

Ordinance No. 122.....

1. Post-Graduate Diploma in Yoga Education and Philosophy, and
2. Certificate Course in Yoga Education and Philosophy.

1. POST-GRADUATE DIPLOMA IN YOGA EDUCATION AND PHILOSOPHY

This diploma course is being started in the school of studies in comparative Religion and Philosophy, Pt. Ravishankar Shukla University, Raipur in accordance with the U.G.C. Scheme for Promotion of Yoga Education and Practice in Universities. It will be run by the University as per the agreement signed between the University and Kaivalyadhama Sreeman-Madhava Yoga Mandir Samiti, Lonavala, Pune (Maharashtra), a national institute of yoga recognised by the U.G.C. for subject expertise.

There shall be a one-year Post Graduate Diploma Course in Yoga Education and Philosophy, having two semesters. A candidate having post graduate degree of a recognised university or institute will be eligible for admission to this course. The admission will be done on the basis of merit in the qualifying examination, successful performance in interview and medical fitness. M.A. (Philosophy) will be the preferential qualification for admission. *M.B.B.S, B.A.M.S, B.H.M.S, B.E. and B.Tech. will also be qualifying examination for admission to this course.*

The maximum number of candidates admitted to this course at a time shall be 30; this number could be increased or decreased subject to availability of adequate space and facilities.

The courses in the semesters will include (i) theory papers, (ii) class tests, (iii) practice teaching and (iv) practical. The assessment in theory papers will be made at the end of each semester as per the scheme of the examination and the syllabus proposed by the Board of Studies in Philosophy and enforced by the university from time to time.

The scheme of examination for this course will be as under:

SEMESTER I:

Part A : Theory Group:

Paper 1(a) : 50 marks
Paper 2(a) : 50 marks

Part B: Practical Group:

i. Practice teaching : 40 marks
ii. Class test : 10 marks
iii. Practical (1-a) : 50 marks
(Kriyas; Asanas, Pranayam etc)
iv. Practical record (1-a) : 25 marks
v. Viva-voce test (i) : 25 marks

Total marks of semester I : 200

SEMESTER II:

Part A: Theory Group:

Paper 1(b)	: 30 marks
Paper 2(b)	: 30 marks

Part B: Practical Group:

i. Practice teaching	: 40 marks
ii. Class tests	: 10 marks
iii. Practical (1-b) (Kriya, Asanas, Pranayam etc)	: 50 marks
iv. Practical record(1-b)	: 25 marks
v. Viva-voce test (ii)	: 25 marks

Total marks of semester II : 250

GRAND TOTAL OF SEMESTERS I & II : 500

Seventy five per cent attendance in theory and practical classes will be necessary for a candidate to appear in any semester examination. The university will charge from each candidate as the admission fee to the course like other P.G. Diploma courses of the university in addition to Rs. 50/- per month as the tuition fee. The rate of this fee may be revised from time to time, as per need. Examination fee for each semester will also be payable to the university by the candidates as prescribed from time to time.

A student will be provisionally admitted to the second semester after the examination of the first semester is over and until the result of the first semester is declared. No division shall be awarded for the first semester examination.

The minimum pass marks in each theory paper shall be 36 % and in each practical and teaching practice 50 %. A candidate who is seeking ATKT examination of the first semester shall have to submit the examination form and extra fees of the examination for that along with the examination fee of the second semester. A candidate who gets ATKT in a semester will get only one chance to clear that semester. A candidate who fails in more than two theory papers/practical/practice teaching will be declared to have failed in that semester.

The theory papers will be set and scripts evaluated by examiners appointed by the university from the list prepared by the examinations committee in Philosophy. The moderation of theory papers, if necessary, will also be done by the Moderation Committee of Philosophy.

The Practical and practice teaching will be evaluated by two examiners, one internal and the other external, appointed by the university in accordance with the list prepared by the examination committee of philosophy. While preparing the list of examiners in theory and practical examinations the suggestions received from Eriyaladhama (Delhi) will also be kept in view.

The remuneration for theory and practical/practice teaching will be similar to the other post-graduate diploma courses of the university.

The candidates obtaining 60% or more in their examinations will be placed in the first division at the end of the second semester examination. Those securing 48% or more but less than 60% will be placed in the second division. Examinees getting 36% or more but less than 48% of marks in aggregate will be placed in third division.

Preparation of Merit list, retotalling of Marks and/or Revaluation of scripts will be done as per rules and the examination ordinance of the university. Grace marks will be allowed as per rules of the university.

Points, if any, not covered by the provisions of this ordinance will be subject to the existing rules and regulations of the university and the Ordinance, Statutes and relevant section of the Madhya Pradesh Vishwavidyalaya Adhiniyam (No. 22 of 1973) and their amendments from time to time.

2. CERTIFICATE COURSE IN YOGA EDUCATION AND PHILOSOPHY

There shall be a 3 months certificate course in Yoga Education and Philosophy. A candidate having minimum higher secondary (10+2) certificate may be admitted to this course subject to interview, medical fitness and a testimonial as required. Bachelor degree with philosophy is the preferential qualification for admission.

The maximum number of candidates admitted to this course at a time shall be 30; this number could be increased or decreased subject to availability of adequate space and facilities.

The course includes two papers: (i) Theory, and (ii) practical. The assessment in theory papers will be made at the end of the course as per the scheme of the examination and the syllabus proposed by the Board of Studies in Philosophy and enforced by the university from time to time.

The scheme of examination for this course will be as under:

Paper I : Theory	Maximum Marks : 100
Paper II: Practical	Maximum Marks : 100
	Total Marks : 200

Seventy five per cent attendance in theory and practical classes will be necessary for a candidate to appear in the examination. The university will charge from each candidate as the admission fee to the course like other certificate courses of the university in addition to Rs. 50/- per month as the tuition fee. The rate of this fee may be revised from time to time, as per need. Examination fee will also be payable to the university by the candidates as prescribed from time to time.

The minimum passing marks in the theory paper shall be 50% and in practical it will be 30.

The theory paper will be set and scripts evaluated by examiners appointed by the university from the list prepared by the examinations committee in Philosophy. The moderation of theory papers, if necessary, will also be done by the Moderation Committee of Philosophy.

The Practical will be evaluated by two examiners, one internal and the other external, appointed by the university in accordance with the list prepared by the examination committee of philosophy. While preparing the list of examiners in theory and practical examinations the suggestions received from Kaivalyadhama (Delhi) will also be kept in view.

The remuneration for theory and practical will be similar to the other certificate courses of the university.

The candidates obtaining 60% or more in their examination will be placed in the first division. Those securing 45% or more but less than 60% will be placed in the second division. Examinees getting 33% or more but less than 45% of marks in aggregate will be placed in third division.

Preparation of Merit list, retotalling of Marks and/or Revaluation of scripts will be done as per rules and the examination ordinance of the university. Grace marks will be allowed as per rules of the university.

Points, if any, not covered by the provisions of this ordinance will be subject to the existing rules and regulations of the university and the Ordinance, Statutes and relevant section of the Madhya Pradesh Vishwavidyalaya Adhiniyam (No. 22 of 1973) and their amendments from time to time.

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SYLLABUS

SEMESTER : I

Part A : Theory Groups

Paper 1(a): Theoretical Yoga Science

Max Marks: 50

- Unit : I : Introduction to Yoga : The Concept of Yoga, Meaning
(SVP) Definition, Historical Tradition.
- Unit : II : Basic texts of Yoga : Yoga Suttas (samadhi and sadhan
padas), Hatha Pradipika.
- Unit : III : Kinds of Yoga : Jnana, Bhakti & Karma yogas in particular.
- Unit : IV : Vibhaktis of yoga : Quest for yoga and levels, achievements
and synthesis.
- Unit : V : Contemporary yogis: Vivekananda, Tulasayananda, Shivananda
and Sri Aurobindo.

Paper 2(a): Applied Yoga Vijnana

Max Marks: 50

- Unit : I : Yoga and Health : Meaning & Definition, importance in
life, Theories of health, Various Exercises, benefits of
yoga-asanas and their values vis-a-vis other
systems.
- Unit : II : Practice of Yoga: Preparation, food, dress, sequence,
climatic changes, daily routine, vitalas for health,
positive and negative factors.
- Unit : III : Physiology: constitution, various organs and their
functioning.
- Unit : IV : Life-pattern and yoga: effects of Yoga upon bodily
function: digestion, blood-circulation, respiration,
excretion, endocrine glands, nerves, brain and mind.
- Unit : V : Yoga and Psychology : Endocrine glands and health, psychi-
mechanism, behaviour and personality, Physical, mental and
Atmic health, states of Yoga vijnana.

Part B: Practical Group:

(i) Practical Treatise (Practical)

Mark: Marks :: 400

- Unit :: I :: Yasaas :: 100 marks
- Unit :: II :: Kriyas :: 100 marks
- Unit :: III :: Pranayamas :: 100 marks
- Unit :: IV :: Ujjayi pranayamas :: 100 marks

(ii) Ujjayi Treatise

Mark: Marks :: 100

(iii) Practical (I-IV)

Mark: Marks :: 500

- Unit :: I :: Kriyas: Jala Neti, Sutta Neti, Kumbh kriya, Nasa Neti, Dhauti.
- Unit :: II :: Yasaas: Supta Yasaas, Nishkambh, Pranamasthiti, Bhakti, Tamas, Bhakti, Bhakti, Bhakti, Bhakti.
- Unit :: III :: Pranayamas: Nadi Sudhana, Ujjayi, Ujjayi, Ujjayi, Ujjayi, Ujjayi, Ujjayi, Ujjayi.
- Unit :: IV :: Mudras: (a) Bhakti Mudra, (b) Bhakti Mudra, (c) Bhakti Mudra, (d) Bhakti Mudra, (e) Bhakti Mudra, (f) Bhakti Mudra, (g) Bhakti Mudra, (h) Bhakti Mudra.
- Unit :: V :: Yoga Nidra.

(iv) Practical (I-IV)

Mark: Marks :: 250

(v) Viva voce test

Mark: Marks :: 250

TOTAL MARKS OF SEMESTER I :: 2500

SEMESTER II ::

Part A: Theory Group:

Part II (b) : Theoretical Yoga Sutra

Mark: Marks :: 500

- Unit :: I :: Introduction: description of the origin of Yoga, the definition of Yoga in various forms: Words: Chandra, Chandra, Chandra, Chandra, Chandra, Chandra, Chandra, Chandra.
- Unit :: II :: Texts of the Yoga: Bhakti, Bhakti, Bhakti, Bhakti, Bhakti, Bhakti, Bhakti, Bhakti.
- Unit :: III :: Kinds of Yoga: Bhakti, Bhakti, Bhakti, Bhakti, Bhakti, Bhakti, Bhakti, Bhakti.
- Unit :: IV :: Objects of Yoga: Bhakti, Bhakti, Bhakti, Bhakti, Bhakti, Bhakti, Bhakti, Bhakti.

Unit : V : The subject-matter of Yoga philosophy: Principles, God, Prakriti, Purusha, Soul, cosmology, kleshas, Karma theory, chitta-bhumis, vrittis, abhyasa-vairagya.

Paper 2(b): Practical Yoga Vijnana

Max Marks : 50

Unit : I : Pranayama : Prana, kinds of Prana, patterns of Pranayama in various texts, precautions, benefits.

Unit : II : Chakra-bhedana: nadis, chakras, kundalini, nada, does & don't in svarodaya.

Unit : III : Shuddhi-kriya: shat-karma, method and utility.

Unit : IV : Bandha-Mudra: methods and benefits of bandha and mudras as found in various Yogic texts.

Unit : V : Life-pattern and Yoga: Laws of Nature, Harmony of Yogic life pattern with society and culture, Practical conditioning.

Part : B : Practical Group:

(i) Practice Teaching (Outdoor)

Max Marks : 40

Unit : I : Asanas

Unit : II : Kriyas

Unit : III: Pranayamas

Unit : IV : Class Arrangement.

(ii) Class Test

Max Marks : 10

(iii) Practical (I-b)

Max Marks : 50

Unit : I : Kriyas: Basti, Nauli, Trataka

Unit : II : Asanas (advanced): Backward & Forward bending, twisting, balancing asanas

Unit : III: Pranayama : Sheetali, Sheetali, Bhramari, Nuchha and Plavani

Unit : IV : Mudra & Bandha:
(a) Mudra-Ashvini, Prana, Haha, Khechari and Kaki mudras
(b) Bandha- Jalandhara, Mula & Uddiyana with Asanas and Pranayamas

Unit V: Concentration and Meditation
(iv) Practical Record (1-6)

Max Marks : 25

(v) Viva voce Test

Max Marks : 25

Total of semester II marks : 250

GRAND TOTAL OF SEMESTERS I & II MARKS : 500

Reference Books:

(A) Theoretical Yoga:

1. Patanjala Yoga Pradeepa,
2. Yoga-Sutras,
3. Samkhya Karika,
4. Astanga Yoga(Charanadas),
5. Yoga Parichaya,
6. Hatha Pradeepika,
7. Patanjala Yoga Vimarsha,
8. Bharatiya Darshan,
9. Gheranada Samhita,
10. Patanjala Yoga Darshanam (4 vols),
11. Yoga, Immortality & Freedom,
12. Encyclopedia of Yoga (3 vols),

- Swami Damananda Tirtha,
 Dr. P.B. Karamebelkar
 Ishwara Krishna
 O.P. Tiwari
 Pitambara Jha
 Swatantrama Yogi
 Dr. Vijaibal Ehsatri
 Pt. Baladeva Upadhyaya
 Gheranda Richi
 V. Karnataka
 M. Ellabz
 Bombay pub.

(B) Practical Yoga Vijnana :

1. Yoga Manovijnana,
2. Yogasana, Pranayama, Mudra & Bandha,
3. Yoga evam Svasthya,
4. Pranayama,
5. Yogasana,
6. Pranayama,
7. Bahiranga Yoga,
8. Yoga Deenika,
9. Yoga se Arogya,
10. Yogik chikitsa,
11. Yoga Chikitsa,
12. Svastha- vritta Vijnana,
13. Sharira Kriya Vijnana,
14. Sharira Rachana Vijnana,
15. Yogasana Vijnana,
16. Anatomy and Physiology of Yogic Practices,
17. Asanas : Why & How ?
18. Surya Namaskara,
19. Teaching Methods for Yogic Practices,

- S.P. Ghoshal
 Dr. Ganesh & Narain Shankar
 D.P. Ghosh
 Swami Kavalayananda
 Kavalayananda
 Swami Yogeshwarananda
 B.S. Gyanar
 B. Singh
 Kavalayananda
 Ishwar Bhavadraj
 Ramabharsha Singh
 Prityavrata Sharma
 Mukunda Svarupa Sharma
 Dhirendra Brahmachari
 Dr. N.M. Gore
 O.P. Tiwari
 Pub. from Hungary
 M.L. Ghosh's and G.L. Sengupta.

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2. Certificate Course in Yoga Education and Philosophy

प्रथम प्रश्न पत्र

(सैद्धान्तिक)

1. योग का अर्थ, परिभाषा एवं महत्व
2. योग के प्रकार
3. विभिन्न धर्मों में योग का समन्वय
4. यौगिक प्रर्थों का परिचयात्मक अध्ययन
5. दुःखनाश एवं योग से पुनित के उपाय

द्वितीय प्रश्न पत्र

(प्रायोगिक)

1. योगाभ्यास एवं प्रारम्भिक तैयारी
2. आहार एवं ऋतु अनुकूल जीवनचर्या
3. शरीर विज्ञान एवं योग का प्रभाव
4. दैनिक जीवनचर्या में योग का महत्व
5. आसन, प्रणायाम, साधक एवं बाधक तत्व तथा सात्वतानिधी एवं लाभ

