

Total hours: 40

## **YOGA FOR STRESS MANAGEMENT**

### **Module 1: Introduction**

Relevance of Yoga in Modern Life Misconceptions about Yoga – Secular Nature of Yoga

### **Module 2: Stress**

Definition of stress – Causes of Stress Symptoms of Stress – Physical – Psychological – Behavioural. Coping with stress – relaxation – life style management.

### **Module 3: (Theory & Practicals)**

Basic Relaxation techniques, Simple meditation techniques. Basic pranayama techniques, Yoga Nidra, Basic Asanas (Postures).

### **References**

Iyengar, B.K.S (2011) Light on yoga. Harper Collins Publishers, New Delhi

Taimni, I.K. (2011) Commentary -, Harper Collins Publishers, New Delhi

Swami Vivekananda , (2004). Raja Yoga revised. Cosmo Publication, New Delhi.