

Department of B.Ed.

Course – EPC - 4 (1.4 EPC4)

Yoga education: Self understanding and development.

In this course all students of bed department 4th semester are submit 2 practicum . For the practicums; topics, instruction, guidelines and steps to be followed-

Format :-

EPC 4

Practicum 1

Topics:- General guidelines for performance of the practice of yoga for the beginners.

- use only A4 size page .
- Tape bindings only.
- Cover page front and back.(font cover page format will be given.)
- Index.
- Introduction (Back history,concept).
- Definition (kriyas, Asanas, Pranayama, kriya yoga,Meditation).
- Aims and objectives.
- Classification.
- Discussion.
- General guidelines procedure step by step with diagram or picture. [pictures should be yours own].
- Duration of yoga, kriya ,asanas etc. practice.
- What to do before during and after practice session.
- Suitable time place and weather.
- Merits and demerits.
- Educational implement.
- Conclusion.
- Reference/bibliography.