

Syllabus of Post Graduate Diploma in Yoga Therapy

PAPER I

FOUNDATION OF YOGA

UNIT	TOPICS	SUB-TOPICS
Yog	Historical Aspects	Origin of Yog
	Concept of Yog	Development, Meaning & Definitions in the light of Upanishads, PYS, Gita, HP, GS
Tradition of Yog	Brief Survey	Vedas, Upanishads, Buddhism, Jainism, Puranas
Gita	Brief Introduction of Gita	Summary of the 18 Chapters
PYS	Brief Introduction of PYS	Summary of 4 Chapters (Conceptual & Practical)
Yog Vasishta (YV)	Brief Introduction of YV	Summary of its 6 Prakarana
Shiva Svarodaya (SS)	Brief Introduction of SS	Importance of Science of Swara, Prana, Nadi & Tattva etc.

PAPER II
FOUNDATION OF YOGA

UNIT	TOPICS	SUB-TOPICS
Brief Introduction to Hatha Yogic Texts	Siddha-Siddhanta Paddhati	Structure, Profile and Content, Importance
	Goraksha Shataka	Structure, Profile and Content, Importance
	Shiva Samhita	Structure, Profile and Content, Importance
Introduction and Prerequisites	Hathapradipika	Structure, Profile and Content, Importance
	Gheranda Samhita	Structure, Profile and Content, Importance
Asanas & Shatkriyas	Asanas	Antiquity, Definitions, Classification, According to HP & GS
	Shatkriyas	Importance of Shuddhi Kriyas, Pancha Karma, According to HP & GS
Pranayama/ Kumbhakas and Bandhas	Pranayama	Evolution, Components, Importance of three Bandhas and their appropriate applications. Associated Concepts for the practice of Pranayama: <ol style="list-style-type: none"> 1. Prana, Kanda, Chakra, Nadi 2. Nadi Shodhan Pranayama with reference to <ol style="list-style-type: none"> 1. Hathapradipika 2. Gheranda Samhita Eight Kumbhakas – Technique and Benefits

		according to Hathapradipika and Gheranda Samhita
Kundalini & Mudra, Dharana/ Dhyana, Nadanusandhana, Sarvodaya Jnana	Concept of Kundalini & Mudra	Kundalini and its arousal, Importance and purpose of Mudras, Mudras in Hathapradipika and Gheranda Samhita
	Concept of Dhyana & Nadanusandhana	Five Dharanas, Pratyahara, Marmasthanas, Dhyana with special reference to Gheranda Samhita, Concept and Technique of Samadhi in Gheranda Samhita, Nadanusandhana, Stages of Nadanusandhana
	Svarodaya Jnana	Importance of Svara Jnana with special reference to Shiva Svarodaya, Relevance of Svara Jnana in health and disease
Therapeutic References from Bhagawat Gita	Bhagawat Gita	Yoga in Bhagawat Gita, Therapeutic Significance of Bhagwat Gita
Therapeutic References from PYS	Patanjala Yog Sutra	Therapeutic Significance of Patanjala Yog Sutra
Therapeutic References from Hathayogic Texts: Hathapradipika	Hathapradipika	Therapeutic Significance of Hathapradipika
Therapeutic References from Hathayogic Texts: Gheranda Samhita	Gheranda Samhita	Therapeutic Significance with reference to Cleansing Process, Asanas, Dharana & Dhyana
Therapeutic	Shiva Samhita	Therapeutic Significance of

References from Hathayogic Texts: Shiva Samhita		Concept of Vighnas, Therapeutic Significance of Chakra Dhyana in Shiva Samhita, Conducive and Non-conducive factors towards health
Therapeutic References from Yog Vasistha	Yog Vasistha	Concept of Health and Disease in Yog Vasistha, Therapeutic Implications of Seven Bhumis (Stages)
Therapeutic References from Shiva Svarodaya	Shiva Svarodaya	Therapeutic Implications in Shiva Svarodaya, Reflections on Knowledge of Death in Shiva Svarodaya

PAPER II
YOGA THERAPY I

UNIT	TOPICS	SUB-TOPICS
Introduction	Introduction to Anatomy and Physiology	Meaning of the Subject, Meaning of the Basic Terms, Importance of the Subject, Yoga in View of Anatomy & Physiology
Systems in Human Body	Digestive System	Anatomy of the Digestive Organs, Physiology of Digestion, Factors Affecting Digestion, Concept of Yogic Diet, Comparison with Modern Science
	Respiratory System	Anatomy of the Respiratory System, Physiology of the Ventilation, Regulation of Respiration, Lung Capacity and Related Terms, Importance of Respiratory Muscles
	Circulatory System	Anatomy of the Heart and the Blood Vessels, Physiology of Circulation, Concept of Blood Pressure, Factors Affecting Blood Pressure
	Muscular System	Functions and

		Properties of Muscles, Types of Muscles, Types of Stretching and Contraction, Anatomy of Regional Muscles
	Skeletal System	Types of Movements, Functions, Properties of Bones, Types of Bones and Joints, Anatomy of Vertebral Column, Anatomy of Thoracic Cage and Pelvis
	Urogenital System	Anatomy of Urinary System, Physiology of Urine Formation and Excretion, Anatomy of Genital System, Physiology of Menstruation, Factors Affecting Menstruation
	Neuro-Endocrine System	Anatomy of Nervous System, Physiology of Brain Functioning, Anatomy of Endocrine Glands, Neuroendocrine Axis
Yog in Scientific View	Yama-Niyama-Scientific View	Concept of Yama, Concept of Niyama, Cultivation of Correct Psychological Attitude,

		Psychophysical Reconditioning
	Asana- Scientific View	Physiology of Asana, Types of Asanas, Explanation of Fundamental Asanas, Precautions during Asanas
	Pranayama- Scientific View	Psychophysiological Effect of Pranayama, Types of Pranayama, Advancement in Pranayama, Importance of Mudra
	Kriya- Scientific View	Importance of Kriya, Physiology of each Kriya, Precautions during Kriya, Researches in Kaivalyadhama about Kriya
	Pratyahara & Dhyana- Scientific View	Concept of Pratyahara, Meaning of Dharana-Dhyana, Research in Meditation, Techniques about Meditation
	Nadi-Chakra Concept	Concept of Nadi, Chakra, Prana, References about Awakening- Traditional, Scientific Interpretation and its Limitations

PAPER IV
YOGA THERAPY II

UNIT	TOPICS	SUB-TOPICS
Introduction	Concept of Health	Definition by WHO, Psychological View, Yogic View, Ayurved View, Co-relation in between them
	Concept of Disease	Modern View, Ayurvedic View, Yogic View, Scientific Co-relation
	Concept of Therapy	Definition of Therapy-Modern View, Definition of Therapy-Ayurvedic View, Meaning of Yog as a Therapy, Meaning of Yog is a Therapy, Significance and Limitation
	Swami Kuvalyananda's Approach to Therapy	Cultivation of Yogic Attitude, Psychophysical Reconditioning, Explanation of above in detail
Stress	Acute Stress	Definition of Stress-Modern View, Symptoms of Acute Stress, Yogic Definition, Signs described in Yog Sutras

	Yogic Management of Acute Stress	Study of OM, Breathing Techniques, Chittaprasadana, Relaxative Asanas, Other Yogic Practices
	Complications of Chronic Stress	Insomnia, Irritable Bowl Syndrome, Constipation, Migraine, Muscular Pains
	Yogic Management of Chronic Stress Symptoms	Relaxation Techniques, Study of Skilful Asanas, Realization- Self Analysis, Rehabilitation
Management of Diseases	Management of Depression	Definition of Depression, Symptoms and Signs, Bipolar Mechanism, Psychotherapy, Yogic Management
	Psychological Problems of School Children	Physiology and Psychology, Mood Disturbances, Phobic Mechanism, Antisocial Mechanism, Yogic Management
	Adolescent Psychological Problems	Definition and Characteristics, Psychophysiological Aspect, Stress in Adolescent Students,

		Yogic Management
	Schizophrenia	Definition, Signs and Symptoms, Complications, Psychotherapy, Yogic Management
	Obesity Management	Causes of Obesity, Signs and Symptoms, Complications, Diet Management, Yogic Practices
	Hypertension Management	Causes, Pathogenesis, Signs, Symptoms and Complications, Diet and Exercise Management, Yogic Practices to Manage Hypertension
	Diabetes Management	Causes, Pathogenesis, Signs, Symptoms and Complications, Diet and Exercise Management, Yogic Practices for Diabetes Mellitus
	Gout and other Arthritis	Gout, Rheumatoid Arthritis, Osteoarthritis, Ankylosing Spondylitis
	Liver Problems and Management	Anatomy and Physiology in detail, Causes of Hepatitis, Drug Toxicity, Cirrhosis

	Management of Low Back Pain	Muscular Back Pain, Acute Disc Injury, Spondylosis, Surgical Complications, Sciatica Syndrome
	Management of Knee Injury	Anatomy in Detail, Ligament Injuries, Cartilage Degenerations, Osteoarthritis, Knee Rehabilitation Program
	Management of Hip Injury	Pelvic and Thigh Muscle Spasm, Arthritis, Ligamental Injuries, Old Age Complications
	Management of Shoulder Injury	Rotator Cuff Injury, Supraspinatus Injury, Shoulder Dislocations, Frozen Shoulder, Injuries during Shoulder Lift Asanas
	Management of Cervical Pain	Muscle Strain, Sprain, Acute Disc Injury, Chronic Multiple Disc Injury, Spondylosis, Complications and its Management
	Management of Digestive Problems	Indigestions and its Complications, Hyperacidity and Ulcers, Piles and Fissures, Chronic

		Pancreatitis, Chronic Constipation
	Management of Respiratory Problems	Chronic Sinusitis, Allergic Asthma, Bronchitis, COPD, Lung Fibrosis
	Management of Heart Disease	Causes of IHD, Pathogenesis, Signs, Symptoms and Complications, Investigations, Yogic Management
	Management of Gynaecological & Obstetrics Conditions	Menstrual Irregularities, Polycystic Ovarian Disease, Pregnancy and Lactation, Menopause, Uterine Prolapsis
	Management of Nervous System Diseases	Epilepsy, Parkinsonism, Dementia, Post Stroke Complications, CVS Anomaly
	Management of Immunological Diseases	Allergy Mechanism, Mechanism of Autoimmunity, Yogic Approach
	Management of Skin Diseases	Skin Allergies, Acne Vulgaris, Eczema, Psoriasis, Fungal Infections
Yog Injuries	Yog Injuries- Concept	Definition of the term, Causes of Injuries, Traditional

		References of Injuries, Modern References of Injuries, Complications of Yog Injuries
	Prevention and Management- Yog Injuries	Precaution during Asana, Pranayama, Kriya, Bandha and Mudra, To Manage Yog and Exercise Schedule
Yog as a Lifestyle	Life Style Education- Yog is a Therapy	Yog- Anushasanam for Brain – Body, Modifications in Brain by Yog, Yama – Niyama – Yogic Lifestyle, Emotional Education, Spiritual Education

PAPER V
YOGA RESEARCH

UNIT	TOPICS	SUB-TOPICS
1	History - Swami Kuvalyananda's Contribution	Foundation of Kaivalyadhama, Yoga-Mimamsa
	Fundamental Research upto 1966	About Kriya, Asana, Pranayama & Meditation
	Fundamental Research after 1966	About Kriya, Asana, Pranayama & Meditation
	Philosophico-Literary in Kaivalyadhama	By Swami Kuvalyananda ji, By Swami Digambar ji, Others
2	Psychological Research in Kaivalyadhama	Before 1966 and After 1966
	Therapeutic Research in Kaivalyadhama	Before 1966 and After 1966
3	Outside Researches	About Kriya, Asana, Pranayama and Meditation
4	Therapeutic Researches (Outside)	Psychosomatic Disorders, Metabolic Disorders, Musculoskeletal and Nervous System Diseases
	Research Methodology and Statistics	Research Methods & Statistics

PAPER VI
PSYCHOLOGY AND HEALTH

UNIT	TOPICS	SUB-TOPICS
Darshanik Bases of Yog Therapy & Psychological Perspective of Yog Therapy	Understanding of Samkhya, Patanjala Yog and Panchakosha from the Therapeutic Point of View	Philosophical Bases of Yog, Practices in Samkhya, Psychology: Introduction, History. Concept of Consciousness and Self in Psychology. Psychology as “Mental Care System”. Psychology Understanding of Yoga Darshana from the View Point of Shad Darshana.
	Psychological View of Normality and Yog Therapy	In-depth Psychological Understanding of Yog in the Context of Taittiriya Aranyaka. In-depth Psychological Understanding of Yog in the Context of Models of Normality Presented by Eminent Psychologists.
	Development of Yog as Therapy	Introduction to the Concept of Therapy in General and Yog Therapy in Particular. Development of Therapeutic Aspect in

		<p>Psychology. Development of Therapeutic Approach in Yog. Need of Yog as Therapy. Mechanism of Yog as Therapy.</p>
<p>Functional & Emotional Disorders in the Context of Psychology, Yogic Texts, Counselling and Personality</p>	<p>Stress, Anxiety & Functional Disorders in the Context of Patanjala Yog Sutra and Hathapradipika</p>	<p>Concept of Stress: Psychological Understanding. Medical Model of Stress: Modern Theories. Stress, Emotional & Functional Disorders (Medical Perspectives). Anxiety: Psychological Understanding. Relevance of Patanjala Yog Sutra to Cause of Stress. Relevance of Patanjala Yog Sutra to Remedies of Stress. Hatha Yog Perspectives of “Vyuthitta Citta”.</p>
	<p>Role of Mental Dynamics & Counselling in Yog Therapy</p>	<p>Mental Dynamics Involved in Existential Disorders as per 5th Chapter of Hathapradipika. Model Case History</p>

		<p>of Functional & Emotional Disorders. Possible “Collaborative Synthesis” between Yog and Psychotherapy in the Treatment of Existential Disorders. Stress Management Strategies as Inferred from PYS. Physiological Mechanism- Underlying Stress - Response, Oxidative Stress. Essence of Psychological and Yogic Counselling.</p>
	<p>Personality Dynamics & Physiological Make-up in the Context of Yog Therapy</p>	<p>Personality: Concept, Origin, History of its Development. Psychology in the Context of Yog Darshana. Concept of Personality as inferred from “Pancha Kosha” and its Therapeutic Implications. Concept of Personality as inferred from “Samkhya” and its Therapeutic Implications. Concept</p>

		of Personality as inferred from “PYS” and its Therapeutic Implications.
Personality Dynamics & Experiential Phenomena in Yog Therapy as per Yogic Text	Approach to Personality & Experiential Phenomena in the Context of Yog Therapy	<p>Experiential Phenomena in Yog:</p> <ul style="list-style-type: none"> • Concept & Scriptural Root • Psycho-physiological Implications • Implications for Psychosomatic (functional) Disorders <p>Experiential Phenomena in Yog: Implications for a Better Yog Pursut. Experiential Phenomena in Bhagwad Gita: Implications for Better Emotional and Spiritual Health.</p>
	Abnormal Psychology in the Context of Yog Therapy	<p>Abnormal Psychology: Etiology, Symptoms & Remedies. Abnormal Behaviour and its Remedies. Old & Modern Taxonomy of Abnormal Behaviour Pattern.</p> <p>Understanding of</p>

		<p>Psycho-Neuroticism, Psychoticism, Socially Aberrant Behaviour, Organic Deficiency in Aberrant Behaviour. In-Depth Understanding of Psycho-Neuroticism and the Role of Remedial Methods in Psychology.</p> <p>In-Depth Understanding of Psychoticism and the Role of Remedies in Psychology. In-Depth Understanding of Socially Aberrant Behaviour as in Psychopaths & Sociopaths and Remedial Methods in Psychology.</p> <p>Recommended Yogic Remedial Measures for Psycho-Neurotic Behaviour.</p>
<p>Medical Implications of Abnormal Behaviour and Effect of Yogic Techniques, Abnormality, Prayer</p>	<p>Socially Aberrant Behaviour & Medical Implications of Neurotic Behaviour in the Context of Yog Therapy</p>	<p>Recommended Yogic Remedial Measures for Socially Aberrant Behaviour. Psycho-Neuroticism having Medical Symptoms on the Somatic Level (case histories) and</p>

		<p>the Recommended Psychological Interventions. Psycho-Neuroticism having Medical Symptoms on the Somatic Level (case histories) and the Recommended Yogic Interventions.</p>
	<p>Research based Practical Yog Techniques for Stress, Anxiety & Emotional Disorders</p>	<p>Practical Methods in Yog to tackle Stress, Anxiety & Emotional Disorders. Role of Omkar and its Implications in Yog Therapy as Indicated in Srimat Bhagwat Mahapuran. Research based Indications about Therapeutic Importance of Omkar. Role of Patanjala Kriya Yog and its Implications to Yog Therapy as inferred from PYS. Clinical Evidences of Therapeutic Role of Kriya Yog in Yog Therapy.</p>
	<p>Therapeutic Implications of Shavasana & Meditation</p>	<p>Therapeutic Effect of Shavasana & Yog Meditation. Yog Meditation as</p>

		Mentioned in Shiva Samhita (V:71, 72) and its Implications to Yog Therapy.
	Yogic Health through Patanjala Yog & Prayer	Concept of Total Health in Yog in the Context of PYS. Psychology of Prayer in the Context of Iswara Pranidhana in Yog. Historical Roots of the Concept of Prayer and its Benefits to Human Well-being. Prayer: Objective & Need of Prayer for Yog Therapy: Scientific Research & Clinical Observation.

PAPER VII
YOG AND ALLIED SCIENCES

UNIT	TOPICS	SUB-TOPICS
1	Basics of Ayurveda-1	History of Ayurveda. Introduction to Philosophy of Ayurveda. Dosha- Vata, Pitta, Kapha. Dathu – Mala. Agni - Aahar, Ras – Poshan.
	Concept of Prakrati	Concept of Prakrati. Types of Prakrati. Analysing of Prakrati.
	Swastha Vritta	Swastha - Introduction. Dina Charya. Ritucharya. Sadvritta.
2	Concept of Aahar	General Concept. Rasa Importance. Aahar - Dravya.
	Concept of Vikruti	Dosha Vriddhi-Kshya. Shat Kriya Kala. Nidan Panchaka. Vyadhi Prakar-Marga.
3	Medicines of Ayurveda	Dravya Guna Vijnana. Commonly Used Herbs. Rasa Shastra.
	Concept of Chikitsa	Various Therapies. Panchakarma.
4	Yog & Ayurveda	Panchakarma and Shatkarma. Parakriti and Asana.
	Basics of Naturopathy-1	History of Naturopathy. Basic

		Principles of Naturopathy. Concept of Panchamahabhuta.
	Treatments in Naturopathy-1	Hydro Therapy. Massage Therapy. Fasting as Therapy.
	Concept of Diet	Raw Food. Juice Therapy. Types of Diet. Therapeutic Plans of Diet.
	Yog and Naturopathy	Meeting Points. Application.

PAPER VIII**PRACTICAL AND PROFESSIONAL UNDERSTANDING**

UNIT	TOPICS	SUB-TOPICS
Unit-1	Vertebral Column	Basic Six Movements. Intervertebral Muscles. Paraspinal Muscles. Abdominal Muscles. Neck & Pelvic Muscles.
	Important Joints	Shoulder Joint. Elbow Joint. Hip Joint. Knee Joint. Ankle Joint.
	Joint Movements	Mechanism of Flexion. Mechanism of Extension. Mechanism of Adduction-Abduction. Mechanism of Pronation-Supination. Mechanism of Rotation.
	Muscles Involved	About Shoulder. About Elbow. About Knee. About Hip. About Ankle.
Unit-2	Postural Analysis	Introduction. Practical Demonstration. Evaluation of Postural Analysis. Individual Practice.
	Stretching-1	Facial Muscles. Neck Muscles. Shoulder and Scapular Muscles. Arm and Forearm Muscles. Chest Muscles.

	Stretching-2	Abdominal Muscles. Back Muscles. Pelvic Muscles. Thigh Muscles. Calf Muscles.
Unit-3	Joint Exercise	Carpels. Metacarpals. Wrists. Elbows. Shoulder-Scapulae. Neck Exercise. Tarsals and Metatarsals. Ankle and Knee. Hip. Spine.
	Forward Bending Asanas	Halasana. Paschimottanasana. Padahasthasana. Pavanmuktasana. Naukasana.
	Backward Bending Asanas	Setubandhansana. Bhujangasana- Variations. Dhanurasana – Naukasana (Prone). Ushtrasana. Ardha- Chandrasana.
	Twisting Asanas	Katichakrasana. Vakrasana. ArdhaMatsyendrasana. Merudandabhyas (Crocodile Variations 1-8). Marjarasana Variations.
	Lateral Bending Asanas	ArdhaChakrasana (Lateral Bend). Konasana. Parshvakonasana.
Unit-4	Mixed Asanas-1	Trikonasana. Janushirasana.

		AkarnaDhanurasana. Ugrasana.
	Mixed Asanas-2	Mayurasana. Kukkutasana. Garbhasana. Vrishchikasana. Baddha-Padamasana. Vatayanasana. Natarajasana. Vrikshasana. Matsyasana. Viparitarani- Sarvangasana.
Unit-5	Basics of Therapy Teachings	Concept of Yog Therapy. Need of Scientific View in Yog Therapy. Yog Injuries. Evaluation of Traditional Texts. Evaluation of Modern Yogic Schools.
	Educating Patients and Students-1	Precautions during Asanas, Kriyas, Prnayama, Bandha and Mudra.
	Educating Patients and Students-2	Anatomico- Physiological Principles. Psychological Principles. Educational Principles. Discipline – for Patients/ Diseases.
	Group Teaching – Principles and Skills	Class Arrangement. Sitting Arrangement. Other Precautions.

Unit-6	Principles about Personal Teaching	Methods of Clinical Examination. Recording of the Findings. Medical Aspect. Communication with Doctor.
	Pathological Understandings	Blood Examination. X-Ray Reports. MRI Scanning. Regarding Heart and Cerebral Diseases. Other Investigations.
	Psychological Understandings	Sleep Status. Daily Routine. Traditional Parameters. Modern Testing. Questionnaires about the Same.
Unit-7	How to Check Musculoskeletal Status	Testing through Simple Movements. Testing through Simple Asanas. Other Methods.
	How to Check Respiratory Status	Clinical Exam of Chest. Lung Capacity Testing. Spirometry.
	Therapeutic Lesson Plan	Need. Guidelines for Preparation of Plan. Model Lesson Plan.
Unit-8	Counselling - Principles	Scientific Definition. Importance of Trust. How to Build Rapport. Contents of Counselling.

		Precautions during Counselling.
	Group Counselling	Group Psychology. How to Communicate. Proper Explanation Skills.
	Family – Marital Counselling	Problem of Children in Family. How to Communicate with Family. Guidelines.
	Yogic Counselling	Importance of Life Style. Materialize the Practices in Daily Routine. Self-Evaluation. Mind Building Techniques.
	Medico-Legal Aspect	Introduction. Some Examples about Yog Injuries. Medical Advice. Legal Precautions.
	Ideal Yog Therapist	Properties of Therapis. Parameters to Check the Properties. Traditional References.