



HUMERA KHAN COLLEGE OF EDUCATION

UGC.NCTE Approved, Affiliated To University Of Mumbai (NCTE Code No: 123082)
Oshiwara, Jogeshwari(W)
NAAC Accreditation 'B' Grade

THE DIGITAL PATH TO INNER PEACE: INTEGRATING YOGA AND TECHNOLOGY IN EDUCATION – VALUE ADDED COURSE

<h3>WHY YOGA?</h3> <p>Yoga has its roots in ancient Indian culture and civilization aiming at a fuller development of human personality, impacting upon its different dimensions and facets – the individual and social, emotional, cognitive, psychomotor, behavioral, and eventually moral and spiritual. Yoga unites mind and body.</p>  <h3>CLASS OFFERING</h3> <ul style="list-style-type: none">• Different asana Like (Tadasana, Vikshasana, Savasana, Balasana) etc which will Enhance strength, Increase Balance and Coordination, stress Relief, Improved circulation, mental clarity.• Meditation that with help in better sleep, Reduce anxiety an better emotion well-being	<h3>VALUE BASED COURSE INFORMATION</h3> <p>* Duration: 15.04.25 to 26.04.25* Format: Offline * Classes: Monday, Wednesday, Friday * Timing: 1.30pm to 3.30pm</p> <h3>INSTRUCTOR</h3>  <p>Dr. Assistant professor Avani Kanakia at HKCE MA(History), MA (Education), B.Ed.,B.Com, Naturopath, DNY(Yoga), DSM</p>	<p>Maharashtra Educational Society's Humera Khan College of Education JOGESHWARI WEST, OSHIWARA MUMBAI-400102 NAAC Accreditation "B" (First Cycle)</p> <h3>INDIAN KNOWLEDGE SYSTEM</h3> <p>Title : Online Integrating Yoga and Technology in Education</p> <h3>Unite Mind ,Body and Soul!</h3> 
<h3>BENEFITS</h3> <ul style="list-style-type: none">✓ Enhanced Flexibility & Strength✓ Improved Mental Clarity & Focus✓ Stress Relief & Emotional Balance✓ Better Posture & Alignment✓ Increased Energy & Vitality 	<h3>REGISTRATION LINK</h3> <p>https://forms.gle/Ry1kyY2PHtdDxqJYA</p> <h3>WHAT'S APP GROUP LINK</h3> <p>https://chat.whatsapp.com/F217dyCnuAvKPbYTBj96hd</p>	

MAHARASHTRA EDUCATIONAL SOCIETY'S
HUMERA KHAN COLLEGE OF EDUCATION

Dr. Avani Kanakia Assistant Professor

MA(History) , MA (Education) , B.Ed. , B.Com , Naturopath , DNY(Yoga) , DSM
ONLINE INTEGRATING YOGA AND TECHNOLOGY IN EDUCATION



Organized by: Humera Khan College of Education

**Course Title: The Digital Path to Inner Peace: Integrating Yoga and
Technology in Education – VALUE ADDED COURSE**

Duration: 5 Weeks (Daily 2 hrs.)

Date: 07th April 2025 – 05th May 2025 (36 hours)

Schedule: Offline | Monday, Wednesday, Friday | 1:30 PM – 3:30 PM

Course Instructor:

Dr. Avani Kanakia, Assistant Professor

Specializations: History, Education, Commerce, Naturopath, Yoga

Course Design:

Introduction:

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- **The Yoga course was designed This course was conducted as part of a Value-Based Education initiative under Yoga in Education, as per the NEP 2020, the Indian Knowledge System (IKS), aimed at blending the principles of traditional yoga with contemporary educational practices. The hybrid content addressed both physical wellness and mental clarity through an interdisciplinary, experiential learning model. to promote holistic well-being through structured physical, mental, and lifestyle practices. Conducted in an offline classroom setting at Humera Khan College of Education (HKCE), the program spanned 5 modules across 5 weeks, with daily 2-hour sessions. The curriculum integrated warm-up routines, theoretical instruction, pranayama (breathwork), asanas (yogic postures), and meditation, offering a complete yogic experience. Theory in-depth about Bhakti Yoga, Hatha Yoga, Raja Yoga, Mantra Yoga, Satkarma Kriyas, Yoga in Classical to Harappan periods, Meditation, Pranayama, Healthy Diet, Healthy Lifestyle, Daily Routine Diet.**

2. Objectives

- **To enhance physical, mental, and emotional health through Yoga.**
- **To help students overcome lifestyle disorders (e.g., poor diet, irregular sleep).**
- **To develop awareness of yogic principles and their daily application.**
- **To introduce nutritional understanding via practical activities.**
- **To encourage consistent practice through structured assignments.**

3. Daily Class Structure

Each 2-hour session followed a fixed routine:

- **Warm-Up (10 min):** Joint loosening, dynamic movements.
 - **Theory (20 min):** Yoga philosophy, anatomy, lifestyle, nutrition.
 - **Pranayama (20 min):** Breathing techniques (e.g., Nadi Shodhana, Bhramari).
 - **Asana Practice (40 min):** Therapeutic and traditional postures.
 - **Meditation (30 min):** Relaxation, focus, and inner awareness.
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4. Module-Wise Structure & Significance

Module 1: Foundation of Yoga

- **Introduction to Yogic Science & Philosophy**
- **Benefits of Yoga in modern life**
- **Basic asanas and importance of warm-up**
- **Significance:** Lays the groundwork for understanding Yoga beyond physical practice.

Module 2: Asana & Pranayama for Wellness

- **Focus on therapeutic postures (back pain, digestion, etc.)**
- **Daily pranayama practice for lung and mind health**
- **Significance:** Introduces body-mind balance and internal healing.

Module 3: Yoga & Lifestyle Transformation

- **Food habits, satvik diet, meal timing**
- **Yogic approach to sleep hygiene**
- **Mind-body connection through meditation**

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- **Significance: Encourages holistic lifestyle shifts through daily routines.**

Module 4: Intermediate Yogic Practices

- **Bandhas, Mudras, and Chakra system**
- **Yoga Nidra and Trataka practices**
- **Intermediate-level asanas**
- **Significance: Deepens spiritual and physical awareness.**

Module 5: Integration & Self-Practice

- **Practice teaching among students**
- **Lifestyle review and diet planning**
- **Group meditation and feedback**
- **Significance: Encourages independence in practice and self-discipline.**

5. Assessment & Evaluation

- **Pre-Test: Conducted at the start; average scores across the group.**
- **Post-Test: After course completion; scores showed marked improvement, with most students performing excellently.**
- **Assignments: A total of 12 assignments (including asana demonstration, theory responses) were uploaded by students via Google Classroom.**
- **Individual Intervention: One-on-one sessions were held to guide each student on overcoming personal challenges, such as ailments or irregular routines.**

6. Special Activity: Healthy Salad Making Competition

- **Objective:** To understand the nutritional value of ingredients and promote healthy eating habits.
- **Outcome:** Students creatively presented salads and explained the health benefits of each ingredient. The event was a grand success, blending fun, learning, and health awareness.

7. Outcomes

- **Improved Health:** Enhanced flexibility, stamina, and energy levels.
- **Mental Clarity:** Better focus, stress reduction, and emotional balance.
- **Lifestyle Shift:** Adoption of healthy eating, consistent sleep routines, and regular practice.
- **Empowerment:** Students gained tools for lifelong wellness and self-care.

MOdules

Module 1	Yoga: meaning and initiation	Module 2	Classification of Yoga and Yogic texts
	Definitions of Yoga		
	Misconceptions about Yoga		Yogasūtra of Patañjali
	Basis of Yoga Origin and history of development of Yoga		Haṭha Yoga texts
	Psychological aspects leading to origin of Yoga		Understanding Aṣṭāṅga Yoga of Patañjali
	Vedic period		
	pre-classical period		Haṭha Yogic practices
	Classical period		Āsanās
	Yoga in medieval times		Prāṇāyāma, eight kumbhakās

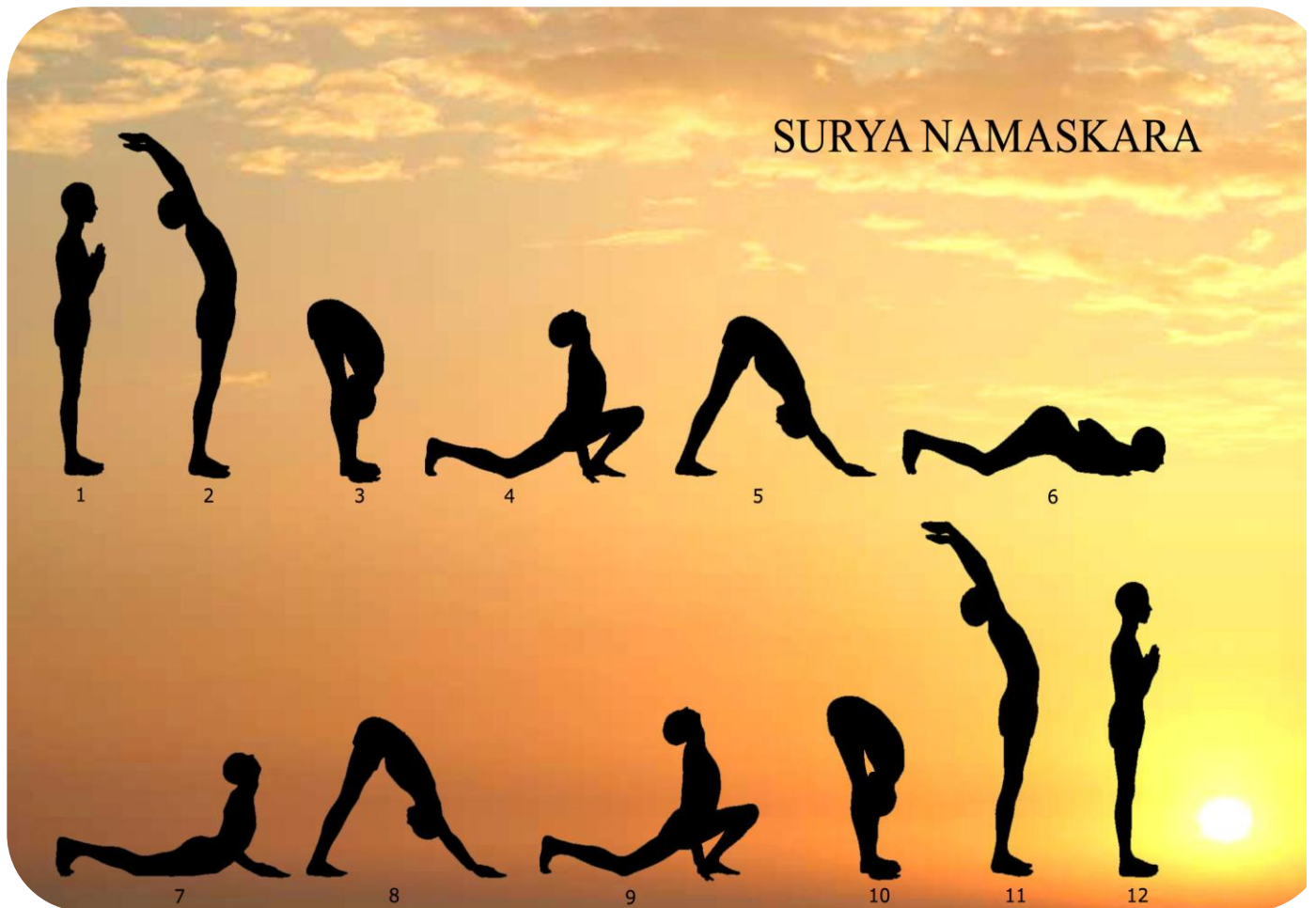
	Yoga in modern times		
	Aṣṭāṅga Yoga or Rāja Yoga		Dhāraṇā on five elements
	Aims and objectives of Yoga		Mudrās and bandhas
	Yogic practices: Do's and Don'ts		Ṣaṭkarma, the set of six cleansing techniques
Module 3	Need of Yoga for positive health	Module 4	Guidelines for the practice of <i>ṣaṭ kriyās</i>
	Role of mind in positive health as per ancient Yogic literature		Guidelines for the practice of <i>āsanas</i>
			Guidelines for the practice of <i>prāṇāyāma</i>
	Concept of health, healing and disease: Yogic perspectives		
	Concept of health and diseases		Guidelines for the practice of <i>kriyā Yoga</i>
	Genesis of ill health according to Pātānjala Yoga Sūtra		Guidelines for the practice of <i>meditation</i>
	Concepts of triguṇa and pañcakoṣa vis-à-vis holistic health		
	Laghu Yoga Vāsiṣṭha on health and diseases		Select Yoga practices for persons of average health for practical Yoga sessions
			Standing Position, Sitting Position, Prone position, Supine position
	Potential causes of ill health		Kriyās, Mudras, Pranayama
	Yogic principles of healthy living (<i>āhāra, vihāra, ācāra, vicāra</i>)		
Activity	Healthy Salad Making	Examination	Written

	Competition		Practical
			Research Article
			Assignment
		Total	150

8. Conclusion

The Yoga course provided a transformative journey for students, promoting balance in body, mind, and soul. With a combination of theory, practical, individual mentoring, and fun activities, it achieved holistic learning and personal growth. The enthusiastic participation and feedback reflected the impact and effectiveness of the program.

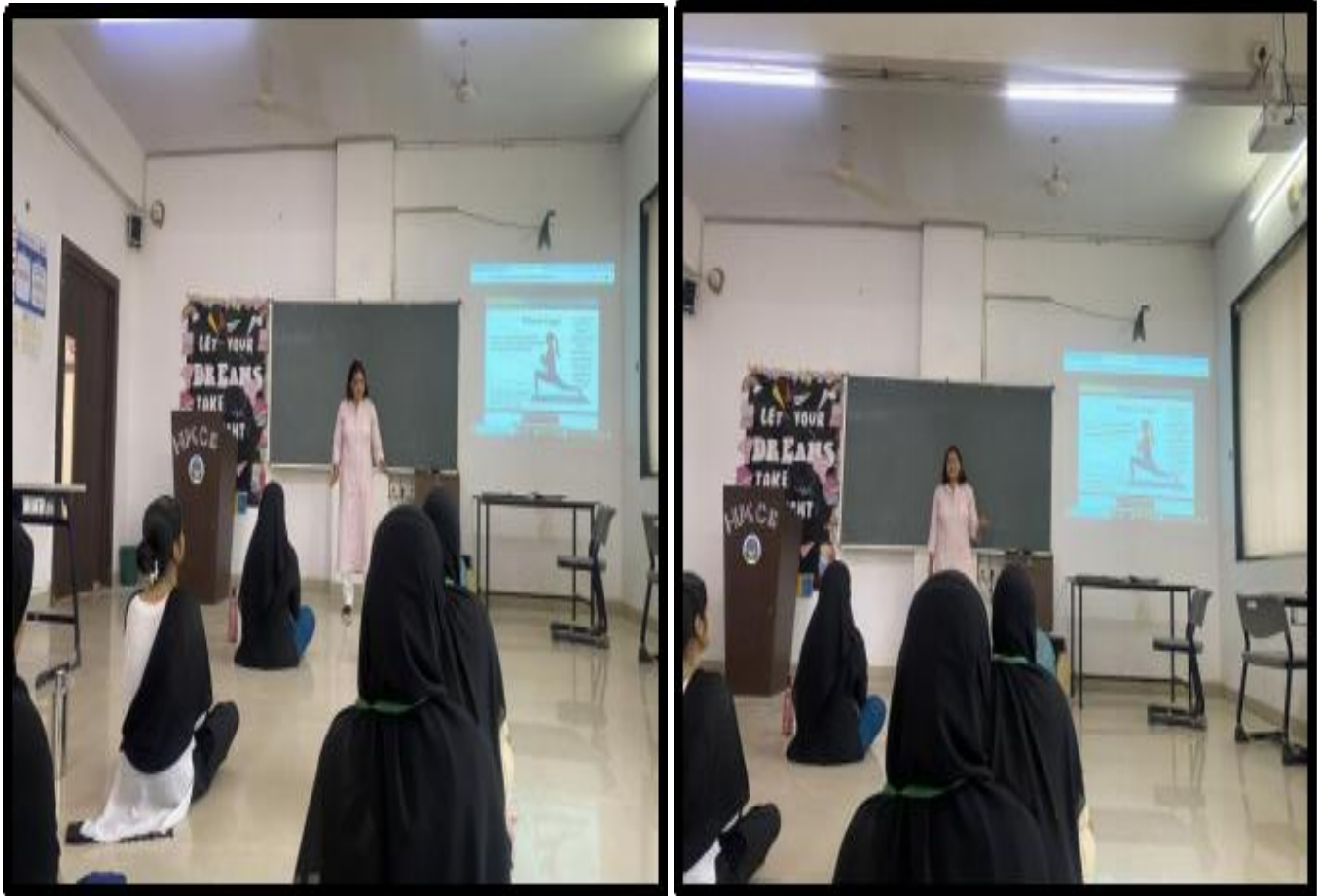
GLIMPS OF YOGIC PRACTICE



Dr. Avani kanakia



GLIMPS OF YOGIC PRACTICE



Guidelines for Yoga Practice – Correct posture

Warm up Activity



Standing Pose: Varukshsana (Tree pose)



Sitting Poses (Padmasana & Sukhasana):



LIE DAWN POSE: SHALBHASANA



Back Banding: Uttarasana (camel Pose)

**Pranayama: Anulom- vilom,
Bhramari, Kapalbhatti**



Forward Banding: Padpaschimottasa, Warrior Pose, Bhadrasana



!!!!!!!!!!!!!!Yoga For All!!!!!!!!!!!!!!



Activity: Healthy Salad Making Competition

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Integrating yoga

Healthy

Salad making

YOGA FACILITATOR: DR. AVANI KANAKIA



Healthy Salad Presentation by Participants

!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!Yoga For Mind, Body & Soul!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Be Happy