

Yogic Science

Syllabus for PhD Entrance Test

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Section-A (Research Methodology)

1. Introduction of Research, Problem & Hypothesis:

Meaning, Definition, Nature & Types of Research. Need & Importance of Research in Yoga.
Research Problem- its meaning and Characteristics. Meaning, Nature & Types of Hypothesis.

2. Introduction of Variable and Sampling:

Meaning & Nature of Variable. Types of Variable. Meaning, Nature and Types of sampling.

3. Scientific methods:

Observational, Experimental, Co-relational Methods

4. Research Design:

Meaning and Characteristics of a Research Design. Types of Research Design. Research Report Writing.

5. Introduction of Statistics & its Application:

Introduction of Statistics & its Application. Graphical representation of Research data. Measures of Central Tendency: Mean, Median & Mode. Measures of Variability – Quartile deviation (QD) and Standard deviation (SD). The Significance of the difference between mean T-test. One-way Analysis of Variance (ANOVA).

प्रोफेसर एवं अध्यक्ष / Professor & Head
योग विभाग / Dept. of Yoga
के.एस.एस. संस्कृत विश्वविद्यालय, दिल्ली (ए.पी.)
Dr. Anil Singh (Retd. Cent.) - Yoga Dept. (A.P.)

Section-B
(Concern Subject)

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1. Foundation of Yoga

Definition and Meaning of Yoga, Aims and Objectives, Historical Development of Yoga, Relevance of yoga in modern age and scope and Misconceptions about yoga. Yoga in different Texts/Veda, Upanishads, Geeta, Yoga vashishtha, Ayurveda, Tantra, Patanjali Yoga Sutra. Brief Introduction of Hatha yoga, Raja yoga, Karma yoga, Gyana Yoga, Bhakti yoga, Mantra Yoga, Laya yoga. Essentials of yoga practices – Prayer, Disciplines in Yogic Practices, Place & Timing, Diet & Schedule for Yoga Practitioner. Obstacles in the Path of Yoga Practice, Sequence for yogic practices, Different between yogic & non yogic system of exercise.

2. Fundamentals of Human Biology & Yoga

Human Body- Meaning and its Importance in Yoga, Definition of Anatomy and Physiology, Cell: Structure & Function. General information, Different parts, Structure, Function and Effect of yogic practices- Musculo-Skeletal System, Digestive system, Excretory system, Respiratory System, Circulatory system. Nervous system, Endocrine System.

3. Principles of Hatha Yoga

Hatha Yoga – Its definition & objectives, Origin & tradition of Hatha yoga. Importance of place, Environment & Season for Hatha sadhana. Sadhak & Badhak Tattwa, Mitahar. Aids & Obstructions to Hatha sadhana. Prohibited & conducive food in Hatha sadhana. Definition, meaning, objective and classification of Shatkarma, Asana, Pranayam, Mudra, Bandha. Pratyahara, Dhyana, Samadhi, Nadanusandhan. Prana & Nadi. Panch Kosha. Chakras. Kundalini Shakti, Technique of awakening Kundalini Shakti.

Amir

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डी. एस. एस. / D. S. S.
डॉ. राजेश कुमार / Dr. Rajesh Kumar
सोनी, जयपुर (रा.प्र.) / Soni, Jaipur (R.P.)
Dr. Rajesh Kumar, Soni, Jaipur (R.P.)

Introduction of Patanjali Yoga Sutra and classification in four padas/Chapters. Meaning and definition of Yoga, Meaning of Chitta and its various states. Chitta vrittis, Panch kleshas, Concept of Ishwar. Chitta Vikshepa. Chitta Prasadana, Kriya yoga, Ashtanga yoga. Concept & types of Samyama. Samadhi & its types, Dharmamedh Samadhi, Concept & kind of Vibhuti, Vivekkhyati, Kinds of Karma, Kaivalya.

5. Indian Yogis & Yoga Institutes

Life sketch & Their contribution for yoga - Maharshi Ved Vyasa, Yogi Gorakshanath, Maharshi Patanjali, Adi Shankracharya, Ramakrishna Paramhansa, Swami Vivekanand, Swami Shivanand, Swami Kuvalyananda, Maharshi Raman, Sri Aurobindo, Acharya Shri Ram Sharma.

Eminent Yoga Institutions in India and their contribution in development of Yoga:- Divine Life Society, Rishikesh, Bihar School of Yoga, Munger, Kaivalyadhama Yoga Institute, Lonavala, Morarji Desai National Institute for Yoga New Delhi, CCRYN, New Delhi.

6. Holistic Health & Yoga Therapy

Meaning and Definition of Health, Concept of Health and Disease, Factors affecting Health, Yogic approach to Health. Concept of Holistic Health, Physical, Mental and Spiritual Health. Importance of Health in Human life Yogic Principle of Healthy Living.

Therapy- meaning and classification. Yoga Therapy- Definition & Concept. Principles and Constituents of Yoga Therapy. Limitations of Yoga Therapy. Yogic Principles of healthy living.

Yogic management of following diseases: Indigestion, Hyper acidity, Constipation, Arthritis, Spondylitis, High & low Blood Pressure, Diabetes, Asthma, Obesity, Stress, Insomnia, Depression, Anxiety.

Signature

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योग विभाग, विश्व योग संस्थान
एन.ए. रोड, सैगल (म.प्र.)
Dr. P. S. Sengar, World Yoga University, Segar (M.P.)

Principles of Yoga in Bhagwad Gita & Upanishads

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Introduction of Geeta, Historical Background of Bhagwad Gita, Concept of yoga in Geeta, Characteristics of a Yogi, Geeta as a yogic text. General introduction of various commentaries on bhagwad Gita (Shankar Bhashya, Ramanuj Bhashya, Gyaneshwari Geeta, Geeta Rahasya). Principles of Karma Yoga. Principles of Gyan Yoga. Principles of Bhakti Yoga. Meaning & definition of Upanishad. Introduction of Basic Upanishads. Importance of Upanishad. Impact of Upanishad on Western thinkers. Yogic facts in- Nad-bindu(types of Nada & Nadasandhana), Dhyana-bindu (Importance of Dhyana & its Nature), Yoga-Tattwopnishad, Yoga- Shikhopnishad , Yoga- Kundalinyepanishad, Yoga Chudamani Upanishad.

Indian Philosophy

Introduction: Meaning, definition and objectives of Philosophy. General Introduction & Classification of Indian Philosophies. Characteristics of Indian Philosophy. The Charvaka Philosophy - General Introduction & Metaphysics. Buddhist Philosophy - General Introduction & Metaphysics (The Four Noble Truths). The Jain Philosophy - General Introduction & Metaphysics (Anekantvad, Syadvad, Theory of Jiva, Bondage and Liberation). The Nyaya Philosophy - General Introduction & Theology, Proof's for the Existence of God). The Vaisheshika Philosophy - General Introduction & The Theory of Atomism. The Mimansa Philosophy: General Introduction & Law of Karma. The Sankhya Philosophy - General Introduction, Theory of Causation - Satkaryavada, Prakriti and Purusha, Theory of Evolution, Bandage and Liberation. The Yoga Philosophy - General Introduction, Chitta, Chitta-Bhumi & The Eight fold path of Yoga, Samadhi, Vibhutiyan & Existence of God. The Philosophy of Vedant: General Introduction. The Advaita Vedant of Shankaracharya: General Introduction & Metaphysics. (Shankara's theory of World, Maya, Brahma, God, Soul, Bondage & Liberation- Gyana Yoga)

Ayurveda, Swasthavritta & Diet


प्रोफेसर एवं अध्यक्ष / Professor & Head
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Meaning and definition of Ayurveda. Aims and objectives of Ayurveda. Basic Principles of Ayurveda. Ayurvedic Principle of Healthy Living. General Introduction- Tridosha- Vata, Pitta and Kapha, Sapta Dhatu, Mala, Agni, Meaning and definition of Swasthavritta, Dinacharya, Ratricharya, Ritucharya, Sadvritta. Meaning and definition of Diet, Ancient & Modern classification, Quality of diet, Contents of diet for daily use, Balance Diet. Components of Diet- Carbohydrate, Protein, Fat, Vitamin, Minerals, Water .

Principles of Naturopathy

Brief history of Naturopathy. Meaning & Definition of Naturopathy. Principles of Naturopathy. Basic elements of Naturopathy. Mud Therapy. Hydro Therapy. Sun Therapy. Massage Therapy. Diet Therapy. Fasting.



Dr. Anil Kumar Singh / Professor & Head
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Dr. B.R. Ambedkar Central University, Sagar (M.P.)