



KAIVALYADHAMA S.M.Y.M. SAMITI'S,

GORDHANDAS SEKSARIA COLLEGE OF YOGA & CULTURAL SYNTHESIS

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SYLLABUS FOR YOGA COURSES 2016-17

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FOUNDATION COURSE
IN
YOGA & AYURVEDA
(F. C. Y. A.)

UNIT I
(Number of Lectures - 11)

UNIT	TOPICS	SUB-TOPICS
Dharshanik Aspect of Patanjala Yoga Sutra and Therapeutic References of Hathayoga	Darshanik aspect of yoga through PYS	Introduction to Patanjala Yoga Sutra: Contribution of Patanjali
		Basic Concept: Chitta, Chittabhumis, Vrittis
		Basic Concept: Vikshepa/Antaraya
		Basic Concept: Klesha & Vitarka
		Nirodhopaya: What & Why (Abhyasa & Vairagya)
	Essence of PYS	Kriya yoga: What & Why
		Ishvarapranidhana: What & Why
		Chittaprasadana: Methods of Chittaprasadana
		Chaturvyaha: Heya, Heyahetu, Hana, Hanopaya
		Bahiranga Yoga: Concept & practice of Yama & Niyama
		Bahiranga Yoga: Asana, Pranayama, Pratyahara
		Antaranga Yoga: Concept & practice of Dharana, Dhyana & Samadhi
	Therapeutic references	Therapeutic references of Hatha Yoga
		Therapeutic application of Asana, Pranayama, Bandha, Mudra
		Therapeutic application of Shuddhi Kriya and Meditation

UNIT II
(Number of Lectures - 11)

UNIT	TOPICS	SUB-TOPICS
Concepts of Ayurveda	Swasthavritta	Ayurveda: Concept, origin, historical development as a health Care System
		Concept of Dosha-Dhatu-Mala, Prakriti Parikshana
		Concept of Concept of diet (Ahara) in Ayurveda
		Concept of social behavior (Achara) in Ayurveda
		Upadhatu, Srotas, Indriyas: Common disorders
		Agni, Vayu, Prakriti, Manas: Common disorders
		Upadhatu, Srotas, Indriyas: Remedies in Ayurveda
		Agni, Vayu, Prakriti, Manas: Remedies in Ayurveda
		Swasthavritta for promotion of Health
		Sadvritta, Dinacharya for promotion of Health
		Ritucharya, Achara & Ahara for promotion of Health
	Art of history taking and interactive strategies for assessment of status of Health	
	Treatment	The prognosis and plausible lines of treatment
Yoga & Ayurveda: A comparative study		

UNIT III
(Number of Lectures - 11)

UNIT	TOPICS	SUB-TOPICS
Concept of Health	Concept of Health	Concept of Health : An objective understanding
		Modern perspectives, Yogic and Ayurvedic stand points
		Yogic concept of Pancha Kleshas
		Concept of Pancha Kosha
		Concept of Pancha Prana and Pancha Up-Pranas
		Shat Kriyas of Yoga and Panchakarma Of Ayurveda
		A brief understanding of Nervous system
		A brief understanding of Digestive system
		A brief understanding of Cardio-Vascular system
		A brief understanding of Respiratory system
		A brief understanding of Endocrine system
Synthetic approach to Yoga and Ayurveda for therapeutic purposes		

UNIT IV (YOGA PRACTICAL)

MEDITATIVE ASANA

Ardha Padmasana (Virasana HP)
Vajrasana (GS)
Svastikasana (GS) (HP)
Gorakshasana (GS)
Padmasana (GS) (HP)
Guptasana (GS)
Bhadrasana (GS) (HP)
Siddhasana (HP)

RELAXATIVE ASANA

Shavasana/ Mrtasana (HP) (GS)
Makarasana (GS)

CULTURAL ASANA

SUPINE

Simplified Matsyasana (GS)

PRONE

Bhujangasana (GS)
Shalabhasana (GS)
Dhanurasana (HP)

SITTING

Simhasana (GS)(HP)
Gomukhasana (GS)(HP)
Mandukasana (GS)
Uttana Mandukasana (GS)
Paschimottanaasana (HP)

STANDING

Utkatasana (GS)
Vrikshasana (GS)

OTHER ASANA

Uttanapadasana
Pavanamuktasana
Parvatasana
Brahma Mudra
Janushirasana
Vakrasana
Yoga Mudra
Tadasana
Chakrasana (Lateral Bending)

MUDRA

Viparitamukha (GS)(HP)

BANDHA

Uddiyana (GS)(HP)
Jalandhara (GS)(HP)

SHUDDHI KRIYA

Kapalabhati (GS)
Jala Neti
Sutra Neti (GS)
Vaman Dhauti (GS)
Danda Dhauti (Theory) (GS)
Vastra Dhauti (Theory) (GS)
Vahnisara (GS)
Trataka (GS) (HP)

PRANAYAMA

Nadishodhan (HP)(GS)
Ujjayi (GS)(HP)
Sitkari

(HP: Hathapradipika, GS: Gheranda Samhita)

Participants may be provided a practical demonstration on Panchakarma also.