

No.1-5/2019-HPU/Yoga

Date: 03.09.2019

Proceeding of the meeting of the Board of Studies , Diploma in Yoga Studies (ICDEOL.) held on 03rd September, 2019 at 11:30 A.M. in the office of Chairman, Department of Yoga Studies, Shimla-5.

The following members were present in the meeting:-

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| 1. Prof. Nain Singh | Chairman and Head |
| 2. Dr. Nishan Singh Deol | External Member |
| 3. Dr. Arpita Negi | Member |
| 4. Dr. Satyaprakash Pathak | Member |

The members of the Committee discussed and approved the items as under:-

Item No 1: To discuss the marks scheme for Diploma in Yoga Studies being offered by ICDEOL, HPU.

Resolution : After detailed discussion keeping in view the U.G.C guidelines in reference to ICDEOL it was decided that the marks scheme for all paper (Theory and Practical) in Diploma in Yoga Studies ,ICDEOL should be 80 (Theory) and 20 (assignment).

Item No.2. Content for papers IV and V offered in Diploma in Yoga Studies for Regular and ICDEOL students.

Resolution : After the detail discussion on this matter the course content of Practical Paper IV and V were finalized as under:-

PAPER: 4 PRACTICAL

**SHODHAN KRIYAS, SURYA NAMASKAR, ASANAS,
MUDRA-BANDHA, MANTRA CHANTING**

DIPLOMA IN YOGA STUDIES

DYS-C 104

Maximum Marks 100

PRACTICAL 80 AND 20 ASSIGNMENT

1	SHODHANKRIYAS :- Jal Neti, Sutra Neti, Kunjal, Vastra Dhauti, Danda Dhauti, Sheetkarma Kapalbhathi, Vyutkarma Kapalbhathi, Vaatkarma Kapalbhathi	20
2	SURYA NAMASKAR	10
3	SITTING POSES - Padmasana, Swastikasana, Vajrasana, Bhadrasana, Gomukhasana, Simghasana. LYING DOWN POSES Spine Position- Utthanpadasana, Pawanmuktasana, Naukasana, Shavasana, Markatasana, Halasana, Sarvangasana, Matasyasana, Setubandasana, Chakrasana LYING DOWN POSES Prone Position- Bhujangasana, Salabhasana, Dhanurasana, Vipreet Naukasana. STANDING POSES- Tadasana, Katichakrasana, Triektadasana, Vrikshasana, Veerbhadrasana, Garurasana, Trikondasana, Kondasana.	20
4.	MUDRA (BANDHA)- Moolabandha, Uddiyanbandha, Jalandarbandha, Mahamudra, Mahaveda, Mahabandha, Vipreetkarni, , Kakimudra, Tadagi, Shambhvi. Yoni, Bhujangi, Ashwani, Pashini.	20
5.	Meditation: - Recitation of Mantra Chanting.	10

**PAPER: 5 PRACTICAL
YOGIC SUKSHMA AND STHOOL VYAYAM, PRANAYAMA,
MEDITATION AND VIVA**

DIPLOMA IN YOGA STUDIES		DYS-C 105
Maximum Marks 100		PRACTICAL 80 and 20 ASSIGNMENT
1	Yogic Sukshma and Sthool Vyayam	20
2	PRANAYAMA- Nadishodhan, Surya-Bhedha, Bhramari, Ujjayi, Sheetal, Sektari, Bhrastrika	20
3	Meditation: -Sthool, Sukshma, Jyotirmaya Dhyana	20
4	Viva-Voce	20

The meeting ended with a vote of thanks to the chair.

Arpita
(Dr. Arpita Negi)
Member

Satya
(Dr. Satyaprakash Pathak)
Member

Nishan
(Dr. Nishan Singh Deol)
External Member

Nain Singh
(Prof. Nain Singh)
Chairman
30/9/2019