



Estd/ಸ್ಥಾಪನೆ: 1916

(Re-accredited by NACC at "A" Grade with a CGPA of 3.47)

(Ranked 57th overall and 36th among University on NIRF ranking)

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DEPARTMENT OF STUDIES IN PHYSICAL EDUCATION AND SPORTS SCIENCES

ಸ್ಪೋರ್ಟ್ ಪವಿಲಿಯನ್, ಮೈಸೂರು-570 005, Sports Pavilion, Mysuru-570 005

No.DOSPES/158/A /2022-23

Date/ದಿನಾಂಕ: 22-06-2022

Prof.S Madialagan
BOS Chairman

28-6-2022

To:
The Registrar
University of Mysore
Mysuru - 570005

Sir,

Sub: Regarding certificate course in Yogic Sciences, Diploma Course in
Yogic Sciences and PG Diploma in Yogic Science
Ref: Proceedings of BOS meeting held on 21-06-2022

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As per oral instruction from honorable vice chancellor University of Mysore,
Mysuru, I am herewith sending the proceedings of online BOS meeting with
reference to certificate course in Yogic Sciences, Diploma Course in Yogic
Sciences and PG Diploma in Yogic Science held on 21-06-2022 for your kind
information and needful. Proceedings is enclosed for your kind reference.

Thanking you

Yours faithfully

Enclosures:

1. Proceedings
2. BOS member's opinion letter (04)
3. Letter send to BOS Members
4. Syllabus of certificate course in Yogic Sciences, Diploma Course in Yogic Sciences and PG Diploma in Yogic Science

Chairman (BOS)

Department of Studies
in Physical Education & Sports Science
Sports Pavilion
University of Mysore
MYSORE-570 005



UNIVERSITY OF MYSORE

**Department of Studies in Physical Education and Spots Science,
Sports Pavilion, Mysuru-5.**

**PROCEEDINGS OF THE ONLINE B.O.S. MEETING IN PHYSICAL EDUCATION
HELD ON 21st JUNE 2022.**

MEMBERS PRESENT:

01. Prof. S. Madialagan - Chairman, B.O.S.
Professor
DOS in Physical Education & Sports Sciences
University of Mysore, Mysore.
02. Prof. C. Venkatesh - Member
Professor
DOS in Physical Education & Sports Sciences
University of Mysore, Mysore
03. Prof. P.C.Krishnaswamy - Member
University College of Physical Education
Bangalore University,
Bangalore
04. Prof. K.K. Amarnath - Member
Chairman
University College of Physical Education
Bangalore University,
Bangalore
05. Dr. M. S. Pasodi, - Member
Director,
Dept. of Physical Education Jnana Ganga,
Gulbarga University,
Gulbarga

MEMBER ABSENT

01. Prof. C K Kishore Kumar Registrar - Member
Mangalore University, Konagi.
Mangalore

Agenda: Introducing certificate course in Yogic Sciences, Diploma Course in Yogic Sciences and PG Diploma in Yogic Science.

Decision: The above agenda was discussed by the member of BOS, majority members have approved the above agenda Prof. C. Venkatesh has given letter on 24-06-2022 to seek some clarification and the same was decided to send to the University for Further Action


CHAIRMAN
Prof.S.Madialagan
Department of Studies
Chairman BOS
in Physical Education & Sports Science
Sports Pavilion
University of Mysore
MYSORE-570 005

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University of Mysore

(Estd.1916)

CERTIFICATE COURSE IN YOGIC SCIENCE

**Choice Based
Credit System
(CBCS)**



Programme Details

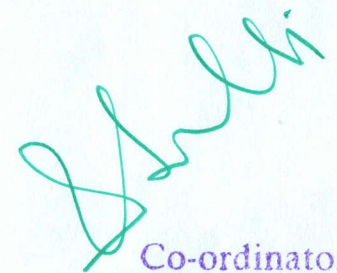


UNIVERSITY OF MYSORE

Yogic Sciences Programme

Manasagangothri, Mysore-570 006

Syllabus for “Certificate in Yogic Science”2022



Co-ordinator
Yogic Science Programme
University of Mysore
Mysuru-570 005

Preamble:

Mysore has a great tradition of yoga, patronized by the Wodeyers of Mysore through historical time. Because of their support Mysore has got a distinct place in yoga. Being the home town for the tradition of Ashtanga yoga and an important destination for thousands of yoga learners visiting from different countries across the world. Mysore has gifted some of the renowned and legendary yoga gurus to the country and world like, late BKS. Iyengar, late.K.Pattabhi jois who have motivated a large number of students.

On an average, about 2000 foreigners visit Mysore every month to learn yoga and there are more than 150 yoga schools functioning in the city. In order to cater to the increasing demand for well-trained yoga practioners and trainers, the present Programme is designed.

Programme Objectives:

- To impart professional training to the student.
- To provide in depth exposure to the concepts.
- To train the student for better employment opportunity.

Programme Specific Outcomes:

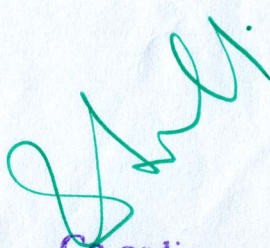
- Upgrading of skills in the subject Yogic science.
- Better career prospects.
- Better understanding of Yogic science.
- Can become experienced Yoga teachers, Yoga practitioners.

Job opportunities as:

- Yoga instructor
- Yoga trainer

Employment areas:

- Educational institutions
- Corporate sectors
- Yoga centers
- Hospitals
- Community health centers
- Resorts


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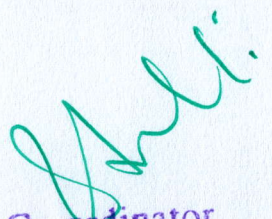
Certificate course in Yogic Science Fully Self-Financed Scheme Estimated Budget – Income and Expenditure

Total No of Students Per Year - 30

Proposed fees for one Semester 6000 rs Total Income –Rs 180000

Sl no	Particular	Expenses in INR
1	Faculty -02 Rs 24000 /Pm X 12 Months	48000
2	Organised seminar & conference	50,000
3	UOM Fees	52,800
4	Contingency	50000
5	Books and Journals	50000

- **Proposed fees for one Semester - Rs 6000 (Indian Students)**
- **Proposed fees for one Semester - Rs 15000 (Foreign Students)**


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Certificate course in Yogic Science
Choice Based Credit System

CODE	Title of the Course	Credits (L-T-P)	Teaching hours/ week	Teaching hours /semester	Max. Marks Exam and IA
HC 1.1	Paper I: Introduction to Yoga	4 4 - 0 - 0	4 HOURS	64 HOURS	70 +30 = 100
HC 1.2	Paper II: Application of Yogic Science	4 4 - 0 - 0	4 HOURS	64 HOURS	70 +30 = 100
HC P.1	Paper III - Practical's - I	4 0 - 0 - 4	8 HOURS	128 HOURS	70 +30 = 100
HC P.2	Paper IV - Practical's II	4 0 - 0 - 4	8 HOURS	128 HOURS	70 +30 = 100
		16 credits	24 HOURS	384 HOURS	280+120=400

Note: **HC**: Hard core,

Credit means the unit by which the course work is measured. One hour session of lecture per week for 20 weeks amounts to one credit.

- Two hours session tutorial/ practical per week for 20 weeks amounts to 1 credit.
- Hard core courses are compulsory.

Duration: 6 months
 Eligibility: puc pass or 10+2 pattern
 Class hours Regular
 Medium of Instruction: English
 Attendance: as per University rules

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Scheme of Examination:

Each theory and practical papers are assessed for 100 marks.

As the scheme is Continuous Assessment the students are assessed at 3 levels like C1, C2, and C3.

C1 and C2 are the internal assessment scheme by which concerned teacher of the course shall assess through Assignments, seminars and tests conducted for 15 Marks each at the end of 8th week and 16th week of the course, together accounts to 30 Marks.

C3 component shall be at the end of each semester conducted for 70 marks for duration of 3 hours.

If the course is Practical course C3 will be assessed through Practical Examination conducted for 70 marks in addition to C1 and C2 tests.

The minimum Qualifying Marks for the award of the PG Diploma shall be 40 percent marks in both theory and practical examinations including Internal assessment in each course and 50 Percent marks in aggregate.

The question paper Pattern for C3 component is given below:

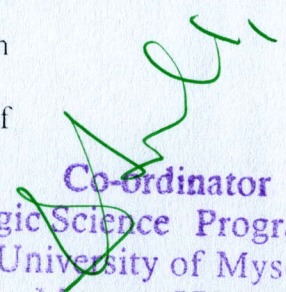
Course		
All the theory (Hard and Soft core) courses	Three sections like A, B and C Section	
Section-A	Consist of 7 questions; students have to answer only 5. Each question carries 2 marks	5 X 2 = 10
Section- B	Consist of 6 questions; students have to answer only 4 questions	4 X 9 = 36
Section- C	Consists 3 questions; students have to answer only 2 questions	2 X 12 = 24
		Total Marks=70
Practical Courses	Assessed through Practical Examination, where the candidates need to Demonstrate different Asanas. Bandha, Mudras. Pranayam, Kriyas and other activities in addition to interview.	Demo = (10 different Yoga and Related Activity) 50 marks Interview and Viva voce = 20 marks Total = 70 Marks

Evaluation:

The C3 component of the theory course shall be evaluated for 70 Marks by the internal examiner who will be normally teacher in charge of the course.

In case of Practical Course One External Examiner with the Teacher In charge of the course shall be the examiners.

C1 and C2 component assessment should be made by the teacher in charge of the course.


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CERTIFICATE COURSE IN YOGIC SCIENCE

Theory:

Paper I: Introduction to Yoga

64 hrs.

• Introduction

- Definitions of Yoga, Meaning, Aim, Concepts and mis-concepts.
- Preparation for Yoga Practice – place, time, food, dress, rules and regulations, limitations etc.
- Schools of Yoga - Introduction of the following Schools of Yoga.
 - Raja yoga – meaning, limbs, powers, kaivalya etc.
 - Hathayoga – meaning, limbs, important texts, practise etc.
 - Karmayoga – Karma and character, duty, non-attachment etc.
 - Bhaktiyoga – meaning, aids to bhakti, basic disciplines of bhakti, gauni bhakti, para bhakti, bhavas etc.
 - Jnanayoga – meaning, adhikari, sadhana catustaya, methods of practice, attaining realization etc.

• Basis of Yoga Philosophy and Astanga Yoga

- Evolution Theory of Sankhya and Yoga.
- Astanga Yoga - Yama, Niyama, Asana, Pranayama.
- Astanga Yoga - Pratyahara, Dharana, Dhyana, Samadhi.

• Introduction to Kriyas, Asanas.

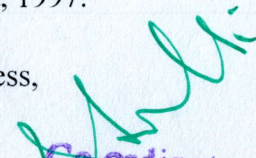
- Shatkriyas – according to Hatha Pradipika and Gheranda Samhita.
- Asanas – according to Hatha Pradipika and Gheranda Samhita.

• Introduction to Pranayamas, Bandha & Mudra, Meditation Techniques.

- Important Pranayamas – eight.
- Important Bandhas – Three.
- Important Mudras - 25.
- Meditation Techniques.

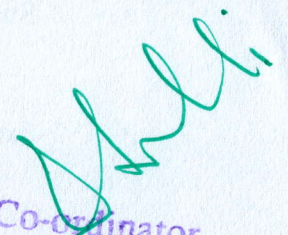
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- Prof. Pattabhi Jois : Yoga Mala, North Point Press, A Division of Farrar, Straus and Giroux, New York, 2010.
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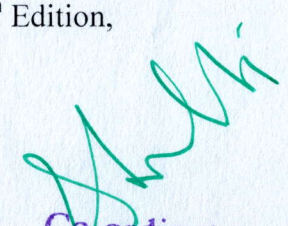
Paper II: Application of Yogic Science

64 hrs.

- **Introduction to Human Biology – I**
 - Cell biology, Histology, Classification of animal tissues
 - Digestion – Definition, organs of digestive system, basic Anatomy and Functioning.
 - Respiration – Definition, organs of respiratory system, basic Anatomy and Functioning.
 - Circulation – Heart and Cardiovascular system, basic Anatomy and Functioning.
- **Introduction to Human Biology - II**
 - Musculo-skeletal system - basic Anatomy and Functioning.
 - Excretion – Definition, organs of excretory system, basic Anatomy and Functioning.
 - Nervous System - basic Anatomy and Functioning.
 - Endocrine and Reproductive systems - basic Anatomy and Functioning.
- **Application of Yogic methods in the Daily life**
 - Food System – moderate diet, agreeable and non-agreeable diet, food and triguna.
 - Daily routine – waking up, cleaning the teeth, exercise, massage, bath etc.
 - Good Conduct.
 - Health and illness, Health Management.
- **Yoga Therapy and its basis**
 - Basic principles of Yoga Therapy.
 - Tridosha, Sadrasa and the five Mahabhutas.
 - Life Style
 - Prevention of the diseases.

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- B. R. Mackenna, : Ann B Menaught, Illustrated Physiology.
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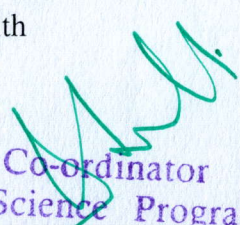
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 - Swami Omananda Teertha: Patanjala Yoga Pradeepa, Gita Press, Gorakhpur, 2013.

Practicals:**Paper III - Practical's – I****128 hrs.**

- **Kriyas.**
 - Jalaneti
 - Jaladhauti
 - Kapalabhati.
- **Asanas.**
 - Swasthika
 - Tadasana – I
 - Suryanamaskara - 9 Vinyasa (Vaidika).
 - Trikona
 - Parsvakona
 - Pascimottanasana
 - Purvottanasana
 - Ardhabaddhapascimottana
 - Tiryanmukhaikapadapascimottana
 - Janusirshasana
 - Navasana
 - Kurmasana
 - Pavanamuktasana
 - Bhujanga
 - Dhanur
 - Bharadhwaja
 - Ardhamatsyendra
 - Viparitararani
 - Halasana
 - Uttanapada
 - Shavasana – I

REFERENCE BOOKS

- Swami Digambarji : Hathayoga pradeepika – Chapter I, II & III, SMYM Samiti, Kaivalyadhama, Lonavala, 1998.
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Paper IV - Practicals – II

128 hrs.

- Padmasana
- Baddhapadmasana
- Yogamudra
- Siddhasana
- Virabhadra
- Parsvottana
- Prasaritapadottana
- Padangusta
- Padahasta
- Pascimottana II
- Purvottana
- Vakrasana
- Ekapada Sirsha
- Dvipada Sirsha
- Sirsha
- Ubhayapadangusta
- Sarvanga
- Matsyasana.

Pranayama:

- Ujjayee
- Anuloma Viloma
- Bahyakumbhaka and Antahkumbhaka
- Shavasana – II

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- Swami Digambarji : Hathayoga pradeepika – Chapter I, II & III, SMYM Samiti, Kaivalyadhama, Lonavala, 1998.
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