

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

P.G.Diploma in Yoga Education

(Recognized by the Ministry of Education, Government of India as an All India Institute of
Higher Education (Since 1962)

Grant in Aid by Ministry of HRD, Government of India and Department of Higher & Technical
Education Govt. of Maharashtra)

Paper 1 - Foundation of Patanjala Yoga Sutra

| Sub-unit | Topic | Sub-topic | Hr |
|--------------|---------------------|---|----|
| Introduction | Darśana | Vedas, Upaniṣads, Śaṅ-darśana | 1 |
| | | Sāṅkhyā & Yoga | ½ |
| | | Yoga Darśana, Sāṅkhyā Darśana commentaries | ½ |
| | Sāṅkhyā | Duḥkhatraya, Utility (उपादेयता) of Sāṅkhyā SK: 1, 2 | ½ |
| | | Sāṅkhyā Evolution theory, SK: 22 | 2 |
| | | 25 Elements (Prakṛti, Puruṣa) of Sāṅkhyā SK: 3 | |
| | | Concept of Triguṇas, SK: 12, 13 | ½ |
| | | Three Pramāṇas SK: 4-8 | 2 |
| | | Satkāryavāda SK: 9 | 1 |
| | | Concept of Cause & Effect' (कार्य-कारण/प्रकृति-विकृति) | 1 |
| | | Characteristics of Prakṛti (व्यक्त-अव्यक्त) & Puruṣa SK: 10,11,19 | 2 |
| Samādhīpāda | Citta & Nirodhopāya | Yogānuśāsanam PYS: I: 1 | ½ |
| | | Citta, Citta-Bhūmis PYS: I: 2 | 2 |
| | | Citta-vṛttis PYS: I: 2-11 | 2 |
| | | Citta-vṛtti-nirodha Uttama, Madhyama, Adhama Adhikārīs VB | 1 |
| | | Abhyāsa-vairāgya PYS: I: 12-16 | 3 |
| | Samādhīs | Samprajñāta & Asamprajñāta Samādhīs PYS: I: 17-22 | 4 |
| | Īśvara | Īśvara PYS: I: 23-29 | 1 |
| | Antarāyas | Antarāyas, Vikṣepa-saha-bhuva PYS: I: 30-32 | 2 |
| | Citta-prasādana | Citta-prasādana PYS: I: 33-34 | 1 |
| | | Sthitinibandhinī PYS: I: 35-39,40 | 1 |
| Sādhanapāda | Samāpattis | Samāpattis PYS: I: 41-45 | 2 |
| | Samādhīs | Sabīja Samādhi, Nirbīja Samādhi PYS: I: 46-51 | 2 |
| | R̥tambharā Prajñā | Adhyātma-prasāda PYS: I: 47 | |
| | | R̥tambharā Prajñā PYS: I: 48 | 2 |
| | Kriyāyoga | Kriyāyoga, its results PYS: II: 1,2 | 2 |
| | | Kleśās, PYS: II: 3-9 | 2 |
| | | Kleśa-Nivṛtti, Karmāśaya, Vipāka PYS: II: 10-15 | 2 |
| | Catur vyūha | Heya, Heyahetu, Hāna, Hānopāya PYS: II: 16-27 | 2 |
| | Yogāṅga (Bahiranga) | Yogāṅga-Anuṣṭhāna PYS: II: 28 | |
| | | Viveka-khyāti, saptadhā prāntabhūmīḥ prajñā PYS: II: 26,27,28 | 1 |
| | | Yama-niyama-āsana-prāṇāyāma-pratyāhāra-dhāraṇā-dhyāna-samādhi PYS: II: 29 | 2 |
| | | Āsana, Prāṇāyāma, Pratyāhāra PYS: II: 46-55 | 2 |
| | | Yama-Niyama Siddhis PYS: II: 35-45 | 1 |
| | Pratipakṣa-bhāvanā | Pratipakṣabhāvanā PYS: II: 33 | |
| | | Vitarkas PYS: II: 34 | 1 |

| | | | |
|--------------|------------------------|---|---|
| Vibhūti pāda | Yogāṅga (Antarāṅga) | Dhāraṇā-dhyāna-samādhi PYs: III: 1,2,3 Samyama PYs: III: 4-8 | ½ |
|--------------|------------------------|---|---|

Paper 2 Hatha Yoga Texts

| Unit | Topics | Sub Topics | Hrs |
|------|--|--|-----|
| 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 | 4 |
| 1.2 | Introduction to Hathayogic texts (Salient features of each text) | Hatapradipika Gheranda Samhita Goraksha shatak Shiv Samhita Hatharatnavali | 4 |
| 1.3 | Basic concepts of Ayurveda | Panchamahabhuta Dosha Dhatu Mala and Agni Concept of Prakriti Concept of Diet- Pathy-Apathya | 4 |
| 1.4 | Pre-requisites | Sadhak tatva Badhak tatva Concept of Mitahara/ Diet in relation with Triguna | 3 |
| 1.5 | Shatakarmas | View of Hathapradipika View of Gheranda samhita | 4 |
| 1.6 | Asana | View of Hathapradipika View of Gheranda samhita | 6 |
| 1.7 | Pranayama-Mudra- Bandha | View of Hathapradipika View of Gheranda samhita | 8 |
| 1.8 | Dharana- Dhyana-Samadhi Nadanusandhana | View of Hathapradipika View of Gheranda samhita | 6 |
| 1.9 | Swarayoga | Meaning and concept | 6 |
| 1.10 | Therapy aspect of hathayoga | Explanation of 5 th chapter of Hathapradipika | 5 |

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 | 6 |
| 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 | 4 |

| | | | |
|-----|--|---|---|
| | | 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. | 7 |
| 1.4 | Yoga and Value Education | Content of value education Role of teacher in value education Methods of value education | 8 |

| | Topics | Subtopics | |
|-----|---|--|---|
| 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 Hathyoga Rajyoga correlation Concept of Panchkosha Chakra- nadis and their correlation to states of consciousness. | 6 |
| 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. | 4 |
| 1.7 | Yoga and Religion Diversity in Religion Mysticism | Yoga and Buddhism Yoga and Islam Yoga and Christianity Yoga and Mysticism | 7 |
| 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. | 8 |

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

| Unit | Topic | Subtopics | Hrs |
|--------------------------------|---------------------------------------|---|-----|
| Introduction | Meaning and necessity of the subjects | 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 | 2 |
| Anatomy- Physiology of systems | A.Digestive system | 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 | 4 |
| | B. Respiratory system | 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. | 4 |
| | C. Circulatory system | 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. | 4 |
| Yogic practices | Kriya | Scientific aspect of six cleansing processes- Neti, dhauti, Kapalbhati, Basti, Nauli, trataka. | 4 |
| | Pranayama | Definition, mechanism and effect of pranayama. Scientific aspect of types of pranayama- Anulom-vilom, Ujjayi, Bhramari, Shitali-sitkari, Suryabhedana, Bhastrica etc. | 4 |
| Traditional view towards body. | View of Hathayoga | 1.Concept of prana- nadi-chakra 2.Nadishuddhi- Signs | 1 |
| | Importance of Yama- Niyama | | 2 |

| Unit | Topic | Subtopic | Hrs. |
|---|--|--|-------------|
| 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 | 4 |
| | 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. | 2 |
| | 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. | 4 |
| | Neuroendocrine system | 1.Gross Anatomy of brain, spinal cord and nerves 2.Functions of various parts of the brain. 3.Functions of endocrine glands. 4.Effect of yogic practices on brain and endocrine glands. | 4 |
| Yogic practices | A.Asana- scientific aspect | 1.Definition, Mechanism and effect of Asana 2.Types of asana 3.Scientific explanation of basic asanas. 4. Difference between Asana and Physical Exercise 4.Scientific explaination of pratyahara and meditation. | 4 |
| | B.Pratyahara and Antarang sadhana (Meditation) | | 1 |
| Applications of Anatomy- Physiology | A.Stress management through yoga | 1.Stress- mechanism, symptoms and complications 2.Yogic practices to reverse the stress symptoms | 2 |
| | B.Concept of Yoga Therapy | Explanation given by swami Kuvalayananda- 1.Cultivation of correct psychological attitude. 2. Reconditiong of psychophysical mechanism. 3. Importance of Cleansing through yoga. | 2 |

| | | | |
|--|-----------------|--|---|
| | C.Yoga Injuries | 1.Causes of Injuries. 2.Example of Yoga Injuries 3.Prevention and management of Yoga injuries. | 2 |
|--|-----------------|--|---|

Paper 5: Yoga and Mental Health

| Unit | Topics | Sub-topics | Hrs |
|---|--|---|-----|
| 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 | 12 |
| | 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, Abnormality: Psychological & Yogic Views | Concept of Normality Tackling Abnormality through Yoga as Therapy | Normality in Yoga and Psychology Theories and models in Psychology Existential abnormalities / disorders: i. Freudian approach ii. Patanjala Yoga Sutra approach iii. Hatha Yoga approach Basic Principles of Yoga as Therapy as per Patanjala Yoga Sutra Causes and remedial measures on all existential Disorders as per Patanjala Yoga Sutra Remedial measures on all existential Disorders: i. Laghu Yoga Vasishth ii. Hathapradipika | |
| Personality Integration | Personality Integration through psychology & Yoga | Personality Development in Psychology & in Yoga Development of Modern theories of Personality (Nature & Nurture) | |
| | | Indian approach to personality and personality integration in the context of Triguna, Panca Kosha & Citta Bhumi | |

| | | | |
|---|--|--|----|
| 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 | 8 |
| | 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 | 10 |
| | 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 Yoga Sadhaka ii. The Common Man | |
| Counselling | Counselling Techniques | Counselling in Yoga | 2 |

Paper 6: Teaching Methods

| Unit | Topics | Sub-topics | Hrs |
|------|---|---|-----|
| 6.1 | Need of practice teaching and its use in Yogic practice | Teaching, Learning, Education | 2 |
| | | Ancient and Modern Education Systems | |
| | | Contribution of Swami KuvalayanandaJi in Yoga Education. | |
| | Yoga and Yogic practices | Concept of Yoga | 4 |
| | | Yogic Practices: Asanas, Pranayamas, Bandhas & Mudras, Kriyas, Meditation | |
| | | Misconceptions of Yoga | |
| | | Sources of Misconceptions | |
| 6.2 | Meaning and Scope of Teaching Methods | Methodology | 4 |
| | | Different Teaching Methods | |
| | | Relevance of Teaching Methods in Yoga Education | |
| | | Factors influencing Methods of teaching | |
| | | Communication Skills – Verbal & Non-verbal | |
| | | Ideal Qualities of a Teacher | |
| | ICT | Meaning | 2 |
| | | Need of ICT in Yoga education. | |
| 6.3 | Scientific Principles of Teaching | Meaning | 4 |
| | | Need of Teaching Aids | |
| 6.4 | Class Management | Anatomico-Physiological Principles | 3 |
| | | 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 | 4 |
| | | Lesson & Workshop Planning | |
| | | Dealing with Difficult Students | |
| | | Class Formation | |
| | | Instructions & Corrections | |
| 6.6 | Yoga Lesson & Workshop Presentation | Meaning and need | - |
| | | Importance of Lesson Plan | |
| | | Guidelines for preparing Lesson and workshop | |
| | | Steps in a Yogic Lesson and Workshop | |
| | | Time Management – Meaning & Importance | |

PRACTICAL

SUPINE ASANAS

Shavasana
Ardha Halasana (One leg/Both legs)
Pawanamuktasana (Ardha/Purna)
Setubandhasana
Crocodile variations
Uttana Padasana
Naukasana (Supine)
Matsyasana
Halasana
Chakrasana (Backward)

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

STANDING ASANAS

Tadasana
Chakrasana (Lateral)
Konasana
Vrikshasana
Trikonasana
Natrajasana
Utkatasana
Padhastasana
Garudasana

INVERTED ASANAS

Viparitkarani
Sarvangasana
Shirshasana

ADVANCED ASANAS

Akarna Dhanurasana
Tolangulasana
Bakasana
Padma Bakasana
Gorakshasana
Ugrasana
Shirsha Padangushthasana
Kapotasana
Rajkapotasana
Matsyendrasana
Kurmasana
Kukkutasana
Uttana Kurmasana
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
9. Hostel Discipline
10. Mess Discipline