anatomy and physiology lesson plan

anatomy and physiology lesson plan is a vital tool for educators who aim to provide a comprehensive understanding of the human body's structure and functions. Crafting an effective lesson plan in this complex subject requires a thoughtful approach that accommodates diverse learning styles while ensuring that students grasp essential concepts. This article will delve into the various elements that constitute an effective anatomy and physiology lesson plan, including objectives, instructional strategies, assessment methods, and resources. Additionally, we will explore best practices for engaging students and enhancing their learning experience in this fascinating field.

The following sections will outline the key components of an effective anatomy and physiology lesson plan and provide insights into how to implement these elements in the classroom.

Understanding Anatomy and Physiology

Anatomy and physiology are two intertwined disciplines within the biological sciences that focus on the structure and function of living organisms. Anatomy refers to the study of the physical structures and their relationships, while physiology examines the functions of these structures. Together, they provide a holistic view of how the body operates, making them essential subjects for students pursuing careers in health sciences, biology, and related fields.

When designing a lesson plan, it is crucial to recognize the significance of both anatomy and physiology. Educators should create an environment where students can appreciate the complexity and interdependence of body systems. This understanding encourages critical thinking and application of knowledge in real-world scenarios, such as medical professions, research, and fitness.

Key Components of a Lesson Plan

An effective anatomy and physiology lesson plan typically includes several key components that guide the teaching process. Each component plays a vital role in ensuring that the learning objectives are met and that students engage meaningfully with the material.

Learning Objectives

Clear and measurable learning objectives are essential for guiding the lesson. These objectives should specify what students are expected to know or be able to do by the end of the lesson. Effective learning objectives often follow the SMART criteria: Specific, Measurable, Achievable, Relevant, and Time-bound.

- Specific: Clearly define what students will learn.
- Measurable: Establish criteria for assessing student understanding.
- Achievable: Set realistic goals that students can attain.
- Relevant: Ensure that the objectives align with curriculum standards.
- Time-bound: Specify the timeframe for achieving the objectives.

Lesson Activities

Engaging lesson activities are critical for reinforcing the concepts taught. These activities should cater to various learning styles and preferences to ensure that all students can participate effectively. Some popular activities for anatomy and physiology lessons include:

- Hands-on dissections or models to explore anatomical structures.
- Interactive simulations and virtual labs to visualize physiological processes.
- Group discussions and presentations to foster collaborative learning.
- Case studies that apply knowledge to real-life medical scenarios.

Instructional Strategies for Teaching

Choosing the right instructional strategies enhances student engagement and comprehension. Educators should consider a variety of teaching methods to accommodate different learning styles and preferences.

Direct Instruction

Direct instruction involves explicit teaching of concepts through lectures or presentations. This method is effective for delivering foundational knowledge in anatomy and physiology. Educators can use visual aids, such as diagrams and videos, to illustrate complex structures and functions.

Collaborative Learning

Encouraging students to work together in groups fosters collaboration and peer learning. Group projects, discussions, and peer teaching activities can help students reinforce their understanding and gain new perspectives on the material.

Inquiry-Based Learning

Inquiry-based learning encourages students to ask questions, develop hypotheses, and conduct experiments. This approach promotes critical thinking and allows students to engage deeply with the subject matter. Educators can facilitate inquiry by providing guiding questions and resources for research.

Assessment Methods

Assessing student understanding is vital for determining the effectiveness of the lesson plan. Various assessment methods can be employed to evaluate student learning in anatomy and physiology.

Formative Assessments

Formative assessments provide ongoing feedback during the learning process. These assessments can include quizzes, exit tickets, or informal observations of student participation. They help educators identify areas where students

may need additional support and adjust instruction accordingly.

Summative Assessments

Summative assessments evaluate student learning at the end of a unit or lesson. Common methods include tests, projects, or presentations. These assessments should align with the learning objectives and provide a comprehensive measure of student understanding.

Resources and Tools for Educators

Incorporating a variety of resources and tools can enhance the learning experience in anatomy and physiology. Educators should consider the following types of resources:

Textbooks and Reference Materials

Standard textbooks provide foundational knowledge and can serve as a primary resource for students. Additionally, supplementary reference materials, such as anatomy atlases and physiology guides, can deepen understanding.

Digital Resources

Utilizing digital resources, such as educational websites, online courses, and interactive software, can engage students and provide diverse learning opportunities. Many platforms offer virtual dissections and simulations that allow students to explore anatomy and physiology in an immersive way.

Laboratory Equipment

For hands-on learning, access to laboratory equipment, such as models, dissection kits, and biological specimens, is essential. These tools enable students to apply theoretical knowledge in practical settings, enhancing their learning experience.

Engaging Students in Learning

To foster a love for anatomy and physiology, educators must focus on creating an engaging learning environment. Here are several strategies to captivate students' interest:

Relating Content to Real-World Applications

Connecting anatomy and physiology concepts to real-world scenarios, such as healthcare practices, sports medicine, or everyday health, helps students see the relevance of what they are learning. When students understand how their knowledge can be applied, they are more likely to remain engaged and motivated.

Incorporating Technology

Using technology in the classroom can enhance student engagement and facilitate learning. Interactive presentations, online quizzes, and educational apps can make complex topics more accessible and enjoyable for students.

Encouraging Questions and Curiosity

Creating a classroom culture that encourages questions and curiosity fosters an environment of exploration. Educators should invite students to ask questions and pursue topics that spark their interest, which can lead to deeper learning and understanding.

Using Gamification Techniques

Incorporating gamification into lessons can make learning more fun and competitive. Elements such as quizzes with rewards, team challenges, or role-playing exercises can motivate students and enhance their learning experience.

Conclusion

In summary, an effective anatomy and physiology lesson plan requires careful

consideration of various components, including learning objectives, instructional strategies, assessment methods, and resources. By utilizing diverse teaching methods and engaging students in meaningful activities, educators can inspire a deeper understanding of the human body and its functions. Ultimately, the goal is to cultivate a passion for learning that extends beyond the classroom and prepares students for future endeavors in health and science.

Q: What are the essential components of an anatomy and physiology lesson plan?

A: The essential components include clear learning objectives, engaging lesson activities, instructional strategies, assessment methods, and a variety of resources and tools to support learning.

Q: How can technology enhance the teaching of anatomy and physiology?

A: Technology can enhance teaching through interactive simulations, digital resources for research, and virtual labs that allow students to visualize complex structures and processes.

Q: What types of assessment methods are most effective for anatomy and physiology?

A: Effective assessment methods include formative assessments, such as quizzes and exit tickets, as well as summative assessments like tests, projects, and presentations that measure student understanding of the material.

Q: Why is it important to relate anatomy and physiology to real-world applications?

A: Relating content to real-world applications helps students understand the relevance of their studies, thereby increasing engagement and motivation to learn.

Q: What are some effective instructional strategies for teaching anatomy and physiology?

A: Effective strategies include direct instruction, collaborative learning, and inquiry-based learning, which cater to different learning styles and promote student engagement.

Q: How can educators engage students in anatomy and physiology lessons?

A: Educators can engage students by using technology, encouraging questions, incorporating gamification, and relating topics to real-life scenarios that pique students' interest.

Q: What resources are available for teaching anatomy and physiology?

A: Resources include textbooks, reference materials, digital platforms with interactive content, and laboratory equipment for hands-on learning experiences.

Q: How can group activities enhance learning in anatomy and physiology?

A: Group activities foster collaboration and peer learning, allowing students to reinforce their understanding through discussion, presentations, and shared projects.

Q: What role do learning objectives play in a lesson plan?

A: Learning objectives provide a clear framework for what students should know or be able to do, guiding the lesson's structure and assessment methods.

Q: How can formative assessments be used effectively in anatomy and physiology classes?

A: Formative assessments can be used to provide ongoing feedback, identify areas needing improvement, and adjust instruction to meet student needs throughout the learning process.

Anatomy And Physiology Lesson Plan

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and Images added for better and easy understandingAligned as per the INC syllabus for UGs and reference for PG nursing students Working Examples of Clinical teaching methodologies provided

anatomy and physiology lesson plan: Teaching: Not for Dummies / Substance Abuse Awareness: A Guidebook P. J. Gammarano, M.A., J.D., 2008-02-11 In Part One, each topic addresses practical skills for the newer teacher in the classroom, to enable better facilitation practices. Part Two addresses subject matter specific to becoming more knowledgeable about substance abuse today, a factor for every teacher to be familiar with. Useful for teacher education or certification courses. “If you’re going into teaching at any level, kindergarten through graduate school, never mind having a ‘plan B’; you’d better have through ‘plan Z’, and it’s not sleeping ! “

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Types of Bhakta(Chpt. VII) Nature of Bhakti (Chpt.XII), Means and End of Bhakti-Yoga; The Trigunas and nature of Prakriti; Three Kinds of Faith. Food for Yoga-Sadhaka, Classification of food (Chpt.XIV & XVII) Daivasura-Sampad-Vibhaga Yoga (Chpt.XVI);Moksa-SamnyasaYoga (Chpt. XVIII). (in context of UGC NTA NET Exam Subject Yoga) Chpater 11. Yoga Vasishtha: Salient features of Yoga Vashitha, Concept of Adhis and Vyadhis; Psychosomatic Ailments; The four Dwarpaals to Freedom; How Sukha is attained in the Highest State of Bliss; Practices to overcome the Impediments of Yoga; Development of Satvaguna; Eightlimbs of Meditation; Jnana Saptabhumika. (in context of UGC NTA NET Exam Subject Yoga) Chpater 12. Yoga Texts – II : Yoga Upanishads, covering UNIT- III Yogic texts- II: Yoga Upanishads: Swetaswataropanishad: (Chapter II) Techniques and Importance of Dhyanyoga, suitable place for Dhyana, sequence of pranayama & its importance, Prior symptoms of Yogasiddhis, Importance of Yogasiddhis , Tattvajna, (ChapterVI) Nature of God, techniques for Realization, Attainment of liberation. (in context of UGC NTA NET Exam Subject Yoga) Chpater 13. Yogakundali Upanishad: Methods of Pranayama Siddhi, Types of Pranayama, means of Self -realization. Yogachudamadi Upanishad: The description of the six limbs of yoga, their results and sequence. (in context of UGC NTA NET Exam Subject Yoga) Chpater 14. Trishikhibrahmanopanishad: description of Ashtangayoga, Karmayoga and Jnanayoga. Yogatattva Upnishad: Mantrayoga, Layayoga, Hathyoga, Rajayoga and their stages, diet and Dincharya, primary symptoms of yoga siddhis and precautions. (in context of UGC NTA NET Exam Subject Yoga) Chpater 15. Dhyanbindoopanishad: importance of Dhyanayoga, Nature of Pranav, Techniques of Pranav meditation, Shadangyoga, Atmadarshan through Nadanusandhan. Nadabindoopanishad: Hansavidya : description of various limbs of Omkar, 12 matras of omkar and its results of their application with Pranas, Types of nadas, nature of nadanusandhan sadhana, state of Manolaya. Yogarajopnishad: Mantrayoga, Layayoga, Hathayoga, Rajayoga, nine chakras, procedures of Dhyana and its results. (in context of UGC NTA NET Exam Subject Yoga) Chpater 16. Patanjal Yoga Sutra, covering UNIT- IV Patanjala Yoga Sutra: SAMADHI PAADA : Yoga, meaning & Nature of yoga; Concept of Chitta, Chitta-Bhumis, Chitta-Vrittis, Chitta-Vrittinirodhopaya, Abhyasa and Vairagya as the tools, Concept of Bhavapratyaya & Upaypratayaya, Sadhan Panchak, Chitta-Vikshepas (Antaraya), Ektattva Abhyasa,Chitta-prasadanam. Types and nature of Samadhi: Adhyatmaprasada and Ritambharaprajna; Samprajnata, Asamprajnata, Sabeeja & Nirbeeja Samadhi, Difference between Samapattis and Samadhi; Concept of Ishwara and attributes of Ishwara, Process of Ishwarapranidhana. (in context of UGC NTA NET Exam Subject Yoga) Chpater 17. SADHANA PAADA: Concept of Kriya Yoga , theory of Kleshas ; Concept of Karmashaya and Karmvipaka, Nature of dhukha, Concept of Chaturvyuhavada, Drishyanirupanam, Drasthanirupanam, Prakriti-Purusha Samyoga; Brief Introduction to Ashtanga Yoga; Yama- Niyama; Concept of Vitarka & Mahavrata; Asana, Pranayama, Pratyahara and their siddhis. (in context of UGC NTA NET Exam Subject Yoga) Chpater 18. VIBHUTI PAADA: Introduction of Dharana, Dhyana and Samadhi, Nature of Sanyama; Concept of Chitta samskara, Parinamatraya and vibhutis. (in context of UGC NTA NET Exam Subject Yoga) Chpater 19. KAIVALYA PAADA: Five means of Siddhis, concept of Nirman Chitta, Importance of siddhis achieved through Samadhi, Four types of Karmas; Concept of Vasana; Dharmamegh Samadhi and its result, Viveka Khyati Nirupanam, Kaivalya Nirvachana. (in context of UGC NTA NET Exam Subject Yoga) Chpater 20. Hatha Yoga Texts, covering UNIT-V Hatha Yoga texts: Introduction to Hatha Yoga and Hatha Yoga Texts. Yoga Beeja, Goraksha Samhita, Vashishtha Samhita, Shiva Samhita, Siddhasiddhantapaddhati, Hatha Pradeepika, Gheranda Samhita and Hatha Ratnavali. Aim & objectives,misconceptions about Hathayoga, prerequisites of Hathayoga (dasha yama and dasha niyama),Sadhaka and Badhaka tattvas in Hathayoga; Concept of Ghata, Ghatashuddhi, Concept and importance of Shodhana kriyas in Hathayoga; Importance of Shodhana kriyas in health and disease; Concept of Matha, Mitaahara, Rules & Regulations to be followed by Hatha Yoga Sadhakas. (in context of UGC NTA NET Exam Subject Yoga) Chpater 21. Asanas in Hatha Texts: Definition, pre requisites and special features of Yoga-asana; Asanas in Hatha Pradeepika, Hatha Ratnavali, Shiv Samhita, Vasishtha Samhita,Gheranda Samhitabenefits, precautions and contra indications of different Asanas. (in context of UGC NTA NET Exam Subject Yoga) Chpater 22. Pranayama in Hatha

Texts: - Concept of Prana and Pranayama; Pranayama-its phases and stages; Prerequisites of Pranayama in Hathayoga Sadhana; Pranayama in Hatha Pradeepika, Gheranda Samhita; Shiv Samhita, Vashishtha Samhita-benefits, precautions and contra indications of different Pranayama. (in context of UGC NTA NET Exam Subject Yoga) Chpater 23. Bandha, Mudra and other practices: Concept and definition of Bandha and Mudras in Hatha Pradeepika, Hatha Ratnavali and Gheranda Samhita; Shiv Samhita, Vashishtha Samhitabenefits, precautions and contra indications. Concept, definition, benefits and Techniques of Pratyahara, Dhyana in Gheranda Samhita; Concept and benefits of Nada and Nadanusandhana in Hatha Pradeepika, Four (stages) Avasthas of Nadanusandhana; Relationship between Hatha Yoga and Raja Yoga; Goal of Hatha Yoga. Relevance of Hatha Yoga in contemporary times. (in context of UGC NTA NET Exam Subject Yoga) Chpater 24. Allied Sciences: General Psychology, Human Biology, Diet & Nutrition, covering UNIT-VI General Psychology: Introduction to Altered States of Consciousness Sleep: Stages of Sleep, Sleep Disorders; Behavioural Psychology: Psychology as a Science of Behaviour; Psychological basis of behaviour; Personality: Nature and Types of Personality; Determinants of Personality: Heredity and Environment; Facets and Stages of Personality Development. (in context of UGC NTA NET Exam Subject Yoga) Chpater 25. Cognitive Psychology: Sensation, Perception, Attention, Memory, Learning :- Their definitions and types, Mental Health; Causes and Consequences of Mental Conflicts and Frustrations; Introduction to Common mental disorders: Insomnia, Depression, Stress, Anxiety disorders. (in context of UGC NTA NET Exam Subject Yoga) Chpater 26. Human Biology - Introduction to Human Anatomy and Physiology: Introduction to cell, tissue, organs and systems; Basic cell physiology-Cell- Introduction, Cell Organelles, Cell membrane, Movement of the substances and water through the cell membrane, Bioelectric potentials. Musculoskeletal systems: Skeleton - names of all bones, joints and muscles, cartilage, tendon and ligaments, types of bone, joints and their functions; spine, muscles and their functions; Skeletal muscles - Properties of skeletal muscles, Muscular contraction and relaxation, Neuromuscular junction, Sarcotubular system, Smooth musclemechanism of contraction. (in context of UGC NTA NET Exam Subject Yoga) Chpater 27. Digestive and excretory system: Anatomy of digestive system, excretory system (component organs) and their functions; Gastro intestinal system- General structure of alimentary canal, Gastric secretion, Pancreatic secretion, Gastric motility-digestive peristalsis Gastrointestinal hormones. Renal physiology- Structure of kidney, Nephrons, Juxtra glomerular filtrate, Reabsorption, Secretion-mechanism of secretion, Concentrating and diluting mechanism of urine, Dialysis. Nervous system and glands: Structure and properties of neurons, subdivisions of nervous system and their functions, types of glands (endocrine and exocrine glands), important endocrine and exocrine glands and types of hormones their functions. Sensory nervous system, Motor nervous system, Higher functions of the nervous system, Synapse, Reflexes Cerebrospinal fluid, Blood brain and blood CSF barrier. (in context of UGC NTA NET Exam Subject Yoga) Chpater 28. Cardiovascular and respiratory system: Components of cardiovascular and respiratory system; functions of cardiovascular and respiratory system; Circulatory system- Functional anatomy of the heart, Properties of cardiac muscles, Conducting system of the heart, Pressure changes during cardiac cycles, Capillary circulation, Arterial and venous blood pressure; Respiratory system-Mechanism of breathing, Ventilation, Regulation of respiration, Transport of gases, Hypoxia, Artificial ventilation, Non respiratory functions of the lungs. Immune system: Component organs of immune system, Functions of immune system; Endocrinology-Endocrine glands, hormones, their functions; Reproductive system: Anatomy of male and female reproductive systems. (in context of UGC NTA NET Exam Subject Yoga) Chpater 29. Diet & Nutrition: Basic concepts and components of food and nutrition Understanding Nutrition, Basic Terminology in Relation to Nutrition Requirement, Human Nutritional Requirements; Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification; Macro Nutrients –Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body; Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body; Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water, Excessive and

deficiency diseases of nutrients in the body; Antioxidants and their Role; Yogic concept of diet and its relevance in the management of lifestyle. (in context of UGC NTA NET Exam Subject Yoga) Chpater 30. Diet and Nutrition continued: Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats – sources, nutritive values, importance; Minerals-calcium, iron, phosphorus etc. Vitamins – sources, roles, requirements. Food groups. Cereals & Millets –Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection, Preparation and Nutritive Value; Milk and Milk Products- Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery, Honey, sprouts- Selection, Preparation and Nutritive Value. Food and metabolism. Energy- Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance Concept of Metabolism, Anabolism, Catabolism, Calorie Requirement-BMR, SDA, Physical Activity; Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy; Requirement and Expenditure, Factors affecting BMR. (in context of UGC NTA NET Exam Subject Yoga) Chpater 31. Yoga and Health, covering UNIT-VII Yoga and Health: Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual; Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing. (in context of UGC NTA NET Exam Subject Yoga) Chpater 32. Role of Yoga in preventive health care – Yoga as a way of life, Heyamdukhamanagatam; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease: Vyadhi, Alasya, Angamejayatva and Ssvasa-prashvasa. Mental and Emotional ill Health: Styana, Samshaya, Pramada, Avirati, Bhranti-darsana, Alabdha-bhumikatva, Anavasthitatva, Duhkha and Daurmanasya. (in context of UGC NTA NET Exam Subject Yoga) Chpater 33. Yogic Diet - General Introduction of Ahara; Concept of Mitahara; Classification in Yogic diet according to traditional Yoga texts; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha as also Gunas. Concepts of Diet: Pathya and Apathya according to Gheranda Samhita, Hathapradeepikaand Bhagavad Gita; Importance of Yogic Diet in Yog Sadhana and its role in healthy living; Yogic Principles of Healthy Living: Ahara, Vihara, Achara and Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being. (in context of UGC NTA NET Exam Subject Yoga) Chpater 34. Therapeutic Yoga, covering UNIT-VIII Therapeutic Yoga: Yogic Practice - Management of the diseases through suitable yogic practices - Yogic diet, Yama and Niyama, Shatkarma, Asanas, Pranayama; Meditation; changes in lifestyle according to yogic scriptures. Integrated Approach of Yoga therapy for the following Common Ailments: Respiratory disorders - Allergic Rhinitis & Sinusitis: Chronic Bronchitis, Bronchial asthama; Cardiovascular disorders: Hypertension, Angina pectoris, Cardiac asthma: Endocrinal and Metabolic Disorder - Diabetes Mellitus, Hypo and Hyper- Thyroidism; Obesity: Metabolic Syndrome. (in context of UGC NTA NET Exam Subject Yoga) Chpater 35. Integrated Approach of Yoga therapy for Common Ailments continued: Obstetrics and Gynecological Disorders, Menstrual Disorders: Dysmenorrhea, Menopause and peri-menopausal syndrome: Yoga for Pregnancy and Childbirth, Antenatal care, Post-natal care. Gastrointestinal Disorders: Gastritis, Indigestion, Peptic Ulcers, Constipation, Diarrhoea, Irritable Bowel Syndrome, colitis, Piles. Muscular-Skeletal Disorders: Back Pain, Intervertebral disc prolapse (IVDP) Lumbar Spondylosys, Cervical Spondylosis, Arthritis. Neurological Disorders: Migraine, Tension-headache, Epilepsy. Psychiatric Disorders: Neurosis, Anxiety disorders, Phobias, Depression. (in context of UGC NTA NET Exam Subject Yoga) Chpater 36. Applications of Yoga, covering UNIT-IX Applications of Yoga: Applied Philosophy: Yoga as Applied philosophy; Meaning, definition and nature of consciousness as described in Vedas,, Upanishads, Bhagwad Gita, Yogasutra and Yogavashishtha; Spiritual and scientific approach to human consciousness. Yogic Method of elevation of human consciousness: Bhaktiyoga, Jnanyoga, Karmayoga, Mantrayoga, Ashtangayoga, Hathayoga. (in context of UGC NTA NET Exam Subject Yoga) Chpater 37. Yoga in Education: Salient features of Yoga Education, Factors of Yoga Education; Teacher, Student and Teaching, Value based education- Meaning and definition, types of values.

Teaching Methodology in Yoga: Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching: Meaning and scope of Teaching methods and factors influencing them; Teaching techniques- Individual, group and mass. (in context of UGC NTA NET Exam Subject Yoga) Chpater 38. Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shodhanakriya, Asana, Mudra, Pranayama & Meditation). Models of Lesson Plan; need for a lesson plan and content plan; Eight Step method of Introduction as developed in Kaivalyadhama. Evaluation methods of an ideal Yoga class; Methods of customizing Yoga class to meet individual needs. The student will have demonstrations and training in the above mentioned aspects of teaching methods. Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class, Student's approach to the teacher: Pranipaata; Pariprashna; Seva; (BG 4.34). (in context of UGC NTA NET Exam Subject Yoga) Chpater 39. Practical Yoga – Shatkarma, Asana, Pranayama, Mudra, Bandha, Dhyana, Surya Namaskara, covering UNIT-X Practical Yoga: Yogic Practices – Shatkarma, Asana, Pranayama, Mudra, Bandha, Dhyana, Surya Namaskara (Techniques, Salient Features, Benefits). Shatkarmas: Vamandhauti, Vastradhauti, Dandadhauti, Laghoo and Poorna sankhaprakshalana, Neti (Sutra and Jala), Kapalbhati(Vaatkrama,Vyutakrama & Sheetkarma), Agnisara, Nauli, Tratak. Suryanamaskar-Suryanamaskar must be practiced traditionally. Asanas (yogic postures) Standing Postures-Ardhakatichakrasana, Padahastasana, Ardhachakrasana, Trikonasana, Parivrittatrikonasana, Parsvakonasana, Veerasana. Sitting postures-Paschimottanasana, Suptavajrasana, Ardhamatsyendrasana, Vakrasana, Baddhakonasana, Merudandasana, Akarnadhanurasana, Gomukhasana. Prone postures- Bhujangasana, Shalabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana. Supine postures- Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana. Balancing postures- Vrikshasana, Garudasana, Namaskarasana, Tittibhasana, Natrajasana. (in context of UGC NTA NET Exam Subject Yoga) Chpater 40. Pranayama: Breath awareness, Sectional breathing, Nadishuddhi, Suryabhedan, , Ujjai , Sitali, Sitkari, Bhastrika, Bhramari, Bahyavritti, Abhyantarvritti, Stambhavritti Pranayama. Practices leading to Meditation: Pranav and Soham Japa, Yoga Nidra, Antarmauna, Ajapa Jap, Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation. Bandhas and Mudras: Mula Bandha, Jalandhara Bandha, Uddiyana Bandha, Maha Bandha, Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Tadagi Mudra, VipareetKarni Mudra. Contemporary Yogic Practices – Yogic Sukshma Vyayama (Swami Dheerandra Brahmchari), Cyclic Meditation (S-VYASA); Mind Sound Resonance Technique (SVYASA); Transcendental Meditation (Maharshi Mahesh Yogi); Yoga Nidra (BSY); Savita Ki Dhyan Dharana (DSVV). (in context of UGC NTA NET Exam Subject Yoga)

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