

Syllabus-2023-2024

BPed

Title of the Course	Yoga Education
Course Code	CC-104

Part A

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

Books	Shekar,K. C. Yoga for health. 2003 Delhi: Khel Sahitya Kendra.
Articles	
References Books	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.
MOOC Courses	
Videos	

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	-	-	-	-	-

