

|   |     |                        |                          |              |                                  |
|---|-----|------------------------|--------------------------|--------------|----------------------------------|
| M.A. Yoga Studies   |     | Course Code: MYS - 406 |                          | Semester - I |                                  |
| <b>Course Name: IDC</b><br><b>PATANJALI YOG SUTRA IN STRESS MANAGEMENT &amp; PERSONALITY DEVELOPMENT</b>  |     |                        |                          |              |                                  |
| Credit – 02   |     |                        | Maximus Marks (MM) - 100 |              |                                  |
| Evaluation scheme   |     |                        | Periods                  |              | Total Number of Periods -30 hrs. |
| CIA   | MTE | ETE                    | L                        | T            | P                                |
| 20  | 20  | 60                     | 2                        | 0            | 0                                |
| <b>Objective: -</b><br>➤ Understand the effective development of all dimensions of personality.   |     |                        |                          |              |                                  |
| <b>Course Outcome: -</b><br>➤ Apply its value in education.<br>➤ Apply its value practically for the management of stress.<br>➤ Introduce its value and insights for persons with special need. |     |                        |                          |              |                                  |

#### Unit-I: Introduction to Yoga Sutra:

Yoga Sutras: Introduction, definition and objectives of Yoga, importance of Yoga Sutras compared to other Yoga texts, concept of mind, mind of mind, states of mind and their types.

#### Unit-II: Application of Patanjala Yoga in Stress Management – I

Cultivating the body through asanas; Regulating the flow of prana through pranayama; Applications in stress management: Abhyas for Chittavritti Nirodh (Abhyasa and Vairagya), Antaraya and Vikshepa Sahabhava, Developing Fourfold Mindfulness for Chittaprasadanam

#### Unit-III: Application of Patanjala Yoga in Stress Management – II

Ashtanga Yoga: Disciplining life through Yama and Niyama; To practice stopping the cravings of the senses through Pratyahara.

#### Unit-IV: Applications in Personality Development – I

Mental level: Developing abilities (understanding, concentration, memory and intellectual capacity) through pratyahara, dharana, dhyana and samadhi.

#### Unit-V: Applications in Personality Development – II

Emotional level: Overcoming emotions to prevent aggressive behavior, anger, fear, anxiety and depression through Ishvarapranidhana (surrender to the Supreme); Social and civic spirit: Personal and social discipline through five yamas (what not to do) and five niyamas (what not to do).

#### REFERENCE BOOKS:

- Woods, J.H.: The Yoga System of Patanjali, M.L.B.D., Delhi, 1988
- Swami Vivekananda: Rajayoga, Advaita Ashram, Calcutta, 2000.
- Rukmini T.S.: Yoga Vartika of Vijnanbhikshu (Tr.) Vol I, II, III & IV,
- Munshiram Manoharlal Pvt. Ltd. New Delhi
- Iyengar B.K.S.: Light on the Yoga Sutras of Patanjali, Published Thorsons, 2002
- The Yoga Sutras of Patanjali" by Sri Swami Satchidananda
- Light on the Yoga Sutras of Patanjali" by B.K.S. Iyengar
- The Heart of Yoga: Developing a Personal Practice" by T.K.V. Desikachar