



# KAIVALYADHAMA

**Where Yoga Tradition & Science Meet**

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## ICYHC Kaivalyadhama, Mumbai

### SYLLABUS FOR YOGA COURSES 2016-17

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**CERTIFICATE COURSE IN YOGA EDUCATION**  
**Yoga Instructor Course**  
**(YIC)**

## PAPER I TRADITIONAL

### YOGA (Number of Lectures- 12)

UNIT	TOPICS	SUB-TOPICS	HRS
Introduction to Yoga & Yogic Texts	Introduction to Yoga	Traditional understanding: Etymology of Yoga, definitions of Yoga in different Classical Yoga texts	3
		Origin, History and Development of Yoga	
		Brief Introduction to the Schools of Yoga	
	Introduction to hatha Yogic Concepts	Introduction to important Hatha Yoga Texts with special reference to Hathapradipika and GherandaSamhita	9
		Concept of Yogic Diet	
		<i>Concept of</i> Sadhaka and BadhakaTattwa (Conducive and Non-Conducive Factors) in Hatha Yoga	
		Concept of <i>Ghata</i> and <i>Ghata Shudhhi</i> in GherendaSamhita	
		Purpose and utility of <i>Shat-kriyas</i> in Hatha Yoga	
		Purpose and utility of Asana in Hatha Yoga	
		Difference between Yoga Asana and Vyayama (exercise)	
		Nature, Purpose and importance of <i>Pranayama</i> in Hatha Yoga	
		Nature, Purpose and importance of Bandha& Mudra	
		Concept of Prana, Nadi& Chakra	
	<b>TOTAL</b>		<b>12</b>

## PAPER 2

### YOGA AND MENTAL HEALTH

(Number of Lectures- 12)

UNIT	TOPICS	SUB-TOPICS	HRS
Introduction Yoga & Mental Health	Yoga & Mental Health	Define Mental health, Holistic Health, Medical & Yogic perspective	4
		Definition of Yoga in relation to Mental health	
	Yoga & Stress Management	Human Psyche: Yogic and modern concepts, Behavior and Consciousness	8
		Frustration, Conflicts, and Psychosomatic disorders	
		Relationship between Mind and Body	
		Mental Hygiene and Roll of Yoga in Mental Hygiene	
		Mental health: a Yogic perspective	
		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 in Life management	
TOTAL			12

### PAPER 3

## STRUCTURE & FUNCTIONS OF HUMAN BODY & EFFECTS OF YOGA PRACTICES ON IT

(Number of Lectures- 12)

UNIT	TOPICS	SUB-TOPICS	HRS
	Basic anatomy & Physiology of Human Body	Definition of Anatomy and Physiology	2
		Meaning of the basic terms- System, Organ, Tissue, Cell, Elementary composition	
		Introduction to Nine Systems of Human Body	
		Functions of different systems of Human Body	4
		Introduction to Sensory Organs	2
		Homeostasis	
	Benefits & Limitations of Yogic Activities	Neuromuscular coordination of Sensory Organs	4
		Basics of Exercise Physiology	
		Benefits of Yogic Activities	
		Limitations & contraindications of various Yogic Activities	
TOTAL			12

## PAPER 4

### YOGA AND VALUE EDUCATION

(Number of Lectures- 12)

UNIT	TOPICS	SUB-TOPICS	HRS
Yoga Philosophy	Introduction to Patanjali	General Introduction to <i>Shad-darshanas</i> with special reference to <i>Samkhya</i> and Yoga	10
		Yoga according to Patanjali - Definition, nature and aim	
		Concept of <i>Chitta</i> and <i>ChittaBhumis</i> , <i>Chitta-vrittis</i> and <i>Nirodhopaya</i> ( <i>Abhyasa</i> and <i>Vairagya</i> )	
		Concept of <i>Ishwara</i> and <i>IshwaraPranidhana</i>	
		<i>Chitta</i> Vikshepas( <i>Antarayas</i> ) and their associates ( <i>Sahabhava</i> )	
		Concept of <i>ChittaPrasadana</i> and their relevance in mental well-being	
		Kriyayoga	
		<i>Kleshas</i> and their significance in Yoga	
		Ashtanga Yoga of Patanjali : its purpose and effects, its significance	
Yoga and Value Education	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	
TOTAL			12

**PAPER 5**  
**TEACHING METHODS OF YOGA PRACTICES**  
**(Number of Lectures- 09)**

UNIT	TOPICS	SUB-TOPICS	HRS
Introduction	Teaching and Learning	Define Teaching Methods	1
		Concept of Teaching	
		Concept of Learning	
Principles of Teaching (Yoga)	Source of Teaching Methods	Yogic Principles 1. Principles of Asana 2. Principles of Pranayama 3. Principles of ShuddhiKriya, Mudra &Bandha	2
		Anatomico-Physiological Principles	
		Psychological Principles	
		Educational Principles	
		Sociological Principles	
	Class Management	Discipline- Beginners, Advanced, Mixed, Small/Large, Patients/Special Groups	2
		Class Arrangement	
		Seating Arrangement	
		Types of Teaching Aids	
		Principles of Selecting Teaching Aids	
	Teaching Methods	Factors Influencing Method	1
Different Methods used in Yoga Teaching			
Teaching	Lesson Plan	Need of Lesson Plan	3
		Guidelines for preparing a Yogic Lesson Plan	
		Model Lesson Plan	
TOTAL			09

## YOGA PRACTICALS

### Asanas

Shavasana  
Ardhahalasana (one leg/ both leg)  
Uttanapadasana  
Pawanamuktasana (ardha /purna)  
Naukasana (supine/prone)  
Viparitarani  
Sarvangasana  
Matsyasana  
Halasana  
Bhujangasana  
Ardhashalabhasana  
Shalabhasana  
Dhanurasana  
Makarasana  
Vakrasana  
Ardhamatsyendrasana  
Janushirasana/Paschimotanasana  
Padahastanasana  
Kakasana  
Trikonasana  
Vajrasana  
Ustrasana  
Yoga mudra  
Parvatasana  
Akarnadhanurasana  
Chakrasana (lateral)  
Vrikshasana  
Tadasana

### Mantra recitation

Pranavajapa  
SwastiMantra  
Om Stavan

### Meditative Asana

Ardhapadmasana  
Padmasana  
Swastikasana

### Other practices

SimhaAsana  
Brahma Mudra  
UddiyanaBandha  
JalandharaBandha  
Moolabandha

### Pranayama

AnulomaViloma  
Ujjayi  
Sheetali  
Sheetakari  
Bhramari

### Kriyas

Kapalabhati  
JalaNeti  
Rubber Neti  
VamanaDhauti  
Agnisaara  
Trataka

**Note :- Following (other than Kaivalyadhama Tradition) may be taught to the students with a view to pass the QCI Exam.**

### Surya Namaskara

**Sukshmayayama : The movement of key joints of the body and the demonstrated ability to perform the same.**

- Neck
- Shoulder
- Trunk
- Knee
- Ankle