

AC-6-6-2012
Item No.4.34

University of Mumbai



Revised Syllabus for Advanced Diploma in Yoga

**(As per credit Based Semester and Grading System
with effect from the academic year 2012-2013)**

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

As per Credit Based Semester & Grading System

With Effect From The Academic Year 2012-13

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:
Application of yoga
Coping up with Materialism
- b. RELEVANCE OF YOGA B

Values of Yoga
Ethics and Spirituality
Sutra 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
- © Gross level – Muscular stretches
- (c) 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. 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