Proposed Skill Development Course

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Reply Stark

प्राचार्य डी.एन.पी.जी. कॉल्जि गुजावडी (सलन्दराहर)

- 1. Hiriyanna, M., (1995). The Essentials of Indian Philosophy. New Delhi, Mottlal Banarası das Publishers
- Iyengar, B.K.S. (2009). The Tree of Yoga. New Delhi, Harper Collins.
- 3. Nagendra, H.R. (1993). Yoga in Education, Banglore, Vivekananda Kendra
- Villodo, Alberto. (2007). Yoga, Power and Spirit. New Delhi, Hay House Inc.

Suggested Digital Platforms/ web links for readings-

- 1. Arhanta Yoga Ashrams: Yoga Teacher Training & Certification https://www.arhantayoga.org
- 2. The Yoga Institute: Yoga Teacher Training & Classes In Mumbai https://theyogainstitute.org
- 3. YCB Certified Yoga teacher Under Ayush ...https://www.arogyayogshala.com

Suggested OJT/ Internship/ Training/ Skill Partner

Suggested Continuous Evaluation Methods:

- Internal and External Exams
- Practical assignments
- · MCQ's
- Small Field based Projects

Course Pre-requisites: No pre-requisites required Open to all

Suggested equivalent online courses:

Any remarks/ suggestions-

Notes:

- Number of unit in Theory/Practical may vary as per need
- Total credits/semester- 3 (it can be more credits, but students will get only 3 credits/semester or 6 credits/ year
- Credits for Theory = 01 (Teaching Hours = 15)
- Credits for Internship/OJT/Training/Practical = 02 (Training Hours = 60)

Course developed by:

Dr. Awadhesh Kumar Singh, Assistant Professor, Department of Physical Education.

क्री.एन.पी.जी कॉलिज युनावडी (बुलन्यशतः)