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**संत गाडगे बाबा अमरावती विद्यापीठ**

**SANT GADGE BABA AMRAVATI UNIVERSITY**

**शिक्षण विद्याशाखा**

**(Faculty of Education)**

**अभ्यासक्रमिका**

**योग शिक्षण पदविका परीक्षा २०११**

**PROSPECTUS**

**OF**

**Diploma in Yoga Education**

**Examination 2011**



2010

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**SANT GADGE BABA AMRAVATI UNIVERSITY**  
**SPECIAL NOTE FOR INFORMATION OF THE STUDENTS**

(1) Notwithstanding anything to the contrary, it is notified for general information and guidance of all concerned that a person, who has passed the qualifying examination and is eligible for admission only to the corresponding next higher examination as an ex-student or an external candidate, shall be examined in accordance with the syllabus of such next higher examination in force at the time of such examination in such subjects, papers or combination of papers in which students from University Departments or Colleges are to be examined by the University.

(2) Be it known to all the students desirous to take examination/s for which this prospectus has been prescribed should, if found necessary for any other information regarding examinations etc. refer the University Ordinance Booklet the various conditions/provisions pertaining to examinations as prescribed in the following Ordinances-

Ordinance No.1	:	Enrolment of Students.
Ordinance No.2	:	Admission of Students.
Ordinance No. 4	:	National Cadet Corps.
Ordinance No. 6	:	Examination in General (relevant extracts)
Ordinance No. 18/2001	:	An Ordinance to provide grace marks for passing in a Head of passing and Improvement of Division (Higher Class) and getting Distinction in the subject and condonation of defficiency of marks in a subject in all the faculties prescribed by the Statute NO.18, Ordinance 2001.
Ordinance No.9	:	Conduct of Examinations (relevant extracts)
Ordinance No.10	:	Providing for Exemptions and Compartments.
Ordinance No.19	:	Admission of Candidates to Degrees.
Ordinance No.109	:	Recording of a change of name of a University Student in the records of the University.

Ordinance No.6 of 2008 : For improvement of Division/Grade.

Ordinance No.19/2001 : An Ordinance for Central Assessment Programme, Scheme of Evaluation and Moderation of answerbooks and preparation of results of the examinations, conducted by the University, Ordinance 2001.

**Registrar**  
**Sant Gadge Baba Amravati University**

**PATTERN OF QUESTION PAPER ON THE UNIT SYSTEM.**

The pattern of question paper as per unit system will be broadly based on the following pattern :-

- (1) Syllabus has been divided into units equal to the number of question to be answered in the paper. On each unit there will be a question either long answer type or a short answer type.
- (2) Number of question will be in accordance with the unit prescribed in the syllabi for each paper i.e. there will be one question on each unit.
- (3) For every question long answer type or short answer type there will be an alternative choice from the same unit. However, there will be no internal choice in a question.
- (4) Division of marks between long answer and short answer type question will be in the ratio of 40 and 60
- (5) Each short answer type question shall contain 4 to 8 short sub question with no internal choice.

**SANT GADGE BABA AMRAVATI UNIVERSITY**

**\* ORDINANCE NO. 67 of 1981**

Examination leading to the (योग शिक्षण पदविका) Diploma in Yoga Education Ordinance, 1980.

Whereas it is expedient to provide Diploma in Yoga Education, the Executive Council is hereby pleased to make the following Ordinance.

1. This Ordinance may be called "Examination leading to the (योग शिक्षण पदविका) Diploma in Yoga Education Ordinance, 1980".
2. This Ordinance shall come into force with effect from the date of its approval by the Executive Council.
3. The Examination leading to the (योग शिक्षण पदविका) Diploma in Yoga Education shall be held twice a year at such places and on such dates as may be appointed by the Academic Council.
4. Subject to his compliance with the provisions of this Ordinance and of other Ordinances in force from time to time, an applicant for admission to the (योग शिक्षण पदविका) Diploma in Yoga Education shall :
  - (a) have been admitted to a Degree of University or a Degree of any other statutory University.
  - (b) since passing the examination for the Degree, have prosecuted a regular course of study for the examination for a period of not less than one academic year in a college, and
  - (c) have completed the age of 19 years on the date of submitting application for admission to the examination.
5. The Examination shall consist of the following three parts namely :
 

Part I : Theory

Part II : Skill

Part III : Teaching ability or Practice Teaching.

  - (1) The Examination under Part-I Theory shall be divided into two sections :
 

Section-I : Annual Examination.

Section - II : Sessional Work.

- (2) In Section-I, there shall be five Papers of 80 marks each as mentioned below :
 

Paper-I : Anatomy & Physiology of Yogic Exercises.

Paper-II : Study of Yoga Texts

Paper-III : Yoga & Cultural Synthesis.

Paper-IV : Yoga and Mysticism.

Paper-V : Mental Health & Teaching Method of Yoga.
- (3) In Section-II, one written Test of 10 marks and one Assignment of 10 marks will be given under each Paper in the course of training. Thus the written test in the sessional work of each paper will be of 20 marks, the total of 5 papers being 100 marks.
- (4) The Examination under Part-II skills shall be divided into
 

Section-I Asanas 50 Marks

Section-II Shat Karmas 50 Marks

Section-III Pranayama, Mudras & Bandhas 50 Marks.
- (5) The Examination under Part-III, Teaching Ability or Practice Teaching shall be divided into two sections.
 

Section-I - Year's Work

(Internal Assessment ) 50 Marks

Section-II : One Lesson to be given at the Final Examination from yogasana group 50 Marks.
6. The Fee for the Examination shall be Rs. 175/- Plus Rs.20/- per practical examination.
7.
  - a) The Scope of the subject shall be as indicated in syllabi.
  - b) The medium of instruction for this course shall be English, Hindi and Marathi and question papers shall be set in English, Hindi and Marathi.
8. A Candidate who fails at the examination may be permitted to appear at the subsequent examination as an ex-student. The marks obtained by such candidate for sessional work at the previous examination will be repeated for consideration.
9. A Candidate who fails in Paper or Papers in Part-I or in any part or parts may be permitted to appear at the subsequent examination as an ex-student in the Paper or Papers of Part-I or/and in the parts in which he has failed. Provided, he obtains not less than 40% minimum pass marks in the aggregate of the respective part, division will be assigned to such a candidate on the basis of marks obtained by him in the examination as a whole.

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\* As accepted by the Executive Council, dated 25/26-4-1981 and 30.8.1981, and amended by ordinance No.19 of 1983, and amended by Ordinance No.28 of 1999.

Provided further that the candidate who fails in any part/s of the examination on obtaining less than 40% minimum pass marks in the aggregate of the respective part shall have to appear in the respective part/s completely as a whole.

10. In order to be successful in the examination, the candidate shall have to secure atleast 30% marks, in each paper in Theory and at least 40% of the aggregate marks prescribed for each Part of the examination.
11. a) Successful examinees obtaining 60% or more marks in the aggregate of the examination as a whole, inclusive of all parts of the examination, namely-Theory, Skills and Practice Teaching, shall be placed in the First Division, those obtaining less than 60% but not less than 50% in the Second Division and all other successful examinees in the Third Division.  
b) Successful examinees obtaining not less than 75% marks in a Paper of the Theory Part of the examination, shall be declared to have passed the examination with Distinctions in that theory Paper, and those obtaining not less than 80% of the total marks in Part II and Part-III of the examination shall be declared to have passed the examination with Distinction in that Part.
12. Provision of Ordinance No.7-A relating to condonation of deficiency of marks for passing an examination shall apply to the examination under this Ordinance.
13. As soon as possible after the examination but not later than 30th June next following, for the examination held in March/April and 28th February next following for the examination held in October/November, the Board of Examinations shall publish a list of successful examinees arranged in three divisions. The names of the examinees passing the examination in the minimum prescribed period and obtaining the prescribed number of places in the First or Second Division shall be arranged in order of merit as provided in the examination in General Ordinance No.6.
14. Notwithstanding anything to the contrary in this Ordinance, no person shall be admitted to this examination, If he has already passed this examination or an equivalent examination of any other statutory University.
15. Successful examinees shall receive a Diploma in the prescribed form signed by the Vice-Chancellor.

**SANT GADGE BABAAMRAVATI UNIVERSITY, AMRAVATI**  
**SYLLABUS**  
**PRESCRIBED FOR**  
**THE "DIPLOMA IN YOGA"**  
**PART-I THEORY**  
**PAPER-I**  
**ANATOMY AND PHYSIOLOGY OF YOGIC EXERCISES**  
**SECTION-I**

**Time : 3 Hours**

**(Marks : 80)**

Unit I : Elementary knowledge of the following systems :

1. Skeletal system.
2. Muscular system.
3. Respiratory system.
4. Circulatory system.
5. Digestive system.

Unit II : 

1. Excretory system.
2. Nervous system.
3. Endocrine system
4. Reproductive system.

**SECTION-II**

Unit III: 

1. Physiology of Asanas (Muscles - Nervous Reflexes - Tone - Neuro Muscular activity and Co-ordination - Oxygen debt- Fatigue Physiology)
2. Bandhas and Mudras their anatomicophysiological aspects.
3. Physiological principle of kriyas.

Unit IV : 

1. Neurophysiological aspect of Pranayama.
2. Yogic Practices in relation to Endocrinal Activity.

Unit V : 

1. Comparative study of Yogic Exercise and Vigorous exercises.
2. The Kinesiological aspect of Yogic exercises.
3. The therapeutic and corrective/Value of Yogic Practices.

**REFERENCE BOOKS:**

1. Furneau's Human Physiology by W.A.M.Smart.
2. Physiology and Anatomy by Kimar and Grey
3. Collected Papers on Yoga Swami Digambarji (Ed.)
4. Yogas Mimansa - Quarterly Vol.1 to XIX. Kaiwalyadham Lonavala.

5. Yogic Exercises by the Fit and Ailing - S. Muzum.
6. Yogic Asanas for Health and Vigor - Dr.Rete
7. Yogic Therapy - Kulvalyananda and Dr.Vinekar
8. Physiology of Exercise - H.A. De Vties
9. Kinesiology - Dr.S.H.Deshpande
10. Anatomy and Physiology of Yogic Practices.  
- Prof.M.M. Gore (Lonavala).

**PAPER-II**  
**STUDY OF YOGA TEXTS**

**SECTION-I**

**(Time : 3 Hours)**

**(Marks 80)**

- Unit I: 1. Patanjali Yoga Sutras.  
All sutras with necessary comments based on Vysbhashya and other commentaries.
2. Samadhi Pada.
- Unit II: Sadhana Pada
- Unit III: 1. Vibhuti Pada  
2. Kaivalya Pada

**SECTION-II**

- Unit IV: Hatha Pradipika : Full text with necessary references to Gheranda Samhita, Shiva Samhita and Yogopanishadas.

**Chapter I and II**

- Unit V: 1. Chapter III to V.

**REFERENCE BOOKS:**

1. Science of Yoga - I.K.Taimini, Theosophical Publishing House Adyar.
2. Patanjala Yogapradip - Omanand Tirha, Gita Press, Gorakhpur.
3. Patanjali Yogasutrai, Ananda Sharma, Pune.
4. Hathapradipika, Kaivalyadham, S.M.Y.M. Samiti, Lonavala.
5. Gheranda Samhita, Kaivalyadham, S.M.Y.M., Samiti, Lonavala.
6. Yogapanishanda, Theosophical Publishing House, Adyar Madras.

**PAPER-III**

**YOGA AND CULTURAL SYNTHESIS**

**(Time : 3 Hours)**

**(Marks : 80)**

- Unit I: 1. Definition of Culture - a Brief survey of different cultures.  
2. Yoga as the basis of Culture and Humanitarianism.
- Unit II: 1. Religion and Culture - Relation between Culture and Yoga.  
2. The Indian Culture, Vedic Religion and Upanishadic thought.
- Unit III: Introduction to six system of Indian Philosophy and their interrelationship with Yoga.
- Unit IV: Brief introduction to the following literature.
1. Ramayana
  2. Mahabharat
  3. Bhagvat Gita
  4. Puranas
  5. Tantras
  6. Buddhism and Jainism
- Unit V: School of International Philosophy  
Vedanta and Sufism - Islam - Shaivism Vaishnavism Christianity  
Avesta and Iranian Religion.

**REFERENCE BOOKS:**

1. Introduction to Indian Philosophy - Chattarjee and Dutta, Calcutta University Press.
2. Ancient India Culture and Literature : Edited by Mohan Chand, Department of Sanskrit Ramjas College, University of Delhi.
3. Moksha : The Ultimate Goal of Indian Philosophy By Dr. Pramod Kumar.
4. India's Contribution to world Thought and Culture-Editors. Vivekanand Rock Memorial Committee - Madras.
5. भारत का सामाजिक, सांस्कृतिक और आर्थिक इतिहास ले. : पी.एन.चोपडा, बी.एन.पुरी, एम.एन.दास
6. भारतीय संस्कृती और साधना - महामहोपाध्याय श्री गोपीनाथ कविराज

**PAPER-IV****YOGA AND MYSTICISM****(Time : 3 Hours)****(Marks : 80)**

- Unit I: 1. Concepts and misconceptions of Yoga-Relationship with Education.  
2. Ashtang Yoga as the main integral system or Yoga its exoteric aspects.
- Unit II: Yoga and Mysticism - The Various common stages and usages found in both Eastern especially Indian (Hindu) and Western especially Christian Mysticism.
- Unit III: 1. Mystic way with its stages.  
2. Comparison of Eastern and Western Mysticism with Yogic Practices.
- Unit IV: 1. Salient features of Schools of Yoga, Like Bhaktiyoga, Janma Yoga, Karma, Mantrayoga, Hathayoga and Rajayoga.  
2. Philosophy of Hatha Yoga.
- Unit V: 1. Kundalini Yoga with Shat Chakras.  
2. Recent Advances in Yoga Education.

**REFERENCE BOOKS:**

1. Mysticism : Evelyn Underhill
2. Mysticism in Maharashtra : R.D. Ranade
3. Life Thought and Mysticism in India : M.N. Sircar
4. Varieties of Religious Experience : William James
5. Science of Yoga : Taimini I.K.
6. Yogic Therapy : Kuvalyanand and Dr. Venekar, Lonavala.
7. Asanas - Swami Kuvalyananda.
8. Guide line for Yogic Practice : Dr.M.L.Gharote, Lonavala.
9. स्वास्थ्य 'कुंजी योग' - प्रा. अरुण खोडस्कर  
प्रकाशक - हनुमान व्यायाम प्रसारक मंडळ, अमरावती.

**PAPER-V****MENTAL HEALTH AND TEACHING METHOD IN YOGA****(Time 3 Hours)****(Marks : 80)****SECTION-A**

- Unit I: 1. Mental Hygiene, its nature, function and application.  
2. Psychic forces in human behaviour Id, Ego, Super Ego.

- Unit II: 1. Frustration and conflicts - their causes and consequences.  
2. Emotions and Individual adjustment.
- Unit III: 1. Personality its disorders and its tests.  
2. Methods of solving these emotional problems, Yogic and non-yogic methods.

**SECTION - B**

- Unit IV: a) 1. Organising and setting up of classes.  
2. Handling of students, direction, guidance suggestion and counselling.  
b) 1. Method of introducing and correcting kriyas.  
2. Method of Teaching to different age-groups.
- Unit V: 1. Lesson Planning : Type of lesson Parts/Lesson Preparation of Lesson and Plans of Lesson.  
2. Classification importance, Methods and Types/Teaching Aids.  
Charts, Models, Films, Black Board.

**REFERENCE BOOKS:**

1. Bhati and Bhatia : The principles and Method of teaching.
2. Shivananda : Mind, its mystics and control.
3. Sharirik Shiksha : Sharma, Karmarkar and Tiwari.
4. Adhyapan Paddhati : Shakti Prakashan, Amravati.
5. Teaching Methods for Physical Education, Knapp and Hagmann, McGraw Hill.
6. Yogic Therapy : Kuvalyananda and Venekar, Central Health Bureau.
7. Introduction to Psychology : N.L. Munn, Oxford and BH Publishing Co.

**PART II**

1. Skills - Asanas
2. Section-II - Shat Karmas
3. Section-III - Pranayam, Mudras, Bandhas.

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**SECTION-I**  
**YOGASANAS**

**Asanas (50 Marks)**

Shirshasan, Sarvangasana, Matsyasan, Halasana, Bhujangasana, Shalabhasana, Dhanurasana, Ardha Matsyendrasana, Paschimotanasana, Chakrasana (Lateral Bond), Mayurasana.

Other Asanas from Hatha Pradipika, Gheranda Samhita Yogopanishad.

1. Three Yogasanas as told by Examiners. 30 Marks
2. Two Yogasana of Candidate's choice 20 Marks

**SECTION-II**  
**SHAT KARMAS OR KRIYAS**

Jalaneti, Sutraneti, Danda-dhauati, vaman dhauti, Vastra dhauti, Nauli, Kapalabhati, Bastijala and vata (only oral explanation of the technique of Basti executed)

Shat Karmas divided in two groups.

- A) Without Instrument 20 Marks
- B) With Instrument 30 Marks
  - a) 1. Two Kriyas as told by Examiner 10 Marks
  2. Two Kriyas of Candidate's Choice 10 Marks
  - b) 1. Two with Instrumental Kriyas as told by Examiners 20 Marks
  2. One with instrumental Kriya of Candidate's choice 10 Marks

**SECTION-III**

1. Pranayam - 30 Marks
  2. Mudras - 10 Marks
  3. Bandhas - 10 Marks
1. Pranayam (Ujjayi, Anulomaviloma, Bhastrika, Suryabhedana, Chandra Bhedana, Sitkari, Shitali, Plavini, etc.)
    - a) 1. Varieties of Pranayama as told by the examiners. 20 Marks

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- b) 1. Variety of Pranayam of Candidate's Choice 10 Marks
2. Mudra (Ashvini, Simha, Kaki, Tadagi) 10 Marks
- Any one Mudra as told by the Examiner 10 Marks
3. Bandhas (Uddiyana, Jalandhara, Mul, Mahabandha)
- Any one Bandha as told by the Examiner 10 Marks

Note : Where practical demonstration is not possible verbal explanation of the technique is expected.

**PART-III**

**TEACHING ABILITY OR PRACTICE TEACHING**

The candidate will be required to give 10 supervised lessons in Yoga Education.

Section-I : Year's Work (Internal Assessment) 50 Marks

Section-II : One lesson to be given at the Final Examination from Yogasana group 50 Marks.

The following factors will be observed while assessing Practice Teaching Lesson.

1. Preparation of the teacher and his Position :
  1. Plan of the lesson.
  2. Formation of the Class
  3. Teachers Personal Demonstration
  4. Report (Approaches and Relationship)
2. Teaching Ability :
  1. Self Confidence
  2. Self Development.
  3. Control of the class
  4. Institutional technique i.e. Sequence of teaching.
3. Maintenance of interest and total impression, Impact and effect on the lesson.
  1. Activity, Enthusiasm,
  2. Knowledge about the subject learnt and maturity.

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PROSPECTUS NO. 2011163

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