

UNIVERSITY COLLEGE MANGALORE

ವಿಶ್ವವಿದ್ಯಾನಿಲಯ ಕಾಲೇಜು, ಮಂಗಳೂರು

A Constituent College of Mangalore University

(Reaccredited by NAAC with 'A' Grade and College with Potential for Excellence)

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CERTIFICATE COURSE IN YOGIC SCIENCE

Programme Outcomes (POs):

PO-01	To make the graduate to understand basics of Yogic science.
PO-02	To provide basic techniques of yoga
PO-03	To train the student for better employment opportunity.

Programme Specific Outcomes (PSOs):

PSO-01	Upgrading of skills in the subject Yogic science.
PSO-02	Better career prospects.
PSO-03	Better understanding of Yogic science.

COURSE OUTCOMES (COs)

Course	Details
Code	YS 1.1
Title	INTRODUCTION TO YOGA
Programme	CERTIFICATE COURSE IN YOGIC SCIENCE
Year / Semester	Three Months
Type	Core Course
Total Credits	2
Total Contact Hours	30-35
Contact Hours per Week	4
Examination Duration	3
Max. Marks	CIA: 30 End Semester Exam: 70 Total: 100
Total Modules	5
Pedagogy	Chalk and Talk, Lectures, PPT Presentations
Evaluation Method	Assignment, Viva-voce, One Internal Assessment Exam, One Year End Exam
Learning Objective: <ul style="list-style-type: none"> • Introduction to different schools of yoga. • Study of Ashtanga yoga • Hatha yoga practices. • Ghata yoga practices. 	
Expected Learning Outcomes: Upon the completion of this course, the students will be able to: <ul style="list-style-type: none"> • CO 1: Explain Yoga, Different schools of yoga CO 2: Describe Ashtanga yoga according to Maharshi Patanjali. CO 3: Explain Hatha yoga tradition, requirements, Kriyas, Asanas, Pranayamas according to Hatha yoga. CO 4: Describe Mudras and Bandhas according to Hathapradipika and Gheranda Samhita.	

Course	Details
Code	YS 1.2
Title	APPLICATION OF YOGIC SCIENCE
Programme	CERTIFICATE COURSE IN YOGIC SCIENCE
Year / Semester	Three Months
Type	Core course
Total Credits	2
Total Contact Hours	80

Contact Hours per Week	4
Examination Duration	3
Max. Marks	CIA: 30 End Semester Exam: 70 Total: 100
Total Modules	5
Pedagogy	Chalk and Talk, Lectures, PPT Presentations
Evaluation Method	Assignment, Viva-voce, One Internal Assessment Exam, One Year End Exam
Learning Objective: <ul style="list-style-type: none"> • Introduction to Human Anatomy and Physiology. • Basics Yoga therapy. • Food system and lifestyle. 	
Expected Learning Outcomes: Upon the completion of this course, the students will be able to: CO 1: Explain basic human anatomy and physiology CO 2: Explain food system according to yoga CO 3: Explain basic principles of yoga and application in daily life. CO 4: Implement practice of Yoga in daily life.	

Course	Details
Code	PAPER III
Title	PRACTICAL - I
Programme	CERTIFICATE COURSE IN YOGIC SCIENCE
Year / Semester	Three Months
Type	Core Course
Total Credits	02
Total Contact Hours	
Contact Hours per Week	6
Examination Duration	03
Max. Marks	CIA: 30 End Semester Exam: 70 Total: 100
Total Modules	02
Pedagogy	Kriyas and Asanas practice
Evaluation Method	One internal Practical Yoga. Main practical exam at year end
Learning Objective: <ul style="list-style-type: none"> • Fundamentals of Yogic Kriyas and Yogasanas. • Practical knowledge of Yogic Kriyas and Yogasanas. 	

Expected Learning Outcomes:

Upon the completion of this course, the students will be able to:

CO 1: Perform the kriyas and asanas systematically.

CO 2: Describe and demonstrate the procedures of the selected Kriyas and Asanas

Course	Details
Code	PAPER IV
Title	PRACTICAL - II
Programme	CERTIFICATE COURSE IN YOGIC SCIENCE
Year / Semester	Three Months
Type	Core course
Total Credits	02
Total Contact Hours	60
Contact Hours per Week	6
Examination Duration	3
Max. Marks	CIA: 30 End Semester Exam: 70 Total:100
Total Modules	02
Pedagogy	Asanas and Pranayama practices
Evaluation Method	One internal Practical Yoga. Main practical exam at year end.
Learning Objective: <ul style="list-style-type: none">• Know the Asanas.• Know the fundamentals pranayama• Practice of selected asana and pranayama	
Expected Learning Outcomes: <p>Upon the completion of this course, the students will be able to:</p> <p>CO 1: Perform the asanas and pranayamas systematically.</p> <p>CO 2: Describe and demonstrate the procedures of the selected asanas and pranayamas</p>	