



Bhuvan Malti College of Education

NCTE Approved, ISO Certified 9001:2015, UGC Recognized under section 2(f) & NAAC Accredited with Grade B+
(Affiliated to Aryabhata Knowledge University & Bihar School Examination Board, Patna)



Established-2012

Vill- Basatpur Bada Tola, Po- Rupdih, Chhatauni Dhaka -Road, Motihari East Champaran Bihar-845401

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Ref. No.....

VALUE ADDED COURSE

Date:.....

Mental Stress Management and Yoga

About the Course: -

Instruction on the effects of stress as it relates to work, sports and academics; coping strategies are discussed and applied through physical conditioning interventions. The nature of stress, determinant causes, and the physiological and psychological reactions to stress are addressed in the lecture portion of the course.

Aims & Objectives of the Course:

The activity portion of the class will introduce and implement physiological, cognitive and behavioral stress management techniques and exercise programming. Describe different types of stressors. Identify the psycho-physiological indicators of excessive stress. Analyze the models of stress. Describe the mind-body connection. Understand the different thought streams which contribute to either a stressful or vital life. Identify the contributing factors to the stress response. Compare the differences between stress, anxiety, and arousal. Describe the many types of coping responses to stress. Describe the many somatic, behavioral, and cognitive stress management techniques. Explain the importance of exercise in combating the effects of stress. Actively engage in physiological, behavioral, and cognitive interventions throughout the semester. Apply theoretical concepts to one's own experience to understand stress and its impact on health and our lives (experiential learning). Participate in interactive and dynamic classroom activities (active learning). Accept

*perspectives and experiences of all students in the class (divergent thinking).
Foster an environment of self-directed learning (individual responsibility and self-challenge)*

Syllabus:

Main Contents Coverage

- 1. History and Development of Yoga*
- 2. Hatha Yoga Texts*
- 3. Diet and Nutrition*
- 4. Therapeutic Yoga*

Eligibility

First year B.Ed. Students /Teachers of Bhuvan Malti College of Education.

Fee:-

Free of cost

Course Duration:

The duration of the course is 35 hours (theory: 20hrs + practical. 15hrs)

Course Learning Outcome:-

- 1) Ideas on how to keep your body healthy*
- 2) Impact of yoga on daily life*
- 3) Pranayama practices and effects in daily life*
- 4) Understanding how Yogasana or Pranayama helps us to create the right lifestyle.*

Attendance Policy:

Attendance is taken every class session. To appear in the certification exam, each student must ensure a minimum 75% attendance.