



**KAIVALYADHAMA S.M.Y.M.
SAMITI'S,
GORDHANDAS SEKSARIA COLLEGE
OF
YOGA & CULTURAL SYNTHESIS**

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Higher Education (Since 1962)
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Technical Education Govt. of Maharashtra)

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

Swami Kuvalayananda Marg, Kaivalyadhama, Lonavla. Dist.-Pune- 410403
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PAPER 1
Introduction to Yoga
& Patanjala Yoga
(Number of Hours: 12)

TOPICS	SUB-TOPICS	HRS
Introduction to Yoga (section A)	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	
Introduction to Patanjali (section B)	Definition, nature and aim of Yoga according to Patanjali	8
	Concept of <i>Chitta</i> and <i>Chitta Bhumis</i>	
	<i>Chitta-vrittis</i> and <i>Nirodhopaya</i> (<i>Abhyasa</i> and <i>Vairagya</i>)	
	Concept of <i>Ishwara</i> and <i>Ishwara Pranidhana</i>	
	<i>Chitta Vikshepas</i> (<i>Antarayas</i>) and their associates (<i>Sahabhava</i>)	
	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		
TOTAL (hrs)		12

Reference Books:

1. Pātañjala Yogasūtra by P. V. Karambelkar, Kaivalyadhama, Lonavla, India.
2. Śrīpātañjalayogadarśanam– Original Samskrta, Padaccheda, and Transliteration by Dr. Rajani Pradhan, Kaivalyadhama, Lonavla, India.
3. Indian Philosophy by S. Radhakrishnan

PAPER 2
Introduction to Hatha Yoga
& Yoga and Value Education
(Number of Hours: 12)

TOPICS	SUB-TOPICS	HRS
Yoga and Value Education (section A)	Concept of Value- Nature, Role and Classification	4
	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	
Introduction to Hatha Yoga (section B)	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	
	Difference between Yoga Asana and Vyayama (Non-Yogic Physical Practices)	
	Principles of Yoga and Yogic Practices	
Guidelines for Instructors		
TOTAL (hrs)		12

Reference Books:

1. Hathapradipika – Svamaram, Kaivlyadhama , S.M.Y.M., Samiti, Lonavla, Distric Pune 410403 Maharashtra India.
2. Gherand Samhita -Kaivlyadhama , S.M.Y.M., Samiti, Lonavla, Distric Pune 410403 Maharashtra India.
3. Values The Key to a Meaningful life, Published By The President Sri RamaKrishna Math Mylapore , chennai-4.
4. Education In Values : NCERT



PAPER 3
Yoga: Anatomy and Physiology
(Number of Hours: 12)

TOPICS	SUB-TOPICS	HRS
Introduction to Human Systems, Yoga and Health	The Nine Systems of Human Body	12
	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	
TOTAL (hrs)		12

Reference Books:

1. Anatomy and Physiology: Yogic Context by Dr. Sharadchandra Bhalekar.



PAPER 4
Applied Yoga
(Wellness, Prevention, Positive Health, Stress Management and
Mental Health)
(Number of Hours: 12)

TOPICS	SUB-TOPICS	HRS
Yoga for Wellness - Prevention and Promotion of Positive Health (section A)	Health, its meaning and definitions	5
	Yogic concepts of health and diseases	
	Yogic principles of Healthy-Living	
	Introduction to yogic diet and nutrition	
	Concept of Pancha kosha	
	Concept of Triguna	
Yoga & Stress Management (Yoga & Mental Health) (section B)	Concept of Panchamahabhutas	2
	Define Mental health, Holistic Health, Medical & Yogic perspective	
	Definition of Yoga in relation to Mental health	5
	Human Psyche: Yogic and modern concepts, Behavior 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 and Niyama)	
	Concept of stress according to modern science and Yoga	
Role of Yoga in Stress management		
Role of Yoga for Life management		
TOTAL		12

Reference Books:

1. Yoga and Mental Health by Prof. R. S. Bhogal



PAPER 5
TEACHING PRACTICE
(Number of hours: 12)

TOPICS	SUB-TOPICS	HRS
Teaching and Learning	Define Teaching Methods	1
	Concept of Teaching	
	Concept of Learning	
Source of Teaching Methods	Yogic Principles	4
	1. Principles of Asana	
	2. Principles of Pranayama	
	3. Principles of Shuddhi Kriya, Mudra & Bandha	
	Anatomico-Physiological Principles	
	Psychological Principles	
Class Management	Educational Principles	2
	Sociological Principles	
	Discipline- Beginners, Advanced, Mixed, Small/Large, Patients/Special Groups	
	Class Arrangement – Conducive Environment, Safety Measures	
Lesson Plan	Seating Arrangement	3
	Teaching Aids - Types of Teaching Aids, Principles of Selecting Teaching Aids	
	Need of Lesson Plan	
Teaching Methods	Guidelines for preparing a Yogic Lesson Plan	2
	Model Lesson Plan	
	Different Methods used in Yoga Teaching, Instructions, Corrections	
	Factors Influencing Method	
Lesson Presentation	Communication Skills – Verbal & Non-Verbal	-
	Ideal Qualities of a Teacher	
	Lesson Presentation by students (1 Lesson per student of 20 min each)	
TOTAL		12

Reference Books:

1. Teaching Methods for Yogic Practices by Dr. ML Gharote & Dr. S.K. Ganguly
2. Notes on Basic Principles and Methods of Teaching as Applied to Yogic Practices by Dr. Shrikrishna
3. “Asanas” by Swami Kuvalayananda
4. “Pranayama” by Swami Kuvalayananda
5. “Asana Why & How” by O.P. Tiwari



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**

Sukshma Vyayama (2 hrs)

- Neck
- Shoulder
- Trunk
- Knee
- Ankle

Suryanamaskar (6 hrs)

Sadanta Pranayama

Chandrabhedan Pranayama