

	<ul style="list-style-type: none"> ● General Introduction to E-learning, Mobile-learning, distance learning, On-line learning. ● Virtual University, Wikipedia, Massive Open Online Courses (MOOCs): ● Social networking 	
Unit-IV	Techno-Pedagogic Skills: <ul style="list-style-type: none"> ● Media Message Compatibility ● Contiguity of Various Message Forms ● Message Credibility & Media Fidelity ● Message Currency, Communication Speed & Control ● Sender-Message-Medium-Receiver Correspondence 	4 hrs.
Engagement with the Field/ Practicum	Any two of the following :- <ul style="list-style-type: none"> ● Installation of Operating systems, Windows, installation of essential Software and Utilities; ● Projects that may involve the hardware like LCD Projector, digital camera, camcorder, scanner, Printer, interactive white board and software like word processors (MS Word/ Libre Office), spread sheet and Slide Presentation (PPT/ impress), and/or Creating and using Blogs and Google Groups, Google Docs. ● Develop a report on preparing a learning designing on any topic from your methods while using internet resources. They report should mention the details of navigating, searching, selecting, saving and evaluating the authenticity of the material and also mention how it adds or justify the facts, figures(data), graphics, explanation and logic of the topic. ● Teaching with multimediae content developed by the student. 	32 hrs.

Bengali Version :

Course EPC-3 (1.4EPC3)

তথ্য ও যোগাযোগ প্রযুক্তির কৃপরেখা

ড. বিশ্বজিৎ সেন ♦ দিবেশ কুমার দে

English Version :

Course EPC-3 (1.4EPC3)

Critical Understanding of ICT

Dibesh kumar Dey

Course EPC-4 (1.4EPC4)	Yoga Education: Self Understanding and Development	Theory	Engagement With the Field	Credit	2+2
		50	50	Class Hours	
Objectives	The student teachers will be able to :- <ul style="list-style-type: none"> ● Understand the meaning and importance of self-concept and self-esteem. 				

	<ul style="list-style-type: none"> ● Be aware of different factors related to self-concepts and self-esteem. ● Understand the concept and importance of yoga and well-being. ● Be sensitized about the interrelationships of yoga and well-being. ● Record a brief history of the history of development of yoga through the ages. ● Discuss how yoga and yoga practices are important for healthy living.
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COURSE CONTENT/SYLLABUS

Unit-I	Introduction to Yoga and Yogic Practices : <ul style="list-style-type: none"> ● Yoga: meaning and initiation ● History of development of yoga ● Astanga Yoga or raja yoga ● The streams of Yoga ● The schools of Yoga: Raja Yoga and Hatha Yoga ● Yogic practices for healthy living 	4 hrs.
Unit-II	Introduction to Yogic Texts : <ul style="list-style-type: none"> ● Historicity of yoga as a discipline ● Classification of yoga and yogic texts ● Understanding astanga Yoga of Patanjali ● Hatha yogic practices ● Meditational processes 	4 hrs.
Unit-III	Yoga and Health : <ul style="list-style-type: none"> ● Need of yoga for positive health ● Role of mind in positive health as per ancient yogic literature ● Concept of health, healing and disease: yogic perspectives ● Potential cause of ill health ● Yogic principles of healthy living ● Integrated approach of yoga for management of health ● Stress management through yoga and yogic dietary considerations 	4 hrs.
Unit-IV	Self-concept : <ul style="list-style-type: none"> ● Meaning and Definition of self-concept ● Importance of self-concept 61 ● Components of self-concept ● Factors influencing self-concept ● Development of self-concept ● Impact of Positive and negative self-concept 	2 hrs.
Unit-V	Self-esteem: <ul style="list-style-type: none"> ● Meaning and concept of self esteem ● Importance of self-esteem 	2 hrs.