

CIRCULAR :

Attention of the Head, University Department of Philosophy and the Principals of the affiliated colleges in Arts is hereby invited vide Pamphlet No.40 relating to the Foundation Course in Yoga and they are hereby informed that the recommendation made by the Board of Studies in Logic and Philosophy at its meeting held on 9th March 2005 has been accepted by the Academic Council at its meeting held on 2nd April, 2005 vide item No. 4.44 and subsequently approved by the Management Council at its meeting held on 16th April, 2005 vide item No. 11 and that in accordance therewith the nomenclature of the Certificate Course in Yoga has been changed as Foundation Course in Yoga.

Further that in exercise of powers conferred upon the Management Council under Section 54 (I) and section 55 (I) of the Maharashtra Universities Act, 1994 it has made the Ordinances 5512 and 5513 and Regulations 5128, 5129, 5130 and 5131 including the scheme of syllabus and standard of passing relating to the Foundation Course in Yoga has been passed as per Appendix and that the same has been brought into force with effect from the academic year 2005-2006.

Mumbai 400 032
5th July, 2005.

for REGISTRAR.

To,

The Head, University Department of Philosophy and the Principals of the affiliated colleges in Arts.

A.C.4.44/02.04.2005

M.C.11/16.04.2005.

No.UG/ 265-A of 2005 5th July, 2005.

Copy forwarded with compliments for information to :-

- 1)The Dean, Faculty of Arts.
- 2)The Chairman, Board of Studies in Logic and Philosophy.

for REGISTRAR.

UNIVERSITY OF MUMBAI

ORDINANCES AND REGULATIONS FOR THE

Foundation Course in Yoga

(with effect from the academic year 2005-2006)

Foundation Course in Yoga

University of Mumbai

Ordinances and Regulations relating to the six months part-time
Foundation ^{Course} Certificate in Yoga.

~~0.3599~~ **5512** : A candidate for being eligible for admission to the course for the Certificate in Yoga must have passed the Higher (Std. XIII) of the Maharashtra State Board of Secondary Education, Pune, or and examination recognized by this University as equivalent there to.

R. **5128** The course for the Foundation Course in Yoga shall be a part-time course and its duration shall be one academic term June to October.

~~0.3601~~ **5513** : 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.

R **5129** The fee prescribed for registration shall be Rs. 40/-

R **5130** The fee prescribed as tuition fee shall be Rs. 1000/-

R **5131** The fee prescribed as Examination fee shall be Rs. 360/-

There will be written examination carrying 100 marks,
practical examination carrying 100 marks.

Foundation Course in Yoga

Introduction and Rationale the department of philosophy is conducting three graded courses in yoga viz certificate in Yoga, Diploma in Yoga and Advanced Diploma in Yoga Since 1995. The department of philosophy is planning to add a post graduate diploma in yoga therapy (based on the UGC guidelines) from the academic year 2006 - 2007. In the light of UGC guidelines and the proposed intensive course of yoga therapy, the reorganizing of the courses along with the revision of this content is desirable. The present certificate and Diploma course is desirable. The present certificate and Diploma courses are restructured, avoiding duplication and repetition.

The restructuring of Certificate Course in Yoga is as follows: -

Certificate Course In Yoga

Old Course	New Course
Name of the Course - Certificate in Yoga & personality development	Name of the Course - Foundation Course in Yoga theory and Practice
Duration - Part time one year	Duration - Part time six Months. June to November
Total number of hrs. for theory and practice - 90	Total number of hrs for theory and practice - 80
Every Week three hrs - 30 weeks	Every Week four hrs - 20 weeks

Foundation Course in Yoga.

**Paper I
Theory**

Total Marks 100.

Total hrs. 112.

No of Lecture 69 of 1 ½ hrs Duration.

1. Introduction to Indian Philosophy ----04
2. Samkhya metaphysics - its dualistic nature - prakriti - Purusa
- Vivekakhayti ----03
3. Definition of Yoga, Introduction to Yogasutra,
The dimensions of Yoga text of Patanjali - ----01
Ethical (Yama Niyama), ----04
Psychophysiological (Nature Classification and definition of Vrtti, Klesha
and antaraya), method to control to chitta vrittis, Chittaprasadana and its
associates, control of Chittavikshepa, ----06
Spiritual (darana Dhyana samadhi) Samprajnata Samadhi and its
classification, asamprajnata and its classification, variation in the attainment
of Asamprajnata Samadhi; Sabijasamadhi, Nirbijasamadhi ----04

Paper II

Practicals

100 Marks

The Astanga Yoga (27 hrs. practicals) ----04

1. Yama - Niyama - Pratipaksa 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.

Asanas

----12

1. Tadasana

2. Trikonasana

3. Ekpadasana

4. Utkatasana
5. Prathnasana
6. Bhujangasana
7. Chakrasana
8. Vajrasana
9. Sukasana
10. Savasana

Pranayama

----08

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

3. Kriyas - Satkriya- Neti, Dhauti, Basti, Nauli, Trataka.

Kriya

----06

1. Jalneti
2. Sutraneti
3. Vamanadauti
4. Trataka
5. Kaphalbhati
6. Moolashoodana.

4. Sattvika Ahara - Rules in food taking

----01

5. The Application of Yoga in day to day life

----04

6. Value and Virtue model of Yoga.

----04

7. Personality development through Yoga.

----04