



**SYLLABUS OF**  
**POST GRADUATE DIPLOMA IN YOGA EDUCATION (P.G.D.Y.Ed.)**  
**PAPER 1**  
**PRINCIPLES AND FUNDAMENTALS OF YOGA**

	<b>Topics</b>
1.1	Familiarity with the evolution of the teachings and philosophy of the Yoga tradition and its relevance and application to the practice of Yoga
1.2	Familiarity with the teachings of Vedas, Principle Upanishads, Shad-darshana, Agama and Purana
1.3	<p>Familiarity with the four schools of Yoga (Jnana Yoga, Bhakti Yoga, Karma Yoga and Raja Yoga)</p> <ul style="list-style-type: none"><li>- Jnana Yoga<ul style="list-style-type: none"><li>▪ Four stages of Jnana (Viveka, Vairagya, satsangata, mumukshutva)</li><li>▪ Stages of Jnana Yoga practice (shravan, manana, Nidhidhyasana)</li><li>▪ Seven major chakras, and its correlation to states of consciousness</li><li>▪ The concepts of ida, pingla and the sushumna the central channel of energy running along the spine.</li></ul></li><li>- Bhakti Yoga<ul style="list-style-type: none"><li>▪ Navavidha Bhakti</li><li>▪ Qualities of a bhakta</li><li>▪ The pronunciation, chanting, knowledge, benefits of Sanskrit chants, hymns, bhajans.</li><li>▪ Satsang and the uplifting meaning of the chants helping to thin the activities of the mind</li><li>▪ Mantra chanting, and their effect on the nadi and the chakras</li><li>▪ Demonstrated ability to create a bhakti bhava during the chanting and singing</li></ul></li><li>- Karma Yoga<ul style="list-style-type: none"><li>▪ The concept of karma Yoga</li><li>▪ Prerequisites for a sthitaprajna</li><li>▪ Sthitaprajnalakshana</li><li>▪ The law of karma</li></ul></li><li>- Raja Yoga<ul style="list-style-type: none"><li>▪ Concepts and principles of Patanjala Yoga</li><li>▪ Concepts and principles of Hatha Yoga (by Swatamarama)</li></ul></li></ul>
1.4	Familiarity with the fundamental principles of Yoga (Pancha kosha, Pancha Bhuta, Pancha Prana, Shad-Chakras)
1.5	Familiarity with examples of concepts and models from the above teachings and philosophy, relevant to the practice of Yoga



1.6	<p>Gurus and Masters</p> <ul style="list-style-type: none"><li>- Familiarity with the concepts Of Teacher, Guru, Master, Lineage</li><li>- Familiarity with the contribution of the yogis like Patanjali, Adishankaracharya, Aurobindo, Swami Vivekananda</li><li>- Contribution of Swami Kunalayananda-ji in Philosophico-Literary Research</li></ul>
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**PAPER 2**  
**INTRODUCTION TO BASIC YOGA TEXTS**  
**(Patanjala Yoga Sutra & Bhagavat Geeta)**

	Topics	Sub-topics	
2.1	The Yoga sutras of Patanjali	Samkhya	Evolution theory of Samkhya
			Satkaryavada
		Relation	Samkhya & Patanjala Yoga Sutra
		Patanjala Yoga Sutra	Traditional commentaries
			Other related commentaries
		Yoga Anushasana	
		Concept of Citta	
		Citta Vritti	
		Citta Prasadana	
		Panch Klesha	
		Ashtanga Yoga	
		Concept of Ishvara	Practice of Ishvarapranidhana
		Concept of Samadhi	Samprajnata, Asamprajnata
			Samapatti, Nirbija Samadhi
		Kriyayoga	Concept and practices of Kriya Yoga
		Chaturvyuha	Heya, Heyahetu, Hana and Hanaopaya
		Yoga-anga-abhyasa	Concept and practice
		Yoga-anga-anushthana	Concept and practice
		Viveka-khyati	Concept and practice
		Ritambhara-prajna	Concept and practice
Saptabhumi-prajna	Concept and practice		
2.2	The Bhagavat Gita	The context of the Bhagavat Gita	
		Principles and concepts of the streams of Yoga as per the Bhagavat Gita	



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The concept of Karma, Sthitha Prajna, Bhakti in the Bhagavat Gita



**PAPER 3**  
**HATHAYOGIC TEXTS; YOGA & CULTURAL SYNTHESIS & VALUE**  
**EDUCATION**

	Topics	Sub-topics	
3.1	Hatha Yoga Texts	Introduction the hatha Yoga parampara	
		General introduction to hatha Yoga texts	
		Concept of Mitahara, Pathya, Apathya, Types of Yoga aspirants	
		Badhak Tatva and Sadhak Tatva, principles to be followed by Hatha Yoga practitioner	
		Shatkarma, Asanas, Pranayama, Bandhas, Mudras, Pratyahara, Dhyana and Samadhi as described in Hatha Yoga Pradipika	
		Shatkarma, Asanas, Pranayama, Bandhas, Mudras, Pratyahara, Dhyana and Samadhi as described in Gheranda Samhita	
		Svarodaya Jnana	Importance of Svarodaya Jnana with special reference to Shiva Svarodaya
Relevance of Svara Jnana in health and disease			
3.2	Yoga and Culture	Various Definitions	
		Understanding Civilization	
		Relation: Culture and Civilization	
		Yoga, Culture and Humanitarianism	
	Yoga and Indian Culture	Indian and Western Cultural - a brief introduction	
		Salient features of Indian Culture	
		Indian Culture and Yoga	
3.3	Yoga and Religion	Religion	Concept of religion: meaning and Significance
		Unity in Diversity of World Religions	Yoga and Buddhism
			Yoga and Jainism
			Yoga and Islam
			Yoga and Christianity
3.4	Mysticism	Mysticism	Yoga & Mysticism
			Concept of Value - Nature and Role
			Classification of Values



3.5	Yoga and Value Education	Yoga and Value Education	Indian Traditional Classification of Values - Purushartha and Panchakosha
			Values and Education
			Rationale of Value Education
			Meaning of Value Education
			Aims and Objectives of Value Education
			Content of Value Education
			Role of teacher in Value Education
			Methods of Value Education
		Yoga as a Method of Value Education	Contribution of Ashtanga Yoga With reference to Yama and Niyama
			Contribution of Hathayoga with reference to a few Asanas
			Contribution of Kriyayoga - Tapa, Swadhyaya, and Ishwarapranidhana towards Value Education



**PAPER 4**  
**APPLICATIONS OF YOGA - I**  
**(Anatomy & Physiology & Diet)**

	<b>Topics</b>	<b>Sub-topics</b>
4.1	Introduction to Anatomy and physiology	Meaning of the subject
		Meaning of the basic terms – Traditional & Modern
		Importance of the subject
		Yoga in view of Anatomy and Physiology
4.2	Human Anatomy Physiology	Familiarity with the major systems in the body – skeletal, muscular, respiratory, nervous, cardio-vascular, endocrine, excretory, digestive and reproductive
		Familiarity with the effects, benefits and contra-indications of Hatha Yoga as compared to other forms of exercise - on the joints, bones, muscles, heart, brain and so on, and therefore on health and well-being
		Familiarity with the benefits of various asana on different parts of the human body
4.3	Obstacles	Familiarity with obstacles in Yoga practices
		Familiarity with limitations and contra-indications of specific Yoga practices
4.4	Yogic diet	Familiarity with the Triguna
		Familiarity with an Ayurvedic approach to diet and nutrition; and the ethical and spiritual reasons for a saatvik vegetarian diet
		Familiarity with the different diets, and its effects on the anatomy and physiology, Yogic diet – a lacto vegetarian, saatvik approach to food
		Familiarity with the benefits of Yogic diet on the physical and mental well-being and as an enabler for further practice of Yoga
4.5	Yama, Niyama - Scientific View	Concept of Yama
		Concept of Niyama
		Cultivation of correct psychological attitude
		Psychophysical reconditioning



4.6	Asana-Scientific View	Physiology of Asana
		Types of Asana
		Explanation of Fundamental Asanas
		Precautions during Asanas
4.7	Pranayama, Mudra- Scientific View	Psychophysiological effect of Pranayama
		Types of Pranayama
		Advancement in Pranayama
		Importance of Mudra
4.8	Kriya- Scientific View	Importance of Kriya
		Physiology of each Kriya
		Precautions during Kriya
		Researches in Kaivalyadhama about Kriya
4.9	Pratyahara and Meditation-Scientific View	Concept of Pratyahara
		Meaning of Dharana-Dhyana
		Research in Meditation
		Techniques about Meditation
4.10	Nadi, Chakra Concept	Concept of Nadi
		Concept of Chakras
		Concept of Prana
		References about Awakening-Traditional
		Scientific Interpretation and its Limitations
4.11	Samadhi and Klesha (Health and Disease)	Cortico-Limbic Balance
		Limbico-Endocrine Balance
		Endocrine-Metabolic Balance
		Intracellular Balance
		Meaning of Klesha and Antaraya
4.12	Injuries due to faulty Yogic practices.	Meaning of Yoga injury
		Causes of Injuries
		Some common Injuries during Asana
		Some common injuries during Pranayama





		Some common injuries in Kriya
4.13	Physiology of Stress	Physiology of Stress
		Understanding concept of Stress
		Understanding of Vishada Yoga
		Stress and its Yogic Approach
4.14	Awareness of Yoga Therapy	Applications, Indications, Contra-indications and Limitations
4.15	Swami Kuvalayananda-ji	Contribution of Swami Kuvalayananda-ji in Scientific Research of Yoga



**PAPER 5**  
**APPLICATIONS OF YOGA - II**  
**(Yoga & Mental Health)**

	<b>Topics</b>	<b>Sub-topics</b>
5.1	Psychology	Familiarity with Concepts of cognition, perception
		Familiarity with Theories of cognition and non-cognition
		Familiarity with Personality traits and classification
		Familiarity with the Indian Psychology
		Psychology as per Bhagavat Gita
		Psychology as per the Yoga Sutras of Patanjali
5.2	Need of 'Yoga & Mental Health' in the context of Yoga Psychology	Need of Yoga & "Mental Health" in the context of Darshanas
		Introduction to Psychology: Its origin, history, Similarities and dissimilarities between Science of Yoga & Modern Psychology
5.3	Psychology & Yoga	Psychological definition of Yoga: Its advantages & limitations
		Definition of Health, Mental Health, Total Health;
		Psychological (qualitative aspect) & Yogic perspectives of Health (Patanjala Yoga Sutra, Bhagwat Gita & other Upanishads)
		Definition of Mental Hygiene & Total Hygiene
5.4	Concept of Normality Tackling Abnormality through Yoga as Therapy	Normality in Yoga and Psychology
		Theories and models in Psychology
		Existential abnormalities / disorders: i. Freudian approach ii. Patanjala Yoga Sutra approach iii. Hatha Yoga approach
		Basic Principles of Yoga as Therapy as per Patanjala Yoga Sutra
		Causes and remedial measures on all existential Disorders as per Patanjala Yoga Sutra
		Remedial measures on all existential Disorders: i. Laghu Yoga Vasishth ii. Hathapradipika



5.5	Personality Integration through psychology & Yoga	Personality Development in Psychology & in Yoga
		Development of Modern theories of Personality (Nature & Nurture)
		Indian approach to personality and personality integration in the context of Triguna, Panca Kosha & Citta Bhumi
5.6	Adjustment through Attitude Change	Personal and interpersonal adjustment through yogic methods – Yamas & Niyamas
	Adjustment through tackling Conflict & Frustration	Attitude change towards Yoga through individualized counseling, Psychological & Yogic methods
5.7	Stress Management	Tackling ill effects of Conflict and Frustration through Yogic methods
		Counseling for Adjustment: Psychological, Philosophical and Yogic Synthesis between Psychology and Yoga towards a total Personality Development
5.8	Stress	Concept of Stress: Modern Psychological
		Stress Management Methods in Modern Psychology & in Yoga
5.9	Prayer	A brief account of psycho-physiological and Attitude Forming Methods in Patanjala Yoga Sutra, Bhagwat Gita & other Upanishads useful for Stress Management
		Prayer: a Cross–Cultural Approach: Psychological perspectives of Prayer for Mental (Emotional) & Spiritual Development
5.10	Counselling Techniques	Psychological Reasoning of Prayer
		Benefits of prayer for i. The Yoga Sadhaka ii. The Common Man
<b>TOTAL</b>		



## PAPER 6 COMMUNICATION & TEACHING PRACTICE

	<b>Topics</b>	<b>Sub-topics</b>
	Communication	<p>Knowledge and demonstration ability to prepare the class room with cleanliness, proper laying of the mat, sufficient spacing, decorum</p> <hr/> <p>Knowledge and Demonstrated ability</p> <ul style="list-style-type: none"> <li>- To prepare the course schedule giving due weightage to various aspects of the practice of Yoga</li> <li>To teach to a pre-defined script through a standard teaching process               <ul style="list-style-type: none"> <li>▪ Describing the practice (name, meaning, justification, category, type, counts, complementary postures)</li> <li>▪ Demonstration (silent demo, demo with counts, demo with counts breathing and explanation)</li> <li>▪ Benefits and limitation</li> <li>▪ Single group practice</li> <li>▪ Practice in pairs</li> <li>▪ Explanation of Subtle points</li> <li>▪ Whole group practice</li> <li>▪ Question answers</li> </ul> </li> <li>- To teach as per the daily plan and the course schedule</li> <li>- To keep records of aspirants enrolled, their attendance and their progress report during the programme</li> <li>- To obtain feedback from the aspirants and make course correction as appropriate</li> </ul> <hr/> <p>Knowledge and Demonstrated ability to use the four teaching techniques of observation, instructions, touch and demonstration</p>
	Communication & listening skills, adjusting to aspirant needs, managing the dynamics of teacher-aspirant relationship	<p>In-depth knowledge of</p> <ul style="list-style-type: none"> <li>- The scope of practice of Yoga and how to assess the need for referral to other professional services when needed</li> <li>- Observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue</li> </ul> <hr/> <p>Demonstrated ability</p> <ul style="list-style-type: none"> <li>- To recognize, adjust, and adapt to specific aspirant needs in the progressive classes.</li> <li>- To recognize and manage the subtle dynamics inherent in the teacher - aspirant relationship</li> </ul>



	Principles and skills for educating aspirants	In-depth knowledge of 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
		In-depth knowledge of and demonstrated ability to transmit the value of self-awareness and self-responsibility throughout the process
		In-depth knowledge of and demonstrated ability to develop and adjust appropriate practice strategies to the aspirant
	Principles and skills for working with groups	Familiarity with and Demonstrated ability to design, implement, and evaluate group programs
		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
	S w a m i Kavalayananda-jī	Contribution of Swami Kavalayananda-jī in Yoga Education



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## PRACTICAL



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## **ASANAS (220 hrs)**

### **Supine Asanas**

Shavasana  
Ardha Halasana (One leg/both legs)  
Uttana Padasana  
Pawanamuktasana (Ardha/Purna)  
Setubandhasana  
Crocodile variations  
Naukasana (Supine)  
Matsyasana  
Halasana  
Chakrasana (Backward)

### **Prone Asanas**

Makarasana  
Niralambasana  
Marjari Asana  
Bhujangasana  
Sarpasana  
Ardha Shalabhasana  
Shalabhasana  
Co-ordination Movement (Prone)  
Naukasana (Prone)  
Dhanurasana

### **Sitting Asanas**

Vajrasana  
Bhadrasana  
Gomukhasana  
Parvatasana  
Janushirasana  
Paschimottanasana  
Vakrasana  
Ardha Matsyendrasana  
Supta Vajrasana  
Yoga Mudra  
Ushtrasana  
Mandukasana  
Uttana Mandukasana

### **Standing Asanas**

Tadasana

### **Chakrasana (Lateral)**

Vrikshasana  
Utkatasana  
Konasana  
Trikonasana  
Natrajasana  
Padhastasana  
Garudasana

### **Inverted Asanas**

Viparitkarani  
Sarvangasana  
Shirshasana

### **Advanced Asanas**

Akarna Dhanurasana  
Tolangulasana  
Bakasana  
Padma Bakasana  
Gorakshasana  
Ugrasana  
Shirsha Padangushthasana  
Kapotasana  
Rajkapotasana  
Matsyendrasana  
Kurmasana  
Kukkutasana  
Uttana Kurmasana  
Hansasana  
Mayurasana  
Vatayanasana  
Karnapidasana  
Padangushthasana  
Ek Padaskandhasana

### **Meditative Asanas**

Virasana  
Swastikasana  
Samasana  
Padmasana  
Siddhasana



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### **Drishti**

Bhru Madhya Drishti  
Nasagra Drishti  
Jatru Drishti

Danda Dhauti  
Vastra Dhauti  
Shankha Prakshalana (Varisara)

### **BREATHING & PRANAYAMA (110 hrs)**

Preparatory Breathing Practices

- Abdominal
- Thoracic
- Clavicular
- Full Yogic

Anuloma-Viloma  
Ujjayi  
Suryabhedana  
Shitali  
Sitkari  
Bhramari  
Bhastrika

### **MUDRAS & BANDHAS**

Brahma Mudra  
Simha Mudra  
Jivha Bandha  
Mula Bandha  
Jalandhara Bandha  
Uddiyana Bandha (Bahya/Antar)

### **MEDITATION (60 hrs)**

- Knowledge and Demonstrated ability to perform Pratyahara, Dharana, Dhyana and to demonstrate allied practices like Mudras, Japa Mala, Mantras, relaxation
- Demonstrated ability to perform meditation
- Knowledge of the environment for meditation and the benefits of meditation on health and its practical application in modern life

#### **• MANTRA CHANTING**

- Pranava Japa
- Swasti Mantra
- Om Stavan
- Savitropasana
- Rudropasana
- Mahapurushavidya
- Bhagvadgita Chapter 15
- Patanjala Yoga Sutra (*Pada I, II, III upto 8 Sutras*)

### **SHUDDHI KRIYA (110 hrs)**

Kapalabhati  
Agnisara  
Nauli  
Trataka  
JalaNeti  
Rubber Neti  
Vaman Dhauti

### **ADDITIONAL COMPONENTS, OTHER THAN KAIVALYDHAMA TRADITION**

Sukshma Vyayama (5 hrs)

- Neck
- Shoulder
- Trunk
- Knee
- Ankle

Suryanamaskar (9 hrs)

Sadanta Pranayama





Chandrabhedan Pranayama

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