

Health and Yoga (2 credits) – 50 marks

For this programme at least two periods per week will be assigned in the college time table. In these periods some physical exercises, games, special programmes on yoga and suryanamaskar, sports activities, lectures on physical and mental health, awareness lectures, etc will be organized for the student teachers under the guidance of the teacher educator. Student teacher should maintain a report of the activities. Marks calculated out of 50 are to be given for the same.

Yoga Education

UNIT:1 Foundations of Yoga CREDIT: 1

A. Introduction to yoga,

- Introduction to Yoga. Meaning, Definition and Characteristics
- History of Yoga The relevance of Yoga today
- Need and Importance of Yoga
- Benefits of yoga, Misconceptions of yoga, Difference between yogic practices

B. Yoga Philosophy

- Four Steps of Life: Brahmacharya (Renunciation), Garahastha (Family Life) Vanaprasthya (Non-attachment), Sanyas (Asceticism)

C. The Astanga Yoga:

Yama - Don'ts, Niyama - Do's, Asana, Pranayama - Breath Control - Life Force Control, Pratyahara - Internalization, Dharana - Meditation, Dhyana – Realization and Samadhi - Absorption

D. Yoga in the Bhagavadgita/Schools of yoga - / Eight kinds of Yoga:

1. Karma Yoga - Work or Action,
2. Hatha Yoga – Physical
3. Raja Yoga- Mental
4. Vedanta Yoga – Philosophical
5. Bhakti Yoga – Devotional,
6. Mantra Yoga - Mantra Chanting
7. Laya Yoga – Esoteric
8. Jnana Yoga – Wisdom

UNIT:2- Introduction to Asanas , Pranayama ,Meditation, Mudra, Shatkarma /kriya,bhandha CREDIT: 1

A. Introduction to Asana , Pranayama ,Meditation

Introduction to Asanas : Yoga and the Spine, Understanding the following asanas , Standing poses, Sitting Poses, Kneeling Poses, Supine Poses, Prone Poses and Arm Support Poses Surya Namaskar & Chandra Namaskar (Sun sequence)

Pranayama :

Breathing techniques : Aspects of Pranayama, The Pranickoshas (anamaya, manomaya, Pranamaya, Vijnanamaya, anandmayaKoshas), Breath health and Pranayama, general Considerations (Contraindications, time, diet, Place, Breathing sequence, Side effects)



Shalini
Course Coordinator

NadiShodhana - AnulomaViloma (alternate nostril breathing), Ujjayi, Sheetal, Sheetkari, Bhramari, Bhastrika, Kapalabhati (lung cleansing exercise), Moorchha, SuryaBhedha,

Major Nadis: Ida, Pingala and sushumna

Meditation: Pratyahar, dharna, dhyana, Samadhi & Relaxation techniques

B. Introduction to Mudra, Shatkarma /kriya, bhandha

Five Groups of Yoga Mudra :

Hasta : (hand) Jnana & Chin, Yoni, Bhairava, Haridya

Mana: (head) hambhavi, Naskagradrushti, khechari, kaki, Bhujangini, Akashi, Shanukhi, Unmani

Kaya: (postural) Vipareetakarni, Pashinee, prana, yoga, Manduki, Tadagi

Adhara : (perineal) Ashwini, Vajroli/sahajoli

Shatkarma /Kriya : Neti, dhauti, Nauli, basti, Kapalabhati Trataka

Bandha : Jalandhara (throat lock), Moola (perineum contraction), Uddiyana (abdominal contraction)

UNIT: 3- Yoga Therapy : CREDIT: 1

3.1 Need and Principles of Therapeutic yoga:

Preventive yoga Practice principles, Alignment, Contraction versus Stretching of Muscles, Yoga Therapy of asana for chronic and acute diseases and disorders

3.2 Yogic concept of Lifestyle diseases: The Five Kosha / Dimensions: Annamay, anomaya, Pranamaya, Vigyanmaya, Anandmayakosha

3.3 Mind Management : Power of mind, Self discipline, Hatha Yoga and physical harmony, Raja Yoga and mental harmony

3.4 Mantra : Mantrasadhana, Vibrations and personality, Tuning the total personality with mantras

UNIT: 4 CREDIT: 1

4.1 Place of yoga in Secondary Education

4.2 Content Analysis of yoga

4.3 Relation of Yoga with education and other subjects.

4.4 Teaching methods for Yoga

a) Lecture

b) Group Discussion

c) Experiment

d) Discussion

Shalini Raj
Course Coordinator



Communication & Yoga Education

Communication (Any Three) (1 Credit)

Activity : - 1) Communication skills

- 1.1) Introducing each other.
- 1.2) Introducing Self.
- 1.3) Story of your name.
- 1.4) Word game.
- 1.5) Quick Answer
- 1.6) Story from Picture
- 1.7) Scenario expression
- 1.8) Creative fairy tell

Note: - Course in charge teacher can create activity to develop communication skills of student. Above are specimen activities.

Unit – II Yoga Education (Credit 1)

Unit A : Introduction to Yoga & Personality Development.

- 1 Introduction.
2. Learning objectives
3. Yogic concepts of personality
4. Dimensions of integrated personality
5. Yoga for integrated personality development

Unit B : Yoga and Stress Management

1. Introduction
2. Learning objectives
3. Concept of stress
4. Stress -a yogic perspective
5. Yoga as a way of life to cope with stress
6. Yogic practices for stress management
7. Cyclic meditation for stress management

Unit C : Yoga and Self Development

1. Introduction
2. Learning objectives
3. Concept and nature of self -development
4. The concept of values and value education
5. Spirituality and its role in human self-development -yamas and niyamas
6. Helping children develop values
7. Yoga and human excellence

Shalini

Course Coordinator

