



**KAIVALYADHAMA 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)  
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**SYLLABUS FOR YOGA COURSES**

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**FOUNDATION COURSE**

**IN**

**YOGA & AYURVEDA**

**(F. C. Y. A.)**

**UNIT I**  
**(Number of Lectures - 11)**

UNIT	TOPICS	SUB-TOPICS
<b>Dharshanik Aspect of Patanjala Yoga Sutra and Therapeutic References of Hathayoga</b>	Darshanik aspect of yoga through PYS	Introduction to Patanjala Yoga Sutra: Contribution of Patanjali
		Basic Concept: Chitta, Chittabhumis, Vrittis
		Basic Concept: Vikshepa/Antaraya
		Basic Concept: Klesha & Vitarka
		Nirodhopaya: What & Why (Abhyasa & Vairagya)
	Essence of PYS	Kriya yoga: What & Why
		Ishvarapranidhana: What & Why
		Chittaprasadana: Methods of Chittaprasadana
		Chaturvyaha: Heya, Heyahetu, Hana, Hanopaya
		Bahiranga Yoga: Concept & practice of Yama & Niyama
		Bahiranga Yoga: Asana, Pranayama, Pratyahara
		Antaranga Yoga: Concept & practice of Dharana, Dhyana & Samadhi
	Therapeutic references	Therapeutic references of Hatha Yoga
		Therapeutic application of Asana, Pranayama, Bandha, Mudra
		Therapeutic application of Shuddhi Kriya and Meditation

**UNIT II**  
**(Number of Lectures - 11)**

UNIT	TOPICS	SUB-TOPICS
<b>Concepts of Ayurveda</b>	<b>Swasthavritta</b>	Ayurveda: Concept, origin, historical development as a health Care System
		Concept of Dosha-Dhatu-Mala, Prakriti Parikshana
		Concept of Concept of diet (Ahara) in Ayurveda
		Concept of social behavior (Achara) in Ayurveda
		Upadhatu, Srotas, Indriyas: Common disorders
		Agni, Vayu, Prakriti, Manas: Common disorders
		Upadhatu, Srotas, Indriyas: Remedies in Ayurveda
		Agni, Vayu, Prakriti, Manas: Remedies in Ayurveda
		Swasthavritta for promotion of Health
		Sadvritta, Dinacharya for promotion of Health
		Ritucharya, Achara & Ahara for promotion of Health
	Art of history taking and interactive strategies for assessment of status of Health	
	<b>Treatment</b>	The prognosis and plausible lines of treatment
Yoga & Ayurveda: A comparative study		

**UNIT III**  
**(Number of Lectures - 11)**

UNIT	TOPICS	SUB-TOPICS
<b>Concept of Health</b>	Concept of Health	Concept of Health : An objective understanding
		Modern perspectives, Yogic and Ayurvedic stand points
		Yogic concept of Pancha Kleshas
		Concept of Pancha Kosha
		Concept of Pancha Prana and Pancha Up-Pranas
		Shat Kriyas of Yoga and Panchakarma Of Ayurveda
		A brief understanding of Nervous system
		A brief understanding of Digestive system
		A brief understanding of Cardio-Vascular system
		A brief understanding of Respiratory system
		A brief understanding of Endocrine system
Synthetic approach to Yoga and Ayurveda for therapeutic purposes		

## UNIT IV (YOGA PRACTICAL)

### **MEDITATIVE ASANA**

Ardha Padmasana (Virasana HP)  
Vajrasana (GS)  
Svastikasana (GS) (HP)  
Gorakshasana (GS)  
Padmasana (GS) (HP)  
Guptasana (GS)  
Bhadrasana (GS) (HP)  
Siddhasana (HP)

### **RELAXATIVE ASANA**

Shavasana/ Mrtasana (HP) (GS)  
Makarasana (GS)

### **CULTURAL ASANA**

#### **SUPINE**

Simplified Matsyasana (GS)

#### **PRONE**

Bhujangasana (GS)  
Shalabhasana (GS)  
Dhanurasana (HP)

#### **SITTING**

Simhasana (GS)(HP)  
Gomukhasana (GS)(HP)  
Mandukasana (GS)  
Uttana Mandukasana (GS)  
Paschimottnaasana (HP)

#### **STANDING**

Utkatasana (GS)  
Vrikshasana (GS)

### **OTHER ASANA**

Uttanapadasana  
Pavanamuktasana  
Parvatasana  
Brahma Mudra  
Janushirasana  
Vakrasana  
Yoga Mudra  
Tadasana  
Chakrasana (Lateral Bending)

### **MUDRA**

Viparitamukha (GS)(HP)

### **BANDHA**

Uddiyana (GS)(HP)  
Jalandhara (GS)(HP)

### **SHUDDHI KRIYA**

Kapalabhati (GS)  
Jala Neti  
Sutra Neti (GS)  
Vaman Dhauti (GS)  
Danda Dhauti (Theory) (GS)  
Vastra Dhauti (Theory) (GS)  
Vahnisara (GS)  
Trataka (GS) (HP)

### **PRANAYAMA**

Nadishodhan (HP)(GS)  
Ujjayi (GS)(HP)  
Sitkari

*(HP: Hathapradipika, GS: Gheranda Samhita)*

Participants may be provided a practical demonstration on Panchakarma also.