



**PAPER – EDUCATION - EDUSEC- 101**

**YOGA AND LIFE SKILL EDUCATION  
(Credit-4)**

**Max. Marks: 50, Pass Marks:17**

**OBJECTIVES:**

1. To introduce the undergraduate learners with the concept of holistic health.
2. To enable the learners to understand the need and importance of Physical Education.
3. To help the learners in acquiring and internalizing various life skills.
4. To introduce learners with the philosophical bases of Yoga.
5. To acquaint learners with the types of Yoga and their importance in health and life.
6. To motivate the learners to participate in Yogic exercises and imbibe art of living skill.

**COURSE**

**CONTENTS UNIT-1**

**INTRODUCTION**

- Definition and Meaning of Health
- Dimensions of Health, Balanced Diet
- Introduction, Definition and Meaning of Physical Education

**UNIT - 2 UNDERSTANDING YOGA**

- Philosophy of Yoga, Meaning and Misconception of Yoga, Types of Yoga
- Ashtanga Yoga (8 stages of Yoga), Raja Yoga, Karma Yoga, Hatha Yoga, Gyana (Jnana)Yoga, Bhakti Yoga and Mantra Yoga
- Importance of Yogasanas, Pranayama, Shudhikriya and Meditation in Educational Institutions



## **UNIT - 3 LIFE SKILL EDUCATION**

- Life-skill Education – Meaning, Concept and Importance
- Ten Core Life-skills Recommended by the WHO
- Strategies for Developing Individual Life-skills at Different levels (Elementary, Secondary and Higher), Role of the Teacher in inculcating Life Skills among the Learners

## **UNIT- 4 PRACTICAL LESSONS ON YOGA AND ART OF LIVING SKILLS**

Participating in any five Asanas of the following: Shavasana, Sarvangasana, Halasana, Paschimottanasana, Bhujangasana, Shalabhasana, Dhanurashna, Chakrasana, Vajrasana, Gomukhasana, Matsyanana, Janu-Shirasana, Ardhmatsyendrasana, Padmasana, Shirasana and Brikshasana

- Participation in Anulom- Vilom, Bhramari, Shitali, Ujjayi, Pranayamas, Neti, Kapalbhati and Tratak
- Participation in Art in Living Skills (To be Organised by a Trained Person or Institution)

## **Unit 5 IMPORTANCE OF YOGA**

- Peace of Mind, Consciousness and Soul
- Self-Realization or realization of the Divine within us (Healthy Life)
- Significance of International yoga day
- International yoga education

### **SUGGESTED READINGS:**

1. Bawara, B.V. (1993). Aap Apni Baat, Harayana Divine Radiance publication.
2. Besant, A. (2005). An introduction to Yoga, Cosmo: New Delhi.
3. Feuerstein, George (2002). The yoga tradition: Its History, Literature, Philosophy and Practice, Bhavna books and Prints.
4. Iyenger, B.K.S. (1996). Light on Yoga, Harper Collins: New Delhi.
5. Mikel Burley. (2000). Hathayoga: Its Context, Theory and Practice, Motilal Benarasidass: New Delhi.



6. Larson, J.G. and Bhattacharjee R.S. (2007). Encyclopedia of Indian Philosophies, Vol. -xii, Motilal Benarasidass Publication: New Delhi.
7. Omand, S. (1960). Patanjali Yoga Pradeep, Gita press: Gorakhpur.
8. Rai, V.C. Effect of Sahaj Yoga on Cardiac Disorders, Department of philosophy, DelhiMedical College: Delhi.
9. Rao, P.V.K. (1995). Scientific and Psychological Significance of Yoga, Department of Education: Benaras Hindu University.
10. WHO (2014). Partners in Life Skill Education, WHO: Geneva.
11. Yadav, Y and Yadav, R (2003. Art of Yoga, Friends: New Delhi.
- Yogacharya, O.S. (2007). Freedom of Body and Mind: Yogasanas, pranayam and Meditations, Rawat: New Delhi.