YSE308 **YOGA FOR STRESS MANAGEMENT**

Course 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

Course 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 **15Hrs**

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

Reference Books:

1. Hans Selye (1984) The stress of life, The McGarw 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.