



KAIVALYADHAMA
Where Yoga tradition and Science meet

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

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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 (Patanjali Yoga Sutra, Bhagwat Gita, and Kathopanishad)	4
	Brief Introduction to Origin, History and Development of Yoga	
	Aims, Objectives and Misconceptions about Yoga	
	General Introduction to Shad-Darshanas with special reference to Samkhya and Yoga	
	General Introduction to four paths of Yoga (Karma Yoga, Jnana Yoga, Bhakti Yoga and Raj Yoga)	
Introduction to Patanjali (section B)	Brief Introduction of Four chapters of PYS	8
	Concept of <i>Chitta</i> and <i>Chitta Bhumis</i>	
	<i>Chitta-vrittis</i> and <i>Nirodhopaya</i>	
	1. <i>Abhyasa Vairagya</i>	
	2. Kriya Yoga	
	3. Ashtanga Yoga	
	Concept of <i>Ishwara</i> and <i>Ishwara Pranidhana</i>	
	<i>Chitta Vikshepas (Antarayas)</i> and their associates (<i>Sahabhuva</i>)	
	Concept of <i>Chitta Prasadana</i> and their relevance in mental well-being (PYS Ch. 33 and 34)	
Concepts of <i>Kleshas</i> and techniques of their elimination.		
Ashtangas of Patanjali : Meaning and significance		
TOTAL (Hrs)		12

Reference Books:

1. Pātañjala Yogasūtra by P. V. Karambelkar, Kaivalyadhama, Lonavla, India.
2. Śrīpātañjalayogadarśanam– Original Samskr̥ta, Padaccheda, and Transliteration by Dr. Rajani Pradhan, Kaivalyadhama, Lonavla, India.
3. Indian Philosophy by S. Radhakrishnan
4. Outlines of Indian Philosophy by M.Hiriayanna
5. Indian Philosophy by Chatterjee and Dasgupta
- 6.

PAPER 2
“Introduction to Hatha Yoga” &
“Yoga and Value Education”
(Number of Hours: 12)

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	
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 (Mitahara)	
	<i>Concept of Sadhaka and Badhaka Tattwa (Conducive and Non-Conducive Factors) in Hatha Pradipika</i>	
	Concept of <i>Ghata</i> and <i>Ghata Shudhhi</i> in Saptanga Yoga of Gheranda 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	
	Brief Reference to Mudras	
Brief Introduction to “Nadanusandhan” in HP and “Dhyan” in GS		
	Contribution of Swami Kuvalayananda-ji through Philosophico-Literary Research	
TOTAL (Hrs)		12

Reference Books:

1. Hathapradipika – Svamimaram, 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
5. Yoga and Value Education by Prof. R.K.Bodhe, Kaivalyadhama, Lonavla

PAPER 3
Yoga: Anatomy and Physiology
(Number of Hours: 12)

TOPICS	SUB-TOPICS	HRS
Introduction to Human Systems, Yoga and Health	Cell, Tissue, Organ and Systems of Human Body	12
	Functions of nine systems of Human Body	
	Introduction to Sensory Organs	
	Neuro –Endocrine and Neuro muscular mechanism and Yoga	
	Basics of Exercise Physiology	
	Homeostasis	
	Benefits of Various Yoga Practices on different parts of the human body	
	The limitations and contra-indications of specific Yoga practices	
TOTAL (Hrs)		12

Reference Books:

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

PAPER 4
Applied Yoga
(Yoga and Well-being)
(Number of Hours: 12)

TOPICS	SUB-TOPICS	HRS
Traditional View of Sharira	Health, its meaning and definition (Refer WHO, Mental Health, concept of Svasthya, Holistic Health)	5
	Place of health and diseases-in Yoga (Including Trividh Dukkha, Adi, Vyadhi and Samadhi)	
	Yogic Lifestyle (Refer BG Shlok No 6.17)	
	Concept of Dosha, Dhatu and Mala	
	Concept of Pancha kosha	
	Concept of Triguna	
	Concept of Panchamahabhutas Concept of Ashtanga Personality	
Yoga & Stress Management (Yoga & Mental Health) (section B)	Concept of Mind with specific reference to Sankhya (Antakarana) Functions of Antakarana and Vrittis Blessing and Curse- The Mind (Bandhu and Ripu) Progress from Rajas and Tamas to Satva Concept of Stress- Eustress and Distress	3
	Definition of stress Etiology of stress Mechanism of stress, Symptoms, Signs and Complications Prevention and Management of Stress: Conventional Methods <u>Yogic Methods:</u> Awareness, strengthening of immunity by Asana Practice, Pranayama- The best anti- dote to stress, relaxation practices (Shavasana etc.), Mantra Chanting, Meditation Practices, etc.	4

	<p><u>Mind Control Techniques in Yoga:</u></p> <ol style="list-style-type: none"> 1 Yamas for Interpersonal Conflicts 2. Niyamas for personal Adjustment 3. Pranava Japa 4. Ekatattva Abhyasa 5. Chittaprasadhana Techniques 6. Pratipaksha Bhavana 7. Prayer <p><u>Yogic Counselling</u></p> <p><u>Personality and its development from Modern Psychological point of view</u></p> <ol style="list-style-type: none"> 1. Trait and Type Theory 2. Concept of Id, Ego and Super Ego by Freud 3. Need Hierarchy of Maslow <hr/> <p>Concept of Frustration and Conflicts</p> <p>Brief Understanding of Neurosis and Psychosis</p>	
Total		12

Reference Books:

1. Yoga and Mental Health by Prof. R. S. Bhogal
2. Sankhyakarika by Ishwarkrishna
3. Patanjali Yogasutras by Karambelkar
- 4.

PAPER 5
TEACHING PRACTICE
(Number of hours: 12)

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 Difference between Yoga Asana and Exercises (Non-Yogic Physical Practices)	4
	Anatomico-Physiological Principles	
	Psychological Principles	
	Educational Principles	
	Sociological Principles	
	Class Management	
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)	-
TOTAL		12

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
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- **MANTRA RECITATION**
 - Pranavajapa
 - Swasti Mantra
 - Gayatri Mantra
 - Maha Mrityunjaya Mantra
 - Om Stavan

ADDITIONAL COMPONENTS, OTHER THAN KAIVALYDHAMA TRADITION

Sukshma Vyayama (2 hrs)

- Neck
- Shoulder
- Trunk
- Knee
- Ankle

Suryanamaskar (6 hrs)

Sadanta Pranayama

Chandrabhedan Pranayama