



**DETAILED SYLLABUS of M. A. (EDUCATION)
FIRST SEMESTER**

MAEduF-121 YOGIC FOUNDATION OF EDUCATION

COURSE OBJECTIVES:

The students will be able to:

- know about yog.
- understand the importance of yog in life.
- get acquainted with Ashtanga Yog.
- understand the relationship between health and yog.
- understand the relationship between personality development and yog.
- know the relationship between the teaching learning process and yog.
- Adopt the principles and rules of yog for better health in life.

UNIT	COURSE CONTENT	Credit
1	Introduction of Yog	1
1.1	Meaning and Concept of Yog	
1.2	Importance of Yog in life	
1.3	Routine and Yogic practices	
1.4	Present status of Yog	
1.5	Social importance of yog	
1.6	Development of Yog	
2	Introduction of Ashtang Yog	1
2.1	Purification – Introduction and its relation with health	
2.2	Yam – Niyam : importance in personal and social life	
2.3	Aasan – Pranayam : introduction, method and advantage	
2.4	Dharana, Meditation and Samadhi - introduction, method and advantage	
2.5	Present method of meditation – vipasyana, samprandhyan and ishadhyan	
2.6	Types of Yog – Rajyog, Karmyog, Bhktyog, Gyanyog, Hathyog, layyog etc.	
3	Corelation between Yog and Education	1
3.1	Corelation between Yog and Education – Yog as a base of Education, Man, Buddhi, Smruti	
3.2	Yog and Psychology	
3.3	Yog and Personality Development – Panchkoshtmak Development and Individualized to Holistic	

3.4	Gyanarjan(learning) process	
3.5	Yog in Global perspective – Vishvabandhutv ,Environment, Sustainable development and yog	
3.6	Management of Yog Education in Educational Institute :Yog classroom, Place of Yog in Time Table, Place of Yog in Exam	
3.7	Role of Yog Teacher in Educational institute	
3.8	Activities for creating an atmosphere of yoga in educational institutions	
4	Health and yoga; Introduction to Yogis and Yoga Research Centers	1
4.1	Health Science – Exercise, diet, sleep, work and rest, pleasure Rutucharya – Health consciousness according to six season	
4.2	Common diseases and remedies – cough, fever, diarrhea, headache, body tingling, skin diseases,	
4.3	Mental Illness and Yogic Psychiatry	
4.4	Introduction of yogies – life and yog related thoughts (Maharshi Aurobind, Vivekanand, Raman Maharshi, Dayanand Saraswati, pranavanand)	
4.5	Introduction of yog research center and places of yog Education	
4.6	Introduction of institute related to expansion of yog and govt. planning	

References:

1. पंड्या (ानुप्रसाद & महेश पटेल(२०१०) योगटीपिका(शिक्षण संदर्भमां),पद्मलविद्यानगर
2. लाणदेवज, योगविद्या, प्रवीण प्रकाशन, राजकोट
3. लाणदेवज, योग मटाडे मनना रोग, प्रवीण प्रकाशन, राजकोट
4. शर्मा एन.पी. (२००५) स्वास्थ्य शिक्षा, खेल साहित्य केंद्र, नई दिल्ली.
5. शर्मा अशोक 'कपील' योगासन और प्राणायाम, हरबंस लाल एंड सन्स, नई दिल्ली
6. स्वामी आत्मानंद, ज्ञानयोग, गुर्जरग्रंथ कार्यालय, गांधीमार्ग अमदावाड.
7. स्वामी विवेकानंद (१३८३) राजयोग, श्री रामकृष्ण आश्रम, राजकोट
8. स्वामीश्री विज्ञानानन्दजी(अनु.), योग-दर्शनं, आर्ष गुरुकुल महाविद्यालय, आबू पर्वत, शिरोही, राजस्थान