

According to Uniform Curriculum Structure for Two-Year BEd
Programme in WEST BENGAL following NCTE Regulations, 2014

YOGA EDUCATION

BEd 4th SEMESTER • COURSE-XI (Optional)

with PRACTICUM

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Syllabus

Course-XI (1.4.11) Optional: YOGA EDUCATION

Theory : 50 Engagement with the Field : 25 • Full Marks : 75

Unit I: *Introduction to Yoga and Yogic Practices*

- Introduction to yoga: concept and principles
- Classical approach to yoga practices viz. Kriyas, Yama, Niyama, Asana, Pranayama,
- Bandha, Mudra & dhyana as per yogic texts and research based principles of Yoga,
- General guidelines for performing Yoga practices.

Unit II: *Ancient Systems of Indian Philosophy and Yoga System*

- Ancient systems of Indian Philosophy
- Yoga & Sankhya philosophy & their relationship

Unit III: *Historical aspects of Yoga*

- Historical aspect of the Yoga Philosophy
- Yoga as reflected in Bhagwat Gita

Unit IV: *Introduction to Yogic Texts*

- Significance to Yogic texts in the context of schools of yoga
- Patanjala Yoga Shastra: ashtanga yoga and kriya yoga in sadhna pada
- Hathयोगic texts (hatha pradaspika and ghera and sahita)
- Complementarities between patanjala yoga and hathyoga
- Meditational Processes in Patanjala yoga sutras
- Hathयोगi practices : a List of selected Asana, Pranayama, Bandha, Mudra from Hathयोगi texts for practical yoga sessions for advanced yoga practitioners

Unit V: *Yoga and Health*

- Need of yoga for a positive health for the modern man
- Concept of health and disease: medical and Yogic perspectives
- Concept of Panch Kosa for an Integrated and positive health
- Utilitarian Value of Yoga in Modern Age

Engagement with Field/Practicum

Any one of the following: Preparation of Teaching Aids on Yoga

- Practical Asanas and Pranayam
- Visit to Yoga Ashramas and Centres

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