

	<ul style="list-style-type: none"> ● Types of self esteem ● Strategies for positive behaviour ● Keys to Increasing Self-Esteem 	
Engagement with the Field/ Practicum	<p>Any one of the following :-</p> <ul style="list-style-type: none"> ● General guidelines for performance of the practice of yoga for the beginners Guidelines for the practice of kriyas Guidelines for the practice of asanas Guidelines for the practice of pranayama Guidelines for the practice of kriya yoga Guidelines for the practice of meditation ● Select yoga practices for persons of average health for practical yoga sessions <ul style="list-style-type: none"> Supine position Prone position Sitting position Standing position Kriyas Mudras Pranayamas ● Inspirational clips finding and understanding the meaning behind that. ● Analysing the priority and scheduling priority to minimize the stress. ● Designing and applying activities to develop self-esteem. 	32 hrs.
Mode of Transaction	Lecture-cum-discussion, workshop sessions, assignments, presentations by the students	

Bengali Version :
Course EPC-4 (1.4EPC4)

যোগশিক্ষা : আত্মউপলব্ধি ও বিকাশ

ড. সুজিত পাল ♦ ড. উদয় শঙ্কর কবিরাজ ♦ অভিজিৎ পণ্ডিত

: English Version :
Course EPC-4 (1.4EPC4)

Yoga Education: Self Understanding and Development
Biswajit Samanta

Guidelines for Internal Assessment of the Theoretical papers for Semester IV :

- The teachers involved In the curriculum transaction of Course 1.4.6; 1.4.8B, 1.4.10; 1.4.11, 1.4 EPC3 and 1.4. EPC4 will evaluate achievement and performance of the students in respective course contents by continuous Internal Assessment throughout the semester. The students will have to perform any one Individual Seminar presentation on submitted Assignment on topic of the course contents.
- The concerned teachers will award marks out of full marks 15 and will enter the marks in the prescribed Lists sent by the Controller of Examinations.

Guidelines for Internal and, Eternal Assessment of the Engagement with the Field for Semester IV :

- All the items prescribed in the curriculum are to be discussed in the classes. The concerned teachers will allot the items to the students according to their choice. Not more than 25 students will be allowed to take one item of Practicum.
- For 25 marks i.e., for Course 1.4.6, 1.4.8B, 1.4.10 and 1.4.11, each student will have to perform any one item and for 50 marks i.e. Course 1.4 EPC3 and 1.9 EPC4, each student will have to perform any two items.
- They will have to prepare and submit the handwritten Reports/ Assignment/ Presentation/ Activities etc., to the concerned teachers for their assessment and counter signature. Computerised graphical representation or diagram or pictures may be attached. Differently abled students may submit by probable means.
- The students writ prepare a file with all the items and will submit to the External Examiner appointed by the Controller of Examinations. He/she will evaluate the files along with viva-voce and will send the marks directly to the University through the Specified Award Lists.