

PO CO	CO Statement	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11
CO1	<i>What pedagogical practices are being used by teachers in formal and informal classrooms in developing countries?</i>					1	1	1	1	1	1	1
CO2	<i>What is the evidence on the effectiveness of these pedagogical practices, in what conditions, and with what population of learners?</i>					1	1	1	1	1	1	1
CO3	<i>How can teacher education (curriculum and practicum) and the school curriculum and guidance materials best support effective pedagogy?</i>					1	1	1	1	1	1	1

18AC07	STRESS MANAGEMENT BY YOGA				L	T	P	C
					2	0	0	0
Course Objectives:								
To achieve overall health of body and mind, To overcome stress								
Unit I					8	+	0	
Definitions of Eight parts of yoga								
Unit II					8	+	0	
Yam and Niyam. Do`s and Don`t`s in life. 1.Ahinsa, satya, astheya, bramhacharya and aparigraha 2.Shaucha, santosh, tapa, swadhyay, ishwarpranidhan								
Unit III					8	+	0	
Asan and Pranayam 1. Various yog poses and their benefits for mind & body 2. Regularization of breathing techniques and its effects-Types of pranayama								
Total (L+T)= 24 Periods								

Course Outcomes:	
<i>Upon completion of this course, the students will be able to:</i>	
CO1	: <i>Develop healthy mind in a healthy body thus improving social health also</i>
CO2	: <i>Improve efficiency</i>
Suggested Reading:	
1.	Yogic Asanas for Group Training-Part-I” :Janardan Swami Yogabhyasi Mandal, Nagpur “Rajayoga or conquering the Internal Nature” by Swami Vivekananda, Advaita Ashrama (Publication Department), Kolkata

PO CO	CO Statement	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11
CO1	<i>Develop healthy mind in a healthy body thus improving social health also</i>					1	1	1	1	1	1	1
CO2	<i>Improve efficiency</i>					1	1	1	1	1	1	1