

Department of Philosophy
Kurukshetra University Kurukshetra
Scheme of Examination and Syllabus
of

Diploma in Yoga and Applied Philosophy (One Year) Semester –I& II
Under credit based system w.e.f from the Academic Session: 2020-2021.

Scheme of Examination

Semester-I

Paper No.	Nomenclature of the Papers	Contact Hours(per week)	Credit (Theory+ Practical)	Minimum Pass Marks	Internal Assessment Marks	Theory Marks	Max . Marks	Duration of Exam (Hrs.)
DYAP-101	Yoga: Bahirangyoga	4	4	40	20	80	100	3Hrs.
DYAP-102	Yoga : Antarangyoga	4	4	40	20	80	100	3Hrs.
DYAP-103	Yoga: Hathyoga	4	4	40	20	80	100	3Hrs
DYAP-104	Applied Philosophy	4	4	40	20	80	100	3Hrs.
DYAP-105	Practical	4	4	40	Practical Copy-25 Marks	Practical - 50 Marks Viva-voce-25 Marks	100	As per Rules

Programme Outcome (P.O.) of the Faculty of Indic Studies.

- 1. Scientific and Logical knowledge of ancient Indian wisdom.**
- 2. Enhancing knowledge of Indian art and cultural traditions.**
- 3. Knowledge of Vedic, medieval and modern Philosophies.**
- 4. Inculcation of nationalism and other moral values.**
- 5. Enhancing mental relaxation and peace by adopting prayer, chanting, yoga and meditation.**
- 6. Preservation of Indian arts and heritage by using modern technology.**
- 7. To Impart knowledge of different sanskaras and philosophies.**
- 8. Imparting knowledge of folk traditions in different disciplines of the faculty.**
- 9. Developing aesthetics, creativity and skills like singing, painting, dancing.**
- 10. Improving the emotional intelligence through the Gita**

Programme Specific Outcome (P.S.O.)

- 1. Lead to inclusive understanding of the world.**
- 2. Holistic development of the students and lead to holistic wellbeing.**
- 3. Study of applied philosophy enhance the understanding of the world and its problems and insight into the solutions.**
- 4. Enhance capabilities and help in development of a better society.**

PAPER NO. : DYAP – 101**Yoga: Bahirangyoga****Max. Marks : 100****Theory : 80 Marks****Int. Assessment : 20Marks****Time : 3 Hours****Credit:-4**

Instructions: The paper-setter is requested to set **Nine** questions in all i.e., One Compulsory objective type question (8x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. Examinees will have to attempt **Five** questions in all, selecting one question from each unit and **One Objective Type Question**. All questions carry equal marks.

Course Outcome: After the completion of the course, the students will be able to:

CO-101. Understand the Yoga Philosophy and different kinds of Yoga. CO-101.2 Understand the kinds of Anumana. CO-101.3 Learn about the Essentials factor of Yoga. CO-101.4 Understand the Yama and its benefits in personal life.

Unit-I Yoga: Meaning, Definition and Origin; Philosophy of Yoga; Psychology of Yoga; Kinds of Yoga: Ashtang Yoga, Hath Yoga

Unit-II Kinds of Yoga: Jyanayoga, Karmyoga, Bhaktiyoga and Dhyanayoga.

Unit - III Essential Factors of Yoga Practice: Place, Posture, Time, Dress, Discipline, Diet, Prayerfulness and Mentality

Unit-IV Yama (Social Discipline): Meaning, Background, Definition and Kinds and its Benefits in Social Life; Niyama(Personal Discipline):Meaning, Definition, Kinds and its Benefits in Personal Life.

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*, Bihar School of Yoga.
6. *Bachho Ke Liye Yoga Shiksha*, Bihar School of Yoga.
7. *Pran Pranayama Pranvidhya*, Bihar School of Yoga.
8. *Rog Aur Yog*, Bihar School of Yoga.
9. *Ayurvediya Kriya Sharir*, Vaidhya Ranjit Rai Dasai.
10. *Yog: Samanya Prichya*, Acharya Shilak Ram.
11. *Kundlini Yoga*, M. P. Pandit.
12. *Pranayama*, Ranjit Sen Gupta.

PAPER NO. : DYAP – 102

Yoga: Antarangyoga

Max. Marks: 100

Theory: 80 Marks

Int. Assessment: 20Marks

Time: 3 Hours

Credit:-4

Instructions: The paper-setter is requested to set **Nine** questions in all i.e., One Compulsory objective type question (8x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. Examinees will have to attempt **Five** questions in all, selecting one question from each unit and **One Objective Type Question**. All questions carry equal marks.

Course Outcome: After the completion of the course, the students will be able to: CO-102.1 Understand the Dharna and its method CO-102.2 Understand the Antrayas and its Nivritti . CO-102.3 Learn about Dhyana. CO-102.4 Understand the various techniques of Dhyana.

Unit-I Dharna: Meaning, Definition and Kinds of Dharna; Method and Practice of Dharna; Benefits of Dharna;

Unit-II Antrayas: Meaning, Definition, Kinds; Antrayas: Their Nivritti in Yoga, Difference between Dhyana and Dharna: Difference between Dharna and Smadhi

Unit-III Dhyana: Meaning, Definition, Kinds and Method of Dhyana; Concept of Dhyata, Dhyana and Dhyeya; Dhyana and Ekagrata

Unit-IV Various techniques of Dhyana: Pranva Dhyana(Yogsutra), Vipassana Dhyana(Goenka), Dynamic Dhyana(Osho), Awareness Dhyana(J.Krishnamurti)

Suggested Books :

1. *Yog Darshna* (Vol. 1-4), Osho
2. *Yog Pradeep*, Swami Omananda Thirtha
3. *Yog darshana*, Swami Adgadananda
4. *Yogsutra vidyodyabhasya*, Acharya Udayavir
5. *Yog Sadhna*, Shri Anandmurti
6. *Yog Darshanam*, Hariharananda Arnaya
7. *Sanatna Bhartiya Yog Sadhana Evam Uski Vividh Dhyana Vidhiyan*, Acharya Shilak Ram
8. *Goraksha Padhti*, Gorkshanath
9. *Atma Vijyan*, Swami Yogeshwarananda
10. *Yog Visheshank*, Gita Press
11. *Yog: Samnya Prichaya*, Acharya Shilak Ram.
12. *Gherand Samhinta*, Maharashi Gherand
13. *Tantra Sutra* (vol.1-6), Osho.
14. *Vedon Mein Yogvidhya*, Swami Divyananda
15. *Yoga Psychology*, Shri Anandamurty

PAPER NO. : DYAP – 103**Yoga: Hathyoga****Max. Marks : 100****Theory : 80 Marks****Int. Assessment : 20Marks****Time : 3 Hours****Credit:-4**

Instructions: The paper-setter is requested to set **Nine** questions in all i.e., One Compulsory objective type question (8x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. Examinees will have to attempt **Five** questions in all, selecting one question from each unit and **One Objective Type Question**. All questions carry equal marks.

Course Outcome: After the completion of the course, the students will be able to:

CO-103.1 Understand the basic of Hathyoga. CO-103.2 Learn about the Yogic food and Hath yoga. CO-103.3 Learn about the Do's or Don'ts in Hathyoga. CO-103.4 Understand the nature of Pranayama in Hathyoga.

Unit-I Hathyoga: Meaning and Definition, Hathyoga; Aims and Objectives; Discipline and Precautions for Practice of Hathyoga; Relevance of Hathyoga in daily life

Unit-II Concept of Yogic food in Hathyoga; Concept of Vighankark and Vridhikarak in Hathyoga; Difference between Panchkarma and Hathyoga; Hathyoga for Chronic Deceases

Unit-III Do's and Don'ts in Hathyoga; Concept of Ten Yamas in Hathyoga; Concept of Ten Niyama in Hathyoga; Concepts of Asanas in Hathyoga

Unit-IV Kinds of Kumbhak in Hathyoga; Concept of Purak and Rechak; Objectives and Classification of Pranayama in Hathyoga; Difference between Hathyoga and Rajyoga

Suggested Books:

1. *Yog Darshna* (Vol. 1-4), Osho
2. *Yog Pradeep*, Swami Omananda Thirtha
3. *Yog darshana*, Swami Adgadananda
4. *Yogsutra Vidyodyabhasya*, Acharya Udayavir
5. *Yog Sadhna*, Shri Anandmurti
6. *Yog Darshanam*, Hariharananda Arnaya
7. *Sanatna Bhartiya Yog Sadhana Evam Uski Vividh Dhyana Vidhiyan*, Acharya Shilak Ram
8. *Goraksha Padhti*, Gorkshanath
9. *Atma Vijyan*, Swami Yogeshwarananda
10. *Visheshank*, Gita Press, Gorakhpur
11. *Yog: Samnya Prichaya*, Acharya Shilak Ram
12. *Gherand Samhinta*, Maharashi Gherand
13. *Tantra Sutra* (vol.1-6), Osho.
14. *Vedon Mein Yogvidhya*, Swami Divyananda
15. *Yoga Psychology*, Shri Anandamurti

PAPER NO. : DYAP – 104**Applied Philosophy****Max. Marks : 100****Theory : 80 Marks****Int. Assessment : 20Marks****Time : 3 Hours****Credit:-4**

Instructions: The paper-setter is requested to set **Nine** questions in all i.e., One Compulsory objective type question (8x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. Examinees will have to attempt **Five** questions in all, selecting one question from each unit and **One Objective Type Question**. All questions carry equal marks.

Course Outcome: After the completion of the course, the students will be able to:

CO-104.1 Understand the basic of Applied Philosophy . CO-104.2 Understand the different concepts of Indian Ethics . CO-104.3 Learn about the different types of Ethics . CO-104.4 Understand the Environment Ethics.

Unit-I Meaning, Definition and Nature of Philosophy; Meaning, Definition and Nature of Applied Philosophy; Importance of Applied Philosophy in Contemporary Times

Unit-II Sadharna Dharma, Varnashram Dharma, Purusartha Chatustya, Karma Niyam

Unit-III Business Ethics; Euthanasia; Capital Punishment and Human Rights; Medical Ethics

Unit-IV Environmental Ethics: Environmental Degradation and Global Warming; Anthropocentrism; Gaia Principal; Afforestation

Suggested Reading

1. *Anupryukt Darshanshastra*, Vijaykant Dubye.
2. *Anupryukt Nitishastra*, V.P.Verma.
3. *Nitishastra*, V.P.Verma.
4. *Anupryukt Darshanshastra avam Nitishastra ke Aayam*, J.Shankar and A.D.Sharma.
5. *Bhartiya Nitishastra*, Ram Nath Sharma.
6. *Paschatya Nitishastra*, Ram Nath Sharma.

Paper No. 105- Practical

Practical – 50 Marks
Practical Copy – 25 Marks
Viva-Voce-25 Marks
Total – 100 Marks
Credit:-4

Asanas:

Sukhasana
 Sidhasana
 Padmasana
 Kamlasana
 Vajrasana
 Virasana
 Gomukhasana
 Yogasana
 Gorakshasana
 Pawanmuktasana
 Chakrasana
 Sashtang Dandvatasana
 Mayurasana
 Salbhasana
 Kandhrasana
 Makrasana
 Markatasana
 Sarpasana
 Dhanurasana
 Nokasana
 Halasana
 Karnpidasana
 Sakndh Sanchalanasana
 Ekpadasana
 Mandukasana
 Kukkutasana

B. Selected Pranayamas

Patanjali : Bahyavritti, Abhyantaravritti, Stambhvritti, Bahyabhyantara Vishyakshepi.
 Hathyoga: Ujjayee, Bhastrika, Bhramari, Sheetlee, Suryabhedi.

C. Selected Kriyas:

Jalneti
 Sutraneti

D. Selected Mudras:

Mahamudra
 Mahabandha Mudra

PAPER NO. : DYAP – 201

Yoga: Bahirangyoga

Max. Marks : 100

Theory : 80 Marks

Int. Assessment : 20Marks

Time : 3 Hours

Credit:-4

Instructions: The paper-setter is requested to set **Nine** questions in all i.e., One Compulsory objective type question (8x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. Examinees will have to attempt **Five** questions in all, selecting one question from each unit and **One Objective Type Question**. All questions carry equal marks.

Course Outcome: After the completion of the course, the students will be able to:

CO-201.1 Understand the basic of Asana. CO-201.2 Understand the Pranayama. CO-201.3 Learn about the Pratyahara. CO-201.4 Understand the theory of Chittvritinirodh and Ekagrata.

Unit-I : Asana: Background, Meaning and Definition, Kinds of Asanas and their benefits; Difference between Asana and Exercise; Asanas for Physical and Mental health

Unit-II: Pranayama: Background, Meaning and Definition;Kinds of Pranayama and its Benefits; Difference between Pranayama and Deep Breathing; Pranayama for Healthy Body, Mind and Spirit

Unit-III: Pratyahara: Background, Meaning and Definition; Kinds of Pratyahara and its Benefits; Difference between Bahirangayoga and Antrangayoga; Kriyayoga in Astangyoga

Unit-IV: Theory of Chittvritinirodh and Ekagrata; Pratyahara and Ekagrata for Students; Pratyahara: Link between Bahirangyoga and Antrangayog; Similarity and Dissimilarity between Ekagrta and Dharna

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*, Bihar School of Yoga.
- 6 *Bachho Ke Liye Yoga Shiksha*, Bihar School of Yoga
- 7 *Pran Pranayama Pranvidhya*, Bihar School of Yoga
- 8 *Rog Aur Yog*, Bihar School of Yoga
- 9 *Ayurvediya Kriya Sharir*, Vaidhya Ranjit Rai Desai
- 10 *Yog: Samanya Prichya*, Acharya Shilak Ram
- 11 *Kundlini Yoga*, M. P. Pandit
- 12 *Pranayama*, Ranjit Sen Gupta

PAPER NO. : DYAP – 202

Yoga: Antarangyoga

Max. Marks : 100

Theory : 80 Marks

Int. Assessment : 20Marks

Time : 3 Hours

Credit:-4

Instructions: The paper-setter is requested to set **Nine** questions in all i.e., One Compulsory objective type question (8x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. Examinees will have to attempt **Five** questions in all, selecting one question from each unit and **One Objective Type Question**. All questions carry equal marks.

Course Outcome: After the completion of the course, the students will be able to:

CO-202.1 Understand the basic of Samadhi . CO-202.2 Understand the different concepts of Ishwara and other different concept . CO-202.3 Learn about the Life and Contribution of different Contemporary Yogies . CO-202.4 Understand the concept of Vibhuties .

Unit-I Samadhi: Meaning, Definition and Kinds of Samadhi; Chittnivrittinirodh
Upaya: Abhaya and Vairagya; Concept of Sadhanpada in *Yogasutra* of Patanjali;
Theory of Chaturvyuha of Patanjali

Unit-II Concept of Ishwara in Patanjali Yogasutra; Concept of Jivatma in
Patanjali Yogasutra; Concept of Kailvya in Patanjali Yogasutra; Concept of Chitt-
Prasad in Patanjali Yogasutra

Unit- III Life and Contribution of Contemporary Yogis: Pramhansa Yoganand,
Osho, J.Krishnamurti, Iyanger, Sadguru Jaggi Vasudeva

Unit-IV Vibhuties: Meaning, Definition and Kinds of Vibhuties; Vibhuties in Yogsutra of
Patanjali; Patanjali Yoga for Physical Health; Yoga for Mental Health, Yoga for
Spiritual Growth

Suggested Books:

1. *Yog Darshna* (Vol. 1-5), Osho
2. *Yog Pradeep*, Swami Omananda Thirtha
3. *Yog Darshana*, Swami Adgadananda
4. *Yogsutra vidyodyabhasya*, Acharya Udayavir
5. *Yog Sadhna*, Shri Anandmurti
6. *Yog Darshanam*, Hariharananda Arnaya
7. *Sanatna Bhartiya Yog Sadhana Evam Uski Vividh Dhyan Vidhiyan*, Acharya Shilak Ram
8. *Goraksha Padhti*, Gorkshanath
9. *Atma Vijyan*, Swami Yogeshwarananda
10. *Yog Visheshank*, Gita Press
11. *Yog: Samnya Prichaya*, Acharya Shilak Ram.
12. *Gherand Samhinta*, Maharashi Gherand
13. *Tantra Sutra* (vol.1-6), Osho.
14. *Vedon Mein Yogvidhya*, Swami Divyananda

PAPER NO. : DYAP – 203**Yoga: Hathyoga****Max. Marks : 100****Theory : 80 Marks****Int. Assessment : 20Marks****Time : 3 Hours****Credit:-4**

Instructions: The paper-setter is requested to set **Nine** questions in all i.e., One Compulsory objective type question (8x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. Examinees will have to attempt **Five** questions in all, selecting one question from each unit and **One Objective Type Question**. All questions carry equal marks.

Course Outcome: After the completion of the course, the students will be able to:

CO-203.1 Understand the different Shodhan Kriya. CO-203.2 Understand the different concepts of Yoga . CO-203.3 After studying the Third Unit, the students will able to learn about the concept of Dharna . CO-203.4 The study of the Fourth Unit will help the students to understand the concept of Kundlini and other concepts.

Unit-I Concept of Shodhan Kriyas in Hathyoga; Techniques , Kinds and Benefits of Neti kriya in Hathyoga; Techniques,Kinds and Benefits of Dhoti Kriya; Techniques, Kinds and Benefits of Basti Kriya

Unit-II Techniques, Kinds and benefits of Tratak in Hathyoga; Techniques, Kinds and Benefit of Kapalbhathi; Techniques, Kinds and Benefits of Nyoli Kriya; Classification of Bandh in Hathyoga

Unit-III Concept of Dharna in *Vijjyanbhairav*; Concept of Pratyahara, Concept of Dhyana; Concept of Samadhi in Hathyoga

Unit-IV Concpet of Kundilini in Hathyoga; Concept of Chakras in *Shadchakranirupanam*. Concept of Mudras in Hathyoga; Concept of Mukti

Suggested Books:

1. *Yog Darshna* (Vol. 1-4),Osho
2. *Yog Pradeep*, Swami Omananda Thirtha
3. *Yog Darshana*, Swami Adgadananda
4. *Yogsutra Vidyodyabhasya*, Acharya Udayavir
5. *Yog Sadhna*, Shri Anandmurti
6. *Yog Darshanam*, Hariharananda Arnaya
7. *Sanatna Bhartiya Yog Sadhana Evam Uski Vividh Dhyan Vidhiyan*, Acharya Shilak Ram
8. *Goraksha Padhti*, Gorkshanath
9. *Atma Vijyan*, Swami Yogeshwarananda
10. *Visheshank*, Gita Press,Gorakhpur
11. *Yog: Samnya Prichaya*, Acharya Shilak Ram
12. *Gherand Samhinta*, Maharashi Gherand
13. *Tantra Sutra* (vol.1-6), Osho.
14. *Vedon Mein Yogvidhya*, Swami Divyananda
15. *Yoga Psychology*, Shri Anandamurti

PAPER NO. : DYAP – 204**Applied Philosophy****Max. Marks : 100****Theory : 80 Marks****Int. Assessment : 20Marks****Time : 3 Hours****Credit:-4**

Instructions: The paper-setter is requested to set **Nine** questions in all i.e., One Compulsory objective type question (8x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. Examinees will have to attempt **Five** questions in all, selecting one question from each unit and **One Objective Type Question**. All questions carry equal marks.

Course Outcome: After the completion of the course, the students will be able to:

CO-204.1 Understand the basic of Applied Philosophy and its different concept . CO-204.2 Understand the different ethical concept of Indian Philosophy. CO-204.3 Learn about the different ethical concepts of Indian Ethics . CO-204.4 Understand the social problems .

Unit-I: Process and Stages of Moral Development; Presuppositions of Morality; Intention and Action; Rights and Duties

Unit-II: Tri-ratna of Jainism; Brahmvi-hara of Budhism; Four Noble Truths of Buddhism; Stithaprajya

Unit-III: Concept of Rna; Concept of Rta; Concept of Yajna, Concept of Nishkama Karma

Unit-IV: Sustainable Development; Gender Equality; Animal Rights; Problem of Suicide

Suggested Reading

1. *Anupryukt Darshanshastra*, Vijaykant Dubye.
 2. *Anupryukt Nitishastra*, V.P.Verma.
 3. *Nitishastra*, V.P.Verma.
 4. *Anupryukt Nitishastra*: M. P. Chorasiya
 5. *Bhartiya Nitishastra*, Ram Nath Sharma.
 6. *Paschatya Nitishastra*, Ram Nath Sharma.
- Nitishastra*: Siddanta aur vyavahara: Nityananda Mishra

Practical – 50 Marks
Practical Copy – 25 Marks
Viva-Voce- 25 Marks
Total – 100 Marks
Credit:-4

Asanas:

Ustrarasana
Padprasaran Sarwang Tulasana
Vistritpadhastparshasana
Suptvajrasana
Tulasana
Uthithastpadprasarasana
Dwihastktichakrasana
Griwa Chakrasana
Pravatasana
Trikonasana
Tadasana
Katichakrasana
Sarwargasana
Shirshasana
Girvachakrasana
Surya Namaskar

B. Selected Pranayamas

Traditional : Nadishudhi, Anulom-Vilom, Purak-Rechak, Triband Rechak, Kapalbhathi.

C. Selected Kriyas:

Tratka
Agnisara
Kapalbhathi

D. Selected Mudras:

Mahavedha Mudra
Vajroli Mudra
Asvini Mudra

E. Bandhas:

Mool Bandha
Jalandhar Bandha
Uddiyan Bandha

