

COURSE CODE	YOGA AND HUMAN VALUES	HOURS 30
Objectives	<ul style="list-style-type: none"> <li>• To enrich value of Yoga and enrich ethical value and Principles of Yoga.</li> <li>• To educate yoga in our life.</li> <li>• To teach elements of Yoga.</li> <li>• To teach 8 folders of Yoga.</li> <li>• To teach Indian Yoga, Queen of Yoga</li> </ul>	
UNIT – I	Definitions – Core values of Yoga – Yoga enhances moral of ethical value – 5 Principles of Yoga – Importance of Yoga Education – The role of yoga in harmony between body & mind. Developing the value of happiness.	
UNIT – II	Yoga on our life, society, father of Yoga – golden education in yoga - Social Responsibility and Yoga - Concepts of Civil Society and its types; Relationship between Democracy, Civil Society and Social Capital; Efficient use of Yoga in them.	
UNIT – III	3 Elements of Yoga – 4 pillars of yoga – Moral Education - Definition and types of moral education, meaning and scope of morality; Role of Yoga in development of ethics and ethical decision making - Foundation of Yoga in Education.	
UNIT – IV	8 Folders of Yoga – where yoga yogini - Restoring Human Values in Medicine - Human Values, Spiritual Studies, and Applied Research - Yoga and Human Values in Management Education for Harmony in Society and Business.	
UNIT – V	India Yoga 'Hatha Yoga' – Queen of Yoga – mother of yoga – Royal asana – Branches of yoga – 6 branches 4 types of yoga - Relevance of ethics and values in Yoga, Qualities of teacher and students; Ethics in Professional Practices, methods of teaching human values, Student – teacher relationship	
Course Outcomes	<ul style="list-style-type: none"> <li>• Students to understand the value of Yoga</li> <li>• Students to self knowledge about father of yoga.</li> <li>• Students understand various elements of yoga.</li> <li>• Students understand various folds of Yoga.</li> <li>• Students faciliaizes with hatha yoga.</li> </ul>	
<b>References</b> Basavaraddi, I.V.:Yoga Teacher's Manual for School Teachers. New Delhi: Morarji Desai National Institute of Yoga, 2010 Morgan, C. T., King, R.A., Weisz J. R. & Schopler J.:Introduction to Psychology. New Delhi: Tata McGraw Hill Publishing Co. Ltd, 2006 Passer, M.W. & Smith, R.E.:Psychology: The Science of Mind and Behaviour. New Delhi: Tata McGraw-Hill, 2010 Singh, A. K.:Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007 Srivastava, D.N.: General Psychology. Agra: Vinod Pustak Mandir, 2007		