



ST. GREGORIOS TEACHERS TRAINING COLLEGE

(Affiliated to University of Calicut and
Recognized by NCTE)

Meenangadi

CERTIFICATE IN YOGA EDUCATION

About the course

Certificate Course in Yoga is intended to bring a sound mind in a sound body by reducing stress and increasing their confidence in their future life. The students have to attend Written Examination and Practical Examination in order to get a certificate. This course will certainly provide a practical knowledge to teach their students in future ventures.

Programme Objectives

To impart knowledge of yoga to BEd. Students in order to enable them to teach yoga to the students in schools.

To provide the necessary knowledge of the theory and practice of yoga for promoting their health and effectiveness.

To give them a basic understanding of Yoga and its nature and scope.

To provide the necessary knowledge of Kriyas, Asanas, Mudras, Bandas and Pranayama.

To attain the knowledge of meditation and its types and relevance of yoga to modern life.

Course Eligibility

The Certificate Course in Yoga is conducted by St. Gregorios Teacher Training College for the students enrolled in B.Ed. course. It is mandatory for the students to attend 50 compulsory hours of the course and to attend and qualify the examination.

Course Syllabus

Module 1
PHILOSOPHY OF YOGA
YOGA POSTURES AND PRANAYAMA
HUMAN PHYSIOLOGY AND YOGA
Module 2
Yoga Practical
Asanas

Duration of the course
50 hours

Contact
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COURSE SYLLABUS

COURSE- 1: CERTIFICATE IN YOGA EDUCATION			
Units	Contents	Teaching Methods	Evaluation
Unit -1 PHILOSOPHY OF YOGA (10 Hours)	1)Yoga introduction, Aims, Objectives, Definition 2)History of yoga Scope and importance of yoga 3)Types of yoga, Patanjali's yoga sutra	Lecture method Demonstration method Group Discussion	Assignments Seminars Class Participation Class test
Unit-2 YOGA POSTURES AND PRANAYAMA (10 Hours)	"1) introduction to Asanas preparation, precautions 2)Body systems and Asanas 3)Types of Asanas 4)Introduction to Pranayama 5)Types and importance of Pranayama	Lecture method Demonstration method Group Discussion	Assignments Seminars Class Participation Class test
Unit-3 HUMAN PHYSIOLOGY AND YOGA (10 Hours)	1)Human Body in Indian Thought. 2)Introduction to human Physiology. Epithelial tissue, Connective tissue, Nerve cell, Muscle 3)Body Systems-Digestive, Respiratory, Circulatory, Nervous, Skeletal systems	Lecture method Demonstration method Group Discussion	Assignments Seminars Class Participation Class test





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Reference books:

1. George Feuerstein (2002) The Yoga Tradition: Its History, Literature, Philosophy and Practice. New Delhi. Bhavana Books & Prints.
2. Joshi, K.S. (1985) Yoga in daily life, Delhi: Orient paper backs
3. Mahesh Yogi, (1963). Transcendental meditation. New York: New American library.
4. Rama, Swami (1992) Meditation and its practice.
5. Dhyanam. Nava Sahiti Book House, Vijayawada Taimni L.K. (1961/1999) The Science of Yoga (The Yoga Sutras of Patanjali), The Theosophical Publishing House, Adyar.

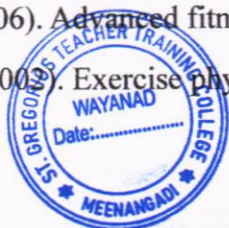



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COURSE- 11: YOGA PRACTICALS (20 Hours)			
Units	Contents	Teaching Methods	Evaluation
Unit 1 ASANAS: (20 Hours)	<p>ASANAS:</p> <p>*Meditative posture: Sukhasana, Ardhapadmasana, Padmasana, Vajrasana</p> <p>*Relaxation posture: Shavasana, Matsyakridasana</p> <p>*Standing posture: Tadasana, Trikonasana, Veerabhadrasana, Katichakrasana</p> <p>*Balancing posture: Tadasana, Vrikshasana, Ekapadasana, Garudasana</p> <p>*Sitting posture: Virasana, Ardhamatsyendrasana, Ushtrasana, Vajrasana, Shasankasana, Paschimottasana</p> <p>*Prone posture: Bhujangasana, Dhanurasana, Shalabhasana Supine posture: Uttanapadasana</p> <p>* , Pawanmuktasana, Navasana, Sethubandhasana, Chakrasana,</p> <p>*Suryanamaskara: Pranamasana, Hasta Uttanasana, Padahasthasana, Ashwasanchalhasana, Sashangasana, Dabdhasana, Ashtangasana, Bhujanga sana, Parvathasana, Sashangasana, Paadahasthasana, Hasta uttanasana, Pranamasana</p>	<p>Lecture method</p> <p>Demonstration method</p> <p>Group Discussion</p>	<p>Practical, Viva</p>

Reference books:

1. Iyenger, B.K.S. (1976). Light on yoga. London: Unwin Hyman Ltd.
2. Heyward, V. (2006). Advanced fitness assessment and exercise prescription.
3. Adams, G.M., (2006). Exercise Physiology Laboratory Manual. 4th edition. New



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York: Mc Graw-Hill.

4. Rama, Swami (1992) Meditation and its practice.

5. Joshi, K.S. (1985) Yoga in daily life, Delhi: Orient paper backs

MODE OF EXAMINATION AND EVALUATION FOR YOGA PRACTICE

The total marks of 50 for the examination in yoga practice shall be distributed as follows:

Theory- 25 marks

Practical Performance - 15 marks

Internal- 10 mark

A candidate shall be declared to have passed in a paper, if he/she obtains not less than 40% of marks in that paper and 40% in practical examination. However, the aggregate passing minimum may be 40%. A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination. Successful candidates passing the examination in all papers including yoga practice shall be classified as below according to the aggregate percentage obtained.

50% and above but below 60% : Second Class

60% and above but below 70% : First Class

70% and above :First Class with Distinction




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VAC 01.01

BASICS OF TECHNO PEDAGOGY

COURSE OUTCOME

- To understand the meaning and importance of techno pedagogical concepts by explaining, listing and classifying.
- To understand and apply the techno pedagogic skills by describing and creating.
- To analyse school text book units using ICT Tools and create an e-portfolio by proper designing.

MODE OF EXAMINATION AND EVALUATION FOR BASICS OF TECHNO PEDAGOGY

The total marks of 50 for the examination in yoga practice shall be distributed as follows:

Theory- 40 marks

Internal-10 mark

A candidate shall be declared to have passed in a paper, if he/she obtains not less than 40% of marks in that paper. A candidate failing to secure the minimum marks prescribed as above shall have to reappear for the examination. Successful candidates passing the examination in all papers including yoga practice shall be classified as below according to the aggregate percentage obtained.

50% and above but below 60%: - Second Class

60% and above but below 70%: - First Class

70% and above: - First Class with Distinction

COURSE ELIGIBILITY

The certificate in basics of techno pedagogy is conducted by St. Gregorios teacher training college, Meenangadi for the students enrolled in B.Ed. Course. It is Mandatory for the students to attend 50 compulsory hours of the course and to attend and quality the examination.



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ST. GREGORIOS TEACHERS' TRAINING COLLEGE, MEENANGADI

VAC 01.01 BASICS OF TECHNO PEDAGOGY

Contact Hours: 50 (Instruction) Maximum Marks: 50 (External: 40, Internal: 10)

COURSE OUTCOME

- To understand the meaning and importance of techno pedagogical concepts by explaining, listing and classifying.
- To understand and apply the techno pedagogic skills by describing and creating.
- To analyse school text book units using ICT Tools and create an e-portfolio by proper designing.

COURSE ELIGIBILITY

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Unit- I

Techno pedagogy

- Techno pedagogy – meaning, need and scope
- Technological Pedagogical Content Knowledge (TPACK)
- Role of Techno-Pedagogy in Education

10 Hours

Unit- II

Techno Pedagogic Platforms

- Application of Microsoft office suite in teaching learning process
- M-Learning
- e-content- concept, features, scope and types
- EDUBUNTU & PhET:

20 Hours

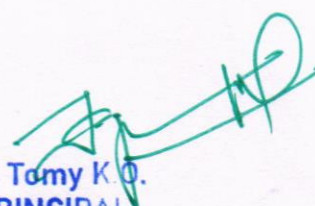
Unit III

Web based learning

- Web Based Learning
- e-content development using exe learning software.
- Teachers e- portfolio development using google sites

20 Hours




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MODE OF EXAMINATION AND EVALUATION FOR BASICS OF TECHNO PEDAGOGY

The total marks of 50 for the examination in yoga practice shall be distributed as follows:

Theory- 40 marks

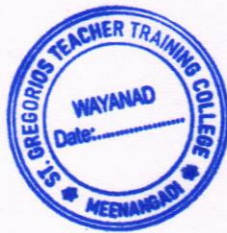
Internal-10 mark

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50% and above but below 60%: - Second Class

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Meenangadi P.O. Wayanad, Kerala, 673577, Affiliated to University of Calicut, Recognized
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**VALUE ADDED COURSES
2023-24**




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GUIDELINES FOR THE VALUE-ADDED COURSES

The ever-changing global scenario makes the world more competitive and requires high levels of lateral thinking and the spirit of entrepreneurship to cope up with the emerging challenges. Many a times, the defined skill sets that are being imparted to students today with Programme Specific Objectives in educational institutions become redundant sooner than later due to rapid technological advancements. No university curriculum can adequately cover all areas of importance or relevance. It is important for higher educational institutions to supplement the curriculum to make students better prepared to meet the industrial demands as well as to develop their own interests and aptitudes.

St. Gregorios Teachers Training College offers a variety of Value-Added Courses which are conducted after class hours. These courses are conducted by experts and faculty and help students stand apart from the rest in the job market by adding further value to their resume. They are mostly independent to each type of the fields.

OBJECTIVES

The main objectives of the Value-Added Course are:

- To improve soft skills of students.
- To bridge the skill gaps and make students industry ready.
- To provide an opportunity to students to develop inter-disciplinary skills.
- To mould students as job providers rather than job seekers.
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GENERAL GUIDELINES FOR THE COURSE

Value Added Course is not mandatory to students pursuing the B.Ed. course, it is a teacher assisted learning course open to all students without any additional fee. The courses are conducted during the second semester every year. Classes for each Value-Added Course are conducted beyond the regular class hours. The Value-Added Courses may be also conducted during weekends/vacation period.




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DURATION

The duration of each value-added course is 50 hours


PROCEDURE FOR REGISTRATION

The brochure of the Value-Added Courses is provided to the students during admission. A student shall register for a Value-Added Course offered during the first semester by submitting the duly filled in registration form through the faculty in charge of the respective course. The faculty in charge sorts the students according to the choices opted.

VALUE-ADDED COURSES OFFERED DURING THE ACADEMIC YEAR 2023-24

SI:NO	COURSE CODE	SUBJECT
1	VAC 01.01	Basics of Techno pedagogy
2	VAC01.02	Certificate in Yoga Education




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Registration form for value added course –

Name of the Applicant	
Optional subject	
Gender	
Age and Date of Birth	
Permanent address	
Mobile Number	
Email ID	

Si. No	Course code	Name of Course	Give a tick () mark against your preference
1	VAC 01.01	Basics of Techno Pedagogy	
2	VAC 01.02	Certificate in Yoga Education	

DECLARATION OF THE APPLICANT

I do hereby declare that the details given in the application are correct and true to the best of my knowledge and belief and I promise to abide by all the regulations of the course.

Place:

Date:

(SIGNATURE OF THE APPLICANT)





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**NUMBER OF STUDENTS ENROLLED IN THE VALUE-ADDED COURSES
DURING 2023-24**

Si. No	Course code	Name of Course	Number of students enrolled in the year	Number of Students completing the course in the year
1	VAC 01.01	Basics of Techno Pedagogy	16	16
2	VAC 01.02	Certificate in Yoga Education	19	19




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