

## **Yoga and Meditation**

Yoga is part of the curriculum included as Skill Based Elective for the undergraduate students in IV and V semester. Students of B.C.A degree chose “Yoga and Stress Management” as their skill-based elective. Students have both theory and practical hours in yoga, offered in the IV and V semester. The syllabus prescribed by Bharathidasan University is as follows:

## **YOGA AND STRESS MANAGEMENT**

### **Skill Based Elective I (Semester-IV)**

#### **FUNDAMENTALS OF YOGIC PRACTICES**

##### **Unit I**

Meaning and definition of Yoga – aims & objectives of yoga – misconception about yoga. Historical perspective on yoga – yoga before the time of Patanjali (Indus valley civilization, Vedas, Brahmanas, Upanishads, Epics, Puranas). Contributions of Patanjali and Tirumular to yoga. Yoga practices and other systems of exercises.

##### **Unit II**

Schools of Yoga: Bhakti Yoga, Jnana Yoga, Karma Yoga, Kundalini Yoga, Mantra Yoga, Hatha Yoga, Raja Yoga. Eight Limbs of Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana & Samathi. General principles of practicing Asana, Pranayama, Meditation, Kriyas Bandhas and Mudra.

##### **Unit III**

Classification of Asanas - Meditative Asanas - Relaxative Asanas - Cultural Asanas. - safety measure and precautions while performing asanas. Pranayama - different phases in Pranayama practices: Puraka (Inhalation), Kumbhaka (Retention) and Recaka (Exhalation), - safety measures and precautions while performing pranayama. Meditation - Its techniques & benefits. Practicing methods and benefits of Kriyas, Bandha and Mudra.

##### **Unit IV**

Impact of Yoga on Muscular system, Respiratory System, Circulatory system, Nervous system, Digestive system and Endocrine system

##### **Unit V**

Yoga and development of Social qualities of personality - Co-operation - Simplicity - Tolerance - Social adjustments - Yoga and personal efficiency. Improvement of personal efficiency through yoga.

##### **Reference**

- Author's guide, (2003). Yoga - The Science of Holistic living. Chennai: Vivekananda Kendra Prakashana trust
- Chandrasekaran, K., (1999) Sound Health through Yoga. Sedapatti: Prem Kalyan Publications.
- Maguire, Imelda., (2005) Yoga for a Healthy Body. London: Greenwich Editions.
- Mariyayah, P., (2000). Suriyanamaskar. Perunthurai: Jaya Publishing House.
- Tummers, Nanette. E., (2009) Teaching Yoga for Life. Champaign: Human Kinetics.

## **Skill Based Elective II (Semester V)**

### **STRESS MANAGEMENT THROUGH YOGA**

#### **Unit I**

Meaning and Definition of Stress. Types: Eustress, Distress, Anticipatory Anxiety, Intense Anxiety and Depression. Meaning of Management – Stress Management.

#### **Unit II**

Concept of Stress according to Yoga: Patanjali aphorism (PYS II - 3) Avidya Asmita. Bhagavad - Gita (Gita II 62-63) Dhayato Visayam Punsah ... Yoga Vasistha and Upanishad.

#### **Unit III**

Physiology of Stress on: Autonomic Nervous System (ANS), Endocrine System, Hypothalamus, Cerebral Cortex and Neurohumours.

#### **Unit IV**

Mechanism of Stress related diseases: Psychic, Psychosomatic, Somatic and Organic phase. Role of Meditation & Pranayama on stress – physiological aspect of Meditation. Constant stress & strain, anxiety, conflicts resulting in fatigue among Executive. Contribution of Yoga to solve the stress related problems of Executive.

#### **Unit V**

Meaning and definition of Health – various dimensions of health (Physical, Mental, Social and Spiritual) – Yoga and health – Yoga as therapy. Physical fitness. Stress control exercise – Sitting meditation, Walking meditation, Progressive muscular relaxation, Gentle stretches and Massage.

#### **Reference**

- Andrews, Linda Wasmer., (2005). Stress Control for peace of Mind. London: Greenwich Editions
- Lalvani, Vimla., (1998). Yoga for stress. London: Hamlyn
- Nagendra, H.R., and Nagarathana, R., (2004). Yoga perspective in stress management. Bangalore: Swami Vivekananda Yoga Prakashana.
- Nagendra, H.R., and Nagarathana, R., (2004). Yoga practices for anxiety & depression. Bangalore: Swami Sukhabodhanandha Yoga Prakashana.
- Sukhabodhanandha, Swami., (2002). Stress Management. Banglore: Prasanna trust.
- Udupa, K.N., (1996). Stress management by Yoga. NewDelhi: Motilal Banaridass Publishers Private Limited.

**Skill Based Elective III (Semester V)**

**ASANAS AND PRANAYAMAS - PRACTICAL**

**UNIT I**

**Meditative Asanas:** 1. Sukhasana, 2. Siddhaasana (or) Siddhayoniasana, 3. Ardha Padmasana (or) Padmasana 4. Vajrasana **Relaxative Asanas** 5. Makarasana 6. Advasana 7. Matsya Kridasana 8. Shavasana, 9. Jyestikasana

**UNIT II**

**Cultural Asanas:** 10. Tadasana, 11. Ardha Katti Chakrasana, 12. Pada Hastasana, 13. Utkattasana 14. Parivrtthu Trikonasana, 15. Garudasana, 16. Bakasana, 17. Sithilai Tadasana 18. Ardha Chakrasana 19. Vrksasana 20. Trikonasana, 21. Natarajasana, 22. Virabhadrasana

**Sitting Postures:** 23. Machiyasana, 24. Sasangasana 25. Parvatasana, 26. Dandasana, 27. Janu Sirshasana 28. Ardha Padma Pachimottasana, 29. Ustrasana, 30. Baddha Padmasana, 31. Tolasana 32. Tolangulasana, 33. Supta Vajrasana, 34. Vakrasana, 35. Ardha Sirsasana, 36. Baddha Konasana 37. Sithilai Dandasana, 38. Pachimottasana, 39. Ardha Ustrasana, 40. Yoga Mudra, 41. Saithalyasana 42. Gomukasana, 43. Veerasana, 44. Baddha Padmasana.

**UNIT III**

**Prone Postures:** 45. Bhujangasana, 46. Salabhasana, 47. Naukasana, 48. Ardha Salabhasana, 49. Dhanurasana, 50. Sarpasana.

**Supine Postures:**

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|--------------------------|------------------------|
| 51. Navasana             | 59. Pawanamuktasana    |
| 52. Viparitha Karani     | 60. Padma sarvangasana |
| 53. Uttana Padasana      | 61. Halasana           |
| 54. Chakrasana           | 62. Marjariasana       |
| 55. Tolangulasana        | 63. Sarvangasana       |
| 56. Matsyasana           | 64. Ardha Hanlasana    |
| 57. Ardha Padma Halasana | 65. Uttana Padasna     |
| 58. Sethu Bandhasana     |                        |

**UNIT IV**

**Pranayamas**

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|------------------------------|-----------------------------------|
| 1. Suha Pranayama            | 6. Chandra Anuloma Viloma         |
| 2. Chandra Bhedana Pranayama | 7. Nadi Shodhana                  |
| 3. Sitkari Pranayama         | 8. Surya Anuloma Viloma Pranayama |
| 4. Surya Bhedana Pranayama   | 9. Bharamari Pranayama            |
| 5. Sitali Pranayama          |                                   |

## UNIT V

Preparation for Meditation, (sitting in meditative Asanas with Concentration on Tip of the Nose and Centre of eye brow) pranadarana (Body awareness) - Yoga Nidra.

### Reference

- Iyengar, BKS., (2003). The Art of Yoga. New Delhi: Harper Collins Publishers.
- Maguire, Imelda., (2005). Yoga for a Healthy Body. London: Greenwich Editions.
- Ravishankar.N.S., (2001). Yoga for Health. New Delhi: Pustak Mahal.
- Tummers, Nanette, E., (2009) Teaching Yoga for Life. Champaign: Human Kinetics.
- Yogendra, Hansa Jayadeva and Desai, Armaiti Neriosand., (1991) Yoga for back and joint disorders. Mumbai: Dr.Jayadeva Yogendra for the yoga institute.

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N.S.S organized yoga and meditation training for the students of GAC, Trichy on 30-06-2016. Students were given training by people from Isha yoga centre. They were taught about the “Yoga & Special features of yoga”.



For NSS students meditation classes were conducted from 03-01-2017 to 05-01-2017. The Principal, staff members and more than 50 students from NSS took part in the training.

A Yoga Training was organized by NSS on 18-02-2018 for the First-year students. Trained people from BHEL Mental Arts Forum taught them Special features of yoga.





