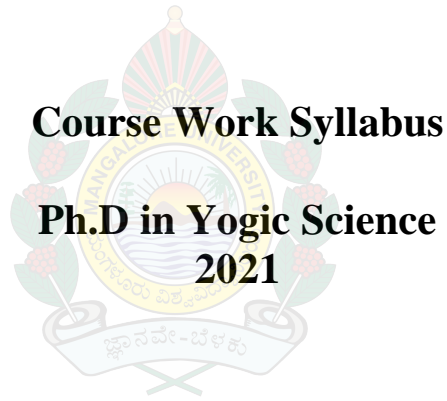


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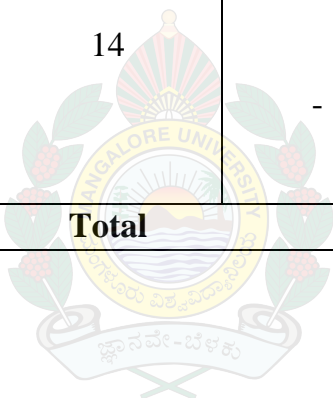


Department of Human Consciousness and Yogic Sciences
Mangalore University
Mangalagangothri – 574 199

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Scheme of Examination for Ph. D Course Work

Papers	Particulars	Hours of Instruction per week	Duration of Exam (hrs)	Marks			Credits
				IA	Theory	Total	
Course 1	Research Methodology	4	3	30	70	100	4
Course 2	Research and Publication Ethics (RPE)	2	3	30	70	100	2
Course 3	Review of Literature	14	-	-	-	150	6
	Review Report		-	-	50	2	
	Viva		-	-	-	-	-
Total						400	12



DEPARTMENT OF HUMAN CONSCIOUSNESS & YOGIC SCIENCES
MANGALORE UNIVERSITY,
MANGALAGANGOTHRI-574 199.

Ph. D Course work

Course 1 - Research Methodology (Optional I-Yogic Science) 48 Hrs

- Unit I
1. Basis of Research Methodology – Objectives, Types of Research
 2. Research and Scientific Method; Research Process: Review of literature, Sources of Information, content of a Research Paper, Thesis writing, Writing projects; Research Problem - Techniques involved in defining a problem
 3. Hypothesis - Concepts of Hypothesis, Bibliography, Composal of thesis, Errors in Hypothesis Testing, Tests of Hypothesis.
 4. Research design - Concepts related to research design, Principles of Experimental design; Sampling design, Data collection
- Unit II
1. Research analysis and Statistics in Research - Statistical Measures
 2. Statistical Tests -‘t’ test, Chi-square test, F test, ANOVA, ANCOVA, Non – parametric tests.
 3. Graphical Analysis, Computer Applications in Research, Softwares, Origin and Excel.
 4. Plagiarism tools and Research ethical issues.
- Unit III
1. Theoretical Foundations for Research in Patanjala Yoga Sutra
 2. Theoretical Foundations for Research in Hathayoga & Ghata Yoga
 3. Theoretical Foundation to Yogic Diet and Life Style
 4. Principles of Yogic Research
- Unit IV
1. Development in Yogic Science –Texts, Translations and Explanations, Theoretical publications, Modified literatures
 2. Development in Yogic Science - Scientific development, Analysis of Yoga practices in Institutions with scientific methods.
 3. Yogic science in university system
 4. Development in Health System

Course 1 - Research Methodology (Optional II-Yoga Therapy)

48 Hrs

- Unit I
1. Basis of Research Methodology – Objectives, Types of Research
 2. Research and Scientific Method; Research Process: Review of literature, Sources of Information, content of a Research Paper, Thesis writing, Writing projects; Research Problem - Techniques involved in defining a problem
 3. Hypothesis - Concepts of Hypothesis, Bibliography, Composal of thesis, Errors in Hypothesis Testing, Tests of Hypothesis.
 4. Research design - Concepts related to research design, Principles of Experimental design; Sampling design, Data collection
- Unit II
1. Research analysis and Statistics in Research - Statistical Measures
 2. Statistical Tests - 't' test, Chi-square test, F test, ANOVA, ANCOVA, Non –parametric tests.
 3. Graphical Analysis, Computer Applications in Research, Softwares, Origin and Excel.
 4. Plagiarism tools and Research ethical issues.
- Unit III
1. Yoga Therapy Concepts for Research in Patanjala Yoga Sutra
 2. Yoga Therapy Concepts for Research in Hathayoga & Ghata Yoga
 3. Yoga Therapy Concepts with respect to Diet and Life Style
 4. Principles of Research in Yoga Therapy
- Unit IV
1. Recent Developments in Yoga Therapy
 2. Development in Yoga Therapy - Scientific development, Analysis of Yoga Therapy in Institutions with scientific methods.
 3. Yogic science in university system
 4. Yoga Therapy development in Health System

REFERENCE BOOKS

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2. Gore, M.M. (2000) : 'Anatomy and Physiology of Yogic Practices', Lonavala, Pune.
3. Hariharananda Aranya : Yogasutras of Patanjali, University of Calcutta Press, Calcutta.
4. J. S.P. Lumby and W. Benjamin : Research – some Ground Rules, Oxford University Press, Delhi.
5. James Funderburk : A Review of Physiological data, Published by Himalaya International Institute of Yoga
6. Kerlinger, F.N (2002) : 'Foundation of Behavioural research', Prism Books, Bangalore, Sujeet Publications, Delhi.
7. Krishna Bhat, K (2006) : 'The Power of Yoga', Suyoga Publications, Karopady, D.K
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9. Kothari, C.R. (1985) : 'Research Methodology, Methods & Techniques', Wishwa Prakashan, New Delhi.
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11. Mohisin : Research Methods in Behavioural Sciences, S.M.Orient Longman Limited, New Delhi.

12. Nachmias D (1982) : 'Research Method in Social Sciences',
Nachmias C St.Martins Press, New York, Edward
Arnold, London
13. Nagendra H.R (1948) : New Horizons in Modern Medicine, SVYASA,
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14. Nagendra H.R. : Promotion of Positive Health – Published by
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16. Russell A Jones : Research Methods in the Social and Behavioral
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Massachusetts publishers.
17. Rummond A (1996) : Research Methods for therapists, Campling, J and
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18. Richard A. Johnson,
Deans W. Wichern : Applied Multivariate Statistical Analysis
19. SMYM Samiti : 'Yoga Mimāmsa', A Quarterly Journal,
Kaivalyadhama
20. Swatmarama (1970) : Hathayoga Pradipika, Kaivalyadhama, Lonavala,
Pune.
21. Swami Satyananda
Saraswati (1996) : 'Asana, Pranayama, Mudra, Bandha', Bihar School
of Yoga, Munger.
22. Swami Satyananda
Saraswathi : 'A systematic course in the ancient tantra techniques
of Yoga & Kriya', Bihar School of Yoga, Munger.

23. Swami Vivekananda (1899) : Rajayoga, Adhvaita Ashrama, Kolkatta.
24. Swami Digambaraji (1978) : Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala.
25. Krishnamacharya T. (2004) : Nāthamauni's Yoga Rahasya, Krishnamacharya Granthamala Series – II, Krishnamacharya Yoga Madiram, 31, 4th cross street, R.K.Nagara, Chennai- 600028.
26. Swami Omananda Teertha : Patanjala Yoga Pradeepa, Gita Press, Gorakhpur.
27. The Journal of Alternative & Complementary Medicine : The Official monthly journal of the International Society for Complementary Medicine Research and the Society for Acupuncture Research, Mary Ann Liebert, Inc. Publishers, 140 Huguenot Street, 3rd Floor, New Rochelle 108015215.
28. Udupa K.N. (1996) : Stress and its Management by Yoga, Mothilal Banarsidas Publications, Delhi.

Note: Other references as decided by the department from time to time.

THEORY

01. PHILOSOPHY AND ETHICS (3 HOURS)

- 1) Introduction to philosophy: Definition, nature and scope, Concept, Branches.
- 2) Ethics: Definition, Moral philosophy, Nature of moral judgements and reactions.

02. SCIENTIFIC CONDUCT (5 HOURS)

- 1) Ethics with respect to science and research.
- 2) Intellectual honesty and research integrity.
- 3) Scientific misconducts: Falsification, Fabrication and Plagiarism (FFP)
- 4) Redundant publications: Duplicate and overlapping publications, Salami Slicing
- 5) Selective reporting and misrepresentation of data

03. PUBLICATION ETHICS (7 HOURS)

- 1) Publication ethics: definition, introduction and importance
- 2) Best practices / standards setting initiatives and guidelines: COPE, WAME, etc.
- 3) Conflicts of interest
- 4) Publication misconduct: definition, concept, problems that lead to unethical behavior and vice versa, types
- 5) Violation of publication ethics, authorship and contributor-ship
- 6) Identification of publication misconduct, complaints and appeals
- 7) Predatory publishers and journals

PRACTICE

04. OPEN ACCESS PUBLISHING (4 HOURS)

- 1) Open access publications and initiatives
- 2) SHERPA or RoMEO online resource to check publisher copy right and self-archiving policies
- 3) Software tool to identify predatory publications developed by SPPU
- 4) Journal finder or Journal suggestion tools viz. JANE, Elsevier Journal Finder, Springer Journal Suggester, etc.

05. PUBLICATION MISCONDUCT (4 HOURS)

A. Group Discussion (2 Hours)

- 1) Subject specific ethical issues, FFP, Authorship
- 2) Conflicts of interest
- 3) Complaints and appeals: Examples and fraud from India and abroad.

B. Software tools (2 Hours)

Use of Plagiarism software like Turnitin, Urkund, and other open-source software tools.

06. DATABASES AND RESEARCH METRICS (7 HOURS)

A. Databases (4 Hours)

- 1) Indexing databases

- 2) Citation databases: Web of Sciences, Scopus, etc.
- B. Research Metrics (3 Hours)
- 1) Impact Factor of Journal as per Journal Citation Report, SNIP, SJR, IPP, Cite Score
 - 2) Metrics: h-index, g-index, i10-index, altimetric

References

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MacIntyre, Alasdair (1967) *A Short History of Ethics*. London.

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[http://www.insaindia.res.in/pdf/Ethics Book.pdf](http://www.insaindia.res.in/pdf/Ethics%20Book.pdf)

Course 3 - Review of Literature and Report

14 Hrs/Week

- | | |
|----------|---|
| Unit I | Review of published research papers in the area of research |
| Unit II | Review of classical literature |
| Unit III | Review of parameters and statistical tests applicable |

Note: References as decided by the department from time to time