

**MANGALORE**  **UNIVERSITY**

**Course Work Syllabus**  
**Ph.D. in Yogic Science**  
**2019**

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

**Scheme of Ph.D. Course Work in Yogic Sciences**

Papers	Particulars	Hours of Instruction per week	Duration of Exam (hrs)	Marks			Credits
				IA	Theory	Total	
Paper 1	Research Methodology	4	3	30	70	100	4
Paper 2	Review of Literature		-	-	-	150	6
	Review Report	3					2
	Viva	-	-	-	-	50	
		<b>Total</b>					<b>12</b>



## **Learning Objectives:**

- To inculcate scientific thinking among the Post Graduates.
- To expose the students to the major research methods in the discipline.
- Investigation of the facts elaborated in the classical texts of Yoga and to narrate in modern terminologies.
- To verify the events that are taking place during Yoga practice and to analyze the underlying force behind them.
- Detailed study of the subject and reaching a new understanding.

## **Learning Outcome:**

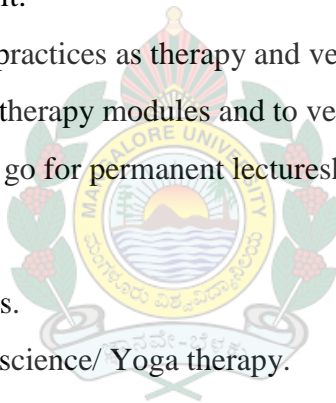
- Development of objective approach to the subject.
- One can find out and describe the effect of Yogic practices on the individuals and can achieve new insights into it.
- One can apply the Yogic practices as therapy and verify the result.
- To design different Yoga therapy modules and to verify them.
- Candidate with Ph.D. can go for permanent lectureship after UGC – NET.

## **Job opportunities as -**

- Lecturers/ Asst. Professors.
- Higher research in Yogic science/ Yoga therapy.

## **Employment areas -**

- Educational institutions.
- Research centers.
- Yoga therapy.



**MANGALORE UNIVERSITY**  
**DEPARTMENT OF HUMAN CONSCIOUSNESS**  
**AND YOGIC SCIENCES**

**Ph.D. Course Work**

**Optional A: Paper I - Research Methodology (Yogic Science)**

**Learning Objectives:**

To make the research scholar to be acquainted with -

- To prepare the researcher for a career of carrying out research.
- Research methodology.
- Research process.
- Research design.
- Use of statistics in research.
- Plagiarism tools.
- Knowledge of classical texts for research in Yoga.

**Learning Outcome:**

After the course the research scholar will be able to-

- Describe the objectives and types of research.
- Explain review of literature, development of hypothesis and other steps involved in the research process.
- Use appropriate statistical test and analysis of data.
- Know thirst areas of research in the selected classical texts.
- Have knowledge of preparing the thesis.
- Ability to evaluate and use research results.
- Conduct the research study in Yogic science.

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

## REFERENCE BOOKS

1. Goode, W. I. (2006) : 'Method in Social Research', Surjeet Publications, Delhi.
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.
8. Kuvalayananda (1972) : 'Asana', Kaivalyadhama Publications, Lonavala, Pune.
9. Kothari, C. R. (1985) : 'Research Methodology, Methods & Techniques', Wishwa Prakashan, New Delhi.
10. Mohisin : Research Methods in Behavioural Sciences, S. M. Orient Longman Limited, New Delhi.
11. Nachmias D (1982) : 'Research Method in Social Sciences', Nachmias C St. Martins Press, New York, Edward Arnold, London.
12. Nagendra H.R. : Promotion of Positive Health – Published by SVYASA, Bangalore.
13. O. P. Tiwari (1991) : Asana, Why & How, Kaivlyadhama, Lonavala.
14. Russell A. Jones : Research Methods in the Social and Behavioral Science, Sinauer Associates, Saunderland's Massachusetts publishers.
15. Rummond A. (1996) : Research Methods for therapists, Campling, J and Nelson T.
16. Richard A. Johnson, Deans W. Wichern : Applied Multivariate Statistical Analysis.
17. SMYM Samiti : 'Yoga Mimāmsa', A Quarterly Journal, Kaivalyadhama
18. Swatmarama (1970) : Hathayoga Pradipika, Kaivalyadhama, Lonavala, Pune.

19. Swami Satyananda Saraswati (1996) : 'Asana, Pranayama, Mudra, Bandha', Bihar School of Yoga, Munger.
20. Swami Satyananda Saraswati : 'A systematic course in the ancient tantra techniques of Yoga & Kriya', Bihar School of Yoga, Munger.
21. Swami Vivekananda (1899) : Rajayoga, Advaita Ashrama, Kolkatta.
22. Swami Digambaraji (1978) : Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala.



## **Optional B: Paper I - Research Methodology (Yoga Therapy)**

### **Learning Objectives:**

To make the research scholar to be acquainted with-

- To prepare the researcher for a career of carrying out research.
- Research methodology.
- Research process.
- Research design.
- Use of statistics in research.
- Plagiarism tools.
- Knowledge of classical texts for research in Yoga.

### **Learning Outcome:**

After the course the research scholar will be able to-

- Describe the objectives and types of research.
- Explain review of literature, development of hypothesis and other steps involved in the research process.
- Use appropriate statistical test and analysis of data.
- Have knowledge of Yoga therapy concepts in the selected texts used for research.
- Know recent developments in the Yoga therapy.
- Carrying out research in Yogic Science.

Unit I	<ol style="list-style-type: none"><li>1. Basis of Research Methodology – Objectives, Types of Research</li><li>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.</li><li>3. Hypothesis - Concepts of Hypothesis, Bibliography, Composal of thesis, Errors in Hypothesis Testing, Tests of Hypothesis.</li><li>4. Research design - Concepts related to research design, Principles of Experimental design; Sampling design, Data collection.</li></ol>
Unit II	<ol style="list-style-type: none"><li>1. Research analysis and Statistics in Research - Statistical Measures</li><li>2. Statistical Tests - 't' test, Chi-square test, F test, ANOVA, ANCOVA, Non –parametric tests.</li><li>3. Graphical Analysis, Computer Applications in Research, Softwares, Origin</li></ol>



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

1. Gore, M. M. (2000) : 'Anatomy and Physiology of Yogic Practices', Lonavala, Pune.
2. Hariharananda Aranya : Yogasutras of Patanjali, University of Calcutta Press, Calcutta.
3. J. S. P. Lumby and W. Benjamin : Research – some Ground Rules, Oxford University Press, Delhi.
4. Kerlinger F. N. (2002) : 'Foundation of Behavioural research', Prism Books, Bangalore, Sujeet Publications, Delhi.
5. Krishna Bhat K. (2006) : 'The Power of Yoga', Suyoga Publications, Karopady, D.K
6. Kothari C. R. (1985) : 'Research Methodology, Methods & Techniques', Wishwa Prakashan, New Delhi.
7. Krishna Raman (2000) : A Matter of Health, Integration of prevention and cure, East West Books (Madras), Pvt.Ltd., Ormes road, Kilpauk, Chennai 600020
8. Mohisin : Research Methods in Behavioural Sciences, S. M. Orient Longman Limited, New Delhi.
9. Nachmias D. (1982) : 'Research Method in Social Sciences', Nachmias C St. Martins Press, New York, Edward Arnold, London
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12. Rummond A. (1996) : Research Methods for therapists, Campling, J and

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13. Richard A. Johnson, Deans W. Wichern : Applied Multivariate Statistical Analysis
14. SMYM Samiti : 'Yoga Mimāmsa', A Quarterly Journal, Kaivalyadhama
15. Swatmarama (1970) : Hathayoga Pradipika, Kaivalyadhama, Lonavala, Pune.
16. Swami Satyananda Saraswati (1996) : 'Asana, Pranayama, Mudra, Bandha', Bihar School of Yoga, Munger.
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21. Swami Omananda Teertha : Patanjala Yoga Pradeepa, Gita Press, Gorakhpur.
22. 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.
23. 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

## **Paper II - Review of Literature and Report**

### **Learning Objectives:**

To make the researcher to know -

- Recent research studies and discoveries in the area of research.
- Current state of affairs in the research area.
- Theoretical and methodological contribution to a topic.
- References from the classical texts in the area of interest for research.
- Appropriate method of collection of data, statistical test and analysis of data

### **Learning Outcome:**

The researcher will have the knowledge of -

- Recent research outputs in the area of research.
- Significant areas where research is necessary.
- Defining the problem unambiguously.
- Determining the collection of data.
- Where the current research will further go.
- Academic publication of the findings.

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