



## Syllabus-2023-2024

### BPed

<b>Title of the Course</b>	Yoga Education
<b>Course Code</b>	CC-104

#### Part A

Year	1st	Semester	1st	Credits	L	T	P	C
					3	1	0	4
<b>Course Type</b>	Theory only							
<b>Course Category</b>	Discipline Core							
<b>Pre-Requisite/s</b>	Knowledge of basic Fitness			<b>Co-Requisite/s</b>				
<b>Course Outcomes &amp; Bloom's Level</b>	<b>CO1- CO-1</b> Recall about Aims, Objectives, principles and other concepts of Health Education( <b>BL1-Remember</b> ) <b>CO2- CO-2</b> Explain about the foundation of yoga and the Asanas( <b>BL2-Understand</b> ) <b>CO3- CO-3</b> Demonstrate various asanas of Yoga( <b>BL3-Apply</b> ) <b>CO4- CO-4</b> Categorize asanas according to their difficulty level.( <b>BL4-Analyze</b> ) <b>CO5- CO-5</b> Compare the effect of various asanas through research.( <b>BL5-Evaluate</b> ) <b>CO6- CO-6</b> Formulate an efficient lifestyle with the help of research in yoga.( <b>BL6-Create</b> )							
<b>Courses Elements</b>	Skill Development ✓ Entrepreneurship ✓ Employability ✓ Professional Ethics X Gender X Human Values ✓ Environment X		<b>SDG (Goals)</b>		SDG3(Good health and well-being) SDG8(Decent work and economic growth) SDG16(Peace Justice and strong institutions) SDG17(Partnerships for the goals)			

#### Part B

Modules	Contents	Pedagogy	Hours
1	ject of that semester given by the subject teacher C. COURSE CONTENTS UNIT CONTENTS PEDAGOGY Unit 1 Introduction o Meaning and Definition of Yoga o Aims and Objectives of Yoga o Yoga in Early Upanisads o The Yoga Sutra: General Consideration o Need and Importance of Yoga in Physical Education and Sports	Background of concepts, quiz	15
2	o The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi o Yoga in the Bhagavadgita - Karma Yoga, Raja Yoga, Jnana Yoga and Bhakti Yoga	Background of concepts, quiz	15
3	Effect of Asanas and Pranayama on various system of the body Classification of asanas with special reference to physical education and sports o Influences of relaxative, meditative posture on various system of the body o Types of Bandh Type of kriyas	Background of concepts, quiz	15
4	Basic, applied and action research in Yoga o Difference between yogic practices and physical exercises o Yoga education centers in India and abroad o Competitions in Yogasanas	Background of concepts, quiz	15

#### Part D(Marks Distribution)

Theory					
Total Marks	Minimum Passing Marks	External Evaluation	Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation
100	32	70	23	30	9
Practical					
Total Marks	Minimum Passing Marks	External Evaluation	Min. External Evaluation	Internal Evaluation	Min. Internal Evaluation
0	0	0	0	0	0

#### Part E

<b>Books</b>	Shekar,K. C. Yoga for health. 2003 Delhi: Khel Sahitya Kendra.
<b>Articles</b>	
<b>References Books</b>	Brown, F. Y. How to use yoga 2000Delhi:Sports Publication. Shankar,G. Holistic approach ofyoga. 1998 New Delhi : Aditya Publishers. Rajjan, S. M. Yoga strenthening ofrelaxation for sports man 1985 New Delhi:Allied Publishers. Gharote, M. L. &Ganguly, H. Teaching methods for yogic practices 1988 Lonawaia: Kaixydhmoe. Gharote, M. L. &Ganguly, H. Teaching methods for yogic practices 1988 Lonawaia: Kaixydhmoe. Rajjan, S. M. Yoga strenthening ofrelaxation for sports man 1985 New Delhi:Allied Publishers. Shankar,G. Holistic approach ofyoga.1998 NewDelhi:Aditya Publishers.
<b>MOOC Courses</b>	
<b>Videos</b>	

#### Course Articulation Matrix

COs	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3
CO1	1	-	2	3	-	3	-	-	-	-	-	-	-	-	-
CO2	-	1	-	-	2	-	-	-	-	-	-	-	-	-	-
CO3	3	-	-	2	-	-	-	-	-	-	-	-	-	-	-
CO4	-	-	2	-	3	-	-	-	-	-	-	-	-	-	-
CO5	-	1	-	3	-	-	-	-	-	-	-	-	-	-	-
CO6	-	1	1	3	-	-	-	-	-	3	-	-	-	-	-































































































































































