MANGALORE UNIVERSITY

Accredited by NAAC with 'A' Grade

Department of Human Consciousness and Yogic Sciences

Mangalagangothri – 574 199

Syllabus for **"Certificate Course in Yogic Science"**

September 2018

MANGALORE UNIVERSITY

REGULATIONS GOVERNING "CERTIFICATE COURSE IN YOGIC SCIENCE PROGRAMME"

1. Title: The Programme shall be called "**Certificate Course in Yogic Science"**

2. Eligibility for Admission:

2.1 Only those candidates who have passed PUC/10+2 examination or its equivalent will be eligible for the certificate course and examination.

2.2 Selection on the basis of merit and according to the Government's reservation policy existing at that time.

3. Duration: Three months.

4. Medium of Instruction: The medium of instruction and examination shall be in English.

5. Attendance:

5.1 A candidate shall be considered to have satisfied the requirement of attendance for the programme if he/she attends not less than 75% of the classes actually held in each subject computed for theory and theory and practicals where ever there are practicals. However, shortage of attendance upto 70% may be condoned by the University on payment of prescribed condonation fee and if fulfils other requirements for condonation of shortage of attendance.

5.2 A candidate who does not satisfy the requirement of attendance shall not be permitted to take the examination and he/she shall repeat the programme in a subsequent year.

6. Hours of Instruction and scheme of Examinations: There shall be examination in the month of April/May – November/December. The details of hour of instruction and the scheme of examination shall be as stated follow.

Paper	Instruction (Hours)	Duration of examination (Hours)	Marks for Final Exam	Marks for Internal Exam	Total Marks
Paper I	30	3	70	30	100
Paper II	30	3	70	30	100
Paper III	30	3	70	30	100
Paper IV	30	3	70	30	100
				Total Marks	**400**

7. Internal assessment:

7.1 The Internal assessment marks based on one test and assignment.

7.2 Marks of the internal assessment must be published on the Notice Board of the concerned department for information of the student.

7.3 Marks scored in the internal assessment shall be indicated separately in the Marks card.

7.4 A Internal assessment marks of a failed candidate shall be retained and carried forward to his/her subsequent examinations.

7.5 The Internal assessment marks shall be communicated to the Registrar (Evaluation) at least 7 days before the commencement of the University Examination. The record of internal assessment shall be maintained in the department and Registrar (Evaluation) shall have access to such records.

8. Registration for Examinations: A Candidate shall register for the University Examination at the stipulated date laid down by the University.

9. Minimum percentage of marks for passing the Examination: No candidate shall be declared to have passed each examination unless he/she obtains not less than **35% marks** each in written and practical examination and **40% marks** in aggregate, in the final examination and internal assessment put together in each paper. A candidate who fails in any paper shall take the examination **in that paper** at any subsequent examination. There shall be no minimum marks for a pass in internal assessment.

10. Percentage of Marks for declaring class:

10.1 Class and distinction shall be declared at the end of each examination on the following basis.

Distinction:	**70% and above**
First Class:	**60% and above but less than 70%**
Second Class:	**50% and above but less than 60%**
Pass Class:	**40% and above but less than 50%**

10.2 **There shall be no ranking.**

11. Rejection /Reappearance and Improvement:

11.1 A candidate may be permitted to reject the results of the whole examination, within 30 days after the publication his/her result or 10 days from the date of dispatch of his/her Marks cards by the Registrar (E), to the department whichever is later and reappear for improvement. Rejection of the result paper wise/subject wise shall not be permitted.

11.2 The rejection shall be exercised only once and the rejection once exercised cannot be revoked.

11.3 Application for rejection along with the payment of prescribed fee shall be submitted through the department together with the original statement of marks.

11.4 A candidate who rejects the result is eligible for only class not for ranking.

11.5 The internal assessment marks secured by the candidate during the course period who appears for improvement shall be carried forward.

12. Penalty for False and incorrect Statement:

Where the candidate or his/her parent or guardian furnishes false or incorrect statement in an application or where the affidavit filled by him/her or the certificates furnished by him/her contains false or incorrect statements such an application shall be rejected and his/her admission shall stand cancelled.

CERTIFICATE COURSE IN YOGIC SCIENCE

Theory:

Paper I: Introduction to Yoga **32hrs.**

1. Introduction **8 hrs.**

i) Definitions of Yoga, Meaning, Aim, Concepts and mis-concepts.

ii) Preparation for Yoga Practice – place, time, food, dress, rules and regulations, limitations etc.

iii) Schools of Yoga - Introduction of the following Schools of Yoga.
- a) Raja yoga – meaning, limbs, powers, kaivalya etc.
- b) Hathayoga – meaning, limbs, important texts, practise etc.
- c) Karmayoga – Karma and character, duty, non-attachment etc.
- d) Bhaktiyoga – meaning, aids to bhakti, basic disciplines of bhakti, gauni bhakti, para bhakti, bhavas etc.
- e) Jnanayoga –meaning, adhikari, sadhana catustaya, methods of practice, attaining realization etc.

2. Basis of Yoga Philosophy and Astanga Yoga **8 hrs.**

i) Evolution Theory of Sankhya and Yoga.
ii) Astanga Yoga - Yama, Niyama**,** Asana, Pranayama.
iii) Astanga Yoga - Pratyahara, Dharana, Dhyana, Samadhi.

3. Introduction to Kriyas, Asanas. **8 hrs.**

i) Shatkriyas – according to Hatha Pradipika and Gheranda Samhita.
ii) Asanas – according to Hatha Pradipika and Gheranda Samhita.

4. Introduction to Pranayamas, Bandha & Mudra, Meditation Techniques. **8 hrs.**

i) Important Pranayamas – eight.
ii) Important Bandhas – Three.
iii) Important Mudras - 25.
iv) Meditation Techniques.

REFERENCE BOOKS

1. Swami Digambarji : Hathayoga pradeepika – Chapter I, II & III, SMYM Samiti, Kaivalyadhama, Lonavala, 1998.
2. Swami Digambarji : Gheranda Samhita – Chapter I, SMYM Samiti, Kaivalyadhama, Lonavala, 1997.

3.	Swami Omananda Teertha	:	Patanjala Yoga Pradeepa, Gita Press, Gorakhpur, 2013.
4.	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.
5.	Prof. Pattabhi Jois	:	Yoga Mala, North Point Press, A Division of Farrar, Straus and Giroux, New York, 2010.
6.	B. K. S. Iyangar	:	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.
7.	B. K. S. Iyangar	:	Light on Pranayama, HarperCollins India; 2013 edition.
8.	Swami Satyananda Saraswati	:	Asana, Pranayama, Mudra, Bandha- Bihar School of Yoga, Munger, 2013.
9.	H. R. Nagendra	:	Promotion of Positive Health – Pubished by SVYASA, Bangalore, 2004.
10.	H. R. Nagendra	:	Pranayama – Pubished by SVYASA, Bangalore, 2011.
11.	Swami Geetananda	:	Bandhas & Mudras, Anandashrama, Pondicherry.
12.	Swami Satyanada Saraswathi:		A Systematic Course in The Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Munger, 2004.
13.	Swami Dhirendra Brahmachari:		Yogasana Vijnana, Dhirendra Yoga Publications, New Delhi, 1953.
14.	O. P. Tiwari	:	Asana, Why & How, Kaivlyadhama, Lonavala, 1991.
15.	Yogeshwar	:	The Text of Yoga, Yoga Centre, Madras.
16.	Swami Satynanda Saraswati	:	Suryanamaskara, Bihar School of Yoga, Munger, 1983.
17.	Dr. K. Krishna Bhat	:	The Power of Yoga, Suyoga Publications, Mangalore, 2006.

Paper II: Application of Yogic Science **32 hrs.**

1. Introduction to Human Biology – I **8 hrs.**

i) Cell biology, Histology, Classification of animal tissues
ii) Digestion – Definition, organs of digestive system, basic Anatomy and Functioning.
iii) Respiration – Definition, organs of respiratory system, basic Anatomy and Functioning.
iv) Circulation – Heart and Cardiovascular system, basic Anatomy and Functioning.

2. Introduction to Human Biology - II **8 hrs.**

i) Musculo-skeletal system - basic Anatomy and Functioning.
ii) Excretion – Definition, organs of excretory system, basic Anatomy and Functioning.
iii) Nervous System - basic Anatomy and Functioning.
iv) Endocrine and Reproductive systems - basic Anatomy and Functioning.

3. Application of Yogic methods in the Daily life **8 hrs.**

i) Food System – moderate diet, agreeable and non-agreeable diet, food and triguna.
ii) Daily routine – waking up, cleaning the teeth, exercise, massage, bath etc.
iii) Good Conduct.
iv) Health and illness, Health Management.

4. Yoga Therapy and its basis **8 hrs.**

i) Basic principles of Yoga Therapy.
ii) Tridosha, Sadrasa and the five Mahabhutas.
iii) Life Style
iv) Prevention of the diseases.

REFERENCE BOOKS

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

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

5. Gerald J. Tortora Nicholas P. Anagnostakos: Principles of Anatomy and Physiology, Harper Collins publishers, 10, East 53rd Street, New York. NY 100 22.

6. Anne Waugh, Allison Grant : Ross and Wilson Anatomy and Physiology in Health and Illness, Edition - 13th, illustrated, Elsevier Health Sciences, 2018.

7. Dr. Sembu Lingam and Prema Sembu Lingam: Essentials of Medical Physiology, Jaypee Brothers, Medical Publishers Pvt. Ltd., New Delhi, 2012.

8. Dr. K. Krishna Bhat : The Power of Yoga, Suyoga Publications, Mangalore, 2006.

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

10. Swami Digambari : Gheranda Samhita – Chapter I, SMYM Samiti, Kaivalyadhama, Lonavala, 1997.

11. Swami Omananda Teertha: Patanjala Yoga Pradeepa, Gita Press, Gorakhpur, 2013.

Practicals:

Paper III - Practicals - I

1. Kriyas.

i) Jalaneti
ii) Jaladhauti
iii) Kapalabhati.

2. Asanas.

i) Swasthika
ii) Tadasana – I
iii) Suryanamaskara - 9 Vinyasa (Vaidika).
iv) Trikona
v) Parsvakona
vi) Pascimottanasana
vii) Purvottanasana
viii) Ardhabaddhapascimottana
ix) Tiryanmukhaikapadapascimottana
x) Janusirshasana
xi) Navasana
xii) Kurmasana
xiii) Pavanamuktasana
xiv) Bhujanga
xv) Dhanur
xvi) Bharadhwaja
xvii) Ardhamatsyendra
xviii) Viparitakarani
xix) Halasana
xx) Uttanapada
xxi) Shavasana – I

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1. Swami Digambarji : Hathayoga pradeepika – Chapter I, II & III, SMYM Samiti, Kaivalyadhama, Lonavala, 1998.
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Education Bureau, Government of India, 1963, Original from the University of California, Digitized 4 Jan 2007.

5. Prof. Pattabhi Jois : Yoga Mala, North Point Press, A Division of Farrar, Straus and Giroux, New York, 2010.
6. B. K. S. Iyangar : 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.
7. B. K. S. Iyangar : Light on Pranayama, HarperCollins India; 2013 edition.
8. Swami Satyananda Saraswati : Asana, Pranayama, Mudra, Bandha- Bihar School of Yoga, Munger, 2013.
9. H. R. Nagendra : Promotion of Positive Health – Pubished by SVYASA, Bangalore, 2004.
10. H. R. Nagendra : Pranayama – Pubished by SVYASA, Bangalore, 2011.
11. Swami Geetananda : Bandhas & Mudras, Anandashrama, Pondicherry.
12. Swami Satyanada Saraswathi: A systematic course in the ancient tantric techniques of Yoga & Kriya, Bihar School of Yoga, Munger, 2004.
13. Swami Dhirendra Brahmachari: Yogasana Vijnana, Dhirendra Yoga Publications, New Delhi, 1953.
14. O. P. Tiwari : Asana, Why & How, Kaivlyadhama, Lonavala, 1991.
15. Yogeshwar : The Text of Yoga, Yoga Centre, Madras.
16. Swami Satynanda Saraswati : Suryanamaskara, Bihar School of Yoga, Munger, 1983.
17. Dr. K. Krishna Bhat : The Power of Yoga, Suyoga Publications, Mangalore, 2006.

Paper IV - Practicals - II

i) Padmasana
ii) Baddhapadmasana
iii) Yogamudra
iv) Siddhasana
v) Virabhadra
vi) Parsvottana
vii) Prasaritapadottana
viii) Padangusta
ix) Padahasta
x) Pascimottana II
xi) Purvottana
xii) Vakrasana
xiii) Ekapada Sirsha
xiv) Dvipada Sirsha
xv) Sirsha
xvi) Ubhayapadangusta
xvii) Sarvanga
xviii) Matsyasana.

Pranayama:

i) Ujjayee
ii) Anuloma Viloma
iii) Bahyakumbhaka and Antahkumbhaka
iv) Shavasana – II

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1. Swami Digambarji : Hathayoga pradeepika – Chapter I, II & III, SMYM Samiti, Kaivalyadhama, Lonavala, 1998.
2. Swami Digambarji : Gheranda Samhita – Chapter I, SMYM Samiti, Kaivalyadhama, Lonavala, 1997.
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