



**KAIVALYADHAMAM®**

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)

Grant in Aid by Ministry of HRD, Government of India and Department of Higher & Technical Education Govt. of Maharashtra)

### **SYLLABUS OF YOGA TEACHERS TRAINING CERTIFICATE (Y.T.T.C.)**

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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
	Concepts of <i>Citta</i> and <i>Antahkarana</i> in the context of <i>Samkhya Darshana</i> Functions of <i>Citta</i> , <i>Antakarana</i> and <i>CittaVrittis</i> Concept of <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>Sahabhava</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	

<b>TOTAL (Hrs)</b>	<b>12</b>
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**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

**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	
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 Gherenda Samhita	
	Purpose and utility of <i>Shat-kriyas in Hatha Yoga</i>	
	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	
	<b>12</b>	

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**Reference Books:**

1. Hathapradipika – Svastmaram, 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**

<b>TOPICS</b>	<b>SUB-TOPICS</b>	<b>HRS</b>
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	
<b>TOTAL (Hrs)</b>		<b>12</b>

**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)**

TOPICS	SUB-TOPICS	HRS
Traditional View of <i>Sharira</i> Section A	Health, its meaning and definition (Refer WHO, Mental Health, concept of <i>Swasthya</i> , Holistic Health)	5
	Place of health and diseases in Yoga (Including <i>Trividh Duhkha, Adhi, Vyadhi</i> and <i>Samadhi</i> )	
	Yogic Lifestyle (Context B.G.VI)	
	Concept of <i>Dosha, Dhatu</i> and <i>Mala</i>	
	Concept of <i>Pancha kosha</i>	
	Concept of <i>Triguna</i>	
	Concept of <i>Panchamahabhuta</i> Concept of <i>Ashtanga Vyaktitva</i>	

<p>Yoga and Mental Health - Section B</p>	<p><b>Yoga and Stress Management:</b></p> <ul style="list-style-type: none"> <li>• Psychological Definition of Stress</li> <li>• Psycho-physiological mechanism of Stress</li> <li>• Stages of stress and progression of stress in the context of Klesha</li> <li>• Stress Prevention and Management through Yoga:             <ul style="list-style-type: none"> <li>○ Asana, Pranayama, yogic relaxation (Shavasana), Meditation, and Mantra Chanting as anti-dotes to stress.</li> <li>○ Techniques for Calming the Citta:                 <ul style="list-style-type: none"> <li>✦ Pranava Japa</li> <li>✦ Chitta prasadana</li> <li>✦ Pratipaksha Bhavanam</li> </ul> </li> </ul> </li> </ul>	<p>7</p>
	<p><b>Personality, Personality Disorders and Personality Development from Psychological viewpoint:</b></p> <ul style="list-style-type: none"> <li>• Personality concept and traits</li> <li>• Neuroticism and Psychoticism: Anxiety, Depression and other common personality problems</li> <li>• Concepts of Frustration and Conflict</li> <li>• <i>Yama</i> for interpersonal adjustment</li> <li>• <i>Niyama</i> for intrapersonal adjustment</li> <li>• Self-Actualization (Maslow's concept) and Self Realization (from Yoga Philosophy)</li> <li>• Benefits of yogic counselling in personality problems</li> <li>• Prayer and its benefits for personality</li> </ul>	
	<p>12</p>	

**Reference Books**

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

2. Yoga Psychology & Beyond by Dr. R. S. Bhogal
3. Mind and its functions in Indian Thought – J. P. Atreya
4. *Samkhyakarika* by *Ishwarakrishna*
5. *Patanjala Yogasutra* by Dr. P.V. Karambelkar

### 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 Difference between Yoga Asana and Exercises (Non-Yogic Physical Practices)	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 (62 hrs)

### Supine Asanas

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

### Prone Asanas

Bhujangasana  
Ardhashalabhasana/  
Shalabhasana  
Naukasana (Prone)  
Makarasana

### Sitting Asanas

Vakrasana  
Janushirasana/  
Paschimotanasana  
Parvatasana  
Vajrasana  
Ustrasana  
Yoga mudra  
Simha Asana  
Mandukasana/  
Uttana Mandukasana

### Standing Asanas

Tadasana  
Chakrasana (Lateral)  
Vrikshasana  
Padahastana  
Trikonasana

### Meditative Asana

Ardhapadmasana  
(Virasana)  
Padmasana  
Samasana

## OTHER PRACTICES

Brahma Mudra

## BREATHING & PRANAYAMA

Preparatory Breathing Practices

- Abdominal
- Thoracic
- Clavicular
- Full Yogic

Anuloma Viloma

Ujjayi

Sheetali

Bhramari

Suryabhedana

## KRIYAS

Kapalabhati

Jala Neti

Rubber Neti

Vamana Dhauti

Agnisaara Trataka

## PRACTICES LEADING TO MEDITATION

- Practice of Dharana, Dhyana, Mudra and Mantra Japa.

## MANTRA RECITATION

- Pranavajapa ○ Swasti Mantra ○ Gayatri Mantra ○ Maha Mrityunjaya Mantra ○ Om Stavan

### ADDITIONAL PRACTICES

Sukshma Vyayama

- Neck
- Shoulder
- Trunk - Knee
- Ankle

Suryanamaskar

Sadanta Pranayama

Chandrabhedan Pranayama