PGYG S2 E02

TWO YEAR MASTER'S DEGREE COURSE

(CBCS in Accordance with NEP 2020)

SEMESTER-I

APPLICATION OF YOGA

Guru Prasad Das School of Interdisciplinary and Vocational Studies

KRISHNA KANTA HANDIQUI STATE OPEN UNIVERSITY

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COURSE INTRODUCTION

This is the second Discipline Specific Elective (DSE) course of the MA Yoga Programme. This course introduces the learners to Application of Yoga. This course will introduce you with the various topics of personality, types of yoga education, different teaching methods, lesson plan, class management, yogic practices and concept of consciousness. There are fourteen units in this course. The 1st unit introduces you to Applied Philosophy I; which includes Meaning, Definition and nature of Consciousness described in Vedas, Upanishads and Bhagavadgita. The 2nd unit deals with Applied Philosophy II; here Spiritual and scientific approach to human consciousness discussed in detail. The 3rd unit is about theApplied Philosophy III; here Yogic Method of Elevation of Human Consciousness: Bhakti Yoga, Jnana Yoga, Karma Yoga, Ashtanga Yoga discussed in detail. The 4th unit is about theYoga in Education I; here Salient features of Yoga Education, Factors of yoga education – Teacher, Student and Teaching discussed in detail. The 5th unit is about the Yoga in Education II; here Value education: Meaning, definition and types of Values, Role of yoga in value education discussed in detail. The 6th unit is about the Teaching Methodology in Yoga I; here Meaning and definition of teaching, Principles and importance of teaching discussed in detail. The 7th unit is about the Teaching Methodology in Yoga II; here Methods of teaching– Traditional, Modern – Lecture Method, Response to Instruction Method, Demonstration Method discussed in detail.The 8th unit is about the Teaching Methodology in Yoga III; here Methods of teaching- Individualized Instructional Method, Directed Practice Method, and Project Method discussed in detail.

The 9th unit is about the Teaching Methodology in Yoga IV; here factors Influencing the Method –Previous background and experience of the student, the teacher, facilities, and scientific principles discussed in detail. The 10th unit deals with Sources of Teaching Methods I;

Sources of Teaching Methods - Yogic Principles, Psychological Principles discussed in detail. The 11th unit deals with Sources of Teaching Methods II. Here the Anatomical-Physiological Principles, Educational Principles and Sociological Principles discussed in detail. The 12th unit is about the Class Management. The 13th unit is about the Lesson Planning. The 14th unit is about the Planning of teaching Yoga practices.

While going through a unit, you may also notice some text boxes, which have been included to help you know some of the difficult terms and concepts. You will also read about some relevant ideas and concepts in ‘LET US KNOW’ along with text we have kept ‘CHECK YOUR PROGRESS’ questions in each unit. These have been designed to self-check your progress of study. The hints for the answers to these questions are given at end of the unit. We advise that you answer the questions immediately after finish reading the unit in which these questions occur. We have also included a few books in the ‘FURTHER READING’ list which will be helpful for further consultation.

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