

Choice Based Credit System (CBCS) B. Ed. (2024-26) Semester- II

# BED201: PSYCHOLOGICAL PERSPECTIVES IN TEACHING AND LEARNING

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COURSE	CODE CATEGORY C	COURSE NAME	END SEM University Exam	Two Term Exam	Assessment	END SEM University Exam	Assessment	L	Т	Р	CREDITS
BED201	B.Ed.	Psychological Perspectives in Teaching and Learning	60	20	20		-	3		-	3

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P - Practical; C - Credit;

\*Teacher Assessment shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks.

#### COURSE OBJECTIVES:

The objectives of this course are:

- · To develop awareness of the different contexts of learning.
- To gain an understanding of different theoretical perspectives of learning including the constructivist perspective.
- To develop understanding about the concept of teaching from various perspectives. explore teaching strategies to address diversity of students is a classroom.
- To develop an understanding about differential learning needs of the learners with regard to abilities, learning styles, socio-cultural differences, language, and learning difficulties.
- To enable students to identify various factors among different learners for selecting suitable teaching learning strategy

#### COURSE OUTCOMES:

After studying this course, the student will be able to---

- · Define Learning.
- · Define Teaching.
- Discuss factors affecting learning.
- Discuss the role teacher as a negotiator, a co-learner, a transmitter of knowledge and as a facilitator.
- · Describe the nature of learning.
- · Describe learning as construction of knowledge and transmission of knowledge.
- · Differentiate between classical conditioning theory and operant conditioning theory of leaning.
- Explain the theories of learning i.e. Vygotsky's theory, Pavlov's Theory, Skinner's Theory, Asubel's Theory, Kurt Lewin Theory of Learning, Bruner's Theory and Asubel theory.
- · Differentiate Memory and Forgetting.
- Explain the causes of Forgetting.
- Discuss methods of improving Memory.
- Describe the concept of Metacognition.

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# Choice Based Credit System (CBCS) B. Ed. (2024-26) Semester- II

# BED201: PSYCHOLOGICAL PERSPECTIVES IN TEACHING AND LEARNING

#### CONTENTS

#### UNIT I: Learning

Concept of Learning, Nature of Learning, Factors Affecting learning, Implicit knowledge and believes about Learning. Methods of learning- Imitation, Observation, Trial and Error and Insight.

### UNIT II: Teaching and Role of Teacher in Teaching Learning Situations

Concept of Teaching, Teacher as a Facilitator, Teacher as a Transmitter of Knowledge, Teacher as a Negotiator, Teacher as a Co-learner

#### UNIT III: Learning Theory

Behaviorist and Cognitive Perspective: Classical Conditioning Theory, Operant Conditioning Theory, Applications of Pavlov's theory of Learning & Skinner's theory of Learning, Insight Learning Theory and its applications Kurt Lewin Theory and its applications

#### **UNIT IV Construction of Knowledge**

- Distinctions between learning as construction of knowledge and learning as transmission and reception of knowledge,
- Social-constructivist perspective (also Bruner and Ausubel's perspective) and applications of Vygotky's ideas in teaching.
- · Processes to facilitate construction of knowledge
  - (i) Experiential learning and reflection, (ii) Social mediation, (iii) Cognitive negotiability
  - (iv) Situated learning and cognitive apprenticeship, (v) Meta-cognition
- Creating Facilitative Learning Environment: collaborative and self-regulated learning.



# Choice Based Credit System (CBCS) B. Ed. (2024-26) Semester- II

### BED201: PSYCHOLOGICAL PERSPECTIVES IN TEACHING AND LEARNING

#### UNIT V: Memory and Creativity

Memory: Meaning, Definition, Types, Process and Methods of improving memory

Forgetting: Meaning, Definition, Causes of Forgetting, Interdependence of Memory and Forgetting

Creativity: Concept, Aspects, Ways to enhance Creativity

#### SUGGESTED ACTIVITIES (ANY -2)

- Experiment of Classical Conditioning Theory
- · Creating a collaborative project to demonstrate social constructivism,
- Conducting a self-reflection exercise on personal learning experiences
- · Designing a gamified learning module to apply reinforcement principles
- Encourage students to reflect on their own learning process and strategies.

#### REFERENCES:

Carr, D (2005). Making Sense of Education: An Introduction to the Philosophy and Theory of Education and Teaching, Routledge.

Chauhan, S.S. (1998). Advanced Educational Psychology, Vikas Publishing House Pvt., Ltd.

Dandpani, S. (2000). A Textbook of Advanced Educational Psychology, Anmol Pvt. Ltd.

Kundu, C.L. and Tutoo, D.N. (2000). Educational Psychology. Sterling Publishers Pvt. Ltd.

Mangal, S.K. (2007). Essential of Educational Psychology, Prentice Hall of India.

Mathur, S.S.(2000). Educational Psychology, Vinod Pustak Mandir.

NCERT (2005). National Curriculum Framework, New Delhi

Pal, H.R. (2005) Pragat Shiksha Manovigyan. Hindi Madhymik Granth Akadamee.

Skinner, C.E. (1959). Educational Psychology, Prentice Hall.

Woodworth, R.S. and Schlosberg (1971). Experimental Psychology. Oxford and IBH Publishers.

Vygotsky, L. (1997). —Interaction between Learning and Developmentl, In M.

Gauvain & M. Cole (Eds.) Reading on the Development of Children, New York: WH Freeman & Company



### Choice Based Credit System (CBCS) B. Ed. (2024-26) Semester- II

# BED202: CURRICULUM DESIGN AND DEVELOPMENT

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COURSE CODE	CATEGORY	COURSE NAME	TI	HEORY		PRACTI	CAL	L	Т	P	CREDITS
			END SEM University	Two Term Exam	Assessment	END SEM University Exam	Assessment				
BED202	B.Ed.	Curriculum Design and Development	60	20	20	-		3	-	2	3

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P - Practical; C - Credit;

#### COURSE OBJECTIVES:

The objectives of this course are:

- To enable the student teachers to develop understanding of important principles of curriculum construction.
- To help student teachers understand the bases and determinant of curriculum.
- To orient the student teachers with process of curriculum designing and development.
- To acquaint student teachers with curricular content, curriculum implementation and process of curriculum evaluation.

#### **COURSE OUTCOMES:**

After studying this course, the student will be able to---

- · Describe the concept of curriculum.
- · Elaborate the relationship between syllabus and curriculum.
- · Discuss the limitations of Hilda Taba Model of Curriculum.
- · List the types of models of curriculum development.

<sup>\*</sup>Teacher Assessment shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks.



# Choice Based Credit System (CBCS) B. Ed. (2024-26) Semester- II

# BED202: CURRICULUM DESIGN AND DEVELOPMENT

- Evaluate the curriculum of B.Ed. First Semester.
- Discuss the various models of curriculum development.

#### CONTENTS

### UNIT I: Curriculum and its Types

Curriculum: Concept, meaning, Definition and Elements; Relationship between curriculum, syllabus and textbook; Different types of curriculum

# UNIT II: Bases or determinants of Curriculum

Historical, Philosophical, Psychological, Socio- Cultural, Politico-economic and Discipline-oriented considerations

# UNIT III: Curriculum organization & Designing

- Principles of curriculum organisation
- Approaches to curriculum organisation: Subject, Learner and Problem Centered, Process approach

## UNIT IV: Curriculum Development

Curriculum Development: Process & Models of Curriculum Development as

Tylers, Hilda Taba and Wheeler

# UNIT-V: Curriculum Implementation

Role of Curriculum support Materials, Preparation for implementation, Models of implementation

# ACTIVITIES (Any -2)

- Analyzing the existing school level curriculum in relation to principles of curriculum
- Designing of Learning Activities based on different approaches of curriculum.
- Evaluation of any textbook of higher secondary level.
- Prepare curriculum for Experiential Learning.

#### REFERENCES:

Goodland, J. (1979). Curriculum Enquiry the Study of Curriculum Practices. New York: McGraw Hill.

Hass, Glen (1991). Curriculum Planning. A New approach. Boston: Allyn Bacon.

Hooer, Richar(Ed.) (1971). Curriculum: Context, Design and Development. New York: Longmans.

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# Choice Based Credit System (CBCS) B. Ed. (2024-26) Semester- II

# BED202: CURRICULUM DESIGN AND DEVELOPMENT

Oliver, Albert (1977). Curriculum Improvement a Guide Principles and Processes. New York: Harper and Row.

Payne, ID.A. (1973). Curriculum Evaluation: Commentaries on Purpose Process and Product

Boston: D.C. Health

Pratt D. (1980). Curriculum Design and Development. Harcourt, Brace and Jovanvich.

Tanner, D. and Tanner, L. (1980). Curriculum Development: Theory into Practice. Chicago:

University of Chicago Press. Tyagi, G. (2008). Teaching of Social Science, Agarwal Publications.



# Shri Vaishnay Vidyapeeth Vishwayidyalaya, Indore

### Shri Vaishnay Institute of Education Choice Based Credit System (CBCS) B.Ed.(2024-26) SEMESTER II

# BED203 :Historical Perspective and Policy Framework of Education

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BED203	B.Ed.	Historical Perspective and Policy Framework of Education	60	20	20	0	0	3	,		3

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P - Practical; C - Credit;

\*Teacher Assessment shall be based following components: Quiz / Assignment / Project / Participation in Class, given that no component shall exceed more than 10 marks.

## Course Objectives: The student will be able -

- To engage with studies on general introduction to education.
- · To engage with studies on Indian and western aims, function and foundations of education.
- · To engage with studies on Indian education system and functioning of different constitutional bodies of education..
- To introduce student-teachers to New Policy of Education 2020.
- To understand the historical perspective of education.
- To develop an understanding about the different agencies of education,

#### Course Outcomes: The students will be able -

- To explain the basic concept of education.
- To describe the importance of New Policy of Education 2020.
- To differentiate the function of different constitutional bodies of education.
- To explain the importance of different schemes of Govt. of India
- To describe the indian and western aims of education.

#### **UNIT-I: Introduction**

Concept of Education: meaning, definition. Indian and Western aims of Education. Functions of Education, Foundations of Education: Philosophical, Sociological and Psychological functions of Education.

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# BED203: Historical Perspective and Policy Framework of Education

UNIT-II: Perspective of Education

Indian Education System: Ancient, Medieval and Modern age.Secondary Education Commission (1952-5n 3), Education Commission (1964-66) , National Policies on Education: 1968, 1986 and 2020.

#### UNIT-III: Indian Constitution and Education

Democratic values in Indian Constitution

Educational Provisions enshrined in Indian Constitution.

A brief Introduction about Right to Education ACT-2009

New Education Policy: key points of NEP, five pillers, four Cs, vision ,school education structure, teacher education in NEP.

#### UNIT-IV: Structure of Education System

Concept and aims of Indian knowledge System: Elementary Secondary and Higher Education. Different schemes introduced by Govt. of India (brief)- SSA,RMSA and Mid-day meal. Different streams of secondary education like C.B.S.E and I.C.S.E. Secondary school teacher qualifications, competencies ,job profile, professional code of ethical conduct.

#### UNIT-V: Teacher Education and Secondary School Curriculum

Status ,aims and objectives of teacher education in India. Professional organizations in the field of teacher education. Role and Responsibilities of NCTE, NCERT, DSERT, CTE, IASE.

#### ASSIGNMENTS: (Any Two)

- Analysis of New Education Policy 2020.
- 2. Survey of Educational status and problems of community in the context of secondary education
- 3. Analysis of problems faced in teacher education sector in India.
- 4. Study of any one scheme of Govt.of India.

#### REFERENCES

- Agrawal, J.C. (2004). Theory and Principles of Education. Vikas Publishing House. New Delhi
- Anand, C.L. et.al (1983). Teacher and Education in Emerging in Indian Society. NCERT. New Delhi.
- Bais, H. S. (1991/ Shiksha Kee Rooprekha (Outlines of Education). New Delhi: Ashish Publishing House, Punjabi Baug
- Chauhan C.P.S. (2004). Modem Indian Education: Policies, Progress and Problems. Kanishka Publishers, New Delhi
- Gupta, B. R. (1963). Bhartiya Shiksha Ka hihaas. Meerut: Rastogi and Company

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# BED203 :Historical Perspective and Policy Framework of Education

- Gupta, V.K. (2003). Development of Education System in India, Ludhiana: Vinod
- Johari, B. P. and P.D. Pathak (1991). Bhartiya Shiksha Ka Itihaas. Agra: Vinod Pustak
- M. 11. R. D. (1990). Towards an Enlightened and I luman Society, New Delhi: Department of Education.
- Mohanti, J.. (1986). School Education in Emerging Society, Sterling Publishers.
- Mukherji, S.M.. (1966). History' of Education in India, Acharya Book Depot, Baroda.
- NCERT (2005), National Curriculum framework. NCERT. New Delhi
- Pandey, K. P. (1983). Perspectives in Social Foundations of Education. Ghaziabad: Amitash Prakashan.
- Pandey, R. S. (1982). An Introduction to Major Philosophies of Education. Agra: Agrawal Publication
- Pandey, Ramshakal (2014). Udiyaman Bhartiya Samaj Mein Shikshak. Agra: Vinod Pustak Mandir
- Peters. R.S. (1967), The Concept of education, Routledge, United Kingdom.



### Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore Shri Vaishnay Institute of Education Choice Based Credit System (CBCS) B.Ed. Session (2024-26)Semester II

BED204 : Pedagogy of Hindi

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COURSE CODE	CATEGORY	COURSE NAME	т	HEORY		PRACTI	CAL				
			END SEM University	Two Term Exam	Teachers Assessment*	END SEM University Exam	Teachers Assessment*	L	Т	P	
BED204	B.Ed.	Pedagogy of Hindi	60	20	20	0	0	2	1	0	

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P - Practical; C - Credit;

\*Teacher Assessment shall be based on following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks.

Course Objectives: The students will be able to

- Appreciate the importance of teaching Hindi as a second / third Language.
- Help the Students to understand the aims and objectives of teaching Hindi.
- Help pupils to acquire basic skills of Language teaching. Aims/Objectives.
- Know the different methods of teaching.
- Prepare lesson notes and teach accordingly.
- Appreciation and use of modern educational media.

#### Course Outcomes: The students will be able to:

- Apply the knowledge of progressive Hindi curriculum while teaching in school.
- Prepare the lesson plan according different methods of teaching Hindi.
- Use of different types of audio-visual aids while teaching in school.
- Use different innovations in teaching of Hindi.

### UNIT 1: Perspectives of Hindi Language, Aims and Objectives of Teaching Hindi

- Meaning and Concept of Language.
- Nature and the importance of Language.
- Place of Hindi in the Secondary School Curriculum of M.P.
- Present position of Hindi in India
  - (a). In the constitution (b). In the life of Indian people
- Aims of teaching Hindi as a second / third language
- Functional aims to Hindi Teaching
- Cultural Aims of Hindi Teaching National and International Aims of Hindi Teaching

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# Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore Shri Vaishnav Institute of Education Choice Based Credit System (CBCS) B.Ed. Session (2024-26)Semester II BED204 : Pedagogy of Hindi

# UNIT 2: Planning Lessons, Resource Units, Unit Plan, Drill Lessons

- Planning of prose, poetry and Grammers
- Processing of lesson notes and micro lesson plans
- Meaning and importance of a Unit plan and administration
- Resource Unit Use and implications.

# UNIT 3: Language Skills

- Development of language skills listening objectives and importance activities for its
- Speaking Objectives activities for its development role of learning by heart, role-play, extempore and prepared speeches, debates, language games, substitution table need for correction pronunciation - Remedial Measures.
- Reading Objectives Types of reading silent and loud, intensive methods of teaching
- Writing Objectives- Characteristics of handwriting dictation.

# **UNIT 4: Curriculum Design**

- Principles of Curriculum construction of Hindi
- Curriculum Design in Hindi Subject centered Learner centered
- Transaction of curriculum / Co-curriculum, Extra curricular activities pertaining to teaching and learning.

# UNIT 5: Curriculum Development and Evaluation

- Curriculum of prose- poetry and composition. Prose Ancient/Medieval/Modern prose versions. Poetry- Bhakti period - Ritti period - Modern period. Composition - Exercises. Assignments and remedial teaching activities and Grammar-Translations.
- Difference between Measurement. Assessment and Evaluation, Characteristics of good Measurement, Diagnostic Test and Remedial Teaching, Criterion Referenced Testing and Norm Referenced Testing and Norm Referenced Testing, Different types of items, Multiple Discrimination Type Item. Standardizing an Achievement Test, Developing different types of questions in Hindi.

# Assignments (any two)

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## Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore Shri Vaishnav Institute of Education Choice Based Credit System (CBCS) B.Ed. Session (2024-26)Semester II BED204: Pedagogy of Hindi

- Prepare grammar exercise of 8th and 9th standard Textbooks
- A study of an Author/ Poet of higher secondary level.
- Development of Linguistics Skills for secondary level in school.
- Development of digital lesson plan for secondary level.

#### References

- Bhai. Y (1978) Hindi Bhasashikshan. Vinod Pustak Mandir Agra.
- Bhas Vishesshank Patrick (1980) Department of Education, Rajasthan Bikaner
- Chaturvedi, V.S. (1999) Adhapan Kala. Varanasi: Ggopinath Bhargav Nand Kishor and
- Jha. L. (1940) Bhasha Shiksham Paddhbati. Allahabad: N.G. Saigal. U.P Press.
- Keshav Prasad (1984) Hindi Shikshan. Delhi; Dhanpatrai and Sons
- Kothari Commissions Report (1986) Govt. of India, New Delhi
- Narang and Bhatia (1987) Hindi Shikshan Vidhi. Ludhiana: Prakash Brothers.



## Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore Shri Vaishnav Institute of Education Choice Based Credit System (CBCS) B.Ed. Batch (2024-25)

#### Semester – II BED 205: PEDAGOGY OF SCHOOL SUBJECT - ENGLISH

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COURSE CODE	CATEGORY	Pedagogy of School Subject	END SEM University	Two Term Exam	Teachers Assessment*	END SEM University Exam	Teachers	L	Т	Р	CREDITS
BED205	B.Ed.	Pedagogy of School Subject English	60	20	20	0	0	2	£	0	3

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P - Practical; C - Credit;

\*Teacher Assessment shall be based on following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks.

#### Course Objectives

The objectives of this course are:

- To develop a strong foundation in English language teaching methodologies and pedagogy.
- To acquire the necessary skills to teach English effectively in diverse classroom settings.
- To gain an in-depth understanding of language acquisition theories and their practical applications.
- To integrate innovative teaching aids, technology, and assessment strategies in English language instruction.
- To develop the ability to address multilingual challenges and foster inclusive learning environments

#### Course Outcomes

The students will be able to---

- Develop and apply effective English language teaching methodologies and pedagogical strategies.
- Implement diverse instructional techniques to teach English effectively in multilingual and multicultural classrooms.
- Analyze and apply language acquisition theories to enhance student learning experiences.
- Integrate innovative teaching aids, technology, and varied assessment strategies for effective language instruction.
- Address multilingual challenges and promote inclusive learning by adapting teaching methods to diverse learner needs.

#### Chairperson



# Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore Shri Vaishnav Institute of Education Choice Based Credit System (CBCS) B.Ed. Batch (2024-25)

### Semester – II BED 205: PEDAGOGY OF SCHOOL SUBJECT - ENGLISH

#### CONTENTS

### UNIT 1: Role and Status of English Language in India

Definition, Characteristics and role of Language, Various forms of language and their significance, English as a colonial language and its impact, English in post-colonial times and its role in education, English as a language of knowledge and its position as a second language in India, English and Indian languages: Influence and interaction, English as a global link language, Challenges in teaching and learning English.

#### UNIT 2: Nature of Language

Language its nature and structure- Meaning of language, functions of language. Structure of English Language- Phonological, Morphological, Syntactic, Semantic and Graphic( a brief explanation of the concepts)

#### UNIT 3: Acquisition of Language Skills:

### Teaching of four basic skills:

- Listening: (i) Meaning and Components of listening, (ii) listening and other skills,
   (iii) Intensive and Extensive listening, (iv) Teaching of listening
- Speaking; (i) Elements of speech (ii) Importance of speaking skill, (iii) Improving speaking skill
- Reading; (i) Significance (ii) Good Reading Habits, , (iii) Different types of Readings:
- aims, characteristics and importance of each type (iv) Methods of Teaching reading
   Writing: (i) Function of writing (ii) Stages and methods of writing, (iii) Mechanics of writing (iv) Characteristics of Good writing (v) Teaching of Writing

# UNIT 4: Theories and Approaches to Language Learning

- Psychological principles of learning English as foreign language, Methods and approaches of teaching English
- Grammar Translation Method, Direct method Bilingual method, Dr. West method, Structural approach, Communicative approach
- Lesson Planning:
- (i) Definition, importance, types and characteristics of a good lesson plan; (ii) Planning of prose, poetry, grammar and composition lesson with reference to their teaching methods & (iii) Different exposition techniques.



## Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore Shri Vaishnav Institute of Education Choice Based Credit System (CBCS) B.Ed. Batch (2024-25)

### Semester – II BED 205: PEDAGOGY OF SCHOOL SUBJECT - ENGLISH

Unit 5: Teaching Aids and Evaluation

Teaching aids: Type and role in language teaching, (ii) Textbook: Definition, Importance and Criteria of a good text book, (iii) Diagnostic and remedial technique-meaning and importance.(iv) Language Laboratory: Concept and importance Evaluation: Conventional and New approaches

#### ACTIVITIES (ANY TWO)

- Prepare the Lesson plan on any one Approach
- · Prepare Teaching Aids on any one topic of English Literature.
- · Analyse any one English literature textbook of higher secondary level.

#### Suggested Readings

- Brown, H. D. (2007). Principles of Language Learning and Teaching (5th ed.). Pearson Education.
- Crystal, D. (2003). English as a Global Language (2nd ed.). Cambridge University Press.
- Krashen, S. D. (1982). Principles and Practice in Second Language Acquisition. Pergamon Press.
- Kumar, S., & Lata, P. (2018). Communication Skills: A Guide for Engineering and Science Students. Oxford University Press.
- Richards, J. C., & Rodgers, T. S. (2014). Approaches and Methods in Language Teaching (3rd ed.). Cambridge University Press.
- Yule, G. (2016). The Study of Language (6th ed.). Cambridge University Press.
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- Ministry of Education, Government of India. (2020). National Education Policy 2020.
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# Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore Shri Vaishnav Institute of Education Choice Based Credit System (CBCS) B.Ed. Semester II (Batch 2024-2026)

BED207: Pedagogy of Mathematics

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COURSE CODE		COURSE NAME	END SEM University Exam	Two Term Exam	Teachers Assessment*	END SEM University Exam	Teachers Assessment*	L	Υ	P	CREDITS
BED207	B.Ed.	Pedagogy of Mathematics	60	20	20	0	0	2	1	0	3

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P - Practical; C -Credit; Q/A-Quiz/Assignment/Attendance MST Mid Sem Test

#### Course Educational Objectives: The students will be able-

- To help student teachers appreciate the distinctive character of Mathematics and the power and beauty of Mathematical type of reasoning.
- To develop in student teachers the ability to spell out aims and objectives teaching the subject as secondary level.
- To train student teachers in different methods and approaches of Teaching Mathematics.
- To impart the skill of handling the diverse techniques of developing interest among students of Mathematics.
- To empower student teachers to develop tests for assessing readiness, attainments, and specific weakness of school learners.

#### Course Outcomes: The students will be able -

- Develop an understanding of Motivation, Leadership Organizational Culture
- Utilize work attitude and job motivation in organizations.
- Analyse organizational development interventions program
- Utilize the knowledge of various types of leadership in organizational setting.
- Demonstrate the techniques for improving QWL.

Contents



# Shri Vaishnay Vidyapeeth Vishwavidyalaya, Indore Shri Vaishnav Institute of Education Choice Based Credit System (CBCS) B.Ed. Semester II (Batch 2024-2026) BED207: Pedagogy of Mathematics

Unit - I: Introduction

Philosophy of Mathematics and basic understanding of discipline, Major landmark in the evolution of Mathematics, Nature of Mathematics and its difference with scientific knowledge,

# Unit- II Aims and objectives of teaching Mathematics:

Aims and objectives of teaching Mathematics at secondary stage,

Unit- III: Pedagogical Planning and Methodology for Mathematics Pedagogy

Development of Yearly, monthly and Daily teaching plans, Content Analysis, Unit Planning and Lesson Planning, Steps of Developing lesson plan, Cognitive Lesson Plan.

Methods of Teaching Mathematics to secondary classes: Inductive, Deductive, Analytic, Synthetic, Laboratory, Drill, Heuristic and Project, Mathematics Textbook and Mathematical Laboratory.

Unit IV: Introduction: Evaluation in Mathematics

Test, Measurement, evaluation, assessment: meaning and differences, Construction of Achievement test, Textbook evaluation,

Unit-V: Development of learning resources

Online and offline learning resources, Charts, Model, Experiments, Quiz, Games.

### Activities: (Any Two)

- Historical Mapping of the Different Concepts in Mathematics.
- Historical Development of Mathematics as discipline.
- Assignment on the famous Indian and Foreign Mathematicians.
- Developing lesson plans & Unit plans.
- Developing various teaching aids.
- Preparation of programmed learning material for selected Units in Mathematics.
- Critical Evaluation of Mathematics text book.
- Construction of various types of test items.
- Construction of achievement and diagnostic tests.



# Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore Shri Vaishnav Institute of Education Choice Based Credit System (CBCS) B.Ed. Semester II (Batch 2024-2026) BED207: Pedagogy of Mathematics

# REFERENCES:

- Aggrawal, R.N. (1967). Ganit Shikshan ki Adhunik Vidhiyan. New Delhi: Goyal Publishing House.
- Aiyanger, K. (1964). The Teaching of Mathematics in the New Education. New Delhi: Universal Publications.
- Anice, J. (2008). Methods of Teaching Mathematics. New Delhi: Neelkamal.
- Baderia, G.S.(1991). Fascinations of Mathematical Puzzles. New Delhi: Arya Book Depot.
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# Shri Vaishnav Vidyapeeth Vishwavidyalaya SHRI VAISHNAV INSTITUTE OF EDUCATION

Choice Based Credit System (CBCS) B.Ed. Session (2024-26)

1" YEAR, SEMESTER - II

BED208: Pedagogy of School Subject: - Science

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COURSE	CATEGORY	COURSE NAME	END SEM University Exam	Two Term Exam	Teachers ssessment*	END SEM University Exam	Teachers Assessment*	L	т	Р	E D I T S
BED208	B.Ed.	Pedagogy of school Subject: - Science	60	20	20	0	0	2	1	0	3

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P - Practical; C - Credit.

\*Teacher Assessment shall be based on following components: Quiz/Assignment/
Project/Participation in Class, given that no component shall exceed more than 10 marks.

# Course Educational Objectives: The students will be able:

- To acquaint B.Ed. students with the nature of Physical science& its place in the school curriculum
- To develop an understanding about the relationship of Physical science with other school subjects.
- To familiarize B.Ed. students with the aims and objectives of Physical science teaching for secondary school students.
- To acquaint B.Ed. students with different aspects of lesson planning.
- · To acquaint B.Ed. students with different types of teaching methods in Physical science.
- To familiarize B.Ed. students with different aspects of Physical science laboratory and Learning resources in Physical science.
- To acquaint students with different co-curricular activities related to Physical science for secondary students.
- To make student examine different pedagogical issues in learning physical science.

#### Course Outcomes: The students will be able to:

- · Practice innovative pedagogical skills and evaluation techniques at their workplace.
- · Plan and organise their teaching strategies effectively.
- · Develop improvised apparatus for consent topic of physical science.



# Shri Vaishnav Vidyapeeth Vishwavidyalaya SHRI VAISHNAV INSTITUTE OF EDUCATION

Choice Based Credit System (CBCS) B.Ed. Session (2024-26)

1st YEAR, SEMESTER - II

BED208: Pedagogy of School Subject: - Science

- Organises field trip and science fair at their workplace.
- Acquaint students with different ways of creating learning situations in learning different concepts of physical science

#### COURSE CONTENT

#### UNIT-I: Nature & Scope of Science: -

Science definition. Science as a body of knowledge: Facts, concepts, principles, laws and theories, Science as a process of constructing knowledge: Scientific method, Scientific Literacy and Scientific Attitude. Characteristics of person bearing scientific attitude. Relationship of Physical Science with other subjects, Contribution of science in Human Welfare.

# UNIT II: Aims and Objectives of Teaching Physical Science: -

Aims and objectives of teaching physical science: Meaning, bases, types and different domains and Stages. Differences between aims and objectives, general and specific objective, educational and instructional objectives. Writing Instructional Objectives in behavioural terms and their role in evaluation of educational outcomes in Physical Science.

### UNIT III: Methodology for Physical Science: -

Methods of Teaching Physical Science: Lecture method, Demonstration, Problem Solving, Laboratory, Panel Discussion, Role Play, Project Method, experiential method, Active learning Strategies. Models of Teaching: Concept Attainment Model, Inquiry Training Model

## UNIT IV: Instructional Planning: -

Development of Unit & Lesson plans: Need, Meaning, Definition and Steps, Herbertian & Bloom's evaluative approaches to lesson planning. Pedagogical Analysis.

### UNIT V: Learning Resources: -

Laboratories in Physics and Chemistry: Planning, organization, maintenance & safety measures. Science clubs, Science Fair & Field Trips: Planning & organization. Exploring alternative resources: Improvisation of apparatus. developing science kit, Model, Charts.

#### ACTIVITIES:

- Science exhibition: Planning /organization/Evaluation
- Organization of panel discussion or seminar on current issues of science



# Shri Vaishnav Vidyapeeth Vishwavidyalaya SHRI VAISHNAV INSTITUTE OF EDUCATION

Choice Based Credit System (CBCS) B.Ed. Session (2024-26)

1st YEAR, SEMESTER - II

BED208: Pedagogy of School Subject: - Science

- · Development of improvised material
- · Biography of some eminent scientists
- Organisation of different activities on Science Days

#### REFERENCES:

- Das,R.C.(1985). Science Teaching in School. New Delhi: Sterling Publisher.
- Gupta, S.K. (1985). Teaching Physical Science in Secondary Schools. New Delhi: Sterling Publishers.
- Mangal, S.K. (1982). Teaching of Science. New Delhi: Agra Book Depot
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- NCERT, (2005). 'Focus Group Report' Teaching of Science. New Delhi: NCERT
- Sharma, R.C. (1975). Modern Science Teaching. Delhi: Dhanpatrai & Sons.
- Thurber, W.A. & Collette, A.T. (1970). Teaching of Science in Today's Secondary School. Boston: Allayed Bacon Inc. Vaidya, N. (1996). The Impact of Science Teaching New Delhi: Oxford Publishers.
- Burner, J.S. (1966). Towards a theory of Instrucation. Cambridge: Bolknap Press.
- Tobin,K.(1993). The practice of Constuctivism in Science Education. Newyork: Lawrence Erlbaum Associatrs.



# Shri Vaishnav Vidyapeeth Vishwavidyalaya SHRI VAISHNAV INSTITUTE OF EDUCATION

Choice Based Credit System (CBCS) B.Ed. Session (2024-26)

1" YEAR, SEMESTER - II

BED210: Pedagogy of School Subject: - Biological Science

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COURSE	CATEGORY	COURSE NAME	END SEM Talversky Exam	Two Term Exam	Teachers sessment*	END SEM University Exam	Teachers Assessment*	L	т	p	1 1 9
BED210	B.Ed.	Pedagogy of School Subject: - Biological Science	60	20	20	0	0	2	1	0	3

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P - Practical; C - Credit.

\*Teacher Assessment shall be based on following components: Quiz/Assignment/
Project/Participation in Class, given that no component shall exceed more than 10 marks.

#### Course Educational Objectives: The students will be able:

- To acquaint B.Ed. students with the nature of Biology.
- To develop an understanding about the relationship of biology with other school subjects.
- To familiarize B.Ed. students with the aims and objectives of biology teaching to secondary school students.
- To acquaint B.Ed. students with different aspects of lesson planning.
- To acquaint B.Ed. students with different types of teaching methods in biology teaching.
- To familiarize B.Ed. students with different aspects of biology laboratory and audio visual aids, excursion, etc.
- To develop critical understanding and development of biology curriculum.
- To acquaint students with different co-curricular activities related to biology for secondary students

#### Course Outcomes: The students will be able to:

- Practice innovative pedagogical skills and evaluation techniques at their workplace.
- Plan and organise their teaching strategies effectively.
- Develop charts and model for teaching biological science.
- Organises field trip and biology science fair at their workplace.



# Shri Vaishnav Vidyapeeth Vishwavidyalaya SHRI VAISHNAV INSTITUTE OF EDUCATION

Choice Based Credit System (CBCS)

B.Ed. Session (2024-26)

1" YEAR, SEMESTER – II
BED210: Pedagogy of School Subject: - Biological Science

 Acquaint students with different ways of creating learning situations in learning different concepts of physical science

#### COURSE CONTENT

UNIT-I: Nature & Scope of Biological Science: -

Meaning and definition of biological science, Nature of biological science. Contribution of biological science in Human Welfare, Scientific methods.

UNIT II: Aims and Objectives of Teaching Biological Science: -

Aims and objectives of teaching biological science: Meaning, bases, types and different domains and Stages. Differences between aims and objectives, general and specific objective, educational and instructional objectives. Writing Instructional Objectives in behavioural terms and their role in evaluation of educational outcomes in Biological Science.

UNIT III: Methodology for Physical Science: -

Methods of Teaching Physical Science: Lecture method, Demonstration, Problem Solving, Laboratory Method, Inductive and Deductive Method, Role Play, Project Method, experiential method, Active learning Strategies.

UNIT IV: Instructional Planning and Learning Resources

Development of Unit & Lesson plans: Need, Meaning, Definition and Steps, Herbertian & Bloom's evaluative approaches to lesson planning. Pedagogical Analysis.

Laboratories in Physics and Chemistry: Planning, organization, maintenance & safety measures. Science clubs, Science Fair & Field Trips: Planning & organization. Exploring alternative resources: Improvisation of apparatus. developing science kit, Model, Charts.

UNIT V: Assessment and Evaluation: -

Meaning of measurement, assessment and evaluation. Difference among these three terms, Types of tests, criterion for good test, achievement test and teacher made test, construction of test.

#### **ACTIVITIES:**

- Biology Science exhibition: Planning /organization/Evaluation
- Organization of panel discussion or seminar on current issues of biological science
- Developed lesson plan on above mentioned pedagogical techniques.



# Shri Vaishnav Vidyapeeth Vishwavidyalaya SHRI VAISHNAV INSTITUTE OF EDUCATION

Choice Based Credit System (CBCS)

B.Ed. Session (2024-26)

1" YEAR, SEMESTER - II

# BED210: Pedagogy of School Subject: - Biological Science

- Biography of some eminent scientists
- Organisation of different activities on Science Days

#### REFERENCES:

- Bhat, B.D. and Sharma, S.R. (1993). Methods of Science Teaching. New Delhi: Kanishka Publishing House.
- Das, R.C. (1985). Science in Schools. New Delhi: Sterling Publishers. Gupta, S.K. (1983).
   Teaching of Science Education. New Delhi: Vikas Publishers.
- Gupta, S.K. (1985). Teaching Physical Science in Secondary. New Delhi: Sterling Publishers. Thurber,
- W.A. & Collette, A.T. (1970). Teaching of Science in Today's Secondary School. Boston: Allayed Bacon Inc.
- Vaidya, N. (1996). The Impact of Science Teaching New Delhi: Oxford Publishers.
- Gupta, V.K. (1995). Teaching and Learning of Science and Technology. NewDelhi: Vikas Publishing House Pvt. Ltd.
- Kishore, L. (1991). Teaching of Physical Science. Delhi: Doaba House.
- Mangal, S.K. (1982). Teaching of Science. New Delhi: Agra Book Depot.



### Choice Based Credit System (CBCS) B. Ed. Batch (2024-26) Semester - II

# BED212: PEDAGOGY OF SCHOOL SUBJECT - SOCIAL SCIENCE

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CODE	CODE CATEGORY CO	COURSE NAME	END SEM University Exam	Two Term Exam	Assessment	END SEM University Exam	Assessment	L	Т	Р	CREDITS
BED212	B.Ed.	Pedagogy of School Subject - Social Science	60	20	20	*		2	1	*	3

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P - Practical; C - Credit;

#### COURSE OBJECTIVES:

The objectives of this course are-

- To enhance student teachers' awareness of the perspectives in Social Science.
- To orient student teachers to traditional and modern Methodologies of teaching social sciences.
- To develop competency among student teachers in the skills of preparing lesson plan.
- To prepare student teachers to construct the achievement test.
- To provide student teachers with the opportunities for understanding community and social institutions as well as their various problems by field activities.

#### COURSE OUTCOMES:

After studying this course, the student will be able to---

- · Describe the concept of social science.
- · Differentiate the concept social science and social studies.
- Construct the instructional objectives in behavioural terms.
- · List the various methods of teaching social science.
- · Elaborate the steps of lesson plan.
- Prepare the lesson plans on different methods of teaching.
- List of various techniques of teaching social science.
- Prepare the teaching aids for the lesson presentation.
- Differentiate the measurement, assessment and evaluation.
- Construct various types of test items.
- · Critically review the social science textbook.

#### CONTENTS

#### UNIT I: Perspectives in Social Sciences

Concept, Scope and Holistic Nature of Social Sciences

Chairperson Board of Studies- Education Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore Chairperson Faculty of Studies-Education Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore Controller of Examination Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore

Registrar Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore

<sup>\*</sup>Teacher Assessment shall be based following components: Quiz/Assignment/ Project/Participation in Class, given that no component shall exceed more than 10 marks.



### Choice Based Credit System (CBCS) B. Ed. Batch (2024-26) Semester - II

# BED212: PEDAGOGY OF SCHOOL SUBJECT: SOCIAL SCIENCE

- · Relationship of Social Science with other subjects and within the subject.
- Aims and Objectives of Teaching Social Studies at different stages.
- · Social Science vs. Social Studies
- · Role of Social Science Teacher.

#### UNIT II: Curriculum and Instructional Planning

- Organization of Social Science Curriculum at School Level
- · Instructional Planning: Concept, Need and Importance
- · Unit Plan: Concept, Need, Importance and Procedure
- · Lesson Plan: Concept, Need, Importance and Procedure

#### UNIT III: Approaches to Teaching of Social Studies

- · Concept of Approach, Method and Strategies
- · Methods of Teaching Social Science:
  - Traditional Method: Lecture Method, Textbook Method Story Telling
  - Modern Method: Discussion Method, Source Method, Project Method, Problem Solving Method, Discovery Method, Survey Method
- Devices and techniques of Teaching Social Science:
  - Narration, Description, Illustration, Questioning, Field Trip, Role Play, Inductive Deductive Thinking, Concept Mapping,
- Instructional Resources for Teaching of Social Science
  - Map and Globe, Charts, Chalk-boards, Smart-boards, Powerpoint Presentation, eresources, Social Science Club

#### UNIT IV: Social Science Textbook & Reference Books

- · Basic Principles of preparing a social science text-book.
- Steps for the development of social science book.
- · Criteria and Procedures for the critical review of a social science textbook.



# Choice Based Credit System (CBCS) B. Ed. Batch (2024-26) Semester - II

# BED212: PEDAGOGY OF SCHOOL SUBJECT: SOCIAL SCIENCE

# UNIT V : Evaluation of Learning in Social Science

- Concept of Assessment, Measurement and Evaluation & Continuous Comprehensive Assessment
- Techniques of Evaluating Learner Achievement in Social Science: Oral Test, Written Test, Portfolio
- · Types of Test Items
- · Achievement Test and Diagnostic Test
- · Construction of Teacher Made Test

#### ACTIVITIES (Any Two)

- Preparation of Teaching Aids
- · Preparation of Achievement Test
- Evaluation of Social Science Textbook
- Visit to a political, economic, social or historical place or institution and presenting a report

#### REFERENCES

Aggarwal, J.C. (1982). Teaching of Social Studies, Vikas Publishing House Pvt.Ltd.

Bining and Bining (1972). Teaching of Social Studies in Secondary Schools. McGraw Hill Book Co.

Heller, F. (1986). The Use and Abuse of Social Sciences. London: Sage Publications, 1986.

Kochhar, S.K. (1988). The Teaching of Social Studies, Sterling Publishers Pvt.Ltd..

Kochhar, S.K. (1986). Methods and Techniques of Teaching, Sterling Publishers Pvt. Ltd.

Kochar, S. K. (1996). Teaching History, Sterling Publishers Private Limited

Mangal, S. K. and Mangal, U. (2009). Essentials of Educational Technology, PHI Learning Pvt.Ltd.

Marsh, D.A. (Ed.) (1965). The Social Sciences. London: Rouletdge and Kegan Paul.

Sharma, R. S. (2001). Principles of Evaluation and social Science, Vinod Pustak Mandir.

Trigg, R. (1985). Understanding Social Studies. Basics Black Well.

Tyagi, G. (2008). Teaching of Social Science, Agarwal Publications.



# Shri Vaishnav Vidyapeeth Vishwavidyalaya, Shri Vaishnav Institutte of Education Choice Based Credit System (CBCS) B.Ed. (2024-26) SEMESTER - II

BED217: Pedagogy of Commerce

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COURSE	CATEGORY	COURSE NAME	L	Т	P	E D I T S	END SEM Iniversity Exam	Two Torm Exam	Teachers	END SEM University Exam	Teachers Assessment*
BED217	B.Ed.	Pedagogy of Commerce	2	1	0	3	60	20	20	6	.0

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P - Practical; C - Credit. \*Teacher Assessment shall be based on following components: Quiz / Assignment / Project / Participation in Class, given that no component shall exceed more than 10 marks

### Course Objectives: The student will be able -

- To acquaint students with concept of teaching of Commerce.
- · To familiarize students with aims & objectives of teaching commerce at secondary level.
- To develop ability among students of writing instructional objectives for teaching of commerce.
- To acquaint students with different methods of teaching commerce.
- To develop competency among students for preparing lesson plan according different methods of teaching Commerce.
- · To familiarize students with different types of audio-visual aids and their uses in teaching of Commerce.
- To accustom students with the progressive commerce curriculum.
- To familiarize students with different innovations in teaching of Commerce.

#### Course Outcomes: The students will be able to:

- Apply the knowledge of progressive commerce curriculum while teaching in school.
- Prepare the lesson plan according different methods of teaching Commerce.
- · Use of different types of audio-visual aids while teaching in school.
- Use different innovations in teaching of Commerce.

#### COURSE CONTENT

#### Unit 1 - Introduction:

Concept ,Nature and Scope of Commerce. Importance of Commerce and its teaching. Relationship of Commerce with other School Subjects such as Economics, Sociology, Mathematics, Psychology , Science , Aims and Objectives of Teaching of Commerce.



# Shri Vaishnav Vidyapeeth Vishwavidyalaya, Shri Vaishnav Institutte of Education Choice Based Credit System (CBCS) B.Ed. (2024-26) SEMESTER - II BED217: Pedagogy of Commerce

BED217: Pedagogy of Commerce

Unit 2 - Taxonomy and Methods:

Taxonomy of Instructional Objectives. Writing Instructional Objectives for teaching Commerce. Lecture Method, Problem Solving Method, Inductive Method, Deductive Method, Project Method, Survey Method: meaning, definition, steps, advantages, limitations, suggestions for its uses.

Unit 3 - Techniques and Audio Visual Aids in Commerce:

Techniques of teaching Commerce subject: Questioning -answering, Assignment, Observation, Explanation and Illustration. Audio - Visual Aids: Concept, Need and Importance, Different Audio -Visual Aids - Blackboard, Charts, Diagrams, Cartoons, Picture, Models, Globe .Projector, Film, Radio, T.V. etc and their use in effective Commerce teaching.

Unit 4 - Lesson Planning and Innovations in teaching of Commerce:

Lesson Planning - Meaning, Need & Importance; Characteristics of a good Lesson Plan, Steps of Lesson Planning, Designing Lesson Plans in accordance with each of the prescribes methods of Teaching.

Innovations: Use of Computers in teaching Commerce., Jerk Technology in teaching of Commerce.

#### Unit 5 - Commerce Curriculum and Evaluation:

Syllabus and Curriculum: meaning, definition, Principles involved in transaction of Commerce Curriculum, Difference between Curriculum and Syllabus.Ideal Commerce Textbook. Evaluation in Commerce: Concept of Measurement, Assessment and Evaluation in Commerce Teaching, Different methods of evaluation in Commerce such as Multiple Discriminant Type Items, Open Book Exam etc.

#### ACTIVITIES: (Any Two)

- · Review of Commerce curriculum of a class at Senior Secondary Level
- Development of self-instructional material on any topic of Commerce.
- Evaluation of Textbook
- Development of digital lesson plan for Senior Secondary Level
- Preparation of Models and Charts for teaching Commerce

#### REFERENCES:

- Bhatia, S.K.: Method of Teaching Accounts. New Delhi: Institute of Advanced Study in
- Education Unit, 1995.
- Jain, K.C.: Vanijay Shikshan. Jaipur: Hindi Granth Academy, 1994
- Joyce, B. & Doyce, B. & Doyce
- P Publications, 2006.
- Pal, H.R and Pal, R.: Curriculum

  Yesterday, Today and Tomorrow. New Delhi: Shipra
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- A. Triagle, B. P. Morrier, Triagle, S. Translating, of Community, Agent, Princel Principle Manufall, 1998.



# Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore Shri Vaishnav Institute of Education Choice-Based Credit System (CBCS) B. Ed. SEMESTER- II (2024-26)

BED220: Understanding the Self

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Subject	Com			Theory		Practic	ní				Г
Code	Category	Subject Name	End Sem University Exam	Two Term Exam	Teachers Assessment	End Sem University Exam	Teachers Assessme nt	L	т	P	CBEDITE
BED220	B.Ed.	Understanding the Self		-	-	30	20	0	0	2	

Legends: L - Lecture; T - Tutorial/Teacher Guided Student Activity; P - Practical; C - Credit;

Project/Paris shall be based on the following components: Quiz/Assignment/

Project/Participation in Class, given that no component shall exceed more than 10 marks.

# Course Educational Objectives: The students will be able-

- To understand the importance of self
- To know about the Aim of life.

# Course Outcomes: The students should be able -

- To understand the concept of self.
- To understand the concept of Self-Assessment.
- To understand the application of Understanding the self.
- To learn different yoga practice methods, precautions, benefits for Understanding the Self.

# Unit-1: Understing Self Concept, Esteem and Realization

Meaning of Self Realization, Self Esteem, Self Concept, Related activities for Understand the self & self reflection.

# Unit-2: Understanding the self through Holistic Wellbeing

Physical Health, Mental Health, Social Health, Intellectual health, Spiritual Health

#### Unit-3: Practice for Understand the self

Shathkarma, Suryanamaskar, Shukhsma Vyayam, Asanas, Pranayama, Mudra, Bandh and Dhyana(Chakra Meditation, Jyoti Meditation, Sun Meditation)

Chairperson
Board of Studies of
Education
Shri Vaishnav Vidyapeeth
Vishwavidyalaya, Indore

Chairperson Faculty of Studies-Education Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore Controller of Examinations Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore

Registrar Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore



# Shri Vaishnav Vidyapeeth Vishwavidyalaya, Indore Shri Vaishnav Institute of Education Choice-Based Credit System (CBCS) B. Ed. SEMESTER- II (2024-26)

BED220: Understanding the Self

# Unit-4: Self Management through Yoga

Meaning of Self management, Chitta and chitta vritti, Obstacle in self management, Panchkosh Management, Tridosh management

# Unit-5: Ancient Tradition to Know the self

Yoga Philosophy and its role for wellbeing, Gyan Yoga, KarmaYoga, Bhaktiyoga, Hathy

#### Activities: (Any Two)

- Vision as a person: Aspiration and purpose of the life.
- Understanding one's Strengths and weakness through self observation.
- · Developing positive self esteem,
- Diary writing for self Assisment.
- Develop the capacity to establish peace within one self.

#### References:

- Saraswati, S. N. (2012). Gheranda Samhita. Yoga Publication Trust, Munger, Bihar, India.
- Satyananda Swami (1996). Asana Pranayama Mudra Bandha (3rd rev.). Yoga Publications Trust, Munger, Bihar, India.
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   Publication Trust, Munger Bihar
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