



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))

KAIVALYADHAMA ASHRAM (JAIPUR BRANCH)

SYLLABUS OF CERTIFICATE COURSE IN YOGA (C.C.Y.)

**Kaivalyadhama Yogic Health Centre, C-5/5, Chitrakoot Scheme,
Step by Step School Road, Vaishali Nagar, Jaipur- 302021**

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PAPER 1

INTRODUCTION TO YOGA & YOGIC PRACTICES

(Number of Lectures- 26)

	TOPICS	SUB- TOPICS	HRS
1.1	Introduction to Yoga	Etymology of Yoga and definitions of Yoga in different Classical Yoga Texts	4
		Brief Introduction to Origin, History and Development of Yoga	
		Aim, Objectives and Misconceptions about Yoga	
		General Introduction to Shad-Darshanas with special reference to Samkhya and Yoga	
		General Introduction to four paths of Yoga	
		Principles of Yoga and Yogic Practices	
		Guidelines for Instructors	
1.2	Introduction to Hatha Yoga	Introduction to important Hatha Yoga Texts with special reference to Hathapradipika and Gheranda Samhita	8
		Concept of Yogic Diet	
		Concept of Sadhaka and Badhaka Tattwa (Conducive and Non- Conducive Factors) in Hatha Yoga	
		Concept of Ghata and Ghata Shuddhi in Gheranda Samhita	
		Purpose and Utility of Shat-Kriyas in Hatha Yoga	
		Purpose and Utility of Asana in Hatha Yoga	
		Purpose and Importance of Pranayama in Hatha Yoga	
		Difference between Yoga Asana and Vyayama (Non-Yogic Physical Practices)	
1.3	Introduction to Patanjali	Definition, Nature and Aim of Yoga according to Patanjali	12
		Concept of Chitta and Chitta Bhumis	
		Chitta-Vrittis and Nirodhopaya (Abhyasa and Vairagya)	
		Concept of Ishwara and Ishwara Pranidhana	
		Chitta Vikshepas (Antarayas) and their associates (Sahabhuva)	
		Concept of Chitta Prasadana and their relevance in Mental well- being	
		Kleshas and their significance in Yoga	
		Ashtanga Yoga of Patanjali: Its purpose and effects, its significance	
1.4	Yoga and Value Education	Concept of Value- Nature, Role and Classification	2
		Rationale of Value Education	
		Aims and Objectives of Value Education	
		Yoga as Method of Value Education	
		Contribution of Swami Kuvalyanand ji in Philosophico-Literary Research	
		Total	



PAPER 2
INTRODUCTION TO HUMAN SYSTEMS & HEALTH
 (Number of Lectures- 27)

	TOPICS	SUB-TOPICS	HRS
2.1	Introduction to Human Systems, Yoga and Health	The Nine Systems of Human Body	11
		Functions of different systems of Human Body	
		Introduction to Sensory Organs	
		Neuromuscular coordination of Sensory Organs	
		Basics of Exercise Physiology	
		Homeostasis	
		Benefit of various Asana on different parts of the human body	
		The limitations and contra- indications of specific Yoga practices	
2.2	Yoga for Wellness, Prevention & Promotion of Positive Health	Health, its meaning and definitions	8
		Yogic concepts of health and diseases	
		Concept of Panchakosha	
		Concept of Triguna	
		Concept of Panchamahabhutas	
		Yogic Principles of Healthy Living	
		Introduction to Yogic Diet and Nutrition	
2.3	Swami Kuvalyanand ji	Contribution of Swami Kuvalyanand ji in Scientific Research of Yoga	1
2.4	Yoga & Stress Management (Yoga & Mental Health)	Define Mental Health, Holistic Health, Medical & Yogic Perspective	7
		Definition of Yoga in relation to Mental Health	
		Human Psyche: Yogic and modern concepts, Behaviour and Consciousness	
		Frustration, Conflicts and Psychosomatic Disorders	
		Relationship between Mind and Body	
		Mental Hygiene and Role of Yoga in Mental Hygiene	
		Mental Health: a Yogic perspective	
		Prayer and Meditation for mental health	
		Psycho- Social Environment and its importance for mental health (Yama & Niyama)	
		Concept of Stress according to Yoga and modern science	
		Role of Yoga in Stress management	
		Role of Yoga in Life management	
		Total	



PAPER 3
TEACHING PRACTICE

(Number of Sessions- 25 that involve theoretical discussions and lesson plans)

	TOPICS	SUB-TOPICS	HRS
3.1	Scope	The scope of practice of Yoga and how to assess the need for referral to other professional services when needed	6
		Observed capacity for, well- developed communication skills: listening, presence, directive and non- directive dialogue	
3.2	Demonstrated Ability	To recognise, adjust and adapt to specific aspirant needs in the progressive classes	6
		To recognise and manage the subtle dynamics inherent in the teacher- aspirant relationship	
3.3	Principles and Skills for Educating Aspirants	Familiarity with and demonstrated ability to apply effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the aspirant's progress and cope with difficulties	6
3.4	Group Practice	Familiarity with and Demonstrated ability to design and implement group programs	6
		Familiarity of group dynamics and allied techniques of communication skills, time management and the establishment of priorities and boundaries	
		Familiarity with techniques to address the specific needs of individual participants, to the degree possible in a group setting	
3.5	Swami Kuvalyanand ji	Contribution of Swami Kuvalyanand ji in Yoga Education	1
Total			25



YOGA PRACTICALS

Asanas (49 hrs)	
Supine Asanas	Other Practices
Shavasana Ardhahalasana (one leg/ both leg) Uttanapadasana Pawanamuktasana (Ardha/ Purna) Setubandhasana Chakrasana Naukasana Viparitkarani Sarvangasana Matsyasana Halasana	Brahma Mudra Uddiyana Bandha (Bahya)
Prone Asanas	Breathing & Pranayama (14 hrs)
Bhujangasana Ardhashalabhasana Shalabhasana Dronasana Dhanurasana Makarasana	Preparatory Breathing Practices: Abdominal, Thoracic, Clavicular & Full Yogic Anuloma Viloma, Ujjayi Sheetali, Sheetkari Bhramari, Suryabhedana Bhastrika
Sitting Asanas	Kriyas (5 hrs)
Vakrasana Ardhamasyendrasana Janushirasana Paschimotanasana Parvatasana Vajrasana Ustrasana Yog Mudra Akarnadhanurasana Kakasana (Bakasana) Simha Asana Mandukasana Uttana Mandukasana	Kapalbhati Jala Neti Sutra Neti Vamana Dhauti Agnisara Tratak
Standing Asanas	Practices Leading to Meditation (5 hrs)
Tadasana Ardhachakrasana (Lateral) Vrikshasana Padahastasana Trikonasana	Familiarity with and Demonstrated ability to perform Dharana and Dhyana and to demonstrate allied practices like Mudras, Mantra Japa etc. Familiarity with concept of environment for meditation on health and well-being and its practical application in modern life.
Meditative Asanas	Mantra Recitation
Ardhapadmasana (Virasana) Padmasana Swastikasana Samasana Siddhasana	Pranavajapa Swasti Mantra Gayatri Mantra Maha Mrityunjaya Mantra Om Stavan



C.C.Y.

Additional Components, Other than Kaivalyadhama Tradition

Sukshma Vyayama (2 hrs)
Neck, Shoulder, Trunk, Knee & Ankle
Suryanamaskar (6 hrs)
Sadanta Pranayama
Chandrabhedan Pranayama