

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

**P.G.Diploma in Yoga Education**

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Higher Education (Since 1962)

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Education Govt. of Maharashtra)

## Paper 1 - Foundation of Patanjala Yoga Sutra

Sub-unit	Topic	Sub-topic	Hr
Introduction	Darśana	Vedas, Upaniṣads, Ṣaḍ-darśana	1
		Sāṅkhya & Yoga	½
		Yoga Darśana, Sāṅkhya Darśana commentaries	½
	Sāṅkhya	Duḥkhatraya, Utility (उपादेयता) of Sāṅkhya SK: 1, 2	½
		Sāṅkhya Evolution theory, SK: 22	2
		25 Elements (Prakṛti, Puruṣa) of Sāṅkhya SK: 3	
		Concept of Trigūṇas, SK: 12, 13	½
		Three Pramāṇas SK: 4-8	2
		Satkāryavāda SK: 9	1
		Concept of Cause & Effect* (कार्य-कारण/प्रकृति-विकृति)	1
Characteristics of Prakṛti (व्यक्त-अव्यक्त) & Puruṣa SK: 10,11,19	2		
Samādhipāda	Citta & Nirodhopāya	Yogānuśāsanam PYS: I: 1	½
		Citta, Citta-Bhūmis PYS: I: 2	2
		Citta-vṛttis PYS: I: 2-11	2
		Citta-vṛtti-nirodha Uttama, Madhyama, Adhama Adhikārīs VB	1
		Abhyāsa-vairāgya PYS: I: 12-16	3
	Samādhis	Samprajñāta & Asamprajñāta Samādhis PYS: I: 17-22	4
	Īśvara	Īśvara PYS: I: 23-29	1
	Antarāyas	Antarāyas, Vikṣepa-saha-bhava PYS: I: 30-32	2
	Citta-prasādana	Citta-prasādana PYS: I: 33-34	1
		Sthitinibandhinī PYS: I: 35-39,40	1
	Samāpattis	Samāpattis PYS: I: 41-45	2
	Samādhis	Sabīja Samādhi, Nirbīja Samādhi PYS: I: 46-51	2
	Ṛtambharā Prajñā	Adhyātma-prasāda PYS: I: 47	2
Ṛtambharā Prajñā PYS: I: 48			
Sādhanapāda	Kriyāyoga	Kriyāyoga, its results PYS: II: 1,2	2
		Kleśās, PYS: II: 3-9	2
		Kleśa-Nivṛtti, Karmāśaya, Vipāka PYS: II: 10-15	2
	Catur vyūha	Heya, Heyahetu, Hāna, Hānopāya PYS: II: 16-27	2
	Yogāṅga (Bahiraṅga)	Yogāṅga-Anuṣṭhāna PYS: II: 28	1
		Viveka-khyāti, saptadhā prāntabhūmiḥ prajñā PYS: II: 26,27,28	
		Yama-niyama-āsana-prāṇāyāma-pratyāhāra-dhāraṇā-dhyāna-samādhi PYS: II: 29	2
		Āsana, Prāṇāyāma, Pratyāhāra PYS: II: 46-55	2
		Yama-Niyama Siddhis PYS: II: 35-45	1
	Pratipakṣa-bhāvanā	Pratipakṣabhāvanā PYS: II: 33	1
Vitarkas PYS: II: 34			

Vibhoo i pāda	Yogāṅga (Antaraṅga)	Dhāraṇā-dhyāna-samādhi PYS: III: 1,2,3 Samyama PYS: III: 4-8	½
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## Paper 2 Hatha Yoga Texts

Unit	Topics	Sub Topics	Hrs
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	4
1.2	Introduction to Hathayogic texts (Salient features of each text)	Hatapradipika Gheranda Samhita Goraksha shatak Shiv Samhita Hatharatnavali	4
1.3	Basic concepts of Ayurveda	Panchamahabhuta Dosha Dhatu Mala and Agni Concept of Prakriti Concept of Diet- Pathy-Apathya	4
1.4	Pre-requisites	Sadhak tatva Badhak tatva Concept of Mitahara/ Diet in relation with Triguna	3
1.5	Shatakarmas	View of Hathapradipika View of Gheranda samhita	4
1.6	Asana	View of Hathapradipika View of Gheranda samhita	6
1.7	Pranayama-Mudra- Bandha	View of Hathapradipika View of Gheranda samhita	8
1.8	Dharana- Dhyana-Samadhi Nadanusandhana	View of Hathapradipika View of Gheranda samhita	6
1.9	Swarayoga	Meaning and concept	6
1.10	Therapy aspect of hathayoga	Explanation of 5 <sup>th</sup> chapter of Hathapradipika	5

## 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	6
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	4

		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 Kuvalayananda's contribution	Salient features of Indian culture Indian culture and Yoga Samkhya and Yoga- concept of Soul-bondage and Liberation.  Contribution of swami kuvalayananda in the field of Yoga.	7
1.4	Yoga and Value Education	Content of value education Role of teacher in value education Methods of value education	8

	<b>Topics</b>	<b>Subtopics</b>	
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 Hathyoga Rajyoga correlation Concept of Panchkosha Chakra- nadis and their correlation to states of consciousness.	6
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.	4
1.7	Yoga and Religion Diversity in Religion  Mysticism	Yoga and Buddhism Yoga and Islam Yoga and Christianity  Yoga and Mysticism	7
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.	8

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

Unit	Topic	Subtopics	Hrs
Introduction	Meaning and necessity of the subjects	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	2
Anatomy- Physiology of systems	A. Digestive system	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	4
	B. Respiratory system	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.	4
	C. Circulatory system	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.	4
Yogic practices	Kriya	Scientific aspect of six cleansing processes- Neti, dhauti, Kapalbhathi, Basti, Nauli, trataka.	4
	Pranayama	Definition, mechanism and effect of pranayama. Scientific aspect of types of pranayama- Anulom- vilom, Ujjayi, Bhramari, Shitali-sitkari, Suryabhedana, Bhastrica etc.	4
Traditional view towards body.	View of Hathayoga	1. Concept of prana- nadi-chakra 2. Nadishuddhi- Signs	1
	Importance of Yama- Niyama		2

Unit	Topic	Subtopic	Hrs.
Anatomy- Physiology of Systems	Musculoskeletal system	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	4
	Urinary system	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.	2
	Reproductive system	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.	4
	Neuroendocrine system	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.	4
Yogic practices	A.Asana- scientific aspect	1.Definition, Mechanism and effect of Asana 2.Types of asana 3.Scientific explanation of basic asanas. 4. Difference between Asana and Physical Exercise	4
	B.Pratyahara and Antarang sadhana (Meditation)	4.Scientific explanation of pratyahara and meditation.	1
Applications of Anatomy- Physiology	A.Stress management through yoga	1.Stress- mechanism, symptoms and complications 2.Yogic practices to reverse the stress symptoms	2
	B.Concept of Yoga Therapy	Explanation given by swami Kunalayananda- 1.Cultivation of correct psychological attitude. 2. Reconditioning of psychophysical mechanism. 3. Importance of Cleansing through yoga.	2

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

Unit	Topics	Sub-topics	Hrs
<b>Need &amp; Scope : Holistic Health through Yoga &amp; Psychology</b>	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	
	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)	
		Definition of Mental Hygiene & Total Hygiene	
<b>Normality, Abnormality: Psychological &amp; Yogic Views</b>	Concept of Normality Tackling Abnormality through Yoga as Therapy	Normality in Yoga and Psychology	10
		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	
		Remedial measures on all existential Disorders: i. Laghu Yoga Vasishth ii. Hathapradipika	
<b>Personality Integration</b>	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	

<b>Psycho-Social Implications of yoga</b>	Adjustment through Attitude Change	Personal and interpersonal adjustment through yogic methods – Yamas & Niyamas	8
		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	
<b>Stress Management Yogic Life Style &amp; Prayer for a Total Self Development</b>	Stress	Concept of Stress: Modern Psychological	10
	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 i. The Yoga Sadhaka ii. The Common Man			
<b>Counselling</b>	Counselling Techniques	Counselling in Yoga	2



## Paper 6: Teaching Methods

Unit	Topics	Sub-topics	Hrs
6.1	Need of practice teaching and its use in Yogic practice	Teaching, Learning, Education	2
		Ancient and Modern Education Systems	
		Contribution of Swami KavalayanandaJi in Yoga Education.	
	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	
	ICT	Meaning	2
Need of ICT in Yoga education.			
6.3	Teaching aids	Meaning	1
		Need of Teaching Aids	
6.3	Scientific Principles of Teaching	Anatomico-Physiological Principles	4
		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 & Workshop Planning	
		Dealing with Difficult Students	
		Class Formation	
		Instructions & Corrections	
6.5	Yoga Lesson Plan & Workshop	Meaning and need	4
		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
9. Hostel Discipline
10. Mess Discipline