



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

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**Syllabus of Post Graduate Diploma in Yoga Therapy**

**PAPER I**  
**FOUNDATION OF YOGA**

<b>UNIT</b>	<b>TOPICS</b>	<b>SUB-TOPICS</b>	<b>HRS</b>
<b>Yoga</b>	Historical aspects	Origin of Yoga	7
	Concept of Yoga	Development	
		Meaning & Definitions in the light of Upanishads, PYS, Gita, HP, Gh.S.	
<b>Tradition of Yoga</b>	Brief survey	Vedas	9
		Upanishads	
		Buddhism	
		Jainism	
		Puranas	
<b>Gita</b>	Brief Introduction of Gita	Summary of the 18 Chapters	15
<b>PYS</b>	Brief Introduction of PYS	Summary of 4 chapters (Conceptual & Practical)	16
<b>Yoga Vasishta (YV)</b>	Brief Introduction of YV	Summary of its 6 Prakarana	8
<b>Shiva Svarodaya (SS)</b>	Brief Introduction of SS	Importance of Science of Swara, Prana, Nadi, & Tattva etc.	
<b>TOTAL</b>			<b>55</b>

**PAPER II**

**FOUNDATION OF YOGA**

<b>UNIT</b>	<b>TOPICS</b>	<b>SUB-TOPICS</b>	<b>HRS</b>
<b>Brief introduction to Hatha Yogic Texts</b>	Siddha-Siddhanta Paddhati	Structure	6
		Profile and Content	
		Importance	
	Goraksha Shataka	Structure	
		Profile and Content	
		Importance	
	Shiva Samhita	Structure	
		Profile and Content	
		Importance	
<b>Introduction and Prerequisites</b>	Hathapradipika	Structure	4
		Profile and Content	
		Importance	
	Gheranda Samhita	Structure	
		Profile and Content	
		Importance	
<b>Asanas &amp; Shatkriyas</b>	Asanas	Antiquity	4
		Definitions	
		Classification	
		According to Hathapradipika & Gheranda Samhita	
	Shatkriyas	Importance of Shuddhi Kriyas	5
		Pancha Karma	
		According to Hathapradipika & Gheranda Samhita	
<b>Pranayama / Kumbhakas and Bandhas</b>	Pranayama	Evolution	17
		Components	
		Importance of three Bandhas & their appropriate applications.	
		Associated Concepts for the practice of Pranayama: 1. Prana, Kanda, Chakra, Nadi 2. Nadi Shodhana Pranayama with reference to 1. Hathapradipika 2. Gheranda Samhita	
		Eight Kumbhakas – Technique and Benefits according to Hathapradipika & Gheranda Samhita	

<b>Kundalini &amp; Mudra, Dharana / Dhyana Nadanusandhana, Svarodaya Jnana</b>	Concept of Kundalini & Mudra	Kundalini and its arousal	4
		Importance and purpose of Mudras	
		Mudras in Hathapradipika & Gheranda Samhita	
	Concept of Dhyana & Nadanusandhana	Five Dharanas	10
		Pratyahara	
		Marmasthanas	
		Dhyana with special reference to Gheranda Samhita	
		Concept and Technique of Samadhi in Gheranda Samhita	
		Nadanusandhana	
	SvarodayaJnana	Stages of Nadanusandhana	4
Importance of Svara Jnana with special reference to Shiva Svarodaya			
<b>Therapeutic references from Bhagawat Gita</b>	Bhagawat Gita	Relevance of Svara Jnana in health and disease	4
		Yoga in Bhagawat Gita	
<b>Therapeutic references from PYS</b>	Patanjala Yoga Sutra	Therapeutic significance of Bhagawat Gita	4
		Therapeutic significance of Patanjala Yoga Sutra	
<b>Therapeutic references from Hatayogic Texts: Hathapradipika</b>	Hathapradipika	Therapeutic significance of Hathapradipika	2
<b>Therapeutic references from Hatayogic Texts: Gheranda Samhita</b>	Gheranda Samhita	Therapeutic significance with reference to Cleansing Process	2
		Therapeutic significance with reference to Asanas	
		Therapeutic significance with reference to Dharana and Dhyana	
<b>Therapeutic references from Hatayogic Texts: Shiva Samhita</b>	Shiva Samhita	Therapeutic significance of Concept of Vighnas	2
		Therapeutic significance of Chakra Dhyana in Shiva Samhita	
		Conducive and non-conducive factors towards health	
<b>Therapeutic references from Yoga Vasistha</b>	Yoga Vasistha	Therapeutic significance of Health and Disease in Yoga Vasistha	2
		Therapeutic implications of Seven Bhumis (stages)	
<b>Therapeutic references from Shiva Svarodaya</b>	Shiva Svarodaya	Therapeutic implications in Shiva Svarodaya	4
		Reflections on knowledge of Death in Shiva Svarodaya	
<b>TOTAL</b>			<b>55</b>

**PAPER III**  
**YOGA THERAPY I**

UNIT	TOPICS	SUB-TOPICS	HRS
<b>Introduction</b>	Introduction to Anatomy and Physiology	Meaning of the Subject	1
		Meaning of the Basic Terms	
		Importance of the Subject	
		Yoga in View of Anatomy and Physiology	
Systems in Human Body	Digestive System	Anatomy of the Digestive Organs	3
		Physiology of Digestion	
		Factors affecting Digestion	
		Concept of Yogic Diet	
		Comparison with Modern Science	
	Respiratory System	Anatomy of the Respiratory Organs	5
		Mechanism of Ventilation	
		Regulation of Respiration	
		Lung Capacity and related Terms	
		Importance of Respiratory Muscles	
	Circulatory System	Anatomy of the Heart and Blood Vessels	3
		Physiology of Circulation	
		Concept of Blood Pressure	
		Factors affecting Blood Pressure	
Muscular System	Functions and Properties of Muscles	8	
	Types of Muscles		
	Types of Stretching and Contraction		
	Anatomy of Regional Muscles		
Skeletal System	Types of Movements	5	
	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	2
		Physiology of Urine formation and Excretion	
		Anatomy of Genital System	
		Physiology of Menstruation	
		Factors affecting Menstruation	
	Neuro-Endocrine System	Anatomy of Nervous System	4
		Physiology of Brain Functioning	
		Anatomy of Endocrine Glands	
		Neuroendocrine Axis	
Yoga in Scientific View	Yama – Niyama - Scientific View	Concept of Yama	2
		Concept of Niyama	
		Cultivation of correct Psychological Attitude	
		Psychophysical Reconditioning	
	Asana - Scientific View	Physiology of Asana	8
		Types of Asanas	
		Explanation of fundamental Asanas	
		Precautions during Asanas	
	Pranayama - Scientific View	Psychophysiological effect of Pranayama	5
		Types of Pranayama	
		Advancement in Pranayama	
		Importance of Mudra	
	Kriya - Scientific View	Importance of Kriya	4
		Physiology of each Kriya	
		Precautions during Kriya	
		Researches in Kaivalyadhama about Kriya	
	Pratyahara and Meditation - Scientific View	Concept of Pratyahara	2
		meaning of Dharana-Dhyana	
		Research in Meditation	
		Techniques about Meditation	
Nadi-Chakra Concept	Concept of Nadi, Chakras	3	
	Concept of Chakras		
	Concept of Prana, References about awakening-Traditional		
	Scientific interpretation and its limitations		
<b>TOTAL</b>			<b>55</b>

**PAPER IV**  
**YOGA THERAPY II**

UNIT	TOPICS	SUB-TOPICS	HRS
Introduction	Concept of Health	Definition by WHO	1
		Psychophysical View	
		Yogic View	
		Ayurvedic View	
		Co-relation in between them	
	Concept of Disease	Modern View	1
		Ayurvedic View	
		Yogic View	
		Scientific Co-relation	
	Concept of Yoga Therapy	Definition of Therapy - Modern view	1
		Definition of Therapy - Ayurvedic View	
		Meaning of Yoga, as a Therapy	
		Meaning of Yoga, is a Therapy	
		Significance and Limitations	
Swami Kuvalayananda's approach to Therapy	Cultivation of Yogic Attitude	1	
	Psychophysical Reconditioning		
	Explanation of above in detail		
Stress	Acute Stress	Definition of Stress - Modern View	1
		Symptoms of Acute Stress	
		Yogic Definition	
		Signs described in Yoga-Sutras	
	Yogic management of Acute stress	Study of OM	2
		Breathing Techniques	
		Chittaprasadana	
		Relaxative Asanas	
		Other Yogic Practices	
	Complications of Chronic Stress	Insomnia	4
		Irritable Bowel Syndrome	
		Constipation	
		Migraine	
		Muscular Pains	
	Yogic Management of Chronic Stress Symptoms	Relaxation Techniques	1
		Study of skillful Asanas	
		Realization-Self Analysis	
Rehabilitation			

<b>Management of Diseases</b>	Management of Depression	Definition of Depression	1
		Symptoms and Signs	
		Bipolar Mechanism	
		Psychotherapy	
		Yogic Management	
	Psychological Problems of School Children	Physiology and Psychology	1
		Mood Disturbances	
		Phobic Mechanism	
		Antisocial Mechanism	
		Yogic Management	
	Adolescent Psychological problems	Definition and Characteristics	1
		Psychophysiological Aspect	
		Stress in Adolescent Students	
		Yogic Management	
	Schizophrenia	Definition	1
		Signs and Symptoms	
		Complications	
		Psychotherapy	
		Yogic Management	
	Obesity Management	Causes of Obesity	2
Signs and Symptoms			
Complications			
Diet Management			
Yogic Practices			
Hypertension Management	Causes	2	
	Pathogenesis		
	Signs, Symptoms and Complications		
	Diet and Exercise Management		
	Yogic Practices to manage the Hypertension		
Diabetes management	Causes	3	
	Pathogenesis		
	Signs, Symptoms and Complications		
	Diet and Exercise Management		
	Yogic Practices for Diabetes Mellitus		
Gout and other Arthritis	Gout	1	
	Rheumatoid Arthritis		
	Osteoarthritis		
	Ankylosing Spondylitis		
Liver Problems and Management	Anatomy and Physiology in detail	1	
	Causes of Hepatitis		
	Drug toxicity		
	Cirrhosis		



<b>Management of Diseases</b>	Management of Low Back Pain	Muscular Back Pain	3
		Acute Disc Injury	
		Spondylosis	
		Surgical complications	
		Sciatica Syndrome	
	Management of Knee Injuries	Anatomy in detail	2
		Ligament Injuries	
		Cartilage Degenerations	
		Osteoarthritis	
		Knee Rehabilitation Program	
	Management of Hip Injuries	Pelvic and Thigh Muscle Spasm	1
		Arthritis	
		Ligament Injuries	
		Old age complications	
	Management of Shoulder Injuries	Rotator Cuff Injury	2
		Supraspinatus injuries	
		Shoulder Dislocations	
		Frozen shoulder	
	Management of Cervical Pain	Injuries during "Shoulder Lift" Asanas	2
		Muscle Strain, Sprain	
		Acute Disc injury	
		Chronic Multiple Disc Injuries	
		Spondylosis	
	Management of Digestive Problems	Complications and its Management	2
		Indigestion and its Complications	
		Hyperacidity and Ulcers	
		Piles and Fissures	
Chronic Pancreatitis			
Management of Respiratory Problems	Chronic Constipation	2	
	Chronic Sinusitis		
	Allergic Asthma		
	Bronchitis		
	COPD		
Management of Heart Disease	Lung Fibrosis	2	
	Causes of IHD		
	Pathogenesis		
	Signs, Symptoms and Complications		
	Investigations		
Management of Gynecological & Obstetrics Conditions	Yogic Management	2	
	Menstrual Irregularities		
	Polycystic Ovarian Disease		
	Pregnancy and Lactation		
	Menopause		
Management of Nervous System	Uterine prolepsis	2	
	Epilepsy		
	Parkinsonism		

<b>Management of Diseases</b>	Diseases	Dementia	
		Post Stroke Complications	
		CVS Anomaly	
	Management of Immunological Diseases	Allergy Mechanism	1
		Mechanism of Autoimmunity	
		Yogic Approach	
	Management of Skin Diseases	Skin allergies	2
		Acne vulgaris	
		Eczema	
		Psoriasis	
Fungal Infections			
<b>Yoga Injuries</b>	Yoga Injuries - Concept	Definition of the term	1
		Causes of Injuries	
		Traditional References of Injuries	
		Modern References of Injuries	
		Complications of Yoga Injuries	
	Prevention and Management - Yoga Injuries	Precaution during Asana	2
		Precaution during Pranayama	
		Precaution during Kriya	
		Precaution during Bandha, Mudra	
		To manage Yoga and Exercise Schedule	
<b>Yoga as a Lifestyle</b>	Life Style Education - Yoga is a Therapy	Yoga - Anushasanam for Brain-Body	5
		Modifications in Brain by Yoga	
		Yama-Niyama- Yogic Life Style	
		Emotional Education	
		Spiritual Education	
<b>TOTAL</b>			<b>55</b>

**PAPER V**  
**YOGA RESEARCH**

<b>UNIT</b>	<b>TOPICS</b>	<b>SUB-TOPICS</b>	<b>HRS</b>
<b>1</b>	History – Swami Kuvalayananda's Contribution	Foundation of Kaivalyadhama	2
		Yoga-Mimamsa	
	Fundamental research upto 1966	About Kriya	8
		About Asana	
		About Pranayama and Meditation	
	Fundamental research after 1966	About Kriya	6
		About Asana	
		About Pranayama and Meditation	
	Philosophico-Literary Research in Kaivalyadhama	By Swami Kuvalayananda	5
		By Swami Digamberji	
Others			
<b>2</b>	Psychological Research in Kaivalyadhama	Before 1966	5
		After 1966	
	Therapeutic Research in Kaivalyadhama	Before 1966	5
		After 1966	
<b>3</b>	Outside Researches	About Kriya	6
		About Asana	
		About Pranayama and Meditation	
<b>4</b>	Therapeutic Researches (Outside)	Psychosomatic Disorders	6
		Metabolic Disorders	
		Musculoskeletal and Nervous system diseases	
	Research Methodology and Statistics	Research Methods & Statistics	12
<b>TOTAL</b>			<b>55</b>

**PAPER VI**  
**PSYCHOLOGY AND HEALTH**

UNIT	TOPICS	SUB-TOPICS	HRS
Darshanik Bases Of Yoga Therapy & Psychological Perspectives Of Yoga Therapy	Understanding of Samkhya, Patanjala Yoga and Panchakosha from the therapeutic point of view	Philosophical Bases of Yoga Practices in Samkhya, Psychology: Introduction, History	7
		Concept of Consciousness and Self in Psychology	
		Psychology as a "Mental Care System"	
		Psychology understanding of Yoga Darshana from the view point of Shad Darshana	
	Psychological view of Normality and Yoga Therapy	In-depth Psychological understanding of Yoga in the Context of Taittiriya Aranyaka	4
		In-depth Psychological understanding of Yoga in the context of Models of Normality presented by Eminent Psychologists	
	Development of Yoga as Therapy	Introduction to the Concept of Therapy in general and Yoga Therapy in particular	4
		Development of Therapeutic aspect in Psychology	
		Development of Therapeutic approach in Yoga	
		Need of Yoga as Therapy	
Mechanism of Yoga as Therapy			
Functional & Emotional Disorders Inthe Context of Psychology, Yogic Texts, Counseling & Personality	Stress, Anxiety & Functional Disorders in the Context of Patanjala Yoga Sutra & Hathapradipika	Concept of Stress: Psychological understanding	5
		Medical Model of Stress: Modern Theories	
		Stress, Emotional & Functional Disorders (Medical Perspectives)	
		Anxiety: Psychological Understanding	
		Relevance of Patanjala Yoga Sutra to Cause of Stress	

Functional & Emotional Disorders In the Context of Psychology, Yogic Texts, Counseling & Personality		Relevance of Patanjala Yoga Sutra to Remedies of Stress	
		Hatha Yoga perspectives of "Vyuthitta Citta"	
	Role of Mental dynamics & counselling in yoga therapy	Mental dynamics involved in Existential Disorders as per 5th chapter of Hathapradipika	4
		Model Case History of Functional & Emotional Disorders	
		Possible "Collaborative Synthesis" between Yoga and Psychotherapy in the treatment of existential disorders	
		Stress Management strategies in Psychology	
		Stress Management Strategies as inferred from PYS	
		Physiological Mechanism- Underlying Stress-Response, Oxidative stress	
		Essence of Psychological and Yogic Counselling	
	Personality dynamics & physiological make-up in the context of Yoga Therapy	Personality: Concept, Origin, History of Its Development	4
		Psychology in the context of Yoga Darshana	
		Concept of Personality as inferred from Pancha Kosha" & its Therapeutic implications	
		Concept of Personality as inferred from "Samkhya" & its Therapeutic implications	
		Concept of Personality as inferred from Patanjala Yoga Sutra" & its Therapeutic implications	
Personality Dynamics & Experiential Phenomena in Yoga Therapy as per Yogic Texts	Approach to Personality & Experiential Phenomena in the Context of Yoga Therapy	Experiential Phenomena in Yoga: <ul style="list-style-type: none"> <li>• Concept &amp; Scriptural root</li> <li>• Psycho-physiological implications</li> <li>• Implications for Psychosomatic (functional) disorders</li> </ul>	6

	Approach to Personality & Experiential Phenomena in the Context of Yoga Therapy	Experiential Phenomena in Yoga: Implications for a better Yoga pursuit	
		Experiential Phenomena in Bhagwad Gita: Implications for better Emotional & Spiritual Health	
Personality Dynamics & Experiential Phenomena in Yoga Therapy as per Yogic Texts	Abnormal Psychology in the context of Yoga Therapy	Abnormal Psychology: Etiology, Symptoms & Remedies	4
		Abnormal Behaviour & its Remedies	
		Old & Modern taxonomy of Abnormal Behaviour Pattern	
		Understanding of Psycho-Neuroticism, Psychoticism, Socially Aberrant behaviour, Organic deficiency in Aberrant Behaviour	
		In-Depth understanding of Psycho-Neuroticism & the role of Remedial Methods in Psychology	
		In-Depth understanding of Psychoticism & the role of Remedies in Psychology	
		In-Depth understanding of Socially Aberrant Behaviour as in Psychopaths & Sociopaths & Remedial Methods in Psychology	
		Recommended Yogic Remedial measures for Psycho-Neurotic Behaviour	
Medical Implications of Abnormal Behaviour & Effect of Yogic Techniques, Abnormality, Prayer	Socially Aberrant Behaviour & Medical Implications of Neurotic Behaviour in the Context of Yoga Therapy	Recommended Yogic Remedial measures for Socially Aberrant Behavior	3
		Psycho Neuroticism having medical symptoms on the Somatic level (case histories) & the recommended Psychological interventions	
		Psycho Neuroticism having medical symptoms on the Somatic level (case histories) & the recommended Yogic interventions	

Medical Implications of Abnormal Behaviour & Effect of Yogic Techniques, Abnormality, Prayer	Research based practical yoga techniques for Stress, Anxiety & Emotional Disorders	Practical Methods in Yoga to tackle Stress, Anxiety & Emotional Disorders	2
		Role of Omkar & its implications in Yoga Therapy as Indicated in Srimat Bhagwat Mahapuram	
		Research based indications about Therapeutic Importance of Omkar	
		Role of Patanjala Kriya Yoga & its implications to Yoga Therapy as inferred from Patanjala Yoga Sutra	
		Clinical evidences of Therapeutic role of Kriya Yoga in Yoga therapy	
	Therapeutic Implications of Shavasana & Meditation	Therapeutic effect of Shavasana & Yoga Meditation	5
		Yoga Meditation as mentioned in Siva Samhita (V:71,72) & its implication to Yoga Therapy	
	Yogic health through Patanjala Yoga & Prayer	Concept of Total Health in Yoga in the context of Patanjala Yoga Sutra	7
		Psychology of Prayer in the context of Iswara Pranidhana in Yoga	
		Historical roots of the concept of Prayer & its benefits to human well being	
Prayer: Objective & need of prayer for Yoga Therapy: Scientific Research & Clinical Observations			
<b>TOTAL</b>			<b>55</b>

**PAPER VII**  
**YOGA AND ALLIED SCIENCES**

UNIT	TOPICS	SUB-TOPICS	HRS
1	Basics of Ayurveda-1	History of Ayurveda	4
		Introduction to Philosophy of Ayurveda	
		Dosha- Vata Pitta Kapha	
		Dathu -Mala	
		Agni-Aahar Ras-Poshan	
	Concept of Prakriti	Concept of Prakriti	4
		Types of Prakriti	
		Analysing of Prakriti	
	Swastha Vritta	Swastha - Introduction	4
		Dina Charya	
Ritucharya			
Sadvritta			
2	Concept of Aahar	General Concept	4
		Rasa Importance	
		Aahar-Dravya	
	Concept of Vikruti	Dosha Vriddhi-Kshya	4
		Shat Kriya Kala	
		Nidan Panchaka	
		Vyadhi Prakar-Marga	
3	Medicines in Ayurveda	Dravya Guna Vijnana	5
		Commonly Used Herbs	
		Rasa Shastra	
	Concept of Chikitsa	Various Therapies	4
		Panchakarma	
4	Yoga and Ayurveda	Panchakarma and Shatkarma	5
		Prakriti and Asana	
	Basics of Naturopathy-1	History of Naturopathy	4
		Basic Principles of Naturopathy	
		Concept of Panchamahabhuta	
	Treatments in Naturopathy-1	Hydro Therapy	6
		Massage Therapy	
		Mud Therapy	
		Fasting as Therapy	
	Concept of Diet	Raw Food	6
		Juice Therapy	
		Types of Diet	
		Therapeutic Plans of Diet	
Yoga and Naturopathy	Meeting Points	5	
	Application		
<b>TOTAL</b>			<b>55</b>



**PAPER VIII**  
**PRACTICAL AND PROFESSIONAL UNDERSTANDING**

UNIT	TOPICS	SUB-TOPICS	HRS
Unit 1	Vertebral Column	Basic Six Movements	1
		Intervertebral Muscles	
		Paraspinal Muscles	
		Abdominal Muscles	
		Neck and Pelvic Muscles	
	Important joints	Shoulder Joint	1
		Elbow Joint	
		Hip Joint	
		Knee Joint	
		Ankle Joint	
	Joint movements	Mechanism of Flexion	1
		Mechanism of Extension	
		Mechanism of Adduction- Abduction	
		Mechanism- Pronation-Supination	
		Mechanism of Rotation	
Muscles involved	About Shoulder	1	
	About Elbow		
	About Knee		
	About Hip		
	About Ankle		
Unit 2	Postural Analysis	Introduction	4
		Practical Demonstration	
		Evaluation of Postural Analysis	
		Individual Practice	
	Stretching – 1	Facial Muscles	1
		Neck Muscles	
		Shoulder and Scapular Muscles	
		Arm and Forearm Muscles	
		Chest Muscles	
	Stretching - 2	Abdominal Muscles	1
		Back Muscles	
		Pelvic Muscles	
Thigh Muscles			
Calf Muscles			
Unit 3	Joint exercise	Carpels	2
		Metacarpals	
		Wrists	
		Elbows	
		Shoulder- Scapulae	

<b>Unit 3</b>	Joint exercise	Neck Exercise	1	
		Tarsals and metatarsals		
		Ankle and Knee		
		Hip		
		Spine		
	Forward bending Asanas	Halasana		
		Paschimottanasana		
		Padahasthasana		
		Pavanmuktasana		
		Naukasana		
	Backward bending Asanas	Setubandhasana		1
		Bhujangasana - Variations		
		Dhanurasana- Naukasana (Prone)		
		Ushtrasana		
		Ardha-chandrasana		
	Twisting Asanas	Katichakrasana		1
Vakrasana				
ArdhaMatsyendrasana				
Merudandabhyasa (Crocodile) 1 - 8				
Marjarasana - Variations				
Lateral bending Asanas	Side Bending Chakrasana	1		
	Konasana			
	Parshvakonasana			
<b>Unit 4</b>	Mixed Asanas - 1	Trikonasana	1	
		Janushirasana		
		AkarnaDhanurasana		
		Ugrasana		
	Mixed Asanas - 2	Mayurasana	3	
		kukutasana		
		Garbhasana		
		Vrishchikasana		
		Badhha-Padmasana		
		Vatayanasana		
Natarajasana				
Vrikshana				
matsyasana				
Viparitakarani- Sarvangasana				
<b>Unit 5</b>	Basics of Therapy Teachings	Concept of Yoga Therapy	2	
		Need of Scientific View in Yoga Therapy		
		Yoga Injuries		
		Evaluation of Traditional Texts		
		Evaluation of Modern Yogic Schools		
	Educating Patients and Students - 1	Precautions during Asanas	3	
		Precautions during Kriyas		
		Precautions during Pranayama		
		Precautions during Bandha		

<b>Unit 5</b>		Precautions during Mudra	
	Educating Patients and Students - 2	Anatomico-Physiological Principles	3
		Psychological Principles	
		Educational Principles	
		Discipline - for Patients/Diseases	
	Group Teaching - Principles and Skills	Class Arrangement	1
Sitting Arrangement			
Other precautions			
<b>Unit 6</b>	Principles about Personal Teaching	Methods of Clinical Examination	2
		Recording of the findings	
		Medical aspect	
		Communication with Doctor	
	Pathological understandings	Blood Examination	2
		X-ray Reports	
		MRI Scanning	
		Regarding Heart and Cerebral Diseases	
		Other investigations	
	Psychological understandings	Sleep Status	2
		Daily Routine	
		Traditional Parameters	
Modern Testings			
Questionnaires about the same			
<b>Unit 7</b>	How to check Musculoskeletal status	Testing through Simple Movements	1
		Testing through Simple Asanas	
		Other Methods	
	How to check Respiratory Status	Clinical Exam of Chest	1
		Lung Capacity Testings	
		Spirometry	
	Therapeutic Lesson Plan	Need	1
		Guideline for Preparation of Plan	
		Model Lesson Plan	
<b>Unit 8</b>	Counselling - Principles	Scientific Definition	1
		Importance of Trust	
		How to build rapport	
		Contents of Counselling	
		Precautions during Counselling	
	Group Counselling	Group Psychology	1
		How to Communicate	
		Proper Explanation Skills	
	Family - Marital Counselling	Problem of Children in family	2
		How to communicate with family	
		Guidelines	
	Yogic Counselling	Importance of Life Style	3
Materialize the practices in Daily Routine			
Self-evaluation			
Mind building techniques			

<b>Unit 8</b>	Medico-legal aspect	Introduction	6
		Some examples about Yoga Injuries	
		Medical Advice	
		Legal Precautions	
	Ideal Yoga Therapist	Properties of Therapist	4
		Parameters to check the properties	
		Traditional references	
<b>TOTAL</b>			<b>55</b>

## YOGA PRACTICAL

### **SUPINE ASANAS**

Shavasana  
Ardha Halasana (one leg/both legs)  
Co-ordination Movement (Supine)  
Pawan Muktasana (Ardha/Purna)  
Setu Bandhasana  
Crocodile variations  
Uttana Padasana  
Naukasana (Supine)  
Matsyasana  
Halasana  
Chakrasana (Back Ward)

### **PRONE ASANAS**

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

### **SITTING ASANAS**

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

Uttana Mandukasana  
Akarna Dhanurasana  
Ugrasana  
Hansasana  
Mayurasana

### **STANDING ASANAS**

Tadasana  
Chakrasana (Lateral)  
Vrikshasana  
Utkatasana  
Trikonasana  
Padhastasana  
Natrajasana  
Garudasana

### **INVERTED ASANAS**

Viparitkarani  
Sarvangasana  
Shirshasana

### **MEDITATIVE ASANAS**

Swastikasana  
Samasana  
Padmasana  
Siddhasana

### **DRISHTI**

Bhru Madhya Drishti  
Nasagra Drishti  
Jatru Drishti

**PRANAYAMA**

Anuloma-Viloma

Ujjayi

Suryabhedana

Shitali

Sitkari

Bhramari

Bhastrika

**MUDRAS & BANDHAS**

Brahma Mudra

Simha Mudra

Jivha Bandha

Mula Bandha

Jalandhara Bandha

Uddiyana Bandha (Bahya/Antar)

**MANTRA CHANTING**

Pranava Japa

Swasti Mantra

Om Stavan

Savitropasana

Rudropasana

Mahapurushavidya

Bhagvadgita Chapter 15

**SHUDDHI KRIYA**

Kapalabhati

Agnisara

Nauli

Trataka

Jala Neti

Rubber Neti

Vaman Dhauti

Danda Dhauti

Vastra Dhauti

Shankha Prakshalana (Varisara)

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