

SHRI GURU RAM RAI UNIVERSITY

(Estd. By Govt. of Uttarakhand, vide Shri Guru Ram Rai University Act no. 3 of 2017)

PATEL NAGAR, DEHRADUN-248001, UTTARAKHAND, INDIA



SYLLABUS (2019)

Ph.D. IN YOGIC SCIENCE

PRE Ph.D COURSE WORK SYLLBUS IN YOGIC SCIENCE

STRUCTURE OF THE COURSE WORK

16 Credits

S.N.	Subject Code	Title of the Paper	Total Credit	Total Marks	Assement Scheme	
					End Semester Examination	Continuous Assessment
1	PROC-101	Research Methodology	4	80	60	20
2	PYOC-102	Yoga Therapy	4	80	60	20
3	PYOE-103 (A)	Philosophical Foundation of Yoga	4	80	60	20
4	PYOE-103 (B)	Yoga Psychology				
5	PYOE-103 (C)	Alternative Therapies				
6	PYOE-105	Field Work/ Practicum	4	80		80
		Total	16	320	180	140

Pre-Ph.d programme (One semester course)

There shall be two core courses which shall carry 4 credits /80 marks each and to elective courses which carry 4 credits each. The theory paper will be of 60 marks and the sessional tests shall be of 20 marks (60+20)=80

PAPER-I

RESEARCH METHODOLOGY IN YOGIC SCIENCE

Max Marks: 80

Sub Code: PRMC-101

UNIT 1: Introduction to Research in Yoga

1. Meaning, definition, objectives and scope of yogic research.
2. Methods of scientific research.
3. Utility and limitations of research in yoga.

UNIT 2: Statement of Research Problem, Hypothesis and Design

1. General introduction and nature of problem.
2. Statement of hypothesis – its meaning and role.
3. Meaning and types of research design and sampling process.

UNIT 3: Introduction to Statistics

1. Introduction to Statistics – its meaning and uses in research.
2. Presentation of the research data – Frequency and Graphical presentation.
3. Measurement of Central tendencies – Mean, Median, Mode.

UNIT 4: Measures of Variability and Standard deviation

1. Range, Quartile and Standard Deviation.
2. Correlation coefficient.
3. Introduction to various test used in research.

UNIT 5: Preparation of Research Report

1. Review of Literature, Therapeutic research in yoga.
2. Steps of scientific research.
3. Preparation of synopsis and Final Research Report.

REFERENCES

1. Research methodology by C R Kothari & Gaurav Garg Age International Publishers,
2. Research methodology by G C Ramamurthy Deramtech press
3. Research Methods in Behaviour Sciences by Festinger & Katz
4. Statistics in Psychology & Education by Garrat
5. Anusandhan vidhiya by H K kapil

PAPER-II
YOGA THERAPY

Max Marks: 80

Sub Code: PYOC-102

UNIT-I: Introduction to Yoga Therapy

1. Meaning & Concept, Need of yoga therapy in modern age.
2. Effectiveness and limitations of yoga therapy.
3. Principals of yoga therapy.

UNIT-II: Concept of Health and protection of health through yoga

1. Meaning and concept of Health.
2. Protection of health through yogic practices.
3. Concept of diseases and pathology in yoga.

UNIT-III: Psychosomatic disorder- its genesis according to yogic concept

1. Meaning, symptoms and causes of psychosomatic disorders.
2. Concept of PanchaKosha.
3. Concept of Patanjali Yoga Sutra.

UNIT-IV: Effect of Yogic practices on human body and mind

1. Yama, Niyama, Asanas, Pranayama, Meditation & Shuddhikriya.
2. Yogic principal of Diet, Mitahara, Pathya, Apathy, Classification of food.
3. Importance of nutrients.

UNIT-V: Special yogic techniques to cure common diseases

1. Examination of patients: complaints, study of symptoms, investigations and diagnosis.
2. Yogic techniques to manage common disorder.
3. Differences between conventional and non-conventional treatment techniques.

REFERENCES

1. Applied Yoga, M.L.Gharote, Kaivalyadhama Publications, Lonavala
2. Anatomy and Physiology of yogis practices, Gore M.M., Kaivalyadhama Publications, Lonavala.
3. Integrated approach of yoga therapy for positive health, NagrathnaR.,&NagendraH.R.,Swami Vivekananda yoga prakashana, Bangalore.
- 4 New perspective in Stress Management, Nagendra H.R., Swami Vivekananda yoga
- 5 Yog chikitsa Dr. Sarswati kala kitab mahal parkasan newdelhi

PAPER-III (A)

PHILOSOPHICAL FOUNDATION OF YOGA

Max Marks: 80

Sub Code: PYOE-103

UNIT – 1: Introduction to Indian Philosophy and Yoga

1. Meaning and definition of yoga
2. Yoga and Indian philosophy
3. Concept of Consciousness in Indian philosophy

UNIT – 2: Yoga in various Canonical literatures

1. Yoga in Upanishads and vedas
2. Yoga in Bhagwat Gita
3. Yoga in Jainism and Buddhism

UNIT – 3: Yoga in Satdarshan

1. Yoga darshan and Samkhya
2. Nyay and Vaishesik
3. Mimansa and Vedanta

UNIT – 4: Theory of Karma, Rebirth and Liberation

1. Theory of Karma and types of Karma, Rebirth
2. Concept of Soul in Indian Philosophy
3. Concept of Liberation in Indian Philosophy

UNIT – 5: Yogic Schools – Its Philosophical foundation

1. Janna, Karma and Bhakti yoga
2. Rajyoga and Hatha yoga
3. Laya and Mantra yoga

REFERENCES:

1. Rajyoga – Swami Vivekanand, Ramkrishna Ashram publications.
2. Patanjali Yoga pradeep – Omanand Teertha, Geeta Press, Gorakhpur.
3. Indian philosophy – Dr.Harendra Prasad Sinha.
4. Swami Atmanad – Four yoga (Bhartiya Vidya Bhawan, Mumbai)
5. Prof. Ishwar Bharadwaj – Manav Chetna – Shyam publication, New Delhi

PAPER-III (B)

YOGA PSYCHOLOGY

Max Marks: 80

Sub Code: PYOE-103

UNIT-I

1. Introduction to Yoga Psychology: its concept & meaning 2. Relevance of Yoga Psychology in Modern Age 3. Theoretical understanding of Yoga and Modern Psychology 4. Indian system of Psychology and Western Psychology

UNIT-II

1. Concepts of Psychosomatic disorders as embodied in Patanjali Yoga Sutra. 2. Holistic Health-meaning, scope and utility. 3. Concepts and models of Normality,

UNIT-III

1. Emotions: Nature & Concept 2. Control of Emotion through Yogic Techniques 3. Causes of Frustration, Anxiety and Conflict and Yogic Techniques of Management

UNIT-IV

1. Meaning & Definitions of Personality 2. Eastern and Western concepts of Personality 3. Modern theories of personality 4. Role of Yoga in the Development of Personality

UNIT-V

1. Meaning & Nature of Consciousness 2. Indian approaches to Consciousness and Human Behavior 3. States of Consciousness according to Yoga Psychology

REFERENCES

1. Contemporary school of psychology - Woodwork
2. 20th Century psychology - P.L. Harrienan
3. Towards a psychology of being - Abraham H. Maslov
4. The Roots of consciousness - Mishlov Jeffery

5. Mind and supermind - N.C.Pande
6. Internal yoga psychology - V. Madhupudhan Reddy
7. Yoga and depth psychology - I.P Sachdeva
8. Yoga psychology - Shanti ParkashAttari
9. Human Consciousness - IshwarBharadwaj

PAPER-III (C)

ALTERNATIVE THERAPIES AND YOGA

Max Marks: 80

Sub Code: PYOE-103

UNIT 1: Introduction to Alternative therapy

1. Nature and concept of alternative therapy
2. Need, relevance and limitations of alternative therapies
3. Principles of alternative therapies

UNIT 2: Pranic Healing

1. Meaning and concept of Prana
2. Nature, types and location of Prana in human body
3. Introduction of Pranic healing
4. History and principles of pranic healing
5. Various techniques of pranic healing

UNIT 3: Naturopathy

1. Meaning and concept of natural life
2. Introduction of Naturopathy
3. Principle of Naturopathy
4. Different method of Naturopathy and their effect on different diseases

UNIT 4: Accupressure

1. Meaning and concept of accupressure
2. Types of accupressure and instruments of accupressure
3. Introduction of different meridian
4. Accupressure therapy for common diseases

UNIT 5: Relation between yoga and alternative therapy

1. Role of Alternative Therapy in Maintenance of Health
2. Relation Between Yoga Therapy And Alternative Therapy (Acupressure, Pranic Healing, Magneto Therapy) and their Utility

REFERENCES:

1. Pranic psychotherapy by Master ChoaKok sui
2. Miracle through Pranic healing by Master ChoaKok sui
3. Prakritik Chikitsa ek samagra upchar padhati by Dr.Saraswati Kala
4. Accupressure by Dr.L.N.Kothari
5. Yog chikitsa by Dr.Saraswati Kala
6. Accupressure by Dr.D.P.Bohra

PAPER - IV

PFIELD WORK / PRACTICAL TRAINING IN YOGIC SCIENCE

MARKS: 80

Sub Code: PYOF-104

A. Suryanamaskar & Asanas

Gomukhasan, Siddhasan/Siddhyoniasan, Bhadrasan, Uttanpadasan, Ardhalasan, Vipritkarniasan, Halasan, Matsyasan, Suptavajrasasan, Ardhamatasyasan, Shavasan, Naukasan, Katichakrasan, Sidebandchakrasan, Tadasan, Triyaktadasan, Garudasan, Vrikshasan, Samkonasan, Hasttotanasan, Padhastasan, TrikonAsan, ArdhDhaanurasan, Marjhariasan, Ardhshalabhasan, Bhuangasan, Makrasan, Padmasan, Vakrasan, Sarpasan, Balasan, Janusirasan, ArdhMatsyendrasana.

B. Shatkrama & Pranayamas:

Shatkram: -

Sutra Neti, Kapalbhanti, Nauli, Vastradhauti, Dandadhauti.

Pranayamas:-

1. Nadishodhan: All types of Nadishodhan 2. UjjayiPranayam, 3. Bhramari 4. Bhastrika 5. Shitali, Sitkari

C. Mudra, Bandh & Meditation: -

Mudra – Bandh: -

Mahamudra, Shambhavi Mudra, Vipreetkarni Mudra, Mahabandh.

Meditation:

Pranava Dhyam

Transcendental Meditation (Bhavatedet Dhyam),

D. Report: At the end the candidates should come with a project report 10-20 pages (12font size). It may include the three asanas, one shatkrama, two pranayama, one mudra, one meditation.

E. The report will be submitted in department the attended seminars/conferences/workshop.

REFERENCES

1. Asana, Pranayama, Bandha, Mudra, SatyanandaSaraswati, Moonghyer Bihar School of Yoga Publication, Bihar.
2. GherandSamhita, Swami Niranjananda, Moonghyer Bihar School of Yoga Publication, Bihar.
3. Hatha Pradipika, Swami Digamber, Kaivalyadhama, Lonavala.