

# Yoga for All

**Credit point: 3**

**Full mark -100**

**Total Hours: 45**

**Practical Hour: 3 credits x 30 hrs= 90 hrs spread over 40/60 days**

## **COURSE OUTCOMES (COs):**

On completion of this course, the learners will be able to:

**CO1:** Understand the importance of yoga as a holistic approach to health and well-being.

**CO2:** Develop awareness about the benefits of practising yoga in education.

**CO3:** Perform actions skilfully **in day-to-day life**.

## **COURSE CONTENTS**

### **UNIT I: introduction to Yoga**

*LO: Understand the historical development of yoga in India.*

*LO: Reflect upon the scope and importance of yoga in education.*

- What is yoga-concept of Hatha Yoga: control over body and mind.
- Need and importance of yoga in education- Yoga in physical education and sports science.
- Thinkers of yogic education and their contributions- Patanjali and Astanga Yoga, Sri Aurobindo.

### **Unit-II: Yoga for Memory and Concentration**

*LO: Demonstrate yogic practices including asana, pranayama and meditation.*

- Meditative asana and pranayam-, Padmasana, Anulom-Vilom Pranayam Bhramari Pranayam-steps, benefits and precautions.
- Mudra-Gyanmudra, Brahmanjali-process and practice.

### **Unit-III: Stress Management through Yoga**

*LO: Develop skills to apply yoga for health and personality development.*

*LO: Adopt and practice various stress reduction techniques in their daily life.*

- Relaxation asanas: Sukhasana, Balasana/Ananda Balasana, Shabaasana.
- Yoga Nidra-steps and benefits.
- Mindfulness stress reduction technique- process and practice.

### **Unit-IV: Yoga for Special Needs and Teaching of Yoga**

*LO: Understand the importance of yoga for different age groups.*

*LO: Adopt strategies to manage students in yoga class.*

- Yoga for women, children and the aged.
- Principles and methods of teaching yoga.
- Basics of yoga class management and educational tools of yoga teaching.

### **Methods of Evaluation**

No theoretical examination. Continuous evaluation through observation by Trainer on a day to day basis and final performance to be examined by both internal and external examiners

<b>Mode of Course Transaction:</b> Learning and practice of Asana, Pranayam and Meditation.
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### ***Suggested Readings***

- Cook, C.P.(2017). Mindfulness and Yoga in Schools: A Guide for Teachers and Practitioners. Springer.
- Dasgupta, S.N.(2005). Yoga Philosophy in relation to other system of Indian Thought. New Delhi: Motilal Banarsidass Publishers.
- Iyengar, B.K.S.(2006). Light on Yoga. New York: Harper Collins Publishers.
- Krishnamurti, J.(2001) *The Book of Life*. Penguin Books.
- Swami Satchidananda(2012).The Yoga Sutras of Patanjali. New York: Start Publishing.
- Swami Vivekananda(2017). The Complete Book of Yoga. Delhi: Teenage Publishers.
- International Journal of Yoga. Mumbai: Medknow Publications.
- <https://www.youtube.com/playlist?list=PLui6Eyny-UzzWwB4h9y7jAzLbeuCUczAl>
- <https://www.youtube.com/watch?v=UEEsdXn8oG8>
- <https://www.youtube.com/watch?v=AB3Y-4a3ZrU>