



CRITERION I – CURRICULUM ASPECTS

1.3 Curriculum Enrichment

1.3.1 Curriculum Addressing Cross Cutting Issues

1.3.1.2 Courses Offered at Institutional Level

1. VALUE EDUCATION

PART – IV - VALUE EDUCATION (YOGA)

Theory Hours	: 2	Course Code	: U211VE
Practical Hours	: --	Credits	: 2
Exam Hours	: 3	Marks	: 25+75

Objectives: To gain knowledge on Values of life, behaviour, responsibilities, health, disorders and reforms values of life with morality and its impact of globalization, self control regulation, Exercise, meditation, yoga.

Course outcomes:

UNIT I

Introduction to values: Values of life, Factors affecting values of life, significance of life value education

UNIT-II

Behaviour: Respect to the parents, respect to the teachers, worship, self respects

UNIT-III

Social oriented values: Unity, equality, family, Citizen's responsibility, Patriotism

UNIT-IV

Physical and mental health: Quality food, personal hygiene, women's health, Thought power

UNIT-V

Disorders and Reforms: Values of life with morality and its impact of globalization, Impact of media, Reforms, Self control regulation, Exercise, meditation, yoga.

References

1. Jayakrishna (2016). Value education with section on Yoga. Viva Publication.
2. B.K.S.Iyengar (2006). Light on yoga, Thorson Publication.
3. Swami Vishnu Devanandha (1995). Complete Illustration of Yoga, RHUS Publishers.
4. Hansaji J.Yogendra (2018). Yoga for all, Rupa Publications, India.




PRINCIPAL
Government College for Women (Autonomous)
KUMBAKONAM.