

## 19EAC747: STRESS MANAGEMENT BY YOGA

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### Unit I

9L

Definitions of Eight parts of yoga (Ashtanga).

### Unit II

9L

Yam and Niyam.

Do's and Don't's in life.

- i) Ahimsa, satya, asthaya, bramhacharya and aparigraha
- ii) Shaucha, santosh, tapa, swadhyay, ishwarpranidhan.

### Unit III

9L

Asan and Pranayam

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

### Text Books

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