

## STRESS MANAGEMENT BY YOGA

Course Code	Category	Hours / Week			Credits	Maximum Marks		
BCSB38	Audit	L	T	P	C	CIA	SEE	Total
		2	-	-	0	30	70	100
Contact Classes: 24	Tutorial Classes: Nil	Practical Classes: Nil			Total Classes: 24			
<b>I. COURSE OVERVIEW:</b> 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.								
<b>II. COURSE OBJECTIVES:</b> <b>The students will try to learn:</b> I. How to achieve overall health of body and mind. II. How to overcome stress.								
<b>III. COURSE OUTCOMES:</b> After successful completion of the course, students should be able to: (Same as R18)								
CO 1	Understand Ashtanga yog and its impartance						Understand	
CO 2	Identify the Dos and Do nots 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	
<b>IV. SYLLABUS:</b>								
UNIT-I	INTRODUCTION						Classes: 08	
Definitions of Eight parts of yog. ( Ashtanga )								
UNIT-II	YAM AND NIYAM						Classes: 04	
Yam and Niyam. Do's and Don't's in life. Ahinsa, satya, astheya, bramhacharya and aparigraha								
UNIT-III	SHAUCHA						Classes: 04	
Shaucha, santosh, tapa, swadhyay, ishwarpranidhan								
UNIT-IV	ASAN AND PRANAYAM						Classes: 04	
Asan and Pranayam. Various yog poses and their benefits for mind & body								
UNIT-V	BREATHING TECHNIQUES						Classes: 04	
Regularization of breathing techniques and its effects-Types of pranayam								
<b>Text Books:</b>								
1. Swami Vivekananda, “Rajayoga or conquering the Internal Nature”, Advaita Ashrama (Publication Department), Kolkata								
<b>Reference Books:</b>								
1. Janardan Swami, “Yogic Asanas for Group Tarining-Part-I”, Yogabhyasi Mandal, Nagpur								
<b>Web References:</b>								

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| 1. <a href="https://americanyoga.school/course/anatomy-for-asana/">https://americanyoga.school/course/anatomy-for-asana/</a> |
| 2. <a href="https://www.yogaasanasonline.com/">https://www.yogaasanasonline.com/</a>   |
| <b>E-Text Books:</b>   |
| 1. “Stress Management By Yoga” by Todd A. Hoover, M. D. D., Ht.  |