

University of Mumbai



No. UG/ 10 of 2019-20

CIRCULAR:-

Attention of the Principals of the Affiliated Colleges, the Head of the University Departments and Directors of the recognized Institutions in Humanities Faculty is invited to this office Circular No. UG/198 of 2017-18, dated 11th August, 2017 relating to the revised syllabus for Diploma Course in Foundation of Yoga (Part time one year duration).

They are hereby informed that the recommendations made by the Board of Studies in Logic and Philosophy at its meeting held on 3rd October, 2018, have been accepted by the Academic Council at its meeting held on 26th December, 2018 vide item No. 4.4 and that in accordance therewith, the revised syllabus of Diploma in Foundations of Yoga, has been brought into force with effect from the academic year 2019-20, accordingly. (The same is available on the University's website www.mu.ac.in).

MUMBAI – 400 032
14th May, 2019
To

Ajay
(Dr. Ajay Deshmukh)
REGISTRAR

The Principals of the affiliated Colleges, the Head of the University Departments and Directors of the recognized Institutions in Humanities Faculty. (Circular No. UG/334 of 2017-18 dated 9th January, 2018.)

A.C./4.4/26/12/2018

No. UG/ 10 -A of 2019-20

MUMBAI-400 032

14th May, 2019

Copy forwarded with Compliments for information to:-

- 1) The I/c Dean, Faculty of Humanities,
- 2) The Chairman, Board of Studies in Logic and Philosophy,
- 3) The Director, Board of Examinations and Evaluation,
- 4) The Professor-cum-Director, Institute of Distance and Open Learning (IDOL),
- 5) The Director, Board of Students Development,
- 6) The Co-ordinator, University Computerization Centre,

Ajay
(Dr. Ajay Deshmukh)
REGISTRAR

1. Diploma Course in Foundations of Yoga

Aims and Objectives

Yoga is one of the oldest sciences of the world which originated in India. It is considered as to be as old as the Indian Civilization. The course focuses to teach it as a complete scientific system. Yoga can be applied to one's life irrespective of age, gender, profession, state, conditions, problems and sufferings. It can be made part of every human endeavour – personal, professional, social, family and spiritual. The theoretical and practical aspects of Yoga are taught in the course. This course introduces the general framework of Indian philosophy and basic concepts of Yoga based on Patanjali's Yoga Sutras.

Learning Outcomes

The Certificate course focuses on the foundations of both the theoretical and practical aspects of Yoga, one of the oldest sciences of the world. Yoga being a way of life, the learner will be able to apply its insights irrespective of age, gender, profession, state, conditions, problems and sufferings in any human endeavour – personal, professional, social, family and spiritual. The course will contribute considerably to future career prospects and research in Yoga.

O 5607 Title of the Course: Part-time Diploma Course in Foundations of Yoga

O 5608 Eligibility: A candidate for being eligible for admission to the course for the course in Diploma in Foundations of Yoga must have passed Higher Secondary Examination, (Std. XII) of the Maharashtra State Board of Secondary Education, Pune, or any other equivalent examination recognized by this University.

R5383 Duration: The course for the Part-time Diploma Course in Foundations of Yoga shall be a part-time course and its duration shall be one academic year June – April.

R5384 Scheme of Papers:

Paper I - Theory (100 Marks)

Paper II - Practicals (100 Marks)

Project Work (50 Marks)

R5385 Examination: A candidate for being eligible for admission to the examination shall satisfy the following requirements: -

1. He/She shall have attended the course of instruction for at least three-fourths of the total number of hours of instruction during each term.
- Paper I is a theory paper for which examinations of 100 marks will be conducted. Paper II is a practical paper for which an examination of 100 marks, will be conducted. In addition there will be a project work of 50 marks.
- Minimum marks for passing is 40% present in each of the paper and project as well.

R5386 Fee Structure

The fee prescribed for registration shall be Rs. 100/-

The fee prescribed as tuition fee shall be Rs. 2500/-

Identity Card Rs.50/-.

R5387. Minimum Marks for Passing: Minimum marks for passing is 40 % marks each in the theory and practical examinations.

R5388. Qualification for Teachers

Postgraduates in Philosophy for theory

Graduates in any field with training in Yoga practice from recognized institutes for Practicals

- **There will be two hours of lectures for each paper every week. The total number of lectures for each paper during the year will be 50.**

Paper I

UNIT I

- A. Introduction to Indian Philosophy : Background of the Six Āstika Darshanās with special reference to Samkhya
- B. Satkaryavada – Evolution Theory; Bondage and liberation

UNIT II

- A. Patañjali's Yoga darshana: Introduction to 'Yoga Sūtram, Structure of Yoga Sutra, Definition of 'yoga'; Concepts of Chitta, Vritti, Nirodha.
- B. Types of Chittavrttis (Two fold and Five- fold classification), Kleshas Chittasbhumis and Antaraya.

UNIT III

- A. Techniques to overcome the kleshas – Various Bhavanas: Maitri Karunaadi, Pratipaksabhavana, Anityabhavana.
- B. Kriyayoga, Abhyasa and Vairagya

UNIT IV

- A. Ethical and Psychophysical dimensions of Yoga: Yamā, Niyama, Asana and

Pranayama

B. Psycho-Spiritual Dimension : Pratyāhārā, Dhāranā, Dhyāna and Samadhi

Paper II(PRACTICALS)

UNIT I

(1) Astanga Yoga

1. Yama – Niyama – PratipakshaBhavanam
2. Asana: Meditative and Cultural. Pranayama – Benefits of Pranayama, Nadishuddi and Pranayama, Duration and time for Pranayama Practice, Gradation of Pranayama, Yukta and Ayukta Pranayama, Nadishuddi.

(2)Asanas

a. Standing

1. Prartnasana
2. Tadasana
3. Utkatasana
4. Vriksasana
5. Trikonasana
6. Ardha Kati Chakrasana
7. Hastapadasana

b. Sitting

1. Sukhasana
2. Vajrasana
3. Padmasana
4. Bhadrasana
5. Parvatasana
6. Vakrasana
7. JanuShirasana
8. Ushtrasan
9. Yoga Mudra
10. Shashankasana

c. Prone

1. Bhujangasana
2. ArdhaShalabhasana
3. Dhanurasana
4. Makarasana

UNIT II

(1) Pranayama

1. Fuller Breathing
2. Equal Breathing

3. NaddiShodana

(2) Kriya

1. Kriyas – Satkriya-Neti, Dhauti, Basti, Nauli, Trataka.
2. Jalneti
3. Sutraneti
4. Vamanadauti
5. Trataka
6. Kaphalbhati
7. Moolashoodana.

(3)APPLICATIONS:

1. SattvikaAhara – Rules in food taking.
2. The Application of Yoga in day to day life

UNIT III

(1) Kriyayoga - cultivating awareness and attitude:

1. SutraNeti
2. AgnisaraKriya
3. Alternative nostril breathing: kaphalbhati

(2) Mudras

1. Ashwimi Mudra
2. Sanmuki Mudra
3. Tadagi Mudra
4. Yoga Mudra
5. Boochari Mudra

UNIT IV

(1) Pranayama

1. Ujjayi
2. Brahmari
3. Pooraka
4. Rechaka
5. Khumbaka
6. Alternate nostril breathing sagarbha ‘OM’ pranayama.

(2) MEDITATION:

Kinds of meditation, Reflection (Swadhaya)

(3) APPLICATIONS:

- (1)Value and Virtue model of Yoga:Anityabhavana and Reflection Practice
- (2)Personality development through Yoga.

References:

1. The Yoga Sutra of Patanjali M.R. Yardi, Bhandarkar Oriental Research Institute, Pune, 1979
2. Indian Philosophy by Dr. S. Radhakrishnan, Oxford University Press 1923.
3. Introduction to Indian Philosophy by Dutta & Chatterji, Rupa & Co, 2015
4. Outlines of Indian Philosophy by Hiriyanna. Motilal Banarsidass Publisher, 2014.
5. The Yoga system of Patanjali, James, Houghton, Wood., Forgotten Books, 2018
6. Yogasutras of Patanjali – Sadhanapada with Exposition of Vyasa, Motilal Banarsidass, 2002
7. Light of Yoga (on Yama – Niyama) by B.K.S. Iyengar, Thorsons, 2006
8. Hatha Yoga Pradeepika – Yogi Swatmarama, Yogavidya.com, 2002
9. Science of Yoga by I.K. Taimini, Theosophical Publishing House, 2007

