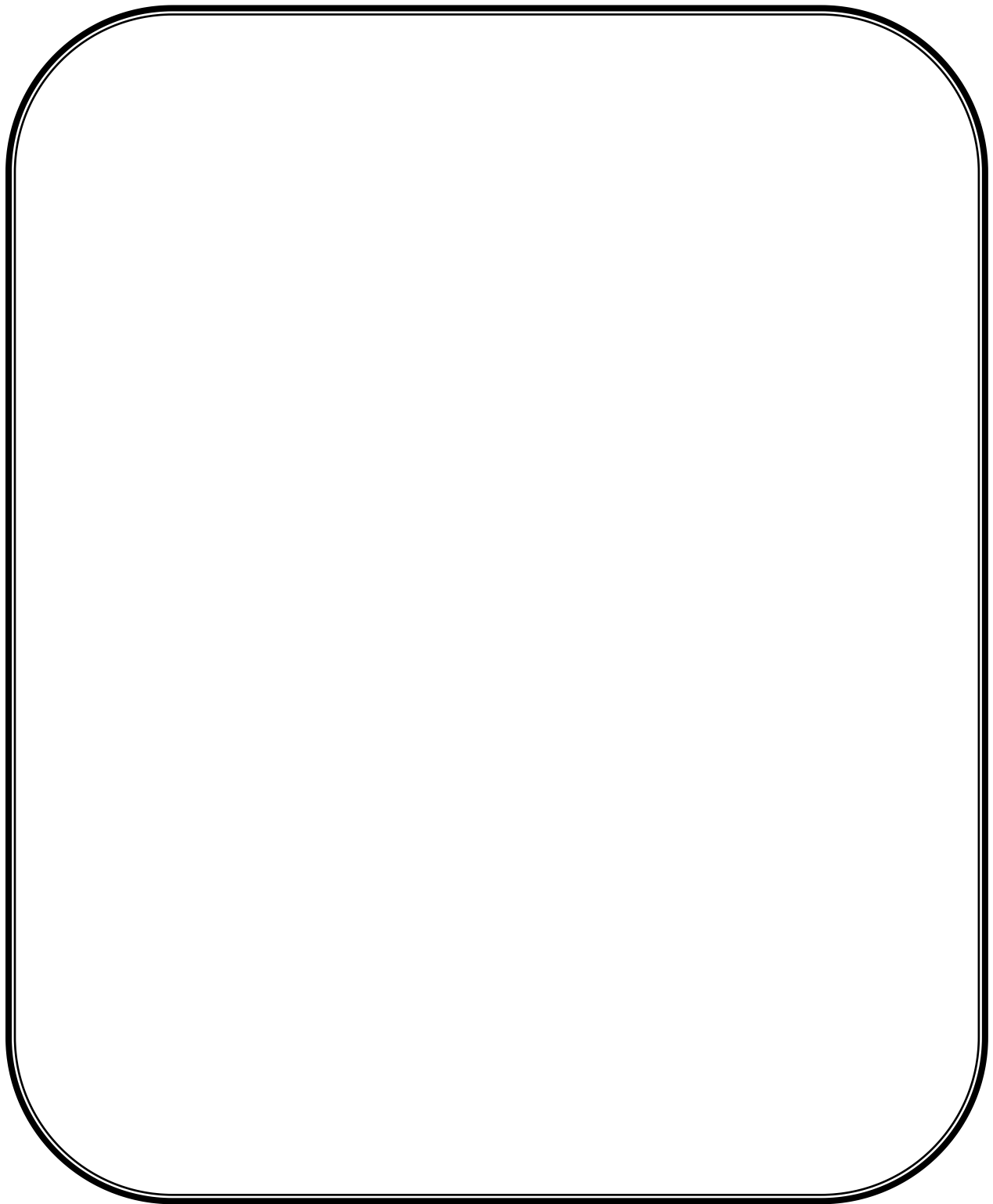


AC. 6.6.2012  
Item No.4.43



**O 5607 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- 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.

Standard of passing:

40% marks will be required for passing separately in each paper & projects. 20% is standard of passing for project work

## **Revised Advanced Diploma Course In Yoga(Part Time One-Year Duration)**

**With Effect From The Academic Year 2017-18**

### **Advanced Diploma Course In Yoga**

#### **Paper I – Theory**

**Total Marks:100**

**Total hours: 56**

**Total Credits: 6**

**Lectures Per week: 90mins**

#### **UNIT I**

##### **a. HISTORICAL BACKGROUND:**

- i) Yoga in Vedas and Indus Valley Civilization.
- ii) Yoga and the Principal Upanishads.

##### **b. YOGA AND BHAGVAD GITA:**

- i) The Gita concepts of Jnana, Karma and Bhakti Yoga.
- ii) Patanjala Yoga and Gita - A comparative Study.

#### **UNIT II**

##### **a. SAMKHYA YOGA AND VEDANTA especially Advaita Vedanta.**

Advaita of Shaiva school and Kundalini Yoga.  
Hatha Yoga Pradipika – Some information.

##### **b. CONSCIOUSNESS:**

Scientific view – Neurobiology – Western Philosophical approach.  
- Yoga approach and Approach of other Indian schools.

#### **UNIT III**

##### **a. BUDDHIST MEDITATIVE TECHNIQUE:**

Vipassana and its Philosophical foundation.  
Teachings of Buddha.

##### **b. JAINA PHILOSOPHY AND PREKSHA MEDITATION**

Philosophical Foundations of Preksha  
Teachings of Mahavira

## **UNIT IV**

- a. RELEVANCE OF YOGA (A)
  - (i) Application of yoga
  - (ii) Coping up with Materialism
  
- b. RELEVANCE OF YOGA (B)
  - (i) Values of Yoga
  - (ii) Ethics and SpiritualitySutra 26-27 ( II of Y.S.

## **Paper- II PRACTICAL**

**Total Marks:100**

**Total hours: 56**

**Total Credits: 6**

**Lectures Per week: 90mins**

## **UNIT I**

- (a) Practice and Principles of Meditation.
- (b) Meaning of Concentration
- (c) Meditative postures and kinds of Meditation

## **UNIT II**

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

## **UNIT III**

- (a) Controlling the Body, Mechanism of Body: Kriyas and its high Therapeutic value.
- (b) Body as understood in its frame work systems and structure:.  
Asanas – Cultural and Relaxation Asanas -
- (c ) Muscles strength, Muscular coordination strength of Immune system
- (d) Relation and Reflection techniques Shavasana – Shakshi Bhavanam.

## **UNIT IV**

- (a) Bandhas and Mudras.
- (b) Depth of perception and expansion of awareness
- ( c ) Gross level – Muscular stretches
- (d) Subtle level – Respiration changes and normalizing breath

### **BOOK LIST:-**

1. The Yoga Sutra of Patanjali M.R.Yardi, Bhandarkar Oriental Research Institute, Pune
2. Indian Philosophy by Dr. S. Radhakrishanan
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

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