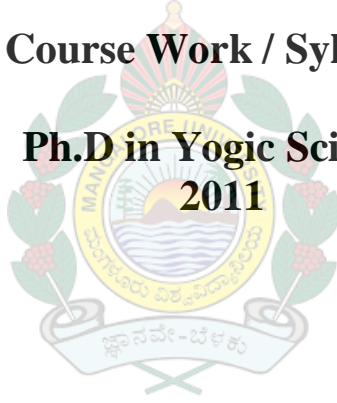




**MANGALORE UNIVERSITY**

**Course Work / Syllabus**

**Ph.D in Yogic Science  
2011**

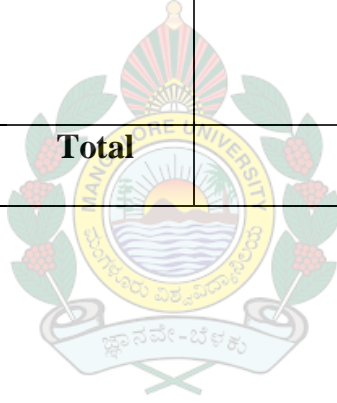


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**Department Of Human Consciousness and Yogic Sciences  
Mangalore University  
Mangalagangothri – 574 199**

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

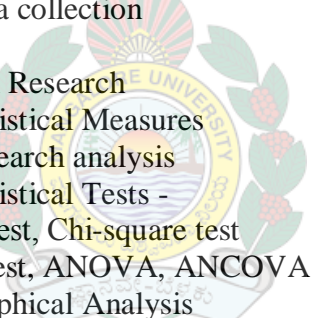
Papers	Particulars	Hours of Instruction per week	Duration of Examination (hrs).	Marks			Credits
				IA	Theory	Total	
Paper 1	Research Methodology	4	3	30	70	100	4
Paper 2	Theoretical Foundations	4	3	30	70	100	4
Paper 3	Recent Developments	4	3	30	70	100	4
Paper 4	Reviewing of Literature and Planning of the Proposed Research Work with a Tentative Title	16	-	-	-	200	8
		<b>Total</b>					<b>20 Credits</b>



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

**Ph.D Course work**

**Paper I - Research Methodology**

- |          |   |
|----------|---|
| Unit I   | Basis of Research Methodology   |
|          | 1. Objectives   |
|          | 2. Types of Research  |
|          | 3. Research and Scientific Method   |
|          | 4. Research Process   |
| Unit II  | Research Problem & Hypothesis :   |
|          | 1. Techniques involved in defining a problem                                      |
|          | 2. Concepts of Hypothesis   |
|          | 3. Procedure for Hypothesis testing   |
|          | 4. Tests of Hypothesis  |
| Unit III | Research design   |
|          | 1. Concepts related to research design  |
|          | 2. Principles of experimental design  |
|          | 3. Sampling design  |
|          | 4. Data collection  |
| Unit IV  | Statistics in Research  |
|          | 1. Statistical Measures   |
|          | 2. Research analysis  |
|          | 3. Statistical Tests -<br>'t' test, Chi-square test<br>F test, ANOVA, ANCOVA test |
|          | 4. Graphical Analysis   |
- 

**REFERENCE BOOKS**

1. Kothari, C.R. : Research Methodology, Methods & Techniques, (1985) Wishwa Prakashan, New Delhi.
2. Russell A Jones : Research Methods in the Social and Behavioral Science (Sinauer Associates, Saunderland's Massachusetts)
3. A.K. Singh : Tests, Measurements and Research Methods in Behavioral Sciences (Bharati Bhawan Publishers).
4. J.N.S. Mathews : An Introduction to Randomised controlled clinical trials (Arnold, London)
5. J. S.P. Lumby and  
W. Benjamin : Research – some Ground Rules – Oxford University Press
6. Rummond A : Research Methods for therapists, 1996 Campling, J and Nelson T.
7. Herman J. Ader and  
Gideon J Melleb eegh s: Research Methodology in the life, behavioural and Social Sciences (SAGE Publications)

8. Richard A. Johnson,  
Deans W. Wichern : Applied Multivariate Statistical Analysis
9. Mohisin : Research Methods in Behavioural Sciences,  
S.M.Orient Longman Limited, New Delhi.
10. Nachmias D, : Research Method in Social Sciences, (1981), Nachmias C  
St.Martins Press, New York.
11. SMYM Samiti : Yoga Mimamsa – Kaivalyadhama.
12. H.R.Nagendra : New Horizons in Modern Medicine,  
Vivekananda Kendra.
13. Goode, W.1. and : Method in Social Research, (1952)
14. Kerlinger, F.N : Foundation of Behavioural research, (1986), Prism  
Books, Bangalore.

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

## **Paper II - Theoretical Foundations**

- |          |   |
|----------|---|
| Unit I   | Theoretical Foundations for Research in Patanjala Yoga Sutra  |
|          | <ol style="list-style-type: none"> <li>1. Methods of concentration</li> <li>2. Citta vrtti-Modifications</li> <li>3. Citta vrtti controlling techniques</li> <li>4. Methods &amp; Techniques of Yoga</li> </ol> |
| Unit II  | Theoretical Foundations for Research in Hathayoga   |
|          | <ol style="list-style-type: none"> <li>1. Purificatory techniques</li> <li>2. Asana techniques</li> <li>3. Pranayama techniques</li> <li>4. Meditation techniques</li> </ol>                                    |
| Unit III | Theoretical Foundation to Yogic Diet and Life Style   |
|          | <ol style="list-style-type: none"> <li>1. Analysis of yogic diet</li> <li>2. Dietetics</li> <li>3. Healthy life style</li> <li>4. Modern Dietetics</li> </ol>   |
| Unit IV  | Principles of Yoga Therapy  |
|          | <ol style="list-style-type: none"> <li>1. Study of 26 Principles</li> <li>2. Study of Pancakosha Principles</li> <li>3. Study of Tridosa</li> <li>4. Study of Triguna – Body – Mind.</li> </ol>                 |

## **REFERENCE BOOKS**

1. Hutchison : Hutchison's Clinical Methods
2. Davidson : Principles & practice of Medicine.
3. Wasley, GDEd. : Critical Laboratory techniques
4. Dr.K.Krishna Bhat : The Power of Yoga, Suyoga Publications,  
Mangalore.
5. Swatmarama : Hathayoga Pradipika of Kaivalyadhama,  
Lonavala, Pune.
6. Kunalayananda : Asana, Kaivalyadhama, Lonavala, Pune.

7. M.M.Gore : Anatomy and Physiology of Yogic Practices  
Lonavala, Pune.
8. K.N.Udupa : Stress and its Management by Yoga, Mothilal  
Banarsidas, Delhi.
9. Dr.H.R.Nagendra : New Horizons in Modern Medicine
10. Swami Satyananda  
Saraswati : Asana, Pranayama, Mudra, Bandha,  
Bihar School of Yoga, Munger.
11. Swami Satyananda  
Saraswath I : A systematic course in the ancient tantra  
techniques of Yoga & Kriya,  
Bihar School of Yoga, Munger.
12. Swami Vivekananda : Rajayoga, Advaita Ashrama, Kolkatta.
13. Sadāśiva Brahmendra : *Sivayogadīpikā*, Ānandāśrama Sanskritagrathāvalih,  
Saraśvati Ānandāshram Sansthā, 22, Budhavar peth,  
Pune – 411002, 1978.
14. Hariharananda Aranya : Yogasutras of Patanjali, University of  
Calcutta Press, Calcutta.
15. Swami Digambaraji : Gheranda Samhita, SMYM Samiti,  
Kaivalyadhama, Lonavala.

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

### Paper III - Recent Developments

- Unit I Development in Yogic Science
1. Texts
  2. Translations and Explanations
  3. Theoretical publications
  4. Modified literatures
- Unit II Development in Yogic Science
1. Scientific development
  2. Research papers
  3. Yoga Institutions with scientific methods
  4. Yogic science in university system
- Unit III Development in Health System
1. As yoga therapy
  2. Yoga & Medical System
  3. Yoga and Psychology
  4. Yoga and other health systems
- Unit IV Development of yoga in Global System
1. Body Fitness
  2. Recreation
  3. Administration
  4. Survey of Research in Yoga with reference to Sat kriyas, Asanas, Pranayama, Meditation.

## REFERENCE BOOKS

1. James Funderburk : A Review of Physiological data, Published by Himalaya International Institute of Yoga
2. Kaivalyadhama : Yoga Mimāmsa, A Quarterly Journal, Kaivalyadhama, Swami Kuvalyananda Marg, Lonavala-410403(Maharashtra), India.
3. K.Krishna Bhat Dr. : The Power of Yoga, Suyoga Publications, Mangalore.
4. T. Krishnamacharya, : Nāthamauni's Yoga Rahasya, Krishnamacharya Grabthamala Series – II, Krishnamacharya Yoga Madiram, 31, 4<sup>th</sup> cross street, R.K.Nagara, Chennai- 600028, 2004.
5. O.P.Tiwari : Asana, Why & How, Kaivlyadhama, Lonavala, 1991.
6. H.R.Nagendra : Pranayama – Pubished by SVYASA, Bangalore.
7. Swami Omananda Teertha : Patanjala Yoga Pradeepa, Gita Press, Gorakhpur.
8. H.R.Nagendra Dr. & H.R.Nagendra Dr. : Promotion of Positive Health – Published by SVYASA, Bangalore, Pranayama – Published by SVYASA, Bangalore.
9. 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.
10. Krishna Raman Dr. : *A Matter of Health*, Integration of prevention and cure, East West Books (Madras), Pvt.Ltd., Ormes road, Kilpauk, Chennai 600020, 2000.
11. Godheart Robert : Modern nutrition in health and disease

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

## Paper IV - Reviewing of literature and planning of the Proposed Research work with a Tentative title.

- |          |   |
|----------|---|
| 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 to be applicable |
| Unit IV  | Research design and planning of the Research Topic          |

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

ಸಂಖ್ಯೆ: ಮಂವಿ/ಎಚ್‌ಸಿವೈಎಸ್/ಪಿಹೆಚ್.ಡಿ. - 75/2010-11

ದಿನಾಂಕ: 01.06.2011

ರಿಂದ,

ಡಾ.ಕೆ.ಕೃಷ್ಣ ಭಟ್,  
ಡೀನರು, ವಿಜ್ಞಾನ ಮತ್ತು ತಂತ್ರಜ್ಞಾನ ನಿಕಾಯ,  
ಪ್ರಾಧ್ಯಾಪಕರು ಮತ್ತು ಅಧ್ಯಕ್ಷರು,  
ಹ್ಯೂಮನ್ ಕಾನ್ಸಿಯಸ್‌ನೆಸ್ ಮತ್ತು ಯೋಗಿಕ್ ಸಯನ್ಸ್,  
ಮಂಗಳೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ,  
ಮಂಗಳಗಂಗೋತ್ರಿ-574 199.

ರಿಗೆ,

ಕುಲಸಚಿವರು  
ಮಂಗಳೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ,  
ಮಂಗಳಗಂಗೋತ್ರಿ-574 199.

ಮಾನ್ಯರೇ,

ವಿಷಯ: ಪಿಹೆಚ್.ಡಿ ಪದವಿಯ ಕೋರ್ಸುಗಳಿಗೆ ಪಠ್ಯಕ್ರಮವನ್ನು ತಯಾರಿಸುವ ಬಗ್ಗೆ  
ಉಲ್ಲೇಖ: ತಮ್ಮ ಪತ್ರ ಸಂಖ್ಯೆ: ಮಂವಿ/ಶೈಕ್ಷಣಿಕ/ಸಿಆರ್ 36/2010-11/ಎ2, ದಿ: 10.3.2011

ಮೇಲಿನ ವಿಷಯ ಮತ್ತು ಉಲ್ಲೇಖಕ್ಕೆ ಸಂಬಂಧಿಸಿದಂತೆ, ಮಾರ್ಗಸೂಚಿಯ ಪ್ರಕಾರ ಯೋಗವಿಜ್ಞಾನದಲ್ಲಿ ಪಿಹೆಚ್.ಡಿ.  
ಪದವಿಯ ಕೋರ್ಸುಗಳಿಗೆ ಪಠ್ಯಕ್ರಮವನ್ನು ತಯಾರಿಸಿ ಇದರೊಂದಿಗೆ ನಿಮಗೆ ಕಳುಹಿಸಿಕೊಡುತ್ತಿದ್ದೇವೆ.

ಧನ್ಯವಾದಗಳೊಂದಿಗೆ,



ಇತಿ ತಮ್ಮ ವಿಶ್ವಾಸಿ,

(ಡಾ.ಕೆ.ಕೃಷ್ಣ ಭಟ್)