

ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ



University of Mysore

(Estd.1916)

CERTIFICATE COURSE IN YOGIC SCIENCE

**Choice Based
Credit System
(CBCS)**



Programme Details

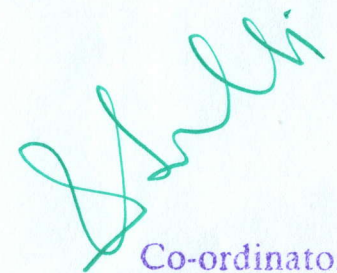


UNIVERSITY OF MYSORE

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:

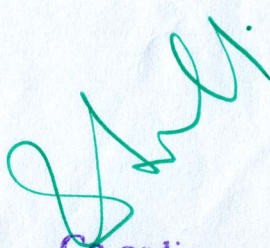
- Upgrading of skills in the subject Yogic science.
- Better career prospects.
- Better understanding of Yogic science.
- Can become experienced Yoga teachers, Yoga practitioners.

Job opportunities as:

- Yoga instructor
- Yoga trainer

Employment areas:

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


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

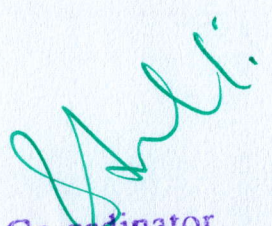
Certificate course in Yogic Science Fully Self-Financed Scheme Estimated Budget – Income and Expenditure

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)**


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

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

[Handwritten signature in blue ink]

[Handwritten signature in green ink]

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

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:

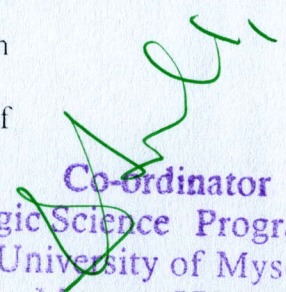
Course		
All the theory (Hard and Soft core) courses	Three sections like A, B and C Section	
Section-A	Consist of 7 questions; students have to answer only 5. Each question carries 2 marks	5 X 2 = 10
Section- B	Consist of 6 questions; students have to answer only 4 questions	4 X 9 = 36
Section- C	Consists 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.


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

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.

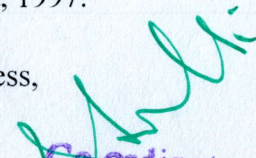
- Shatkriyas – according to Hatha Pradipika and Gheranda Samhita.
- Asanas – according to Hatha Pradipika and Gheranda Samhita.

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

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

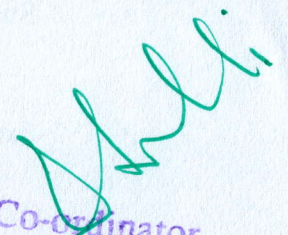
REFERENCE BOOKS

- Swami Digambarji : Hathayoga pradeepika – Chapter I, II & III, SMYM Samiti, Kaivalyadhama, Lonavala, 1998.
- Swami Digambarji : Gheranda Samhita – Chapter I, SMYM Samiti, Kaivalyadhama, Lonavala, 1997.
- Swami Omananda Teertha : Patanjala Yoga Pradeepa, Gita Press,


 Co-ordinator
 Yogic Science Programme
 University of Mysore
 Mysuru-577 005

- Gorakhpur, 2013.

• Swami Kuvalyananda : Yogic Therapy: Its Basic Principles and Methods, Published by Central Health Education Bureau, Government of India, 1963, Original from the University of California, Digitized 4 Jan 2007.
- Prof. Pattabhi Jois : Yoga Mala, North Point Press, A Division of Farrar, Straus and Giroux, New York, 2010.
- B. K. S. Iyengar : Light on Yoga, HarperCollins Publishers India, a joint venture with India Today Group, New Delhi, A-53, Sector 57, Noida, Uttar Pradesh – 201 301, 2012.
- B. K. S. Iyengar : Light on Pranayama, HarperCollins India; 2013 edition.
- Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha- Bihar School of Yoga, Munger, 2013.
- H. R. Nagendra : Promotion of Positive Health – Published by SVYASA, Bangalore, 2004.
- H. R. Nagendra : Pranayama – Published by SVYASA, Bangalore, 2011.
- Swami Geetananda : Bandhas & Mudras, Anandashrama, Pondicherry.
- Swami Satyanada Saraswathi: A Systematic Course in The Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Munger, 2004.
- Swami Dharendra Brahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1953.
- O. P. Tiwari : Asana, Why & How, Kaivlyadhama, Lonavala, 1991.
- Yogeshwar : The Text of Yoga, Yoga Centre, Madras.
- Swami Satynanda Saraswati : Suryanamaskara, Bihar School of Yoga, Munger, 1983.
- Dr. K. Krishna Bhat : The Power of Yoga, Suyoga Publications, Mysore, 2006.


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

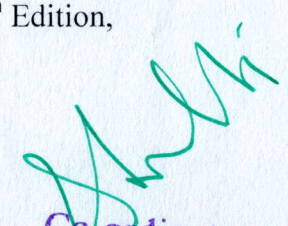
Paper II: Application of Yogic Science

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.

REFERENCE BOOKS

- Chatterjee C.C. : Human Physiology (Vol. I & II), Medical Allied Agency, Calcutta, 1992.
- Evelyn, C. Pearce : Anatomy and Physiology for Nurses (Faber and Faber Ltd., London, 1968).
- B. R. Mackenna, : Ann B Menaught, Illustrated Physiology.
Robin Callander Edition - 6th Illustrated, Reprint, Publisher Churchill Livingstone, 1997
- Guyton and Hall : A Text Book of Medical Physiology, 12th Edition,
- Gerald J. Tortora


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

Saunders – An imprint of Elsevier, 1600 John F Kennedy Blvd, Ste 1800, Philadelphia, P A 19103 –2899, Reprinted 2012.

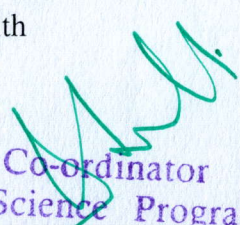
- Nicholas P. Anagnostakos: Principles of Anatomy and Physiology, Harper Collins publishers, 10, East 53rd Street, New York. NY 100 22.
- Anne Waugh, Allison Grant : Ross and Wilson Anatomy and Physiology in Health and Illness, Edition - 13th, illustrated, Elsevier Health Sciences, 2018.
 - Dr. Sembu Lingam : Essentials of Medical Physiology, Jaypee Brothers, and Medical Publishers Pvt. Ltd., New Delhi, 2012. Prema Sembu Lingam:
 - Dr. K. Krishna Bhat : The Power of Yoga, Suyoga Publications, Mysore, 2006.
 - Swami Digambarji : Hathayoga pradeepika – Chapter I, II & III, SMYM Samiti, Kaivalyadhama, Lonavala, 1998.
 - Swami Digambari : Gheranda Samhita – Chapter I, SMYM Samiti, Kaivalyadhama, Lonavala, 1997.
 - 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.
- Swami Digambarji : Gheranda Samhita – Chapter I, SMYM Samiti, Kaivalyadhama, Lonavala, 1997.
- Swami Omananda Teertha : Patanjala Yoga Pradeepa, Gita Press, Gorakhpur, 2013.
- Swami Kuvalyananda : Yogic Therapy: Its Basic Principles and Methods, Published by Central Health


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

Education Bureau, Government of India, 1963,
Original from the University of
California, Digitized 4 Jan 2007.

- Prof. Pattabhi Jois : Yoga Mala, North Point Press, A Division of Farrar, Straus and Giroux, New York, 2010.
- B. K. S. Iyengar : Light on Yoga, HarperCollins Publishers India, a joint venture with India Today Group, New Delhi, A-53, Sector 57, Noida, Uttar Pradesh – 201 301, 2012.
- B. K. S. Iyengar : Light on Pranayama, HarperCollins India; 2013 edition.
- Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha- Bihar School of Yoga, Munger, 2013.
- H. R. Nagendra : Promotion of Positive Health – Published by SVYASA, Bangalore, 2004.
- H. R. Nagendra : Pranayama – Published by SVYASA, Bangalore, 2011.
- Swami Geetananda : Bandhas & Mudras, Anandashrama, Pondicherry.
- Swami Satyanada Saraswathi: A systematic course in the ancient tantric techniques of Yoga & Kriya, Bihar School of Yoga, Munger, 2004.
- Swami Dharendra Brahmachari: Yogasana Vijnana, Dharendra Yoga Publications, New Delhi, 1953.
- O. P. Tiwari : Asana, Why & How, Kaivlyadhama, Lonavala, 1991.
- Yogeshwar : The Text of Yoga, Yoga Centre, Madras.
- Swami Satynanda Saraswati : Suryanamaskara, Bihar School of Yoga, Munger, 1983.
- Dr. K. Krishna Bhat : The Power of Yoga, Suyoga Publications, Mysore, 2006.

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

REFERENCE BOOKS

- Swami Digambarji : Hathayoga pradeepika – Chapter I, II & III, SMYM Samiti, Kaivalyadhama, Lonavala, 1998.
- Swami Digambarji : Gheranda Samhita – Chapter I, SMYM Samiti, Kaivalyadhama, Lonavala, 1997.
- Swami Omananda Teertha : Patanjala Yoga Pradeepa, Gita Press, Gorakhpur, 2013.
- Swami Kuvalyananda : Yogic Therapy: Its Basic Principles and Methods, Published by Central Health Education Bureau, Government of India, 1963, Original from the University of California, Digitized 4 Jan 2007.
- Prof. Patabhi Jois : Yoga Mala, North Point Press, A Division of Farrar, Straus and Giroux, New York, 2010.
- B. K. S. Iyengar : Light on Yoga, HarperCollins Publishers India, a joint venture with India Today Group, New Delhi, A-53, Sector 57, Noida, Uttar Pradesh – 201 301, 2012.
- B. K. S. Iyengar : Light on Pranayama, HarperCollins India;

- Swami Satyananda Saraswati : 2013 edition.
Asana, Pranayama, Mudra, Bandha- Bihar School of Yoga, Munger, 2013.
- H. R. Nagendra : Promotion of Positive Health – Published by SVYASA, Bangalore, 2004.
- H. R. Nagendra : Pranayama – Published by SVYASA, Bangalore, 2011.
- Swami Geetananda : Bandhas & Mudras, Anandashrama, Pondicherry.
- Swami Satyanada Saraswathi: A Systematic Course in The Ancient Tantric Techniques Of Yoga & Kriya, Bihar School of Yoga, Munger, 2004.
- Swami Dhirendra Brahmachari: Yogasana Vijnana, Dhirendra Yoga Publications, New Delhi, 1953.
- O. P. Tiwari : Asana, Why & How, Kaivlyadhama, Lonavala, 1991.
- Yogeshwar : The Text of Yoga, Yoga Centre, Madras.
- Swami Satynanda Saraswati : Suryanamaskara, Bihar School of Yoga, Munger, 1983.
- Dr. K. Krishna Bhat : The Power of Yoga, Suyoga Publications, Mysore, 2006.