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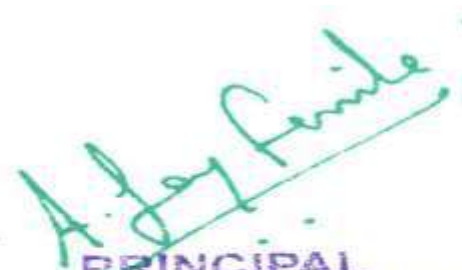
College Code - 12306

## Key Indicator – 1.3 Curriculum Enrichment

**Metric No. 1.3.3** – Students derive professionally relevant understandings and consolidate these into their professional acumen from the wide range of curricular experiences provided during Teacher Education Programme



**Any other relevant Information**

  
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(Affiliated to Tamil Nadu Teachers Education University)  
Recognized by the Government of Tamil Nadu  
No. Y.S.E. 608/2003, V.O. 10.12.2003

# YOGA

# RECORD

YOGA

*A. Jeyaraj*  
PRINCIPAL  
INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203





# SELF-DEVELOPMENT YOGA.

## INTRODUCTION:

Yoga is a way of better living. It ensures to get a great or efficiency in work and better control over mind and emotions.

Through yoga one can achieve both Physical and Mental harmony.

The term 'yoga' which is derived from the root word 'yug' means 'to join' or 'Union'.

This means that yoga is a systematic and methodical process to control and develop the mind and body to attain good health, balance of mind and self realization.

Systematic yoga eliminates and control several diseases and also keep the mind perfect clean and peaceful.

SELF-DEVELOPMENT YOGA

INTRODUCTION

Yoga is a way of better living. It  
enables to get a great or efficiency in work.



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# MEANING OF YOGA

Yoga is a system which helps the mind and body to achieve tranquility and spiritual insight through exercises.

Yoga is a movement of the body through different position, postures and poses.

Yoga is comprised of various asanas which mean 'to sit' or 'to be present'

The term asanas can also be described as the arrangement of the different components of the body in a specific way. Asanas evolved as an integral part of the spiritual practice as yoga is oriented towards purification accomplishment and realisation.

Historically this term refers to

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of bodily posture that have been transmitted by teachers in India, for thousand of years many of these postures or asanas have been defined by the classic Hatha yoga tradition.

The tradition in which the word 'yoga' comes from 'Hatha' mean Union. "Ha" means Sun and "tha" means moon.

Therefore 'Hatha' yoga' means a balanced union a system for creating the balanced well being of the person as yoga joins the mind, body and spirit into a balanced whole

While we are on the path to achieve our highest spiritual, potential asana practice promotes structural stability physiological immunity and emotional health as it helps



us to restore and develop balance stability strength, flexibility, skeletal alignment and Medical freedom.

A. J. Penile

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Yoga is that method or activity (endowed) by which we realize the oneness of human soul which God and human part of God and God to knowledge (Yoga).  
The meeting of human being with God is Yoga.

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# DEFINITION OF YOGA

- 1. "Checking the impulses of mind is yoga"
- 2. "Yoga is attaining the pose"
- 3. "Yoga is skill in action".
- 4. "Yoga is a way or method through which internal and external faculties of man meet in totality and changes occur and by which one may achieve God or feel his existence and may become the part of him."
- 5. Yoga is that method or activity (Sadhana) by which we realize the oneness of human soul which God and human meet God and feel its knowledge (Gyan)"
- 6. "The meeting of human being with God is Yoga".

*A. J. Perin*  
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DEFINITION OF YOGA

"Checking the impulses of mind is yoga"

"Yoga is obtaining the peace"

"Yoga is skill in action"



*Ajay Perinchi*  
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④

It could be either used to preserve and to destroy. With a match stick one can light a candle and illuminate the house.

At the same time, it can also be used to torch a house. Like that ~~our mind~~ can also be used for ~~either~~ good or bad purposes. Many ~~poets~~ have compared our minds with a monkey.

Monkey would not sit in one place. It will jump here and there. Like the monkey our thoughts will be always wandering and ultimately that will disturb the mind and it will be without peace.

Through systematic and regular yogic practices the body may be made healthier and

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*H. J. Jeyaraj*  
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It could be either used to preserve and to  
destroy. With a water stick one can light a  
candle and illuminate the house.  
At the same time, it can also be used



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its resistance power to fight against the diseases could be enhanced. By practising yoga the mind will get sharpened and the concentration and memory power may <sup>be</sup> developed. Thus, mind could be channalized for thinking the right good thoughts.

Yoga will pave the way for an individual to do any action peacefully and perfectly.

**OBJECTIVES OF YOGA**

The main objectives of yoga are:

1. To remove ignorance from life
2. Yoga also cures behavioural disorder, nervous disorder or breakdown and panic depression
3. Asanas enhance muscle strength, coordination, flexibility, ability and range of motion

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- 4. Yoga gives you the capacity to face up the life's challenges. When you respect your body you tend to do things that will enhance its vitality.
- 5. Yoga is highly recommended for the people in competitive, stressful working environments.
- 6. After a good practice of yoga the mind becomes vibrant
- 7. In yoga one should concentrate on a total awareness of our energy and how it flows. One should learn how body and mind works together.
- 8. Yoga can be seen not only as a way do get into shape but also as a base for self healing
- 9. To enable the students to have good health.

*A. J. Perumal*  
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- 10. To practice mental hygiene.
- 11. To possess emotional stability
- 12. To integrate moral values
- 13. To attain higher level of consciousness
- 14. Practicing Yoga ultimately leads towards long term health and well being.
- 15. Yoga brings about equilibrium in overall function including ego emotions behaviour and perception.
- 16. Yoga poses turns the whole body, they give strength of oxygen and enhances the functioning of body system like respiratory, digestive, endocrine, reproductive excretory system etc.
- 17. Yoga improves posture increases that intake of oxygen and enhance the functioning of body system.

*A. J. G. Senthil*  
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# Eight Limbs of Yoga [Astanga Yoga]

There are eight limbs of yoga to secure purity of body, mind and soul. They are

1. Yama
2. Niyama
3. Asana
4. Prathayama
5. Prathyaghara
6. Dharana
7. Dhyana
8. Samadhi

## 1. YAMA: [Universal Moral Commandments]

Yama means restraint or abstinence. It has five moral practices.

1. Ahimsa - Non violence.

2. Satya - Truth

3. Astaya - Non-stealing

4. Brahma Charya - Continence

5. Aparigraha - Non-coveting

*A. J. Permal*

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## 2. NIYAMA [Self purification by discipline]

Physical and mental rules conduct towards oneself.

- 1. Sauch - purity
- 2. Santosa - Contentment
- 3. Tapas - Austerity
- 4. Swadhaya - Study of the self
- 5. Isvara pranidhana - Divine dedication to the Lord.

3. ASANAS : [ Posture ]

Asana mean holding the body in a particular posture to bring stability to the body and poises to the mind. The practice of asana brings firmness to the body and vitality to the body and mind.

By practicing asana one forces himself from physical disabilities and mental distraction. It is a state of complete equilibrium of body, mind and spirit. Asana may be of the following types.

- 1. Meditative Asana.
- 2. Relaxation Asana.
- 3. Cultural Asana.

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#### 4. Pranayam. [Breathing Control]

Practice of pranayam is to stimulate regulate and harmonize vital energy of the body as bath is required for purifying the body. Pranayam is required for purifying the mind and internal organs, prana is the vital power of force which is motivating every element on the earth and is the origin of the force of the thoughts.

Three stages of Pranayama are.

1. Inhalation
2. Exhalation
3. Retention.

#### 5. Pratyahar [Withdrawal of senses.]

The extraversion of the sense organs is due to their hankering after worldly objects and it has to be restrained and directed inwards towards the source of all existence. This process put the sense under restraint.

#### IMPORTANCE AND ADVANTAGES OF YOGA:

1. Yoga is easy to perform. Anybody can take part in it and perform according to one's capacity and capability. Yoga does not

  
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require equipment to implement

2. Yoga can be practiced and performed by everyone whether child or adult, young or old, rich or poor. without any reservation.
3. By doing all the activities pertaining to all sort of exercises such as contraction, expansion and twisting are performed.
4. Yoga has a special and importance to refresh the mind and body and regain the lost energy from spiritual point.
5. Due to yoga gland secretion becomes normal, body organs get stronger and energetic.
6. Stomach is the human organ which is the mother and cause of all diseases and sickness. By doing yoga everything is clean.
7. Vertebra [spinal cord] remain erect. Asana makes it flexible and nerve system is improved.
8. Yoga helps in the growth and development of intelligence of a person.
9. Yoga helps the human being to be ~~self controlled~~ <sup>self controlled</sup>.
10. Yoga helps in controlling respiratory and respiration systems.
11. Yoga destroys all causes of diseases.

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Yoga can be practiced and performed by everyone whether child or adult, young or old, rich or poor, with or without any reservation. It is a science of life which aims at the betterment of the individual and the welfare of the community.



Yoga helps in the growth and development of a person. It helps in the development of the human mind and body. It helps in the development of the human spirit. It helps in the development of the human soul. It helps in the development of the human heart. It helps in the development of the human lungs. It helps in the development of the human liver. It helps in the development of the human stomach. It helps in the development of the human intestines. It helps in the development of the human kidneys. It helps in the development of the human bladder. It helps in the development of the human reproductive system. It helps in the development of the human nervous system. It helps in the development of the human endocrine system. It helps in the development of the human immune system. It helps in the development of the human circulatory system. It helps in the development of the human respiratory system. It helps in the development of the human digestive system. It helps in the development of the human excretory system. It helps in the development of the human integumentary system. It helps in the development of the human muscular system. It helps in the development of the human skeletal system. It helps in the development of the human reproductive system. It helps in the development of the human nervous system. It helps in the development of the human endocrine system. It helps in the development of the human immune system. It helps in the development of the human circulatory system. It helps in the development of the human respiratory system. It helps in the development of the human digestive system. It helps in the development of the human excretory system. It helps in the development of the human integumentary system. It helps in the development of the human muscular system. It helps in the development of the human skeletal system.

*A. S. Sankar*

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YOGA ACTIVITIES:

In this modern world of 21<sup>st</sup> century the environment the environment is struggling for endurance and survival and the and the human being suffer from more and more physical and psychological stress and strain. Yoga is a primordial science of self development that filters the mind and body there is a perfect harmony between them.

Yoga is a integral part of health and physical education. The NCF 2005 adopted a holistic definition of health in which yoga is integral part of it.

World yoga day has been declared by the United Nations General assembly to celebrate 21<sup>st</sup> June after the recommendations made by India. The Indian prime Minister Narendra Modi in his address in the UN assembly suggested the date of 21<sup>st</sup> June as it is the largest day of the year in the Northern hemisphere and share significance in many parts of the world.

Yoga practise contributes to the

*A. Jeyanthi*  
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In the modern world of 21st century the environment is changing for individuals and survival and the human being suffer from stress and more physical and psychological stress. Yoga is a practical science of self development that helps the mind and body to be healthy and balanced.



*Affirmation*

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development of the child and various studies have shown that it contributes to flexibility and muscular fitness and also correct posture defects among school children.

As part of the need courses the prospective teacher education conducted five sessions of yoga teaching to practice yoga by the students in the school.

In the reverse order remove the left leg first from the thigh. Then remove the right leg and assume the initial position.

**BENEFITS :-**

- 1. Padmasana is used for meditation, prayer and worship and for the pranayama practice.
- 2. It developed the physical and mental stability.
- 3. This asana helps for the players to obtain mental control.
- 4. Padmasana keeps the person young.
- 5. The abdominal region receives more supply of blood.
- 6. This improves the digestion process.

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No.1, V.G.R. Gardens, V.G.R. Nagar, Pandur, Thiruvallur District - 631203.

Mobile No. : 9841049379



**20** - **20**

**M.Ed., Degree Programme**

EDUCATIONAL INSTITUTION

Name : **DEVI SHARMA**

Year / Major : **M.Ed II yr.**

Reg.No. : **1230621MD006**



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**Indira**  
EDUCATION

**M.Ed., Degree Course**  
**20 - 20**

Education Institution Record  
College -

This is a Bonafide Record of Mr. / Mrs. / Miss DEVI SHARMA.

Reg. No. 1230621MD006 submitted during the academic year 2021-2023.

Submitted for the M.Ed., Practical Examination held at INDHIRA COLLEGE OF EDUCATION,

Thiruvallur Dt. -631203. On 23-08-2023.

Signature of the Asst.Professor

Signature of the External Examiner

*Ajay Permal*  
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Principal  
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# INDHIRA COLLEGE OF EDUCATION


NAME OF THE STUDENT TEACHER: Devi Shama.

COURSE YEAR : 2021 - 2023.

PERIOD OF INTERNSHIP : 4-11-22 to 25-11-22.


NAME OF THE INSTITUTION : Vadaramyam College  
of Education  
Kadambathur.

NAME OF THE PRINCIPAL : Dr. K. Suelhakar.

  
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# LESSON PLAN - 1

Student Teacher : Devi Shama  
Teaching Group : B. Ed I<sup>st</sup> year.  
Subject : Educational Psychology  
Topic : Motivational Learning  
Date : 7/11/2022  
Time : 45  
College : Vadaramyam College of Education, Kadambatten

  
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Introduction :-

Teacher explains the importance of motivation in learning that takes place in a classroom. The teacher motivates the group to guess the topic themselves by giving some hints that related the topics.

### Teaching Aids:

Text books,

Black board,

Chalk piece.

### Aim:

Students able to understand the term motivation and learning, which is the key concepts to be used in the classroom teaching. Also students able to acquire the knowledge of content through motivation and learning.

### Presentation of the lesson:

#### Explanation I :

The teacher explains the meaning and definition of motivation with the help of the text book. Also asked the students to explain the definition given in the text book. Then explained the types of motivation by writing on the black board.

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## Explanation :- II :-

Maslow's theory of motivation is to be explained by drawing the structure of Maslow's Hierarchy of needs on the black board. Then explains the implication of this theory in education and its uses. Students were asked to share their experience regarding this theory.

## Recapitulation :-

The teacher gave a short recap of the portion taught to know the effective teaching and learning experience then asks few questions from the portion taught.

## Assignment :-

To read the topics discussed in the class and find answer for the respective questions given in the exercise.

Signature of the  
Student Teacher


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Signature of the  
Asst. Professor.



LESSON PLAN - 2

Student Teacher : Devi Shanmugam  
Teaching Group : B.Ed Iyr  
Subject : Educational Psychology  
Topic : Motivation and Learning  
Date : 8/11/2022  
Time : 45 min  
College : Vadaramyams College of Education, Kadambalur

  
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## PREPARATION :-

To test the previous knowledge of the students about motivation. Ask some questions based on motivation and its types.

## TEACHING AIDS:

Text book,  
Black board,  
Chalk piece.

## Aim:

Students were able to understand the role of rewards, reinforcements, punishment, level of aspirations and theories of learning and its educational implications.

## Explanation :-

Asked the students to share their experiences of getting rewards and punishments in their school days. Then explained the role of rewards and punishments.

Then explained the level of aspiration and theories of learning and its educational implication in the classroom environment.

*Ajay Perite*

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Asked the questions from the topic taught so far, including the previous class.

**ASSIGNMENT:**

Students were asked to read the topic taught for last two classes, motivation, Maslow's theory, level of aspiration and theory of learning.

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*A. J. Perin*

Signature of the  
Student Teacher.

*A. J. Perin*  
Signature of the  
Asst. Professor.

# LESSON PLAN - 3

STUDENT TEACHER : DEVI SHARMA

TEACHER GROUP : B.Ed I<sup>st</sup> yr

SUBJECT : Educational Psychology

TOPIC : Motivational and learning

DATE : 9/4/2022

TIME : 45 min

COLLEGE : Vardaranyam College of  
Education, Kadamattam

*A. Effendi*

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## PREPARATION :-

Asked questions about theories of motivation and learning and types of motivation shall be discussed.

## TEACHING AIDS :-

Text book

Black board

Chalk piece.

## Aim :-

Students were able to understand learning and its insight, transfer of learning, level of learning by Gagne.

## EXPLANATION:

The teacher explained the following topics,

- (i) Thorndike's connection, Pavlov's connection, Skinner's operant conditioning.
- (ii) Learning by Insight
- (iii) Transfer of learning
- (iv) Gagne's level of learning.

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RECAPITULATION:-

The teacher recaps the topics from the whole

unit - motivation and learning

ASSIGNMENT:

To read all the questions given at the back of the unit, for the written Test.



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SIGNATURE OF THE  
ASST. PROFESSOR.



# LESSON PLAN - 4

STUDENT TEACHER

: DEVI SHARMA

TEACHING GROUP

: B.Ed Iyr.

SUBJECT

: EDUCATION IN CONTEMPORARY INDIA

TOPIC

: EDUCATIONAL DEMAND OF INDIVIDUAL AND DIVERSE COMMUNITIES.

DATE

: 10/10/2022

TIME

: 45 min

COLLEGE

: Vadnamyam College of Education, Kadambattur

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## PREPARATION:

The teacher motivates the students by asking some questions that related the topic to be taught. The students will guess the topic with teacher's hints.

## TEACHING AIDS :-

- Text book
- Black board
- Chalk piece.

AIM:

Students were able to know about the universalization of education, its programmes, its challenges and pillars of education as viewed by Dele's commission report.

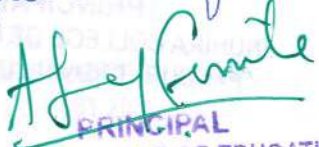
## PRESENTATION AND EXPLANATION:

### EXPLANATION - I :

The teacher explained the importance, need of the universalization of primary education.

### EXPLANATION - II

Then explained the programmes introduced to achieve the universalization of education. Programme are

  
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SSA - Sarva Shiksha Abhiyan

RMSA - Rashtriya Madhyamik Shiksha Abhiyan

RUSA - Rashtriya Uchchaitan Shiksha Abhiyan

Also explained about integrated and inclusion education.

### RECAPITULATION:

Gave a short recap of the topics discussed

### ASSIGNMENT:

To collect more points about the universalization of education and its programmes.



SIGNATURE OF THE  
STUDENT TEACHER



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SIGNATURE OF THE  
ASST. PROFESSOR.

# LESSON PLAN - 5

STUDENT TEACHER : DEVI SARKAR

TEACHING GROUP : B. Ed I yr


SUBJECT : EDUCATION IN CONTEMPORARY INDIA

TOPIC : EDUCATION DEMAND OF INDIVIDUALS  
AND DIVERSE COMMUNITIES

DATE : 11/11/2022

TIME : 45 min

COLLEGE : Vandermiani College of  
Education, Kadambattur

  
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The teacher motivated the students by asking questions that related to the topic.

The hints of the teacher helped the students to find the topic.

**TEACHING AIDS :-**

- Text book
- Black Board
- Chalk piece.

**Aim :-**

Students to understand the challenges in achieving universalization of education.

**PRESENTATION AND EXPLANATION:**  
**EXPLANATION**

*Ajeyfemte*  
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The teacher must asked the students to show their views on the challenges that may be found to achieve universalization of education.

Then the teacher explained the challenges faced to universalisation education.


The teacher must also give enough time to students to students to raise doubt regarding the topic and discussed about the topic


### RECAPITULATION:


The teacher shall give a short recap of the topic discussed in this unit so far.

### ASSIGNMENT:-

To collect notes on education for collection living and peaceful living.

  
SIGNATURE OF THE  
STUDENT

  
PRINCIPAL  
INDHIRA COLLEGE OF EDUCATION  
PANDUR, TIRUVALLUR-631 203

  
SIGNATURE OF THE  
ASST. PROFESSOR.