

SYLLABUS OF GENERIC ELECTIVE PAPERS (GE)
SEM- 4 (GE-7)

YOGA AND STRESS MANAGEMENT

Sl. No.	Course Title & Code	Credits	Credit Distribution of the Course			Eligibility Criteria	Pre-Requisite of the Course (if any)
			Lecture	Tutorial	Practical/Practice		
7.	SEM-4 (GE -7) YOGA AND STRESS MANAGEMENT	04	3	0	1	XII Pass	NIL

Learning objective:

The objective of this course is to provide understanding through practical knowledge and practices with enough scope for creativity/Innovations.

Learning outcomes:

- Understand the concept of yoga.
- Demonstrate different asanas to achieve a healthy lifestyle.
- Apply Pranayama and Shat karmas to reduce day-to-day stress in our life.
- Management of Stress by using different yogic relaxation techniques.
- Develop Physical Fitness Program.

SYLLABUS

No. of Credits: 04 (Lecture-03, Practical-1)

Theory: 45 hours, Practical: 30 hours.

Unit-1: INTRODUCTION

(11 hrs. Lectures)

- 1.1 Meaning, Definition, and Importance of Yoga.
- 1.2 Origin and Historical Development of Yoga.
- 1.3 Concept of the Importance of Yogic Diet.

Unit-II: YOGA-ASANAS

(11 hrs. Lectures)

- 2.1 Ashtanga Yoga (Maharishi Patanjali): Meaning and importance.
- 2.2 Supine Position Asanas (Ardh-Halasana, Sarvangasana, Pawanmuktasana); Prone Position Asanas (Bhujangasana, Salabhasana, Dhanurasana)
- 2.3 Sitting Asanas (Ardh Matsyendrasana, Paschimotanasana, SuptaVajrasana); Standing Asanas (Utkatasana, Trikonasana and Tadasana).

Unit-III: PRANAYAMAS AND SHAT KARMAS

(11 hrs. lectures)

- 3.1 Meaning, Procedure, Precautions, and Benefits of the following Pranayamas: Anulom-Vilom, Suryabhedan, Bhrameri, Sheetal, Sheetkari Pranayamas.
- 3.2 Meaning, Procedure, Precautions, and Benefits of the following Shatkarmas: Kapalbhati, Trataka, and Neti (Jal and sutra).
- 3.3 Relevance of yoga for holistic health development in society.

Unit-IV: STRESS MANAGEMENT

(11 hrs. lectures)

- 3.1 Concept, Causes, and Effects of Stress.
- 3.2 Non-communicable diseases (due to stress), Stress prevention, and good health.

3.3 Stress Management through relaxation techniques (autogenic training and progressive muscle relaxation, deep breathing, meditation), and sports, recreational, adventure sports, physical activities, and developing healthy relationships as coping strategies.

Practical Syllabus

(30 hrs.)

1. Suryanamaskar and any four asanas.
2. Pranayams (any two).
3. Practice Meditation for 10-15 minutes.
4. Assessment of stress (Questionnaire-PSQ)

Suggested Readings:

1. Arora S., Agarwal M. (2022), "Yoga & Stress Management", Khel Sahitya Kendra ISBN: 978-93-90461-38-7.
2. Pawar, B., Gosain, N., Sharma, S. (2021), "Yoga & Stress Management", Friends Publications. New Delhi (India) ISBN-978-81-7216-579-6.
3. Saini, N. (2020). "Yoga & Stress Management", Friends Publications. New Delhi. ISBN: 978-93-88457-58-3
4. Arora S., Agarwal M. (2020), "Yoga Skills", Khel Sahitya Kendra ISBN: 978-81-947808-4-7.
5. Pahuja M., Pahuja S., Panda S. (2020), "Yoga & Stress Management", Friends Publications. New Delhi (India) ISBN-978-8195365593.
6. Gupta, B., Chakravorty, S.K., ., Chakravorty, Munesh.,(2019) "Yoga & Stress Management", Friends Publications. New Delhi (India) ISBN-978-81-7216-568-0.
7. "Anger and Stress Management". God's Way. Calvary Press, USA.
8. Swate Y B (2009). "Anger Management". Sage Publication. New Delhi.
9. NCERT & CBSE publication and reading for stress management.
10. Davis M. et al (2008). "The Relaxation and Stress Reduction" workbook. Harbinger Publications, USA
11. Greenberg J.S. (2008). "Comprehensive Stress Management". McGraw Hill, USA
12. HippE. (2008). "Fighting Invisible Tigers: Stress Management for Teens". Free Spirit Publishing, USA.
13. Petee F (2006). "Anger Management". Pentagon. Press. New York. U.S.A.
14. Gupta Rashmi (2015), "Yoga and Pranayam Exercise". Aryan Publication.
15. Gupta Rashmi (2016), "Yogaasana and pranayama abhayas". Aryan Publication.
16. Shaw D. (2018) "Fundamental Statistics in Physical Education and Sports Sciences" Sports Publication, ISBN: 81-86190-57-0.
17. Shaw D. (2020) "Physical Education Practical Manual for Class XI" Prachi Publication, ISBN: 978-8193-7698-0-5.
18. Shaw D. (2020) "Physical Education for Class XII" Prachi Publication, ISBN: 978-81-7730-848-8.
19. Shaw D. (2020) "Physical Education for Class XI" Prachi Publication, ISBN: 978-81-7730-847-1.
20. Shaw D. (2020) "Physical Education Practical Manual for Class XII" Prachi Publication, ISBN: 978-81-937698-1-2.
21. Shaw D. (2020) "Parable Global English Hindi Dictionary of Physical Education & Sports Sciences" Khel Sahitya Kendra, ISBN: 978-93-90461-18-9.
22. Shaw D. (2020) "Yoga Asanas and their Benefits" Sports Publication, ISBN: 978-81-9436-11-9-0.
23. Sahrawat M (2024) yoga and stress management Khel Sahitya Kendra ISBN: 978-93-90461-65-3

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.