

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

P.G.Diploma in Yoga Education

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Paper 1 - Foundation of Patanjala Yoga Sutra

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

Paper 2 Hatha Yoga Texts

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

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
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 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.
1.4	Yoga and Value Education	Content of value education Role of teacher in value education Methods of value education
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 HathyogaRajyoga correlation Concept of Panchkosha

		Chakra- nadis and their correlation to states of consciousness.
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.

Unit	Topics	Sub-topics
1.7	Yoga and Religion Diversity in Religion Mysticism	Yoga and Buddhism Yoga and Islam Yoga and Christianity Yoga and Mysticism
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.

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

Unit	Topic	Subtopics
Introduction	Meaning and necessity of the subjects	<ol style="list-style-type: none"> 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
Anatomy- Physiology of systems	A. Digestive system	<ol style="list-style-type: none"> 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
	B. Respiratory system	<ol style="list-style-type: none"> 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.
	C. Circulatory system	<ol style="list-style-type: none"> 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.

Yogic practices	Kriya Pranayama	Scientific aspect of six cleansing processes- Neti, dhauti, Kapalbhata, Basti, Nauli, trataka. Definition, mechanism and effect of pranayama. Scientific aspect of types of pranayama- Anulom-vilom, Ujjayi, Bhramari, Shitali-sitkari, Suryabhedana, Bhastrika etc.
Traditional view towards body.	View of Hathayoga Importance of Yama-Niyama	1. Concept of prana- nadi-chakra 2. Nadishuddhi- Signs

Unit	Topic	Subtopic
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
	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.
	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.
	Neuroendocrine system	1. Gross Anatomy of brain, spinal cord and nerves

		<p>2.Functions of various parts of the brain.</p> <p>3.Functions of endocrine glands.</p> <p>4.Effect of yogic practices on brain and endocrine glands.</p>
Yogic practices	<p>A.Asana- scientific aspect</p> <p>B.Pratyahara and Antarang sadhana (Meditation)</p>	<p>1.Definition, Mechanism and effect of Asana</p> <p>2.Types of asana</p> <p>3.Scientific explanation of basic asanas.</p> <p>4. Difference between Asana and Physical Exercise</p> <p>4.Scientific explanation of pratyahara and meditation.</p>
Applications of Anatomy- Physiology	<p>A.Stress management through yoga</p> <p>B.Concept of Yoga Therapy</p> <p>C.Yoga Injuries</p>	<p>1.Stress- mechanism, symptoms and complications</p> <p>2.Yogic practices to reverse the stress symptoms</p> <p>Explanation given by swami Kuvalayananda-</p> <p>1.Cultivation of correct psychological attitude.</p> <p>2. Reconditioning of psychophysical mechanism.</p> <p>3. Importance of Cleansing through yoga.</p> <p>1.Causes of Injuries.</p> <p>2.Example of Yoga Injuries</p> <p>3.Prevention and management of Yoga injuries.</p>

Paper 5: Yoga and Mental Health

Unit	Topics	Sub-topics
Need & Scope : Holistic Health through Yoga & Psychology	Need of 'Yoga & Mental Health' in the context of Yoga Psychology	Need of Yoga & "Mental Health" in the context of Darshanas
		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
		Normality in Yoga and Psychology
		Theories and models in Psychology

<p>Normality, Abnormality: Psychological & Yogic Views</p>	<p>Concept of Normality Tackling Abnormality through Yoga as Therapy</p>	<p>Existential abnormalities / disorders:</p> <ul style="list-style-type: none"> i. Freudian approach ii. Patanjala Yoga Sutra approach iii. Hatha Yoga approach
		<p>Basic Principles of Yoga as Therapy as per Patanjala Yoga Sutra</p>
		<p>Causes and remedial measures on all existential Disorders as per Patanjala Yoga Sutra</p>
		<p>Remedial measures on all existential Disorders:</p> <ul style="list-style-type: none"> i. Laghu Yoga Vasishth ii. Hathapradipika
<p>Personality Integration</p>	<p>Personality Integration through psychology & Yoga</p>	<p>Personality Development in Psychology & in Yoga</p>
		<p>Development of Modern theories of Personality (Nature & Nurture)</p>
		<p>Indian approach to personality and personality integration in the context of Triguna, Panca Kosha & Citta Bhumi</p>

Unit	Topics	Sub-topics
Psycho-Social Implications of yoga	Adjustment through Attitude Change	Personal and interpersonal adjustment through yogic methods – Yamas & Niyamas
		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
Stress Management Yogic Life Style & Prayer for a Total Self Development	Stress	Concept of Stress: Modern Psychological
	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 YogaSadhaka ii. The CommonMan		
Counselling	Counselling Techniques	Counselling in Yoga

Paper 6: Teaching Methods

Unit	Topics	Sub-topics
6.1	Need of practice teaching and its use in Yogic practice	Teaching, Learning, Education
		Ancient and Modern Education Systems
	Yoga and Yogic practices	Contribution of Swami Kuvalayananda Ji in Yoga Education.
		Concept of Yoga
6.2	Meaning and Scope of Teaching Methods	Yogic Practices: Asanas, Pranayamas, Bandhas & Mudras, Kriyas, Meditation
		Misconceptions of Yoga
		Sources of Misconceptions
		Methodology
		Different Teaching Methods
	Relevance of Teaching Methods in Yoga Education	
ICT	Teaching aids	Factors influencing Methods of teaching
		Communication Skills – Verbal & Non-verbal
6.3	Scientific Principles of Teaching	Ideal Qualities of a Teacher
		Meaning
		Need of ICT in Yoga education.
		Meaning
		Need of Teaching Aids
6.4	Class Management	Anatomico-Physiological Principles
		Psychological Principles
		Educational/Pedagogic Principles
		Sociological Principles
		Yogic Principles
		Meaning & Need
		Classroom/Hall Management, Conducive Environment, Safety Measures
6.5	Yoga Lesson Plan & Workshop	Grouping of participants
		Lesson & Workshop Planning
		Dealing with Difficult Students
		Class Formation
6.6	Yoga Lesson & Workshop Presentation	Instructions & Corrections
		Meaning and need
		Importance of Lesson Plan
		Guidelines for preparing Lesson and workshop
		Steps in a Yogic Lesson and Workshop
		Time Management – Meaning & Importance
		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
UttanaPadasanaNa
ukasana (Supine)
Matsyasana
Halasana
Chakrasana (Backward)

PRONE ASANAS

MakarasanaNi
ralambasanaM
arjari Asana
BhujangasanaS
arpasana
Ardha Shalabhasana
Co-ordination Movement (Prone)
Shalabhasna
Naukasana (Prone)
Dhanurasana

SITTING ASANAS

Vajrasana
Bhadrasana
Parvatasana
Gomukhasana
Janushirasana
Vakrasana
ArdhaMatsyendrasana
Paschimottanasana
Supta Vajrasana
Yoga Mudra
UshtrasanaMandukasana
UttanaMandukasana

STANDING ASANAS

TadsanaChakrasana
(Lateral) Konasana
Vrikshasana
Trikonasana
Natrajasana
Utkatasana
Padhastasana
Garudasana

INVERTED ASANAS

Viparitkarani
Sarvangasana
Shirshasana

ADVANCED ASANAS

AkarnaDhanurasana
Tolangulasana
Bakasana
Padma Bakasana
Gorakshasana
Ugrasana
Shirsha
Padangushthasana
Kapotasana
Rajkapotasana
Matsyendrasana
Kurmasana
Kukkutasana
UttanaKurmasana
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