



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

GORDHANDAS SEKSARIA COLLEGE OF YOGA & CULTURAL SYNTHESIS

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

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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	
		<i>Concept of Sadhaka and Badhaka Tattwa (Conducive and Non- Conducive Factors) in Hatha Yoga</i>	
		Concept of <i>Ghata</i> and <i>Ghata Shudhhi</i> in Gherenda Samhita	
		Purpose and utility of <i>Shat-kriyas</i> in Hatha Yoga	
		Purpose and utility of Asana in Hatha Yoga	
		Purpose and importance of Pranayama in Hatha Yoga	
Introduction to		Definition, nature and aim of Yoga according to Patanjali	
		Concept of <i>Chitta</i> and <i>Chitta Bhumis</i>	
		<i>Chitta-vrittis</i> and <i>Nirodhopaya (Abhyasa and Vairagya)</i>	
		Concept of <i>Ishwara</i> and <i>Ishwara Pranidhana</i>	

1.3	INTRODUCTION TO Patanjali	<i>Chitta Vikshepas (Antarayas)</i> and their associates (<i>Sahabhuva</i>)	12
		Concept of <i>Chitta Prasadana</i> and their relevance in mental well-being	
		<i>Kleshas</i> 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 a Method of Value Education	
		Contribution of Swami Kuvalayananda-ji in Philosophico-Literary Research	
TOTAL			26

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	
		Benefits of Various asana on different parts of the human body	
		The limitations and contra-indications of specific Yoga practices	
	Yoga for Wellness-	Health, its meaning and definitions	
		Yogic concepts of health and diseases	
		Concept of Pancha kosha	

2.2	Prevention and Promotion of Positive Health	Concept of Triguna	8
		Concept of Panchamahabhutas	
		Yogic principles of Healthy-Living	
		Introduction to yogic diet and nutrition	
2.4	Swami Kuvalayananda-ji	Contribution of Swami Kuvalayananda-ji in Scientific Research of Yoga	1
2.5	Yoga & Stress Management (Yoga & Mental Health)	Define Mental health, Holistic Health, Medical & Yogic perspective	2
		Definition of Yoga in relation to Mental health	
		Human Psyche: Yogic and modern concepts, Behavior and Consciousness	5
		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 and Niyama)	
		Concept of stress according to modern science and Yoga	
		Role of Yoga in Stress management	
Role of Yoga for Life management			
TOTAL			27

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 recognize, adjust, and adapt to specific aspirant needs in the progressive classes	6
		To recognize 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 Kuvalayananda-ji	Contribution of Swami Kuvalayananda-ji in Yoga Education	1
TOTAL			25



C.C.Y.

YOGA PRACTICALS



ASANAS (49 hrs)

Supine Asanas

Shavasana
Ardhahalasana (one leg/ both leg)
Uttanapadasana
Pawanamuktasana (Ardha /Purna)
Setubandhasana
Naukasana (Supine)
Viparitarani
Sarvangasana
Matsyasana
Halasana

Prone Asanas

Bhujangasana
Ardhashalabhasana
Shalabhasana
Naukasana (Prone)
Dhanurasana
Makarasana

Sitting Asanas

Vakrasana
Ardhamatsyendrasana
Janushirasana
Paschimotanasana
Parvatasana
Vajrasana
Ustrasana
Yoga mudra
Akarnadhanurasana
Kakasana (Bakasana)
Simha Asana
Mandukasana
Uttana Mandukasana

Standing Asanas

Tadasana
Chakrasana (Lateral)
Vrikshasana

Padahastasana
Trikonasana

Meditative Asana

Ardhapadmasana (Virasana)
Padmasana
Swastikasana
Samasana
Siddhasana

OTHER PRACTICES

Brahma Mudra
Uddiyana Bandha (Bahya)

BREATHING & PRANAYAMA (14 hrs)

Preparatory Breathing Practices

- Abdominal
- Thoracic
- Clavicular
- Full Yogic

Anuloma Viloma
Ujjayi
Sheetali
Sheetakari
Bhramari
Suryabhedana
Bhastrika

KRIYAS (5 hrs)

Kapalabhati
Jala Neti
Rubber Neti
Vamana Dhauti
Agnisaara
Trataka

**PRACTICES LEADING TO
MEDITATION
(5 hrs)**



- Familiarity with and Demonstrated ability to perform Dharana and Dhyana and to demonstrate allied practices like Mudras, Mantra Japa etc
- Familiarity with the concept of environment for meditation and the benefits of meditation on health and well-being and its practical application in modern life
- **MANTRA RECITATION**
 - o Pranavajapa
 - o Swasti Mantra
 - o Gayatri Mantra
 - o Maha Mrityunjaya Mantra
 - o Om Stavan

**ADDITIONAL COMPONENTS,
OTHER THAN KAIVALYDHAMA
TRADITION**

SukshmaVyayama (2 hrs)

- Neck
- Shoulder
- Trunk
- Knee
- Ankle

Suryanamaskar (6 hrs)

Sadanta Pranayama

Chandrabhedan Pranayama



F.C.Y.T.T.