

**CENTRAL UNIVERSITY OF HARYANA
SCHOOL OF EDUCATION
Teaching Plan**

**Programme: B.Ed.
Year: II
Course Code- SOE020427C2024
Credit: 02
Name of Teacher: Ms Kiran and Mrs. Archana Yadav**

**Session: 2017-19
Semester-IV
Course Title: Yoga Education
Maximum Marks: 50**

1. Teaching and Examination Scheme:

Teaching Scheme (Unit wise Division of Teaching hours)				Examination Scheme		
				CIA	TEE	Total Marks
Unit No.	L	T/P	(L+T+P)	15 Marks	35 Marks	50 Marks
I	14	16	30			
II	10	20	30			
TOTAL	24	36	60			
Legends: L - Lecture, T -Tutorial/Teacher Guided Student Activity, P - Practicum/Practical. CIA -Continuous Internal Assessment and TEE - Term End Examination						

1. Unit-wise Teaching Plan:

Unit/Topic	Approximate Hours (Lecture/ Tutorial/ Practicum/ Practical)	Content Outlines/Teaching Points	Teaching Strategies	Learning Outcomes	Evaluation Strategies	Suggested Learning Resources

<p>UNIT-I Introduction to Yoga Education</p> <ol style="list-style-type: none"> 1. Yoga Education: concept, objectives and scope . 2. Importance of Yoga Education in daily life. 3. Difference between Yoga Asana and Physical exercise. 4. Methods and benefits of Asanas, Pranayama and Concentration. 5. Pranayama: Meaning, Process and Types (Kapalbhati, Anulom Vilom, Bhramari, Ujjayi, Bhastrika, 	<p>30 Hour</p>	<ol style="list-style-type: none"> 1.1 Concept and scope of yoga education 1.2 Objectives of Yoga Education 2.1. Importance of Yoga Education in daily life. 3.1. Difference between Yoga Asana and Physical exercise. 4.1 Methods of Asanas, 4.2 Benefits of Asanas, 4.3 Methods of Pranayama 4.4 Benefits of Pranayama 4.5 Methods of Concentration. 4.6 Benefits of Concentration. 5.1 Meaning and Process of Pranayama 5.2 Types of Pranayama: <ol style="list-style-type: none"> 5.2.1 Kapalbhati 5.2.2 Anulom Vilom 5.2.3 Bhramari, 	<p>Lecture-cum-Demonstration, Practical</p>	<p>At the completion of the unit, student will be able to</p> <ol style="list-style-type: none"> 1. Understand and discuss the concept of Yoga Education 2. Understand the importance of Yoga Education in daily life. 3. Perform major difference between Yoga Asana and Physical exercise. 4. Explain the methods and benefits of Asanas, Pranayama and Concentration. 5. Guide others towards a better understanding of Pranayama in his daily life and motivate others to do the same. 6. Develop the good habits in their personality through yoga education. 	<p>Assignment, Assessment of practical task, Unit Test.</p>	<ul style="list-style-type: none"> • Kaul, H.K. (2013). <i>Yoga asana for everyone</i>. Surjeet Publishers. • Kubalker, R. (2015). <i>Know your stress-manage</i>, Neel Kamal Publishers. • NCERT (2015). <i>Yoga: A healthy way of living upper primary stage</i>, New Delhi (Also available in Hindi) • Besant,A.(2005).<i>An introduction to yoga</i>, New Delhi: Cosmo. • Mangal, S.K., Mangal,U.and Mana, S. K.(2009). <i>Yoga education</i>, New Delhi: Arya Publication. • Yogacharya, O. S. (2007). <i>Freedom of body and mind:yogasanas,pranayama and meditation</i>, New Delhi: Rawat. <p>Web Resources:</p> <p>https://www.rishikulyogshala.org/top-10-sitting-yoga-poses-</p>
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<p>Kumbhak, Nadi Shodhan)</p> <p>6. Surya Namaskar: Its components and benefits.</p> <p>7. Role of Yoga Education in Character building.</p> <p>8. Role of yoga practice in developing concentration, will power and discipline.</p>		<p>5.2.4 Ujjayi</p> <p>5.2.5 Bhastrika</p> <p>5.2.6 Kumbhak</p> <p>5.2.7 Nadi Shodhan</p> <p>6.1 Components of Surya Namaskar</p> <p>6.2 Benefits of Surya Namaskar</p> <p>7.1 Role of Yoga Education in Character building.</p> <p>8.1 Role of yoga practice in developing concentration</p> <p>8.2 Role of yoga practice in developing will power</p> <p>8.3 Role of yoga practice in developing discipline.</p>				<p>asanas/</p> <p>https://www.yogaindailylife.org/system/en/exercise-levels/sitting-postures-for-pranayama-and-meditation</p> <p>https://yogainternational.com/article/view/ground-your-home-practice-with-standing-poses1</p> <p>https://www.bookyogaretreats.com/news/yoga-inversions</p> <p>https://www.doyouyoga.com/10-most-popular-yoga-inversions-75341/</p>
<p>UNIT-II</p> <p>Yogasana and Pranayama</p> <p>1. Patanjali's Ashtang Yoga</p> <p>2. Yogasana: Meaning, Importance and Advantages</p> <p>3. Types of Yogasana:</p>	<p>30 Hour</p>	<p>5.3 Concept of Yogasana</p> <p>5.4 Importance and Advantages of Yogasana</p> <p>5.5 Types of Yogasanas and precautions while performing Yogasanas; Sitting postures, Standing Postures, Upside postures and Laying</p>	<p>Lecture-cum-Demonstration, Practical</p>	<p>At the completion of the unit, student will be able to</p> <p>7. Understand and discuss the Patanjali's Ashtang Yoga</p> <p>8. Understand the importance and advantages of Various Yogasanas</p> <p>9. Perform major</p>	<p>Assignment on Patanjali's Ashtang Yoga and its components. Assessment of</p>	<ul style="list-style-type: none"> • Besant, A. (2005). <i>An introduction to yoga</i>, New Delhi: Cosmo. • Mangal, S.K., Mangal, U. and Mana, S. K. (2009). <i>Yoga education</i>, New Delhi: Arya Publication. • NCERT (2015). <i>Yoga: A healthy way of living secondary stage</i>, New

<p>Sitting postures (Sukhasana, Siddhasana, Padmasana, Vajrasana, Paschimottanasana, Yoga mudra, Matsyasana, Ardha Matsyendrasana, Gomukhasana)</p> <p>4. Standing postures (Tadasana, Trikonasana, Vrikashana, Garudasana, Ardha Chakrasana, Chakrasana, Natarajasana, Virabhadrasana, Ardha Chandrasana, Utkatasana)</p> <p>5. Upside postures (Halasana, Pinch Mayurasana, Sarvangana, Sheersasana,)</p> <p>6. Laying</p>		<p>postures</p> <p>5.6 Major Sitting postures and their benefits; Sukhasana, Siddhasana, Padmasana, Vajrasana, Paschimottanasana, Yoga mudra, Matsyasana, Ardha Matsyendrasana, Gomukhasana</p> <p>5.7 Major Standing postures and their benefits; Tadasana, Trikonasana, Vrikashana, Garudasana, Ardha Chakrasana, Chakrasana, Natarajasana, Virabhadrasana, Ardha Chandrasana, Utkatasana</p> <p>5.8 Some important Upside postures, their precautions and benefits; Halasana, Pinch Mayurasana, Sarvangana, Sheersasana</p> <p>5.9 Some important Laying postures, their precautions and benefits; Uttanpadasana,</p>		<p>postures while taking care of precautions.</p> <p>10. Guide others towards a better understanding of Yoga</p> <p>11. Incorporate Yoga in his daily life and motivate others to do the same.</p>	<p>performance of various Yogasanas.</p> <p>Unit Test.</p>	<p>Delhi. (Also available in Hindi)</p> <ul style="list-style-type: none"> ● Omand, S.(2006). <i>Patanjali yoga</i>, Pradeep Gorakhpur: Gita Press. ● Yadav, Y.P. and Yadav, R. (2003). <i>Art of yoga</i>, New Delhi: Friends. ● Yogacharya, O. S. (2007). <i>Freedom of body and mind: yogasanas, pranayam and meditation</i>, New Delhi: Rawat. <p>Web Resources:</p> <p>https://www.anandapaloo.org/ashtanga-yoga/</p> <p>https://www.yogajournal.com/practice/the-eight-limbs</p> <p>https://en.wikipedia.org/wiki/Yoga_Sutras_of_Patanjali</p> <p>https://www.disruptsports.com/5-precautions-to-note-before-starting-yoga/</p> <p>https://www.healthandyoga.com/html/yoga/advice.aspx</p> <p>https://www.rishikulyogshala.org/top-10-sitting-yoga-poses-ASANAS/</p>
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postures (Uttanpadasana, Karnpidasana, Vipreet Karni, Adhomukh Vakrasana, Bhujangasana, Dhanursana, Mayurasana).		Karnpidasana, Vipreet Karni, Adhomukh, Vakrasana, Bhujangasana, Dhanursana, Mayurasana				https://www.yogaindailylife.org/system/en/exercise-levels/sitting-postures-for-pranayama-and-meditation https://yogainternational.com/article/view/ground-your-home-practice-with-standing-poses1 https://www.bookyogaretreats.com/news/yoga-inversions https://www.doyouyoga.com/10-most-popular-yoga-inversions-75341/ https://www.artofliving.org/in-en/get-set-go-lying-back-yoga-poses
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Internal Assessment Strategies:

The thirty marks have been allotted under Internal Assessment. The following activities will be executed under Internal Assessment:

S. No.	Activity	Mode	Weightage of Marks
1	Two Sessional tests will be conducted (Best one will be considered)	Written Test	5
2	Preparation of an assignment on various topics and it is followed by presentation in the classroom (Group activity) and any other activity under Practicum	Assignment & Presentation (PPT)	5+2.5
3	Percentage of attendance		2.5

	Total Marks	15
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