

Yogic Science Open Elective Paper for IIIrd Semester

Title of the Course: Yoga for Stress Management

Learning Objectives

- ✓ To gain knowledge on stress and its concepts
- ✓ To gain knowledge on Stress induced disorders
- ✓ To gain knowledge of positive mental health
- ✓ To gain knowledge on principles and practices of Yoga for stress management

Learning Outcome

- ✓ Comprehension of stress and its concepts
- ✓ Comprehension of fundamental understanding of Yoga and its concepts
- ✓ Comprehension of the principles and practices of Yoga through Stress management
- ✓ Comprehension of Preventive, promotive and curative effects of Yoga on stress induced disorders

UNIT I: Modern Concepts of Stress

15 Hrs

- 1) Introduction to Stress, meaning and definition, fundamental understanding of stress, Symptoms and self-observable signs
- 2) General Adaptation Syndrome theory, Stages of alarm, resistance and exhaustion. Physiology of Stress and its response.
- 3) Effects of Stress –Physical, Psychological and physiological effects.
- 4) Stress induced disorders-Gastrointestinal problems, GERD and IBS, General anxiety disorders, Headaches, Depression, Obesity, Hypertension and Diabetes.

UNIT II: Yoga and Stress

15 Hrs

- 1) Introduction to Yoga, Meaning and definitions, concepts and mis concepts
- 2) Ashtanga Yoga – Yama, Niyama, Asana, Pranayama, Prathyahara, Dharana and Dhayna.
- 3) Hatha Yoga Principles and practices.
- 4) Concept of Stress in Yoga, ChittaVikshepa and its impacts, principles and practices of positive mental health in Yoga.

UNIT III: Stress management through Yoga

15 Hrs

- 1) Effects of Yogic Practices on Stress.
- 2) Food and Life style and its application in the stress management.
- 3) Preventive, promotive and curative effects of Yoga on stress induced disorders
- 4) Yoga module for Stress management

List of Yoga practices for Stress management

- 1) Swasthikasana
- 2) Vajrasana
- 3) Suptavajrasana
- 4) Tadasana
- 5) Trikonasana
- 6) Parshvakonasana
- 7) Purvottanasana
- 8) Janushirshasana
- 9) Pawanmuktasana
- 10) Bhujangasana
- 11) Shalabhasana
- 12) Dhanurasana
- 13) Vakrasana
- 14) Baddhakonasana
- 15) Vipareetakarani
- 16) Uttanapadasana
- 17) Ujjayi Pranayama
- 18) Anuloma Viloma Pranayama
- 19) Bhastrika Pranayama
- 20) Pranava Meditation
- 21) Soham Meditation
- 22) Shavasana

Reference Books:

1. Hans Selye (1984) The stress of life, The McGraw Hill Companies Inc,
2. Taimni I K (1961), The Science of Yoga, The Yoga-Sutras of Patanjali, The Theosophical Publishing House Adyar, Chennai, India
3. Swami SatyanandaSaraswati (1976), Yoga Nidra, Yoga Publications Trust, Munger, Bihar
4. Swami Muktibodhananda (1985) Hatha Yoga Pradipika, Yoga Publications Trust, Munger, Bihar, India pp-66
5. Gore M.M. (2005) Anatomy and Physiology of Yogic Practices; New Age Publications, New Delhi, 4th Edition
6. Udupa K N (1996) *Stress and its management by Yoga*, Bungalow Road, Jawahar Nagar, Delhi, MotilalBanarsidass Publications.
7. Krishna Bhat Dr (2006) *The Power of Yoga*, Kallenkra Hills, p.o.Karopady, D.K. Karnataka Suyoga publications.
8. Bhogal, R.S, (2011) *Yoga and Modern Psychology*, Lonavala, Kaivalyadhama, S.M.Y.M. Samiti Publications
9. Karmananda S (2008) *Yogic Management of Common Diseases*, Munger, Bihar, India, Yoga Publications Trust
10. Kuvalayananda S, (1983) *Pranāyāma*, Lonavala, Kaivalyadhama S.M.Y.M Samiti, Publications.

YSE 507 SCIENTIFIC APPROACH OF YOGA

I. Basis of Yoga Therapy 12Hrs

1. Sadvimsatitvatva theory
2. Tridosha theory
3. Pancakosa theory
4. Application of the three theories.

II Principles of Yoga Therapy 12Hrs

- 1) Dinacarya, Sadvrtta.
- 2) Abhyanga, Vyayama
- 3) Rutucarya
- 4) A general survey of preventive, promotive and curative aspects of yoga Therapy Viz. Asana, Pranayama, Mudra, Kriya etc.

III. Effect of Yogic practices on the following systems 12 Hrs

- 1) Digestive system
- 2) Respiratory system
- 3) Circulatory system
- 4) Nervous system

Reference Books:

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3. B.K.S. Iyengar. (2005). *Light On Pranayama*. New York: Element, NY 10018, United States New York.
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5. Chandradhar Sharma. (2016). *A Critical Survey Of Indian Philosophy* (14 Ed.). New Delhi: Motilal Banarsidass, Delhi, 110007 India.
6. Dharendra Brahmachari. (1970). *Yogasana Vijnana*. Mumbai: Asia Publishing House, Mumbai, MH 400010 IN..
7. H. Kumar Kaul. (1994). *Aspects Of Yoga*. Jaipur: B.R. Publishing Corporation, Jaipur 302 004

8. Hariharananda Aranya. (2014). *Yoga Philosophy Of Patanjali With Bhasvati* (4 Ed.).Kolkatta: Calcutta University Press, Kolkatta,West Bengal 700019.
9. I.K. Taimni. (1972). *The Science Of Yoga*.New York: Quest Books,Wheaton, IL 60187, United States.
10. Krishna Bhat, K. (2006). *The Power Of Yoga* (1 Ed.). Mangalore: Suyoga Publication,574279 Mangalore.
11. Omanand Maharaj. (2013). *Patanjal Yog Pradeep* (2013 Ed.). Gorakhpur: Geeta Press Gorakhpur,Uttar Pradesh 273001.
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16. Swami Digambaraji. (1998). *Hathapradipika* (1998 Ed.).Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.
17. Swami Jnanananda. (1938). *The Philosophy Of Yoga*.Jaipur:Bachubhai Rawat, Jaipur, Rajasthan 302004.
18. Swami Krishnananda. (2009). *A Short History Of Religious And Philosophic Thought*.Rishikesh: Divine Life Society, Rishikesh, Uttarakhand 249192India.
19. Swami Muktibodhananda. (1998). *Hatha Yoga Pradipika* (4 Ed.). Munger: Bihar School Of Yoga, Bihar 811201India.
20. Swami Muktibodhananda. (2012). *Hatha Yoga Pradipika: Light On Hatha Yoga*.Munger: Yoga Publications Trust, Munger, Bihar811201.
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