

KAIVALYADHAM S.M.Y.M. SAMITI'S
GORDHANDAS SEKSARIA COLLEGE OF
YOGA & CULTURAL SYNTHESIS

P.G.Diploma in Yoga Education

(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)

Paper 1 - Foundation of Patanjala Yoga Sutra

Sub-unit	Topic	Sub-topic
Introduction	Darśana	Vedas, Upaniṣads, Ṣaḍ-darśana
		Sāṅkhya & Yoga
		Yoga Darśana, Sāṅkhya Darśana commentaries
	Sāṅkhya	Duḥkhatraya, Utility (उपादेयता) of Sāṅkhya SK: 1, 2
		Sāṅkhya Evolution theory, SK: 22
		25 Elements (Prakṛti, Puruṣa) of Sāṅkhya SK: 3
		Concept of Trigūnas, SK: 12, 13
		Three Pramāṇas SK: 4-8
		Satkāryavāda SK: 9
		Concept of Cause & Effect' (कार्य-कारण/प्रकृति-विकृति)
Characteristics of Prakṛti (व्यक्त-अव्यक्त) & Puruṣa SK: 10,11,19		
Samādhipāda	Citta & Nirodhopāya	Yogānuśāsanam PYS: I: 1
		Citta, Citta-Bhūmis PYS: I: 2
		Citta-vṛttis PYS: I: 2-11
		Citta-vṛtti-nirodha Uttama, Madhyama, Adhama Adhikārīs VB
		Abhyāsa-vairāgya PYS: I: 12-16
	Samādhis	Samprajñāta & Asamprajñāta Samādhis PYS: I: 17-22
	Īśvara	Īśvara PYS: I: 23-29
	Antarāyas	Antarāyas, Vikṣepa-saha-bhūva PYS: I: 30-32
	Citta-prasādana	Citta-prasādana PYS: I: 33-34
		Sthitinibandhinī PYS: I: 35-39,40
	Samāpattis	Samāpattis PYS: I: 41-45
	Samādhis	Sabīja Samādhi, Nirbīja Samādhi PYS: I: 46-51
	Ṛtambharā Prajñā	Adhyātma-prasāda PYS: I: 47
Ṛtambharā Prajñā PYS: I: 48		
Sādhanapāda	Kriyāyoga	Kriyāyoga, its results PYS: II: 1,2
		Kleśās, PYS: II: 3-9
		Kleśa-Nivṛtti, Karmāśaya, Vipāka PYS: II: 10-15
	Catur vyūha	Heya, Heyahetu, Hāna, Hānopāya PYS: II: 16-27
	Yogāṅga (Bahiraṅga)	Yogāṅga-Anuṣṭhāna PYS: II: 28
		Viveka-khyāti, saptadhā prāntabhūmiḥ prajñā PYS: II: 26,27,28
		Yama-niyama-āsana-prāṇāyāma-pratyāhāra-dhāraṇā-dhyāna-samādhi PYS: II: 29
		Āsana, Prāṇāyāma, Pratyāhāra PYS: II: 46-55
		Yama-Niyama Siddhis PYS: II: 35-45
	Pratipakṣa-bhāvanā	Pratipakṣabhāvanā PYS: II: 33
Vitarkas PYS: II: 34		

Vibhoot i pāda	Yogāṅga (Antaraṅga)	Dhāraṇā-dhyāna-samādhi PYS: III: 1,2,3 Saṃyama PYS: III: 4-8
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Paper 2 Hatha Yoga Texts

Unit	Topics	Sub Topics
1.1	Introduction to Hathayoga	Meaning of Hathayoga Concept of Ghata- Ghatashuddhi Brief history-Natha Cult. Explanation of Basic Terms-Concept of Prana, Nadi and Chakras-Kundalini
1.2	Introduction to Hathayogic texts (Salient features of each text)	Hatapradipika Gheranda Samhita Goraksha shatak Shiv Samhita Hatharatnavali
1.3	Basic concepts of Ayurveda	Panchamahabhuta Dosha Dhatu Mala and Agni Concept of Prakriti Concept of Diet- Pathy-Apathya
1.4	Pre-requisites	Sadhak tatva Badhak tatva Concept of Mitahara/ Diet in relation with Triguna
1.5	Shatakarmas	View of Hathapradipika View of Gheranda samhita
1.6	Asana	View of Hathapradipika View of Gheranda samhita
1.7	Pranayama-Mudra- Bandha	View of Hathapradipika View of Gheranda samhita
1.8	Dharana- Dhyana-Samadhi Nadanusandhana	View of Hathapradipika View of Gheranda samhita
1.9	Swarayoga	Meaning and concept
1.10	Therapy aspect of hathayoga	Explanation of 5 th chapter of Hathapradipika

Paper 3: Foundation of Yoga / Cultural Synthesis

	Topic	Subtopics
1.1	Introduction Teachings in ancient texts	Definitions of Yoga in different classical texts Familiarity with teachings of Vedas Familiarity with teachings of Upanishadas Familiarity with teachings of Shad- darshanas Familiarity with the teachings of agama and Purana
1.2	Schools of yoga	Name of 4 schools 1.Jnana yoga- four stages of jnana (Vivek, Vairagya, Satsanga, Mumukshutva) Stages of Jnana Yoga practice (sravan, manan, nididhyasana) State of Consciousness in relation with Chakra, Nadi and Kundalini

		2. Karma yoga The concept of karma yoga- law of karma Prerequisites for a sthitaprajna Sthitaprajna- lakshana.
1.3	Yoga and Culture Yoga and Indian Philosophy Swami Kunalayananda's contribution	Salient features of Indian culture Indian culture and Yoga Samkhya and Yoga- concept of Soul-bondage and Liberation. Contribution of swami kunalayananda in the field of Yoga.
1.4	Yoga and Value Education	Content of value education Role of teacher in value education Methods of value education

	Topics	Subtopics
1.5	Schools of Yoga	3. Bhakti yoga Navavidha bhakti Qualities of Bhakta The pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, Mantra, Bhajanas. Satsang and the uplifting meaning of the chants helping to thin the activities of mind. 4. Raja yoga Concept and principles of patanjali in relation to Raj yoga Hathayoga Rajyoga correlation Concept of Panchkosha Chakra- nadis and their correlation to states of consciousness.
1.6	Guru and Masters	Familiarity with the concepts of Teacher, Guru, Master and Lineage. Familiarity with the contribution of Yogis- adishankaracharya, Vivekananda, Aurobindo etc.
1.7	Yoga and Religion Diversity in Religion Mysticism	Yoga and Buddhism Yoga and Islam Yoga and Christianity Yoga and Mysticism
1.8	Yoga- as a method of Value education	Contribution of astanga yoga with reference to yama – Niyama Contribution of Hathayoga with reference to a few asanas Contribution of Kriyayoga- tapa-Swadhyaya and Ishwart[pranidhana towards value education. Value education in making yoga teacher.

Paper 4: Anatomy and Physiology of Human Body (HB)

Unit	Topic	Subtopics
Introduction	Meaning and necessity of the subjects	<ol style="list-style-type: none"> 1. Definition of the terms Anatomy- Physiology 2. Basic terms of Anatomy 3. Basic terms of physiology 4. Importance of the subjects in the field of yoga 5. yoga in view of anatomy- physiology- Brief explain of Neuroendocrine mechanism
Anatomy- Physiology of systems	<p>A. Digestive system</p> <p>B. Respiratory system</p> <p>C. Circulatory system</p>	<ol style="list-style-type: none"> 1. Anatomy of digestive system 2. Physiology of digestion 3. Concept of yogic diet- Importance of Mitahara/Satvic Diet/Difference between Veg and Non Veg Diet 4. Mechanism and importance of fasting 5. Effect of yogic practices on digestive system <ol style="list-style-type: none"> 1. Anatomy of Respiratory system 2. Respiratory muscles and Rib cage. 3. Physiology of ventilation- diffusion. 4. Regulation of respiration. 5. Effect of yogic practices on respiratory system. <ol style="list-style-type: none"> 1. Anatomy of circulatory system 2. Physiology of blood circulation Contents of the blood- Plasma, blood cells etc. 3. Meaning of blood pressure 4. Factors affecting blood pressure 5. Effect of yogic practices on circulatory system.
Yogic practices	<p>Kriya</p> <p>Pranayama</p>	<p>Scientific aspect of six cleansing processes- Neti, dhauti, Kapalbhathi, Basti, Nauli, trataka.</p> <p>Definition, mechanism and effect of pranayama. Scientific aspect of types of pranayama- Anulom-vilom, Ujjayi, Bhramari, Shitali-sitkari, Suryabhedana, Bhastrica etc.</p>
Traditional view towards body.	<p>View of Hathayoga</p> <p>Importance of Yama-Niyama</p>	<ol style="list-style-type: none"> 1. Concept of prana- nadi-chakra 2. Nadishuddhi- Signs

Unit	Topic	Subtopic
Anatomy- Physiology of Systems	Musculoskeletal system	<ol style="list-style-type: none"> 1.Properties , functions and types of bones and muscles 2.Types of contraction and stretching of muscles 3.Anatomy of important muscles and bones (pelvis, spine etc.) 4. Types of Joint Movements
	Urinary system	<ol style="list-style-type: none"> 1.Anatomy of urinary system. 2.contents of Urine 3.Physiology- Filtration, Selective reabsorption, and drainage of urine through urinary track. 4.Effect of yogic practices on urinary system.
	Reproductive system	<ol style="list-style-type: none"> 1.Anatomy and physiology of male reproductive system. 2.Anatomy and Physiology of female reproductive system. 3.Effect of yogic practices on reproductive system./ 4.Yoga in pregnancy- menopause.
	Neuroendocrine system	<ol style="list-style-type: none"> 1.Gross Anatomy of brain, spinal cord and nerves 2.Functions of various parts of the brain. 3.Functions of endocrine glands. 4.Effect of yogic practices on brain and endocrine glands.
Yogic practices	A.Asana- scientific aspect	<ol style="list-style-type: none"> 1.Definition, Mechanism and effect of Asana 2.Types of asana 3.Scientific explanation of basic asanas. 4. Difference between Asana and Physical Exercise
	B.Pratyahara and Antarang sadhana (Meditation)	<ol style="list-style-type: none"> 4.Scientific explanation of pratyahara and meditation.
Applications of Anatomy- Physiology	A.Stress management through yoga	<ol style="list-style-type: none"> 1.Stress- mechanism, symptoms and complications 2.Yogic practices to reverse the stress symptoms
	B.Concept of Yoga Therapy	<p>Explanation given by swami Kuvalayananda-</p> <ol style="list-style-type: none"> 1.Cultivation of correct psychological attitude. 2. Reconditioning of psychophysical mechanism. 3. Importance of Cleansing through yoga.

	C.Yoga Injuries	1.Causes of Injuries. 2.Example of Yoga Injuries 3.Prevention and management of Yoga injuries.
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Paper 5: Yoga and Mental Health

Unit	Topics	Sub-topics
Need & Scope : Holistic Health through Yoga & Psychology	Need of 'Yoga & Mental Health' in the context of Yoga Psychology	Need of Yoga & "Mental Health" in the context of Darshanas
		Introduction to Psychology: Its origin, history, Similarities and dissimilarities between Science of Yoga & Modern Psychology
	Psychology & Yoga	Psychological definition of Yoga: Its advantages & limitations
		Definition of Health, Mental Health, Total Health; Psychological (qualitative aspect) & Yogic perspectives of Health (Patanjala Yoga Sutra, Bhagwat Gita & other Upanishads)
Normality, Abnormality: Psychological & Yogic Views	Concept of Normality Tackling Abnormality through Yoga as Therapy	Definition of Mental Hygiene & Total Hygiene
		Normality in Yoga and Psychology
		Theories and models in Psychology
		Existential abnormalities / disorders: i. Freudian approach ii. Patanjala Yoga Sutra approach iii. Hatha Yoga approach
		Basic Principles of Yoga as Therapy as per Patanjala Yoga Sutra
		Causes and remedial measures on all existential Disorders as per Patanjala Yoga Sutra
Personality Integration	Personality Integration through psychology & Yoga	Remedial measures on all existential Disorders: i. Laghu Yoga Vasishth ii. Hathapradipika
		Personality Development in Psychology & in Yoga
		Development of Modern theories of Personality (Nature & Nurture)
		Indian approach to personality and personality integration in the context of Triguna, Panca Kosha & Citta Bhumi

Psycho-Social Implications of yoga	Adjustment through Attitude Change	Personal and interpersonal adjustment through yogic methods – Yamas & Niyamas
		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
Stress Management Yogic Life Style & Prayer for a Total Self Development	Stress	Concept of Stress: Modern Psychological
	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
	Prayer	Prayer: a Cross-Cultural Approach: Psychological perspectives of Prayer for Mental (Emotional) & Spiritual Development
		Psychological Reasoning of Prayer
Benefits of prayer for <ul style="list-style-type: none"> i. The Yoga Sadhaka ii. The Common Man 		
Counselling	Counselling Techniques	Counselling in Yoga

Paper 6: Teaching Methods

Unit	Topics	Sub-topics
6.1	Need of practice teaching and its use in Yogic practice	Teaching, Learning, Education
		Ancient and Modern Education Systems
		Contribution of Swami KuvalayanandaJi in Yoga Education.
	Yoga and Yogic practices	Concept of Yoga
		Yogic Practices: Asanas, Pranayamas, Bandhas & Mudras, Kriyas, Meditation
		Misconceptions of Yoga
		Sources of Misconceptions
6.2	Meaning and Scope of Teaching Methods	Methodology
		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
	ICT	Meaning
		Need of ICT in Yoga education.
	Teaching aids	Meaning
		Need of Teaching Aids
6.3	Scientific Principles of Teaching	Anatomico-Physiological Principles
		Psychological Principles
		Educational/Pedagogic Principles
		Sociological Principles
		Yogic Principles
6.4	Class Management	Meaning & Need
		Classroom/Hall Management, Conducive Environment, Safety Measures
		Grouping of participants
		Lesson & Workshop Planning
		Dealing with Difficult Students
		Class Formation
		Instructions & Corrections
6.5	Yoga Lesson Plan & Workshop	Meaning and need
		Importance of Lesson Plan
		Guidelines for preparing Lesson and workshop
		Steps in a Yogic Lesson and Workshop
		Time Management – Meaning & Importance
6.6	Yoga Lesson & Workshop Presentation	Lessons & Workshop Presentation by students (3 Lessons and 1 workshop) timing for each lesson 20 minutes and for workshop 30 minutes.

PRACTICAL

SUPINE ASANAS

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

PRONE ASANAS

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

SITTING ASANAS

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

STANDING ASANAS

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

INVERTED ASANAS

Viparitkarani
Sarvangasana
Shirshasana

ADVANCED ASANAS

Akarna Dhanurasana
Tolangulasana
Bakasana
Padma Bakasana
Gorakshasana
Ugrasana
Shirsha Padangushthasana
Kapotasana
Rajkapotasana
Matsyendrasana
Kurmasana
Kukkutasana
Uttana Kurmasana
Hansasana
Mayurasana
Vatayanasana

MEDITATIVE ASANAS

Virasana Swastikasana Samasana Padmasana Siddhasana

DRISHTI

Bhru Madhya Drishti Nasagra Drishti Jatru Drishti

PRANAYAMA

Anuloma- Vilom Ujjayi Suryabhedana Shitali

Sitkari Bhramari Bhastrika

MUDRAS & BANDHAS

Brahma Mudra Simha Mudra Jivha Bandha Mula Bandha

Jalandhara Bandha

Uddiyana Bandha (Bahya/Antar)

SHUDDHI KRIYA

KapalaBhati Agnisara Nauli Trataka JalaNeti Rubber Neti

Vaman Dhauti Danda Dhauti Vastra Dhauti

Shankha Prakshalana (Varisara)

MANTRA CHANTING

Pranava Japa Swasti Mantra Om Stavan

Savitropasana Rudropasana

Mahapurushavidya Bhagvadgita Chapter 15

Yoganushasanam “योगानुशासनम्”

1. Discipline and Punctuality
2. Cultural Activities
3. Sports Activities
4. Karma Yoga
5. Bhakti Yoga
6. Library Usage
7. Dress Code
8. Attendance