

SHRI GURU RAM RAI UNIVERSITY

[Est. by Govt. of Uttarakhand, vide Shri Guru Ram Rai University Act no. 03 of 2017
& recognized by UGC u/s (2f) of UGC Act 1956]



SYLLABUS FOR

Ph.D. in Yogic Science

School of Humanities and Social Sciences

Department of Yogic Science

(W.E.F 2021-2022)

Shri Guru Ram Rai University, PathariBagh, Dehradun, Uttarakhand-248001

DEPARTMENT OF YOGIC SCIENCE
PATHARI BAG, DEHRADUN-248001, UTTARAKHAND, INDIA
SYLLABUS FOR Ph.D. IN YOGIC SCIENCE

Ph.D. in Yogic Science)

OUTCOME BASED EDUCATION

Programme outcome (PO)

Students will be able to

PO 1	Develop deeper understanding of a subject for its application in addressing social and scientific issues.
PO2	To understand the critical aspects of conducting ethical research for sustainable development.
PO3	To develop the reasoning-based solution to the scientific problem.
PO4	To understand the impact of research & development on environment safety and sustenance.
PO5	Inculcate the leadership skills required to identify the problem and finding the solution in coherence with the teamwork.
PO6	To develop the skill set of designing and executing experiments pertaining to a targeted scientific problem.
PO7	Develop the analytical skills prerequisite for analyzing the research findings and correlating with the set objectives.
PO8	To develop meticulous scientific writing skills for presenting the research outcomes.

Program Specific Outcome (PSO)

PSO 1	Open Research and its different dimension of yoga.
PSO2	Conduct high quality of research in Yogic Science.
PSO3	New research Application of yoga therapy in modern lifestyle.
PSO4	Planning and implementation of research; and have self-direction

PRE-PH.D. COURSE WORK SYLLBUS IN YOGIC SCIENCE**STRUCTURE OF THE COURSE WORK 16 CREDITS**

S. N.	Course Category	Course Code	Subject Title	Total Credit	Total Marks	Evaluation Scheme	
						End Semester Examination	Continuous Assessment
Theory							
1	Core	PROC_101	Research Methodology	4	80	60	20
2	Core	PYOC_102	Yoga Therapy	4	80	60	20
	Core	PRPE-102	Research & Publication Ethics (Compulsory)	2	40	30	10
3	Elective	PYOE_103 (A)	Scope of Research in Yogic Science	4	80	60	20
4	Elective	PYOE_103 (B)	Yoga Psychology	4	80	60	20
5	Elective	PYOE_103 (C)	Alternative Therapies	4	80	60	20
Practical							
6	Core	PYOF_104	Field Work / Practical Training in Yogic Science	4	80		80
Total				16	320	180	140

Pre-Ph.D. Program (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 seasonal tests shall be of 0 marks (60+20)=80

Examination Scheme:

Components	1 st internal	2 nd Internal	Presentation/ Assignment/ Project/Misc	External (ESE)
Weight age (%)	10	10	NA	60

Programme Name – Ph.D. in Yogic Science

Course code	: PROC_101				
Course Name	: Research Methodology in Yogic Science				
Semester /Year	: One Semester Course				
	Subject Title	L	T	P	C
	Research Methodology in Yogic Science				4

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. Anusandhanvidhiya by H K kapil

Course outcomes (CO): PROC_101**Upon successful completion of the course a student will be able to**

CO-1	Choose high quality of research in Yogic Science.
CO-2	Understand statistical methods applied in the field of Yogic Science.
CO-3	Apply current development and research works in the field of Yogic Science.
CO-4	Classify different types of yoga in modern life style.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4
CO1	3	2	1	2	3	3	2	2	3	3	2	2
CO2	3	2	1	2	3	3	2	2	3	3	2	2
CO3	3	2	1	2	3	3	2	2	3	3	2	2
CO4	3	2	1	2	3	3	2	2	3	3	2	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – Ph.D. in Yogic Science

Course code	: PYOC_102				
Course Name	: Yoga Therapy				
Semester /Year	: One Semester Course				
	Subject Title	L	T	P	C
	Yoga Therapy				4

UNIT 1: 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 2: 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 3: 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 4: 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 5: 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, Nagrathna R. & Nagendrah.R., Swami Vivekananda Yoga Prakashana, Bangalore.
4. New Perspective In Stress Management, Nagendra H.R., Swami Vivekananda Yoga
5. YogChikitsa Dr. Sarswati Kala Kitab Mahal Parkasan New Delhi.

Course outcomes (CO): PYOC_102**Upon successful completion of the course a student will be able to**

CO-1	Identify the areas for good quality research in the field of yoga therapy.
CO-2	Application of yoga therapy in modern lifestyle.
CO-3	Analyze and apply current development and research works in the field of yoga Therapy
CO-4	Distinguish yoga and its therapy in modern lifestyle.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4
CO1	2	2	1	1	3	3	2	2	3	3	2	2
CO2	3	2	2	2	3	3	2	2	3	3	2	2
CO3	2	1	2	1	3	3	2	2	3	3	2	2
CO4	3	2	1	2	3	3	2	2	3	3	2	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – Ph.D. in Yogic Science

Course code	: PRPE_102			
Course Name	: Research & Publication Ethics (Compulsory)			
Semester /Year	: One Semester Course			
	L	T	P	C
Research & Publication Ethics (Compulsory)				2

RPE 01: Philosophy and Ethics

1. Introduction to philosophy: definition, nature and scope, concept, branches.
2. Ethics: definition, moral philosophy, nature of moral judgements and reactions.

RPE 02: Scientific Conduct

1. Ethics with respect to science and research.
2. Intellectual honesty and research integrity.
3. Scientific misconducts: Falsification, and Plagiarism (FFP).
4. Redundant publication: duplicate and overlapping publication, salami slicing.
5. Selective reporting and misrepresentation of data.

RPE 03: Publication Ethics

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.

RPE 04: Open Access Publishing

1. Open access publications and initiatives.
2. SHERPA / RoMEO online resource to check publisher copyright and self-archiving policies.
3. Software tools to identify predatory publications developed by SPPU.
4. Journal finder / journal suggestion tools viz. JANE, Elsevier journal Finder, Springer, Journal Suggested, etc.

RPE 05: Publication Misconduct

- A. Group Discussion**
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

1. Use of plagiarism software like Turnitin, Urkund and other open source software tools.

RPE 06: Databases and Research Metrics**A. Databases (4 Hours)**

1. Indexing databases.
2. Citation databases: Web of Science, Scopus, etc.

B. Research Metrics (3 Hours)

1. Impact factor of journal as per journal Citation report, SNP, SJR, IPP, Cite score.
2. Metrics: h-index, g index, i10 index, alt metrics.

Course outcomes (CO): PRPE_102

Upon successful completion of the course a student will be able to

CO-1	To develop an understanding of research ethics, publications misconduct and plagiarism.
CO-2	To develop Intellectual honesty and research integrity.
CO-3	To identify various sources of information for data bases and research matrices.
CO-4	To develop an understanding of Open access publications and initiatives.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4
CO1	2	1	2	1	3	3	2	2	3	3	2	2
CO2	2	2	2	2	3	3	2	2	3	3	2	2
CO3	2	1	2	1	3	3	2	2	3	3	2	2
CO4	1	2	1	2	3	3	2	2	3	3	2	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – Ph.D. in Yogic Science

Course code	: PYOE_103 (A)				
Course Name	: Scope of Research in Yogic Science				
Semester /Year	: One Semester Course				
	Subject Title	L	T	P	C
	Scope of Research in Yogic Science				4

UNIT 1: Introduction to Indian Philosophy and Yoga

1. Meaning and definition of philosophy & yoga.
2. Yoga and Indian philosophy
3. Brief Introduction of Shaddarshan in Indian philosophy - Yoga Darshan and Samkhya, Nyay and Vaishesik, Mimansa and Vedanta.

UNIT 2: Yogic view in the vedic literatures

1. Yoga in Vedas and principal Upanishads.
2. Yoga in Bhagwat Gita and YajnavalakyaSmriti.
3. Yoga in Purana – with special reference to Agni Purana.

UNIT 3: Literary scope.

1. Brief introduction of PatanjaliYogsutra, Vashishtha Samhita.
2. Brief introduction of Hathpradipika, Gherand Samhita and SiddhSiddhant Paddhati.
3. Brief introduction of Goraksh Samhita, HathtattavaKaumudi and HathratanaVali.

UNIT 4: Introduction of yogis and their sadhna /accustom system

1. Ancient - MahrishiPatanjali, AdiShankracharya, Gorakshanath.
2. Medieval - Kabeerdas, Tulasidas, and Soordas.
3. Modern - Swami Vivekanand, Shri Aravind, Maharishi Raman and Maharishi DayanandSaraswati.
4. Contemporary – Shri ShyamaCharanLahidi, Swami Shivananda, Swami Kuvalyanand, Mahrishi Mahesh Yogi, Pandit Shri Ram Sharma Acharya, T. Krishnamacharya, Swami Ram and Maharshi Mahesh Yogi

UNIT 5: Educational Area

1. Nature of Yoga education in primary, secondary, higher school education, principles and methods and research areas with examples.
2. Essential aspects and constraints and potential research areas of Yoga education in school education.
3. Role of yoga in physical education, moral education, social, administrative, industrial and sports and potential research areas.

REFERENCES:

1. Patanjali Yoga pradeep – OmanandTeertha, Geeta Press, Gorakhpur.
2. Indian philosophy – Dr.Harendra Prasad Sinha.
3. Swami Atmanad – Four yoga (BhartiyaVidyaBhawan, Mumbai)
4. Dr. Kamakhya Kumar – Super Science of Yoga.
5. Dr. Kamakhya Kumar – ManavChetanaevamyogvigyan.

Course outcomes (CO): PYOE_103 (A)

Upon successful completion of the course a student will be able to

CO-1	Identify Possible applications of the philosophy in the modern world.
CO-2	Understand Ancient scripture related to yoga.
CO-3	Organize Important commentaries on traditions of the world.
CO-4	Prepare Literary research already done in yoga.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4
CO1	2	2	2	1	3	3	2	2	3	3	2	2
CO2	3	2	3	2	2	3	2	2	3	3	2	2
CO3	2	1	2	1	3	2	2	2	3	3	2	2
CO4	1	2	1	2	3	3	3	2	3	3	2	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – Ph.D. in Yogic Science

Course code	: PYOE_103 (B)				
Course Name	: Yoga Psychology				
Semester /Year	: One Semester Course				
	Subject Title	L	T	P	C
	Yoga Psychology				4

UNIT 1: Introduction to Yoga Psychology

1. 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 2: Psychosomatic Disorder

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 3: Yogic Management of Psychological Disorder

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

UNIT 4: Personality

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 5: Human Consciousness

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

Course outcomes (CO): PYOE_103 (B)

Upon successful completion of the course a student will be able to

CO-1	Define utility of yoga psychology for self and society.
CO-2	Understand goal of teaching yoga psychology.
CO-3	Equipped with the ethics of counseling.
CO-4	Have an understanding about psychology development.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4
CO1	2	2	2	3	3	3	2	2	3	3	2	2
CO2	1	3	2	2	3	3	2	2	3	3	2	2
CO3	2	2	2	2	3	3	2	2	3	3	2	2
CO4	1	2	1	2	3	3	2	2	3	3	2	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – Ph.D. in Yogic Science

Course code	: PYOE_103 (C)				
Course Name	: Alternative Therapies and Yoga				
Semester /Year	: One Semester Course				
	Subject Title	L	T	P	C
	Alternative Therapies and Yoga				4

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: Acupressure

1. Meaning and concept of Acupressure.
2. Types of Acupressure and instruments of Acupressure.
3. Introduction of different meridian.
4. Acupressure 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.
3. Healing, Magneto Therapy) and their Utility.

REFERENCES

1. Pranic psychotherapy by Master ChoaKok sui
2. Miracle through Pranic healing by Master ChoaKok sui
3. PrakritikChikitsaeksamagraupcharpadhati by Dr.Saraswati Kala
4. Accupressure by Dr.L.N.Kothari
5. Yogchikitsa by Dr.Saraswati Kala
6. Accupressure by Dr.D.P.Bohra

Course outcomes (CO): PYOE_103 (C)

Upon successful completion of the course a student will be able to

CO-1	Recall knowledge about ancient wisdom.
CO-2	Understand the basic concepts of pranic healing.
CO-3	Explain the concept of chakras and colourpranas.
CO-4	Determine fundamental of acupressure and magneto therapy.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4
CO1	3	2	2	2	3	3	2	2	3	3	2	2
CO2	2	3	1	2	3	3	2	2	3	3	2	2
CO3	2	2	2	2	3	3	2	2	3	3	2	2
CO4	2	2	1	2	3	3	2	2	3	3	2	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated

Programme Name – Ph.D. in Yogic Science

Course code	: PYOF_104				
Course Name	: Field Work / Practical Training in Yogic Science				
Semester /Year	: One Semester Course				
	Subject Title	L	T	P	C
	Field Work / Practical Training in Yogic Science				4

A. Surya Namaskar and Asanas

Surya Namaskar – Surya Namaskar with mantra.

Asana

- | | | |
|------------------------------|------------------------|-------------------------|
| 1. Gomukhasana | 12. Naukasana | 23. Ardh Dhaanurasana |
| 2. Siddhasana/Siddhyoniasana | 13. Katichakrasana | 24. Marjariasana |
| 3. Bhadrasana | 14. Sidebandchakrasana | 25. Ardhshalabhasana |
| 4. Uttanpadasana | 15. Tadasana | 26. Bhuangasana |
| 5. Ardhalasana | 16. Triyaktadasana | 27. Makrasana |
| 6. Vipritkarniasana | 17. Garudasan | 28. Padmasana |
| 7. Halasana | 18. Vrikshasana | 29. Vakrasana |
| 8. Matsyasana | 19. Samkonasan | 30. Sarpasana |
| 9. Suptavajrasana | 20. Hasttotanasana | 31. Balasana |
| 10. Ardhamatasyasana | 21. Padhastasana | 32. Janusirasana |
| 11. Shavasana | 22. TrikonAsan | 33. Ardh Matsyendrasana |

B. Shatkrama and Pranayamas**Shatkram:-**

- | | | |
|----------------|-----------------|-----------------|
| 1. Sutra Neti, | 3. Nauli | 5. Dandadhauti. |
| 2. Kapalbhanti | 4. Vastradhauti | |

Pranayamas:-

- | | |
|---|------------------------|
| 1. Nadishodhan: All types of Nadishodhan. | 4. Bhastrika Pranayama |
| 2. Ujjayi Pranayam | 5. Shitali Pranayama |
| 3. Bhramari Pranayama | 6. Sitkari Pranayama |

C. Mudra, Bandh and Meditation: -**Mudra: -**

- | | | |
|--------------|--------------------|-----------------------|
| 1. Mahamudra | 2. Shambhavi Mudra | 3. Vipreetkarni Mudra |
|--------------|--------------------|-----------------------|

Bandh: -

1. Mahabandh.

Meditation:-

1. Pranava Dhyan
2. Transcendental Meditation (Bhavateet Dhyan)

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 shatkarma, two pranayama, one mudra, one meditation.

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

REFERENCES

1. Asana, Pranayama, Bandha, Mudra, Satyananda Saraswati, Moonghyer Bihar School of Yoga Publication, Bihar.
2. Gherand Samhita, Swami Niranjananda, Moonghyer Bihar School of Yoga Publication, Bihar.
3. Hatha Pradipika, Swami Digamber, Kaivalyadhama, Lonavala.

Course outcomes (CO): PYOF_104

Upon successful completion of the course a student will be able to

CO-1	Show yogic practice with confidence and skillfully.
CO-2	Relate hidden talents through regular yogic practice.
CO-3	Carry out small scale research projects.
CO-4	Analyze his/her data and organize the data in tabular and graphical form.

CO-PO Mapping

Course	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4
CO1	3	2	2	2	3	3	2	2	3	3	2	2
CO2	2	3	1	2	3	3	2	2	3	3	2	2
CO3	2	2	2	2	3	3	2	2	3	3	2	2
CO4	2	2	1	2	3	3	2	2	3	3	2	2

3: Highest Correlated, 2: Medium Correlated, 1: Lowest Correlated