

# PhD in Yoga

## Syllabus Framework by Committee on Yoga Education in Universities UGC- MHRD



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# DOCTOR OF PHILOSOPHY (YOGA) – PhD (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 fulfilment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not 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 will be explored and the philosophical aspects will also be explored.







## I. Title of the Programme

The programme shall be called "Doctor of Philosophy (Yoga)" or Ph.D (Yoga)

## II. Aim of the programme

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

## III. Objectives of the programme

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

## IV. Duration

The course work will be for one semester (6 months)

The candidate can submit his or her thesis 3 years after registration to the Ph.D.

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.

## Ph.D. in Yoga: Coursework Syllabus

### Scheme of Teaching and Examination:

| S.N.         | Subject Code | Subject Title                     | Credits   | Subject Total                  |
|--------------|--------------|-----------------------------------|-----------|--------------------------------|
| 1.           | PHDY-01      | Research Methodology & Statistics | 8         | 100 (80 + Internal 20)         |
| 2.           | PHDY-02      | Computer Application              | 8         | 100 (80 + Internal 20)         |
| 3.           | PHDY-03      | Area of Research in Yoga          | 8         | 100 (80 + Internal 20)         |
| <b>Total</b> |              |                                   | <b>24</b> | <b>300 (240 + Internal 60)</b> |

### Detailed Syllabus

**Subject Code: PHDY-01**

**Subject Title: RESEARCH METHODOLOGY AND STATISTICS**

**Total Marks: 100 (80 + Internal 20)**

**OBJECTIVES: This paper is to impart knowledge about**

- Research and its different dimensions
- Scientific findings of yoga research
- Applications of yoga in modern lifestyle
- Conducting high quality research without bias
- Science and technology of modern research
- Conducting research for reliable and valid results
- Recent trends in yoga research

#### **Unit-I: Research Methodology-I**

- i. Introduction to research methodology – definition of research, types of research, need for yoga research
- ii. The research process
- iii. Literature review – Purpose, Process, digital source: PubMed, etc., presentation of literature review
- iv. Hypothesis, types of hypothesis
- v. Ethics of research – Laboratory ethics, Publication ethics, Ethical bodies – IEC & IRB, Guidelines for good clinical practice, registration of randomized controlled trials in Clinical Trial Registry of India (CTRI).
- vi. Scales of measurement – nominal, ordinal, interval, ratio
- vii. Types of data: qualitative and quantitative
- viii. Data collection methods: Observation, Interview, psychological tests, questionnaire, physiological tests.

#### **Unit-II: Research Methodology –II**

- i. Sampling methods - Population and Sample; Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling
- ii. Methods of controlling biases – Randomization

- iii. Types of variables – Independent, dependent, confounding variable
- ix. Types of research design – Experimental designs, cross sectional design, Case study, Survey
- x. Reliability: Test-Retest Reliability, Internal Consistency, Inter rater Reliability
- xi. Validity: Construct Validity, Face Validity, Content Validity, Criterion Validity, Convergent and Discriminant Validity
- xii. Issues of bias and confounding
  - a. Selection bias, Recall bias, Observer or measurement bias, Publication bias
  - b. Randomization, Matching, Crossover design, Restriction (or blocking), Stratification

#### **Unit-III: Statistical Concepts - I**

- i. Descriptive statistics
- ii. Inferential statistics
- iii. Hypothesis testing, null hypothesis
- iv. Statistics and Parameters
- v. Sample and Population
- vi. Generalization
- vii. One tailed, two tailed hypothesis
- viii. Types of Errors and its control
- ix. Central Limit Theorem

#### **Unit-IV: Statistics - II**

- i. Point estimate and interval estimate
- ii. Power analysis: Effect size, sample size.
- iii. p-value.
- iv. Confidence interval.
- v. Statistical tests and design.
- vi. Assumptions of tests.
- vii. 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.
- viii. Interpretation of SPSS output: Correlation, proportions, paired sample and independent sample t-tests, Chi-Square tests, ANOVA, Repeated Measures ANOVA

#### **Unit-V: Recent trends in yoga research**

- i. Consolidated statement of reporting randomized control trial (CONSORT checklist).
- ii. Conducting meta-analysis of published literature.
- iii. Methods for grading evidence in healthcare.
- iv. Writing scientific paper.

#### **RECOMMENDED BOOKS AND WEBSITES:**

1. C. R. Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
2. 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.
3. J. H. Zar (1999). Biostatistical Analysis. Pearson Education. New Delhi.

4. <http://www.consort-statement.org/>
5. <http://www.ahrq.gov/>

**Subject Code: PHDY-02**

**Subject Title: COMPUTER APPLICATION**

**Total Marks: 100 (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 -1 Computer Fundamentals**

- i. Types of computers
- ii. Input & Output devices
- iii. Software & Hardware
- iv. Storage Devices
- v. Types of Networks LAN & WAN

**Unit-2: MS Office**

- i. MS – Word
- ii. MS – Excel
- iii. MS – Power point

**Unit-3: Data analysis software**

- i. Introduction Statistical Package for Social Sciences (SPSS)
- ii. Creating & saving a SPSS
- iii. Data entry in SPSS
- iv. Analysis of description statistics using SPSS
- v. Dependent & independent using SPSS
- vi. One way & two way analysis using SPSS
- vii. Correlation using SPSS

**Unit-4: Internet**

- i. Email – create, forward & send a mail message
- ii. World Wide Web (WWW)
- iii. Online journals
- iv. Searching Research articles, papers & various topics.

**RECOMMENDED BOOKS:**

1. P. Norton (2008). Introduction to computers (Indian Adaptation).Tata McGraw-Hill Publishing Company Ltd. New Delhi.
2. K. Pandya, S. Bulsari& S. Sinha. SPSS in simple steps. Wiley India Pvt. Limited. New Delhi.

**Subject Code: PHDY-03****Subject Title: AREAS OF RESEARCH IN YOGA****Total Marks: 100 (80 + Internal 20)****OBJECTIVES: This paper is to impart knowledge about**

- 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: Literature review**

- i. Exploring online databases and journals: PhilPapers(Online research in philosophy), IJOY-PPP, COPAC etc

**Unit 2: Analysis of traditional yoga texts**

- i. Introduction to important commentaries on traditional yoga texts (Hatha yoga, Patanjali Yoga Darshana, Bhagvad Gita and ten principal Upanishads)

**Unit 3: Philosophical Systems of India**

- i. Nyaya, Samkya, Yoga, Vedanta

**Unit 4: Philosophy and messages of modern yogis**

- i. Teachings and message of Swami Dayananda, Swami Vivekananda, ParamahansaYogananda, Sri Aurobindo, Sri Ramana Maharishi, Swami SivanandaSaraswati, Swami Kuvalyananda, Sri Yogendra.

**RECOMMENDED BOOKS:**

1. Hatha Yoga Pradipika- KaivlyadhamLonavla
2. GherandaSamhita- KaivlyadhamLonavla
3. Holy Gita - Swami Chinmayananda, Mumbai
4. The ten cardinal Upanishads – Swami Harshananda. Vedanta Press.
5. S. Radhakrishnan (1971). Indian Philosophy (vol 1-2). George Allen &Unwin, London.
6. Autobiography of Sri Yogendra
7. C Bharadwaja. Light of truth (SatyarthPrakash).
8. S. Vivekananda (1971). Teachings of Swami Vivekananda. Vedanta Press. CA. U.S.A.
9. P.Yogananda (2003). The divine romance. Yogodasatsanga society of India. Kolkata.
10. A. Osborne (2010). The teachings of RamanaMaharshi in his own words. Sri Ramashramam Publication. Tamil Nadu.
11. S.Aurobindo (2010). The life divine. Sri Aurobindo Ashram. Pondicherry.
12. S. Krishnananda. Sri Swami Sivananda and his mission. The divine life society publication. Rishikesh.