



Accredited by NAAC with 'A' Grade

M.Sc. YOGIC SCIENCE
SYLLABUS FOR CBCS SCHEME

2020

Department of Human Consciousness & Yogic Sciences
Mangalore University
Mangalagangothri – 574 199

Introduction:

Yoga is a unique contribution to the world from our ancient culture. It is a Universal and evolutionary science which deals with philosophical as well as practical aspects of life. Yogic Science teaches to lead a tensionless life with respect to body, mind and soul trinity, taking into cognisance the environment around. In modern days the techniques of Yogic Science are extremely useful for intellectual and blissful life.

The world community is looking towards India for an Application of yoga and yogic practices to holistic health of mankind. Several hundred traditionally trained teachers serve the population around the world. Unfortunately, among them many fake yogis through improper methods have brought disrepute to this ancient science. At this juncture it is necessary to evolve good yoga teachers, providing yoga therapy and conducting research to develop Yogic science. It is against this background the UGC has financed the setting up of the Department of Human Consciousness and Yogic Sciences and to offer unique two years master degree programme in Yogic Sciences. A full-fledged teaching and research centre will provide an opportunity to scholars to work in this area of nation's rich heritage. Mangalore University and the Department of Human Consciousness & Yogic Sciences is unique being first in the country to offer two years master degree (M.Sc.) programme in Yogic Sciences under the Faculty of Science and Technology.

Yoga was one of the most important subjects of study in our ancient schools of learning. But at present yoga is yet to develop fully as a subject of study in the modern university system. Yogic science occupies a special significance in the present day life which is associated with full of stress and strain causing a number of psychosomatic diseases. Realising the importance of yoga in the present day life, Mangalore University established "Dharmanidhi Yogapeetha" in 1983 by the donations of the temple trustees of the then Dakshina Kannada District with the objective of establishing three fold activities in the field of yoga, namely: teaching, therapy and research; and to spread the value based knowledge of yogic science. M.Sc. Yogic Science programme has been started for the first time in the country with an objective to train the young students in this important area. The programme will provide new avenues to the students to learn, practice and to propagate the techniques of this ancient science.

Learning Objectives:

- Three fold activities in the field of yoga, namely: teaching, therapy and research.
- To spread the value based knowledge of yogic science.
- Research in Yogic Science and Yoga therapy – utilizing the traditional text based knowledge along with modern science.
- To evolve researchers in yogic science.
- To evolve trained teachers in yogic science.
- To train the individuals in the traditional knowledge of India in the Post Graduate level.
- To study the preventive, promotive and curative aspects of yogic practices.

Learning Outcome:

- The Post Graduates will be having knowledge of yogic science with study of the classical texts along with knowledge of modern anatomy, physiology and biochemistry.
- They can conduct research in Yogic Science and Yoga therapy – utilizing the traditional text based knowledge along with modern science.
- They can become experienced yoga teachers, yoga therapists and yoga practitioners.
- They will be able to use yogic techniques from Astanga yoga, Hathayoga, Ghatayoga and such for treatment of various diseases. They will have the knowledge of food and lifestyle, mind body management techniques.
- They can become teacher and lecturer after the completion of the programme.
- They can go for permanent lectureship after UGC – NET.

Job opportunities as –

- Lecturers / Assistant Professors
- Yoga Therapist, Yoga Therapy consultant, Yoga Instructor, Yoga Trainer.

Employment Areas –

- Educational Institutes
- Corporate sectors
- Yoga Centers
- Hospitals
- Community Health Clubs
- Resorts.

COURSE PATTERN

Sem	Hard Core			Soft Core			Open Elective			Disserta- tion /Project work	Total
	No. of Paper	CrtDs	Total Crds	No.of Paper	CrtDs	Total Crds	No. of Paper	CrtDs	Total Crds	CrtDs	Total Crds
I	6	4	24	-	-	-	-	-	-	-	24
II	4	4	16	2	3	6	1	3	3	-	25
III	2	4	8	4	3	12	1	3	3	-	23
IV	-	-	-	5	3	15	-	-	-	5	20
Total			48			33			6	5	92

Summary of Credits

Regulation Provision	Hard Core	Soft Core	Open Elective Credits	Total Credits
As per the Regulation	50 – 65%	30 – 45%	06	84 – 92
Credits	48 (52.17%)	33 (35.87%)	06	92

Internal Assessment Marks

- **Criteria for Internal Assessment (30 marks) for Theory paper**

Internal Tests	- 20 Marks
Assignment & Seminar	- 05 Marks
Attendance	- 05 Marks
➤ 75% - 85%	- 02 Marks
➤ 86% - 95%	- 03 Marks
➤ 96% - 100%	- 05 Marks

- **Criteria for Internal Assessment for (30 marks) Practical Paper:**

Internal Tests – 20 Marks

Maintenance of records – 05 Marks

Attendance – 05 Marks

75% - 85%	- 02 Marks
86% - 95%	- 03 Marks
96% - 100%	- 05 Marks

- **Criteria for Internal Assessment for (30 marks) Project Work / Dissertation:**

Internal Tests – 20 Marks

Visit to Yoga Institute/Therapy Centre and present report – 10 Marks

(2 – 4 Students per One Institute/ Centre depending on the strength of students).

Guidelines for Practical Examination and Project Work / Dissertation

Two examiners (one internal and one external) have to examine the students based on the following criteria. Then average marks of the two examiners or with consensus have to be recorded. Examination should consist of the following.

For Yoga practicals

Writing:

Practicing procedure and benefits of the two yogic practices (decided by the internal & external examiner) has to be explained along with classical references. Duration for writing will be ½ an hour and maximum marks will be 20% with 2 practices carrying equal % of marks. (e.g.- 2 practices of marks 7 each, total $2 \times 7 = 14$ marks. Out of the 7 marks - 3 marks for procedure, 2 marks for benefits and 2 marks for classical references.)

Practice:

Maximum marks for practices will be 60%. Students have to perform practices as decided by the internal and external examiners.

For e.g.: For 6 practices, 7 marks $\times$ 6 = 42 marks

In case of KRIYA,

- Out of 7 marks: 1 marks for preparation, 4 marks for procedure and 2 marks for perfection.

In case of ASANA,

- Out of 7 marks: 2 marks for Svasochvasa, 3 Marks for Vinyasa, 1 marks for Sthiti and 1 marks for Drsti.

In case of BANDHA,

- Out of 7 marks: 1 marks for preparation, 4 marks for procedure and 2 marks for perfection.

In case of MUDRA,

- Out of 7 marks: 1 marks for preparation, 4 marks for procedure and 2 marks for perfection.

In case of PRANAYAMA,

- Out of 7 marks: 1 marks for preparation, 4 marks for procedure and 2 marks for perfection.

In case of MEDITATION,

- Out of 7 marks: 1 marks for preparation, 4 marks for procedure and 2 marks for perfection.

Viva:

Maximum marks for viva will be 10%. Questions are to be asked related to the meaning of the practice, practicing procedure, benefits and classical references of the any yogic practices from the particular paper.

Record:

Maximum marks for record will be 10%. Marks have to be given, examining the syllabus coverage, neatness and overall writing.

For Instrumental Experiments(35 Marks)

- Experiment – 17 Marks
- Writing Theory and Procedure – 07 Marks
- Result – 4 Marks
- Viva – 3 Marks
- Record – 4 Marks

For Assessment of Internship (35 Marks)

- Submission of report in time – 5 Marks
- Report Evaluation – 10 Marks
- Presentation/Viva – 10 Marks
- Attendance (provided by the place of internship) – 10 Marks

For Project Work / Dissertation:

- Report Evaluation – 40 Marks
- Presentation– 20 Marks
- Viva voce - 10 Marks

I SEMESTER

YSH401	FOUNDATION OF YOGIC SCIENCE-I
YSH402	FOUNDATION OF YOGIC SCIENCE-II
YSH403	BASICS RELEVANT TO YOGIC SCIENCE-I
YSH404	HUMAN BIOLOGY – I
YSP405	PRACTICAL – I: KRIYAS AND ASANAS
YSP406	PRACTICAL – II: ASANAS

- ONE MONTH INTERNSHIP.

II SEMESTER

YSH451	FOUNDATION OF YOGIC SCIENCE-III
YSH452	BASICS RELEVANT TO YOGIC SCIENCE – II
YSH453	BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-I
YSH454	HUMAN BIOLOGY – II
YSP455	PRACTICAL – III: KRIYAS AND ASANAS
YSP456	PRACTICAL – IV: ASANAS.
YSE457	OPEN ELETIVE PAPER

- TWO MONTHS INTERNSHIP.

SPECIALISATION A: YOGA THERAPY

III SEMESTER

YSH501A	BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II
YSS502A	BASIS PRINCIPLES OF YOGA THERAPY
YSS503A	MODERN APPROACH OF HEALTH SYSTEM
YSS504A	YOGA THERAPY PRACTICES
YSP505A	PRACTICAL – V: BANDHAS AND MUDRAS
YSP506A	PRACTICAL – VI: PRANAYAMA & MEDITATION
YSE507	OPEN ELECTIVE PAPER

- ONE MONTH INTERNSHIP.

IV SEMESTER

YSS551A	SCIENTIFIC STUDIES IN YOGIC SCIENCE - I
YSS552A	SCIENTIFIC STUDIES IN YOGIC SCIENCE - II
YSS553A	SCIENTIFIC STUDIES IN YOGIC SCIENCE - III
YSP554A	PRACTICAL – VII : ADVANCED PRACTICES - I
YSP555A	PRACTICAL - VIII: ADVANCED PRACTICES - II
YSP556A	DISSERTATION / PROJECT WORK

- ONE MONTH INTERNSHIP.

SPECIALISATION B: YOGA SPIRITUALITY

III SEMESTER

YSH501B	BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II
YSS502B	BASIS OF YOGA AND SPIRITUALITY -I
YSS503B	BASIS OF YOGA AND SPIRITUALITY - II
YSS504B	YOGA AND SPIRITUALITY FOR HEALTH
YSP505B	PRACTICAL IX – BANDHAS & MUDRAS AND ADVANCED ASANAS
YSP506B	PRACTICAL – VI: PRANAYAMA & MEDITATION
YSE507	OPEN ELETIVE PAPER

- ONE MONTH INTERNSHIP.

IV SEMESTER

YSS551B	SCIENTIFIC STUDIES IN YOGIC SCIENCE - I
YSS552B	SCIENTIFIC STUDIES IN YOGIC SCIENCE - II
YSS553B	APPLIED SPIRITUALITY - I
YSS554B	APPLIED SPIRITUALITY-II
YSP555B	PRACTICAL-X: ADVANCED PRACTICES
YSP556B	DISSERTATION / PROJECT WORK

- ONE MONTH INTERNSHIP.