

FOUNDATION COURSE
Course-Code EDFC – 141
SEMESTER- I
Yoga And Teacher Education

Objectives:

- (i) To acquaint student teachers about the Philosophical Aspects of Yoga and Indian system of Thought.
- (ii) To make the student teachers understand the Psychological and Educational Aspects of Yoga.
- (iii) To make them realize the Ethical Value of Yoga Education.
- (iv) To make them aware of Higher Aspects of Yoga in dealing with some major issues of modern times.

Course Contents:

Unit-I: Philosophical

- (i) Indian Philosophy, its Relation with Yoga Education.
- (ii) Study of Samkhya and Yoga.
- (iii) Foundations of Yoga and Teacher Education.
- (iv) Agencies of Education-Home, School, Society their Role in the Development of Yoga and Education.
- (v) Psychological Parameters related to Yoga with Special Emphasis on Yogic Concept of Personality and its Development.
- (vi) Effects of Yogic Practices on learning and Problem Solving.
- (vii) Causes and Consequences of Frustration and Conflict.

Unit-II: Educational & Ethical

- (i) Scope of Yoga in Modern Educational System.
- (ii) Maxims of Teaching and Devices of Teaching.
- (iii) Yoga Mental Hygiene, its Functions and Applications.
- (iv) Ethics, Meaning of Social and Personal Ethics and their Relationship with Yoga.

- (v) Moral Conduct, Conduct for Yoga Sadhak.
- (vi) Ethical and Effective Thought of Mahatma Budha, Aurobindo, Vivekanand and Tagore.

Unit-III: Miscellaneous

- (i) Historical Development of Yoga from Ancient to Modern times.
- (ii) Yoga for World Peace, Environmental Protection and Population Control.
- (i) Salvation (Moksha), Understanding and Achievement through Yoga.

Unit-IV : Practicum

The distribution of practicals shall be as under:-

Component

1. Asans
2. Kriyas
3. Pranayama