

UNIVERSITY OF MUMBAI
No.UG/ 306 of 2006.

CIRCULAR :-

Attention of the Head, Department of Philosophy and the Principals of the affiliated colleges in Arts is hereby invited vide Circular No.UG/265 of 2005 dated 5th July, 2005 and they are hereby informed that the recommendation made by the Board of Studies in Logic and Philosophy at its meeting held on 3rd April, 2006 has been accepted by the Academic Council at its meeting held on 12th May, 2006 vide Item No.4.47 and subsequently approved by the Management Council at its meeting held on 16th June, 2006 vide item No.6 and that in accordance therewith the Part-time Diploma Course in Foundations of Yoga is instituted by the University as per Appendix and that the same has been brought into force with effect from the academic year 2006-2007.

Further that in exercise of the powers conferred upon the Management Council under Section 54(1) and Section 55(1) of the Maharashtra Universities Act 1994, it has made the Ordinances 5607 and 5608 and Regulations 5383, 5384, 5385, 5386, 5387, 5388 and 5389 relating to the Part-time Diploma Course in Foundations of Yoga is passed as per Appendix and that the same has been brought into force with effect from the academic year 2006-2007.

MUMBAI-400 032

9th August, 2006

To,

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

[Signature]
for REGISTRAR

A.C/4.47/12.05.2006

M.C.6/16.06.2006

No.UG/ 306-A of 2005, MUMBAI-400 032

9th August, 2006

Copy forwarded with compliments for information to :-

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

[Signature]
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 Offg. Controller of Examinations (10 copies), the Finance and Accounts Officer (2 copies), Record Section (3 copies), Publications Section (5 copies), the Deputy Registrar, Enrolment, Eligibility and Migration Section (2 copies), the Deputy Registrar, Statistical Unit (2 copies), the Deputy Registrar, Accounts Section, Vidyavanar (2 copies), the Deputy Registrar, Affiliation Section (2 copies), the Director, Institute of Distance Education, (10 copies), the Deputy Registrar, Academic Authorities Unit (2 copies) and the Deputy 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), Superintendent, Thesis Section (2 copies)



UNIVERSITY OF MUMBAI



ORDINANCES AND REGULATIONS Relating to the

PART-TIME DIPLOMA COURSE IN FOUNDATIONS OF YOGA

(With effect from the academic year 2006-2007)

1

Part – Time Diploma Course in Foundations of Yoga (Part Time One-Year Duration)

Ordinances and Regulations relating to the above course (w.e.f : 2006 – 2007)

Q 5607 Title of the Course

Part-Time Diploma Course in Foundations of Yoga.

Q 5608 **Eligibility:** A candidate for being eligible for admission to the course for the Certificate in Yoga must have passed matriculation, (Std. X) of the Maharashtra State Board of Secondary Education, Pune, or any other equivalent examination recognized by this University.

R 5383 **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.

R 5384 **Scheme of Papers:**

Paper I – Theory 100 Marks each

Paper II- Practicals 100 Marks each

R 5385 **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 item.
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. In addition there will be a project work of 50 marks.

R 5386 **Fee Structure**

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

The fee prescribed as tuition fee shall be Rs. 1500/-

R 5387 **Minimum Marks for Passing:**

Minimum marks for passing is 40 marks each in the theory and practical examinations. The minimum number of marks for passing in project work is 20.

R 5388 **Qualification for Teachers**

Postgraduates in Philosophy for theory.

Graduates in any field with training in Yoga practice from recognized institutes for Practicals.

R 5389 **Payment for Teachers**
Rs. 175/- per hour.

Diploma Course in Foundations of Yoga

Paper I Theory

Total Mark: - 100

Total hrs. 56

Lectures Per week: 1&1/2 Hours

No.of Lectures per topic 7

SECTION I

1. Introduction to Indian Philosophy: Background of six Darshanas;
Samkhya metaphysics – its dualistic nature – Prakriti – Purasana – Vivekakhayti
2. Definition of Yoga: Introduction to Yogasutras of Patanjali.
3. The multi-dimensions of Patanjali's Yogasutras –
(a) Ethical (Yama Niyama)
(b) Spiritual (dharma Dhyana samadhi) Samprajnata Samadhi and its classification, asamprajnata and its classification, variation in the attainment of Asamprajnata Samadhi; Sabijasamadhi, Nirbijasamadhi.
4. Psychophysiological (Nature Classification and definition of Vrtti, Klesha and antaraya).

SECTION II

1. Yoga education
(a) Abhyasa, Vairagya, Swadyaya, Prajna
(b) method to control to chitta vrittis, Chittaprasadana and its associates, control of Chittavikshepa.
2. Yoga therapy, Heyaswarupa, Heyahetu, Drshya and Drasta, Samyoga – Nature and Cause, Hanopaya, Hanaswarupa, Vivekakhayti, Astanga Yoga.
The cause of suffering and the means to overcome suffering
3. The Concept of god: Ishwara, Ishwara pranidana and pranava or OM
Swarapranidhana – as means to attain Samadhi, definition and attributes of Ishwara.
4. Siddhi and vibhuti, Yoga Mysticism

Paper II PRACTICALS

Total Marks: 100

TOTAL LECTURES: 56

LECTURES PER WEEK: 1 & 1/2 HOURS

SECTION 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. Prathnasana
6. Bujangasana
7. Chakrasana
8. Vajrasana
9. Sukasana
10. Savasana

(3) Pranayama

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

Section II:

(1) Kriyayoga - cultivating awareness and attitude:

1. Sutra Neti
2. Agnisara Kriya
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

(4)Pranayama

- 1.Pooraka
- 2.Rechaka
- 3.Khumbaka
- 4.Alternate noshil breathing sagarbha 'OM' pranayama.

(5)MEDITATION:

Kinds of meditation, Reflection (Swadhaya)

(6)APPLICATIONS:

- (1)Value and Virtue model of Yoga.:Anitya bhavana and Reflection Practice
- (2)Personality development through Yoga.