



KAIVALYADHAM S.M.Y.M. SAMITI'S,

GORDHANDAS SEKSARIA COLLEGE OF YOGA & CULTURAL SYNTHESIS

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Syllabus of Diploma in Yoga Therapy

PAPER I

FOUNDATION OF YOGIC TEXTS AND TRADITIONS Part -1

UNIT	TOPICS	SUB-TOPICS	HOURS
YOGA	HISTORICAL ASPECTS	ORIGIN OF YOGA	5
	CONCEPT OF YOGA	Development	
		Meaning & Definitions in the light of Upanishads, PYS, Geeta, HP, Gh.S.	
Tradition of Yoga	Brief Survey	Introduction to Indian Darshana's	10
Brief introduction to Hathayogic Texts	Concept of Hathayoga		20
	From Therapeutical Perspective: Hathapradipika	Structure	
		Profile and Content	
		Importance of each text	
PYS	From Therapeutical Perspective: Patanjala Yogasutra	Brief Introduction to 4 Chapters	20
TOTAL			55

PAPER II
YOGA THERAPY I – (ANATOMY AND PHYSIOLOGY)

UNIT	TOPICS	SUB-TOPICS	HOURS
Introduction	Introduction to Anatomy and Physiology	Meaning of the Terms- Anatomy, physiology etc.	5
		Meaning of the Basic Terms, (Cell, Tissue, Organs and Systems and related terms).	
		Importance of the Subject	
		Yogic View of Anatomy and	
		Physiology	
Systems in Human Body	1. Digestive System	Anatomy of the Digestive Organs	4
		Physiology of Digestion	
		Factors influencing Digestive system.	
		Unique Factors pertaining to Digestive system- 1. Concept of Yogic Diet	
		2.Comparison with Modern	
		Dietary concepts	
		3. Other relevant aspects	
	2. Respiratory System	Anatomy of the Respiratory System	4
		Physiology of Respiration	
		Factors influencing Respiration	
		Unique Factors pertaining to Respiratory system-	
		1.Lung Capacity and related Terms	
		2. Importance of Respiratory Muscles	
		3. Other relevant Factors	
	3. Circulatory System	Anatomy of Circulatory System	4
		Physiology of Circulation	
		Factors influencing Circulation	
		Unique Factors pertaining to Circulatory system-	

		1. Concept of Blood pressure	
		2. Factors affecting blood pressure	
		3. Regional Blood Circulation	
		4. Lymphatic System	
		5. Other relevant Factors	

Systems in Human Body	4. Muscular System	Anatomy of Muscular System	4
		Physiology of Muscle Movements and Posture	
		Factors influencing Muscular activities	
		Unique Factors pertaining To muscular system	
		1. Mechanism of stretching and contraction.	
		2. Neuromuscular mechanism	
		3. Musculo-skeletal Mechanism	
		Other relevant factors	
	5. Skeletal System	Anatomy of Skeletal System	4
		Physiology of Skeletal System	
		Factors influencing Bones and Joints	
		Unique Factors pertaining To Skeletal system	
		1. Bone Density	
		2. Regulation of Bone Physiology by Hormones	
		3. Ageing Process of Bones	
		4. Other relevant factors	
	6. Urinary System	Anatomy of Urinary System	4
		Physiology of Urinary System	
		Factors influencing urinary system	
		Unique Factors pertaining To Urinary system	
		1. The role of diet	
		2. Urine Threshold	
		3. Hormonal Mechanism	
		4. Excretion of waste products	

		Other relevant factors	
Systems in Human Body	7. Reproductive System	Anatomy of Male and Female Reproductive System	4
		Physiology of Male and Female Reproductive System	
		Factors influencing Reproductive system	
		Unique Factors pertaining To Reproductive system	
		1.Hormonal Regulation	
		2.Physiology of Pregnancy	
		3.Other relevant factors	
	8.Neuro-Endocrine System	Anatomy of Nervous and Endocrine Systems	4
		Physiology of Nervous and Endocrine Systems	
		Factors Influencing Nervous and Endocrine Systems	
		Unique Factors pertaining To Nervous and Endocrine Systems	
		1.Neuro Endocrine axis	
		2.Physiology of Fight or flight mechanism	
		3.Autonomous Balance	
		4.Role of Hypothalamus	
		5.Other relevant factors	
Scientific Aspect of Yogic Practices	Yama – Niyama	Concept of Yama	4
		Concept of Niyama	
		Cultivation of correct Psychological Attitude	
		Psychophysical Reconditioning	
	Kriyas	Importance of Kriya Physiology of each Kriya	4

		Precautions during Kriya Practice	
		Researches in Kaivalyadhama about Kriya	
		Other relevant features	
	Asanas	Physiology of Asana	4
		Types of Asanas	
		Explanation of fundamental	
		Mechanism of Asanas	
		Precautions during Asanas	
	Pranayama	Psychophysiological Mechanism of Pranayama	4
		Types of Pranayama and their Mechanism	
		Physiology of Mudra and Bandhas	
	Pratyahara and Meditation	Concept of Pratyahara	1
		Concept of Dharana-Dhyana	
		Modern Research in Meditation	
		Techniques of Meditation	
	Nadi-Chakra Concept	Concept of Prana, Nadis and Chakras	1
		Traditional and modern understanding of	
		Kundalini awakening	
		Scientific interpretation and its	
		Limitations	
	Total		55

PAPER III

Yoga and Mental Health: Therapeutic Perspectives

Sr No.	Units	Sub-units	Hrs.
1.	Psycho-therapeutic approaches in yoga texts	1. Conventional Therapy vis-à- vis Yogic Therapy • Principles of Conventional Therapy for Mental Health • Principles of Yogic Therapy for Mental Health • Limitations, advantages, and possible synthesis 2. Psychotherapeutic approaches in the <i>Patanjala Yoga Sutra</i> • Yogic Health as per the <i>Patanjala Yoga Sutra</i> • Concept of <i>Chaturvyuh</i>: <i>Heya, Hetu, Hana Hanopaya</i> • Concept of <i>Nirodhaha, Drashta</i> and <i>Vritti Sarupya</i> with reference to Field Dependence and Field Independence	14

		concepts of Modern Psychology • Journey from Yogic Therapy to Yoga state (PYS I: 18-39) • How the Yoga state fulfills the WHO definition of Mental Health, transcending the same towards Self-Realization • Constitution of Personality in Yoga and role of <i>Sukshma Sharira</i> in Yogic Therapy 3. Psychotherapeutic approaches in <i>Hatha Yoga</i> • <i>Prana-Citta</i> interaction in select <i>Hatha Yoga</i> texts • <i>Manas</i> dynamics in <i>Hatha Pradipika</i> • Chapter 5. 4. Psychotherapeutic approaches in <i>the Bhagawat Gita</i> • Concepts of <i>prasada</i>, <i>samatva</i>, and <i>yogastha</i> towards the state of yoga (Chs. 2 & 6) • Handling the Triguna dynamics for transcendence (Chs. 16 & 17)	
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2.	Important mental health related frameworks in Psychology and their relation to Yoga	1. Introduction to Psychology 2. Psychoanalytical theory • Sigmund Freud's concepts of Id, Ego, Superego, conscious, subconscious and unconscious • Defense mechanisms • Psychoanalysis as a therapy method • Relevance to yogic therapy 3. Humanistic Psychology • Principles of Humanistic Psychology • Carl Rogers' Client Centered Therapy • Relevance to Yogic Therapy 4. Personality • Personality concept and definitions • Biopsychosocial factors affecting Personality • Yogic approach to Personality – <i>Pancha Kosha</i> theory, <i>Triguna</i> Theory, <i>Chittabhumi</i> theory • Personality development through yoga	14
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3.	Common disorders in Psychology and yogic approaches for their management	1. Stress and its mechanisms Abnormal human behavior with reference to Psychoticism and Neuroticism 3. Common psychological disorders and yogic approaches to their management • Depressive disorders • Anxiety disorders • Substance use disorders • Obsessive compulsive disorder • Post-traumatic stress disorder • Schizophrenia 4. Neurodevelopmental disorders and yogic approaches to their management • Attention deficit hyperactivity disorder • Autism spectrum disorder • Intellectual disability	14
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	Ashtanga Yoga as a psycho-physiological intervention	1. Psychotherapeutic implications of Ashtanga Yoga • Experiential aspects of <i>Yama</i> and <i>Niyama</i> as attitude forming strategies towards Holistic Health • Conflict and Frustration as sources of abnormalities: Remedies in <i>PYS</i> and <i>Bhagawat Gita</i> • <i>Patanjala Yoga</i> approach to Stress and its Management • From <i>Vyutthitta Citta</i> to <i>Samahita Citta</i>: Psychological and yogic approaches in Adjustment (Intrapersonal and Interpersonal) • Relevance of <i>Pratyahara</i>, <i>Dharana</i> and <i>Dhyana</i> • Research evidences of efficacy of <i>Dhyana</i> as therapy	7
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5.	Counselling: Psychological and Yogic	1. Basic Principles of Psychological Counselling • Yoga teacher as a counselor • Relevance in today's times • Skills needed to be a counselor • Roger's Client Centered Counselling • Ethics related to being a counselor 2. Yogic Counselling • Bases of <i>Yogic</i> Counselling in the <i>Patanjala Yoga Sutra</i> • Bases of <i>Yogic</i> Counseling in the <i>Bhagawat Gita</i> • Role of <i>Pratyahara, Dharana</i> and <i>Dhyana</i> in Yogic Counselling	6
		Total hours	55

PAPER IV
PRACTICAL AND PROFESSIONAL UNDERSTANDING

UNIT	TOPICS	SUB-TOPICS	HOURS
Unit 1	Vertebral Column		1
	Important joints		1
	Joint movements		1
	Muscles involved		1
	Postural Analysis		4
Unit 2	Stretching -1		1
	Stretching-2		1
	Joint exercise		2
Unit 3	Yogasana	Forward bending yogasana	1
		Backward bending yogasana	1
		Twisting bending yogasana	1
		Lateral bending yogasana	1
		Balancing yogasana	1
		Mixed yogasana	3
Unit 4	Therapeutic Precautions during Teaching	Precautions during Kriya	3
		Precautions during Asana	
		Precautions during Pranayama	
		Precautions during bandha and Mudra	
		Precaution during Meditation	
		Yoga injuries	2
		Evaluation of Traditional Texts	
		Evaluation of Modern yogic schools	
Unit 5	Scientific principles of Yogic practices	Yogic Principles	3
		Anatomico-Physiological Principles	
		Psychological Principles	
		Sociological Principles	
		Educational Principals	
	Group Teaching - Principles and Skills	Class Arrangement	1
		Sitting Arrangement	
	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	

Unit 6		MRI Scanning	
		Regarding Heart and Cerebral Diseases.	
		Other investigations	
	Psychological understandings	Sleep Status and Daily Routine	2
		Traditional Parameters (Guna Orientation)	
		Modern Testing (Phycological Tests) Questionnaires.	
	Assessment of Musculoskeletal Status	Testing through simple movements	1
		Testing through simple Asanas	
		Other Methods (Sit and Reach test, etc.)	
	Assessment of Respiratory Status	Clinical Exam of chest	1
		Lung Capacity Testing	
		Spirometry	
Unit 7	Therapeutic Lesson Plan	Need of Lesson Plan	1
		Guideline for Preparation of Lesson Plan	
		Model Lesson Plans	
	Principles of Counselling		1
	Group Counselling		1
	Family- Marital Counselling		2
Unit 8	Yogic Counselling		3
	Medico-legal aspect		6
	Ideal Yoga Therapist		4
Total hours			55

Paper V

FOUNDATION OF YOGIC TEXTS AND TRADITIONS Part -2

UNIT	TOPICS	SUB-TOPICS	HOURS
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Introduction to Bhagavat Geeta	Introduction to the chapters of Bhagavat Geeta (Therapeutic Significance)	General introduction to BG.	20
		Definition of Yoga in Geeta.	
		Introduction to different forms of yoga- Karma, Bhakti, Jnana etc.	
Brief Introduction to Hathayogic Texts	Gheranda Samhita (Therapeutic Significance)	Structure	25
		Profile and Content	
		Importance of each text	
Yogavasishtha	Brief Introduction to the text	Concept in Yogavasishtha in view of Therapy	5
Shivaswarodaya		Therapeutic significance of shivaswarodaya	5
	TOTAL		55

Paper VI

YOGA YHERPHY-II

UNIT	TOPICS	SUB-TOPICS	HOURS
1	Introduction to health and diseases	1.Definition of health and disease	10
		2.Classification of diseases- various aspects.	
		3.Basics of pathology- Inflammation, Infection, Degeneration etc.	
2	Principles of Yoga therapy	1.View of Swami Kuvalayananda towards yoga therapy-	
		Cultivation of correct psychological attitude	
		Reconditioning of psychophysical mechanism.	
		Elimination of waste from the body (cleansing)	

		2.Role of Yama – Niyama in life style management.	
		3.Hints while using yogic practice as a therapy.	
3	Diseases related to digestive system	1.Hyperacidity	4
		2. Indigestion,	
		3.Constipation	
		4.Diseases of liver	
		5.Chronic coeliac disease	
		6.Ulcerative colitis	

4	Diseases related to Respiratory system	1.Acute and chronic rhinitis	4
		2.Chronic Sinusitis	
		3.Chronic throat infections.	
		4.Chronic bronchitis	
		5.Bronchial asthma	
		6.COPD.	
5	Diseases related to Circulatory system and yoga therapy	1.Anemia	4
		2.Hypertension	
		3.Hypotension	
		4.Ischemic heart disease	
6	Diseases related to musculoskeletal system and yoga therapy	1.Osteoporosis	4
		2.Rheumatoid arthritis	
		3.Acute and chronic back pain	
		4.Problems related with various joints.	
		5.Sprain and strain.	

7	Metabolic diseases and yoga therapy	1.Obesity	4
		2.Complications of obesity	
		3. Diabetes	
8	Diseases related to Endocrine system and yoga therapy	1.Related to thyroid gland	2
		2.Related to pancreas	
		3.Related to adrenal gland	
		4.Related to gonads.	

9	Diseases related to Reproductive system and Yoga Therapy	1.Dysmenorrhoea	4
		2.PCOD	
		3.Problems in Pregnancy	
		4.Uterine prolapse	
		5.Menopausal syndrome	
		6.Impotency	
		7. Related to Prostate gland.	
10	Diseases related to Urinary system and yoga therapy	1.Urinary stone	1
		2.UTI.	
11	Psychosomatic diseases and yoga therapy	1.Migraine	4
		2.Irritable bowel syndrome	
		3.Fibromyalgia	
		4.Insomnia	
12	Injuries related to sports and faulty yogic practices	1.Common sports injuries	4
		2.Injuries related to faulty asana	
		3.Injuries related to faulty kriya	

		4.Injuries related to faulty pranayama	
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13	Psychological disorders And yoga therapy	1.Anxiety	4
		2.Depression	
		3.Schizophrenia	
		4.Personality disorders	
14	Diseases related to Nervous system And yoga therapy.	1.Parkinson's diseases.	4
		2.Dementia	
		3.Cerebrovascular diseases	
		4.Epilepsy	
15	Autoimmune disorders And yoga therapy	1. Concept of immunity	2
		2. Various Autoimmune diseases.	
	TOTAL		55
	Reference books-	1.Yoga Therapy- Swami Kuvalaynanda-Dr. Vinekar	
		2.Yoga Therapy- Dr. S.D. Pathak.	
		3.Therapeutic application of Hathayogic practices- Dr. S.D. Bhalekar.	
		4. Yoga Therapy- Dr. Ananda Balyogi Bhavnani	

PAPER VII
YOGA RESEARCH

UNIT	TOPICS	SUB-TOPICS	HOURS
1	Research Methodology	Research Methods	12
2	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	
3	Psychological Research in Kaivalyadhama	Before 1966	5
		After 1966	
	Therapeutic Research in Kaivalyadhama	Before 1966	5
		After 1966	
4	Outside Researches	About Kriya	6
		About Asana	
		About Pranayama and Meditation	
5	Therapeutic Researches (Outside)	Psychosomatic Disorders	6
		Metabolic Disorders	
		Musculoskeletal and Nervous system Diseases	
	TOTAL		55

PAPER VIII

YOGA AND ALLIED SCIENCE

UNIT	TOPICS	SUB-TOPICS	HOURS
1	Basics of Ayurveda-1	History of Ayurveda	4
		Introduction to Philosophy of Ayurveda	
		Dosha- Vata Pitta Kapha	
		Dathu –Mala	
		Agni-Aahar Ras-Poshana	
	Concept of Prakriti	Concept of Prakriti	4
		Types of Prakriti	
		Analysing of Prakriti	
	Swastha Vritta	Swastha – Introduction	4
		Dina Charya	
		Ritucharya	
		Sadvritta	
	Concept of Aahar	General Concept	4
		Rasa Importance	
		Aahar-Dravya	
2	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	
	Yoga and Ayurveda	Panchakarma and Shatkarma	5

		Prakriti and Asana	5
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4	Basics of Naturopathy-1	History of Naturopathy	4
		Basic Principles of Naturopathy	
		Concept of Panchamahabhuta	
		Hydro Therapy	
	Treatments in	Massage Therapy	6
	Naturopathy-1	Mud Therapy	
		Fasting as Therapy	
		Other Therapies	
	Concept of Diet	Raw Food	6
		Juice Therapy	
		Types of Diet	
		Therapeutic Plans of Diet	
	Yoga and Naturopathy	Meeting Points	5
		Application	
TOTAL			55

YOGA PRACTICAL

SUPINE ASANAS

Shavasana

Ardha Halasana (one leg/both legs)

Co-ordination Movement (Supine)

Pawan Muktasana (Ardha/Purna)

a Setu Bandhasana

Uttana Mandukasana

Akarna Dhanurasana

Ugrasana

Hansasana Mayurasana

Crocodile variations

STANDING ASANAS

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

PRANAYAMA

Tadasana
Chakrasana (Lateral)
Vrikshasana
Utkatasana
Trikonasana
Padhastasan a

Natrajasana
Garudasana

INVERTED ASANAS

Viparitkarani
Sarvangasana
Shirshasana

MEDITATIVE ASANAS

Swastikasana
Samasana
Padmasana
Siddhasana

DRISHTI

Bhru Madhya Drishti
Nasagra Drishti
Jatru Drishti

SHUDDHI KRIYA

Anuloma-
Viloma Ujjayi
Suryabhedana
Shitali
Sitkari
Bhramari
Bhastrika

MUDRAS & BANDHAS

Brahma Mudra Simha
Mudra Jivha
Bandha
Mula
Bandha
Jalandhara Bandha
Uddiyana Bandha
(Bahya/Antar)

Kapalabhat i
Agnisara
Nauli
Trataka
Jala Neti
Rubber Neti
Vaman
Dhauti Danda Dhauti
Vastra
Dhauti
Shankha Prakshalana (Varisara)

MANTRA CHANTING

Pranava Japa
Swasti Mantra
Om Stavan
Savitropasana
Rudropasana
Mahapurushavidya
Bhagavadgita Chapter 15

Reference Books

1. Yoga Therapy- Swami Kuvalayananda &Dr. Vinekar- Kaivalyadhama.
2. Patanjala Yogasutra - P. V. Karambelkar
3. The Quintessence of Yoga: Dr. Rajeshwar Mukherjee and Dr. Kakali Ghosh
4. Yoga Mimansa (Volume 1-45), Kaivalyadhama
5. Indian Philosophy by S. Radhakrishnan
6. Raja Yoga Swami Vivekananda
7. Indian Philosophy Dutta and Chatterjee
8. Science of Yoga I. K. Taimini
9. Bhagavadgita : Swami Swarupananda (English)
10. Bhagavadgita: Swami Apurvananda (Hindi) / Geeta Press
11. Karambelkar, P. V. (2005). Pātañjala Yogasūtra. Kaivalyadhama, Lonavla, India.

12. The Quintessence of Yoga: Dr. Rajeshwar Mukherjee and Dr. Kakali Ghosh
13. Pradhan, R. (2019). Śrīpātañjalayogadarśanam– Original Sanskr̥ta, Padaccheda, and Transliteration. Kaivalyadhama, Lonavla, India.

Swami Maheshananda, Dr. B. R. Sharma, Shree G. S. Sahay, Shree R. K. Bodhe, Dr. B. K. Jha, Shri Chaman Lal Bhardwaj. (1991). Yoga Kośa. Kaivalyadhama,

Lonavla, India 14. Āraṇya, S. S. H. (1980),

Pātañjala Yogadarśana, Vyāsa Bhaṣya, Uska Hindi Anuvāda tathā suviṣada vyākhyā. New Delhi, India: Motīlāla Banārasīdāsa. 2. Rāmdeva, S. (2005). Maḥarṣi PatañjalipraṇītaYogadarśana Hindī vyākhyā sahita. Haridwāra, U. P., India: Divya Prakāśana. Vivekānanda, S.

15. (2010), Rājayoga. Nagpur,

Maharashtra, India: Ramakrishna Maṭha.

16. The Encyclopedia of Philosophy Vol. 1 to 8 By Paul Edward,
Published by Macmillan Publishing Co., Inc. & The free press New York, London,
Reprint in 1972

17. A Concise Encyclopedia of Hinduism Val. 1 to 3 Written and
Published by Swami Hashananda, President, Ramakrishna Math Bull
Temple Road, Bangalore
-560019

18. Anatomy & Physiology of Yogic Practices by Dr. M. M. Gore

19. Anatomy & Physiology - Yogic Context by Dr.
Sharadchandra Bhalekar

20. Pranayama Mudra and

Meditation by Dr. Sharadchandra Bhalekar

21. Asana” by Swami Kuvalayananda

22. “Pranayama” by Swami Kuvalayananda

23. 7 Yoga and Mental Health by Prof. R. S. Bhogal

24. Yoga and Modern Psychology by Prof. R. S. Bhogal

25. Psychology by Sandra Ciccarelli

26. Introduction to Psychology by Clifford Morgan

27. Introduction to Psychology by M. Marx
28. Indian Psychology by Indra Sen
29. ससससससस सससससससससस - सस सस सससुस (सससससस)
30. सुसुससस ससुसससससुस - सुसससुस सससुुुुुुुुुुुस (सुसससु)
31. Charak Samhita – Chokhamba Prakashan
32. Nisargopchar Paddhati, Dhiren Gala
33. Prakrutik Vaidnyanik Chikitsa, Jansvasthya Prakashan