



INSTITUTE OF AERONAUTICAL ENGINEERING

(Autonomous)

Dundigal - 500 043, Hyderabad, Telangana

COURSE CONTENT

STRESS MANAGEMENT BY YOGA								
III Semester: AE, CSE, ES, EPS, STE								
Course Code	Category	Hours / Week			Credits	Maximum Marks		
BHSE08	Audit	L	T	P	C	CIA	SEE	Total
		2	-	-	-	-	-	-
Contact Classes: Nil	Total Tutorials: Nil	Total Practical Classes: Nil			Total Classes: Nil			
Prerequisite: NIL								

I. COURSE OVERVIEW:

In a course on stress management by yoga, engineering students learn a variety of yoga techniques and principles that promote physical, mental, and emotional well-being. These techniques include yoga postures (asanas), breathing exercises (pranayama), meditation, and relaxation techniques.

II. COURSE OBJECTIVES:

The students will try to learn:

- I. How to achieve overall health of body and mind.
- II. How to overcome stress.

III. COURSE OUTCOMES:

After successful completion of the course, students should be able to:

- CO 1 Understand Ashtanga yoga and its importance
- CO 2 Identify the Dos and Do nots of Life by practicing the Yam and Niyam
- CO 3 Interpret the Shaucha and its components
- CO 4 Make use of breathing techniques and Asan and Pranayam
- CO 5 Develop healthy mind in a healthy body thus improving social health also

IV. COURSE CONTENT:

MODULE – I: INTRODUCTION

Definitions of Eight parts of yoga. (Ashtanga)

MODULE – II: YAM AND NIYAM

Yam and Niyam. Do's and Don't's in life. Ahinsa, satya, astheya, bramhacharya and aparigraha.

MODULE – III: SHAUCHA

Shaucha, santosh, tapa, swadhyay, ishwarpranidhan

MODULE – IV: ASAN AND PRANAYAM

Asan and Pranayam. Various yog poses and their benefits for mind & body

MODULE – V: BREATHING TECHNIQUES

Regularization of breathing techniques and its effects-Types of pranayam

V.TEXT BOOKS:

1. Swami Vivekananda, "Rajayoga or conquering the Internal Nature", Advaita Ashrama (Publication Department), Kolkata.

VI.REFERENCE BOOKS:

1. Janardan Swami, "Yogic Asanas for Group Training-Part-I", Yogabhyasi Mandal, Nagpur.

VII. WEB REFERENCES:

1. <https://americanyoga.school/course/anatomy-for-asana/>
2. <https://www.yogaasanasonline.com/>

VIII. E-TEXT BOOKS:

1. Todd A. Hoover, M. D. D., Ht, "Stress Management by Yoga".