



Deccan Education Society's  
Fergusson College (Autonomous), Pune-4  
Department of **PHILOSOPHY**

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# Post Graduate Diploma in Yoga Teachers' Training

Implemented from Academic Year  
2025-26

**Course Structure**

| Sr. No | Paper                             | Theory/Practical            | No of Hours |
|--------|-----------------------------------|-----------------------------|-------------|
| 1      | Fundamentals of Indian Philosophy | Theory                      | 40          |
| 2      | Yoga Philosophy - Textual Studies | Theory                      | 60          |
| 3      | Anatomy & Physiology              | Theory and Practical        | 40          |
| 4      | Yogic Techniques                  | Practical                   | 150         |
| 5      | Ayurveda, Yoga, and Mental Health | Theory                      | 30          |
| 6      | Teaching Skills                   | Theory and Practical        | 100         |
| 7      | Guest Lectures / Seminars         | Theory/Practical            | 40          |
| 8      | Evaluation -Continuous            | Practical                   | 30          |
| 9      | Evaluation -Continuous            | Theory                      | 10          |
| 10     | Evaluation - End of Course        | Theory                      | 20          |
| 11     | Evaluation - End of Course        | Practical                   | 50          |
| 12     | Evaluation - End of Course        | Practical (Teaching Skills) | 30          |
| Total  |                                   |                             | 600         |

## Course Content

### Paper I

### YTT-101: Fundamentals of Indian Philosophy

| Unit No. | Title of Unit and Contents                                                                                                                                                                                                                                  | No. of hours |
|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| 1        | Introduction to Philosophy – Indian and Western, Vedic Philosophy                                                                                                                                                                                           | 6            |
| 2        | Conceptions of Moksha – Buddhism, Charvaka, Advaita Vedanta                                                                                                                                                                                                 | 6            |
| 3        | Paths to attaining Moksha – Jainism, Buddhism, Advaita Vedanta                                                                                                                                                                                              | 6            |
| 4        | Relation of Samkhya & Yoga                                                                                                                                                                                                                                  | 6            |
| 5        | Selected Philosophical Topics<br>1. Concept of Sattva, Rajas, Tamas as per Bhagavad-Geeta.<br>2. Concept of Ahara and Vihara as per Bhagavad Geeta.<br>3. Pancha Kosha<br>4. Pancha Mahabhoot and Panchikarana.<br>5. Prasthantrayi<br>6. Four Purusharthas | 10           |
| 6        | 1. Brief introduction of Modern Yoga Schools<br>2. Introduction to Modern Yoga Gurus                                                                                                                                                                        | 6            |

### Learning Resources- References

| Sr. No. | References                                                                                                                          |
|---------|-------------------------------------------------------------------------------------------------------------------------------------|
| 1.      | <i>An Introduction to Indian Philosophy</i> , Dhirendramohan Datta and S C Chatterjee, 9 <sup>th</sup> Edition, Motilal Banarasidas |
| 2.      | <i>Outlines of Indian Philosophy</i> , Mysore Hiriyanna, Motilal Banarasidas Publishers                                             |
| 3.      | <i>Bhagvad Geeta: Interpretation by various Authors</i>                                                                             |
| 4.      | Notes prepared by the Institute                                                                                                     |

**Paper II**  
**YTT-102: Yoga Philosophy - Textual Studies**

| Unit No. | Title of Unit and Contents                                                                                                                                          | No. of hours |
|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| 1        | Yoga – Etymology, Definitions from different texts.<br>Different paths of Yogas: Principles and practices of -<br>Jnyana Yoga, Bhakti Yoga, Karma Yoga, Mantra Yoga | 6            |
| 2        | Hatha Yoga Pradipika: Detailed study of Chapter 'Asana'.                                                                                                            | 10           |
| 3        | Hatha Yoga Pradipika: Detailed study of Chapter 'Pranayama'.                                                                                                        | 8            |
| 4        | Hatha Yoga Pradipika: Introduction to Mudra and Nadanusandhana<br>Gherand Samhita: Introduction to all 7 chapters.                                                  | 6            |
| 5        | Patanjal Yoga Sutra: Samadhi Pada :<br>Concept of Citta & Nirodhopāya, Samādhis, Īśvara, Antarāyas,<br>Citta-prasādana,                                             | 12           |
| 6        | Patanjal Yoga Sutra: Sadhana Pada:<br>Concept of Kriya Yoga, Pancha Klesha, Chatur Vyuha, Bahiranga Yoga.                                                           | 12           |
| 7        | Patanjal Yoga Sutra: Vibhuti Pada:<br>Introduction to Vibhuti Pada, Antaranga Yoga.                                                                                 | 3            |
| 8        | Patanjal Yoga Sutra: Kaivalya Pada:<br>Introduction to Kaivlaya Pada, Dharmamegha Samadhi.                                                                          | 3            |

**Learning Resources- References**

| Sr. No. | References                                                                 |
|---------|----------------------------------------------------------------------------|
| 1.      | <i>Hatha Yoga Pradipika</i> : Interpretation by Various Authors.           |
| 2.      | The Yoga Sutras by Patanjali: Shri Swami Sadchianand, Bihar School of Yoga |

## Paper III

### YTT-103: Anatomy and Physiology

| Unit No. | Title of Unit and Contents                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | No. of hours |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| 1        | <p><b>Introduction To Human Systems of Body</b></p> <ol style="list-style-type: none"> <li>1. Definition and importance of Anatomy and Physiology in Yoga Therapy.<br/>Basic terms: Cell, Tissue, Organs, and Systems.</li> <li>2. Digestive System: Anatomy of digestive organs, Physiology of digestion, and Yogic diet.</li> <li>3. Respiratory System: Anatomy of the respiratory system, Physiology of respiration. Benefits of Yogic practices for respiratory health.</li> <li>4. Circulatory System: Anatomy of the heart and blood vessels, Physiology of blood circulation Benefits of yoga on the circulatory system.</li> <li>5. Nervous System: Components of the nervous system and it's functions, The Impact of yoga on the nervous system.</li> <li>6. Endocrine system: Endocrine glands on our body and it's function. Hormonal balance through yoga.</li> <li>7. Musculoskeletal System: Anatomy of bones, muscles, and joints, Physiology of movement, Role of yoga in improving flexibility and strength.</li> <li>8. Excretory system: Structure and function of excretory system</li> <li>9. Reproductive system: structure and function of reproductive system</li> </ol> | 14           |
| 2        | <p><b>Conceptual Understanding of Anatomy and Physiology of Yogic Practices</b></p> <ol style="list-style-type: none"> <li>1. Observation and analysis of body postures (Asanas)</li> <li>2. Breathing techniques (Pranayama) and their physiological effects</li> <li>3. Relaxation techniques and their impact on the nervous system</li> <li>4. Detoxification of body w.r.s. yogic shat kriya</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 14           |
| 3        | Practical                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 12           |

**Learning Resources- References**

| Sr. No. | References                                                                                                                              |
|---------|-----------------------------------------------------------------------------------------------------------------------------------------|
| 1.      | Dr. Nagendra H R : <i>Pranayama, The Art &amp; Science</i> , Swami Vivekananda Yoga Prakashan, Bangalore, 2005                          |
| 2.      | Yoga Anatomy, Leslie Kaminoff, Amy Matthews Edition 2, Human Kinetics, 2011, ISBN: 1492583413, 9781492583417, 288 pages                 |
| 3.      | Yoga & Kriya by Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar.                                                     |
| 4.      | Asana, Pranayama Mudra Bandha by Swami Satyananda Saraswati, Yoga Publications Trust Munger, Bihar.                                     |
| 5.      | Prana Pranayama Pranvidya by Swami Niranjanananda Saraswati, Yoga Publications Trust, Munger, Bihar.                                    |
| 6.      | Meditation from the Tantra by Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar.                                       |
| 7.      | Nagendra H R and Nagarathna, Promotion of Positive Health, SVYP, 2002 MDNIY, New Delhi : Shatkarma, Yogasana, Pranayama                 |
| 8.      | Gore MM: Anatomy and Physiology of Yogic Practices                                                                                      |
| 9.      | <a href="https://doi.org/10.1016/j.jaim.2020.11.008">https://doi.org/10.1016/j.jaim.2020.11.008</a>                                     |
| 10.     | Prana and Pranayama, Swami Niranjanananda Saraswati, Reprint, Yoga Publications Trust, 2009, ISBN: 8186336796, 9788186336793, 362 pages |

**Paper IV****YTT-104: Yogic Techniques**

| Unit No. | Title of Unit and Contents                                                                                                                                     | No. of hours |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| 1        | Theoretical Aspects of - <ol style="list-style-type: none"> <li>Asana</li> <li>Pranayama</li> <li>Shuddhi Kriya</li> <li>Meditation</li> <li>Bandha</li> </ol> | 150          |
| 2        | Practical Training for Yogic Techniques                                                                                                                        |              |

**Learning Resources- References**

| Sr. No. | References                                                                                           |
|---------|------------------------------------------------------------------------------------------------------|
| 1.      | Asana, Pranayama Mudra Bandha by Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar. |
| 2.      | Notes prepared by the Institute                                                                      |

**Paper V****YTT-105: Ayurveda, Yoga, and Mental Health**

| Unit No. | Title of Unit and Contents                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | No. of hours |
|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| 1        | Modern Concept of Mental Health and Mental Problems                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 8            |
| 2        | Classification of diseases according to Yoga Vasishtha.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 8            |
| 3        | Role of Ancient Yogic texts in protecting of the mental health in modern times. (Patanjala Yoga Sutra, Bhagvad Geeta)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 8            |
| 4        | <p>Ayurveda</p> <ol style="list-style-type: none"> <li>1. Concept of Mind in Ayurveda –</li> <li>2. Process of perception</li> <li>3. Relation of Triodosha, Trigunas and mental health</li> <li>4. Manasika Bhava – Shadripu</li> <li>5. Concept of Sattvabala(Mental strength or resilience)</li> <li>6. Mental disorders in Ayurveda</li> <li>7. Pragyaparadha- Root cause of disease</li> <li>8. Ayurvedic Therapies for mental wellbeing – Medhya Rasayana, Ahar, Sadvritta, Panchakarma</li> <li>9. Achar Rasayana</li> <li>10. Integration of yoga and ayurveda for mental health.</li> </ol> | 6            |

**Learning Resources- References**

| Sr. No. | References                                                    |
|---------|---------------------------------------------------------------|
| 1.      | Yoga Vasistha: Interpretation by Various Authors              |
| 2.      | Bhagvad Geeta: Interpretation by various Authors              |
| 3.      | Patanjal Yoga Sutra: As mentioned above in Paper 2 references |
| 4.      | Charaka Samhita Sutrasthana                                   |
| 5.      | Charaka Samhita Sharirasthana                                 |
| 6.      | Charaka Samhita Vimana Sthana                                 |

**Paper VI**  
**YTT-105: Teaching Skills**

| Unit No. | Title of Unit and Contents                                                                       | No. of hours |
|----------|--------------------------------------------------------------------------------------------------|--------------|
| 1        | 1. Communication & Presentation Skills.<br>2. Teaching Techniques<br>3. Yoga Teaching Practices. | 25           |
| 2        | Practical<br>1. Session planning.<br>2. Conducting sessions.                                     | 75           |

**Learning Resources- References**

| Sr. No. | References                                                                            |
|---------|---------------------------------------------------------------------------------------|
| 1.      | Certification of Yoga Professionals Guide book - Level 1 , Level 2, Ministry of AYUSH |
| 2.      | Yoga Parichay, Shri Vishwas Mandalik Yogavidyagurukul Nashik                          |
| 3.      | Yoga Shikshak, Shri Vishwas Mandalik Yogavidyagurukul Nashik                          |

## List of Yogic Techniques

### 1. Yogic Sukshma Vyayam

### 2. Surya Namskara

### 3. Standing Asanas

1. Dwikonasna
2. Kati Chakrasana
3. Ardha Chakrasana
4. Akarana Dhanurasana
5. Tadasana
6. Vrikshasana
7. Trikonasana
8. Parshav Konasana
9. Parivrutta-Trikonasana
10. Chakrasana (Lateral)

### 4. Sitting Asanas

1. Mandukasana
2. Uttan Manukasana
3. Vakrasana
4. Janu Shirshasana
5. Paschimottanasana
6. Ushtrasana (Ardha/Purna)
7. Naukasana
8. Gomukhasana
9. Vajrasana
10. Padmasana
11. Swastikasana
12. Yoga Mudrasana
13. Balasana

### 5. Prone Asanas

1. Bhujangasana & its variations.
2. Shalabhasana & its Variations.
3. Dhanurasana
4. Naukasana
5. Marjari Asana
6. Makarasana

### 6. Supine Asanas

1. Uttan Padasana (Ardha/Purna)
2. Pawan Muktasana (Ardha/Purna)

3. Setu Bandasana
4. Jathar Parivaranasana (Ardha/Purna)
5. Naukasana
6. Matsyasana
7. Chakrasana
8. Shavasana

## **7. Inversions**

1. Druta Halasana
2. Sarvangasana
3. Halasana
4. Shirshasana

## **8. Pranayama & Breathing techniques**

1. Abdominal Breathing
2. Thoracic Breathing
3. Clavicular Breathing
4. Yogic Breathing
5. Anulom Vilom
6. Nadi Shodhan Pranayama
7. Chandra Bhedan
8. Surya Bhedan
9. Bhramari
10. Sheetali
11. Sitkari
12. Bhastrika

## **9. Mudra & Bandha**

1. Viparit Karni
2. Simha Mudra
3. Jalandhar Bandh
4. Uddiyan Bandha
5. Moola Bandha

## **10. Shuddhi Kriya**

1. Kapalbhati
2. Jal Neti
3. Tratak
4. Vaman Dhauti
5. Agnisar

## **11. Mantra Chanting**

1. Omkar Japa
2. Selected Yoga Sutras
3. Selected Shloka from Bhagvad Geeta
3. Patanjali Prayer

4. Shanti Mantra

**12. Meditation & Relaxation**

1. Avayava Dhyana
2. Yoga Nidra