

## **FACULTY OF EDUCATION**

### **CENTRE FOR YOGA STUDIES**

#### **UCYSVAC02 - HEALTH AND LIFE STYLE MANAGEMENT THROUGH YOGA**

##### **OBJECTIVES:**

- To acquire concept the meaning and importance of healthy life style.
- To apply the principles of health
- To understand the meaning of health and life, dietary principles and life style principle.
- To practice and apply the health guidelines
- To identify the personal responsibilities and to reduce health risk.
- To develop the personal fitness

##### **LEARNING OUTCOMES:**

- To make awareness to the students regarding health.
- Promoting health concept and self discipline
- To follow healthy dietary habits.

##### **Unit – I**

Introduction – Health – Meaning – Definition – Concept – Importance – Principles – Diet and nutrition – Eating Pattern – Yogic Diet – Proper Exercise – Benefit of regular exercise – Yoga Asanas Practice.

##### **Unit – II**

Authentic Life Style – Self Respect – High Self Esteem – Mind – Intellect – Sanskers – Awareness – Soul and Body – Thinking – Developing Thought Pattern – Positive Psychology.

##### **Unit – III**

Development of Life Skills – Skills and Manners – Communication Skills – Body Language – Time Management – Conflict Management – Relationship Management .

## **Unit – IV**

Principles of Yoga – Method of Living Through Yoga – Four Paths of Yoga – Seven Spiritual Laws – Principles of Life – Achar – Vichar – Akar – Vikar – Artha – Kama –Dharma – Moksha.

## **Unit – V**

Meditation – Meaning – Methods – Techniques – Obstacles – Tools of Meditation – Benefits of Meditation – Sanskar – Re-engineering – Brain – Re-Wiring – Elimination of Negative Thought – Stress Management through Yoga.

### **REFERENCE BOOKS:**

1. Brahma Kumaris Education Wing, “Managing the Self”, Mount Abu, Rajasthan, 2014.
2. Brahma Kumaris Education Wing, “Values for Excellence in Life”, Mount Abu, Rajasthan, 2014.
3. Swami Abhedananda, Yoga Psychology, Ramakrishna Mutt, Calcutta, 1967
4. Ulka Ajit Natu, Yoga for Health, Health, Healing and Harmony – 2008.
5. Swami Vishnu Deva Nandha, “Meditation”, Divine Life Society Publication, 1998.
6. Uthappa, “Stress Management through Yoga” Motilal Bernarshi Doss Publication, 1997.