



# St. Gregorios Teachers' Training College

Meenangadi P.O, Wayanad, Kerala, India- 673591

(Managed by The Jacobite Educational & Charitable Society Reg. No: 22/1988)

Affiliated to the University of Calicut and Recognized by NCTE

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## Manager / Principal

The following documents are updated and uploaded as per the DVV clarification by NAAC

- Brochure and Course Content along with CLOs of Value added courses



  
**Dr. Tomy K.O.**  
**PRINCIPAL**  
St. Gregorios Teacher  
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Wayanad-673591



## 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 quality 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**

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

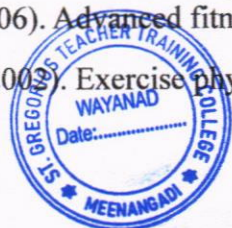


  
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| <b>COURSE- 11: YOGA PRACTICALS (20 Hours)</b> |  |   |                        |
|---|--|---|------------------------|
| <b>Units</b>                                  | <b>Contents</b>  | <b>Teaching Methods</b>   | <b>Evaluation</b>      |
| Unit 1<br>ASANAS:<br><br>(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<br/>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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**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.
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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:

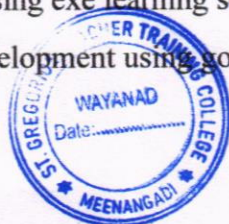
**20 Hours**

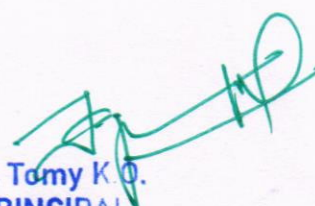
**Unit III**

**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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