

EPC 7- 2. Yoga Education

Objectives;

1. To enable the students about brief history of Yoga.
2. Enable the students to important principles and practices of Yoga.
3. Illustrate through examples that Yoga is important for health living.
4. Enable the students to develop the personality through Yoga.

Unit 1: Introduction to Yoga and Yogic Practices

- a. Yoga : meaning and initiation
- b. History of development of Yoga
- c. The streams of Yoga
- d. Yogic practices for health living.

Unit 2: Introduction to Yogic Text

- a. Yoga as a discipline
- b. Classification of Yoga and Yogic text.
- c. Understanding Astanga Yoga of Patanjali
- d. Healthy yogic practices

Unit 3: Yoga and Health

- a. Concept of health and diseases
- b. Yogic concept of healthy living
- c. Yogic concept of holistic health- an integrated approach
- d. Health and Yoga practices.

Unit 4: Applied Yoga for Personality Development

- a. Meaning and concept of personality and personality development
- b. Yoga practices for concentration development
- c. Yoga practices for memory development
- d. Yoga practices for eye sight improvement and voice culture.

Practicum:

1. Two week yoga practices in school/ community and its report with photographs.
OR
2. Survey of Yoga awareness in students /community (min. 100 students/peoples)

References: Yoga Education, NCTE, New Delhi.