**Shyama Prasad Mukherji College**

**Department of Physical Education & Sports**

**GE Physical Education Teaching Plan**

**Course and Year:** B.A (Hons) and 1st Year (2022-23)

**Semester:** I

**Paper:** Yoga and Stress Management

**Faculty:** Dr. Kavita Vats

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| **Teaching Plan** | | | |
| **Details of units along with no. of classes required to complete the units (approx):**  **PART A: THEORY**   1. **Unit I: Introduction**  * Meaning, Definition and Importance of Yoga * Origin and Historical Development of Yoga * Ashtanga Yoga (Maharishi Patanjali) : Yama, Niyama, Asana, Pranayam, Pratyahar, Dharna, Dhyana, Samadhi and their Importance  1. **Unit II: Yoga-Asanas, Pranayamas and Shat Karmas**  * Meaning, Procedure, Precautions and Benefits of the following Asanas: Meditative Asanas (Vajarasana, Padmasana, Swastikasana, Sukhasana); Supine Position Asanas (Ardh-Halasana, Sarvangasana, Chakarasana, Pawanmuktasana); Prone Position Asanas (Bhujangasana, Salabhasana, Dhanurasana); Sitting Asanas (Ardh-Matsyendrasana, Paschimmotanasana, SuptaVajrasana, Yoga Mudra); Standing Asanas (Utkatasana, Hanumanasana, Trikonasana and Tadasana) * Meaning, Procedure, Precautions and Benefits of the following Pranayamas: Anulom-Vilom, Suryabheden, Ujjayi, Bhrameri, Sheetali, Sheetkari Pranayamas * Meaning, Procedure, Precautions and Benefits of the following Shatkarmas: Kapalbhati, Trataka, Neti and VamanDhauti  1. **Unit III: Stress Management**  * Concept, Causes and Effects of Stress * Non-communicable diseases (due to stress), Stress prevention and good health * Stress Management through relaxation techniques (autogenic training and progressive muscle relaxation, deep breathing, meditation), and sports, recreational, adventure sports, physical activities as coping strategies   **PART B: PRACTICAL**   * Suryanamaskar and any five asanas * Pranayams (any two) and Shat-karmas / Kriyas (any one) * Practice Meditation for 10-15 minutes | | 13 lectures    19 lectures    14 lectures  25 lectures | Methodology  Lecture + Group Discussion Method  Lecture + Group Discussion Method + Presentation + Imitation Method + By Part Method  Lecture + Presentation + Group Discussion + Imitation Method  Lecture + Presentation + Imitation Method + By Part Method |
| **Readings prescribed in the syllabus for each unit:**   1. Davis M. et al (2008). *The Relaxation and Stress Reduction workbook.* Harbinger Publications, USA. 2. Greenberg J.S. (2008). *Comprehensive Stress Management.* Mc Graw Hill, USA. 3. Hipp E. (2008). *Fighting Invisible Tigers; Stress Management for Teens.* Free Spirit Publishing, USA. 4. Iyenger, B.K.S. (1995). *Light on Yoga: The Bible of Modern Yoga.* USA: Schocken Publishers. 5. Kumari, Sheela, S.;Rana, Amita; and Kaushik, Seema (2009). *A Practical Workbook on Fitness, Aerobics and Gym Operations.* Khel Sahitya, New Delhi. 6. Sharma, J.P. (2006). *Yoga Shiksha EK Parichaya.* Delhi: Friends Publications.   **Readings, e-references to be given to students but not prescribed in the syllabus for each unit:**   1. Saini, N. (2020). *Yoga and Stress Management.* Friends Publications (India), New Delhi. 2. Pawar, B.; Gosain, N. & Sharma, S. (2021). *Yoga & Stress Management.* Friends Publications (India), New Delhi. 3. Pahuja, M.; Pahuja S. & Panda, S. (2021). *Yoga & Stress Management.* Sports Educational Technologies, New Delhi. 4. श्रीमती चरणजीत कौर, डॉ गुरशरण कौर, डॉ इंदरप्रीत कौर नंदा (2021) । *योग एवं तनाव प्रबंधन* । फ्रेंड्स पब्लिकेशन्स (इंडिया), नई दिल्ली। | | | |
| **Methodology of Teaching:**  A mixed approach of teaching is used, along with lectures following techniques are used for teaching: | | | |
| **Blackboard teaching/PowerPoint Presentations and Visual Aids** | It helps the students to understand topics in better manner. It creates a long lasting impact and acts as a good teaching aid.  Various group discussions are conducted within the class to make them better understanding the topic.  Various assignment and projects are given to students so that they can understand the application of the subject and it also encourages group participation.  Tests are conducted to prepare the students for the exam.  Students are encouraged to attend inter and intra college workshops/seminars which are conducted at various department at various levels to enhance their knowledge and to strengthen them holistically. | | |
| **Group discussions** |
| **Assignments/Projects** |
| **Tests** |
| **Workshops/Seminars** |
| **Internal Assessment : 25 marks**  Tentative date of assessments/ assignments (time frame):   1. **Two tests of 10 marks each will be conducted in the month of November and December 2022 for one hour each and the best performance will be counted.** 2. **One assignment of 10 marks will be given in the month of January and will be assessed last date for the submission will be second week of January 2023.** 3. **Attendance : 5 marks**   **Criteria of Assessment:**   1. Test: Test will be of 10 marks (As per the test score). 2. Assignment/PPT will be of 10 marks (content-7marks, pictures-2marks and 1mark for presentation).   **Assessment of Practical : 25 marks**   1. Students are assessed on the basis of their demonstration or performance (skill, understanding of the scientific concept and technique). [10 marks] 2. Viva-voce [10 marks] 3. Practical File [05 marks] | | | |