



**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)

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Education Govt. of Maharashtra)

**SYLLABUS OF**

**POST GRADUATE DIPLOMA IN YOGA**

**EDUCATION (P.G.D.Y.Ed.)**

**PAPER 1**  
**PRINCIPLES AND FUNDAMENTALS OF YOGA**

**Term 1**

	<b>Topics</b>	<b>Hrs</b>
1.1	Etymology of Yoga and definitions of Yoga in different Classical Yoga Texts	2
	Brief Introduction to Origin, History and Development of Yoga	
1.2	Familiarity with the teachings of Vedas	4
	Familiarity with the teachings of Principal Upanishads	6
	Familiarity with the teachings of Shad-darshana	6
	Familiarity with the teachings of Agama and Purana	4
1.3	Familiarity with the four schools of Yoga (Jnana Yoga, Bhakti Yoga, Karma Yoga and Raja Yoga) <ul style="list-style-type: none"> <li>- Jnana Yoga               <ul style="list-style-type: none"> <li>▪ Four stages of Jnana (Viveka, Vairagya, satsangata, mumukshutva)</li> <li>▪ Stages of Jnana Yoga practice (shravan, manana, Nidhidhyasana)</li> <li>▪ Seven major chakras, and its correlation to states of consciousness</li> <li>▪ The concepts of ida, pingla and the sushumna the central channel of energy running along the spine.</li> </ul> </li> <li>- Raja Yoga               <ul style="list-style-type: none"> <li>▪ Concepts and principles of Patanjala Yoga</li> <li>▪ Concepts and principles of Hatha Yoga (by Swatamarama)</li> </ul> </li> </ul>	<b>8</b>
<b>TOTAL</b>		<b>30</b>

**Term 2**

	<b>Topics</b>	<b>Hrs</b>
1.3	<ul style="list-style-type: none"> <li>- Bhakti Yoga               <ul style="list-style-type: none"> <li>▪ Navavidha Bhakti</li> <li>▪ Qualities of a bhakta</li> <li>▪ The pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, bhajans.</li> <li>▪ Satsang and the uplifting meaning of the chants helping to thin the activities of the mind</li> <li>▪ Mantra chanting, and their effect on the nadi and the chakras</li> <li>▪ Demonstrated ability to create a bhakti bhava during the chanting and singing</li> </ul> </li> <li>- Karma Yoga               <ul style="list-style-type: none"> <li>▪ The concept of karma Yoga</li> <li>▪ Prerequisites for a sthitaprajna</li> <li>▪ Sthitaprajnalakshana</li> <li>▪ The law of karma</li> </ul> </li> </ul>	4

1.4	Familiarity with the fundamental principles of Yoga (Pancha kosha, Pancha Bhuta, Pancha Prana, Shad-Chakras)	12
1.5	Familiarity with examples of concepts and models from the above teachings and philosophy, relevant to the practice of Yoga	2
1.6	Gurus and Masters - Familiarity with the concepts Of Teacher, Guru, Master, Lineage - Familiarity with the contribution of the yogis like Patanjali, Adishankaracharya, Aurobindo, Swami Vivekananda - Contribution of Swami Kuvalayananda-ji in Philosophico-Literary Research	12
<b>TOTAL</b>		<b>30</b>

**Reference Books:**

**Kaivalyadhama Publication:**

1. Patanjala Yogasutra - P. V. Karambelkar
2. The Quintessence of Yoga: Dr. Rajeshwar Mukherjee and Dr. Kakali Ghosh

**Other Publication:**

1. Indian Philosophy by S. Radhakrishnan
2. Raja Yoga Swami Vivekananda
3. Indian Philosophy Dutta and Chatterjee
4. Science of Yoga I. K. Taimini
5. Bhagavadgita : Swami Swarupananda (English)
6. Bhagavadgita: Swami Apurvananda (Hindi) / Geeta Press

**PAPER 2**  
**INTRODUCTION TO BASIC YOGA TEXTS**  
**(Patanjala Yoga Sutra & Bhagavat Geeta)**

**Term 1**

	Topics	Sub-topics		Hrs
2.1	The Yoga sutras of Patanjali	Samkhya	Evolution theory of Samkhya	3
		Relation	Samkhya & Patanjala Yoga Sutra	
		Patanjala Yoga Sutra	Traditional commentaries	
			Other related commentaries	
		Yoga Anushasana		23
		Concept of Citta		
		Citta Vritti		
		Citta Prasadana		
		Panch Klesha		
		Ashtanga Yoga		2
		Concept of Ishvara	Practice of Ishvarapranidhana	
		Kriyayoga	Concept and practices of Kriya Yoga	
		Chaturvyuha	Heya, Heyahetu, Hana and Hanaopaya	
		Yoga-anga-abhyasa	Concept and practice	
Yoga-anga-anushthana	Concept and practice			
<b>TOTAL</b>				<b>28</b>

**Term 2**

	Topics	Sub-topics		Hrs
2.1	The Yoga sutras of Patanjali	Samkhya	Satkaryavada	2
		Concept of Samadhi	Samprajnata, Asamprajnata	21
			Samapatti, Nirbija Samadhi	
		Viveka-khyati	Concept and practice	
		Ritambhara-prajna	Concept and practice	
Saptabhumi-prajna	Concept and practice			
2.2	The Bhagavat Gita	The context of the Bhagavat Gita		5
		Principles and concepts of the streams of Yoga as per the Bhagavat Gita		
		The concept of Karma, Sthitha Prajna, Bhakti in the Bhagavat Gita		
<b>TOTAL</b>				<b>28</b>

**Reference Books:****Kdham Publications:**

1. Karambelkar, P. V. (2005). Pātañjala Yogasūtra. Kaivalyadhama, Lonavla, India.
2. The Quintessence of Yoga: Dr. Rajeshwar Mukherjee and Dr. Kakali Ghosh
3. Pradhan, R. (2019). Śrīpātañjalayogadarśanam– Original Sanskr̥ta, Padaccheda, and Transliteration. Kaivalyadhama, Lonavla, India.
4. Swami Maheshananda, Dr. B. R. Sharma, Shree G. S. Sahay, Shree R. K. Bodhe, Dr. B. K. Jha, Shri Chaman Lal Bhardwaj. (1991). Yoga Kośa. Kaivalyadhama, Lonavla, India.

**Hindī books:**

1. Āraṇya, S. S. H. (1980), Pātañjala Yogadarśana, Vyāsa Bhaṣya, Uska Hindī Anuvāda tathā suviśada vyākhyā. New Delhi, India: Motīlāla Banārasīdāsa.
2. Rāmdeva, S. (2005). Mahaṛṣi Patañjalipraṇīta Yogadarśana Hindī vyākhyā sahita. Haridwāra, U. P., India: Divya Prakāśana.
3. Vivekānanda, S. (2010), Rājayoga. Nagpur, Maharashtra, India: Ramakrishna Maṭha.
4. Vivekānanda, S. (2011). Sarala Rājayoga. Nagpur, Maharashtra, India: Ramakrishna Maṭha.
5. Sharma, N. (2007). Śrīmadīśvarakṛṣṇa-viracitā Saṅkhyakārikā Anvay-artha-Gaudapādabhāṣya-bhāṣyānuvāda-ṭippaṇī-viśadabhūmikā-sahitā. Delhi, India: Parimala Publications.
6. Jagannathshastri, A. (2010). Śrīmadīśvavakṛṣṇa-viracitā Saṅkhyakārikā Anvay-artha-Gaudapādabhāṣya-bhāṣyānuvāda-ṭippaṇī-viśadabhūmikā-sahitā. Delhi, India: Motilal Banarasida.
7. Satyānanda, S. (1976). Mukti ke cāra Sopāna. Munger, Bihar, India: Yoga Publications Trust.

**English books:**

1. Āraṇya, S. S. H. (2000), Yoga Philosophy of Patañjali With Bhāsvatī. Calcutta, India: University of Calcutta.
2. Radhakrishnan, S. (1989). Indian philosophy, volume 1. Delhi, India: Oxford University Press. ISBN 019 5623487.
3. Satyānanda, S. (1976). Four Chapters on Freedom. Munger, Bihar, India: Yoga Publications Trust. ISBN 81-85787-18
4. Vivekānanda, S. (2010), Rājayoga. Nagpur, Maharashtra, India: Ramakrishna Maṭha.
5. Vivekānanda, S. (2011). Conquering the internal nature- Rājayoga. Kolkata, India: Advaita Aśrama.



6. Indian Philosophy Dutta and Chatterjee
7. Science of Yoga I. K. Taimini

**Marāthī:**

1. Rastogi, Dr. L. (2010).Sāṅkhyatattvadīpikā. Nagpur, Maharashtra, India: Shri Mangesh Publishers.

**Internet / Youtube:**

1. <https://kdham.com>
2. <https://www.youtube.com/user/ChinfoChannel/playlists>

**PAPER 3**  
**HATHAYOGIC TEXTS; YOGA & CULTURAL SYNTHESIS & VALUE**  
**EDUCATION**

**Term 1**

	<b>Topics</b>	<b>Sub-topics</b>		<b>Hrs</b>
3.1	Hatha Yoga Texts	Introduction the hatha Yoga parampara		11
		General introduction to hatha Yoga texts		
		Concept of Mitahara, Pathya, Apathya, Types of Yoga aspirants		
		Badhak Tatva and Sadhak Tatva, principles to be followed by Hatha Yoga practitioner		
		Shatkarma as described in <b>Hatha Yoga Pradipika</b>		10
		Shatkarma as described in <b>Gheranda Samhita</b>		
3.2	Yoga and Value Education	Yoga and Value Education	Concept of Value - Nature and Role	8
			Classification of Values	
			Indian Traditional Classification of Values - Purushartha and Panchakosha	
			Values and Education	
			Rationale of Value Education	
			Meaning of Value Education	
			Aims and Objectives of Value Education	
<b>TOTAL</b>				<b>29</b>

**Term 2**

	<b>Topics</b>	<b>Sub-topics</b>		<b>Hrs</b>	
3.1	Hatha Yoga Texts	Asanas, Pranayama, Bandhas, Mudras, Pratyahara, Dhyana and Samadhi as described in <b>Hatha Yoga Pradipika</b>		7	
		Asanas, Pranayama, Bandhas, Mudras, Pratyahara, Dhyana and Samadhi as described in <b>Gheranda Samhita</b>			
		Svarodaya Jnana	Importance of Svarodaya Jnana with special reference to Shiva Svarodaya		2
			Relevance of Svara Jnana in health and disease		
3.2	Yoga and Value Education	Yoga and Value Education	Content of Value Education	20	
			Role of teacher in Value Education		
			Methods of Value Education		
		Yoga as a Method of Value Education	Contribution of Ashtanga Yoga With reference to Yama and Niyama		
			Contribution of Hathayoga with reference to a few Asanas		

			Contribution of Kriyayoga - Tapa, Swadhyaya, and Ishwarapranidhana towards Value Education	
3.3	Yoga and Culture	Yoga and Culture	Various Definitions	
			Understanding Civilization	
			Relation: Culture and Civilization	
			Yoga, Culture and Humanitarianism	
		Yoga and Indian Culture	Indian and Western Cultural - a brief introduction	
			Salient features of Indian Culture	
Indian Culture and Yoga				
3.4	Yoga and Religion	Religion	Concept of religion: meaning and Significance	
		Unity in Diversity of World Religions	Yoga and Buddhism	
			Yoga and Jainism	
			Yoga and Islam	
			Yoga and Christianity	
3.5	Mysticism	Mysticism	Yoga & Mysticism	
<b>TOTAL</b>				<b>29</b>

### Books

1. An Introduction to Indian Philosophy, By Satischandra Chattrjee and Dhirendramohan Datta, Published By Sri Pradip Kumar Ghosh Superintendent, Calcutta University Press 48, Hazra Road, Kolkata-700019 Year 2008
2. A Critical of Indian Philosophy, By Chandradhar Sharma, published By Motilal Banarsidaa Private Limited Delhi Reprinted 2013
3. World Religions, By Swami Sivananda, Published by Jaico Published House 121 Mahatma Gandhi Road Mumbai-400001 Year 2008
4. Aadhunik Privesh mai Bhartiya Samskriti, By Dr. Sivkumar Ojha, Published By Khemraj Shrikrishnadass Prop: Shri Venkateshwar Press Khemraj Shrikrishna marg. 7th Khetwadi , Mumbai -400004.
5. Values The Key to a Meaningful life, Published By The President Sri RamaKrishna Math Mylapore , chennai-4.
6. Education In Values : NCERT
7. Bharatiya Samskriti Spectrum of India's culture, By Sane Guru ji Published by Bharatiya Vidya Bhavan and Sadhana Prakashan, Kulapti K.M. Munshi Marg: Mumbai-400007

### References

1. The Encyclopedia of Philosophy Vol. 1 to 8 By Paul Edward, Published by Macmillan Publishing Co., Inc. & The free press New York, London, Reprint in 1972
2. A Concise Encyclopedia of Hinduism Val. 1 to 3 Written and Published by Swami Hashananda, President, Ramakrishna Math Bull Temple Road, Bangalore -560019





**HATHAYOGIC TEXTS; Hathayoga Books**

1. Hathapradipika – Svatmaram, 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. Hathapradipika -Jyotsna- Kaivlyadhama , S.M.Y.M., Samiti, Lonavla, Distric Pune 410403 Maharashtra India.

**References**

Yoga Kosha – The New Edition- Kaivlyadhama, S.M.Y.M., Samiti, Lonavla, Distric Pune 410403 Maharashtra India.

**PAPER 4**  
**APPLICATIONS OF YOGA - I**  
**(Anatomy & Physiology & Diet)**

**Term 1**

	<b>Topics</b>	<b>Sub-topics</b>	<b>Hrs</b>
4.1	Introduction to Anatomy and physiology	Meaning of the subject	1
		Meaning of the basic terms – Traditional & Modern	
		Importance of the subject	
		Yoga in view of Anatomy and Physiology	
4.2	Human Anatomy Physiology	Familiarity with the major systems in the body – skeletal, muscular, respiratory, nervous, cardio-vascular, endocrine, excretory, digestive and reproductive	15
		Familiarity with the effects, benefits and contra-indications of Hatha Yoga as compared to other forms of exercise - on the joints, bones, muscles, heart, brain and so on, and therefore on health and well-being	4
		Familiarity with the benefits of various asana on different parts of the human body	
4.3	Obstacles	Familiarity with obstacles in Yoga practices	
		Familiarity with limitations and contra-indications of specific Yoga practices	
4.4	Yogic diet	Familiarity with the Triguna	4
		Familiarity with an Ayurvedic approach to diet and nutrition; and the ethical and spiritual reasons for a saatvik vegetarian diet	
		Familiarity with the different diets, and its effects on the anatomy and physiology, Yogic diet – a lacto vegetarian, saatvik approach to food	
		Familiarity with the benefits of Yogic diet on the physical and mental well-being and as an enabler for further practice of Yoga	
4.5	Yama, Niyama - Scientific View	Concept of Yama	1
		Concept of Niyama	
		Cultivation of correct psychological attitude	
		Psychophysical reconditioning	
4.6	Asana-Scientific View	Physiology of Asana	4
		Types of Asana	
		Explanation of Fundamental Asanas	
		Precautions during Asanas	
<b>TOTAL</b>			<b>29</b>

**Term 2**

	<b>Topics</b>	<b>Sub-topics</b>	<b>Hrs</b>
4.7	Pranayama, Mudra- Scientific View	Psychophysiological effect of Pranayama	29
		Types of Pranayama	
		Advancement in Pranayama	
		Importance of Mudra	
4.8	Kriya- Scientific View	Importance of Kriya	
		Physiology of each Kriya	
		Precautions during Kriya	
		Researches in Kaivalyadhama about Kriya	
4.9	Pratyahara and Meditation- Scientific View	Concept of Pratyahara	
		Meaning of Dharana-Dhyana	
		Research in Meditation	
		Techniques about Meditation	
4.10	Nadi, Chakra Concept	Concept of Nadi	
		Concept of Chakras	
		Concept of Prana	
		References about Awakening-Traditional	
		Scientific Interpretation and its Limitations	
4.11	Samadhi and Klesha (Health and Disease)	Cortico-Limbic Balance	
		Limbico-Endocrine Balance	
		Endocrine-Metabolic Balance	
		Intracellular Balance	
		Meaning of Klesha and Antaraya	
4.12	Injuries due to faulty Yogic practices.	Meaning of Yoga injury	
		Causes of Injuries	
		Some common Injuries during Asana	
		Some common injuries during Pranayama	
		Some common injuries in Kriya	
4.13	Physiology of Stress	Physiology of Stress	
		Understanding concept of Stress	
		Understanding of Vishada Yoga	
		Stress and its Yogic Approach	
4.14	Awareness of Yoga Therapy	Applications, Indications, Contra-indications and Limitations	
4.15	Swami Kuvalayananda-ji	Contribution of Swami Kuvalayananda-ji in Scientific Research of Yoga	
<b>TOTAL</b>			<b>29</b>



**Reference Books:**

**Kaivalyadhama Publication:**

1. Anatomy & Physiology of Yogic Practices by Dr. M. M. Gore
2. Anatomy & Physiology - Yogic Context by Dr. Sharadchandra Bhalekar
3. Pranayama Mudra and Meditation by Dr. Sharadchandra Bhalekar
4. "Asana" by Swami Kunalayananda
5. "Pranayama" by Swami Kunalayananda

**Other Publication:**

1. Principles of Anatomy & Physiology by G.J. Tortora and B. Derrickson

**PAPER 5**  
**APPLICATIONS OF YOGA - II**  
**(Yoga & Mental Health)**

**Term 1**

	<b>Topics</b>	<b>Sub-topics</b>	<b>Hrs</b>
5.1	Psychology	Familiarity with Concepts of cognition, perception	5
		Familiarity with Theories of cognition and non-cognition	
		Familiarity with Personality traits and classification	
		Familiarity with the Indian Psychology	
		Psychology as per Bhagavat Gita	
		Psychology as per the Yoga Sutras of Patanjali	
5.2	Need of 'Yoga & Mental Health' in the context of Yoga Psychology	Need of Yoga & "Mental Health" in the context of Darshanas	12
		Introduction to Psychology: Its origin, history, Similarities and dissimilarities between Science of Yoga & Modern Psychology	
5.3	Psychology & Yoga	Psychological definition of Yoga: Its advantages & limitations	12
		Definition of Health, Mental Health, Total Health;	
		Psychological (qualitative aspect) & Yogic perspectives of Health (Patanjala Yoga Sutra, Bhagwat Gita & other Upanishads)	
		Definition of Mental Hygiene & Total Hygiene	
5.4	Concept of Normality Tackling Abnormality through Yoga as Therapy	Normality in Yoga and Psychology	12
		Theories and models in Psychology	
		Existential abnormalities / disorders: <ul style="list-style-type: none"> <li>i. Freudian approach</li> <li>ii. Patanjala Yoga Sutra approach</li> <li>iii. Hatha Yoga approach</li> </ul>	
		Basic Principles of Yoga as Therapy as per Patanjala Yoga Sutra	
		Causes and remedial measures on all existential Disorders as per Patanjala Yoga Sutra	
		Remedial measures on all existential Disorders: <ul style="list-style-type: none"> <li>i. Laghu Yoga Vasishth</li> <li>ii. Hathapradipika</li> </ul>	
<b>TOTAL</b>			<b>29</b>

**Term 2**

	<b>Topics</b>	<b>Sub-topics</b>	<b>Hrs</b>
5.5	Personality Integration through psychology & Yoga	Personality Development in Psychology & in Yoga	8
		Development of Modern theories of Personality (Nature & Nurture)	
		Indian approach to personality and personality integration in the context of Triguna, Panca Kosha & Citta Bhumi	
5.6	Adjustment through Attitude Change	Personal and interpersonal adjustment through yogic methods – Yamas & Niyamas	7
		Attitude change towards Yoga through individualized counseling, Psychological & Yogic methods	
	Adjustment through tackling Conflict & Frustration	Tackling ill effects of Conflict and Frustration through Yogic methods	
		Counseling for Adjustment: Psychological, Philosophical and Yogic Synthesis between Psychology and Yoga towards a total Personality Development	
5.7	Stress	Concept of Stress: Modern Psychological	14
	Stress Management	Stress Management Methods in Modern Psychology & in Yoga	
		A brief account of psycho-physiological and Attitude Forming Methods in Patanjala Yoga Sutra, Bhagwat Gita & other Upanishads useful for Stress Management	
5.8	Yogic Lifestyle	Yogic Life Style for Self Development: Practical Methods in Yoga	
5.9	Prayer	Prayer: a Cross-Cultural Approach: Psychological perspectives of Prayer for Mental (Emotional) & Spiritual Development	14
		Psychological Reasoning of Prayer	
		Benefits of prayer for <ol style="list-style-type: none"> <li>i. The Yoga Sadhaka</li> <li>ii. The Common Man</li> </ol>	
<b>TOTAL</b>			<b>29</b>

**Reference Books:**

**Kaivalyadhama Publication:**

1. Yoga and Mental Health by Prof. R. S. Bhogal
2. Yoga and Modern Psychology by Prof. R. S. Bhogal

**Other Publication:**

1. Psychology by Sandra Ciccarelli
2. Introduction to Psychology by Clifford Morgan



3. Introduction to Psychology by M. Marx
4. Indian Psychology by Indra Sen
5. सामान्य मनोवैज्ञान - एस एस माथुर (हिन्दी)
6. सामान्य मनोवैज्ञान - सीताराम जयसवाल (हिन्दी)

## PAPER 6

### Communication & Teaching Practice

**Term 1:** All topics (except Students Lesson Presentations); Mid-Term Theory Paper of 100 Marks on all topics.

**Term 2:** 4 Lesson Presentations by each student (15 Marks x 4 lessons = 60 Marks for teaching)

Unit	Topics	Sub-topics	Hrs
6.1	Need of practice teaching and its use in Yogic practice	Teaching, Learning, Education	1
		Ancient and Modern Education Systems	
	Yoga and Yogic practices	Concept of Yoga	4
		Yogic Practices: Asanas, Pranayamas, Bandhas & Mudras, Kriyas, Meditation	
Misconceptions of Yoga			
Sources of Misconceptions			
6.2	Meaning and Scope of Teaching Methods	Methodology	4
		Different Teaching Methods	
		Relevance of Teaching Methods in Yoga Education	
		Factors influencing Methods of teaching	
		Communication Skills – Verbal & Non-verbal	
		Ideal Qualities of a Teacher	
	Teaching aids	Meaning	1
Need of Teaching Aids			
6.3	Scientific Principles of Teaching	Anatomico-Physiological Principles	3
		Psychological Principles	
		Educational/Pedagogic Principles	
		Sociological Principles	
		Yogic Principles	
6.4	Class Management	Meaning & Need	3
		Classroom/Hall Management, Conducive Environment, Safety Measures	
		Grouping of participants	
		Lesson Planning	
		Dealing with Difficult Students	
		Class Formation	
		Instructions & Corrections	



6.5	Lesson Plan	Meaning and Need	4
		Importance of Lesson Plan	
		Guidelines for preparing Lesson	
		Steps in a Yogic Lesson	
		Time Management – Meaning & Importance	
6.6	Lesson Presentation	Lesson Presentation by students (4 Lessons per student of 20 min each)	-
<b>TOTAL</b>			<b>20</b>

**Reference Books:**

**Kaivalyadhama Publication:**

1. Teaching Methods for Yogic Practices by Dr. M.L. Gharote & Dr. S.K. Ganguly
2. Notes on Basic Principles and Methods of Teaching as Applied to Yogic Practices by Dr. Shrikrishna
3. Yoga Modules for Institutions of Higher Learning by G.S. Sahay and Subodh Tiwari
4. "Asanas" by Swami Kuvalayananda
5. "Pranayama" by Swami Kuvalayananda
6. "Asana Why & How" by O.P. Tiwari

**Other Publication:**

1. Yogasana - Teacher's Guide (National Council of Education Research and Training)
2. Teaching Yoga by Donald G Butler



## PRACTICAL

### Term 1

#### ASANAS

##### Supine Asanas

Shavasana  
Ardha Halasana (One leg/both legs)  
Uttana Padasana  
Pawanamuktasana (Ardha/Purna)  
Setubandhasana  
Crocodile variations  
Naukasana (Supine)  
Matsyasana  
Halasana

##### Prone Asanas

Makarasana  
Niralambasana  
Marjari Asana  
Bhujangasana  
Sarpasana  
Ardha Shalabhasana  
Shalabhasana  
Co-ordination Movement (Prone)  
Naukasana (Prone)  
Dhanurasana

##### Sitting Asanas

Vajrasana  
Bhadrasana  
Gomukhasana  
Parvatasana  
Janushirasana  
Paschimottanasana  
Vakrasana  
Supta Vajrasana  
Yoga Mudra  
Ushtrasana  
Mandukasana  
Uttana Mandukasana

##### Standing Asanas

Tadasana  
Chakrasana (Lateral)  
Vrikshasana  
Utkatasana  
Konasana  
Trikonasana  
Natrajasana  
Padhastasana  
Garudasana

##### Inverted Asanas

Viparitkarani  
Sarvangasana

##### Advanced Asanas

Gorakshasana

##### Meditative Asanas

Virasana  
Swastikasana  
Samasana  
Padmasana

##### Drishti

Bhru Madhya Drishti  
Nasagra Drishti  
Jatru Drishti

**BREATHING & PRANAYAMA**

## Preparatory Breathing Practices

- Abdominal
- Thoracic
- Clavicular
- Full Yogic

Anuloma-Viloma

Ujjayi

Suryabhedana

Shitali

Sitkari

Bhramari

**MUDRAS & BANDHAS**

Brahma Mudra

Simha Mudra

Jivha Bandha

Uddiyana Bandha (Bahya)

**SHUDDHI KRIYA**

Kapalabhati

JalaNeti

Rubber Neti

Vaman Dhauti

**MANTRA CHANTING**

- Pranava Japa
- Swasti Mantra
- Om Stavan
- Savitropasana
- Rudropasana
- Mahapurushavidya
- Bhagvadgita Chapter 15
- Patanjala Yoga Sutra (*Pada I, II, III upto 8 Sutras*)

**ADDITIONAL COMPONENTS, OTHER THAN KAIVALYDHAMA TRADITION**

## Sukshma Vyayama

- Neck
- Shoulder
- Trunk
- Knee
- Ankle

Suryanamaskar

Sadanta Pranayama

Chandrabhedan Pranayama

**Term 2****ASANAS****Supine Asanas**

Chakrasana (Backward)

**Sitting Asanas**

Ardha Matsyendrasana

**Inverted Asanas**

Shirshasana

**Advanced Asanas**

Akarna Dhanurasana

Tolangulasana

Bakasana

Padma Bakasana

Ugrasana

Shirsha Padangushthasana

Kapotasana

Rajkapotasana

Matsyendrasana

Kurmasana

Kukkutasana

Uttana Kurmasana

Hansasana

Mayurasana

Vatayanasana

Karnapidasana

Padangushthasana

Ek Padaskandhasana

**Meditative Asanas**

Siddhasana

**BREATHING & PRANAYAMA**

Bhastrika

**MUDRAS & BANDHAS**

Mula Bandha

Jalandhara Bandha

Uddiyana Bandha (Antar)

**SHUDDHI KRIYA**

Agnisara

Nauli

Trataka

Danda Dhauti

Vastra Dhauti

Shankha Prakshalana (Varisara)

**MEDITATION**

- Knowledge and Demonstrated ability to perform Pratyahara, Dharana, Dhyana and to demonstrate allied practices like Mudras, Japa Mala, Mantras, relaxation
- Demonstrated ability to perform meditation
- Knowledge of the environment for meditation and the benefits of meditation on health and its practical application in modern life



**Reference Books:**

**Kaivalyadhama Publication:**

1. "Asanas" by Swami Kuvalayananda
2. "Pranayama" by Swami Kuvalayananda
3. "Yogic Therapy" by Swami Kuvalayananda & Dr. Vinekar
4. Yoga Mimamsa Articles
5. "Asana Why & How" by O.P. Tiwari
6. Devayajan