



University of Patanjali

Uttarakhand, Haridwar

Syllabus of Ph.D Course Work in Yoga

PREAMBLE

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on establishing harmony between mind, body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not only about exercise but to discover the sense of oneness with ourselves, the world and nature. It is an art and science for healthy living.

The word “Yoga” is derived from the Sanskrit root ‘yuj’ meaning “to join”, “to yoke” or “to unite”. According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness. In addition to this, Yoga is becoming popular day by day and has become a wave which is sweeping across the globe. More and more people are getting interested in the scientific and philosophical aspects of yoga. Hence it is important to conduct in depth research in the field of yoga both in the scientific and philosophical dimensions. In this program the impact of yoga in healthcare, personality development and the philosophical aspects of yoga will be explored.

I. Title of the Program

The program shall be called “Doctor of Philosophy (Yoga)” or PhD (Yoga).

II. Aim of the program

The aim of the program is to propagate and promote research in yoga.

III. Objectives of the program

- To conduct good quality research in the field of yoga.
- To understand the applications of yoga through scientific method.
- To study the psycho- physiological effects of various yoga practices.
- To explore the possible application of yoga in healthcare and modern lifestyle.
- To understand important philosophical concepts given in traditional yoga text.

IV. Duration

- The course work will be for one semester (6 months).
- The candidate can submit his or her thesis 3 year after registration to the PhD.
- Program and it is extendable till 5 years after the registration.

V. Eligibility

The candidate must have completed Master’s degree in yoga from a university recognized by the UGC.

SYLLABUS FOR THE RESEARCH PROGRAM
PAPER I
RESEARCH METHODOLOGY
Total Marks = 100 (External 80 + Internal 20)

OBJECTIVES

This paper is to impart knowledge about:

- Research and its different dimensions
- Scientific findings of yoga research
- Conducting research for reliable and valid results without bias
- Recent trends in yoga research
- Application of modern technology to yoga research
- Correspondence with libraries
- Literary research already done in yoga
- Ancient scriptures related to yoga
- Important commentaries on traditional yoga texts
- Major spiritual traditions of the world
- Possible applications of the philosophy of yoga in the modern world

Unit-I: Research Methodology – I

1. Introduction to research methodology – definition of research, types of research, need for yoga research
2. Literary research – assumption of literary research, elements and theories of literary research, types of literary research (historical research, comparative research, explanatory research and critical research), need and importance of research in yoga
3. Literature review – purpose, process, presentation of literature review, exploring digital source like Pubmed and online databases and journals like PhilPapers, IJOY-PPP, COPAC etc.
4. Hypothesis, types of hypothesis
5. Ethics of research – laboratory ethics, publication ethics, ethical bodies: IES & IRB, guidelines for good clinical practice, registration of randomized controlled trials in Clinical Trial Registry of India (CTRI)
6. Scales of measurement – nominal, ordinal, interval, ratio
7. Types of data – qualitative and quantitative
8. Data collection methods – observation, interview, psychological tests, questionnaire, physiological tests

Unit-II: Research Methodology – II

1. Sampling Methods – Population and Sample; Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling
2. Methods of Controlling Biases – Randomization
3. Types of Variables – Independent, Dependent, Confounding Variable

4. Types of Research Design – Experimental and Cross Sectional Design, Case Study, Survey
5. Reliability Test – Retest Reliability, Internal Consistency, Inter Rater Reliability
6. Validity – Construct Validity, Face Validity, Content Validity, Criterion Validity, Convergent and Discriminant Validity
7. Issues of Bias and Confounding:
 - Selection Bias, Recall Bias, Observer or Measurement Bias, Publication Bias
 - Randomization, Matching, Crossover Design, Restriction, Stratification

Unit- III: Recent trends in yoga research

1. Consolidated statement of reporting randomized control trial (CONSORT checklist)
2. Conducting meta-analysis of published literature
3. Methods for grading evidence in healthcare
4. Writing scientific paper

Unit- IV: Areas of research in yoga

1. Traditional yoga texts – introduction to important commentaries on traditional yoga text (Hatha yoga, Darshan, Bhagvad Gita and ten principal Upanishads)
2. Philosophy and messages of modern yogis – teaching and message of Swami Dayananda, Swami Vivekananda, Paramhansa Yoganada, Sri Ramana Maharishi, Swami Sivananda Saraswati, Swami Kuvalyananda, Sri Yogendra

PAPER II

COMPUTER APPLICATION AND STATISTICS

Total Marks = 100 (External 80 + Internal 20)

OBJECTIVES

This paper is to impart knowledge about:

- Application of modern technology in yoga research
- Searching online databases
- Data recording using computer software
- Storing data
- Data analysis using computer software
- Documents for scientific writing
- Presentation of research activities

Unit-I: Computer Fundamentals

1. Types of computers
2. Input, output and storage devices
3. Software & hardware
4. Types of networks LAN & WAN
5. MS office (word, excel and PowerPoint)

Unit-II: Data analysis software

1. Introduction statistical package for social sciences (SPSS)
2. Creating & saving a SPSS
3. Data entry in SPSS
4. Analysis of description statistics using SPSS
5. Dependent & independent using SPSS
6. One way & two analysis using SPSS
7. Correlation using SPSS

Unit-III: Internet

1. Email – create, forward & send a mail message
2. World Wide Web (www)
3. Online journals
4. Searching Research articles, papers & various topics

Unit-IV: Statistical Concepts – I

1. Descriptive Statistics
2. Inferential Statistics
3. Hypothesis Testing, Null Hypothesis
4. Statistics and Parameters
5. Sample and Population
6. Generalization
7. One Tailed, Two Tailed Hypothesis
8. Types of Errors and its Control
9. Central Limit Theorem

Unit-V: Statistics Concepts – II

1. Point estimate and interval estimate
2. Power analysis – effect size, sample size
3. P-value
4. Confidence interval
5. Statistical tests and design
6. Assumptions of tests
7. Statistical tests for various designs – correlation, proportions, paired sample and independent sample t-tests, Chi-Square tests, ANOVA, Repeated measures ANOVA, parametric and non-parametric tests
8. Interpretation of SPSS

RECOMMENDED BOOKS AND WEBSITES

- C. R. Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
- R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi.

- J. H. Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi.
- P. Norton. (2008). Introduction to computers (Indian Adaptation). Tata McGraw- Hill Publishing Company Ltd. New Delhi.
- K. Pandya, S. Bulsari & S. Sinha, SPSS in simple steps. Wiley India Pvt. Limited. New Delhi.
- Hatha Yoga Pradipika- Kaivlyadham Lonavla
- Gheranda Samhita- Kaivlyadham Lonavla
- Holy Gita – Swami Chinmayananda, Mumbai
- The ten cardinal Upanishads – Swami Harshananda. Vedanta press.
- Bhagvad Gita – Swami Chinmayananda and Swami Dayananda
- S. Radhakrishnan (1971). Indian Philosophy (Vol 1-2). George Allen & Unwin, London.
- Autobiography of Sri Yogendra.
- C Bharadwaja. Light of truth (Satyārtha Prakash.)
- S. Vivekananda (1971). Vedanta Press. CA. U.S.A., Complete works of Swami Vivekananda Volume 1-9.
- P. Yogananda (2003). The divine romance. Yogodasatsanga society of India. Kolkata.
- A. Osborne (2010). The teachings of Ramana Maharshi in his own words. Sri Ramashramam Publication. Tamil Nadu.
- S. Aurobindo (2010). The life divine. Sri Aurobindo Ashram. Pondicherry.
- S. Krishnanada. Sri Swami Sivananda and his mission. The divine life society publication. Rishikesh.
- Study of Nirala literature with reference to Neo-Vedanta.
- <http://www.consort-statement.org/>
- <http://www.ahrq.gov/>