

**CERTIFICATE COURSE IN YOGA-THREE MONTHS  
PROGRAMME UNDER LEARNING OUTCOME BASED  
CURRICULUM FRAMEWORK (LOCF) EXAMINATION  
W.E.F.SESSION 2020-21.**



**KURUKSHETRA UNIVERSITY**  
**KURUKSHETRA**  
(Established by the State Legislature Act XII of 1956)

## LOCF/CERTIFICATE COURSE IN YOGA/KUK

---

### ORDINANCE – CERTIFICATE COURSE IN YOGA UNDER LEARNING OUTCOME BASED CURRICULUM FRAMEWORK (LOCF) EXAMINATION (From Session – 2020-2021)

1. The duration of the programme of instruction for the Certificate Course in Yoga shall be of 3 months.
2. The intake of students will be 30 students and the course shall be conducted once a year from: 1<sup>st</sup> October to 31<sup>st</sup> December.
3. A person who has passed the following qualifications shall be eligible to join the course:
  - (a) Bachelor's degree in any discipline with 45% marks.
  - or
  - (b) Bachelor's Degree in any discipline with 40% marks and have won 1<sup>st</sup>/2<sup>nd</sup>/ 3<sup>rd</sup> position in University/State Yoga competition.

**Note: Admission will be made on the basis of merit of qualifying examination plus weightage as per university norms.**

4. The last date(s) by which the admission examination forms and fees must reach the Controller of Examinations shall be as per schedule at Appendix-I.
5. A student who possesses the qualifications laid down in Clause 3 above, has been on the rolls of the Department for the programme during the three months preceding the examination and produces the following certificates signed by the Chairperson of the Department concerned, shall be eligible to appear in the examination:-
  - (a) of good character; and
  - (b) of having attended not less than 75% of the full programme of lectures in theory, practical and tutorials as per university norms.
6. A deficiency in the prescribed programme (lectures or tutorials) may be condoned as per the university norms.
7. The medium of instruction for certificate course in yoga shall be as under :
  - (a) The question-paper shall be set both in Hindi and English.
  - (b) The candidates shall write their answers in English or Hindi only.
8. The tuition fee plus examination fee to be paid by a candidate shall be 6000/- for the whole course.
9. The examination shall consist of the following papers:-

Paper-I	Theory	100 Marks	Time: 3 Hours
Paper-II	Practical	100 Marks	
10. The theory and practical classes will be held in Evening.
11. The examination shall be held according to the syllabus prescribed by the Academic Council.
- 12.1 The list of successful candidates shall be arranged in five grades as under and the grade obtained by the candidate will be stated in his/her Certificate:-
  - (a) Those who obtain 80% or more of the aggregate number of marks Grade 'O'
  - (b) Those who obtain 70% or more but less than 79.99% marks in aggregate Grade 'A<sup>+</sup>'
  - (c) Those who obtain 60% or more but less than 69.99% marks in aggregate Grade 'A'

## LOCF/CERTIFICATE COURSE IN YOGA/KUK

---

- |  |           |
|--|-----------|
| (d) Those who obtain 50% or more but less than 59.99% marks in aggregate | Grade 'B' |
| (e) Those who obtain 40% or more but less than 49.99% marks in aggregate | Grade 'C' |
| (f) Below 40% marks  | Fail      |

- 12.2 A person who fails in any paper (theory/practical) shall be deemed to have failed in the examination. He shall repeat the programme *de novo*, if he/she desires to pass it.
13. The Controller of Examinations shall publish the result of the examination four weeks after the termination of the examination or as soon thereafter as is possible.
14. All the admission seekers will be required to produce medical fitness certificate from a RMO/University Health Centre.
15. A person may pursue studies for this programme, and take the examination therefore, simultaneously with the studies for any other programme of the Kurukshetra University, provided there is no clash in the time table of both courses.
- Further, a person registered for Ph. D. course may pursue studies for this course only if he is permitted by the Vice-Chancellor as per provision of the Ph.D. Ordinance.

# LOCF/CERTIFICATE COURSE IN YOGA/KUK

---

## Syllabus and Scheme of Examination for Certificate Course in Yoga (3-Months)/LOCF

### THEORY EXAMINATION

<b>Subject</b>	<b>Total Marks</b>	<b>Min.Pass Marks</b>	<b>Time</b>
Paper – I Yogic Science	100	40	Three Hour

### PRACTICAL EXAMINATION

<b>Subject</b>	<b>Total Marks</b>	<b>Min. Pass Marks</b>
Paper – II Yogic Practice	100	40

**Theory = 100 Marks**

**Practical = 100 Marks**

**Total Marks = 200 Marks**

## LOCF/CERTIFICATE COURSE IN YOGA/KUK

---

### **PROGRAMME OUTCOMES:-**

1. Learners will be able to comprehend the acquire knowledge during the Programme of study.
2. Learners will be able to reflect on the issues relating to the discipline-‘Education’.
3. Learners will be able to exhibit the professional skills and competencies acquired during the Programme of study.
4. Learners will be able to show scientific & research capabilities in their academic, professional and general life pursuits.
5. Learners will be able to apply the knowledge and skills acquired in academic planning, organizing, evaluation, decision making, resource management according to pre-determined objectives/outcomes.
6. Learners will be able to work as member or leader in various teams and multi-disciplinary & diverse settings.
7. Learners will be able to discuss and solve the problems relating to the discipline and life.
8. Learners will be able to state and follow the ethical issues relating to the discipline and society.
9. Learners will be able to apply different tools and techniques of communication and related skills.

# LOCF/CERTIFICATE COURSE IN YOGA/KUK

---

## **PROGRAMME SPECIFIC OUTCOMES:**

### **After completing the programme student- teacher will be able to:-**

1. develop conceptual understanding of Traditional Yoga.
2. enhance knowledge of Yoga Sutra.
3. enhance and apply the knowledge of Asthang Yoga for the well being of people.
4. develop and apply knowledge of Gyan Yoga, Karma Yoga, and Bhakti Yoga.
5. select and demonstrate different yogic activities like Asanas, Pranayamas and Shudhi Kriyas for promotion of health.

**Certificate Course in Yoga (3 - Months)**

**Theory Courses**

**CC - 101 YOGIC SCIENCE**

**Time: Three Hours**

**Total Marks: 100**

**Note: Paper setter is required to set 2 questions from each Unit - I, II, III and IV. Unit - V consists of 10 questions of short answers distributed from all over the syllabus. The candidates are required to attempt one question from each Unit – I, II, III & IV carrying 15 marks for each question. Unit - V is compulsory for all consisting 4 marks of each short answer.**

**Course Outcomes:-**

**After completion of the course contents of this paper, the student will be able to:**

- CCY -101.1** enhance the basic concept of yoga, history, importance, misconception about yoga and general considerations of yoga sutra.
- CCY -101.2** enhance and apply knowledge of various forms of yoga such as Karma Yoga, Gyan Yoga, Bhakti Yoga and different steps of Asthang Yoga.
- CCY -101.3** apply and demonstrate various yogic practices such as Asanas, classifications of Asanas, Pranayamas, their types Shatkarmas, types of Shatkarmas and meditation.
- CCY -101.4** apply and demonstrate Bandha, different mudras, Naturopathy Hydrotherapy, Mud Therapy and Messo Therapy their uses in Physical well being.

**Unit – I: Introduction**

- i. Meaning and Importance of Yoga.
- ii. History of Yoga.
- iii. The Yoga Sutra: General Consideration.
- iv. Misconceptions about Yoga.

**Unit - II: Foundation of Yoga**

- i. The Astanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.
- ii. Yoga in the Bhagavadgita - Karma Yoga, Gayan Yoga and Bhakti Yoga.

**Unit - III Asanas and Paranyama**

- i. Meaning of Asanas, Classifications of Asanas and Principles of Asanas.
- ii. Meaning of Paranyam, Different Types of Paranyams and Principles of Paranyams.
- iii. Meaning and types of Meditations
- iv. Meaning of Shatkarm and types of Shatkarms.

## **Unit – IV Bandhas, Mudras and Shudhikriyas**

- i. Meaning of Bandhas and types of Bandhas.
- ii. Meaning of Mudras and types of Mudras.
- iii. Meaning of Naturopathy; Hydrotherapy, Mud Therapy, Messo Therapy.

### **References:**

- Brown, F. Y. (2000). How to use yoga. Delhi: Sports Publication.*
- Gharote, M. L. & Ganguly, H. (1988). Teaching methods for yogic practices. Lonawala: Kaixydahmoe.*
- Rajjan, S. M. (1985). Yoga strengthening of relaxation for sports man. New Delhi: Allied Publishers.*
- Shankar, G. (1998). Holistic approach of yoga. New Delhi: Aditya Publishers.*
- Shekar, K. C. (2003). Yoga for health. Delhi: Khel Sahitya Kendra.*



# LOCF/CERTIFICATE COURSE IN YOGA/KUK

## CC - 101 YOGIC SCIENCE

### CO-PO Mapping Matrix

CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
CCY - 101.1	3	3	3	3	3	3	3	3	3
CCY- 101.2	3	3	3	3	3	3	3	3	3
CCY- 101.3	3	3	3	3	3	3	3	3	3
CCY- 101.4	3	3	3	3	3	3	3	3	3
<b>Average</b>	3	3	3	3	3	3	3	3	3

### CO-PSO Mapping Matrix

CO	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5
CCY -101.1	3	3	3	3	3
CCY -101.2	3	2	3	3	3
CCY -101.3	3	3	3	3	3
CCY- 101.4	-	-	3	3	3
<b>Average</b>	2.25	2	3	3	3

### CO-PO-PSO Mapping Matrix

CO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PS O 1	PS O 2	PS O 3	PS O 4	PS O 5
CCY - 101.1	3	3	3	3	3	3	3	3	3	3	3	3	3	3
CCY - 101.2	3	3	3	3	3	3	3	3	3	3	2	3	3	3
CCY - 101.3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
CCY - 101.4	3	3	3	3	3	3	3	3	3	-	-	3	3	3
<b>Average</b>	3	3	3	3	3	3	3	3	3	2.25	2	3	3	3

# LOCF/CERTIFICATE COURSE IN YOGA/KUK

---

## Certificate Course in Yoga (3 - Months) Practical Courses CC - 102 YOGIC PRACTICE

Max. Marks – 100

### Course Outcomes:

After completing the course contents, students will be able to:

- CCY -102.1** apply and demonstrate different techniques of various asanas.  
**CCY -102.2** apply and demonstrate different techniques of various Pranayams.  
**CCY -102.3** apply and demonstrate different techniques of various Sudhikriyas.  
**CCY -102.4** apply and demonstrate various techniques of Asanas, Pranayams and Sudhikriyas and their effects on human body.

## SYLLABUS

- A) PRIMARY ASANA** – Ardhalhasan with both legs, Simple Matsyasana, Naukasana, Different forms  
of crocodile poses, Ardhsalbh asana, Makrasana, Tadasana, Janushirasana, Vajrasana, Ardha Padmasana, Vakrasana, Ustrasana, Shashankasana, Yogmudra, Trikonasana, Vrikchasan, Ardhkatichakrasana, Gomukhasana.
- B) SECONDARY ASANA** – Sarvangasana, Chakrasana, Dhanurasana, Satubandh asana, Halasana, Padmasana, Paschimotanasana, Karan Peedasan, Ardh Matsyendrasana, Surya Namaskar
- C) PRANAYAM** – Anulomvilom, Suryabehadan, Bhastrika, Shitali, Shitkari.
- D) SHATKARMA** – Jalneti, Rubber neti, Kunjal, Trataka, Kapalbhathi.
- E) MEDITATION** – **techniques** for relaxation of body and mind.

### Marks Distribution:

1. Primary Asana (Compulsory)	20 Marks
2. Any five Secondary Asana	20 Marks
3. Any two Paranayam	10 Marks
4. Any two Shudhhi Kriyas	10 Marks
5. Note Book	20 Marks
6. Viva- Voce	20 Marks
<b>Total</b>	<b>100 Marks</b>





## LOCF/CERTIFICATE COURSE IN YOGA/KUK

---

### **Attainment of COs:**

The attainment of Cos can be measured on the basis of the results of internal assessment and semester examination. The attainment is measured on scale of 3 after setting the target for COs attainment. Table 5 shows the CO attainment levels assuming the set target of 60% marks:

**Table 5 : CO Attainment Levels for internal assessment.**

<b>Attainment Level</b>	
<b>1 (Low level of attainment)</b>	<b>50% of students score more than 50% of marks in class tests of a course.</b>
<b>2 (Medium level of attainment)</b>	<b>60% of students score more than 50% of marks in class tests of a course.</b>
<b>3 (High Level of attainment)</b>	<b>70% of students score more than 50% of marks in class tests of a course.</b>

*Note: In the above table, the set target is assumed as 50%. It may vary in different departments/institutes. The staff Councils of the departments/institutes may finalize the set target*

A proper mapping of course outcomes with assessment methods should be defined before measuring the attainment level. The questions in tests for internal assessment are based on COs. Here it is assumed that class test – I is based on first two COs (i.e. CCY 101.1 and CCY 101.2) of a course with equal weightage given to both COs. Similarly class test – II is based on next two COs (i.e. CCY 101.3 and CCY 101.4) of a course with equal weightage given to these two COs. For each internal assessment test, the percentage of students attaining the target level of CO is estimated and average percentage will decide the attainment level of COs. Following steps may be followed for determining the attainment level in internal assessment of course.

- i. Estimate the %age of students scoring set target (say 50%) or more in the questions of test-I based on first CO i.e. CCY 101.1
- ii. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-I based on second CO i.e. CCY 101.2
- iii. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-II based on third CO i.e. CCY 101.3
- iv. Estimate the %age of students scoring set target (50%) or more in the question(s) of test-II based on fourth CO i.e. CCY 101.4
- v. Take average of the percentages obtained above.
- vi. Determine the attainment level i.e. 3, 2 or 1 as per scale defined in table 5.

## LOCF/CERTIFICATE COURSE IN YOGA/KUK

*Note: In the above steps, it is assumed that internal assessment is based on two tests only. However if internal assessment is based on more than two tests and/or on assignment then same may be incorporated to determine the CO attainment level. There may be more than four COs for a course. The set target may also be different for different Cos. These issues may be resolved by the Staff Councils of the departments/institutes.*

For determining the attainment levels for end semester examination, it is assumed that questions in the end term examination are based on all COs of the course. Attainment levels for end semester examination of a course can be determined after the declaration of the results. The CO attainment levels for end semester examination are given in Table 6.

**Table 6 : CO Attainment Levels for End Semester Examination (ESE)**

<b>Attainment Level</b>	
<b>1 (Low level of attainment)</b>	<b>60% of students obtained letter grade of A or above (for CBCS programs) or score more than 60% of marks (for non-CBCS programs) in ESE of a course.</b>
<b>2 (Medium level of attainment)</b>	<b>70% of students obtained letter grade of A or above (for CBCS programs) or score more than 60% of marks (for non-CBCS programs) in ESE of a course.</b>
<b>3 (High Level of attainment)</b>	<b>80% of students obtained letter grade of A or above (for CBCS programs) or score more than 60% of marks (for non-CBCS programs) in ESE of a course.</b>

*Note: In the above table, the set target is assumed as grade A for CBCS courses and 60% for non-CBCS courses. It may vary in different departments/institutes. The staff Councils of the departments/institutes may finalize the set target.*

### **Overall CO Attainment level of a Course:**

The overall CO attainment level of a course can be obtained as:

Overall CO attainment level = 50% of CO attainment level in Internal assessment + 50% of Co Attainment level in end semester examination.

The overall COs attainment level can be obtained for all the courses of the program in a similar manner.

## LOCF/CERTIFICATE COURSE IN YOGA/KUK

### Attainment of POs:

The overall attainment level of POs is based on the values obtained using direct and indirect methods in the ratio of 80:20. The direct attainment of Pos is obtained through the attainment of COs. The overall CO attainment value as estimated above and CO-PO mapping value as shown in Table 4 are used to compute the attainment of POs. PO attainment values obtained using direct method can be written as shown in the Table 7.

**Table 7: PO Attainment Values using Direct Method**

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9
CCY 101									
CCY 102									
Direct PO attainment	Average of above values	Average of above values	Average of above values	--	--	--	--	--	Average of above values

The PO attainment values to be filled in above table can be obtained as follows:

For CCY 101-PO1 Cell:

PO1 attainment value = (Mapping factor of CCY 101-PO1 from Table 4 x Overall CO attainment value for the course CCY 101)/3

For CCY 104-PO1 Cell:

PO1 attainment value = (Mapping factor of CCY 104-PO1 from Table 4 x Overall CO attainment value for the course CCY 104)/3

Similarly values for each cell of Table 7 can be obtained. The direct attainment of POs is average of individual PO attainment values.

In order to obtain the PO attainment using indirect method, a student exit survey based on the questionnaire of POs may be conducted at end of last semester of the program. The format for the same is given in Table 8. Average of the responses from the outgoing students for each PO is estimated.

The overall PO attainment values are obtained by adding attainment values estimated using direct and indirect methods in the proportion of 80:20 as follows:

Overall attainment value for PO1 =[0.8 x average attainment value for PO1 using direct method (from table 7)] + [0.2 x average response of outgoing students for PO1].

Similarly overall attainment value can be obtained for each PO.





## LOCF/CERTIFICATE COURSE IN YOGA/KUK

---

The overall PO attainment values obtained above are compared with set target. The set target for each PO may be different and can be finalized by the staff councils of the departments/institutes. If overall PO attainment value is less than the set target value then an action plan may be prepared for improvement in the subsequent academic session.

**The overall PSO attainment level based on CO-PSO mapping values and overall CO attainment values can be obtained in a similar manner as above.**