



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)
Grant in Aid by Ministry of HRD, Government of India and Department of Higher & Technical
Education Govt. of Maharashtra)

Certificate Course for Assistant to Yoga Therapist **2018-19**

Swami Kuvalayananda Marg, Kaivalyadhama, Lonavla. Dist.-Pune- 410403
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Certificate Course for Assistant to Yoga Therapist

Objective:

- i) To introduce the view of traditional sciences, related to the medical management.
- ii) To introduce the view of proper combination of the therapies in allied sciences and modern medical science.
- iii) To introduce the practical understanding of yogic practices and their suitable versions as per different medical conditions.

Duration-3 months. (16 Credit Course)

Eligibility- 500 hours Diploma in Yoga Education or Equivalent

Medical Test:

Candidates should be medically fit and sound. Selection is subject to clearing the medical examination conducted by the Institute.

Intake Capacity:

20 Indian Students + International Students.

Selection Methods:

Selection is based on Merit-cum-timely Registration.

Medium : English

Credits: 16 Credit (420 Hrs)

Theory Lectures : 140 Hrs.Credits : 9.3

Practical Yoga: 140 Hrs. Credits :4.6

Project Work: 140 Hrs Credits : 2.3

Course Fee:

For Indian Students : INR 73450/-

For International Students: USD 2400/-

- **Theory subjects-**

	Subject	Lectures in hours
1	Yoga Therapy in Traditional Texts	35 hours
2	Yoga therapy- Scientific view	35 hours
3	Yoga and Allied Sciences	35 hours
4	Practical and Professional understanding	35 hours

1.Theory syllabus in detail-

Paper-1

Yoga therapy in Traditional Text-

	Topics	Hours
1.	Various schools of yoga	4
2.	Patanjali and samkhya yoga	3
3.	Concept of klesha-	3
4.	Concept of chitta vritti	3
5.	Astanga yoga and its therapeutic importance	6
6.	Psychotherapy view of patanjali	5
7.	Principles of hathayoga	3
8.	Hathayogic practices in view of therapy	9

Paper-2

Yoga Therapy- Scientific aspect

	Topics	Hours
1.	Yoga therapy- basic considerations.	6
2.	Yoga therapy for cardiovascular disorders	4
3.	Yoga therapy for musculoskeletal disorders	4
4.	Yoga therapy for gynecological disorders	5
5.	Yoga therapy for Respiratory diseases	4
6.	Yoga therapy for diseases of digestive system.	4
7.	Yoga therapy for neurological disorders	4
8.	Yoga therapy for endocrine disorders	4

Paper-3

Yoga and Allied sciences-

	Topics	Hours
1.	Concept of Dosha- Dhatu -Mala	4
2.	Concept of prakruti- vikruti	4
3.	Therapeutic importance of Dinacarya and Rutucarya	4
4.	Importance of Diet (Aahara)	5
5.	Panchakarma therapy	5
6.	Medicinal therapy of Ayurveda	4
7.	Basic principles of Naturopathy	2
8.	Fasting therapy	2
9.	Various therapies in Naturopathy	5

Paper-4.

Practical and professional understanding

	Topics	Hours
1.	Anatomical considerations	5
2.	Practical understanding of asana	10
3.	Practical understanding of pranayama	5
4.	Practical understanding of mudras	4
5.	Practical understanding of kriyas	5
6.	Implimentation of Mental practices as a therapy	4
7.	Medico-legal ethics	2

- **Practical Syllabus-**

	Practices	Contents
1.	Kriya	Neti, Dhauti, Trataka, Kapalbhathi, shankhprakashana, Agnisara, Nauli, Basti
2.	Asana	Shavasana Sirsasana/Viparitkarni/sarvangasana Ardhahalasana/Uttanpadasana/Matsyasana/Halasan/Croco-dile variations Bhujangasana/Ardhasalabhasana/Shalabhasana/Dhanurasana/Ma karasana/Naukasana/sarpasana/niralambasana/marjarasana Vakrasana/Ardhamatsyendrasana/Janusirsasana/Paschimottanasa na/Vajrasana/Suptavajrasana/yogamudra/Ushtrasana/Gomukhasa na/mandukasana/Kurmasana/Kukkutasana/Bhadrasana/Mayurasa na/Cakrasana Parvatasana/Trikonasana/Vrikshasana Padmhasana/ Siddhasana. Simple joint movements Steetchings with props and other supports.
3.	Pranayama -Mudra	Anulom-viloma, Bhramari, Ujjayi, Bhastrica, Shitali-Sitkari Simhamudra, Brahamudra, mahabandha, mahavedha.
4.	Meditation and other mind culturing techniques	Breath- body awareness Nadanusandhana Prandharana Chittaprasadana Pratipakshabhavana.

- **Examination-**

	Content	Marks
1.	Theory exam- 4 papers (each-100 marks)	400 marks
2.	Practical-	100 marks
3.	Project work	100 marks
		Total-600 marks

Daily Schedule - (6 hours every day)

	Time	Activity
1.	7.00 a.m.-8.00 a.m.	Practical
2.	10.00 a.m.- 11a.m.	Theory lecture
3.	1.00p.m. -3.00 p.m.	Library hour/ Project work
4.	3.00p.m.-4.00p.m.	Theory lecture
5.	5.00p.m.-6.00p.m.	Practical.