



J.C. BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA, FARIDABAD, HARYANA, (INDIA)

A State Government University (Accredited 'A+' Grade by NAAC)
(Established by Haryana State Legislative Act No. 21 of 2009, Recognized by U.G.C. u/s 2 (f) and 12(B) of U.G.C. Act 1956)
SECTOR-6, MATHURA ROAD, FARIDABAD-121006, HARYANA, (INDIA)

Community College of Skill Development

Lesson Plan: Method of Teaching Yoga and Value Education

Program: Diploma (Yoga and Naturopathy), Semester: Ist, Course Code: YND-303-V

Credits: 03

Course Objectives: The objective of studying this course is to understand the method of teaching yoga and value education.

Course Outcomes: CO1. To design and structure a yoga class and also to learn demonstrate various teaching techniques.

CO2. To understand formulate lesson plan.

CO3. Maintaining and promoting the Indian Yoga Tradition.

CO4. To integrate moral and spiritual values.

Equipment required in Classroom/ Laboratory/ Workshop

- i. LCD/Projector
- ii. Whiteboard/ Black Marker

Assessment Scheme

S.No.	Criteria	Marks
1	End Term Examination	75
2	Internal Evaluation Scheme	25
2a	Class Tests	15
2a (i)	Class Test-I	7.5
2a (ii)	Class Test-II	7.5
2(b)	Teacher Assessment (Continuous Evaluation)	10

2b (i)	Attendance	5
2b (ii)	Assignment / Presentation	5

Lecture No.	Topic Covered	Pedagogy	Date of Implementation	Course Outcomes Covered	Faculty Sign
1	Yoga practice at different level, technique of individual.	Technique based		CO1	
2	Technique of group teaching	Technique based		CO1	
3	Method of yoga teaching and principle- teaching and learning	Technique based		CO1	
4	Concept relationship between too, Principle of teaching	Technique based		CO1	
5	Levels of teaching	Technique based		CO1	
6	Quality of perfect yoga teacher	Technique based		CO1	
7	Method in Ramayana,	Foundational		CO3	
8	Method in Mahabharata	Foundational		CO3	
9	Guru Shishya parampara	Philosophical		CO3	
10	Role of Yoga teacher	Principle		CO1	
11	Concept of good lesson plan , need of good lesson plan	Technique based		CO2	
12	Planning of teaching yoga: Shatkarm, Asana, Pranayama, Meditation	Foundational		CO2	
13	Education tool of Yoga teaching	Foundational		CO1	

14	Concept of value education and its components	Learning and critical thinking		CO4	
15	Value oriented personality,	Learning and critical thinking		CO4	
16	Role and function of value and society	Learning and critical thinking		CO4	
17	Contribution of yoga towards development of values	Learning and critical thinking		CO4	
18	Motivational stories- panchtantra, tenaliraman	Learning and critical thinking		CO4	
19	Life skills: problem solving, empathy	Learning and critical thinking		CO4	
20	Life skills: critical and creative	Learning and critical thinking		CO4	
21	Coping with stress and emotions	Learning and critical thinking		CO4	

Reference Books:

1. **Yoga Education for child**
2. **Teaching methods for yogic practices – Dr. M. L. Gharote**
3. **Bihar school of education , Munger 1990 – Swami Satyanand Saraswati**