

Standard of passing: 40% marks will be required for passing separately in each paper & projects.

### **FEE STRUCTURE**

Tuition Fees: Rs.3300/-

Identity Card Fees Rs.50/-

- **THERE WILL BE TWO HOURS OF LECTURES FOR EACH PAPER EVERY WEEK.**

## **PAPER I (THEORY)**

### **UNIT I**

- A. Yoga in the Vedas and Upanishad
- B. Yoga in Bhagavad Gita : Jnana, Karma, Bhakti

### **UNIT II**

- A. Samadhi : it's definition and kinds, Rtambhara prajna and Dharma Megha Samadhi
- B. The notion of kaivalya

### **UNIT III**

- A. Concept of God in Patanjali Yoga, Ishwara as Purusha Vishesh, Ishwar Pranidhan Chanting of and meditation on OM/ Pranav
- B. Mystical dimension: Attainment of Siddhis and Vibhutis; Caution against them

### **UNIT IV**

- C. Buddhist Meditative Technique- Vipassana and its Philosophical foundation.
- D. Jaina Meditative Technique - Preksha Dhyana and its Philosophical foundation

## **PAPER II (PRACTICALS)**

### **UNIT I**

- A. Controlling the Body, Mechanism of Body: Kriyas, and its therapeutic value.
- B. Frame work of Body and its structure and system - Asanas: Cultural and Relaxation Asanas
- C. Muscle strength, Muscular coordination, Strength of Immune system
- D. Relation and Reflection techniques Shavasana - Sakshi Bhavanam

### **UNIT II**

- A. Other means to attain Yoga:
- B. Pranayama: Breath Control, Breath and Postures, Rhythmic Breathing

### **UNIT III**

- A. Bandhas and Mudras.
- B. Depth of perception and expansion of awareness
- C. Gross level - Muscular stretches
- D. Subtle level -Changes in respiration and normalizing breath

### **UNIT IV**

- A. Practice and Principles of Meditation.

- B. Meaning of Concentration
- C. Meditative postures and kinds of Meditation

## UNIT V

### A. Asanas

1. Standing Postures
  - i. Prarthnasana
  - ii. Tadasana
  - iii. Vrikshasana
  - iv. Trikonasana
  - v. Konasana
  - vi. Ardha Kati Chakrasana
  - vii. Prasarita Padanghustasana
  - viii. Eka Padanghustasana
  - ix. Ardha Chakrasana
  - x. Virbhadrasana
2. Postures Meditative
  - i. Parvatasana
  - ii. Goumukhasana
  - iii. Ardha Matsyendrasana
  - iv. Paschimottanasana
  - v. Ushtrasana
  - vi. Shashank asana
  - vii. Bakasana
3. Prone
  - i. Bhujangasana
  - ii. Shalabhasana
  - iii. Naukasana
  - iv. Dhanurasana
  - v. Makrasana
4. Supine Postures
  - i. Viparitamarni
  - ii. Sarvangasana
  - iii. Halasana
  - iv. Matsyasana
  - v. Dronasana
  - vi. Kandharasana
  - vii. Prana Pavanmuktasana
  - viii. Kativakrasana with one leg

### ix. Shavasan

- ### B. Shuddhi Kriya
1. Kapalbhathi
  2. Jala Neti
  3. Rubber Neti
  4. Vaman Dhauti
  5. Tratak
  6. Nauli

- ### C. Pranayama
1. Anula Viloma
  2. Bhramari
  3. Ujjaiyi
  4. Shitali
  5. Sheetakari
  6. Bhastrika

- ### D. Meditative Postures
1. Vajrasana
  2. Padmasana
  3. Swastikasana
  4. Siddhasana

- ### E. Bandhas
1. Jivha
  2. Uddiyana
  3. Jalandhar
  4. Moola

- ### F. Mudras
1. Viparitamarni
  2. Yoga
  3. Bhrama
  4. Agochari
  5. Shanmukhi

## REFERENCES:

1. The Yoga Sutra of Patanjali M.R.Yardi, Bhandarkar Oriental Research Institute, Pune, 1979
2. Indian Philosophy by Dr. S. Radhakrishnan, Oxford University Press 1923.
3. Introduction to Indian Philosophy by Dutta & Chatterji, Rupa & Co, 2015
4. Outlines of Indian Philosophy by Hiriyanna. Motilal Banarsidass Publisher, 2014.



5. The Yoga system of Patanjali, James, Houghton , wood., Forgetten Books, 2018
6. Yoga sutras of Patanjali - Sadhanapada with Exposition of Vyasa, Motilal Banarsidass, 2002
7. Light of Yoga (on Yama - Niyama) by B.K.S. Iyenger, Thorsons, 2006
8. Hatha Yoga Pradeepika - Yogi Swatmarama, Yogavidya.com, 2002.
9. Science of Yoga by I.K.Taimini, Theosophical Publishing House, 2007

Anything that arises  
in the mind will manifest  
itself as a sensation on  
the body; if you observe this  
sensation you are observing both  
the mind as well as matter.

S.W. Goenka  
The Clock of Vipassana has  
Struck



## ADVANCED DIPLOMA COURSE IN YOGA

### AIMS AND OBJECTIVES

Yoga is one of the oldest sciences of the world which originated in India. This course focuses on Yoga Sutra and the philosophy enumerated in these sutras. Yoga being a way of life can be applied to one's life irrespective of age, gender, profession, state, conditions, problems and sufferings. It can be made a part of every human endeavour – personal, professional, social, family and spiritual. Since it is a science and an art, Yoga has its theoretical and practical aspects, which is taught in the course. Along with Asanas the role of Satvika Ahara is also focused. The ultimate aim is to apply the Yoga philosophy in day to day life. This course develops the psycho physical and psycho spiritual dimensions of Yoga along with various techniques of meditation.

Application Form Fee : Rs. 100/-

### LEARNING OUTCOMES

This course motivates the learner to undertake advanced and detailed study of various texts in the Yoga tradition as well meditative techniques from other traditions such as Jainism and Buddhism. The learner will be able to assimilate deeper philosophical aspects of ideas advanced in the texts and the traditions. In this context, learner will be able to engage with Yoga in a holistic, practical and an academically rigorous manner.

**O5607. TITLE OF THE COURSE:**  
**PART-TIME ADVANCED DIPLOMA COURSE IN YOGA**

**O5608. ELIGIBILITY:**  
A candidate for being eligible for admission to the Advanced Diploma in Yoga should have passed the Diploma in Foundations of Yoga offered by the Department of Philosophy, University of Mumbai.

**R5383. DURATION:**  
The course for the Part-time Advanced Diploma Course Yoga shall be a part-time course and its duration shall be one academic year June - April.

**R5384. SCHEME OF PAPERS:**  
**PAPER I - THEORY (100 MARKS)**  
**PAPER II - PRACTICAL (100 MARKS)**  
**PROJECT WORK: 50 MARKS**

**R5385. 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 term.

Paper I is a theory paper for which examination 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.