

GOKARAJU RANGARAJU INSTITUTE OF ENGINEERING AND TECHNOLOGY

STRESS MANAGEMENT AND YOGA

(AUDIT COURSE)

Course Code: GR20D5158

L/T/P/C: 2/0/0/2

Course Objective:

1. To achieve overall health of body and mind.
2. To overcome stress.
3. To lower blood pressure and improve heart health.
4. Relaxation and Sleeping aid and to become non-violent and truthfulness.
5. To increase the levels of happiness and to eliminate all types of body pains.

Course Outcomes: Students will be able to:

1. Develop healthy mind in a healthy body thus improving social health also improve efficiently.
2. Develop body awareness. Learn how to use their bodies in a healthy way. Perform well in sports and academics.
3. Will balance, flexibility, and stamina, strengthen muscles and connective tissues enabling good posture.
4. Manage stress through breathing, awareness, meditation and healthy movement.
5. Build concentration, confidence and positive self-image

Unit 1: Definitions of Eight parts of yoga. (Ashtanga)

Ashtanga, the eight limbs of yoga, is Patanjali's classification of classical yoga, as set out in his Yoga Sutras. He defined the eight limbs as yama (abstinences), niyama (observances), asana (postures), pranayama (breathing), pratyahara (withdrawal), dharana (concentration), dhyana (meditation) and Samadhi (absorption).

Unit-2. Orientation to Patanjala Yoga sutra:

Introduction to Yoga sutra - Nature of Yoga science, Definition of yoga, the nature of seer in pure and modified state, Vrittis - Nature, classification, definition, method to control of chittavrittis. Samprajnata Samadhi and its classification, Iswarapranidhana - a means to attain Samadhi, definition and quality of Iswara. Ashtanga yoga-Yama, Niyama, Asana, Pranayama, Pratyahara-Bahiranga Yoga, Dharana, Dhyana, Samadhi-Antaranga Yoga, Powers Introduction.

Unit-3. Orientation of Hath yoga pradiipika :

Hath yoga - Introduction, relationship of Hath yoga and Raja yoga, greatness of Hath yoga, Hath yogi parampara, importance of Hath and its secrecy, place of Hath yoga Practice, Destructives and constructive of yoga, Yama and Niyama, Asana, methods of Hath yoga Practice, Mitahara, Pathya and Apathya. Rules in food taking, Hath yoga achievements. Pranayama - Benefits of Pranayama, Nadishuddhi and Pranayama. Duration and time for pranayama practice, Gradation of Pranayama, Sweat and Pranayama, Food during pranayama practice, Yukta and Ayukta pranayama, Nadishuddhi, Satkriya-Neti, Dhouti, Basti, Nauli, Trataka, Kapalbhata, Gajakarani, Importance of Pranayama practice. Symptoms of Nadishuddhi, Manonmani, Varieties of Kumbhaka-Methods of practice, Classification of their benefits, Hathayogasiddhilakshanam. Kundalini as base for all yoga, Results of Kundalini prabyodha, Synonyms for Susumna, Mudras Bandhas-classification, benefits and methods of practice, Nadanusandhana.

Unit 4: Yam and Niyam. Do's and Don'ts in life. Ahimsa, satya, astheya, bramhacharya & aparigraha Shaucha, santosh, tapa, swadhyay, ishwarpranidhan

Unit 5: Asan and Pranayam - Various yoga poses and their benefits for mind & body. Regularization of breathing techniques and its effects-Types of pranayam

Suggested reading

1. 'Yogic Asanas for Group Training - Part-I' : Janardan Swami YogabhyasiMandal,Nagpur
2. "Rajayoga or conquering the Internal Nature" by SwamiVivekananda, AdvaitaAshrama(Publication Department),Kolkata
3. Rajayoga - Swami Vivekananda - Ramakrishna Ashrama Publications.
4. HathayogaPradiipika of Swatmarama - Kaivalyadhama, Lonavala
5. The Science of Yoga - Taimini - Theosophical Publishing House, Adyar, Madras.
6. Yogasutras of Patanjali - HariharanandaAranya, University of Calcutta Press, Calcutta.
7. Patanjali Yoga PradeepaOmananda Tirtha- Geeta Press, Gorakhpur.
8. Gherandasamhita - Bihar School of Yoga, Munger, Bihar.
9. Shivayogadiipika - Sadashivabrahmendra, Ananda Ashramagranthavali, Choukhamba Press
10. Yoga Darshan : Swami Niranjanananda-Sri PanchadashanamParamahansaAlakh Bara, Deoghar.
11. Four chapters on Freedom (commentary on the Yoga sutras of Patanjali), Swami Satyananda (1983), Bihar School of Yoga, Munger.