

Course-Code EDFC – 241
SEMESTER- II
Yoga And Teacher Education

Unit-I

- (i) Meaning, Definition, and Importance of Health Education
- (ii) Role of Yoga in Mental and Physical Health.
- (iii) Dietetics, Principles of Diet, Constituents of Balanced Diet, Deficiency Diseases due to Vitamin Deficiencies.

Unit-II

- (i) Methods of Teaching Yoga: Lecture Method, Demonstration Method.
- (ii) Use of Audio Visual Aids for Effective Teaching.
- (iii) Lesson Planning in Yoga (Asana, Pranayama, Kriya)
- (iv) Yoga Training Camp, Exhibition, Conference, Seminar and Mass Demonstration

Unit-III

- (i) Meaning Importance of Educational Technology, Role of Mass Media.
- (ii) Value Education-Definition, Classification-Social Moral and Cultural.

Unit-IV : Practicum

The distribution of practicals shall be as under:-

Component 1. Asans 2. Kriyas 3. Pranayama