

CIRCULAR:-

A reference is invited to the Ordinances, Regulations and syllabi relating to the Master of Arts (M.A.) (Parts-I and II) degree course vide pamphlet No.157 and to this office Circular No.UG./142 of 1998 dated 6th May,1998 and the Head, University Department of Philosophy, the Principal of the affiliated colleges in Arts and Professor-cum-Director, Institute of Distance Education 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 14th June,2005 vide Item No.4.13 and that in accordance therewith the syllabus in the subject of Philosophy Paper VII – Textual Study in Yoga Hatha Yoga Text (Optional) at the M.A. (Part II) examination is as per Appendix and that the same will be brought into force with effect from the academic year 2006-2007.

MUMBAI-400 032

30th July, 2005

AC/4.13/14,06.05

for REGISTRAR

No.UG/ 302-A of 2005, MUMBAI-400 032

30th 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

Copy to :-

The Director, Board of College and University Development, the Deputy Registrar (Eligibility and Migration Section), the Director of Students Welfare, the Personal Assistants to the Vice-Chancellor, the Pro-Vice-Chancellor, the Registrar and the Assistant Registrar, Administrative sub-center, Ratnagiri for information .

The Officer on Special Duty-cum-Controller of Examinations (10 copies), the Finance and Accounts Officer (2 copies), Record Section (5 copies), Publications Section (5 copies), the Deputy Registrar, Enrolment, Eligibility and Migration Section (3 copies), the Deputy Registrar, Statistical Unit (2 copies), the Deputy Registrar (Accounts Section),Vidyanagari (2 copies); the Deputy Registrar, Affiliation Section (2 copies), the Director, Institute of Distance Education,(10 copies) the Director University Computer Center (IDE Building), Vidyanagari, (2 copies) the Deputy Registrar (Special Cell), the Deputy Registrar,(PRO) . the Assistant Registrar, Academic Authorities Unit (2 copies)and the Assistant Registrar, Executive Authorities Unit (2 copies) . They are requested to treat this as action taken report on the concerned resolution adopted by the Academic Council referred to in the above Circular and that no separate Action Taken Report will be sent in this connection. the Assistant Registrar Constituent Colleges Unit (2 copies), BUCT(1 copy), the Deputy Account. Unit V(1 copy), the In-charge Director, Centralize Computing Facility (1 copy), the Receptionist (1 copy). the Telephone Operator (1 copy), the Secretary MUASA (1 copy), the Superintendent, Post-Graduate Section (2 copies), the Superintendent, Thesis Section (2 copies)

UNIVERSITY OF MUMBAI

Syllabus for M.A. Part II

Philosophy Paper VII

Textual Study in Yoga

Theory- HATH YOGA Text

(with effect from the academic year 2006-2007)

Total marks 100 and Total Lectures 120

M. A. Part II

Paper No. VII Textual Study In Yoga :To be implemented

2006 - 2007. Theory - HATHA YOGA Text. 60 Lectures.

UNIT I

60marks

- 1] The purpose of Hatha yoga and nature of Hatha yoga introduction and Sutra 1.2 to 11, 14 to 16.
- 2] Asana's and their effects on human mind and body, benefits and the curative effects, as described in Sutra 1.17 to 1.56 [Special techniques]
- 3] Food, its importance, mitahara [moderate diet] food conducive to Hatha Sadhana. Sutra 1.58 to & 2.14.

UNIT II

- 4] Satkarma and Pranayama - the process of purification the connection between mind and prana and impact of Pranayama [Sutras 2.1 to 2.10] The impact of purification and breath control [2.19 to 2.67]
- 5] Kundalini, its nature, the arousal of Kundalini along with pranayama and asana as described in Hatha Prali [2.104 to 2.120].
- 6] Mudra and Bandha - their nature and impact Sutras 2.5 to 2.9.

Hatha Yoga Pradipika

Comm. By Swami Muktibodhanada

Guided by Swami Satyananda Saraswati Bihar School of Yoga,
Munger, Bihar, India, 1998.

The question paper will be of two hrs duration. There will be six questions of fifteen marks each and students will have to attempt any two questions from each unit.

There will be practical examination of 40 marks.

Marks 40 and Practical hrs 60

M. A. – II

Paper VII Textual Study In Yoga

HATHA YOGA TEXT.

Practicals

UNIT III

ASANAS AND THEIR BENEFITS:-

i a) The Dynamic Postures:-

- 1) Paschimottanasana – H.Y.- 1.28
- 2) Koormasana – H.Y.- 1.22

b) The static Postures:-

- 1) Gomukhasana – H.Y. – 1.20
- 2) Veerasana – H.Y. – 1.21

II MUDRAS WITH MEDITATION:-

- 1) Maha Mudra – H.Y. – 3.10 to 13
- 2) Veeparit Karni Mudra – H.Y. – 3.78-79
- 3) Vajroli Mudra – H.Y. – 3.83
- 4) Sahajoli Mudra – H.Y. – 3.92 to 94

UNIT IV

III ADVANCE SUDDHI KRIYA AND PRANAYAMAS:-

a) Kriya:- The physical cleansing process and to Balance. The Tridosas, Vata, Pitta and Kapha (with therapeutic values)

- 1) Vastra Dhauti – H.Y.- 1.24
- 2) Nauli and Nauli Chalan – H.Y.- 2.33

b) Pranayamas:- Mental purification, Balancing the prana through proper inhalation and exhalation tech.

- 1) Nadi suddhi – H.Y. – 2.19
- 2) Bhramari – H.Y. – 2.68
- 3) Ujjayi – H.Y. – 2.53
- 4) Bhastrika – H.Y. – 2.59 to 65.

IV **BANDHA:-**

- 1) Moola Bandha – H.Y. – 2.61
- 2) Uddiyan Bandha – H.Y. – 2.58
- 3) Jalandhar Bandha – H.Y. – 3.70 to 72
- 1) Maha Bandha – H.Y. – 3.19 to 22.

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