

# Yoga - A System For Holistic Well Being



**Priya Boindala**

**March 9, 2023; V1.0**

**E-LEARNING MODULE SUMMARY**

This module is designed under the framework of the **ADDIE** model incorporating the various **design phases** and relevant information in literature related to **effective design and instructional strategies** in an e-learning setting.

The **ADDIE** model is a robust and dynamic framework that involves five phases, namely, **Analyze, Design, Develop, Implement and Evaluate**. It is flexible in that these phases are not linear but involve a feedback loop between them. Coupled with the phases of the ADDIE framework are the design processes namely, **Envisioning, Selection, Visualization, Prototyping and Evaluation** as outlined in People and Prototypes by Moggridge (2007).

## **ANALYZE** (*ENVISIONING*)

"Rediscovering the familiar". Yoga is a topic that is familiar to many, but the goal of this e-learning module is for the user/learner to rediscover Yoga as a means to not just health and physical wellness but as a path to discover and shape one's emotional, physical, and spiritual well-being. It is meant to provide a more holistic introduction to this large system and how Yoga is a state of being rather than a series of movements.

The target audience is anyone with familiarity to Yoga including young adults that can access to this learning module. The topic of Yoga is vast and each user's familiarity with the topic is different and therefore the constraints involve curating the appropriate material to address the broad goal but at the same time with the scope of reaching a larger audience.

## **DESIGN** (*SELECTION*)

Therefore, the next step involved streamlining and constructing specific learning goals that would address the BIG goal for the e-learning module. In the process also identifying the appropriate instructional strategies used to curate and organize material and assess its effectiveness. (Summarized in Table 1)

## **DEVELOP** (*VISUALIZATION*)

Having identified the learning goals, the next element in the design process is the development of a storyboard. The goal is to come up with a realistic representation of what the final product (lesson plan) would look like without the actual functionality. The storyboarding involved a series of processes keeping in mind the effective instructional and design strategies as outlined in the design phase. The lesson summary is as in Table 1 and the storyboard developed is presented after. The storyboard was developed considering design principles of how content is aligned, proximity, spacing, and balance.

Table 1: Learning goals, Instructional Strategies and Lesson plan.



TITLE: E-learning module : Yoga a system for holistic well being	
INSTRUCTIONAL STRATEGIES USED	
<p><b>Content Curation</b></p> <ul style="list-style-type: none"> <li>▪ identifying content (visuals, videos, audio) that would best meet the learning goals for this module.</li> <li>▪ organizing them in a way that each learner can get the maximum out of it based on their individual needs.</li> <li>▪ intentional consideration of the type of interactive content to keep the user engaged and</li> </ul> <p><b>Evaluation and Analysis of Learning Effectiveness</b></p> <ul style="list-style-type: none"> <li>▪ designing short quizzes and feedback activities to assess learner engagement.</li> </ul> <p>Podcasts, relevant audio, and gifs are additionally included to boost user engagement.</p>	
<b>Learning Goals</b> <i>The learner can answer the following questions as they complete the e-learning module.</i>	Lesson Summary
How is Yoga a holistic system?	<p>Learner is first given a short quiz to understand their perception of Yoga.</p> <p>They are provided with a short video that introduces Yoga as a holistic system.</p> <p>Learner is reassessed.</p> <p>Learner is then directed to a quiz about what Yoga is widely practiced in the US. This creates a segway to the next section.</p>
What are the six branches of Yoga?	<p>The learner is provided for each of the six branches an introduction, brief history, and ways to practice.</p> <ul style="list-style-type: none"> <li>- User has control over navigation – with the option to skip forward if already familiar)</li> <li>- User is also provided with additional resources for each branch of Yoga.</li> </ul>



	<p><b>Assessment:</b> User is presented with a basic matching quiz.</p> <ul style="list-style-type: none"> <li>- They are required to match the description to type of yoga practice.</li> <li>- After completion they are provided with feedback based on their choices</li> </ul>
What are some common asanas in Hatha Yoga?	<p>The user is introduced to the following Asanas.</p> <p>The user is provided with audio on how to pronounce these Sanskrit names of asanas or poses.</p> <ol style="list-style-type: none"> <li>1. Tadasana (Mountain Pose):</li> <li>2. Adho Mukha Svanasana (Downward-Facing Dog):</li> <li>3. Trikonasana (Triangle Pose):</li> <li>4. Balasana (Child's Pose):</li> <li>5. Virabhadrasana II (Warrior II Pose):</li> <li>6. Paschimottanasana (Seated Forward Bend):</li> <li>7. Ustrasana (Camel Pose):</li> <li>8. Sukhasana</li> </ol> <p><b>Assessment:</b> The user is presented with an interactive quiz where they must match the pose with the respective asana name.</p> <p>They are provided feedback based on their choices.</p>
What are some common pranayama techniques?	<p>The user is introduced to the following techniques and their health benefits.</p> <p>The user is provided with audio on how to pronounce these Sanskrit words.</p> <p>Nadi Shodhana ; Kapalabhati ; Bhramari ; Ujjayi ; Sitali ; Sheetal</p> <p><b>Assessment:</b> The user is presented with an interactive quiz where they must suggest a pranayama technique based on a given health benefit.</p> <p>They are provided with feedback based on their choices.</p>
How to meditate?	<p>The user is first directed to a quiz on some myths about meditation.</p> <p>The user is then provided with a video on how to meditate.</p> <p>The user is then directed to a summary quiz answers the big question or goal for this module about how Yoga is a system for holistic well-being.</p>



Yoga  
A System  
For  
Holistic Well Being

Priya Boindala  
March 3, 2023  
V1.0

Slide:Scene 1 Slide 1

Audio:Yes – narration and  
soft background music

Resources:No

Menu Options

Glossary:No  
Notes: No  
Search: Include a search bar with  
key words  
Logo: Include PB logo

Clickable TOC:

YES

TOC chapter is highlighted based on the current slide user is on.

Button:

User is asked to share at the onset - what Yoga means to them and see what others are saying!

Image: Lotus flower –symbolic of padmasana

Button:

User is asked to go back and share - what Yoga means to them after the video!

Button:

Short quiz on – What form of yoga is widely practiced in US

Navigation buttons: Forward button and Exit

Menu Options

Glossary: No

Notes: No

Search: Include a search bar with key words

Logo: Include PB logo

Clickable TOC:

YES

TOC chapter is highlighted based on the current slide user is on.

Introduction to the various branches of yoga-

User clicks each of the buttons below to get a short description of each yoga practice.

Image: Lotus flower –symbolic of padmasana

Buttons: (For each yoga practice)

- Bhakti yoga
- Jnana yoga
- Karma yoga
- Raja yoga
- Hatha yoga and
- Tantra yoga.

Button: Quiz me  
Navigates user to the quiz based on this scene

Introduction to Bhakti Yoga

Short history of Bhakti Yoga

How to practice Bhakti Yoga

Image: Lotus flower –symbolic of padmasana

Image: Symbolic of Bhakti Yoga



Introduction to Jnana Yoga

Short history of Jnana Yoga

How to practice Jnana Yoga

Image: Lotus  
flower –symbolic  
of padmasana

Image: Symbolic  
of Jnana Yoga

Introduction to Karma Yoga

Short history of Karma Yoga

How to practice Karma Yoga

Image: Lotus  
flower –symbolic  
of padmasana

Image: Symbolic  
of Karma Yoga

Introduction to Raja Yoga

Short history of Raja Yoga

How to practice Raja Yoga

Image: Lotus  
flower –symbolic  
of padmasana

Image: Symbolic  
of Raja Yoga

Introduction to Hatha Yoga

Short history of Hatha Yoga

How to practice Hatha Yoga

Image: Lotus  
flower –symbolic  
of padmasana

Image: Symbolic  
of Hatha Yoga

Introduction to Tantra Yoga

Short history of Tantra Yoga

How to practice Tantra Yoga

Image: Lotus  
flower –symbolic  
of padmasana

Image: Symbolic  
of Tantra Yoga

Menu Options

Glossary:No

Notes:No

Search:Include a search bar with  
key words

Logo: Include PB logo

Clickable TOC:

YES

TOC chapter is  
highlighted based on  
the current slide user is  
on.

User is presented with a matching  
quiz.

They are required to match the  
description to type of yoga practice.

After completion they are provided  
with feedback based on their choices

Image: Lotus  
flower –symbolic  
of padmasana

Menu Options

Glossary: No  
Notes: No  
Search: Include a search bar with key words  
Logo: Include PB logo

Clickable TOC:  
  
YES  
  
TOC chapter is highlighted based on the current slide user is on.

Hatha Yoga – Asanas

Given clickable images of various postures

User is provided with the following information for each asana

- How to pronounce the asana name in Sanskrit
- Benefits of the asana
- A brief how to description

Image: Lotus flower –symbolic of padmasana

Menu Options

Glossary: No

Notes: No

Search: Include a search bar with key words

Logo: Include PB logo

Clickable TOC:

YES

TOC chapter is highlighted based on the current slide user is on.

The next few slides are nested –

They pop up based on the asana chosen.

The user has the option to navigate to the main Hatha Yoga page from the left or using the navigation buttons below.

Image: Lotus flower –symbolic of padmasana



Menu Options

Glossary:No

Notes:No

Search:Include a search bar with  
key words

Logo: Include PB logo

Clickable TOC:

YES

TOC chapter is  
highlighted based on  
the current slide user is  
on.

User is presented with a matching  
quiz.

They are required to match the  
description to the correct pose.

After completion they are provided  
with feedback based on their choices

Image: Lotus  
flower –symbolic  
of padmasana

Menu Options

Glossary: No  
Notes: No  
Search: Include a search bar with key words  
Logo: Include PB logo

Clickable TOC:  
  
YES  
  
TOC chapter is highlighted based on the current slide user is on.

Pranayama techniques

The user is introduced to the following techniques and their health benefits.  
  
The user is provided with audio on how to pronounce these Sanskrit words.  
  
Nadi Shodhana ; Kapalabhati ; Bhramari ;  
Ujjayi ; Sitali ; Sheetal

Image: Lotus flower –symbolic of padmasana

Menu Options

Glossary: No

Notes: No

Search: Include a search bar with key words

Logo: Include PB logo

Clickable TOC:

YES

TOC chapter is highlighted based on the current slide user is on.

The next few slides are nested –

They pop up based on the pranayama technique chosen.

The user has the option to navigate to the main Pranayama page from the left or using the navigation buttons below.

Image: Lotus flower –symbolic of padmasana

Menu Options

Glossary:No

Notes:No

Search:Include a search bar with  
key words

Logo: Include PB logo

Clickable TOC:

YES

TOC chapter is  
highlighted based on  
the current slide user is  
on.

User is presented with an interactive  
quiz

They must suggest a pranayama  
technique based on a given health  
benefit.

After completion they are provided  
with feedback based on their choices

Image: Lotus  
flower –symbolic  
of padmasana

Menu Options

Glossary: No  
Notes: No  
Search: Include a search bar with key words  
Logo: Include PB logo

Clickable TOC:  
  
YES  
  
TOC chapter is highlighted based on the current slide user is on.

Meditation

The user is first directed to a quiz on some myths about meditation.

The user is then provided with a video on how to meditate.

Image: Lotus flower –symbolic of padmasana

Menu Options

Glossary:No

Notes:No

Search:Include a search bar with  
key words

Logo: Include PB logo

Clickable TOC:

YES

TOC chapter is  
highlighted based on  
the current slide user is  
on.

**The user completes the module with a**

**Summary quiz**

**This quiz will relate to the big question or goal  
for this module**

**How Yoga is a system for holistic well-being.**

Image: Lotus  
flower –symbolic  
of padmasana