

## STRESS MANAGEMENT BY YOGA

Course Code	Category	Hours / Week			Credits	Maximum Marks		
		L	T	P	C	CIA	SEE	Total
BHSC07	Audit	2	-	-	0	30	70	100
		<b>Contact Classes: 24</b>			<b>Tutorial Classes: Nil</b>		<b>Practical Classes: Nil</b>	

### 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: (Same as R18)

CO 1	Understand Ashtanga yog and its importance	Understand
CO 2	Identify the Dos and Do not's of Life by practicing the Yam and Niyam	Analyze
CO 3	Interpret the Shaucha and its components	Understand
CO 4	Make use of breathing techniques and Asan and Pranayam	Understand
CO 5	Develop healthy mind in a healthy body thus improving social health also	Apply

### IV. SYLLABUS:

#### MODULE – I: INTRODUCTION (06)

Definitions of Eight parts of yog. (Ashtanga)

#### MODULE – II: YAM AND NIYAM (04)

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

#### MODULE – III: SHAUCHA (05)

Shaucha, santosh, tapa, swadhyay, ishwarpranidhan

#### MODULE – IV: ASAN AND PRANAYAM (05)

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

#### MODULE – V: BREATHING TECHNIQUES (04)

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”.