

**Department of Physical Education  
Mary Matha Arts & Science College Mananthavady**

**Certificate Course  
Yoga and psychology**

Syllabus

Course code-DPEY-2019-20 (30 Hours)

**COURSE OUTCOME**

After the completion of the course, the student shall be able to:

- Describe the evolution of Psychology from speculation to science;
- Illustrate mechanisms of sense and perception, states of consciousness and their functions;
- Understand basic and complex functions such as learning, memory, thinking, language, motivation, Emotion, intelligence, development of psychology across lifespan, personality, stress coping, social Psychology, attitudes, etc.
- explain abnormal psychology and describe etiology and psychopathology along with classification of

**Course Objective: To have a comprehensive knowledge on human psychology, mind control aspect of Yoga with human values.**

**Unit-I:**

- Meaning, Definition & Scope of Psychology
- Human behavior in Psychology

**Unit-II:**

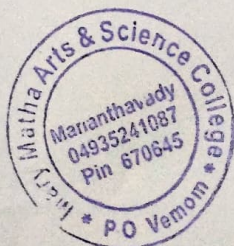
- Stress Management & Yoga
- Mental Processes, Mental faculties, Mental Health & Role of Yoga

**Unit-III:**

- Concept of Personality (Indian and Western Psychology)-

**Unit-IV:**

- Emotion and its concept
- Individual adjustment and management of emotional problems through Yogic and Non-Yogic



Methods

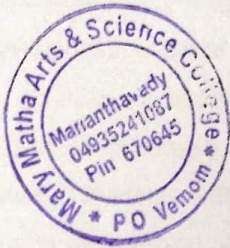
## Practical

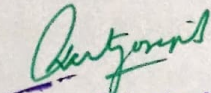
Suryanamskar

Asanas & Pranayamas (Intermediate level).

Bandha Mudra and Kriyas (Intermediate level).

Meditation and Relaxation techniques (Yoga nidra, Omm meditation)



  
Principal  
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