

ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ



# University of Mysore

(Estd.1916)

## DIPLOMA IN YOGIC SCIENCE

**Choice Based  
Credit System  
(CBCS)**



# UNIVERSITY OF MYSORE

## Yogic Science Programme

Manasagangothri, Mysore-570 006

Semester System and Choice Based Credit System  
(Continuous Assessment and Grading Pattern) (CAGP)

### Diploma in Yogic Science

Syllabus - 2022

Mysuru-570 005



# Diploma in Yogic Science

## 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 practitioners and trainers, the present Programme is designed.

## Programme Objectives:

- To make the graduate to understand essentials of Yogic science.
- 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 teacher
- Yoga instructor
- Yoga trainer

## Employment areas:

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



**Diploma in Yogic Science Fully Self-Financed Scheme Estimated  
Budget – Income and Expenditure**

**Total No of Students Per Year -30**

**Proposed fees for two Semester 15000 Total Income –Rs 450000**

Sl no	Particular	Expenses in INR
1	Faculty -02Rs 24000/Pm X 12 Months -	576000
2	Organised Seminar & Conference	50,000
3	UOM Fees	99000
4	Contingency	50000
5	Books and Journals	50000

- Proposed fees for Two Semester – Rs 15000 ( Indian Students)
- Proposed fees for Two Semester – Rs 30000 ( Foreign Students)



## Semester with Choice Based Credit System

CODE	Title of the Course	Credits ( L-T-P)	Teaching hours/ week	Teaching hours /semester	Max. Marks Exam and IA
<b>I SEMESTER</b>					
H.C 1.1	Foundation & Philosophy of Yogic Science and Patanjali Yoga Sutras	4    4 - 0 - 0	4 HOURS	64 HOURS	70 +30 = 100
H.C 1.2	Anatomy of Human Body	4    4 - 0 - 0	4 HOURS	64 HOURS	70 +30 = 100
S.C 1.3	Teaching Methods for Yogic Practices	4    4 - 0 - 0	4 HOURS	64 HOURS	70 +30 = 100
H.C 1.4	Practical I Asana & Bandha	4    0 - 0 - 4	8 HOURS	128 HOURS	70 +30 = 100
H.C 1.5	Practical II Pranayama and Mudra	4    0 - 0 - 4	8 HOURS	128 HOURS	70 + 30 = 100
	<b>TOTAL</b>	<b>20 Credits</b>	<b>28 HOURS</b>	<b>448 HOURS</b>	<b>350+30=100</b>
<b>II SEMESTER</b>					
H.C 1.1	Foundation of Naturopathy	4    4 - 0 - 0	4 HOURS	64 HOURS	70 +30 = 100
H.C 1.2	Practical Training (Theory )	4    4 - 0 - 0	4 HOURS	64 HOURS	70 +30 = 100
S.C 1.3	Kundalini ,Chakra And Mudras	4    4 - 0 - 0	4 HOURS	64 HOURS	70 +30 = 100
H.C 1.4	Practical III - Kriyas and Asanas	4    0 - 0 - 4	8 HOURS	128 HOURS	70 +30 = 100
H.C 1.5	Practical IV – Asanas	4    0 - 0 - 4	8 HOURS	128 HOURS	70 + 30 =100
	<b>TOTAL</b>	<b>20 Credits</b>	<b>28 HOURS</b>	<b>448 HOURS</b>	<b>350 + 30=100</b>

Note: **HC**: Hard core, Compulsory course, **SC**: Soft Core, Optional course, students are expected to select at least one soft core in each semester.

- 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 in all the semesters.
- Students have option to choose any one soft core course in each semester out of the two soft core courses in each semester.

Duration: One year with Two Semesters

Eligibility: P U C

Class hours : Regular

Medium of Instruction: English

Attendance: As per University rules



## 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 16<sup>th</sup> 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		
<b>All the theory (Hard and Soft core) courses</b>	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 X2 = 10
Section- B	Consist of 6 questions; students have to answer only 4 questions	4X 9 =36
Section- C	Consists 3questions; students have to answer only 2 questions	2X12=24
		Total Marks=70
<b>Practical Courses</b>	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 <b>Total =70Marks</b>



## I SEMESTER

### **1.Foundation & Philosophy of Yogic Science and Patanjali Yoga Sutras**

#### **Unit-I : Fundamentals of Yoga**

The Origins of Yoga – Definitions - Concepts - Aims and objectives of Yoga - Yoga is a Science and Art - Ideal Practice of Yoga in the new millennium - Message of Bhagavat Gita, Mahabarata , Ramayana, Bible, Kuran, Buddhism - Contrast between religion and spirituality Patanjali Ashtanga Yoga (Eight Limb Concept)

#### **Unit-II: History of Yoga**

Origin of Yoga Development of Yoga in Different class- Vedic yoga - Preclassical yoga- Classical yoga- Postclassical yoga – Modern Yoga –till 20 Century – Elements of Yoga Yoga as a Global Perspective – Asian –China –Japan-Korea- Malaysia, Schools of Yoga- Karma.Bakthi,Jnana,Hatha,Raja and Mantra Yoga

#### **Unit-III : Paths of Yoga**

Hatha Yoga, Bhakti Yoga, Jnana Yoga, Karma Yoga, Raja Yoga, Mantra Yoga, Laya Yoga Yantra Yoga. Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. Schools of Yoga: Sivananda Yoga, Integral Yoga Bihar School of Yoga, Kundalini Yoga, Ashtanga Yoga, Viniyoga, Iyengar Yoga, Hatha Yoga, Swara Yoga and Mantra Yoga. Patanjali Yoga Sutras and its Study

#### **Unit – IV: Physical Education**

Meaning & Definition - Application of Yoga in Physical Education - Systems of Physical Exercises - Importance of Yoga in Physical Education & Sports - Difference between Yogasanas & Physical Exercises –Individualized yogic autogenic training for players.

#### **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.



## 2 Anatomy of Human Body

Blood and Immune System : Composition of blood corpuscles - R.B.C., W.B.C., Platelets. Plasma, Haemoglobin - Coagulation of blood and anticoagulants. Blood groups and its importance, lymphatic system, Immunity - types & mechanism.

Cardiovascular system : Anatomy of Heart and blood vessels - -Innervation of heart - Properties of cardiac muscle - Control of cardiac cycle and circulation - Cardiac output - Blood pressure.

Respiratory System : Anatomy-Gross & Histological - Mechanism of Breathing, Exchange of gases Pulmonary function tests-lung volumes - Control of respiration.

Special senses : Eyes Anatomy - Histology of retina, Corneal function, Physiology of vision & accommodation, Sense of smell - nasal mucosa, tongue, taste buds. Ear-Mechanism of hearing and function of semicircular canal.

## 3 Teaching Methods for Yogic Practices

### Unit-I

Education – Yoga Education – Goal – Scope and importance – Principles of Teaching Yoga – Yogic – Psychological- Physiological – Pedagogical – Sociological –Meaning of Methodology of Teaching – Factors influencing methodology- Presentation Technique – Role of Language – Voice – Fluency – Clarity and Body Language in Teaching – Factors of Yoga Education: Teacher, Student and Teaching – Guru – Shishya Parampara Types of Students and Teachers – Promotion of Leadership Qualities – Yogic Levels of Learning, Vidyerthi, Shishya, Mumukshu, Yoga Guru.

### Unit-II

Methods of Yoga Teaching – Lecture Method – Response to Instruction Method Individualized Instructional Method – Group Discussion Method – Directed Practice Method – Project Method – Demonstration Method Lecture cum Demonstration Method – Limitation Method – Dramatization Method – Source of Teaching Method.

### Unit-III

Teaching Aids – Audiovisual Aids – Visual Aids – Audio Aids – Models – Props – Wooden Brick and Foot Rest Belt – Ropes – Slanting Plank – Chair – Stool – Bench – Box – The Heart Rate – Ladder Stool and Drum – Bolster and Pillow – Bandage – Weight – The Horse – Big and Small.

### Unit-IV

Preparing Lesson Plan – Essentials of a Good Lesson Plan – Advantages of Preparing a Lesson Plan – Contents of a Lesson Plan – Class Management – Formation of the Class- Conducting Yoga Practical Lessons – Precautions and Contra – Indication of Practice – Lesson Plan – Assembly and Roll Call – Relaxation & Prayer – Loosening the Joints – Introduction of the practice – Demonstration – Individual Practice – Group Practice – Yoga Game (if time premise) – Question and Answer Session – Relaxation – End Prayer.



## Unit-V

Organizing Yoga Class – Yoga Camp – Workshops in Yoga – Yoga Tours – Yoga Games and Competitions – Classification of Age Groups for Competitions – Evaluation – Advantages – Devices of Evaluation.

### 4 Practical I Asanas and Bandha

#### Asana

- A. In Standing Position:- Tadasana, Konasana, Kati-Chakarsn, Vrikshasana, Trektadasana, Utkatasana, Padaangushthasan.
- B. In Sitting Position: Padmasan, Swastikasan, Vajrasana, Mandukasan, Kurmasan, Simhasan, Janu-Sirsasan, Paschimottanasan, Vakrasan, Ardha-Matsyendrasan, Bhadrasan (Badh-Konasan), Gomukhasan.
- C. In laying on Back (Supine Position): Shavasan (Mritasan), Uttanpadasan, Pawanmuktasan, Ardh-Halasan, Setubandhasan, Sarvangasan, Matsyasan.
- D. In laying on abdomen (Prone Position): Makrasan, Dhanurasan.

#### Bandha

- A. Mulabandha, Uddyanabandha  
B. Jalandharabandha

### 5 Practical II Pranayama and Mudra

#### Pranayama

- A. Deep breathing- Abdominal & Diaphragmic breathing  
B. Yogic breathing  
C. Nadishodhan pranayam  
D. Surya Bhedan Kumbhak  
E. Sheetali Kumbhak  
F. Sheetkari Kumbha

#### Mudra

- Mahamudra  
C. Sanmukhi mudra, Viparitakarani



## SEMISTER II

### 1 Foundation of Naturopathy

#### UNIT – I:

Basics and History of Naturopathy: Definitions – Concepts – Aims and Objective – Fundamentals – Principle – Importance of Naturopathy: Naturopathy History in Ancient period, India – Development of modern Naturopathy General Rules of Naturopathy. Laws of Nature: Pancha Mahabhuta, Concepts of Natural Diet - Naturopathy Diet – Eliminative Diet – Soothing Diet – Constructive Diet

#### UNIT – II:

Hydro therapy and Electro therapy Treatments: Cold Compress – Cold Foot Bath – Cold Immersion Bath – Graduated Bath – Cold Hipbath - Neutral Immersion Bath – Spinal Bath – Full Wet Sheet – Mud Bath – Mud Pack- Kuhne’s Friction Sitz Bath. Heating Compress – Hot Foot Bath – Hot Hip Bath – Hot Immersion Bath – Slender Tone – Steam Bath – Sun Bath – Plantain leaf bath, Jet Baths -Hot Jet Spray Massage, Spray Massage – Circular Jet Massage – Jet Shower Massage. Infra-Red Rays – IFT (Interferential Therapy) - Ultra Violet Rays - Ultrasonic – Diathermy -TENS (Transcutaneous Electrical Nerve Stimulators).

#### UNIT – III:

Diagnosis: The Diagnostic procedures in Naturopathy: Spinal Analysis, Facial Diagnosis, Iris Diagnosis, chromo diagnosis and its diagnostic values. Importance of physical and mental hygiene: Personal life and prevention of diseases. Techniques to acquire Natural immunity in diseases.

#### UNIT – IV:

Nature Cure Treatments: Enema, Fasting, Natural Diet, Sun bath,Hydrotherapy, Mud therapy, Acupressure, Acupuncture and Magneto Therapy,Massage therapy. Spinal bath, Steam bath, Chest pack, Mud packs. Chromo therapy: Color treatment, Heat, Light, Electricity, Ultraviolet and Infra-red rays.

### 2 . Practical Training (Theory )

**Unit-I:** Introduction to Asanas, - Definition, Types, Procedure to Practice Asanas  
Physiological Benefits of Asanas (Lesson Plan on 10 Asanas)

**Unit-II:** Introduction to Pranayama, - Definition, Types, Procedure to Practice Pranayama  
Physiological Benefits of Pranayama (Lesson Plan on 10 Pranayama)

**Unit-III:** Introduction to ShatKriyas, - Definition, Types, Procedure to Practice ShatKriya  
Physiological Benefits of ShatKriyas (Lesson Plan on Shatkriyas)

**Unit-III:** Introduction to Mudra, - Definition, Types, Procedure to Practice Mudra  
Physiological Benefits of Mudra (Lesson Plan on 10 Mudras)



### **3. Kundalini, Chakra and Mudras**

#### **Unit-I:**

What is Kundalini awakening – Awakening of Kundalini – procedure to awakening of Kundalini – Managing after Awakening of Kundalini

#### **Unit-II:**

Meaning of Chakra – Types of chakra- Features of Chakra- Procedure to Activation of Chakra – Advantages of Chakra Activation

#### **Unit-III:**

Introduction to Mudras – Definition Types, Procedure to Practice Mudras Physiological Benefits of Mudras in Hathyogapradipika- Mudras in Gheranda Samhitha

### **Practical III- Kriyas and Asanas**

- A.Kapalabhati (Stimulating the brain cells by purifying the brain)
- B.Neti (Upper Nasal Track)
- C.Trataka (Eye Exercises)
- D.Nauli (Abdominal muscle and Viscera)
- E.Dhouti (Cleansing the intestine)
- F.Basti (Cleaning of the Rectum)

- A. In Standing Position:- Utthita-Padangusthasan, Natrajasan, Padam-Sirshasan,
- B. In Sitting Position: Bakasan, Uttitha-Padamsaan, Badha- Padamsaan, Garbhasan, Kukkutasan, Udrakrshasan, Sirshasana, Ek pad Sirshasana, Ek pad Rajkapotasana.

### **Practical IV – ASANAS**

- C In laying on Back(Supine Position): Naukasana, Setubandha Sarvangasana ,
- D In laying on chest(Prone Position): Poorna Bhujangasana, Purna- Dhanurasana, Poorna Salabhasana.