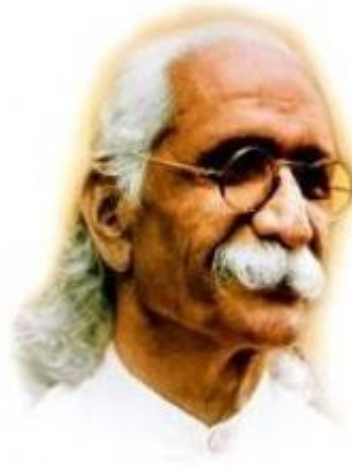




KAIVALYADHAMA

Where Yoga tradition and Science meet



**21 DAYS IN SERVICE TEACHER'S TRAINING
COURSE IN
YOGA**

UNDER SCHEME OF

[FOR INTRODUCTION OF YOGA IN SCHOOL HEALTH]

Duration-

21 days (125 hours)- 8 credits

Contents-

	Content	Hours
1.	Theory	36 hours
2.	Practical	54 hours
3.	Assignments or Projects	10 hours
	Total	100 hours

Theory Subjects-

	Subject and no of lectures
1.	Yogic texts -7
2.	Teaching methods-7
3.	Anatomy-Physiology and yoga-7
4.	Yoga and Mental Health-7
5.	Yoga and Value education-7

Syllabus- In Detail- Theory

Yogic texts-

	Units	Contents
1.	Introduction to yoga	1.Definition 2.History 3.Various schools as- Jnana, karma, Bhakti,Mantra, Laya, Hatha, Rajayoga etc. 4. Misconceptions, Modern trades and fads.
2.	Bhagvatgeeta	1.Introduction. 2.Meaning of Jnana, karma and Bhakti. 3.Importyance of 6 th chapter. 4.Vedanta philosophy in Bhagvatgeeta.
3.	Patanjali Yogasutra	1.Chita Vritti and Nirodha 2. Concept of Klesha and Samadhi 3.Chittavikshepa and its Pratishedha 4. Concept of Astanga yoga.

4.	Hathayoga	1.Hathayoga- Meaning, History, conceptions- misconceptions and Basic terms- Prana,Nadi, Chakra, kundalini, 2.Kriya- practice, benefits, limitations 3.Asana- practice, benefits, limitations 4.Pranayama and mudra- Practice, benefits and limitations
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Teaching methods-

	Unit	
1.	Scope of the teaching methodology	1.Teaching as a professional service 2.Developing communication skills
2.	Demonstrated ability	1.To recognize, adjust, and adapt to specific Children needs in the progressive classes. 2.To recognize and manage the subtle dynamics inherent in the teacher-student relationships.
3.	Principles and skills for educating aspirants	1.Efective teaching methods 2.Acknowledge the progress of aspirants. 3. How to cope up with the difficulties.
4.	Group practice	1.Designing group programs 2.Skills and time management.

Anatomy-Physiology and Yoga-

	Unit	Contents
1.	Reconditioning of psychophysical mechanism	1.Neuroendocrine mechanism 2.Neuromuscular mechanism. 3.Corticolimbic balance 4.Recent researches on brain.
2.	Kriya – scientific view	1.Excretory functions of the body. 2.Panchakarma and Shatakarma. 3.Scientific aspect of kriya 4.Therapeutic applications of kriya

3.	Asana-Scientific view	1.Asana and physical exercise. 2.Mechanism of asana-scientific view 3.Effect of asana 4.Therapeutic applications and limitations.
4.	Pranayama – Mudra-	1.Mechanism of pranayama 2.Effect of pranayama 3.Varieties of pranayama and their applications 4.Mudra- concept and practices

Yoga and Mental Health-

	Units	Contents
1.	Human psyche	1.Modern approach of human psyche 2.Approach of yoga – Chitta, Manas, Antakarana. 3.Chittavritti and their types 4.Chitabhumi.
2.	Mental health and Hygiene	1.Concept of mental health-Modern view 2.Concept of mental hygiene 3.Mental health- Yogic perspective 4.Yama- Niyama and mental hygiene.
3.	Therapeutic approach	1.Concept of frustration-conflicts 2.Stress and its complications 3.Psychotherapy- modern and Yogic view 4. Yoga for Mentally Challenged Children

Yoga and Value Education-

	Units	Contents
1.	Concept of value	1.Nature 2.Role 3.Classification and significance
2.	Aims and Objectives of Value education	1.Rationale of value education 2.Value education is respect with family, social health.
3.	Yoga as a method of value education	1.Role of Astanga yoga in value education. 2. Approach of Swami Kuvalayananda.

Reference Books:

1. Yoga Therapy (By Swami Kuvalayananda and Dr.S.L.Vinekar)- Kaivalyadhama Publication
2. Anatomy and Physiology- Yogic Context (By.Dr.Sharad Bhalekar)- Kaivalyadhama Publication
3. Asana – Why and How (By.Shri.O.P.Tiwari)- Kaivalyadhama Publication
4. Teaching Methods (By M.L.Gharote and S.K.Ganguly)- Kaivalyadhama Publication
5. Hathapradipika- Kaivalyadhama Publication
6. Patanjali Yogasutra- (Dr.Karambelkar)- Kaivalyadhama Publication
7. Pranayama (By Swami Kuvalayananda)
8. Asana (By Swami Kuvalayananda)
9. Yoga Psychology and Beyond (By Prof.R.S.Bhogal)
- 10 Gheranda Samhita- Kaivalyadhama Publication

Practical-

Kriya-

Neti, Dhauti, Kapalbhati, Trataka.

Asana-

	Type	Asanas.
1.	Meditative	Sukhasana, Virasana, Ardhapadmasana, Bhadrasana,Swastikasana.
2.	Relaxative	Shavasana, Makarasana
3.	Cultural	<u>A.Standing-</u>

	<p>Tadasana, Parvatasana, Vrikshasana, Lateral chakrasana, Konasana, Utkatasana, Garudasana, Padhastasana, Parvatasana.</p> <p><u>B. Sitting-</u> Dandasana, Yogamudra, Paschimottanasana, Uttanmandukasana, Janushirasana, Vakrasana, Ushtrasana</p> <p><u>C. Lying supine-</u> Pavanmuktasana, Ardhalasana, Setubandhasana, Naukasana, Crocodile variations.</p> <p><u>D. Lying prone-</u> Bhujangasana, Shalabhasana, Makarasana, Marjarasana, Dhanurasana</p> <p><u>E. Inverted-</u> Viparitkarni, Sarvangasana</p>
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Pranayama-

1. Slow deep breathing.
2. Anuloma viloma pranayama
3. Ujjayi pranayama
4. Bhramari.
5. Shitali – Sitkari pranayama