



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 POST GRADUATION DIPLOMA IN YOGA EDUCATION (PGDYEd)

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PAPER 1
PRINCIPLES AND FUNDAMENTALS OF YOGA

	Topics
1.1	Familiarity with the evolution of the teachings and philosophy of the Yoga tradition and its relevance and application to the practice of Yoga
1.2	Familiarity with the teachings of Vedas, Principle Upanishads, Shaddarshana, Agama and Purana
1.3	<p>Familiarity with the four schools of Yoga (Jnana Yoga, Bhakti Yoga, Karma Yoga and Raja Yoga)</p> <ul style="list-style-type: none">- Jnana Yoga<ul style="list-style-type: none">▪ Four stages of Jnana (Viveka, Vairagya, satsangata, mumukshutva)▪ Stages of Jnana Yoga practice (shravan, manana, Nidhidhyasana)▪ Seven major chakras, and its correlation to states of consciousness▪ The concepts of ida, pingla and the sushumna the central channel of energy running along the spine.- Bhakti Yoga<ul style="list-style-type: none">▪ Navavidha Bhakti▪ Qualities of a bhakta▪ The pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, bhajans.▪ Satsang and the uplifting meaning of the chants helping to thin the activities of the mind▪ Mantra chanting, and their effect on the nadi and the chakras▪ Demonstrated ability to create a bhakti bhava during the chanting and singing- Karma Yoga<ul style="list-style-type: none">▪ The concept of karma Yoga▪ Prerequisites for a sthitaprajna▪ Sthitaprajnalakshana▪ The law of karma- Raja Yoga<ul style="list-style-type: none">▪ Concepts and principles of Patanjala Yoga▪ Concepts and principles of Hatha Yoga (by Swatamarama)
1.4	Familiarity with the fundamental principles of Yoga (Pancha kosha, Pancha Bhuta, Pancha Prana, Shad-Chakras)
1.5	Familiarity with examples of concepts and models from the above teachings and philosophy, relevant to the practice of Yoga
1.6	<p>Gurus and Masters</p> <ul style="list-style-type: none">- Familiarity with the concepts Of Teacher, Guru, Master, Lineage- Familiarity with the contribution of the yogis like Patanjali, Adishankaracharya, Aurobindo, Swami Vivekananda- Contribution of Swami Kunalayananda-ji in Philosophico-Literary Research



PAPER 2
INTRODUCTION TO BASIC YOGA TEXTS
(Patanjala Yoga Sutra & Bhagavat Geeta)

	Topics	Sub-Topics
2.1	The Yoga Sutras of Patanjali	Samkhya: Evolution Theory of Samkhya Satkaryavada Relation: Samkhya and Patanjali Yoga Sutra Patanjala Yoga Sutra: Traditional Commentaries and Other Related Commentaries Yoga Anushasana Concept of Citta Citta Vritti Citta Prasadana Pancha Klesha Ashtanga Yoga Concept of Ishvar: Practice of Ishvarpranidhana Concept of Samadhi: Samprajnata, Asamprajnata, Samapatti, Nirbija Samadhi Kriyayoga: Concept and Practices of Kriyayoga Chaturvyuha: Heya, Heyahetu, Hana and Hanaopaya Yoga-anga-abhyas: Concept and Practice Yoga-anga-anushtana: Concept and Practice Viveka-khyati: Concept and Practice Ritambhara-prajna: Concept and Practice Saptabhumi-prajna: Concept and Practice
2.2	The Bhagavat Gita	The Context of the Bhagavat Gita Principles and concepts of the streams of Yoga as per the Bhagavat Gita The concept of Karma, Sthitha Prajna, Bhakti in the Bhagavat Gita



PAPER 3
HATHAYOGIC TEXTS; YOGA & CULTURAL SYNTHESIS & VALUE
EDUCATION

	Topics	Sub-Topics
3.1	Hatha Yoga Texts	Introduction to Hatha Yoga Parampara
		General Introduction to Hatha Yoga Texts
		Concept of Mitahara, Pathya, Apathya, Types of Yoga Aspirants
		Badhak Tatva and Sadhak Tatva, principles to be followed by Hatha Yoga practitioner
		Shatkarma, Asanas, Pranayama, Bandhas, Mudras, Pratyahara, Dhyana and Samadhi as described in Hatha Yoga Pradipika
		Shatkarma, Asanas, Pranayama, Bandhas, Mudras, Pratyahara, Dhyana and Samadhi as described in Gheranda Samhita
		Svarodaya Jnana: Importance of Svarodaya Jnana with special reference to Shiva Svarodaya Relevance of Svara Jnana in health and disease
3.2	Yoga & Culture	Yoga & Culture: Various Definitions Understanding Civilization Relation: Culture & Civilization Yoga, Culture & Humanitarianism
		Yoga & Indian Culture: Indian & Western Culture; a brief introduction Salient Features of Indian Culture Indian Culture & Yoga
3.3	Yoga & Religion	Religion: Concept of Religion: Meaning & Significance
		Unity in Diversity of World Religions: Yoga & Buddhism
		Yoga & Jainism
		Yoga & Islam Yoga & Christianity
3.4	Mysticism	Mysticism: Yoga & Mysticism
3.5	Yoga & Value Education	Yoga & Value Education: Concept of Value: Nature & Role
		Classification of Values
		Indian Traditional Classification of Values - Purushartha and Panchakosha
		Values & Education
		Rationale of Value Education
		Meaning of Value Education



		Aims & Objectives of Value Education
		Content of Value Education
		Role of Teacher in Value Education
		Methods of Value Education
		Yoga as a Method of Value Education: Contribution of Ashtanga Yoga with reference to Yama & Niyama
		Contribution of Hatha Yoga with reference to few Asanas
		Contribution of Kriyayoga - Tapa, Swadhyaya, and Ishwarapranidhana towards Value Education



PAPER 4
APPLICATIONS OF YOGA - I
(Anatomy & Physiology and Diet)

	Topics	Sub-Topics
4.1	Introduction to Anatomy & Physiology	Meaning of the Subject
		Meaning of the basic terms- Traditional & Modern
		Importance of the Subject
		Yoga in view of Anatomy & Physiology
4.2	Human Anatomy Physiology	Familiarity with the major systems in the body – skeletal, muscular, respiratory, nervous, cardiovascular, endocrine, excretory, digestive and reproductive
		Familiarity with the effects, benefits and contraindications of Hatha Yoga as compared to other forms of exercise - on the joints, bones, muscles, heart, brain and so on, and therefore on health and well-being
		Familiarity with the benefits of various asana on different parts of the human body
4.3	Obstacles	Familiarity with obstacles in Yoga practices
		Familiarity with limitations and contra-indications of specific Yoga practices
4.4	Yogic Diet	Familiarity with Triguna
		Familiarity with an Ayurvedic approach to diet and nutrition; and the ethical and spiritual reasons for a saatvik vegetarian diet
		Familiarity with the different diets, and its effects on the anatomy and physiology, Yogic diet – a lacto vegetarian, saatvik approach to food
		Familiarity with the benefits of Yogic diet on the physical and mental well-being and as an enabler for further practice of Yoga
4.5	Yama-Niyama- Scientific View	Concept of Yama
		Concept of Niyama
		Cultivation of Correct Psychological Attitude
		Psychological Reconditioning
4.6	Asana- Scientific View	Physiology of Asana
		Types of Asana
		Explanation of Fundamental Asana
		Precautions During Asana
4.7	Pranayama, Mudra- Scientific View	Psychophysiological Effect of Pranayama
		Types of Pranayama
		Advancement in Pranayama
		Importance of Mudra
4.8	Kriya- Scientific View	Importance of Kriya

		Physiology of each Kriya
		Precautions during Kriya
		Researches in Kaivalyadhama about Kriya
4.9	Pratyahara & Meditation- Scientific View	Concept of Pratyahara
		Meaning of Dharana-Dhyana
		Research in Meditation
		Techniques about Meditation
4.10	Nadi, Chakra Concept	Concept of Nadi
		Concept of Chakra
		Concept of Prana
		References about Awakening- Traditional
		Scientific Interpretation and its Limitations
4.11	Samadhi & Klesha (Health & Disease)	Cortico-Limbic Balance
		Limbico-Endocrine Balance
		Endocrine-Metabolic Balance
		Intracellular Balance
		Meaning of Klesha & Antaraya
4.12	Injuries due to Faulty Yogic Practices	Meaning of Yoga Injury
		Cause of Injuries
		Some Common Injuries during Asana
		Some Common Injuries during Pranayama
		Some Common Injuries during Kriya
4.13	Physiology of Stress	Physiology of Stress
		Understanding Concept of Stress
		Understanding of Vishada Yoga
		Stress and its Yogic Approach
4.14	Awareness of Yoga Therapy	Applications, Indications, Contra-indications and Limitations
4.15	Swami Kuvalyananda ji	Contribution of Swami Kuvalayananda-ji in Scientific Research of Yoga



PAPER 5
APPLICATIONS OF YOGA - II
(Yoga & Mental Health)

	Topics	Sub-Topics
5.1	Psychology	<p>Familiarity with Concepts of cognition, perception</p> <p>Familiarity with Theories of cognition and noncognition</p> <p>Familiarity with Personality traits and classification</p> <p>Familiarity with the Indian Psychology</p> <p>Psychology as per Bhagavat Gita</p> <p>Psychology as per the Yoga Sutras of Patanjala</p>
5.2	Need of 'Yoga & Mental Health' in the context of Yoga Psychology	<p>Need of Yoga & "Mental Health" in the context of Darshanas</p> <p>Introduction to Psychology: Its origin, history, Similarities and dissimilarities between Science of Yoga & Modern Psychology</p>
5.3	Psychology & Yoga	<p>Psychological definition of Yoga: Its advantages & limitations</p> <p>Definition of Health, Mental Health, Total Health</p> <p>Psychological (qualitative aspect) & Yogic perspectives of Health (Patanjala Yoga Sutra, Bhagwat Gita & other Upanishads)</p> <p>Definition of Mental Hygiene & Total Hygiene</p>
5.4	Concept of Normality Tackling Abnormality through Yoga as Therapy	<p>Normality in Yoga and Psychology</p> <p>Theories and models in Psychology</p> <p>Existential abnormalities / disorders:</p> <p>i. Freudian approach</p> <p>ii. Patanjala Yoga Sutra approach</p> <p>iii. Hatha Yoga approach</p> <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> <p>i. Laghu Yoga Vasishth</p> <p>ii. Hathapradipika</p>
5.5	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
5.6	Adjustment through Attitude Change	Personal and interpersonal adjustment through yogic methods – Yamas & Niyamas
		Attitude change towards Yoga through individualized counselling, Psychological & Yogic methods
	Adjustment through tackling Conflict & Frustration	Tackling ill effects of Conflict and Frustration through Yogic methods
		Counselling for Adjustment: Psychological, Philosophical and Yogic Synthesis between Psychology and Yoga towards a total Personality Development
5.7	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
5.8	Yogic Lifestyle	Yogic Life Style for Self Development: Practical Methods in Yoga
5.9	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
5.10	Counselling Techniques	Counselling in Yoga



**PAPER 6
COMMUNICATION & TEACHING PRACTICE**

	Topics	Sub-Topics
6.1	Communication	Knowledge and demonstration ability to prepare the class room with cleanliness, proper laying of the mat, sufficient spacing, decorum
		Knowledge and Demonstrated ability To prepare the course schedule giving due weightage to various aspects of the practice of Yoga To teach to a pre-defined script through a standard teaching process <ul style="list-style-type: none"> ▪ Describing the practice (name, meaning, justification, category, type, counts, complementary postures) ▪ Demonstration (silent demo, demo with counts, demo with counts breathing and explanation) ▪ Benefits and limitation ▪ Single group practice ▪ Practice in pairs ▪ Explanation of Subtle points ▪ Whole group practice ▪ Question answers - To teach as per the daily plan and the course schedule - To keep records of aspirants enrolled, their attendance and their progress report during the programme - To obtain feedback from the aspirants and make course correction as appropriate
		Knowledge and Demonstrated ability to use the four teaching techniques of observation, instructions, touch and demonstration
6.2	Communication & listening skills, adjusting to aspirant needs, managing the dynamics of teacher-aspirant relationship	In-depth knowledge of <ul style="list-style-type: none"> - The scope of practice of Yoga and how to assess the need for referral to other professional services when needed - Observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue
		Demonstrated ability <ul style="list-style-type: none"> - To recognize, adjust, and adapt to specific aspirant needs in the progressive classes.



		- To recognize and manage the subtle dynamics inherent in the teacher - aspirant relationship
6.3	Principles and Skills for Educating Aspirants	In-depth knowledge of 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
		In-depth knowledge of and demonstrated ability to transmit the value of self-awareness and self-responsibility throughout the process
		In-depth knowledge of and demonstrated ability to develop and adjust appropriate practice strategies to the aspirant
6.4	Principles and Skills for Working with Groups	Familiarity with and Demonstrated ability to design, implement, and evaluate group programs
		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
6.5	Swami Kuvalyananda ji	Contribution of Swami Kuvalyananda-ji in Yoga Education



PRACTICAL

<p>Supine Asanas Shavasana Ardha Halasana (One leg/both legs) Uttana Padasana Pawanamuktasana (Ardha/Purna) Setubandhasana Crocodile variations Naukasana (Supine) Matsyasana Halasana Chakrasana (Backward)</p>	<p>Inverted Asanas Viparitkarani Sarvangasana Shirshasana</p>
<p>Prone Asanas Makarasana Niralambasana Marjari Asana Bhujangasana Sarpasana Ardha Shalabhasana Shalabhasana Co-ordination Movement (Prone) Naukasana (Prone) Dhanurasana</p>	<p>Advanced Asanas Akarna Dhanurasana Tolangulasana Bakasana Padma Bakasana Gorakshasana Ugrasana Shirsha Padangushthasana Kapotasana Rajkapotasana Matsyendrasana Kurmasana Kukkutasana Uttana Kurmasana Hansasana Mayurasana Vatayanasana Karnapidasana Padangushthasana Ek Padaskandhasana</p>
<p>Sitting Asanas Vajrasana Bhadrasana Gomukhasana Parvatasana Janushirasana Paschimottanasana Vakrasana Ardha Matsyendrasana Supta Vajrasana Yoga Mudra Ushtrasana Mandukasana Uttana Mandukasana</p>	<p>Meditative Asanas Virasana Swastikasana Samasana Padmasana Siddhasana</p>

<p>Standing Asanas Tadasana Chakrasana (Lateral) Vrikshasana Utkatasana Konasana Trikonasana Natrajasana Padhastasana Garudasana</p>	<p>BREATHING & PRANAYAMA Preparatory Breathing Practices - Abdominal - Thoracic - Clavicular - Full Yogic Anuloma-Viloma Ujjayi Suryabhedana Shitali Sitkari Bhramari Bhastrika</p>
<p>Drishti Bhru Madhya Drishti Nasagra Drishti Jatru Drishti</p>	<p>MUDRAS & BANDHAS Brahma Mudra Simha Mudra Jivha Bandha Mula Bandha Jalandhara Bandha Uddiyana Bandha (Bahya/Antar)</p>
<p>SHUDDHI KRIYA Kapalabhati Agnisara Nauli Trataka JalaNeti Rubber Neti Vaman Dhauti Danda Dhauti Vastra Dhauti Shankha Prakshalana (Varisara)</p>	<p>MEDITATION</p> <ul style="list-style-type: none"> • Knowledge and Demonstrated ability to perform Pratyahara, Dharana and Dhyana to demonstrate allied practices like Mudras, Japa Mala, Mantras, Relaxation • Demonstrated ability to perform meditation • Knowledge of the environment for meditation and the benefits of meditation on health and its practical application in modern life
<p>MANTRA CHANTING - Pranava Japa - Swasti Mantra - Om Stavan - Savitropasana - Rudropasana - Mahapurushavidya - Bhagvadgita Chapter 15 - Patanjala Yoga Sutra (<i>Pada I, II, III upto 8 Sutras</i>)</p>	<p>ADDITIONAL COMPONENTS, OTHER THAN KAIVALYDHAMA TRADITION Sukshma Vyayama - Neck - Shoulder - Trunk - Knee - Ankle Suryanamaskar Sadanta Pranayama Chandrabhedan Pranayama</p>