

VALUE ADDED COURSE ON YOGA FOR PHYSICAL, MENTAL AND PSYCHOLOGICAL WELL- BEING

Topics covered

- Yoga For Healthy life
- Asanas for Beginners
- Mind your Mind
- Stress Management
- Yogic Diet

Course Coordinator

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About University

Alagappa University was brought into existence by a Special Act of the Government of Tamil Nadu in May 1985 with the objective of fostering research, development and dissemination of knowledge in various branches of learning. Alagappa University is recognized by the University Grants Commission (UGC) of India. The University has 44 Departments, 9 Centres and 2 Constituent Colleges in its campus. 52 Affiliated Colleges located in the districts of Sivaganga and Ramanathapuram are part of the University of which one Autonomous College and one Alagappa University Model Constituent College of Arts and Science are located in Kilakkarai and Paramakudi respectively. The University offers education through Regular, Week-end,

Distance and Collaborative modes. Through all modes of education, the University caters to the needs of the student community of around **1.12 lakhs**.

About the Department

The Department of Banking Management was established in Alagappa University in the year 1989 with the objective of preparing the students through effective training for managerial positions in banks. Discipline, Perfection, Dynamism and Professionalism are the watch words of the Department. Learners are fine-tuned to face challenges of the ever growing financial sector through hands on experience duly supported by the needed theoretical edifice. The distinguished track record of the Alumni speaks of the academic credentials of the department.

Syllabus

Course objectives

1. To acquaint the learners with basic human anatomy and physiology of different systems.
2. To provide training on different types of asanas.
3. To make the learners to understand the role of prayer in daily life.
4. To educate the learners about tackling ill effects of frustration, Anxiety and Conflict.
5. To orient the students to promote positive awareness for healthy life and living.

Course outcomes

After completing the course, the students will be able -

1. To demonstrate the basic human anatomy and physiology of different systems.
2. To practices different types of asanas in daily life.
3. To perform prayer in daily life.
4. To tackle the ill effects of frustration, Anxiety and Conflict.
5. To include the nutritious food in their daily life.

Unit I: Yoga For Healthy life: Yoga - Definition of yoga - Health definition according to W.H.O - Mental Health: Meaning and determinants - Basic Human Anatomy and Physiology of different systems: skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic, respiratory, digestive, urinary and the reproductive system.

Unit II: Asanas for Beginners: Asana- Definition and Classification of Asanas - Effects of Asanas - How to practices Asanas: Precautions, Importance of place, seat, time, sequence, Limitations

Practical Session: Sitting Asanas:- Vajrasana, Gomukhasana, Parvatasana, Janushirasana Paschimottanasana, Ardha Matsyendrasana, Supta Vajrasana, Yoga Mudra, Ushtrasana, Mandukasana, Uttana Mandukasana, Standing Asanas: Tadasana, Tiryak-Tadasna, Ardha Katichakrasana, Katichakrasana, Trikonasana,

Unit III: Mind your Mind: Prayer: Meaning - Introduction and its significance in yogic practices - Role of Prayer in daily life - Role and effects of Mantra in Yogic Practices.

Practical Session Meditative Asanas:- Virasana,

Unit IV: Stress Management: Frustration, Anxiety, Conflict - General Introduction, Meaning, Cause and Yogic method - Tackling ill effects of frustration, Anxiety and Conflict

Practical Session: Out-door games

Unit V: Yogic Diet: Yogic Diet: Meaning, Introduction and its significance in yogic practices - Role of Nutrition in Health - Laws of Nature - Pancha Mahabhutas: Definition and maintenance of nature's constructive principle of health - Importance of physical and mental hygiene.

References

- Swami, Satyananda S. Asana, Pranayama, Mudra, Bandha, Munger, Yoga Publications Trust
- Rama R.R. Journey to the Real Self (a book on Yoga Consciousness), Vijinigiri, Yoga Consciousness Trust.
- Babu, K.R. Aasana Sutras (based on traditional Hatha Yoga literature), Vizianagaram, Home of Yoga Publications.