

AC. 6.6.2012
Item No.4.38

University of Mumbai



Revised Syllabus for Diploma course in Foundation of Yoga.

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

As per Credit Based Semester & Grading System
(w.e.f : 2012 – 2013)

Diploma Course in Foundations of Yoga

Paper I
Theory

Total Mark: - 100

Total hours. 56

Lectures Per week: 1&1/2 Hours

No.of Lectures per topic 7

UNIT I

Introduction to Indian Philosophy: Background of six Darshanas;

Samkhya metaphysics – its dualistic nature – Prakriti – Purasana – Vivekakhayti

1. Definition of Yoga: Introduction to Yogasutras of Patanjali.

UNIT II

3. The multi-dimensions of Patanjali's Yogasutras –

(a) Ethical (Yama Niyama)

(b) Spiritual (daranaDhyanasamadhi) Samprajnata Samadhi and its classification, asamprajnata and its classification, variation in the attainment of Asamprajnata Samadhi; Sabijasamadhi, Nirbjiasamadhi.

4. Psychophysiological (Nature Classification and definition of Vrtti, Klesha and antaraya).

UNIT III

1. Yoga education

(a) Abhyasa, Vairagya, Swadyaya, Prajna

(b) method to control to chittavrittis, Chittaprasadana and its associates, control of Chittavikshepa.

2. Yoga therapy, Heyaswarupa, Heyahetu, Drshya and Drasta, Samyoga – Nature and Cause, Hanopaya, Hanaswarupa, Vivekakhayati, Astanga Yoga.
The cause of suffering and the means to overcome suffering

UNIT IV

The Concept of god: Ishwara, Ishwarapranidana and pranava or OM
Swarapranidhana – as means to attain Samadhi, definition and attributes of
Ishwara.

4. Siddhia and vibhutia, Yoga Mysticism

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.SutraNeti
- 2.AgnisaraKriya
- 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.Alternatenoshil breathing sagarbha 'OM' pranayama.

(5)MEDITATION:

Kinds of meditation, Reflection (Swadhaya)

(6)APPLICATIONS:

- (1)Value and Virtue model of Yoga.:Anityabhavana 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 sutras of Patanjali – Sadhanapada 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