

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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P.G. Diploma in Yogic Science” September 2018

Programme Outcomes (POs):

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|--------------|---|
| PO-01 | To make the graduate to understand essentials of Yogic science. |
| PO-02 | To impart professional training to the student. |
| PO-03 | To provide in depth exposure to the concepts. |
| PO-04 | To train the student for better employment opportunity. |

Programme Specific Outcomes (PSOs):

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|---------------|---|
| PSO-01 | Upgrading of skills in the subject Yogic science. |
| PSO-02 | Better career prospects. |
| PSO-03 | Better understanding of Yogic science. |
| PSO-04 | Can become experienced Yoga teachers, Yoga practitioners. |

COURSE OUTCOMES (COs)

| Course | Details |
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| Code | DYS 201 |
| Title | BASICS OF YOGIC SCIENCE |
| Programme | DIPLOMA IN YOGIC SCIENCE |
| Year / Semester | One year |
| 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 | 4 |
| Pedagogy | Chalk and Talk, Lectures, PPT Presentations |
| Evaluation Method | Assignment, Viva-voce, Two Internal Assessment Exam, One Year End Exam |
| Learning Objective: <ul style="list-style-type: none">• Development of Yoga according to Maharshi Patanjali's Yoga system.• Study of citta and its modifications• Hatha yoga practices.• Ghata yoga practices. | |

Expected Learning Outcomes:

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

CO 1: Explain Yoga, cittavritti, Samadhi according to Maharshi Patanjali.

CO 2: Describe Kriya yoga, Ashtanga yoga according to Maharshi Patanjali.

CO 3: Explain Hatha yoga tradition, requirements, Kriyas, Asanas, Pranayamas according to Hatha yoga.

CO 4: Apply the concept of compound interest and simple interest techniques in solving the problems.

CO 5: Describe Mudras and Bandhas according to Hathapradipika and Gheranda Samhita.

| Course | Details |
|------------------------|--|
| Code | DYS 202 |
| Title | BASICS RELEVANT TO YOGIC SCIENCE |
| Programme | DIPLOMA IN YOGIC SCIENCE |
| Year / Semester | First/first |
| 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 | 4 |
| Pedagogy | Chalk and Talk, Lectures, PPT Presentations |
| Evaluation Method | Assignment, Viva-voce, Two Internal Assessment Exam, One Year End Exam |

Learning Objective:

- Introduction to Yogic science.
- Basics of the six philosophies.
- Food system and lifestyle.

Expected Learning Outcomes:

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

CO 1: Explain definitions of Yoga, historical development of Yoga.

CO 2: Explain the selected schools of Yoga

CO 3: Explain the six philosophies, compare Sankhya and Yoga..

CO 4: Describe personality according to Psychology and Indian system

CO 5: Explain memory and mental health.

CO 6: Implement practice of Yoga in daily life.

| Course | Details |
|------------------------|--|
| Code | DYS 203 |
| Title | AN INTRODUCTION TO HUMAN BIOLOGY |
| Programme | DIPLOMA IN YOGIC SCIENCE |
| Year / Semester | One year |
| Type | Core course |
| Total Credits | 02 |
| Total Contact Hours | 80 |
| Contact Hours per Week | 4 |
| Examination Duration | 3 |
| Max. Marks | CIA: 30 End Semester Exam: 70 Total: 100 |
| Total Modules | 4 |
| Pedagogy | Chalk and Talk, Lectures, PPT Presentations |
| Evaluation Method | Assignment, Viva-voce, Two Internal Assessment Exam, One Year End Exam |

Learning Objective:

- Know the anatomy and physiology of blood and cardiovascular system.
- Study the digestive system and respiratory system.
- Know about excretory and endocrine system.
- Study the anatomy and physiology of special senses and nervous system.

Expected Learning Outcomes:

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

CO 1: Describe composition of blood, blood group and importance.

CO 2: Anatomy and functioning of heart..

CO 3: Anatomy of digestive system and process of digestion.

CO 4: Functioning of excretory system, endocrine system..

CO 5: Describe the functioning of sensory organs and nervous system.

CO 6: Apply in personal health.

| Course | Details |
|------------------------|-------------------------------------|
| Code | DYS 204 |
| Title | APPLICATION OF YOGIC SCIENCE |
| Programme | DIPLOMA IN YOGIC SCIENCE |
| Year / Semester | One Year |
| Type | Core Course |
| Total Credits | 04 |
| Total Contact Hours | 80 |
| Contact Hours per Week | 4 |
| Examination Duration | 3 |

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|--|---|
| Max. Marks | CIA: 30 End Semester Exam: 70 Total:100 |
| Total Modules | 04 |
| Pedagogy | Chalk and Talk, Lectures, PPT Presentations |
| Evaluation Method | Assignment, Viva-voce, Two Internal Assessment Exam, One Year-end Exam. |
| Learning Objective: <ul style="list-style-type: none"> • Health according to Indian concept. • Daily and seasonal routines. • Effect of Yogic practices of different systems. • Basis of Yoga therapy. • Teaching methods.. | |
| Expected Learning Outcomes: Upon the completion of this course, the students will be able to: CO 1: Explain definitions, concepts of health according to Indian and modern system. CO 2: Describe effect of lifestyle, Kriyas, Asanas, Pranayamas, Bandhas Mudra and Meditation techniques on the selected systems. CO 3: Describe basic principles of Yoga therapy and preventive, promotive and curative aspects of yogic practices CO 4: Apply the Yogic practices/ therapy in personal life. | |

| Course | Details |
|--|--|
| Code | DYS 205 |
| Title | PRACTICAL - I - KRIYAS AND ASANAS |
| Programme | DIPLOMA IN YOGIC SCIENCE |
| Year / Semester | One/one |
| Type | Core Course |
| Total Credits | 02 |
| Total Contact Hours | 120 |
| Contact Hours per Week | 6 |
| Examination Duration | 03 |
| Max. Marks | CIA: 30 End Semester Exam: 70 Total: 100 |
| Total Modules | 04 |
| Pedagogy | Yoga Asanas Exercises classes |
| 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. | |

- Traditional knowledge in modern educational method.

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

CO 3: Apply the Kriyas and Asanas therapeutically according to the individual requirement

| Course | Details |
|------------------------|---|
| Code | DYS 206 |
| Title | PRACTICAL - II - ASANAS, BANDHA, MUDRA AND PRANAYAMAS |
| Programme | DIPLOMA IN YOGIC SCIENCE |
| Year / Semester | One/two |
| Type | Core course |
| Total Credits | 02 |
| Total Contact Hours | 120 |
| Contact Hours per Week | 6 |
| Examination Duration | 3 |
| Max. Marks | CIA: 30 End Semester Exam: 70 Total:100 |
| Total Modules | 04 |
| Pedagogy | Yoga and Pranayama Exercises classes |
| Evaluation Method | One internal Practical Yoga. Main practical exam at year end. |

Learning Objective:

- Know the Asanas.
- Know the fundamentals of Bandhas and Mudras.
- Get trained in Bandhas and Mudras.
- Understand the therapeutical applications of Bandhas and Mudras.
- Get trained in Pranayama and Meditation.

Expected Learning Outcomes:

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

CO 1: Practice Asanas according to the classical references.

CO 2: Perform the Pranayama, Bandhas and Mudras systematically.

CO 3: Describe and demonstrate the procedures of the selected Pranayama, Bandhas and Mudras.

CO 4 Apply the practice therapeutically to the patient

CO 5: Represent the practice in proper terms