

**Department of Philosophy  
Kurukshetra University Kurukshetra**

**Scheme, Syllabus and Courses of Reading**  
Scheme of Examination for Diploma in Yoga through centre for Distance and Online  
Education (CDOE) K.U.K.

Effective from the Academic Session: July-August, 2023 (Annual System)

**Scheme of Examination for Diploma in Yoga**

<b><u>Paper No</u></b>	<b><u>Nomenclature of the Paper</u></b>	<b><u>Theory</u></b>	<b><u>Internal Assessment</u></b>	<b><u>Max. Marks</u></b>	<b><u>Time Allowed</u></b>	<b><u>Examination w.e.f.</u></b>
<b><u>I</u></b>	<b><u>Yoga: Bahiranga Yoga</u></b>	<b><u>70</u></b>	<b><u>30</u></b>	<b><u>100</u></b>	<b><u>3:00 Hrs</u></b>	<b><u>May- June, 2024</u></b>
<b><u>II</u></b>	<b><u>Yoga : Antaranga Yoga</u></b>	<b><u>70</u></b>	<b><u>30</u></b>	<b><u>100</u></b>	<b><u>3:00 Hrs</u></b>	<b><u>May- June, 2024</u></b>
<b><u>III</u></b>	<b><u>Practical</u></b>	<b><u>Practical Exam-50 Marks</u></b>	<b><u>Practical Book-25 Marks Viva-Voce- 25 Marks</u></b>	<b><u>100</u></b>	<b><u>----</u></b>	<b><u>As per schedule notified by Course Coordinator</u></b>

**EVERY CANDIDATE IS REQUIRE TO COMPLETE ONE MONTH TRAINING PROGRAMME OF YOGA AND SUBMIT A CERTIFICATE TO BE ISSUED BY THE CONCEREND INSTITUTE/COLLEGE/DEPARTMENT/UNIVERSITY/SOCIETY/TRUST ETC.**

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**DIPLOMA IN YOGA**  
**Paper No. I Yoga: Bahiranga Yoga**  
**(w.e.f. July-August, 2023)**

**Theory – 70 Marks**  
**Internal Assessment – 30 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** **Yama:** Meaning, Definition, Kinds, Method and its Benifits. **Niyama:** Meaning, Definition, Kinds, Method and its Benifits. **Asana:** Meaning, Definition, kinds, method and its benefits. **Pranayama:** Meaning, Definition, kinds, method and its benefits. **Pratyahara;** 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. Bahirangayoga, 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 Shiksha, 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

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**DIPLOMA IN YOGA**  
**Paper No. II Yoga : Antaranga Yoga**  
**(w.e.f. July-August, 2023)**

**Theory – 70 Marks**  
**Internal Assessment – 30 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, Bhrumadhya Dharna, Jyoti Dharna, Murti Dharna, Bindu Dharna, Tara Dharna, Chadarma Dharna, Bhrumadhya Prakash 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-Dhyan–Dhyeya; Ekagarta and Dhyana; 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; Benifits 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; Vipasyan 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 vijaynabhairavtantra. 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 Arnaya
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. July-August, 2023)**

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

- A) **Selected Asanas**
- Pawanmuktasana
  - Kukkutasana
  - Chakrasana
  - Sashtang Dandvatasana
  - Mayurasana
  - Ustrarasana
  - Nokasana
  - Mandukasana
  - Makrasana
  - Markatasana
  - Sarpasana
  - Girvachaksana
  - Dhanurasana
  - Padprasaran Sarwang Tulasana
  - Vistritpadhastparshasana
  - Suptuajrasana
  - Halasana
  - Tulasana
  - kaamkidasana
  - Sabandli sanchalanasana
  - Ekpadasana
  - Dwihastichakrasana
  - Mustbandhastchakrasana
  - Griwa Chakrasana
  - Uthithast padprasarasana
  - Sarwargasana
  - Shirshasana
  - Pravatasana
  - Singhasana
  - Trikonasana
  - Tadasana
  - Katichakrasana
  - Sukhasana
  - Sidhasana
  - Padmasana
  - Kamlasana
  - Vajrarana
  - Virasana
  - Gomukhasana

**B. Selected Pranayamas**

**Patanjali** - Bahyavritti, Abhyantaravrtti Stambhvritti, Bahyabhyantaravrtti.

**Hathyoga** - Ujjayee, Bhastrika, Bhrama, Sheetlee, Suryabhedi.

**Traditional** - Nadishudli, Anulom-Vilom, Purak-Rechak, Triband Rachak  
Kapalbhati.

**C. Selected Kriyas**

Jalneti

Sutraneti

Tratka

Agnisara

Kapalbhati

**D. Selected Mudras**

Mahamudra

Mahabandha

Mahavedha

Vajroli

Asvini

**E. Bandhas**

Moolabandha

Jalandharbandha

Uddiyanbandha

