



राष्ट्रीयसंस्कृतविश्वविद्यालय: तिरुपति:

NATIONAL SANSKRIT UNIVERSITY, TIRUPATI

(A Central University)

(Erstwhile Rashtriya Sanskrit Vidyapeetha, Tirupati)



National Sanskrit university, Tirupati, a premier Sanskrit institution, graded as 1st category university by the UGC is going to launch a six months online Yoga Programme. National Sanskrit University is strongly committed for the welfare of the people through its multi-dimensional extension programmes. One such Programme is a blend of both Yoga and Psychology through ancient theories with modern thoughtful practices. This is a fusion of Yoga and Psychology.

Mankind has always tried to attain peace and happiness through all available means. But the tremendous increase in the stress and strain of life especially in urban areas due to rapid industrialization and urbanization leading to excessive crowding, too much of competition, which ultimately lead to mental stress and physical ill-health. If such a situation is allowed to continue for a long time then its certain starts getting the manifestations of psychosomatic changes one by one. At first psychic changes such as irritability, nervousness, sleeplessness etc. If the process is not recognized and checked in time some additional manifestation such as palpitation, increased pulse rate, raise of blood pressure etc. As these changes continue, ultimately becomes a victim of one of the psychosomatic stress disorders such as hypertension, ischemic, heart disease, peptic ulcer, diabetes mellitus, ulcerative colitis, bronchial asthma, thyrotoxicosis, migraine, rheumatoid arthritis etc., is most alarming is that the incidence is still increasing and is affecting more and more of younger generation.

Hence, in recent years there has been an intense search for non-medical measures not only to have control over these diseases, but also to prevent the development of these stress disorder.

Man would like to mould so people in such a way that they can boldly face the stress and strain of modern life without much difficulty.

The primary object of the Yoga and Stress Management is to prevent, minimize and eliminate all the possible causative factors that lead to human suffering and misery, there upon to achieve peace. And it is said that such a state of harmonious existence is achieved through dedicated practice of Yoga and psychological application constituting yama, niyama, asana, pranayama, pratyahara dharana, Dhyana and Samadhi. The Yogic practices are gaining world-wide popularity for their non-pharmacological approach towards health and Ill- Health.

“Certificate Program in Yoga and Stress Management”

Learning material in the form of e-content will be provided free.

Contents of the Program:



Objectives of the program:

- To understand stress, causes of stress & anxiety.
- To understand the alternative approaches to de-stress.
- To understand Traditional Yogic practices to eliminate stress.
- To understand the importance of breathing in stress Management.
- To gain knowledge of different Yogic practices.
- To create awareness on how to reduce stress and anxiety
- To understand psychological approaches for stress management.
- To measure causes of stress and stress intensities through psychological tests.

Online Admissions will be commenced on

• **26-11-2020**

Last date for registration

• **20-12-2020**

Program Duration

• **6 Months**

CLASS TIMINGS

PRACTICALS AND THEORY

6.00 TO 7.30 AM

- **Priority is given on first come first served basis.**

STRESS MANIFESTATIONS AND YOGIC MANAGEMENT



ASANA



MEDITATION



PRANAYAMA



KRIYA



RELAXATION

Various Yogic Practices and Psychological applications to eliminate Stress and Stress born diseases

Details of the Program :

Title of the program

Certificate program in **YOGA AND STRESS MANAGEMENT**

Duration

6 Months

Mode of Teaching

Online (Live yoga classes)

Mode of Examination

Online

Total Marks

200 (Practicals-100, Theory-100)

Fee

Rs 8000 for Indian Students,
220 USD or 16,240 INR for International Students and N R I

Eligibility

SSC / METRICULATION

Medium of Instruction

English, Sanskrit, Hindi and Telugu.

Account details

- ❖ Name : The Registrar, Rastriya Sanskrit Vidyapeetha,Tpt.
- ❖ Name of the bank : AndhraBank
- ❖ A/C number : 146610100098473
- ❖ IFSC Code : ANDB0001466
- ❖ Branch : R S Vidyapeetha, Tirupati

Online Registration@ for YOGA AND STRESS MANAGEMENT

<https://forms.gle/4LCu51DNUVny4xaF6>

Contact Details:

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