HEMCHAND YADAV VISHWAVIDYALAYA, DURG (C.G.)

ORDINANCE No. 113

POST GRDUATE DIPLOMA IN YOGA EDUCATION & PHILOSOPHY

This diploma course is being stared in the school of studies in comparative Religion and Philosophy, Pt.Ravishankar Shukla University 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 Kaivalyadham Sreeman-Madhava Yoga Mandir Samiti, Lonawala, Pune (Maharastra). A national institute of yoga recognized 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 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 preferencial qualification for admission. M.B.B.S., B.A.M.S., B.H.M.S., B.E. and B.Tech., LL.B. will also be qualifying examination fro admission to this course

The minimum 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 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 and the syllabus will be as under :-

SEMESTER - I

Part A : Theory Group

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

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Part B : Practical Group

i. Practice teaching	:	40 marks
ii. Class test	:	10 marks
iii. Practical (1-a) (Kriyas, Asanas, Pranayam etc.)	:	50 marks
iv. Practical record (1-a)	:	25 marks
v. Viva-voce test (i)	:	25 marks
Total marks of Semester-I	**:**	**250 marks**

SEMESTER - II :

Part A : Theory Groups

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

Part B : Practical Group

i. Practice teaching	:	40 marks
ii. Class test	:	10 marks
iii. Practical (1-b) (Kriyas, 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 marks**

GRAND TOTAL OF SEMESTERS I & II : 500 marks

Seventy five percent attendances 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 PG Diploma courses of the University in addition to Rs. 50/- per month as the tution 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.

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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 & 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 the 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 script evaluated by the 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 Kavalyadham (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 theory examination 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 second division. Examinees getting 36% or more but less than 40% of marks in aggregate will be placed in third division.

Preparation of merit list, retotaling 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 regulation of the University and the ordinance, statutes and relevant section of the Chhattisgarh Vishwavidyala Adhiniyam (No. 22 of 1973) and their amendments from time to time.

H.S.A

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P.G. Diploma in Yoga Education and Philosophy
(Semester System)

There shall be two theory papers and one Practical (Three parts) in each semester.

SEMESTER-I

(Session 2023-24)

Paper-I. Theoretical Yoga Vijnan **M.M.-50.**

Unit-I Introduction to Yoga:- The concept, meaning, definition and tradition of Yoga, Famous yogis & their books.

Unit-II Basic texts of Yoga Sutra:- Yoga Sutra (Introduction, Chitta, Chittavrittiyan, Chittabhumiya, Panch Kalesh, Ashtangayoga, Samadhi).

Unit-III Kinds of yoga: - Bhakti yoga, Karma yoga, Mantra yoga and Raj yoga.

Unit-IV Study of Ida, Pingala, Sushumna,Seven Chakras ,Five Koshas, and Five Pranas.

Unit-V Contemporary Yogis: - BKS Iyengar, Satyananda and Shivananda.

Paper-II. Applied Yoga Vijnan. **M.M.-50**

Unit-I Meaning, definition and importance of Yoga and Health in life. Theories of Health, Various exercises benefits of Yoga- asana and their values vis-a-vis other systems.

Unit -2 Practice of Yoga - Preparation. Food, Dress, Sequence, Climatic, Changes daily routine Vratas for health, positive and negative factors.

Unit-3 Effective yoga & meditation to Depression, Insomnia, Stress, Excessive anger & Concentration.

Unit-4 Physiology:- Constitution Nervous system , Respiratory system, Circulatory system and Endocrine glands

Unit- 5 Aspects of Mind (Topographical and Dynamic) Id, Ego and Super Ego, Conscious, Sub-conscious and Un-conscious. Yogic concept of mind and mental process.

Practicals

Practice teaching (indoor) **M.M.-50.**

Asanas

Kriyas

PranayamasClass arrangement.

Meditation

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Practical (1-6) **M.M.-50.**

1. Pawanmuktasana Part-1,2 & 3
2. Asanas :,Relaxation,Pre-meditative,backward and forward bending, Spinal Cord Twisting and balancing, Asanas of Vajrasana group & Standing pose
3. Nadishodhan and Pranayamas : Sheetali Pranayama, Sheetakari Pranayama, Ujjayi Pranayama & Bhramari Pranayama.
4. Mudra : Hastmudra, Manmudra and Kayamudra.
5 Bandha : Moolbandha & Jalandhar Bandha.
6. Shawaasana.

Practical record	:	**M.M.-25**
Viva-Voce	:	**M.M.-25**
Total Marks	:	**250**

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SEMESTER-II

Paper-I. Yoga Philosophy **M.M.-50**

Unit-I The subject matter of Yoga philosophy-
Samkhya: Prakriti, Purusha and Cosmology.
Vedanta: Brahman Soul and Maya.

Unit-II Different systems of philosophy:

Pancha Mahavrata	--	Jainism.
Ashtang Marg	--	Buddhism
Integral Yoiga	--	Shri Aurobindo

Unit-III Vigyanabhairava Tantra - Introduction & Methods.

Unit-IV Hathayoga Pradipika (Introduction, Pranayama, Shatkarma, Nadahu Sandhan)

Unit-V Psychosomatic disorders (meaning and types) their management through Yoga, Aging - -Its problems and management through Yoga, Modern life & Yoga.

Paper II. Hatha Yoga. **M.M.-50.**

Unit-I Gharanya Samhita (Introduction, Shatkarma, Dhyan, Pranayam & Samadhi.
Unit-II Pranayama--Its meaning methods,kinds,Precaution and benifits.
Unit-III Shuddhi kriya--Shatkarma,its method and utility.
Unit-IV Bandha and Mudras --methods and benifits.
Unit-V Samadhi , Different systems of Meditation.

Practicals.

Practical Teaching (Indore) **M.M.-50**
Asanas, Kriyas, Pranayamas, Class arrangement & Meditation.

Practicals (1-8) **M.M.-50**

1. Balancing Asanas.
2. Asanas of Higher group.
3. Surya Namaskar.
4. Pranayama : Suryabheda Pranayama, Bhastrika Pranayama, Kapalabhati Pranayama & Moorchha Pranayama.
5. Bandha : Uddiyaan Bandha & Mahaabandha.
6. Mudra : Bandha Mudrayen & Aadhaar Mudrayen.
7. Shatkarma.
8. Dhaayana & Yoganidra.

Practical records	**M.M.-25.**
Viva-voce	**M.M.-25**
Total Marks Semester -II	**250**
Grand Total I & II Sem.	**500**

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Reference Books:

1. आसन प्राणायाम मुद्रा एवं बंध – स्वामी सत्यानंद सरस्वती
2. भारतीय दर्शन – एन. के. देवराज
3. पातंजलि योग सूत्र
4. हठ योग प्रदीपिका – स्वामी स्वात्मराम राम
5. घेरण्य संहिता
6. मानव शरीर रचना एवं क्रिया विज्ञान – डॉ. अनन्त प्रकाश

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