



Rizvi Education Society's
Rizvi College of Education

Affiliated to University of Mumbai
(NCTE College Code No: 123005)
NCTE Recognized Institute



YOGA FOR WELLNESS

“Yoga as Skill in Action”

12 Days Add on Course

Course Code: YFW

PROGRAM COORDINATORS

Dr. Gyanprakash Arya
I/c Principal

Dr. Priyanka Pandey
Assistant Professor

Designed and Conducted by
Rizvi College of Education
Bandra (West), Mumbai - 400 050

“योगश्चित्तवृत्तिनिरोधः”

About the College

RIZVI COLLEGE OF EDUCATION started in 2003 under the aegis of Rizvi Education Society. In a span of fifteen successful years, Rizvi College of Education has made a remarkable progress in the educational fraternity. It has emerged as a premier institute creating teachers equipped with the latest trends and technologies in education. Rizvi College of Education is affiliated to University of Mumbai since 2003 and is approved by NCTE.

About the Course

The course intends to create teachers who are future ready. It aims at training teachers who can incorporate yoga for their healthy future. Yoga has been recommended as a great supplement to current physical activities at schools and colleges teachers.

Yoga - A Skill in Action

The word 'Yoga' is derived from Sanskrit root 'Yuj' which means 'join' or 'unite'. This may be taken as the union of body, mind and soul, and is used in the literature both as an end as well as means. As an end, yoga signifies 'integration of personality' at the highest level. As means, yoga includes various practices and techniques which are employed to achieve the development of such integration. These practices and techniques are means in the yogic literature and are also referred collectively as 'Yoga'.

Yoga is a healthy way of life, originated in India. Now it is believed to be a form of science accepted all over the world. The western culture also is accepting it as a healthy form of scientific exercise. Although the origin of yoga is obscure, it has a long tradition. In course of time, various schools of yoga developed. The major schools of yoga are Jnana yoga, Bhakti yoga, Karma yoga and Raja yoga. These schools of yoga advocate particular type of methodology which includes a variety of systematized practices of yoga depending on their particular approach. However, all these are leading to the common goal of self-realization and integration of body and mind. The main emphasis of the present yoga curriculum for B.Ed. teachers is to develop their physical fitness, mental development and emotional stability rather than on the spiritual aspect of yoga. Postures or asanas form an important basis of this curriculum. These have, therefore, been given more weightage. Though, other yogic activities have also been included in the curriculum.

**“ Another meaning of the word yoga is to tie the strands
of the mind together ”**



Programme Learning Outcomes

- Understand the meaning and importance of Yoga for betterment in life.
- Apply strategies to maintain physical, mental, emotional, and spiritual wellbeing.
- Develop a healthy habit and lifestyle in teachers.
- Develop humane values in teachers.

Course Learning Outcomes

- Develop basic understanding of meaning and importance of Yoga
- Understanding of meaning and steps of Ashtang yoga by Patanjali
- Develop basic understanding of meaning and importance Stress Management
- Understanding and practices Yogic (Vyayaam) exercise
- Practices pranayama for better mental health
- Practices standing, sitting, sleeping asanas for physical health
- Develop daily meditation practices
- Develop daily practices of Surya Namaskar
- Maintain daily record and submit in the form of report journal



Add on Course: Yoga for Wellness

Course Framework

Module 1:

Health Education and Yoga-Yogic Gyaan

Unit 1: Introduction to Health and Yoga Education

- Meaning, Definition, and Importance of Health Education
- Meaning and Importance of Stress Management
- Meaning, objectives, and importance of Yoga

Unit 2: Yoga and Personality Development

- Meaning of Ashtang Yoga by Patanjali
- Difference between Physical Exercises and Asanas
- Yogic practices for Personality Development

Module 2:

Education on Asanas and Pranayama-Yogic Abhyaas

Unit 3: Practices and benefits of Asanas

- Practices and benefits of Standing Asanas
- Practices and benefits of Sitting Asanas
- Practices and benefits of Sitting Asanas

Unit 4: Practices of Pranayama, Meditation and Surya Namaskaar

- Practices and benefits of Pranayama
- Practices of Meditation and Kriyas
- Practices of Surya Namaskaar

“ The quality of our breath expresses our inner feelings ”

Add on Course: Yoga for Wellness

Course Framework

Module 3:

Task and Assignments

- Theory test based on daily content taught during the Yoga course - Oral or written type
- Practical test on asanas and pranayama taught during the Yoga course - Demonstration
- Daily report submission with reflection as - Yoga Journal

Passing Criteria

Attendance: Maintain minimum 80% attendance

Theory Test: Score minimum 50% in theory test

Practical Test: Score minimum 50% in practical test

Yoga Journal: Submission of Yoga Journal

Awarding of certificates

Students will be awarded certificates after completion of the course and assignments.

References

Yoga-A Healthy Way of Living-NCERT-ISBN 978-93-5007-344-5

Ashtang Yog by Swami Devvrat- Arsh Yog Sansthan, Mirzapur, Faridabad, Haryana

RIZVI EDUCATION SOCIETY was established in 1985 with the College of Arts, Science and Commerce and Rizvi High School. In thirty one years, it has spread its wings and branched into various professional colleges producing stalwarts for the country.



Dr. Akhtar Hasan Rizvi (President, Rizvi Education society) is well known as not only a renowned Builder, an Ex-Rajya Sabha MP but also an ardent scholar and above all a great Educationist at heart. He is the torchbearer who paved the path for the youth educating them by establishing several educational institutions all over India. The Rizvi Education Society Trust in Mumbai and the Dr. Rizvi Education Trust in Jaunpur (Allahabad), are two trusts established by him to spread the light of knowledge through various institutions. For the development of teachers personality Sir well said *"Master your breath, let the self be in bliss, contemplate on the sublime within you."*

Adv. (Mrs.) Rubina Akhtar Hasan Rizvi (Director, Rizvi Education Society) is an Indian Criminal lawyer, a forensic expert by profession and educationist and reformer at the helm of Rizvi Education Society. Adv. (Mrs.) Rubina A. H. Rizvi is a woman entrepreneur who has always set the path for youth to express their talents. At present there are more than 15 education institutions under the Rizvi umbrella throughout India and each institute has been carefully guided by her to reach its full potential. *"With the help of this Value added course we can enhance the practice of the science of yoga, which is useful to the entire human community and which yields happiness both here and hereafter – if we practice it without fail, we will then attain physical, mental, and spiritual happiness, and our minds will prosper towards the Self."*



The Rizvi Education Society Family

Institutes of Rizvi Education Society (Mumbai)

- Rizvi College of Arts, Science & Commerce
- Rizvi College of Engineering
- Rizvi Institute of Management Studies and Research
- Rizvi College of Architecture
- Rizvi Springfield High School (SSC & CBSE)
- Rizvi Law College
- Rizvi College of Education (B.Ed.)
- Rizvi College of Hotel and Tourism Management Studies

Institutes of Rizvi Education Society (Jaunpur)

- Dr. A. H. Rizvi College Of Science and Commerce
- Dr. Rizvi Learners Academy (School)
- Institutes of Rizvi Education Society in Allahabad:
 - Dr. A.H. Rizvi Degree College
 - Dr. Rizvi College of Education (B.Ed.)
 - Dr. Rizvi Springfield High School (CBSE)
 - Dr. Rizvi College of Law
 - Dr. Rizvi College of Engineering