



**The moment
you understand
yourself as the true Self,
you find such peace and bliss
that the impressions of the petty
enjoyments you experienced before
become as ordinary specks of light in
front of the brilliant sun.**

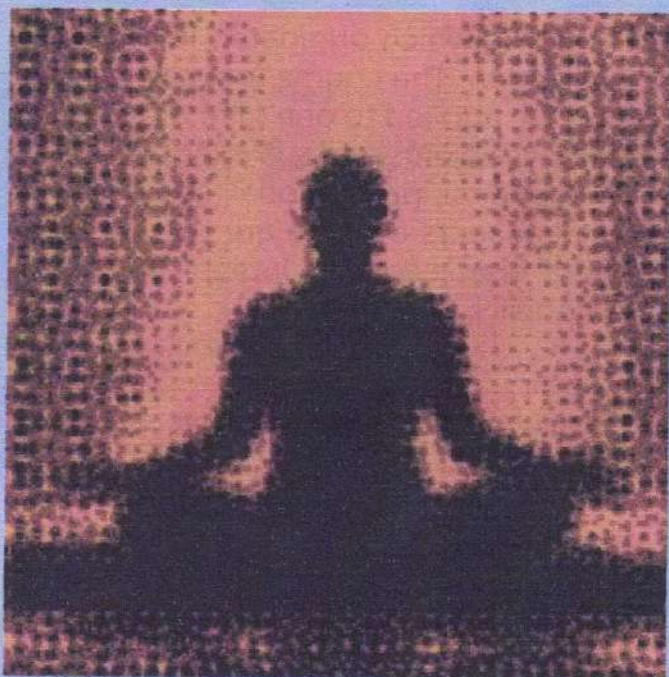
The Yoga Sutras of Patanjali

Commentary on the Raja Yoga Sutras

by Sri Swami Satchidananda



YOGA



DIPLOMA IN FOUNDATIONS OF YOGA

ELIGIBILITY : H.S.C. OR EQUIVALENT

ADVANCE DIPLOMA IN YOGA

**ELIGIBILITY : H.S.C. OR EQUIVALENT
+ DIPLOMA IN FOUNDATIONS OF YOGA**

Yoga is one of the oldest sciences of the world which originated in India. It is considered as to be as old as the Indian Civilization. The course focuses to teach it as a complete scientific system. Yoga can be applied to one's life irrespective of age, gender, profession, state, conditions, problems and sufferings. It can be made part of every human endeavour - personal, professional, social, family and spiritual. The theoretical and practical aspects of Yoga are taught in the course. This course introduces the general framework of Indian philosophy and basic concepts of Yoga based on Patanjali's Yoga Sutras.

DURATION: ACADEMIC YEAR JUNE TO APRIL ON WEEKENDS.

DIPLOMA IN FOUNDATIONS OF YOGA

AIMS AND OBJECTIVES

Yoga is one of the oldest sciences of the world which originated in India. It is considered to be as old as the Indian Civilization. The course focuses to teach it as a complete scientific system. Yoga can be applied to one's life irrespective of age, gender, profession, state, conditions, problems and sufferings. It can be made part of every human endeavour – personal, professional, social, family and spiritual. The theoretical and practical aspects of Yoga are taught in the course. This course introduces the general framework of Indian philosophy and basic concepts of Yoga based on Patanjali's Yoga Sutras.

Application Form Fee : Rs. 100/-

LEARNING OUTCOMES

The Diploma course focuses on the foundations of both the theoretical and practical aspects of Yoga, one of the oldest sciences of the world. Yoga being a way of life, the learner will be able to apply its insights irrespective of age, gender, profession, state, conditions, problems and sufferings in any human endeavour – personal, professional, social, family and spiritual. The course will contribute considerably to future career prospects and research in Yoga.

O 5607 TITLE OF THE COURSE:
PART TIME DIPLOMA IN FOUNDATIONS OF YOGA

O 5608 ELIGIBILITY:
A candidate for being eligible for admission to the course in Diploma in Foundations of Yoga must have passed Higher Secondary Examination, (Std. XII) of the Maharashtra State Board of Secondary Education, Pune, or any other equivalent examination recognized by this University.

R5383 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.

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

R5385 EXAMINATION:
A candidate for being eligible for admission to the examination shall satisfy the following requirements: -

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 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.
Minimum marks for passing is 40% present in each of the paper and project as well.

R5386 FEE STRUCTURE

The fee prescribed for registration shall be Rs. 100/-
The fee prescribed as tuition fee shall be Rs. 2750/-
Identity Card Rs.50/-.

R5387. MINIMUM MARKS FOR PASSING:

Minimum marks for passing is 40 % marks each in the theory and practical examinations.

R5388. QUALIFICATION FOR TEACHERS

Postgraduates in Philosophy for theory

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

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

PAPER I (THEORY)

UNIT I

- A. Introduction to Indian Philosophy : Background of the Six Āstika Darshanās with special reference to Samkhya
- B. Satkaryavada - Evolution Theory; Duhkha and its types: Bondage and Liberation

UNIT II

- A. Patañjali's Yoga darshana: Introduction to 'Yoga Sūtram', Structure of Yoga Sūtra, Definition of Yoga as citta vrtti nirodha
- B. Types of Citta vrtti, Kleshas, Cittabhūmis and Antaraya

UNIT III

- A. Techniques to overcome the kleshas - Various Bhāvanās: Maitri, Karuṇā, Pratipakṣa bhāvana, Anitya bhāvana.
- B. Kriyayoga, Abhyasa and Vairagya

UNIT IV

- A. Ethical and Psychophysical dimensions of Yoga: Yamā, Niyama, Asana Pranayama and Pratyahara.
- B. Psycho-Spiritual Dimension : Pratyāhārā, Dhāranā, Dhyāna and Samadhi

PAPER II (PRACTICALS)

UNIT I

- A. Astanga Yoga
 - 1. Yama - Niyama - Pratipakṣa Bhāvanam
 - 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.

B. Asanas

1. Standing
 - i. Prarthanasana
 - ii. Tadasana
 - iii. Utkatasana
 - iv. Vrikshasana
 - v. Trikonasana
 - vi. Ardha Kati Chakrasana
 - vii. Hastapadasana
2. Sitting
 - i. Sukhasana
 - ii. Vajrasana
 - iii. Padmasana
 - iv. Bhadrasana
 - v. Parvatasana
 - vi. Vakrasana
 - vii. Janu Shirasana
 - viii. Ushtrasana
 - ix. Yoga Mudra
 - x. Shashankasana
3. Prone
 - i. Bhujangasana
 - ii. Ardha Shalabhasana
 - iii. Dhanurasana
 - iv. Makarasana

UNIT II

C. Pranayama

1. Fuller Breathing
2. Equal Breathing
3. NaddiShodana

D. Kriya

1. Kriyas - Satkriya-Neti, Dhauti, Basti, Nauli, Trataka.
2. Jalneti
3. Sutraneti
4. Vamanadauti
5. Trataka
6. Kaphalbhati
7. Moolashoodana.

E. APPLICATIONS:

1. SattvikaAhara - Rules in food taking.
2. The Application of Yoga in day to day life

UNIT III

F. Kriyayoga - cultivating awareness and attitude:

1. SutraNeti
2. AgnisaraKriya
3. Alternative nostril breathing: kaphalbhati

G. Mudras

1. Ashwimi Mudra
2. Sanmuki Mudra
3. Tadagi Mudra
4. Yoga Mudra
5. Boochari Mudra

UNIT IV

H. Pranayama

1. Ujjayi
2. Brahmari
3. Pooraka
4. Rechaka
5. Khumbaka
6. Alternate nostril breathing sagarbha 'OM' pranayama.

I. MEDITATION:

Kinds of meditation, Reflection (Swadhaya)

J. APPLICATIONS:

1. Value and Virtue model of Yoga: Anityabhavana and Reflection Practice
2. Personality development through Yoga.

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., Forgotten Books, 2018
6. Yogasutras 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. 9. Science of Yoga by I.K.Taimini, Theosophical Publishing House, 2007

of yoga along with various techniques of meditation. This course develops the psycho-physical and psycho-spiritual dimensions also focused. The ultimate aim is to apply the Yoga philosophy in day to day life. Along with Asana, the role of Pranayama, which is taught in the course. Along with Asana, the role of Pranayama, since it is a science and an art. Yoga has its theoretical and practical aspects every human endeavour - personal, professional, social, family and spiritual. Yoga being a way of life can be applied to all the aspects of our lives. Yoga being a way of life can be applied to all the aspects of our lives.

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 as 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.

05607 TITLE OF THE COURSE: PART-TIME ADVANCED DIPLOMA COURSE IN YOGA

05608 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.

05609 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 i.e. April to April.

05610 SCHEME OF PAPERS:
PAPER I - THEORY (100 MARKS)
PAPER II - PRACTICAL (100 MARKS)
PROJECT WORK: 50 MARKS

05611 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.

