



## **Part – Time Diploma Course in Foundations of Yoga**

**(Part-time One-Year Duration)**

### **Ordinances and Regulations relating to the above course (w.e.f : 2006 – 2007)**

#### **O 5607 Title of the Course**

Part-time Diploma Course in Foundations of Yoga.

**O5608 Eligibility:** A candidate for being eligible for admission to the course for the course in Diploma in Foundations of Yoga must have passed matriculation, (Std. X) 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.
2. He/ She shall procure a certificate from the Head of the Department / Institution stating that He/ She be permitted to appear for the examination.

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 .

Standard of passing:

40% marks will be required for passing separately in each paper & projects

**R5386 Fee Structure**

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

The fee prescribed as tuition fee shall be Rs. 1900/-

**R5387. Minimum Marks for Passing:**

Minimum marks for passing is 40 marks each in the theory and practical examinations. The minimum number of marks for passing in project work is 20.

**R5388 Qualification for Teachers**

Postgraduates in Philosophy for theory.

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

Total Marks : 100

DIPLOMA COURSE IN FOUNDATIONS OF YOGA

PAPER I

Unit – I

- Topic 1: Introduction to Indian Philosophy : some major concepts involved in Indian Philosophy ; background of the Six Āstika Darshanas
- Topic 2: Sāṅkhya as a Darshana : its metaphysics; dualistic nature – Prakṛti and Puruṣa; the Guṇas; its theory of Causation : Satkāryavāda; its theory of evolution; bondage through avidyā; liberation through Samyak Khyāti

Unit -II

- Topic 3: Introduction to ‘Yogasūtram; Patañjali’s Yogadarshana, a continuation of Sāṅkhya metaphysics; Patañjali’s ‘Yoga’, a multidimensional concept; Spiritual dimension:-Puruṣa, Principle of Consciousness; its nature; its Kaivalyam  
Psychophysiological dimension : Definition of ‘yoga’; concepts of Chitta, Vṛtti, Nirodha; types of vṛttis problem : vṛttis cause obstacles; solution : Yoga Therapy  
Practice of Abhyāsa & Vairāgya
- Topic 4: Psychophysiological dimension (continued) : Concepts of Samādhi, Dharmamegha Dhyāna /Paramprasankhyānam, Vivekakhyāti ; Hānam, Hānasvaroopam, Heya, Heyasvaroopam, Heyahetu & Hānopāya

Unit -III

- Topic 5: Obstacles in the Path : (a) :Antarāyah (b) :Viksepasahabhuvah (c) : Kleśāh  
Solutions : (a) :Ekatattvabhyāsa (b) : Maitrikarunādi } Value education  
(c) :Other six “options” (d) :Pratipaksabhāvanam }
- Topic 6: Other solutions : - Applied aspect : Value Education : Practice of Astāṅgayoga  
Ethical dimension : Pañcha Yamāh; concept of Mahāvṛtam ;  
Pañcha Niyamāh; concept of Kriyāyoga  
Psychophysiological dimension : Āsana, Prānāyāma, Pratyāhārā, Dhāranā, Dhyāna,  
Samādhi; concept of sanyama; kinds of Samādhi; Rtambarāprajñā

Unit - IV

- Topic 7 : Concept of God in Patañjali’s system; description of ‘Īśvara’ as a “Puruṣa Viśhesa”; attributes attached; Applied aspect: Value Education ; Chanting of and Meditation on Om / Pranava; Īśvarapranidhāna
- Topic 8 : Mystical dimension : Attainment of Siddhis and Vibhūtis; Caution against them

.....xxx.....

Paper II  
PRACTICALS

**Total Marks: 100**  
**TOTAL LECTURES: 56**

**LECTURES PER WEEK: 1 & 1/2 HOURS**

**UNIT I**

**(1) Astanga Yoga**

1. Yama – Niyama – Pratipaksha Bhavanam
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**

1. Tadasana
2. Trikonasana
3. Ekpadasana
4. Utkatasana
5. Prathmasana
6. Bujangasana
7. Chakrasana
8. Vajrasana
9. Sukasana
10. Savasana

**UNIT II**

**(3) Pranayama**

1. Fuller Breathing
2. Equal Breathing
3. Nadi Shodana

**(4) Kriya**

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

**(5)APPLICATIONS:**

- 1.Sattvika Ahara – Rules in food taking.
- 2.The Application of Yoga in day to day life.

**UNIT III**

**(1)Kriyayoga - cultivating awareness and attitude:**

- 1.Sutra Neti
- 2.Agnisara Kriya
- 3.Alternative nostril breathing: kaphalbhati

**(2)Asanas**

1. Padmasana
2. Paschimotanasana
3. Ardhamatseyandreasana
4. Ustruassana
5. Danurassana
6. Badrasana
7. Sarvangasana

**(3)Mudras**

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

**UNIT IV**

**(4)Pranayama**

- 1.Pooraka
- 2.Rechaka
- 3.Khumbaka
- 4.Alternate noshil breathing sagarbha 'OM' pranayama.

**(5)MEDITATION:**

Kinds of meditation, Reflection (Swadhaya)

## **(6)APPLICATIONS:**

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

### **BOOK LIST :-**

1. The Yoga Sutra of Patanjali M.R.Yardi, Bhandarkar Oriental Research Institute, Pune
2. Indian Philosophy by Dr. S. Radhakrishnan
3. Introduction to Indian Philosophy by Dutta & Chatterji
4. Outlines of Indian Philosophy by Hiriyanna.

### **Book for reference**

1. The Yoga system of Patanjali, James, Houghton , wood.
2. Yoga a sutras of Patanjali – Sadhana pada with Exposition of Vyasa
3. Light of Yoga ( on Yama – Niyama) by B.K.S. Iyenger, Iyenger Institute Pune
4. Hatha Yoga Pradeepika – Yogi Swatmarama
5. Science of Yoga by I.K.Taimini