



TAMILNADU PHYSICAL EDUCATION
AND SPORTS UNIVERSITY

DIRECTORATE OF DISTANCE EDUCATION

RECORD

NAME M. J. KALAIYANI

ROLL NO : DE 202110101111063

SUBJECT : RECORD NOTE

Certificate

Name:

M. KALAIVANJ

Class:

Roll No:

DE 20211010111063

Exam No:

Institution

TNPESU

This is certified to be the bonafide work of the student in the
_____ Laboratory during the academic
year 20 / 20 .

No. of practicals certified _____ out of _____ in the
subject of _____

.....
Teacher In-charge

.....
Examiner's Signature

.....
Principal

Date:

Institution Rubber Stamp

(N.B: The candidate is expected to retain his/her journal till he/she passes in the subject.)

Methodology of Teaching Yogic Practices.

YOGA and Education:-

Education by all means is an attempt to mould and shape the behaviour of the student. Yoga is the method of education in the society. It is an art of life's successful living. It is a healthy way of living and a positive tool for change. Yoga is intimate and ultimate.

Goals of Education :-

- A few goals of education are
- to enhance good health
- to strengthen mental hygiene
- to possess emotional stability.
- to mould moral values.
- to attain spiritual and recreational.
- to develop psychological qualities.
- To perfect the motor skills necessary for everyday life.

Yoga Education gives or fulfill all our needs, whatever goals we have, we can achieve through yoga, by doing regular practise automatically mentally and physically we able to fit when physical body cooperates to do yoga and mentally also combined.

Principles of Teaching Yoga:-

The art of teaching is to know how to suggest. Six basic components are to be considered for yoga teaching

- (i) What to teach
- (ii) Why to teach
- (iii) Who should teach
- (iv) Whom to teach
- (v) How to teach
- (vi) When to teach

Yogic practices involves three stages.

- (i) Dehadharana.
- (ii) Pranadharana.
- (iii) Pranasanyamana.

Meaning of Methodology of Teaching:-

Methodology of teaching is a technique or process or procedure used by the teacher

through which an interaction between teacher and student takes place.

Factors influencing Methodology:-

* Perceptual clarity on content

* Meaningfulness.

* Complexity of the task.

* Interference.

* Re-inforcement.

* Application.

* Types of learning

* Previous experience-

* The teacher

* Facilities and Atmosphere

* Scientific principles

* Sociological aspect

Promotion of Leadership Qualities:-

Leadership is the exercise of influence or power over others. Leadership is an art of influencing people to work together harmoniously in the achievement of professional as well as personal goals.

Qualities of good leadership.

- * Capacity.
- * Achievement.
- * Responsibility.
- * Participation.
- * Status.
- * Situation.

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Methods in Yoga Teaching

The following are some of the basic methods of teaching.

Lecture method :-

It is the oldest method of teaching and useful to pass on information from a wide variety of sources. It has some limitations too.

Responding to instruction method.

In this method, teacher gives precise instruction which precede, follow or are concurrent with a demonstration.

Individual Instruction method:

In this method, learning is highly individualized. In this method, attempts are made to provide by different means.

Group Discussion Method :-

It is designed to find out immediate solution to a problem. It has both individual and group value.

Directed practice Method:-

by doing. It encourages extra practice of selected yogic practices. The success of this method depends upon the motivation of the student.

Project Method:

The aim of this project method is to enable the students to put into practice what they learned in class.

Demonstration Method:

In this method, emphasis is given more on demonstration with brief explanation. It utilizes talent rather than developing new skill.

Imitation Method:

It is good for children. The teacher presents the activity one by one and students imitate the action of the teacher.

Dramatization Method:

In this method, students are made to perform the movement of animals, birds, story plays and action songs in play form.

Lesson Plan:

Lesson planning is a means of which makes teaching an activity of beings evolution. Lesson plan is the teacher's guide. blue print road map. Short writing. It should be prepared before handling the class.

Essentials of a good Lesson plan:

- (i) A lesson plan should be simple, specific and detailed.
- (ii) It should be meaningful and chosen for a specific age group and gender.
- (iii) It should be based on individual differences.
- (iv) It should be flexible to meet needs.

A sample lesson plan is formulated as

The following are parts of a lesson.

- * Assembly and roll call.
- * Relaxation and prayer.
- * Loosening the joint

- * Introduction of the practice.
- * Demonstration.
- * Individual practice.
- * Group practice.
- * Yoga Course.
- * Assembly- question and answer session.
- * End prayer and dismiss after roll call.

Subject matter	Duration	Method.
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- | | | |
|----------------------------|-------|---|
| 1. Assembly and roll call. | 2 min | Students assemble in a line and then the attendance is taken. |
| 2. Relaxation and prayer | 3 min | Students are advised to take comfortable sitting post, relax a which watching in halation and exhalation and to recite the prayer collectively. |

3. Loosening the 5min joints. Sitting arrangement is maintained. Students are advised to loosen up the joints. Vigorous physical exercise is not advised. It is not useful for eliminating energy blockage in the joints. Awareness on physical movements, integrating breathing and movement of Prana.

Loosening the joints increase the secretion of synovial fluid improves the thickness and quality of Cartilages, ligaments and tendons are duly stretched, flushes out excess Calcium oxalate improves elimination free radicals promotes brain functions.

4) Introduction 5min of the practice. Teacher gives Verbal introduction of padmasana. Importance of spine in maintenance of health. Contribution of Naula Chalasana and titali.

5 Demonstration 5 Min

The teacher demonstrates padmasana using the following technique.

Sit straight, with legs straight in front of the body, slowly and carefully bend one leg and place the foot on top of the opposite thigh the sole face upward and the close to pubic bone and bend other leg and place the foot on top of the opposite knees touching the floor in the final position head and spine upright and shoulder relaxed place the hands on the knees in chin ellocous slightly bent relax arms.

Salient features are sit erect the whole process should be smooth.

6 Individual practice 5 min The students are asked to perform the as demonstrated to them they are suggested to maintain the final position, comfortably for some time accordingly to their capacity. The performance of every student is carefully observed and the errors in practice detected and corrected.

7 Group practice 5 min The instructions are given at every step to make the students practice padmasana as a group under the supervision of the teacher, the optimum time is chosen for maintenance of the final position performance in the group.

8 Yoga game 10min

Divide the students into two teams, teams in relay formation. About 15 metres in front of each team there is a wall. On signal to start no's of each team to run in front, reach the wall, do padmasana get up then & run back the team completes the course of running will be runner.

9 Assembly -
Question &
Answer
Session 2min

The students are encouraged to ask any doubt or question about the performance of asana and are subsequently answered by the teacher.

- 10 End prayer and dismissal after roll call 3min The teacher ascertain the number of students and will then end the lesson with prayer and a silence for a minute. The students are asked to open their eyes, then the class departs.

Lesson Plan for practice of Ushtrasana.

Lesson no :-

Duration :-

Date :-

Name of the teacher :-

Name of the School :-

Standard :-

Practice previously done :-

Practice to be done: Ushtrasana.

Aim of lesson :- To make students to attain total well being.

Objective of lesson :- To introduce the students to technique of ushtrasana to get mental, physical, emotional, other benefit.

Equipment Method :- Mats, Chalk

Subject Matter	Duration	Method
1. Assembly & Roll Call	2 mins	Students assemble in a line & then attendance is taken.
2. Relaxation & Prayers	3 min	Students are advised to take comfortable sitting post, Relax a while watching inhalation to recite the prayers
3. Loosening the joints	5 mins	Sitting arrangements is advised. Students are advised to loosen up the joints, legs, hip shoulders, Vigorously physical exercise is not advised. It is useful for eliminating energy blockages in joints awareness on physical movement integration breathing and movement of prana.

Loosening the joints

Teacher's Signature _____

inverse the secretion of synovial fluid. improves the thickness and quality of cartilages ligaments and tendons are duly stretched flushes and excess calcium oxalate. improves immunity power, eliminated free radicals, promote brain function

4 Introduction of the practices of 5 min. Teacher gives Verbal introduction of ushtasana points the following. Importance of spine, digestive and reproductive system for good breathing & loosens the vertebral column.

It should not be attempted by those who suffer from severe back pain.

5 Demonstration 5 min The teacher demonstrates Ushtrasana using following
 Stand on the knees with the arms at the sides. The knees and feet should be together lean backward slowly. Reaching for right heel with right hand and the left heel with left hand push the hips forward and bend the head spine backward the weight of the body should be to maintain the arch of the back.

Sailient features are to be emphasized. sit erect. The whole process should be comfortable without any jerk.

6 Individual practice 5 min The students are asked to perform the asana as demonstrated to them.

Teacher's Signature _____

Suggested to maintain the final position comfortably for some time according to their capacity. The performance of every student is carefully observed and errors in practice detected and corrected.

7 Group practice 5 min. The instructions are given at every step to make the students practice whereas as a group under the supervision of teacher. The optimum time is chosen for maintenance of final position.

Performance of the individual in the group is watched and mistakes detected in the group.

8 Yoga game 10 min. Divide the students into two teams, teams in relay formation. About 15 metres in front of each team there is a circle. On signal to start no 15 of each team to run back. The no 25 repeat and so on. The team completes the course of running will be the winner.

9 Assembly 2 min
Question & Answer Session
The students are encouraged to ask any doubts or question about the performance of asana and are frequently answered by the teacher.

10 End prayer & 3 min
Dispersal after roll Call
The teacher ascertains the number of students and will then end the lesson with prayer & a silence for a minute - the class departs.

Name :

Register No. :

Subject Code

20MY103

SDE

M.Sc YOGA DEGREE EXAMINATION

AUGUST - 2021

FIRST SEMESTER

METHODS OF YOGIC PRACTICES

Duration: 3 Hours

Max.Marks: 75

Answer All Questions (5x15=75)

All Questions Carry Equal Marks

1a. Explain the any five essentials of yogic practices.

(or)

b. Write the practicing methods, contraindications and benefits of vinyasa suryanamaskar (Jumping).

2a. Write the practicing methods, contraindications and benefits of pavanamuktasana, suptavajrasana & natrajasana

(or)

b. Write the practicing methods, breathing, contraindications and benefits of utkatasana, vakarasana & chakrasana.

3a. Explain the sectional breathing and practicing methods.

(or)

b. Write the practicing methods, contraindications and benefits of Surya bhedana, Chandra bhedana & Anuloma (Surya & Chandra).

4a. Write the practicing methods, contraindications and benefits of laghoo shankhaprakshalana, agnisar kriya & Moola bandha.

(or)

b. Write the practicing methods, contraindications and benefits of Jalandhara bandha, uddiyana bandha & shanmuki mudra.

5a. Write the practicing methods, contraindications and scientific benefits of ajapa & japa and antar mouna meditation.

(or)

b. Write the practicing methods, contraindications and scientific benefits of japa meditation, Tadagi & varuna mudra.
