



**NEW COURSE CURRICULUM FRAMEWORK FOR
4 - YEAR BACHELOR'S DEGREE PROGRAMME**

(4 – Year UG Degree in Education Honours)

**Course Curriculum for 2nd & 3rd Year
(3rd, 4th, 5th & 6th Semesters)
(MDC Courses)**

SUBJECT : EDUCATION

**COOCH BEHAR PANCHANAN BARMA
UNIVERSITY**

SEMESTER – III.

Course – MDC 2.

Paper Name : Education for Global Citizenship and Sustainability.

Paper Code : EDC – MDC 2.

(6 Credit)

Course Objectives:

By going through this paper students should be able to:

- Define the concept of Global Citizenship and attributes of Global Citizenship.
- Acquire knowledge about different domains of Global Citizenship Education, and the plan of action under agenda 2030 for sustainable development.
- Explain the concept and principles and key issues of education for sustainable development.

Course Outcome:

This course can help students develop skills and knowledge to promote space and justice and sustainable lifestyle.

Course Content:

Unit-I: Introduction to Global Citizenship (1 Credit)

- Global Citizenship: Meaning and Attributes.
- Agencies for the promotion of Global Citizenship.
- Role of Civil Societies.

Unit-II: Global Citizenship Education (GCE) (1 Credit)

- Concept, aims and importance of GCE.
- Principles of Global Citizenship Education.
- Domains of Global Citizenship Education-
 - Cognitive.
 - Socio-Emotional.
 - Behavioural.

Unit-III: Introduction to Sustainable Development (1 Credit)

- Concept, nature & scope of Sustainable Development.
- Need and importance of Sustainable Development.
- Agenda 2030 for Sustainable Development.

Unit-IV: Education for Sustainable Development (1 Credit)

- Meaning, objectives and importance of Education for Sustainable Development.
- Principles of Education for Sustainable Development.
- Key issues of Education for Sustainable Development.

Suggested Books:

- Acharya, Ashok. (2020). Citizenship in a Globalizing World, Pearson Education.
 - Akkari, Abdel jalil. (2020). Global Citizenship Education: Critical and International Perspectives, Springer.
 - Padmanabhan, Jubilee (2021). Education and Sustainable Development: How to Integrate in School Education, Atlantic Publisher & Distributers.
 - Roy, Rajarshi- Education for Sustainable Development, Shipra Publications, New Delhi.
 - UNESCO (2015). World Citizenship Education. UNESCO, Paris.
 - মুখোপাধ্যায়, গৌতম (২০২১)- বিশ্বায়নের যুগে নাগরিকত্ব, কলকাতা, সেতু প্রকাশন।
 - ধরিত্রীর রূপান্তর: ২০৩০ সালের পথে টেকসই উন্নয়ন অভিযাত্রা, এস ডি জি বাস্তবায়নের নাগরিক প্ল্যাটফর্ম, বাংলাদেশ
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SEMESTER – V.

Course – MDC -3.

Paper Name : Health and Yoga Education

Paper Code : EDC – MDC 3.

(6 Credit)

Course Objectives:

By going through this paper students should be able to:

- Understand the concept of health and health education.
- Know the value of food and nutrition and related issues.
- Gain a basic understanding about different aspects of Yoga Education including the major types of Yoga.
- Understand the methods and benefits of practicing Yoga for physical and mental health.

Course Outcome:

Students will be equipped with a comprehensive understanding of the different aspects of health education as well as the basic concepts of Yoga Education including the importance of practicing Yoga for physical and mental health.

Course Contents:

Unit-I: Health Education. (1 Credit)

- Concept of Health and importance of good Health.
- Meaning, Nature, Need and Scope of Health Education.
- Factors affecting Health and Wellness.

Unit-II: Food and Nutrition (1 Credit)

- Basic concepts of Food and Nutrition.
- Nutrients- Concepts, Types and Functions.
- Malnutrition, Undernutrition and Overnutrition.

Unit-III: Introduction to Yoga Education (1 Credit)

- Meaning, Nature and Scope of Yoga Education.
- Basic concepts of Karma Yoga, Jnana Yoga, Raja Yoga and Bhakti Yoga.
- Ashtanga Yoga and its implications.

Unit-IV: Yoga for Health (1 Credit)

- Guidelines for performing Asanas and Mudras.
- Yoga for Physical and Mental Health.
- Special techniques of Yoga for Nasal Allergy, Diabetes and Hypertension.

Suggested Books:

- Chalal, S.S. (2019). Health, Physical and Yoga Education, New Delhi, Laxmi Publication.
 - Kangane, S.E. & Sonawane, S. (2014). Health, Physical Education and Yoga. Pune, Nirali Publication.
 - Kumar, K. (2012). Yoga Education; A Textbook. New Delhi, Shipra Publication.
 - দাস, অজিত (২০১৭). যোগশিক্ষা, কলকাতা, রীতা বুক এজেন্সি।
 - পাল, সুজয় (২০২৩). যোগতত্ত্ব: যোগ শিক্ষার সোপান, কলকাতা, সপ্তর্ষি প্রকাশন।
 - সাহা, সুকান্ত (২০২১). প্রশ্নোত্তরে স্বাস্থ্য ও শারীরশিক্ষা, কলকাতা, ছায়াপ্রকাশনী।
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