

Department of Philosophy
Kurukshetra University Kurukshetra

Scheme, Syllabus and Courses of Reading

Scheme of Examination for Diploma in Yoga through Directorate of Distance Education, K.U.K.

(Annual System)

Effective from the Academic Session: 2019-20

Scheme of Examination for Diploma in Yoga

<u>Paper No</u>	<u>Nomenclature of the Paper</u>	<u>Theory</u>	<u>Internal Assessment</u>	<u>Max. Marks</u>	<u>Time Allowed</u>	<u>Examination w.e.f.</u>	
<u>I</u>	<u>Yoga: Bahirang Yoga</u>	<u>80</u>	<u>20</u>	<u>100</u>	<u>3:00 Hrs</u>	<u>April/ May, 2019</u>	
<u>II</u>	<u>Yoga : Antrang Yoga</u>	<u>80</u>	<u>20</u>	<u>100</u>	<u>3:00 Hrs</u>	<u>April/ May, 2019</u>	
<u>III</u>	<u>Practical</u>	<u>Practical Exam-50 Marks</u>	<u>Practical Book-25 Marks</u> <u>Viva-Voce-25 Marks</u>	<u>100</u>	<u>----</u>	<u>As per schedule notified by Course Coordinator</u>	

EVERY CANDIDATE IS REQUIRE TO COMPLETE ONE MONTH TRAINING PROGRAMME OF YOGA AND

SUBMIT A CERTIFICATE TO BE ISSUED BY THE CONCERNED

INSTITUTE/COLLEGE/DEPARTMENT/UNIVERSITY/SOCIETY/TRUST ETC.

(Prof. R.K.Deswal)
Professor & Chairman
Department of Philosophy,
Kurukshetra University,
Kurukshetra.

DIPLOMA IN YOGA
Paper No. I Yoga: Bhirangyoga
(w.e.f 2019-20)

Theory – 80 Marks
Internal Assessment – 20 Marks
Total – 100 Marks
Time Allowed – 03 Hours

Note : Instruction The paper setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question without any choice, equitably distributed over the whole syllabus and Two Question from Each Unit, spread over all the concerned unit, will also be set. Examinees will have to attempt Five questions in all, selecting one question from each unit. Objective Type Question is compulsory. All questions carry equal marks.

Unit-1 Meaning, Definition, History, Development, Literature and Doctrine of Yoga; Chitta, Chitta Vrittiyan, Chitta Bhumian, Chitta Vrittinirod and Antrayas of yoga. Kinds of yoga: Astangyoga, Jyanyoga, Karmyoga, Bhaktiyoga, Hathyoga, Layayoga, Mantrayoga, Tantrayoga. Misconceptions about Yoga and their solutions. Essentials factors about yogic practices: Diet, Dress, **Discipline**, Prayerfulness, **Place**, Bathing, Time, Fragrance & Yoga Psychology.

Unit-2 Introduction to human body and its systems: Definition of Anatomy; Physiology and function; Respiratory system; Digestive system; Endocrine system; Blood circulation system; Nervous system.

Unit-3 **Asana** : Meaning, Definition, Kinds, Method and its Benifits of **Yama**: Meaning, Definition, Kinds, Method and its Benifits. **Niyama**: Meaning, Definition, kinds, method and its benefits. **Pranayama**: Meaning, Definition, kinds, method and its benifits **pranayama**; Meaning, Definition, kinds, method and its Benifit; Difference between asana and exercise, pranayama and deep breathing. Importance of yogic food.

Unit-4 Concept of **Bandha** in Hathyoga; Concept of **shatkarma** in hathyoga; Concept of Mudras in hathyoga; Concept of chakras in types of yoga; **Kundalini** yoga. Ten vayus, Ten Nadis and Ten indriyas.

Suggested Books :

1. Asana Pranayama, Dr. Devvarta Acharya
2. Bhirangayoga, Swami Yogeshwarananda
3. Yog Chikitsa, Kuvalyananda
4. Asana Pranayama mudra Bandha, Bihar school of yoga.
5. Kundalini yoga, mudra Bandha, Bihar school of yoga.
6. Bachho Ke Liye Yoga sihiksha, Mudra Bandha, Bihar school of yoga.
7. Pran Pranayama Pranvidhya, Mudra Bandha, Bihar school of yoga.
8. Rog Aur Yog, Mudra Bandha, Bihar school of yoga.
9. Ayurvediya Kriya Shrir, Vaidhya Ranjit Rai Dasie
10. Anatomy and Physiology of yogic sciences, Makarand Madhukar Gore
11. Kundlini Yoga, M. P. Pandit
12. Pranayama, Ranjit Sen Gupta

DIPLOMA IN YOGA
Paper No. II Yoga : Antrangyoga.
(w.e.f 2019-20)

2

Theory – 80 Marks
Internal Assessment – 20 Marks
Total – 100 Marks
Time Allowed – 03 Hours

Instruction -The paper setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question without any choice, equitably distributed over the whole syllabus and Two Question from Each Unit, spread over all the concerned unit, will also be set. Examinees will have to attempt Five questions in all, selecting one question from each unit. Objective Type Question is compulsory. All questions carry equal marks.

Unit-1 Dharna : Meaning, Definition and **Kinds** of Dharna/Bahya/Abhayantr, **Nasagra** dharna, **Bhrumadhy**a Dharna, **Jyoti** Dharna, **Murti** dharna, **Bindu** Dharna, Tara Dharna, Chadarma Dharna, Bhrumadhi Pralsashu Dharna, Shwas-Prashwas Dharna, Brahmna Dharna, Omkar Dharna, Dharna and Hypnotism. Benifits of Dharna.

Unit-2 Dhyana : Meaning, Definition and Kinds of Dhyana; Concept of dhyata-Dhayan-Dhyeya; Ekagarta and Dhayan; yognidra and Jada Samadhi; Guru and shaktipata; Dhyana and Swami Dayananda; Dhyana and Swami Vivekananda; Dhyana and J. Krishna Murti, Osho and Shri Ram Sharma; Benifit of Dhyana in various fields.

Unit-3 Samadhi : Meaning, Definition and Kinds of Samadhi. Three types of Tapas : Adhyatmic, Adhidevic and Adhibhotic; Samadhi pada to Kaivlyapada: Patanjali. Swami Dayananda on Samadhi, Swami Vivekananda on samadhi; J. Krishnamurti on samadhi; Osho on Samadhi; & Shri Ram Sharma on Samadhi.

Unit-4 Towards Swadhyaya : Technique of Patanjali: Kriyayoga. Pran-Apan Gati Technique of Gita; Vipasyana a Technique of Sidharth Gautama; Aum Technique of Swami Dayananda; Jagran Technique of Jiddu Krishnamurti; Dynamic Technique of Osho, Kundlini Technique of Osho, Nadbrahma Technique of Osho. Any five Techniques of vijayabhairavtantra. Kaivalya, Prakriti-Purusha-Viveka, Apvarga, Mukti, Moksha, & Nirvana.

Suggested Books :

1. Yog Darshna (Vol. 1-4), Osho
2. Yog Pradeep, Swami Omananda Thirtha
3. Yog darshana, Swami Adgadananda
4. Yogsutra vidyadyobhasya, Achary Udayavir
5. Yog Sadhna, Shri Anandmurti
6. Yog Darshanam, Hariharananda Aranya
7. Sanatna Bhartiya Yogsadhana Evam Uski Vividh Dhyan Vidhiyan, Acharya Shilak Ram
8. Goraksha Padhti, Gorkshanath
9. Atma Vijyan, Yogeshwarananda
10. Yog Visheshank, Gita Press
11. Sadhnank, Gita Press
12. Gherand Samhinta, Maharashi Gherand
13. Shiv Samhita
14. Vedon Mein Yogvidhya, Swami Divyananda
15. Yoga Psychology, Shri Anandamurti

DIPLOMA IN YOGA
Paper No. III Practical
(w.e.f 2019-20)

3

Practical – 50 Marks
Practical Copy – 25 Marks
Viva-Voce-25 Marks
Total – 100 Marks

A) Selected Asanas

Pawanmuktasana
Kukkutasana
Chakrasana
Sashtang Dandvatasana
Mayurasana
Ustrasarana
Nokasana
Mandukasana
Makrasana
Markatasana
Sarpasana
Girvachaksana
Dhanurasana
Padprasaran Sarvang Tulasana
Vistritpadhastparshasana
Suptuajrasana
Halasana
Tulasana
kaamkidasana
Sabandli sanchalanarana
Ekpadasana
Dwihastichakrarana
Mustbandhastchakrasana
Griwa Chakrasana
Uthithhast padprasaranasana
Sarvangasana
Shirshasana
Pravatasana
Singhasana
Trikonasana
Tadasana
Katichakrasana
Sukhasana
Sidhasana
Padmasana
Kamlasana
Vajrarana
Virasana
Gomukhasana