



**KAIVALYADHAMA S.M.Y.M.  
SAMITI'S,  
GORDHANDAS SEKSARIA COLLEGE  
OF  
YOGA & CULTURAL SYNTHESIS**

(Recognized by the Ministry of Education, Government of India as an All India Institute of  
Higher Education (Since 1962)  
Grant in Aid by Ministry of HRD, Government of India and Department of Higher &  
Technical Education Govt. of Maharashtra)

**SYLLABUS OF  
CERTIFICATE COURSE IN YOGA  
(C.C.Y.)**

Swami Kuvalayananda Marg, Kaivalyadhama, Lonavla. Dist.-Pune- 410403

Email: [academicskdham@gmail.com](mailto:academicskdham@gmail.com)

web: [www.kdham.com](http://www.kdham.com)

**PAPER 1**  
**Introduction to Yoga**  
**& Patanjala Yoga**

TOPICS	SUB-TOPICS	HRS
Introduction to Yoga (section A)	Etymology of Yoga and definitions of Yoga in different Classical Yoga Texts	4
	Brief Introduction to Origin, History and Development of Yoga	
	Aim, Objectives and Misconceptions about Yoga	
	General Introduction to Shad-Darshanas with special reference to Samkhya and Yoga	
	General Introduction to four paths of Yoga	
Introduction to Patanjali (section B)	Definition, nature and aim of Yoga according to Patanjali	8
	Concept of <i>Chitta</i> and <i>Chitta Bhumis</i>	
	<i>Chitta-vrittis</i> and <i>Nirodhopaya</i> ( <i>Abhyasa</i> and <i>Vairagya</i> )	
	Concept of <i>Ishwara</i> and <i>Ishwara Pranidhana</i>	
	<i>Chitta Vikshepas</i> ( <i>Antarayas</i> ) and their associates ( <i>Sahabhuva</i> )	
	Concept of <i>Chitta Prasadana</i> and their relevance in mental well-being	
	<i>Kleshas</i> and their significance in Yoga	
	Ashtanga Yoga of Patanjali : its purpose and effects, its significance	
<b>TOTAL (hrs)</b>		<b>12</b>

**Reference Books:**

1. Pātañjala Yogasūtra by P. V. Karambelkar, Kaivalyadhama, Lonavla, India.
2. Śrīpātañjalayogadarśanam– Original Samskṛta, Padaccheda, and Transliteration by Dr. Rajani Pradhan, Kaivalyadhama, Lonavla, India.
3. Indian Philosophy by S. Radhakrishnan

**PAPER 2**  
**Introduction to Hatha Yoga**  
**& Yoga and Value Education**

TOPICS	SUB-TOPICS	HRS
Yoga and Value Education (section A)	Concept of Value- Nature, Role and Classification	4
	Rationale of Value Education	
	Aims and Objectives of Value Education	
	Yoga as a Method of Value Education	
	Contribution of Swami Kuvalayananda-ji in Philosophico-Literary Research	
Introduction to Hatha Yoga (section B)	Introduction to important Hatha Yoga Texts with special reference to Hathapradipika and Gheranda Samhita	8
	Concept of Yogic Diet	
	<i>Concept of Sadhaka and Badhaka Tattwa (Conducive and Non- Conducive Factors) in Hatha Yoga</i>	
	Concept of <i>Ghata</i> and <i>Ghata Shudhhi</i> in Gherenda Samhita	
	Purpose and utility of <i>Shat-kriyas</i> in Hatha Yoga	
	Purpose and utility of Asana in Hatha Yoga	
	Purpose and importance of Pranayama in Hatha Yoga	
	Difference between Yoga Asana and Vyayama (Non-Yogic Physical Practices)	
	Principles of Yoga and Yogic Practices	
Guidelines for Instructors		
<b>TOTAL (hrs)</b>		<b>12</b>

**Reference Books:**

1. Hathapradipika – Svamaram, Kaivlyadhama , S.M.Y.M., Samiti, Lonavla, Distric Pune 410403 Maharashtra India.
2. Gherand Samhita -Kaivlyadhama , S.M.Y.M., Samiti, Lonavla, Distric Pune 410403 Maharashtra India.
3. Values The Key to a Meaningful life, Published By The President Sri RamaKrishna Math Mylapore , chennai-4.
4. Education In Values : NCERT



**PAPER 3**  
**Yoga: Anatomy and Physiology**

<b>TOPICS</b>	<b>SUB-TOPICS</b>	<b>HRS</b>
Introduction to Human Systems, Yoga and Health	The Nine Systems of Human Body	12
	Functions of different systems of Human Body	
	Introduction to Sensory Organs	
	Neuromuscular coordination of Sensory Organs	
	Basics of Exercise Physiology	
	Homeostasis	
	Benefits of Various asana on different parts of the human body	
	The limitations and contra-indications of specific Yoga practices	
<b>TOTAL (hrs)</b>		<b>12</b>

**Reference Books:**

1. Anatomy and Physiology: Yogic Context by Dr. Sharadchandra Bhalekar.



**PAPER 4**  
**Applied Yoga**  
**(Wellness, Prevention, Positive Health, Stress Management and**  
**Mental Health)**

<b>TOPICS</b>	<b>SUB-TOPICS</b>	<b>HRS</b>
Yoga for Wellness - Prevention and Promotion of Positive Health (section A)	Health, its meaning and definitions	5
	Yogic concepts of health and diseases	
	Yogic principles of Healthy-Living	
	Introduction to yogic diet and nutrition	
	Concept of Pancha kosha	
	Concept of Triguna	
	Concept of Panchamahabhutas	
Yoga & Stress Management (Yoga & Mental Health) (section B)	Define Mental health, Holistic Health, Medical & Yogic perspective	2
	Definition of Yoga in relation to Mental health	5
	Human Psyche: Yogic and modern concepts, Behavior and Consciousness	
	Frustration, Conflicts, and Psychosomatic disorders	
	Relationship between Mind and Body	
	Mental Hygiene and Role of Yoga in Mental Hygiene	
	Mental health: a Yogic perspective	
	Prayer and meditation for mental health	
	Psycho-social environment and its importance for mental health (Yama and Niyama)	
	Concept of stress according to modern science and Yoga	
	Role of Yoga in Stress management	
Role of Yoga for Life management		
<b>TOTAL</b>		<b>12</b>

**Reference Books:**

1. Yoga and Mental Health by Prof. R. S. Bhogal

## PAPER 5 TEACHING PRACTICE

TOPICS	SUB-TOPICS	HRS
Teaching and Learning	Define Teaching Methods	1
	Concept of Teaching	
	Concept of Learning	
Source of Teaching Methods	Yogic Principles 1. Principles of Asana 2. Principles of Pranayama 3. Principles of Shuddhi Kriya, Mudra & Bandha	4
	Anatomico-Physiological Principles	
	Psychological Principles	
	Educational Principles	
	Sociological Principles	
Class Management	Discipline- Beginners, Advanced, Mixed, Small/Large, Patients/Special Groups	2
	Class Arrangement – Conducive Environment, Safety Measures	
	Seating Arrangement	
	Teaching Aids - Types of Teaching Aids, Principles of Selecting Teaching Aids	
Lesson Plan	Need of Lesson Plan	3
	Guidelines for preparing a Yogic Lesson Plan	
	Model Lesson Plan	
Teaching Methods	Different Methods used in Yoga Teaching, Instructions, Corrections	2
	Factors Influencing Method	
	Communication Skills – Verbal & Non-Verbal	
	Ideal Qualities of a Teacher	
Lesson Presentation	Lesson Presentation by students (1 Lesson per student of 20 min each)	-
<b>TOTAL</b>		<b>12</b>

### Reference Books:

1. Teaching Methods for Yogic Practices by Dr. ML Gharote & Dr. S.K. Ganguly
2. Notes on Basic Principles and Methods of Teaching as Applied to Yogic Practices by Dr. Shrikrishna
3. “Asanas” by Swami Kuvalayananda
4. “Pranayama” by Swami Kuvalayananda
5. “Asana Why & How” by O.P. Tiwari



## YOGA PRACTICALS

### ASANAS (49 hrs)

#### Supine Asanas

Shavasana  
Ardhahalasana (one leg/ both leg)  
Uttanapadasana  
Pawanamuktasana (Ardha /Purna)  
Setubandhasana  
Naukasana (Supine)  
Viparitarani  
Sarvangasana  
Matsyasana  
Halasana

#### Prone Asanas

Bhujangasana  
Ardhashalabhasana  
Shalabhasana  
Naukasana (Prone)  
Dhanurasana  
Makarasana

#### Sitting Asanas

Vakrasana  
Ardhamatsyendrasana  
Janushirasana  
Paschimotanasana  
Parvatasana  
Vajrasana  
Ustrasana  
Yoga mudra  
Akarnadhanurasana  
Kakasana (Bakasana)  
Simha Asana  
Mandukasana  
Uttana Mandukasana

#### Standing Asanas

Tadasana

Chakrasana (Lateral)

Vrikshasana  
Padahastasana  
Trikonasana

#### Meditative Asana

Ardhapadmasana (Virasana)  
Padmasana  
Swastikasana  
Samasana  
Siddhasana

### OTHER PRACTICES

Brahma Mudra  
Uddiyana Bandha (Bahya)

### BREATHING & PRANAYAMA (14 hrs)

Preparatory Breathing Practices

- Abdominal
- Thoracic
- Clavicular
- Full Yogic

Anuloma Viloma

Ujjayi

Sheetali

Sheetakari

Bhramari

Suryabhedana

Bhastrika

### KRIYAS (5 hrs)

Kapalabhati

Jala Neti

Rubber Neti

Vamana Dhauti

Agnisaara



Trataka

**PRACTICES LEADING TO  
MEDITATION**

**(5 hrs)**

- Familiarity with and Demonstrated ability to perform Dharana and Dhyana and to demonstrate allied practices like Mudras, Mantra Japa etc
- Familiarity with the concept of environment for meditation and the benefits of meditation on health and well-being and its practical application in modern life
- **MANTRA RECITATION**
  - o Pranavajapa
  - o Swasti Mantra
  - o Gayatri Mantra
  - o Maha Mrityunjaya Mantra
  - o Om Stavan

**ADDITIONAL COMPONENTS,  
OTHER THAN KAIVALYDHAMA  
TRADITION**

Sukshma Vyayama (2 hrs)

- Neck
- Shoulder
- Trunk
- Knee
- Ankle

Suryanamaskar (6 hrs)

Sadanta Pranayama

Chandrabhedan Pranayama