



### COURSECONTENT

STRESS MANAGEMENT BY YOGA (Audit Course-II)								
II Semester-SE								
Course Code	Category	Hours/ Week			Credits	Maximum Marks		
		L	T	P		C	CIA	SEE
2520008	Audit Course	2	0	0	0	100	-	100
		Contact Classes:30		Tutorial Classes:Nil		Practical Classes:Nil		Total Classes:30
Prerequisites: Nil								

#### Course Overview:

The course focuses on the principles of yoga, including asanas, pranayama, meditation, and relaxation techniques that promote mental calmness, physical well-being, and emotional balance. It emphasizes the role of yoga in reducing anxiety, improving concentration, enhancing self-awareness, and maintaining a healthy lifestyle.

#### Course Objectives:

1. To understand the concept of Ashtanga Yoga and learn the definitions of its eight components.
2. To learn the principles of *Yam* and *Niyam* as foundational disciplines for a balanced and ethical lifestyle.
3. To understand the Do's and Don'ts of life through the values of Ahimsa, Satya, Asthaya, Brahmacharya, Aparigraha, Shaucha, Santosha, Tapa, Swadhyaya, and Ishwarpranidhana.
4. To learn basic Asanas and Pranayama techniques and understand their role in physical and mental well-being.
5. To explore various yoga postures and their benefits, and to understand different types of pranayama and their effects on the mind and body.

#### Course Outcomes: Students will be able to:

1. Define the eight parts of Ashtanga Yoga.
2. Explain the principles of Yam and Niyam.
3. Illustrate the do's and don'ts in life, including ethical and moral practices.
4. Demonstrate basic Asan and Pranayam techniques.
5. Apply various yoga poses and breathing techniques to enhance physical and mental well-being.



## SYLLABUS:

### UNIT - I :

Definitions of Eight parts of yoga . ( Ashtanga )

### UNIT - II :

Yam and Niyam .

### UNIT - III :

Do s and Don ' t s in life .

- i ) Ahinsa , satya , astheya , bramhacharya and aparigraha
- ii ) Shaucha , santosh , tapa , swadhyay , ishwar pranidhan

### UNIT - IV :

Asan and Pranayam

### UNIT - V :

- i ) Various yoga poses and their benefits for mind & body
- ii ) Regularization of breathing techniques and its effects - Types of pranayam

## REFERENCES:

1. 'Yogic Asanas for Group Training-Part-I': Janardan Swami Yogabhyasi Mandal, Nagpur
2. "Rajayoga or conquering the Internal Nature" by Swami Vivekananda, Advaita Ashrama (Publication Department), Kolkata

## ELECTRONIC RESOURCES:

1. [Preview: Yoga for Stress Management | SWAYAM](#)

## MATERIAL ONLINE:

1. Course template
2. Tutorial question bank
3. Definitions and terminology
4. Assignments
5. Model question paper – I
6. Model question paper – II
7. Lecture notes
8. E-Learning Readiness Videos (ELRV)