

UNIVERSITY OF MUMBAI

No.UG/ 267 of 2005

CIRCULAR :

Attention of the Head, University Department of Philosophy and the Principals of the affiliated colleges in Arts is hereby invited to the syllabus. Ordinance and Regulation of part-time Diploma 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.4.45 and subsequently approved by the Management Council at its meeting held on 16th April, 2005 vide item No.11 and that in accordance therewith part-time Diploma course in Yoga is revised as per Appendix.

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 5514 and 5515 and Regulations 5132, 5133, 5134, 5135 and 5136 including the scheme of syllabus and standard of passing relating to the part-time Diploma course in Yoga is passed as per Appendix and that the same will be 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.4.45.02.04.05

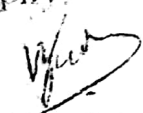
M.C.11.16.04.05

No.UG/ 267 of 2005

5th July, 2005

Copy forwarded with compliments to the :-

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


for REGISTRAR.

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UNIVERSITY OF MUMBAI

ORDINANCES AND REGULATIONS FOR THE

Part-Time Diploma Course in Yoga

(with effect from the academic year 2005-2006)

University of Mumbai

Part time Diploma Course in Yoga

Ordinances and Regulations relating to the six months Part-time Diploma Courses in Yoga

This course is pre-requisite for Advance Diploma in Yoga & P.G. Diploma in Yogic Therapy

O 55:14 A candidate for being eligible for admission to the course for the Part-time Diploma Courses in Yoga must have passed the Foundation Course in Yoga or its equivalent.

R. 5:32 The course for the Part-time Diploma Courses in Yoga shall be part-time course and its duration shall be of one academic term i.e. November to April of every academic year.

O. 55:15 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 — 5:33 The fee prescribed for registration shall be Rs. 10/-

R — 5:34 The fee prescribed as tuition fee shall be Rs. 1500/-

R — 5:35 The fee prescribed as Examination fee shall be Rs. 360/-

R 5:36 There will be examination of total 250 marks:

- : Written Examination of 100 marks,
- : Practical Examination of 100 marks,
- : Project Work of 50 marks.

The project work is to be submitted a week before the examination. 40% marks will be required for passing separately for theory, practical and project work.

Diploma 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 guidclines) from the acadcmic 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 restructed, avoiding duplication and repctition.

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

Diploma Course In Yoga

No Change in the name

Duration - part time one year	Duration - part time six months December to May
Total number of hrs. for theory and practicc - 100	Total number hrs. for theory and practicc - 88
Every week Three hrs. - 33 weeks	Every week four hrs. - 22 weeks.

**Part time Diploma Course in Yoga and
personality Development
Paper I Theory 100 Marks**

1. Yoga education – Abhyasa, Swadyaya, Prajna, ----06
2. Siddhis and vibhuti, Yoga Mysticism. ----05
3. Yoga therapy, Heyaswarupa, Heyahetu, Drshya and Drasta, Samyoga –
Nature and Cause, Hanopaya, Hanaswarupa, Vivekakhyathi, Astanga Yoga.
The cause of suffering and the means to overcome suffering ----04
4. The Concept of god: Ishwara, Ishwara pranidana and pranava or OM
Iswarapranidhana – as means to attain Samadhi, definition and attributes of
Iswara. ----06

Paper II

Practicals

100 marks
No. of hrs for practical - 56

Hatha Yoga – Introduction, relationship of Hathayoga and Rajayoga

Marks

Kriyayoga – cultivating awareness and attitude. ----07

Asanas ----10

1. Padmasana
2. Paschimotanasana
3. Ardhamatseyandreasana
4. Ustruasana
5. Danurasana

6. Badrasana
7. Sarvangasana

Mudras

1. Ashwami Mudra
2. Sammuki Mudra
3. Tadagi Mudra
4. Yoga Mudra
5. Boochari Mudra
4. Pooraka
5. Rechaka
6. Khumbaka

Alternate noshil breathing sagarbha 'OM' pranayama.	----05
7. Kinds of meditation, Reflection (Swadhaya)	----05
8. Mudras - Benefits and methods of practice	----04
9. Shavasana	----04
Self study, Book review, assignment, project work	----06

Kriyas - Sutra Neti, Samananya Nauli and Agnisara kriya	----05
Anitya bhavana and Reflection Practice	----03

Foundation Course in Yoga - Theory Practicals - July to October,
Diploma Course in Yoga - Theory Practical - November to April.