

STRESS MANAGEMENT BY YOGA

Course Code: GR18D5213

L/T/P/C: 2/0/0/2

Course Objectives:

- To achieve overall Good Health of Body and Mind.
- To lower blood pressure and improve heart health.
- To become non-violent and truthfulness.
- To increase the levels of happiness.
- To eliminate all types of body pains.

Course Outcomes: Students will be able to

- Develop healthy mind in a healthy body thus improving social health also improve efficiently.
- Develop body awareness. Learn how to use their bodies in a healthy way. Perform well in sports and academics.
- *Will balance, flexibility, and stamina, strengthen muscles and connective tissues enabling good posture.*
- Manage stress through breathing, awareness, meditation and healthy movement.
- Build concentration, confidence and positive self-image.

Unit I

Definitions of Eight parts of yog. (Ashtanga)

Unit II

Yam and Niyam. Do`s and Don`t`sinlife. Ahinsa, satya, astheya, bramhacharya and aparigraha
Shaucha, santosh, tapa, swadhyay, ishwar pranidhan

Unit III

AsanandPranayam, Various yog poses and their benefits for mind & body. Regulaization of
breathing techniques and its effects-Types of pranayam

Reference Books:

1. ‘Yogic Asanas for Group Tarining-Part-I’ : Janardan Swami YogabhyasiMandal,Nagpur
2. “Rajayoga or conquering the Internal Nature” by SwamiVivekananda,
AdvaitaAshrama(Publication Department),Kolkata