

Subject Title: METHODS OF TEACHING YOGA AND VALUE EDUCATION

Subject Code: PGDYTH-108

Objectives:

- i. To teach teaching techniques to the students
- ii. To teach class management and lesson planning
- iii. To introduce educational tools of yoga teaching
- iv. To teach the concept of yoga education and values

Total Number of Hours: 75		Theory	Tutorial	Practical
Credits		4	0	0
Hours/ week		4	0	0
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : 100			Practical :	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)	
70	30	NA	NA	

Unit 1: PRINCIPLES AND METHODS OF TEACHING YOGA

[15 Hrs]

Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Levels and Phases of Teaching, Quality of perfect Yoga Guru; Yogic levels of learning, Vidyarthi, Shishya, Mumuksha; Meaning and scope of Teaching methods, and factors influencing them; Sources of Teaching methods; Role of Yoga Teachers and Teacher training

Unit 2: BASICS OF YOGA CLASS MANAGEMENT

[15 Hrs]

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of Individualized; Teaching Techniques of group teaching, Techniques of mass instructions; Organization of teaching (Time Management, Discipline etc.)

Unit 3: LESSON PLANNING IN YOGA

[15 Hrs]

Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan; Action Research of Yoga: Meaning, Roles, Steps in action research in Yoga Teaching; Effective use of Library and other resources; Lesson Plan and its Practical applications

Unit 4: EDUCATIONAL TOOLS OF YOGA TEACHING

[15 Hrs]

Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc; Class room problems: Types and Solutions, Characteristics and essentials of good Yoga teaching; Time table: Need, Types, Principles of Time table construction; Time Table for Yoga teaching; Meaning, Importance and Types of Educational technology, Role of Educational Technology in Yoga

Unit 5: YOGA AND VALUE EDUCATION

[15 Hrs]

Concept of Value, Definition of value Types of Values, Value Oriented Education, Value-education and its components; Value oriented personality, Role and function of values in Society; Yoga as global value, Yoga as value and yoga as Practice; Contribution of Yoga towards the development of values

TEXT BOOKS

1. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990

BOOKS FOR REFERENCE

1. Dr. Gharote M.L: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007
2. Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009
3. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi
4. Duggal, Satyapad : Teaching Yoga, The Yoga Institute, Santacruz, Bombay, 1985
5. Nagendra, H.R. and Nagaratna R : New Perspectives in Stress Management, V.K.Yogas, 1988
6. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990
7. Gawande, E.N.: Value Oriented Education, Sarup & Sons, New Delhi – 110002
8. Gharote, M.L.: Yoga Applied to Physical Education Lonavala; Kaivalyadhama.
9. Dr R Naagarathna & Dr H R Nagendra :Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2003


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Subject Title: YOGA PRACTICUM -I

Subject Code: PGDYPR-109

Objectives:

- i. To introduce a regular and rigorous practice (sadhana) of yoga practices

Total Number of Hours: 120			
Credits	Theory	Tutorial	Practical
Hours/ week	0	0	4
	0	0	8
SCHEME OF EXAMINATION			
Total Marks: 100		Theory : NA	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Practical : 100
NA	NA	70	Internal Assessment (CT+TA/PR) 30

Unit- 1. SHAT KARMAS

Vastra Dhauti, Sutra Neti, Kapalbhati, Nauli Chalan, Jyoti Trataka, Agnisara

[30 Hrs.]

Unit-2. YOGASANAS

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana, Ardha Chakrasana, Paada Hastasana, Trikonasana, Parshva Konasana, Veerabhadrasana, Bhunamanasana, Hanumanasana, Dandasana, Swastikasana, Sidhasana, Bhadrasana, Padmasana, Vajrasana, Utkatasana, Gomukhasana, Ushtrasana, Shashankasana, Kurmasana, Navasana, Baddha Padmasana, Janusirasana, Paschimottanasana, Supta Vajrasana, Mandukasana, Utthana Mandukasana, Vakrasana, Ardha Matsyendrasana, Simhasana, Pavanamuktasana, Utthana-padasana, Ardha Halasana, Setubandha Sarvangasana, Halasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Kapotasana, Bakasana, Kukkutasana, Matsyendrasana, , Padangusthasana, Hastapadangusthasana, Garudasana, , Natarajasana Mayurasana, Sirshasana

[90 Hrs.]

TEXT BOOKS

REFERENCE BOOKS

1. Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P.2005
2. Dr R Nagarathna, Dr H R Nagendra: Yoga for Asthma by Published by SVYP, Bangalore, 1998
3. Dr R Nagarathna, Dr H R Nagendra: Yoga Practices for Anxiety & Depression, Published by SVYP, Bangalore, Bangalore, 2001
4. Yoga for Back Pain by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2001
5. Yoga for Cancer by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2006
6. New Perspectives in Stress Management, by Dr. H. R. Nagendra, Dr. R. Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2000
7. Dr R Nagarathna, Dr H R Nagendra, Yoga for Arthritis, Published by SVYP, Bangalore, 2001
8. Dr Shamantakamani Narendran, Dr R Nagarathna and Dr H R Nagendra: Yoga for Pregnancy, Published by SVYP, Bangalore, 2008
9. Dr. R. Nagarathna and Dr. H. R. Nagendra: Yoga for Obesity, Published by SVYP, Bangalore, 2014
10. Dr R Nagarathna, Dr H R Nagendra: Yoga for Diabetes, Published by SVYP, Bangalore 2003
11. Dr R Nagarathna, Dr H R Nagendra: Yoga for Promotion of Positive Health, Published by SVYP, Bangalore, 2004


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Subject Title: YOGA PRACTICUM-II

Subject Code: PGDYPR- 110

Objectives:

- i. To help establish a regular and rigorous practice (sadhana) of yoga practices

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	0	0	2
Hours/ week	0	0	4

SCHEME OF EXAMINATION

Total Marks: 100			
Theory : 100		Practical :	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
NA	NA	70	30

Unit- 1: PRANAYAMA

[15 Hrs.]

Nadi Shodhana (Technique 1: Same Nostril Breathing), Nadi Shodhana (Technique 2: Alternate Nostril Breathing), Nadi Shodhana (Technique 3: Alternate Nostril Breathing - Antar Kumbhak), Surya-bhedi and Chandra-bhedi Pranayama, Ujjayi Pranayama, Sheetal Pranayama, Shitkari Pranayama, Bhramari Pranayama, Pranayama (with Antar & Bahya Kumbhaka)

Unit- 2: PRACTICES LEADING TO MEDITATION

[30 Hrs.]

Pranav and Soham Japa, Yoga Nidra (1,2,3), Antarmauna, Ajapa Dharana (Stage 1,2,3), Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation

Unit- 3: BANDHA AND MUDRAS

[15 Hrs]

Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha, Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Tadagi Mudra, Vipareet Karni Mudra

TEXT BOOKS

REFERENCE BOOKS

1. Reddy, M. Venkata and Others: Yogic Therapy, Sri M.S.R. Memorial Yoga series, Arthamuru A.P.2005
2. Dr R Nagarathna, Dr H R Nagendra: Yoga for Asthma by Published by SVYP, Bangalore, 1998
3. Dr R Nagarathna, Dr H R Nagendra: Yoga Practices for Anxiety & Depression, Published by SVYP, Bangalore, Bangalore, 2001
4. Yoga for Back Pain by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2001

5. Yoga for Cancer by Dr H R Nagendra, Dr R Nagarathna, Published by SVYP, Bangalore, Bangalore, 2006
6. New Perspectives in Stress Management, by Dr. H R Nagendra, Dr. R. Nagarathna, Published by SVYP, Bangalore,, Bangalore, 2000
7. Dr R Nagarathna, Dr H R Nagendra, Yoga for Arthritis, Published by SVYP, Bangalore, 2001
8. Dr Shamantakamani Narendran, Dr R Nagarathna and Dr H R Nagendra: Yoga for Pregnancy, Published by SVYP, Bangalore, 2008
9. Dr. R. Nagarathna and Dr. H. R. Nagendra: Yoga for Obesity, Published by SVYP, Bangalore, 2014
10. Dr R Nagarathna, Dr H R Nagendra: Yoga for Diabetes, Published by SVYP, Bangalore 2003
11. Dr R Nagarathna, Dr H R Nagendra: Yoga for Promotion of Positive Health, Published by SVYP, Bangalore, 2004



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Subject Title: YOGA PRACTICUM - III

Subject Code: PGDYPR- 111

Objectives:

- i. To help maintain the yoga practise or Sadhana
- ii. To teach yoga modules specific to Physical Stamina, Voice Culture, Eye sight, Memory, Concentration, Creativity, IQ, Anger Management

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	0	0	4
Hours/ week	0	0	8
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
70	30		

Unit 1: PRACTICES FOR PHYSICAL STAMINA, VOICE CULTURE AND EYE SIGHT [15 Hrs]

Characteristics of physical development: Flexibility, stamina, endurance, longevity; loosening the joints, stretching-relaxation of muscles, improve strength and stamina; physical revitalisation; Need for control on breath; special exercises for voice culture; Cleansing practices, eye muscle strengthening practices

Unit 2: PRACTICES FOR MEMORY AND CONCENTRATION [15 Hrs]

Short-term, long-term memory, stages of memory foundation and maintenance; yoga modules to improve memory; Barriers to concentration; concentration according to modern psychology; concentration according to eastern psychology; dharana as per Patanjali - binding to a particular; practices to improve concentration.

Unit 3: PRACTICES FOR CREATIVITY AND IQ [15 Hrs]

Physiology and creativity; creativity eastern concept, silence and creativity; yogic approach to creativity; yogic practices for creativity development; Facets of intelligence; concept of intelligence according to yoga; yoga module of IQ development;

Unit 4: PRACTICES FOR ANGER MANAGEMENT AND STRESS MANAGEMENT [15 Hrs]

What is anger? Expression of anger, outcome of anger, yogic management of anger; Concept of Stress; Solutions through Mandukya karika - Relaxation and stimulation combined as the core for stress management; Practice of Stimulation and relaxation

TEXT BOOKS

Dr H R Nagendra, Dr R Nagarathna: Yoga for Personality Development Series, Published by SVYP, 2013

Subject Title: YOGA PRACTICUM - IV

Subject Code: PGDYPR- 112

Objectives:

1. To get the practical experience and training to teach Advance Yoga techniques

Total Number of Hours: 60	Theory	Tutorial	Practical
Credits	0	0	4
Hours/ week	0	0	8
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : 100		Practical :	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
70	30		

Unit-I: HEALING AT THE PHYSICAL LEVEL

Cyclic Meditation (S-VYASA); Mindfulness based Stress Reduction
Technique (Kabatzin)

[15 Hrs]

Unit-II: HEALING AT THE PRANA LEVEL

Vipasana Meditation; Preksha Meditation

[15 Hrs]

Unit-III: HEALING AT THE MENTAL LEVEL

Mind Sound Resonance Technique (S-VYASA) ; Raja Yoga Meditation (Brahmakumaris)
Transcendental Meditation (Mahesh Yogi); ZEN Buddhist Meditation

[15 Hrs]

Unit-IV: HEALING AT THE CONSCIOUS LEVEL

Yoga Nidra (BSY)

[15 Hrs]

TEXT BOOK:

1. Lajpat, Rai & others: Meditation, Anubhava Rai Publications, Gurgaon, 1999
2. Dr H R Nagendra, Dr R Nagarathna, Advance Yoga Techniques series, Published by SVYP, 1998

REFERENCE BOOKS:

1. Swami Niranjanananda Saraswati : Dharana Darshan, Yoga Publications Trust, Munger, Bihar, India, 1996
2. Lajpat, Rai : Discovering Human Potential Energy, Anubhava Rai Publications, Gurgaon, 1999

Subject Title: ASSIGNMENTS & SELF APPRAISALS

Subject Code: PGDYFW- 113

Objectives:

- i. To introduce the principles of teaching yoga
- ii. To introduce class and lesson management
- iii. To help overcome obstacles in self-practice through self-appraisals
- iv. To assess through regular viva voce and help deepen the understanding of yoga

Total Number of Hours: 120		Theory	Tutorial	Practical
Credits		0	0	4
Hours/ week		0	0	8
SCHEME OF EXAMINATION				
Total Marks: 100				
Theory : NA		Practical : 100		
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)	
NA	NA	70	30	

Unit-1: TEACHING PRACTICE

[90 Hrs]

Illustration of the need for a lesson plan; Illustration of the need for a content plan; Demonstration of types of teaching methods; Demonstration of optimum use of teaching aids viz. audio-visual aids; Practical training on class management; Practical demonstration of critical observation, active supervision and interaction; Method of preparing for an ideal setting based on the specific requirement of the class; Demonstration on use and importance of body language, communication skills and personal conduct in an ideal class; Evaluation methods of an ideal Yoga class; Methods of customizing Yoga class to meet

individual needs. The student will have demonstrations and training in the above mentioned aspects of teaching methods.

Each candidate is expected to complete 5 hours of individual class, 5 classes for a small group, 5 classes for a large group demonstrating the use of essential requirements for an ideal class. (e.g.: One on Shat Karma, One on Asana, one on Pranayama, one on Bandha /Mudra, and one lesson on Meditation) under the supervision of their Yoga Practical Teacher. Each student will also have to prepare and give at least one Lecture cum Demonstration on different topics of Yoga. The record of each of these classes has to be maintained in the 'Practical Record' format for evaluation.

The practice teaching lessons and a Lecture cum Demonstration assignment should be observed / examined by the Yoga Practical Teacher. These marks shall be considered as the Particulate Class Tests (internal assessment) of this practical paper.

Unit-2: VIVA-VOCE

[30Hrs]

Viva-voce shall be on Methods of Yoga Teaching and Presentations of Lessons

Subject Title: TEACHING PRACTICE

Subject Code: PGDYTP- 114

Objectives:

1. To inculcate the practise of teaching with a teaching internship to junior students in certificate and post-graduate diploma programmes

Total Number of Hours: 120			
Credits	Theory	Tutorial	Field Work
	0	0	2
Hours/ week	0	0	8
SCHEME OF EXAMINATION			
Total Marks: 100			
Theory : NA		Practical : 100	
Final Exam	Internal Assessment (CT+TA)	Final Exam	Internal Assessment (CT+TA/PR)
NA	NA	70	30

The student is expected to teach yoga modules to Certificate and Diploma students and also teach personality development modules to School children and write a report therein



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