

University of Mumbai



No. UG/ 11 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/121 of 2012-13, dated 23rd January, 2013 relating to the revised syllabus as per CBSGS for Advanced Diploma in Yoga.

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. 4.5 and that in accordance therewith, the revised syllabus of Advanced Diploma in 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./4.5/26/12/2018

No. UG/ 11 -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

2. Advanced Diploma Course in Yoga

Aims and Objectives

Yoga is one of the oldest sciences of the world which originated in India. This course focuses on Yoga Sutra and the philosophy enumerated in these sutras. Yoga being a way of life can be applied to one's life irrespective of age, gender, profession, state, conditions, problems and sufferings. It can be made a part of every human endeavour – personal, professional, social, family and spiritual. Since it is a science and an art, Yoga has its theoretical and practical aspects, which is taught in the course. Along with Asanas the role of Satvika Ahara is also focused. The ultimate aim is to apply the Yoga philosophy in day to day life. This course develops the psycho physical and psycho spiritual dimensions of Yoga along with various techniques of meditation.

Learning Outcomes

This course motivates the learner to undertake advanced and detailed study of various texts in the Yoga tradition as well meditative techniques from other traditions such as Jainism and Buddhism. The learner will be able to assimilate deeper philosophical aspects of ideas advanced in the texts and the traditions. In this context, learner will be able to engage with Yoga in a holistic, practical and an academically rigorous manner.

O5607. Title of the Course: Part-time Advanced Diploma Course in Yoga

O5608. Eligibility: A candidate for being eligible for admission to the course for the Advanced Diploma in Yoga should have passed the Diploma in Foundations of Yoga offered by the Department of Philosophy, University of Mumbai.

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 - Practical (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 examination 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.

Standard of passing: 40% marks will be required for passing separately in each paper & projects.

Tuition Fees: Rs.3000/-

Identity Card Fees Rs.50/-

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- **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.**

ADVANCE DIPLOMA IN YOGA**Paper I – Theory**

Total Marks: 100 Total hours: 56

Total Credits: 6 Lectures Per week: 90mins.

UNIT I

- A. Yoga in the Vedas and Upanishad
- B. Yoga in Bhagavad Gita : Jnana, Karma, Bhakti

UNIT II

- A. Samadhi : it's definition and kinds, the notion of kaivalya
- B. Rtambharaprajna and Dharma Megha Samadhi

UNIT III

- A. Concept of God in Patanjali Yoga, Ishwara as PurushaVishesh, Ishwar Pranidhan
Chanting of and meditation on OM/ Pranav
- B. Mystical dimension: Attainment of Siddhis and Vibhutis; Caution against them

UNIT IV

- A. Buddhist Meditative Technique- Vipassana and its Philosophical foundation.
- B. Jaina Meditative Technique - PrekshaDhyan and its Philosophical foundation

Paper- II PRACTICAL

UNIT I

- (a) Controlling the Body, Mechanism of Body: Kriyas, and its therapeutic value.
- (b) Frame work of Body and its structure and system - Asanas: Cultural and Relaxation Asanas
- (c) Muscle strength, Muscular coordination, Strength of Immune system
- (d) Relation and Reflection techniques Shavasana – SakshiBhavanam

UNIT II

- (a) Other means to attain Yoga:
- (b) Pranayama: Breath Control, Breath and Postures, Rhythmic Breathing

UNIT III

- (a) Bandhas and Mudras.
- (b) Depth of perception and expansion of awareness
- (c) Gross level – Muscular stretches

(d) Subtle level –Changes in respiration and normalizing breath

UNIT IV

(a) Practice and Principles of Meditation.

(b) Meaning of Concentration

(c) Meditative postures and kinds of Meditation

UNIT V

I. Asanas

a. Standing Postures

1. Prarthanasana
2. Tadasana
3. Vrikshasana
4. Trikonasana
5. Konasana
6. Ardha Kati Chakrasana
7. PrasaritaPadanghustasana
8. EkaPadanghustasana
9. ArdhaChakrasana
10. Virbhadrasana

b. Postures Meditative

1. Parvatasana
2. Goumukhasana
3. ArdhaMatsyendrasana
4. Paschimottanasana
5. Ushtrasana
6. Shashank asana
7. Bakasana

c. Prone Postures

1. Bhujangasana
2. Shalabhasana
3. Naukasana
4. Dhanurasana
5. Makrasana

d. Supine Postures

1. Viparitakarni
2. Sarvangasana
3. Halasana
4. Matsyasana
5. Dronasana
6. Kandharasana
7. PrunaPavanmuktasana
8. Kativakrasana with one leg
9. Shavasan

II. ShuddhiKriya

1. Kapalbhati
2. JalaNeti
3. Rubber Neti
4. VamanDhauti
5. Tratak
6. Nauli

III. Pranayama

1. AnulaViloma
2. Bhramari
3. Ujjaiyi
4. Shitali
5. Sheetakari
6. Bhastrika

IV. Meditative Postures

1. Vajrasana
2. Padmasana
3. Swastikasana
4. Siddhasana

V. Bandhas

1. Jivha
2. Uddiyana
3. Jalandhar
4. Moola

VI. Mudras

1. Viparitakarni
2. Yoga

3. Bhrama
4. Agochari
5. Shanmukhi

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. Yoga sutras 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