

YOGA AND STRESS MANAGEMENT

Skill Based Elective I (Semester-IV)

FUNDAMENTALS OF YOGIC PRACTICES

Unit I

Meaning and definition of Yoga – aims & objectives of yoga – misconception about yoga. Historical perspective on yoga – yoga before the time of Patanjali (Indus valley civilization, Vedas, Brahmnas, Upanishads, Epics, Puranas). Contributions of Patanjali and Thirumular to yoga. Yoga practices and other systems of exercises.

Unit II

Schools of Yoga: Bhakthi Yoga, Jnana Yoga, Karma Yoga, Kundalini Yoga, Mantra Yoga, Hatha Yoga, Raja Yoga. Eight Limbs of Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana & Samathi. General principles of practicing Asana, Pranayama, Meditation, Kriyas Bandhas and Mudra.

Unit III

Classification of Asanas - Meditative Asanas – Relaxative Asanas – Cultural Asanas. - safety measure and precautions while performing asanas. Pranayama – different phases in Pranayama practices: Puraka (Inhalation), Kumbhaka (Retention) and Recaka (Exhalation), - safety measures and precautions while performing pranayama. Meditation - Its techniques & benefits. Practicing methods and benefits of Kriyas, Bandha and Mudra.

Unit IV

Impact of Yoga on Muscular system, Respiratory System, Circulatory system, Nervous system, Digestive system and Endocrine system

Unit V

Yoga and development of Social qualities of personality – Co-operation – Simplicity – Tolerance – Social adjustments – Yoga and personal efficiency. Improvement of personal efficiency through yoga.

Reference

- Author's guide, (2003). Yoga – The Science of Holistic living. Chennai: Vivekananda Kendra Prakashana trust
- Chandrasekaran, K., (1999) Sound Health through Yoga. Sedapatti: Prem Kalyan Publications.
- Maguire, Imelda., (2005) Yoga for a Healthy Body. London: Greenwich Editions.
- Mariayyah, P., (2000). Suriyanamaskar. Perunthurai: Jaya Publishing House.
- Tummers, Nanette. E., (2009) Teaching Yoga for Life. Champaign: Human Kinetics.

Skill Based Elective II (Semester V)

STRESS MANAGEMENT THROUGH YOGA

Unit I

Meaning and Definition of Stress. Types: Eutress, Distress, Anticipatory Anxiety, Intense Anxiety and Depression. Meaning of Management – Stress Management.

Unit II

Concept of Stress according to Yoga: Patanjali aphorism (PYS II - 3) Avidya Asmita. Bhagavad – Gita (Gita II 62-63) Dhayato Visayam Punsah ... Yoga Vasistha and Upanishad.

Unit III

Physiology of Stress on: Autonomic Nervous System (ANS), Endocrine System, Hypothalamus, Cerebral Cortex and Neurohumours.

Unit IV

Mechanism of Stress related diseases: Psychic, Psychosomatic, Somatic and Organic phase. Role of Meditation & Pranayama on stress – physiological aspect of Meditation. Constant stress & strain, anxiety, conflicts resulting in fatigue among Executive. Contribution of Yoga to solve the stress related problems of Executive.

Unit V

Meaning and definition of Health – various dimensions of health (Physical, Mental, Social and Spiritual) – Yoga and health – Yoga as therapy. Physical fitness. Stress control exercise – Sitting meditation, Walking meditation, Progressive muscular relaxation, Gentle stretches and Massage.

Reference

- Andrews, Linda Wasmer., (2005). Stress Control for peace of Mind. London: Greenwich Editions
- Lalvani, Vimla., (1998). Yoga for stress. London: Hamlyn
- Nagendra, H.R., and Nagarathana, R., (2004). Yoga perspective in stress management. Bangalore: Swami Vivekananda Yoga Prakashana.
- Nagendra, H.R., and Nagarathana, R., (2004). Yoga practices for anxiety & depression. Bangalore: Swami Sukhabodhanandha Yoga Prakashana.
- Sukhabodhanandha, Swami., (2002). Stress Management. Bangalore: Prasanna trust.
- Udupa, K.N., (1996). Stress management by Yoga. NewDelhi: Motilal Banaridass Publishers Private Limited.

Skill Based Elective III (Semester V)

ASANAS AND PRANAYAMAS – PRACTICAL

UNIT I

Meditative Asanas: 1. Sukhasana, 2. Siddhaasana (or) Siddhayoniasana, 3. Ardha Padmasana (or) Padmasana 4. Vajrasana **Relaxative Asanas** 5. Makarasana 6. Advasana 7. Matsya Kridasana 8. Shavasana, 9. Jyestikasana

UNIT II

Cultural Asanas: 10. Tadasana, 11. Ardha Katti Chakrasana, 12. Pada Hastasana, 13. Utkattasana 14. Parivrruthu Trikonasana, 15. Garudasana, 16. Bakasana, 17. Sithilai Tadasana 18. Ardha Chakrasana 19. Vrksasana 20. Trikonasana, 21. Natarajasana, 22. Virabhadrasana

Sitting Postures: 23. Machiyasana, 24. Sasangasana 25. Parvatasana, 26. Dandasana, 27. Janu Sirshasana 28. Ardha Padma Pachimottasana, 29. Ustrasana, 30. Baddha Padmasana, 31. Tolasana 32. Tolangulasana, 33. Supta Vajrasana, 34. Vakrasana, 35. Ardha Sirsasana, 36. Baddha Konasana 37. Sithilai Dandasana, 38. Pachimottasana, 39. Ardha Ustrasana, 40. Yoga Mudra, 41. Saithalyasana 42. Gomukasana, 43. Veerasana, 44. Baddha Padmasana.

UNIT III

Prone Postures: 45. Bhujangasana, 46. Salabhasana, 47. Naukasana, 48. Ardha Salabhasana, 49. Dhanurasana, 50. Sarpasana.

Supine Postures:

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| 51. Navasana | 59. Pawanamuktasana |
| 52. Viparitha Karani | 60. Padma sarvangasana |
| 53. Uttana Padasana | 61. Halasana |
| 54. Chakrasana | 62. Marjariasana |
| 55. Tolangulasana | 63. Sarvangasana |
| 56. Matsyasana | 64. Ardha Halasana |
| 57. Ardha Padma Halasana | 65. Uttana Padasana |
| 58. Sethu Bandhasana | |

UNIT IV

Pranayamas

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| 1. Suha Pranayama | 6. Chandra Anuloma Viloma |
| 2. Chandra Bhedana Pranayama | 7. Nadi Shodhana |
| 3. Sitkari Pranayama | 8. Surya Anuloma Viloma Pranayama |
| 4. Surya Bhedana Pranayama | 9. Bhramari Pranayama |
| 5. Sitali Pranayama | |

UNIT V

Preparation for Meditation, (sitting in meditative Asanas with Concentration on Tip of the Nose and Centre of eye brow) pranadarana (Body awareness) - Yoga Nidra.

Reference

- Iyengar, BKS., (2003). The Art of Yoga. New Delhi: Harper Collins Publishers.
- Maguire, Imelda., (2005). Yoga for a Healthy Body. London: Greenwich Editions.
- Ravishankar.N.S., (2001). Yoga for Health. New Delhi: Pustak Mahal.
- Tummers, Nanette, E., (2009) Teaching Yoga for Life. Champaign: Human Kinetics.
- Yogendra, Hansa Jayadeva and Desai, Armaiti Neriosand., (1991) Yoga for back and joint disorders. Mumbai: Dr.Jayadeva Yogendra for the yoga institute.