budgeting Strategy
- › 5.6 Evaluate Investment Options for Financial Growth

• 1 Unit 1 — Introduction to the Tourism Industry — 6 classes

- › 1.1 Define the Tourism Industry and Its Key Components
- › 1.2 Explore the Evolution of Tourism Through History
- › 1.3 Identify Different Types of Tourism and Their Characteristics
- › 1.4 Analyze the Economic Impact of Tourism on Local Communities
- › 1.5 Examine Current Trends and Challenges Facing the Tourism Industry
- › 1.6 Develop a Mini Tourism Plan for a Chosen Destination

• 2 Unit 2 — Types of Tourism — Domestic, International, Eco — 6 classes

- › 2.1 Differentiate Between Domestic and International Tourism
- › 2.2 Explore the Characteristics of Eco-Tourism
- › 2.3 Analyze the Economic Impact of Domestic Tourism
- › 2.4 Assess the Role of Cultural Experiences in International Tourism
- › 2.5 Identify Sustainable Practices in Eco-Tourism
- › 2.6 Develop a Mini-Tourism Plan for a Local Eco-Destination

• 3 Unit 3 — Travel Agencies, Tour Operators and Their Roles — 6 classes

- › 3.1 Define and Differentiate: Travel Agencies vs. Tour Operators
- › 3.2 Explore the Key Functions of Travel Agencies
- › 3.3 Identify Types of Tour Operators and Their Offerings
- › 3.4 Analyze the Role of Technology in Modern Travel Agencies
- › 3.5 Evaluate the Customer Service Standards in Tour Operations
- › 3.6 Design an Effective Itinerary with a Travel Agency Perspective

• 4 Unit 4 — Hospitality, Accommodation and Food Service Basics — 6 classes

- › 4.1 Explore the Role of Hospitality in Tourism
- › 4.2 Identify Different Types of Accommodation Services
- › 4.3 Analyze Key Features of Effective Food Service
- › 4.4 Assess Customer Service Standards in Hospitality
- › 4.5 Design a Basic Menu for Hospitality Settings
- › 4.6 Evaluate Real-World Examples of Hospitality Operations

• 5 Unit 5 — Destination Knowledge — India's Heritage Sites — 6 classes

- › 5.1 Explore India's Cultural Heritage: An Overview of Key Sites
- › 5.2 Analyze the Significance of UNESCO World Heritage Sites in India
- › 5.3 Investigate the Architectural Styles of Indian Heritage Sites
- › 5.4 Assess the Impact of Tourism on Heritage Conservation Efforts
- › 5.5 Design a Mini Tourism Campaign for a Selected Heritage Site
- › 5.6 Present Findings on Heritage Tourism Trends and Visitor Profiles

• 1 Unit 1 — Introduction to Marketing and Sales — 6 classes

- › 1.1 Define Key Marketing Concepts and Terminology
- › 1.2 Explore the Marketing Mix and Its Components
- › 1.3 Analyze Target Markets and Consumer Behavior
- › 1.4 Identify Effective Sales Strategies and Techniques
- › 1.5 Examine the Role of Digital Marketing in Sales
- › 1.6 Create a Simple Marketing Plan for a Product

• 2 Unit 2 — Understanding Consumer Behaviour — 6 classes

- › 2.1 Identify Key Factors Influencing Consumer Decisions
- › 2.2 Analyze Consumer Needs and Wants Through Market Research
- › 2.3 Explore Psychological Theories of Consumer Behavior
- › 2.4 Evaluate the Role of Social Influences on Buying Choices
- › 2.5 Assess the Impact of Cultural Dimensions on Consumer Preferences
- › 2.6 Develop Strategies to Target Specific Consumer Segments

• 3 Unit 3 — Selling Techniques and Interpersonal Communication — 6 classes

- › 3.1 Explore the Fundamentals of Selling Techniques
- › 3.2 Identify Key Interpersonal Communication Skills
- › 3.3 Demonstrate Effective Questioning Techniques in Sales
- › 3.4 Practice Active Listening Skills in Sales Scenarios
- › 3.5 Analyze the Role of Non-Verbal Communication in Selling
- › 3.6 Apply Persuasion Strategies to Close Sales Successfully

• 4 Unit 4 — Advertising, Promotion and Marketing Mix — 6 classes

- › 4.1 Analyze the Elements of the Marketing Mix
- › 4.2 Examine Different Types of Advertising Strategies
- › 4.3 Identify Target Audiences for Effective Promotions
- › 4.4 Develop Creative Advertising Campaign Concepts
- › 4.5 Evaluate the Effectiveness of Promotional Techniques
- › 4.6 Implement a Comprehensive Marketing Plan Proposal

• 5 Unit 5 — Market Research — Methods and Application — 6 classes

- › 5.1 Identify Different Types of Market Research Methods
- › 5.2 Analyze Qualitative vs Quantitative Research Techniques
- › 5.3 Design Effective Surveys for Market Research
- › 5.4 Employ Focus Groups to Gather Consumer Insights
- › 5.5 Utilize Secondary Data for Market Analysis
- › 5.6 Apply Research Findings to Develop Marketing Strategies

• 1 Unit 1 — Introduction to Multimedia and Digital Media — 6 classes

- › 1.1 Define Multimedia and Its Components
- › 1.2 Explore Types of Digital Media Formats
- › 1.3 Analyze the Role of Multimedia in Communication
- › 1.4 Identify Applications of Multimedia in Various Industries
- › 1.5 Evaluate the Impact of Multimedia on Society
- › 1.6 Create a Simple Multimedia Presentation

• 2 Unit 2 — Graphic Design Fundamentals and Colour Theory — 6 classes

- › 2.1 Explore the Basics of Graphic Design Principles
- › 2.2 Understand and Apply the Elements of Design
- › 2.3 Discover the Importance of Colour in Graphic Design
- › 2.4 Investigate Colour Theory Models and Their Applications
- › 2.5 Create Successful Colour Palettes for Design Projects
- › 2.6 Evaluate Real-world Designs through Graphic and Colour Analysis

• 3 Unit 3 — Digital Photography and Image Editing (Canva/Photoshop) — 6 classes

- › 3.1 Explore Basic Photography Principles for Digital Images
- › 3.2 Understand Camera Settings and Composition Techniques
- › 3.3 Capture High-Quality Images Using Digital Cameras
- › 3.4 Introduce Canva and Photoshop for Image Editing
- › 3.5 Edit and Enhance Photos Using Canva Tools
- › 3.6 Create a Final Project Showcasing Original Photography and Edits

• 4 Unit 4 — Audio and Video Editing Basics — 6 classes

- › 4.1 Explore the Fundamentals of Audio Editing Techniques
- › 4.2 Understand Video Editing Software and Tools
- › 4.3 Analyze Different Audio Formats and Their Applications
- › 4.4 Practice Basic Audio Editing with Software Tools
- › 4.5 Create a Short Video Project Incorporating Audio Elements
- › 4.6 Evaluate and Present Your Multimedia Editing Work

• 5 Unit 5 — Digital Publishing, Portfolio and Industry Tools — 6 classes

- › 5.1 Explore Key Concepts of Digital Publishing
- › 5.2 Analyze Different Formats and Types of Digital Portfolios
- › 5.3 Identify Industry Tools for Effective Multimedia Creation
- › 5.4 Design an Engaging Digital Portfolio Layout
- › 5.5 Create Multimedia Content for Portfolio Showcase
- › 5.6 Evaluate Your Digital Portfolio Using Industry Standards

• **1 Unit 1 — Service Industry Overview and Career Options** — 6

classes

- › 1.1 Explore the Service Industry Landscape
- › 1.2 Identify Key Sectors Within the Service Industry
- › 1.3 Examine Emerging Career Opportunities in Services
- › 1.4 Assess Skills Required for Success in Service Roles
- › 1.5 Develop a Personal Career Map in the Service Sector
- › 1.6 Plan for Further Education and Training in Service Careers

• **2 Unit 2 — Communication, Interpersonal and Soft Skills** — 6 classes

- › 2.1 Identify Key Elements of Effective Communication
- › 2.2 Explore Verbal and Non-Verbal Communication Techniques
- › 2.3 Develop Active Listening Skills through Role-Playing
- › 2.4 Practice Giving and Receiving Constructive Feedback
- › 2.5 Enhance Teamwork through Collaborative Group Activities
- › 2.6 Apply Conflict Resolution Strategies in Simulation Exercises

• **3 Unit 3 — Workplace Safety, Discipline and Professional Ethics** —

6 classes

- › 3.1 Identify Key Workplace Safety Regulations
- › 3.2 Analyze the Importance of Workplace Discipline
- › 3.3 Explore the Concepts of Professional Ethics
- › 3.4 Evaluate Real-World Workplace Safety Scenarios
- › 3.5 Develop Strategies for Maintaining Discipline
- › 3.6 Create an Ethical Decision-Making Framework

• **4 Unit 4 — Basic Computer and Digital Literacy** — 6 classes

- › 4.1 Understand the Basics of Computer Hardware and Software
- › 4.2 Explore Operating Systems and User Interfaces
- › 4.3 Navigate Internet Browsers and Search Engines Efficiently
- › 4.4 Use Cloud Storage and Collaborative Tools for Productivity
- › 4.5 Identify Digital Security Essentials and Best Practices
- › 4.6 Apply Basic Troubleshooting Techniques for Common Issues

• **5 Unit 5 — Introduction to Entrepreneurship and Self-Employment**

— 6 classes

- › 5.1 Explore the Definition of Entrepreneurship
- › 5.2 Identify Key Characteristics of Successful Entrepreneurs
- › 5.3 Assess Market Opportunities for Business Ideas
- › 5.4 Develop a Basic Business Model Canvas
- › 5.5 Create a Personal Action Plan for Starting a Business
- › 5.6 Present Your Business Idea to Peers for Feedback

• **1 Unit 1 — Introduction to Sports Science and Physical Education**

— 6 classes

- › 1.1 Explore the Foundations of Sports Science
- › 1.2 Identify Key Components of Physical Education
- › 1.3 Analyze the Role of Physical Activity in Health
- › 1.4 Examine Different Types of Sports Performance Metrics
- › 1.5 Demonstrate Effective Assessment Techniques in Physical Education
- › 1.6 Develop an Action Plan for Implementing Sports Science Principles

• **2 Unit 2 — Human Anatomy, Fitness Components and Assessment**

— 6 classes

- › 2.1 Explore Major Human Body Systems and Their Functions
- › 2.2 Identify Key Components of Fitness and Their Importance
- › 2.3 Assess Muscular Strength and Endurance Techniques
- › 2.4 Measure Cardiovascular Fitness Using Standard Protocols
- › 2.5 Analyze Flexibility and Its Role in Overall Fitness
- › 2.6 Develop Personalized Fitness Assessment Plans for Clients

• **3 Unit 3 — Physical Training Techniques and Warm-up Routines** —

6 classes

- › 3.1 Explore the Importance of Warm-up Routines in Physical Training
- › 3.2 Identify Key Components of Effective Warm-up Exercises
- › 3.3 Demonstrate Dynamic Stretching Techniques for Optimal Performance
- › 3.4 Apply Specific Warm-up Routines for Different Physical Activities
- › 3.5 Evaluate the Impact of Warm-up on Injury Prevention and Performance
- › 3.6 Design a Personalized Warm-up Routine for Various Training Goals

• **4 Unit 4 — Sports and Games — Rules, Coaching and Officiating Basics** — 6 classes

- › 4.1 Explore Fundamental Rules of Popular Sports
- › 4.2 Analyze the Role of a Coach in Team Dynamics
- › 4.3 Identify Key Officiating Techniques in Sports Competitions
- › 4.4 Apply Game Strategies through Practical Drills
- › 4.5 Simulate Game Situations for Effective Decision-Making
- › 4.6 Evaluate Officiating Scenarios for Fair Play Principles

• **5 Unit 5 — First Aid in Sports and Injury Prevention** — 6 classes

- › 5.1 Understand Common Sports Injuries and Symptoms
- › 5.2 Assess Injury Severity Using the RICE Method
- › 5.3 Perform Basic First Aid Techniques for Sports Injuries
- › 5.4 Recognize the Importance of Injury Prevention Strategies
- › 5.5 Develop a Personalised Injury Prevention Plan
- › 5.6 Practice Emergency Response Scenarios in Sports Settings

• 1 Unit 1 — Introduction to Organised Retail — 6 classes

- › 1.1 Define Organised Retail and Its Importance
- › 1.2 Explore Different Types of Organised Retail Formats
- › 1.3 Analyze the Key Characteristics of Organised Retail
- › 1.4 Identify Major Players in the Organised Retail Sector
- › 1.5 Examine Consumer Behavior in Organised Retail Environments
- › 1.6 Apply Retail Strategies to Enhance Organised Retail Operations

• 2 Unit 2 — Store Operations and Merchandising Basics — 6 classes

- › 2.1 Analyze Store Layouts and Customer Flow
- › 2.2 Explore Visual Merchandising Principles
- › 2.3 Examine Inventory Management Techniques
- › 2.4 Implement Pricing Strategies for Retail Products
- › 2.5 Evaluate Point of Sale (POS) Systems and Their Functions
- › 2.6 Develop Effective Promotional Campaigns for Store Operations

• 3 Unit 3 — Customer Service and Communication Skills — 6 classes

- › 3.1 Understand Customer Expectations in Retail
- › 3.2 Identify Effective Communication Techniques
- › 3.3 Develop Active Listening Skills for Customer Interactions
- › 3.4 Practice Handling Customer Complaints with Confidence
- › 3.5 Role-Play Scenarios to Enhance Service Skills
- › 3.6 Evaluate and Reflect on Customer Service Experiences

• 4 Unit 4 — Retail Selling Process and Techniques — 6 classes

- › 4.1 Understand the Retail Selling Process
- › 4.2 Identify Key Selling Techniques in Retail
- › 4.3 Explore Customer Needs and Preferences
- › 4.4 Demonstrate Effective Communication Skills
- › 4.5 Apply Persuasion Techniques in Selling
- › 4.6 Evaluate Sales Performance and Customer Feedback

• 5 Unit 5 — Sales Documentation and Billing — 6 classes

- › 5.1 Understand Sales Documentation Types and Their Purposes
- › 5.2 Explore Key Components of Sales Invoices
- › 5.3 Analyze the Role of Receipts in Retail Transactions
- › 5.4 Identify Legal Requirements for Sales Documentation
- › 5.5 Develop Effective Billing Practices for Customer Satisfaction
- › 5.6 Apply Knowledge by Creating Sample Sales Documentation

• 1 Unit 1 — Introduction to Yoga — History, Philosophy and Benefits

— 6 classes

- › 1.1 Explore the Origins of Yoga: A Historical Overview
- › 1.2 Discover Key Philosophical Concepts in Yoga Tradition
- › 1.3 Identify the Main Schools of Yoga and Their Practices
- › 1.4 Analyze the Benefits of Yoga for Physical and Mental Well-being
- › 1.5 Connect Yoga Philosophy to Modern Day Life: Practical Applications
- › 1.6 Develop a Personal Reflection on Your Yoga Journey and Goals

• 2 Unit 2 — Asanas — Standing, Sitting and Supine Postures — 6 classes

- › 2.1 Explore the Foundations of Standing Asanas
- › 2.2 Master the Alignment in Key Standing Postures
- › 2.3 Introduce Sitting Asanas for Enhanced Flexibility
- › 2.4 Develop Breath Awareness During Sitting Postures
- › 2.5 Practice Supine Asanas for Core Stability
- › 2.6 Integrate Standing, Sitting, and Supine Asanas in a Flow

• 3 Unit 3 — Pranayama — Breathing Exercises and Techniques — 6 classes

- › 3.1 Explore the Fundamentals of Pranayama: Understanding Breath and Energy
- › 3.2 Practice Diaphragmatic Breathing: Enhancing Lung Capacity
- › 3.3 Introduce Nadi Shodhana: Balancing Energy Through Alternate Nostril Breathing
- › 3.4 Master Ujjayi Breath: Building Focus and Calmness
- › 3.5 Implement Bhramari: Harnessing the Power of Sound for Relaxation
- › 3.6 Combine Techniques: Creating a Personal Pranayama Routine for Daily Use

• 4 Unit 4 — Meditation, Relaxation and Mindfulness Practices — 6 classes

- › 4.1 Explore the Basics of Meditation Techniques
- › 4.2 Implement Breathing Practices for Relaxation
- › 4.3 Experience Guided Meditation for Mindfulness
- › 4.4 Develop a Personal Relaxation Routine
- › 4.5 Analyze the Benefits of Mindfulness in Daily Life
- › 4.6 Create a Mindfulness Practice for Stress Reduction

• 5 Unit 5 — Yoga for Health, Wellness and Stress Management — 6 classes

- › 5.1 Explore the Connection Between Yoga and Physical Health
- › 5.2 Understand the Role of Breathwork in Stress Reduction
- › 5.3 Practice Asanas for Enhancing Mental Wellness
- › 5.4 Implement Mindfulness Techniques in Daily Yoga Practice
- › 5.5 Analyze Case Studies on Yoga for Stress Management
- › 5.6 Design a Personal Yoga Routine for Overall Wellness