

## Subjects for Sem-II

S.No	Course No	Title	Max. Marks	
			EXT./PRA	INT
1	PSEB-201	Philosophical & Sociological base of Education	60	40
2	TLAE-202	Teaching Learning and Evaluation	60	40
3	ETAI-203	Educational Technology and ICT	60	40
4	ENGL/HIND/PUBJ-204	Methodology of Teaching-I	60	40
5	COMR/SOST/MATH/PHSC/BISC/COED-205	Methodology of Teaching-II	60	40
6	ACRE-206	Action Research	30	20
7	207(NEW SUBJECT)	Yoga Education	30	20
		Total Marks in Theory	360	240
1	SCHINT-2	School Interaction	20	30

Note:-Syllabus for Course No. 207 Yoga Education is enclosed for Information.

Syllabus of B.Ed

(For The Examinations to be held in 2021 ,2022, 2023)

Course: BED-207

Credits: 02

Title : Yoga Education

Maximum Marks: 50

Internal Marks 20

External Exam : 30

**Course Objectives:**

The students will be able:

1. To understand the meaning, importance and approaches of yoga.
2. To understand the historical background of yoga.
3. To understand different types and elements of yoga.
4. To understand yoga for well-being, happiness; coping stress and concentration.

Unit-I

Meaning of Yoga and Yoga Education, Importance and Benefits of Yoga

Historical Perspective of Yoga

Objectives of Yoga Practices, Types of Yoga, Approaches of Yoga

Yoga for Well-being and Happiness; coping stress and concentration

Unit-II

Elements of Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dhama, Dhyana and Samadhi

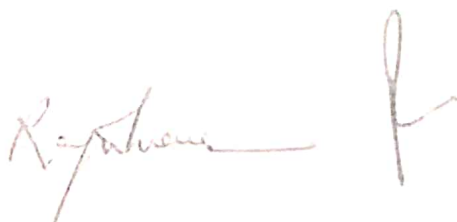
Yogic Diet and its types- Satvic, Rajasic and Tamasic

Qualities of good yoga teacher

Demonstration of various asanas and pranayamas and Benefits of various asanas and pranayamas

Sessional Work:

- Every student shall practice five yoga asanas and prepare a report with benefits of each yoga asana practiced.
- Prepare videos of different asanas and pranayamas with benefits of asanas/kriyas/pranayamas.



Syllabus of B.Ed

(For The Examinations to be held in 2021 ,2022, 2023)

Course: BED-207

Title : Yoga Education

**Note for Paper Setters**

The question will contain two question from each unit with internal choice and the candidates will be required to answer one question from each unit. However question No. 1 will be compulsory and shall have two short answers questions ( 100 words per question ) spread over the entire syllabus. Total questions to be attempted will be three. All questions will carry 10 marks.

*Reshma* *R*