

Course-XI (1.4.11) Optional	Yoga Education	Theory	Engagement With the Field	Credit	2+1
		50	25	Class Hours	32+32
Objectives					
<p>The student teachers will be able to :-</p> <ol style="list-style-type: none"> 1. Understand the concept and principles of Yoga 2. Understand the ancient system of yoga 3. Develop awareness about the historical aspects of Yoga 4. Learn some meditational practices and techniques 5. Learn to maintain a healthy condition of body and mind 6. Learn the utility of yoga in modern life 					
COURSE CONTENT/SYLLABUS					
Unit-I	Introduction to Yoga and Yogic Practices: <ul style="list-style-type: none"> ● Introduction to yoga: concept & 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. 				6 hrs.
Unit-II	Ancient Systems of Indian Philosophy and Yoga System: <ul style="list-style-type: none"> ● Ancient systems of Indian Philosophy ● Yoga & Sankhya philosophy & their relationship 				6 hrs.
Unit-III	Historical aspects of Yoga: <ul style="list-style-type: none"> ● Historical aspect of the Yoga Philosophy ● Yoga as reflected in Bhagwat Gita 				6 hrs.
Unit-IV	Introduction to Yogic texts: <ul style="list-style-type: none"> ● Significance to Yogic texts in the context of schools of yoga ● Pantanjala Yoga Shastra: ashtanga yoga and kriya yoga in sadhna pada ● Hathyogic texts (hatha pradaspika and ghera and sahita) ● Complementarities between patanjala yoga and hathyoga ● Meditational Processes in Patanjala yoga sutras ● Hathyogi practices : a List of selected Asana, Pranayama, Bandha, Mudra from Hathyogi texts for practical yoga sessions for advanced yoga practitioners 				7 hrs.
Unit-V	Yoga and Health: <ul style="list-style-type: none"> ● Need of yoga for a positive health for the modern man ● Concept of health and disease: medical & Yogic perspectives ● Concept of Panch Kosa for an Integrated & positive health ● Utilitarian Value of Yoga in Modern Age 				7 hrs.

Engagement with the Field/ Practicum	Any one of the following :- <ul style="list-style-type: none"> ● Preparation of Teaching Aids on Yoga ● Practical Asanas and Pranayam ● Visit to Yoga Ashramas and Centres 	32 hrs.
Mode of Transaction	Lecture, discussion, workshop, practical work	
Bengali Version :: Course-XI (1.4.11) Optional		
যোগ শিক্ষা বিশ্বজিৎ সামন্ত		

Course-XI (1.4.11) Optional	Environmental & Population Education	Theory	Engagement With the Field	Credit	2+1
		50	25	Class Hours	32+32
Objectives					
<p>The student teachers will be able to :-</p> <ol style="list-style-type: none"> 1. Understand the concept of population and environmental education 2. Know the objectives and methods of teaching environmental and population 3. Be aware of population and environmental education policies 4. Help teachers students analyse the various issues related to population and environmental education. 					
COURSE CONTENT/SYLLABUS					
Unit-I	Concept of population education: <ul style="list-style-type: none"> ● The characteristics and scope, ● Methodology of population education and ● Its importance 				6 hrs.
Unit-II	Concept of environmental education: <ul style="list-style-type: none"> ● Its objectives and importance, ● Developing environmental awareness, ● Environmental attitude, values & pro-environmental behaviour. 				6 hrs.
Unit-III	Population education policies: <ul style="list-style-type: none"> ● Population policy of the government of India (2000), ● Implementation programmes, population control, ● population dynamics in the context of India, ● Population distribution, urbanization and migration. 				7 hrs.
Unit-IV	Sustainable development: <ul style="list-style-type: none"> ● Concept of sustainable development and education for sustainable development 				6 hrs.