

B.A./ B.Com./ B.Sc. (Hons.)
General Elective (GE) in Physical Education (Semester-1)

GE(H) : YOGA AND STRESS MANAGEMENT

PART A: THEORY

Duration: 2 Hrs

Maximum Marks : 50

Unit-I: Introduction

- 1.1 Meaning, Definition and Importance of Yoga
- 1.2 Origin and Historical development of Yoga
- 1.3 Ashtanga Yoga (Maharishi Patanjali) : Yama, Niyama, Asana, Pranayam, Pratyahar, Dharna, Dhyana, Samadhi and their importance

Unit-II : Yoga-Asanas, Pranayamas and Shat Karmas

- 2.1 Meaning, Procedure, Precautions and Benefits of the following Asanas: Meditative Asanas (Vajrasana, Padmasana, Swastikasana, Sukhasana); Supine Position Asanas (Ardh-Halasan, Sarvangasana, Chakrasana, Pawanmuktasana); Prone Position Asanas (Bhujangasana, Salabhasana, Dhanurasana); Sitting Asanas (Ardh-Matsyendrasana, Paschimotanasana, SuptaVajrasana, Yoga Mudra); Standing Asanas (Utkatasana, Hanumanasana, Trikonasana and Tadasana)
- 2.2 Meaning, Procedure, Precautions and Benefits of the following Pranayamas : Anulom-Vilom, Suryabhedh, Ujjayi, Bhrameri, Sheetali, Sheetkari Pranayamas
- 2.3 Meaning, Procedure, Precautions and Benefits of the following Shatkarmas: Kapalbhata, Trataka, Neti and Vaman Dhauti.

Unit-III : Stress Management

- 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 as coping strategies

PART B : PRACTICAL

Maximum Marks : 25

1. Suryanamaskar and any five asanas
2. Pranayams (any two) and Shat-karmas / Kriyas (any one)
3. Practice Meditation for 10-15 minutes.

Assessment of Practical

Practical (Demonstration/ Performance):	10 Marks
Viva :	10 Marks
Record Book on all topics of Practical :	05 Marks

Maximum Marks : 25

PART C : INTERNAL ASSESSMENT

1. Presentation/ Written Test	: 10 Marks
2. Project / Assignment	: 10 Marks
3. Attendance	: 05 Marks

MARKING SCHEME : Theory = 50 Marks, Practical = 25 Marks, Internal Assessment = 25 Marks

SEMESTER CREDITS FOR THE PAPER = 6 CREDITS

- Each period will be of one hour.
- 4 theory periods per week per semester = 4 credits
- 4 Practical periods per week per semester = 2 credits

INSTRUCTIONS TO THE EXAMINERS

- The examiners will set nine questions (eight descriptive and one question on short notes containing three options whereby, a student has to attempt any two) equally distributed throughout the entire syllabus.
- The students will be required to attempt any five questions.
- Each question will carry ten marks.

SUGGESTED READINGS

1. Davis M. et al (2008) The Relaxation and Stress Reduction workbook. Harbinger Publications, USA.
2. Greenberg J.S. (2008). Comprehensive Stress Management. McGraw Hill, USA
3. Hipp E. (2008). Fighting Invisible Tigers: Stress Management for Teens. Free Spirit Publishing, USA.
4. Iyenger, B.K.S. (1995). Light on Yoga: The Bible of Modern Yoga. USA: Schocken Publishers.
5. Kumari, Sheela, S., Rana, Amita, and Kaushik, Seema (2009). A Practical Workbook on Fitness, Aerobics and Gym Operations. KhelSahitya, New Delhi.
6. Sharma, J. P. (2006). Yoga Shiksha EK Parichaya. Delhi: Friends Publications

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