

COURSE CODE	YOGA AND PSYCHOLOGY	30 HOURS
Objectives	<ul style="list-style-type: none"> • Meaning of Psychology • Meditation and Stress Management • Concept of personality • Human Intelligence • Benefits of Yoga 	
UNIT – I	Meaning – Definition & scope of psychology – Definition of Human behavior – Types of human behavior - behaviorism	
UNIT – II	Meditation – Transcendental Meditation- Walking Meditation - Guided Meditation – Samatha vipassana – Vipassana - Breathing exercise -	
UNIT – III	Mental process - memory, emotion, perception, imagination, thinking and reasoning –Importance of Mental Health - Mental health & Role of Yoga – Concept of personality.	
UNIT – IV	Human Intelligence - Theories of intelligence - Psychometric theories - Cognitive theories - Cognitive-contextual theories - Biological theories - Development of intelligence.	
UNIT – V	Yoga benefits – Treatment of depression – Psychotherapy – Mental benefits of yoga – role of yoga in human life Define emotion management of emotional problems – anxiety, aggression.	
Course Outcomes	<ul style="list-style-type: none"> • Students understand the scope of psychology • To understand the importance of meditation and stress management • Students should know the importance of mental health. • Students understand various theories and development of intelligence • Students understand the benefits of yoga. 	
References	<p>Yoga Psychology : A Hand book of yogic psychotherapy by kamakhyakumar Yoga Psychology: A practical guide meditation by swami ajaya Yoga & mental health & beyond by kaivalyadhama Practical yoga psychology by Rishi Vivekanandhar A book of yoga and psychology by saraswathi.</p>	