

GUJARAT TECHNOLOGICAL UNIVERSITY

Stress Management by Yoga

SUBJECT CODE: 3700007

SEMESTER: I/II

Type of course: Audit course

Prerequisite: -

Rationale: -

Teaching and Examination Scheme:

Teaching Scheme			Credits	Examination Marks				Total Marks
L	T	P		Theory Marks		Practical Marks		
				ESE(E)	PA (M)	PA (V)	PA (I)	
0	0	4	0	0	0	0	50	50

Content

Sl. No.	Topic	Teaching Hours	Module Weightage (%)
1.	Definitions of Eight parts of yog. (Ashtanga)	8	33
2.	Yam and Niyam Do`s and Don`t`s in life Ahinsa, satya, astheya, bramhacharya and aparigraha Shaucha, santosh, tapa, swadhyay, ishwarpranidhan	8	34
3.	Asan and Pranayam Various yog poses and their benefits for mind & body Regularization of breathing techniques and its effects-Types of pranayama	8	33

Reference Books:

1. Yogic Asanas for Group Training-Part-I' :Janardan Swami Yogabhyasi Mandal, Nagpur
2. "Rajayoga or conquering the Internal Nature" by Swami Vivekananda, AdvaitaAshrama (Publication Department), Kolkata

Course Outcome:

At the end of the course, the student will be able to:

1. Develop healthy mind in a healthy body thus improving social health also
2. Improve efficiency