

## **Truncated Syllabus of Generic Elective (GE) of Education**

Course structure of Generic Elective (GE) in Programme Course in Semesters VI

And

Generic Elective (GE) for Other Honours Programme Courses (Excluding Education Honours) in Semesters II and IV

Generic Elective (GE): Paper -I	Generic Elective (GE): Paper -II
	[A] Yoga Education  [B] Human Rights Education

**Generic Elective Courses (GE)**

**Paper -1**

**Choose any one**

**[A] Yoga Education or [B] Human Rights Education**

**[A]Yoga EducationEDU-P-GE-T-2(A)**

**Full Marks: 75 Credit: 6 (72 Lectures)**

### **Course Objectives:**

After completion of the course the learners will be able to:

- Explain the meaning, nature, aims and role of teacher of Yoga education
- Discuss different types of Yoga
- Express the guidelines of Yoga education
- Discuss the significance of Yoga Education
- Explain the historical background of Yoga Education
- Discuss the relationship among Yoga, Sankhya Philosophy and Bhagwad Gita
- Describe the need of Yoga for healthy life style

### **Unit-I: Concept of Yoga Education**

- a) Meaning and definition of Yoga Education
- b) Nature of Yoga Education
- c) Aims of Yoga Education
- d) Role of teachers in implementing Yoga Education

### **Unit-II: Different Approaches of Yoga Education**

- a) Types of Yoga Education
- b) General guidelines for performing Yoga Education
- c) Significance to Yogic texts in the context of schools of Yoga.

### **Unit-III: Historical Background of Yoga Education**

- a) Historical background of Yoga Education
- b) Yoga Philosophy and Yoga Education
- c) Sankhya Philosophy and Yoga Education
- d) Yoga as reflected in Bhagwad Gita

### **Unit-IV: Yoga and Health**

- a) Concept of health and health related Problems
- b) Need of Yoga for good health
- c) Yogic concept of healthy life style
- d) Yoga for reduction of stress

### **Suggested Readings:**

- Swami Shivananda Yoga Asanas : Divine Life Society.
- Jha Vinay Kant (2015), Patanjalis Yoga Sutras.
- NCERT -Yoga Syllabus
- Raja Yoga-Vivekananda Swami-Adyar Publication, Madras
- NCTE-Yoga Education.
- NCTE- Yoga Education – Master of Education Programme.
- Bhakta, B.B.-VaratiyaShiksha R Ruparekha.

**OR**

### **[B] Human Rights Education EDU-P-GE-T-2(B)**

**Full Marks: 75 Credit: 6 (72 Lectures)**

Objectives:-

- To know the basic concept of human rights
- To know the role of United Nations and human rights
- To understand enforcement mechanism in India
- To know the role of advocacy groups

Unit: 1 = Basic Concept of Human Rights

- Nature and concept of Human Rights
- Human Values – liberty, equality, justice
- Meaning and significance of Human Rights Education

Unit: 2 = United Nations and Human rights

- Universal Declaration of human rights in brief
- United Nations and Human rights – duties and limitations

Unit: 3 = Human Rights – Enforcement Mechanism in India

- Human Rights Act – 1993
- Human Rights Commission – role and objectives
- Judicial organs – Role of Supreme court

Unit:4 = Role of Advocacy Groups

- Role of educational institutions
- Role of press and media
- Role of NGOs.

**Suggested Readings:**

1. V. C. Pandey, Value Education and Education FOR Human Rights.
  2. Sarat C Joshi, Global Trends in Human Rights Education.
  3. Surender Kumar, Human Rights Education.
  4. Human Rights in Education Perspectives and Imperatives Celebration at NIEPA 10<sup>th</sup> December 2001.
  5. C. Naseema, Human Rights Education: Theory and Practice.
  6. Jagdish Chand, Education for Human Rights.
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