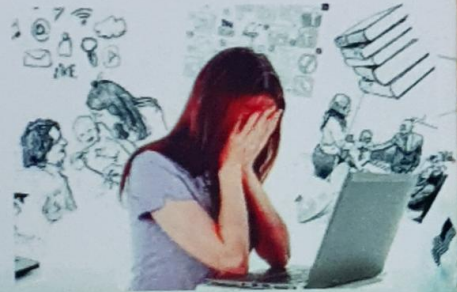


# Yoga and



# Stress Management

**Dr. Mukesh Agarwal**  
**Dr. Sunita Arora**



# YOGA AND STRESS MANAGEMENT

## CONTENT

### UNIT-1

#### Introduction

1-44

1.1 Meaning, Definition and Importance of Yoga

1.2 Origin and Historical development of Yoga.

1.3 Ashtange Yoga (Maharishi Patanjali) : Yama, Niyama, Asana, Pranayam, Pratyahar, Dharna, Dhyana, Samadhi and their Importance.

### UNIT-2

#### Yoga-Asanas, Prayamas and Shat Karmas

45-102

2.1 Meaning procedure, Precautions and benefits of following Asanas: Meditative Asanas (Vajrasana, Padmasana Swastikasana, Sukhasana); Supine position asana (Ardh – Halasana, Sarvangasana, Chakrasana, Pawanmuktasana); Prone Positions Asanas (Bhujangasana, Salabhasana, Dhanurasana); Sitting Asanas (Ardh Matsyendrasana, Paschimotrasana SuptaVajrasana, Yoga Mudra); Standing Asanas (Utkatasana, Hanumanasana, Trikonasana and Tadasana).

2.2 SuptaVajrasana, Yoga Mudra); Standing Asanas (Utkatasana, Hanumanasana, Trikonasana and Tadasana); and Surya Namaskar.

2.3 SuptaVajrasana, Yoga Mudra); Standing Asanas (Utkatasana, Hanumanasana, Trikonasana and Tadasana); and Surya Namaskar.

### UNIT-3

#### Stress Management

103-148

3.1 Concept, Cause 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.

## About the Author's



**Dr. Mukesh Agarwal** worked in the field of sports administration as Joint Secretary in Delhi University Sports Council. Recently working as head department of Physical Education in Maharaja Agarsen College with an experience of around 12 years. Expertise in organizing National/International conference and seminars.

He has also organized various events at International level in various disciplines, like Hockey, Archery etc. He has edited many books and presented various research in International Conferences & Journals. Also

he has the experience of delivering talks and lessons in various countries like Finland (Sports Institute of Finland, Greece)[International Olympic Academy]. Britain (Cambridge University) and Italy. He has been associated with various organizations like ILRO, SPAA, DAA as board executive. He also holds a Ph.D. from CSS University.



**Sunita Arora** is working as Associate Professor in the Department of Physical Education, Lakshmbai College, University of Delhi. She obtained her Ph.D from Central Institute of Education, University of Delhi and M.A. (P.E.) from Lakshmbai National College of Physical Education, (now LNIPE) Gwalior. She pursued her Graduation in Humanities from Daulat Ram College, University of Delhi. She has been a University and National athlete.

She was the Principal investigator of a Major Research project –“Modern Lifestyle Obstacles of Youth in Metro Cities of India”. She has dedicated her efforts and years of service to turn Lakshmbai College into one of the most coveted institutes for Physical Education and Sports. She has Authored and Co-authored many books on physical education.

She served as the Vice President of Delhi State Volleyball Association for more than six years. She has also held the office and served as the Vice President of Delhi State Kabaddi Association and Vice President Delhi State Baseball Association. She has organised many tournaments at different level.

She was an organizing committee member of International and National conferences. She was venue manager of training venues of Boxing and Netball in Commonwealth Games 2010. She has presented paper/articles in International and National sports conferences and the papers also got published in Journals/proceedings/book.

### Important Feature of the Book

- Simple and lucid language
- Point to point information provided
- Wide area is covered
- Limited, interesting and meaningful information
- Understand vast topics easily
- Create confidence among the students



## KHEL SAHITYA KENDRA

The Largest Stockist & Publisher of Sports & Physical Education Books in India

7/26, Ansari Road, Daryaganj, New Delhi - 110002

Ph. 011-42564726, 47090343, 43551324 (M) 9811088729

E-mail : khelsahitya1@rediffmail.com, vivekthani@gmail.com

Website: www.khelsahitya.com, www.kskpublisher.com

Rs. - 600/-

ISBN: 978-93-90461-38-7



WWW.KSKPUBLISHERS.COM