

DEPARTMENT OF YOGA EDUCATION



(2021-2022)

Syllabus

Ph.D. Course Work

**DR. HARI SINGH GOUR VISHWAVIDYALAYA,
SAGAR (M.P.) 470003**

(A CENTRAL UNIVERSITY)

Passed in Board of Studies (BoS) on 06.10.2021

Prof. Ganesh Shankar

Prof. K. Krishna Sharma

Prof. Narayan Prakash

Dr. Rani Dubey

Dr. Chandrakanta Jain

Dr Arun K. Sao

Passed in School Board of Education (SoE) on 07.10.2021

Prof. Ganesh Shankar

Prof. A. D. Sharma

Prof. Diwakar Rajpoot

Dr. Rani Dubey

Dr. Chitti P Babu

Dr Arun K. Sao

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Introduction:

Yoga is an ancient Indian system and is essentially spiritual. It has potential for both prevention of diseases and promotion of health. The holistic approach of Yoga brings harmony in all walks of life and also influences our day-to-day living. It brings suitable changes in the behavioral pattern and attitude thereby helps to improve the inter-personal relationship at home and also in the society. Therapeutic benefits of Yoga have also been revealed by many scientific researches carried out across the globe. Today, Yoga has become popular because of its strengths in prevention and management of many lifestyle related disorders including physiological and psychosomatic disorders.

Title of the Course: Doctor of Philosophy (Ph.D.) in Yoga Science

Duration of the Course:

- The course work will be for one semester. The candidate can submit his or her thesis three year after registration to the PhD. Program and it is extendable till 5 years after the registration.

Objectives of the Course:

- To propagate and promote research in yoga.
- To conduct good quality research in the field of yoga.
- To understand the applications of yoga through scientific method.
- To study the psycho- physiological effects of various yoga practices.
- To explore the possible application of yoga in healthcare (theoretical and experimental)
- To understand important philosophical concepts given in traditional yoga text.
- To explore the possible applications of traditional yoga scriptures in modern lifestyle.

Eligibility:

- Passed M.A. / M.Sc. in Yoga with 55% of Marks. The candidate should be medically fit.

Dress Code:

- Blue lower & white T- Shirt for Practical class and white Kurta (Male) /Kurti (Female) for theory class are Mandatory.

Structure of Program:**Semester – I**

Course Code	Title of the Paper	L	T	P	C	Marks	Hours
YSC CC-141	Research Methods in Yoga	04			04	40+60=100	60
YSC CC-142	Applied Yoga	04			04	40+60=100	60
YSC EC-143	Yoga Practical			04	04	40+60=100	60
YSC CC-144	Review of Literature				08	40+60=100	75
YSC CC-145	Research & Publication Ethics	01		01	02	40+60=100	30
Total					22	500	

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Scheme of Examination:

Seventy five percent (75%) attendances in theory and practical classes respectively will be necessary for a candidate to appear in the Mid semester, Internal assessment and End semester examination.

The evaluation will be based on the following scheme:

- | | |
|------------------------------|------------|
| (a) Mid Semester Examination | : 20 Marks |
| (b) Internal Assessment | : 20 Marks |
| (c) End Semester Examination | : 60 Marks |

Scheme of Evaluation:**(A) Internal Assessment:****(a) Theory:**

- | | |
|--|------------|
| (i) Evaluation of assignment, presentation etc.: | 15 Marks |
| (ii) Attendance | : 05 Marks |

The marks of attendance shall be awarded as follows:

- | | |
|--------------------------|------------|
| (i) 75% and below | : 00 Mark |
| (ii) >75% and up to 80% | : 01 Mark |
| (iii) >80% and up to 85% | : 02 Marks |
| (iv) >85% and up to 90% | : 03 Marks |
| (v) >90% and up to 95% | : 04 Marks |
| (vi) >95% | : 05 Marks |

(b) Practical:

The Evaluation of practical shall be awarded as follows:

- | | |
|-----------------------------------|------------|
| (i) Yogic practices and Viva-voce | : 15 Marks |
| (ii) Attendance | : 05 Marks |

The marks of attendance shall be awarded as follows:

- | | |
|--------------------------|------------|
| (i) 75% and below | : 00 Mark |
| (ii) >75% and up to 80% | : 01 Mark |
| (iii) >80% and up to 85% | : 02 Marks |
| (iv) >85% and up to 90% | : 03 Marks |
| (v) >90% and up to 95% | : 04 Marks |
| (vi) >95% | : 05 Marks |

(B) End Semester Examination for Practical:

It will consist of 60 marks as follows:

- | | |
|--|------------|
| (i) Yogic practices and Practical notebook | : 50 Marks |
| (ii) Viva-voce | : 10 Marks |

(C) Evaluation of Projects:

It will be base on periodic assessment of the progress of the project and End semester examination as follow:

- | | |
|---|------------|
| (i) First periodic assessment of the progress after 08 weeks: | 20 Marks |
| (ii) Second periodic assessment of after 04 weeks | : 20 Marks |
| (iii) End semester examination will consist of: | |
| (a) Evaluation of project report | : 50 Marks |
| (b) Viva-Voce of the project report | : 10 Marks |

(D) Evaluation of Seminars/ Workshops:

- | | |
|--|------------|
| (i) Documentation for the Seminars/ Workshops | : 20 Marks |
| (ii) First presentation of the Seminars/ Workshops | : 20 Marks |
| (iii) End semester examination will consist of: | |
| (a) Presentation the Seminars/ Workshops | : 50 Marks |
| (b) Defense of the Presentation | : 10 Marks |

YSC-CC-141 - Research Methods in Yoga (4 Credits 60 Hours)

Unit-I Introduction, Problem, Hypothesis & Sampling:

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

Unit-II Scientific methods:

- Observational
- Experimental
- Co-relational

Variable:

- Meaning & Nature of Variable
- Types of Variable

Unit-III Research Design:

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

Unit-IV Introduction of Statistics & its Application:

- Introduction of Statistics & its Application.
- Need & Importance of Statistics in Yoga
- Graphical representation of Research data
- Measures of Central Tendency: Mean, Median & Mode.

Unit-V

- Measures of Variability – Quartile deviation (Q) and Standard deviation (SD).
- The Significance of the difference between mean T-test.
- One-way Analysis of Variance (ANOVA).

Essential Readings:

1. Dr. Arun Kumar Singh- Manovigyan, samajshastra avm shiksha me shodh vidhiya, Motilal Banarasidas, Delhi
2. Mohmad Suleman- Shodh Pranali, Motilal banarasidas, Delhi,2005
3. C R Kothari- Research Methodology: Methods and Techniques, New Age International Publication, 2014.

Suggested Readings:

1. Fred. N. Kerlinger- Foundation of Behavioural Research, Cengage Learning; 4 edition, 1999
2. S. M. Mohsin- Research Method in Behavioural Research, Orient blackswan, 1986
3. Henry E. Garatte - Statistics in Psychology & Education, Paragon International Publishers, 2005

YSC-CC-142- Applied Yoga (4 Credits 60 Hours)

Unit-I Introduction of Yoga:

- Yoga it's Meaning, Definition & Objectives.
- Historical background of Yoga.
- Types of Yoga: its brief introduction - Raja Yoga, Karma Yoga, Gyana Yoga, Bhakti Yoga, Hatha Yoga.

Unit-II Introduction of Yogic Texts:

- Patanjali Yog Sutra.
- Shrimad Bhagawat Geeta.
- Hatha Pradipika.
- Gherand Samhita .
- Goraksha Shatak.
- Yoga Vashishtha.

Unit-III Introduction of Hatha Yoga:

- Hatha Yoga – Its Definition & Objectives.
- Origin & Tradition of Hatha Yoga.
- Importance of Place, Environment & Season for Hatha Sadhana.
- Aids & Obstructions to Hatha Sadhana.
- Prohibited & Conductive food in Hatha Sadhana.
- Relation between Rajayoga & Hathayoga.

Unit-IV Relevance of Yoga:

- Misconceptions about yoga and their solutions.
- Difference between yogic and non yogic system of exercises.
- Health, Harmony & Happiness through Yoga.
- Relevance of Yoga in Modern age.

Unit-V Meaning, Process & Psycho-Physiological Aspects of Yogic Practices:

- Shuddhi Kriyas
- Asana, Pranayama
- Mudras & Bandhas
- Relaxation, Mantra and Meditation.

Essential Readings:

1. Vijnananand Saraswati - Yog Vijyan, Yoga niketan trust, Rishikesh, 1998.
2. Rajkumari Pandey-Bhartiya Yoga Parampara ke Vividh Ayam, radha publication, ND, 2008
3. Swami Vivekanand - Jnan, Bhakti, Karma yoga & Rajyoga, Advait Ashram, Culcutta 2000.
4. Sw. Niranjananda - Gheranda Samhita, Bihar yoga bharti , Munger,1997.
5. Swami Satyananda Saraswati - Asan, Pranayama, Mudra, Bandha, Yoga publication trust , Munger
6. Sw. Muktibodhananda Sarswati - Hatha Yoga Pradipika, Yoga publication trust, Munger, 2000.

Suggested Readings:

1. S.P. Sing-History of Yoga-PHISPC,Center for studies of civilization Ist 2010
2. S.P.Singh & Yogi Mukesh-Foundation of Yoga, Standard publisher, New Delhi 2010.
3. Kamakhya Kumar -Yoga Mahavigyan, Standard publisher, New Delhi.
4. Kalyan (Yogank)- Gita press Gorakhpur, 2002.

YSC-EC-143- Yoga Practical (4 Credits 60 Hours)

S. N.	Subject	Yogic Practices
01.	Prayers	All Mantra & Prayers
02.	Starting Practice	Pawan Muktasana Part-1, 2, 3, Marjariasana, Tadasana, Tiryak Tadasana, Kati Chakrasana.
03.	Suryanamaskara/ Pragya Yoga	With Mantras & Breathing pattern.
04.	Asanas Cultural Standing	Utkatasana, Padahasthasana, Trikonasana, Veerasana, Vrikshasana, Sankatasana, Garudasana, Padangusthasana, Sarvangpushti, Murdhasana.
5.	Cultural Sitting	Baddha Padamasana, Uttitha Padamasana, Mandukasana, Uttanmandukasana, Vrishabhasana, Guptasana, Simhasana, Ushtrasana, Suptavajrasana, Vakrasana, Ardhamatsyendrasana, Gomukhasana, Janushirasana, Pashchimottanasana, Akarnadhanurasana, Bhadrasana. Shashankasana, Mandukasana.
06.	Cultural Lying	Pawanmuktasana, Sarvangasana, Matsyasana Naukasana (on Back), Halasana, Chakrasana, Karnpidasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana (on Abdomen).
07.	Cultural Advance	Shirshasana, Kurmasana, Uttan Kurmasana, Tolangulasana, Mayurasana, Kukkutasana, Garbhasana, Gorakshasana, Ugrasana, Bakasana, Mastsyendraasana, Ekpadasirasana, Vatayanasana, Natarajasana, Kapothisana, Shirshapadangusthasana.
08.	Relaxative/ Meditative	Shavasana, Balasana, Makrasana, Sukhasana, Padmasana, Vajrasana, Swastikasana, Siddhasana.
09.	Pranayama	Breathing - Chest, Abdominal & Yogic, Puraka, Rechaka and Kumbhaka, Anulom-Vilom, Nadishodhan, Ujjayi, Surya and Chadrabhedan., Bhastrika, Bhrumri, Sheetal, Shitkari.
10.	Mudras /Bandhas	Jalandhar Bandha, Uddiyana Bandha, Moola Bandha, Mahabandha, Kaki Mudra, Yoga Mudra, Vipritkarni Mudra, Mahamudra, Shambhavi Mudra, Ashwini Mudra, Pashini Mudra, Nasikagra Mudra, Brahmamudra, Shanmukhimudra.
11.	Shuddhi Kriyas	Kapalabhati, Nauli, Agnisara, Trataka, Neti-Jala and Sutra, Vamandhanti, Vastradhanti, Dandadhanti, Shankha Prakshalan.
12.	Meditation	Soham Sadhana, Frana Dharna, Savita Dhyana, Jyoti AAvataran, Panch Kosha, Dhyana Yoga Nidra.
13.	Karma Yoga	Karma yoga is mandatory for all students on the last day of the week.

Essential Readings:

1. O.P. Tiwari - Asana why and how, Kaivalyadham SMYM samiti, Lonavala, 2012.
2. M.L. Gharote - Guidelines for Yogic Practices, Medha Publication, Lonavla.
3. Swami Satyananda - Asan, Pranayama, Mudra, Bandha, Yoga publication trust, Munger, 2006.
4. Pt. Shri Ram Sharma- Pragya Abhiyan ka Yoga Vyayam, Brahmvarchas shodh Sanshan, Shantikunj, Haridwar, 1998.

Suggested Readings:

1. B.K.S. Iyengar - Light on Yoga, Harper Collins publisher, New Delhi, 2012.
2. B.K.S. Iyengar - Light on Pranayama, Harper collins publisher, New Delhi, 2012.
3. Swami Kuvlayanand - Asana, Kaivalyadham SMYM samiti, Lonavala, 1993.
4. Swami Kuvlayanand- Prnayama, Kaivalyadham SMYM samiti, Lonavala, 2009.

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YSC-CC-144- Review of Literature (8 Credits 75 Hours)

- A. Review of published researches and books in relevant field (Any Two):
- Scientific researches.
 - Clinical researches.
 - Psychological researches.
 - Philosophical researches.
 - Educational researches.
 - Experiential researches.
- B. Every student will be given the following and has to be completed in given time.
- Submit a project related to relevant field.
 - Viva-voce
 - Participation a seminar/workshop with paper Presentation.
 - Publish research paper/articles in peer reviewed journal.

YSC-CC-145- Research & Publication Ethics (2 Credits 30 Hours)**Course structure**

- ❖ The course comprises of six modules listed in table below. Each module has 4-5 units.

Modules	Unit title	Teaching hours
Theory		
RPE 01	Philosophy and Ethics	4
RPE 0	Scientific Conduct	4
RPE 0	Publication Ethics	7
Practice		
RPE 0	Open Access Publishing	4
RPE 0	Publication Misconduct	4
RPE 0	Databases and Research Metrics	7
	Total	30

Syllabus in detail**THEORY**

- ❖ **RPE 01: PHILOSOPHY AND ETHICS (3hrs.)**
 1. Introduction to philosophy: definition, nature and scope, concept, branches
 2. Ethics: definition, moral philosophy, nature of moral judgments and reactions
- ❖ **RPE 02: SCIENTIFIC CONDUCT (5hrs.)**
 1. Ethics with respect to science and research
 2. Intellectual honesty and research integrity
 3. Scientific misconducts: Falsification, Fabrication, and Plagiarism (FFP)
 4. Redundant publications: duplicate and overlapping publications, salami slicing
 5. Selective reporting and misrepresentation of data
- ❖ **RPE 03: PUBLICATION ETHICS (7hrs.)**
 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 (4hrs.)**
 1. Open access publications and initiatives
 2. SHERPA/ROMEO online recourse to check publisher copyright & self-archiving policies
 3. Software tool 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 (4hrs.)**
 - A. **Group Discussions (2hrs.)**
 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 (2hrs.)

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

❖ RPE 06: DATABASES AND RESEARCH METRICS (7hrs.)

A. Databases (4hrs.)

1. Indexing databases

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

B. Research Metrics (3hrs.)

1. Impact Factor of journal as per Journal Citation Report, SNIP, SJR, IPP, Cite Score

2. Metrics: h-index, i10 index, altmetrics

References

- ❖ Bird, A. (2006). Philosophy of Science. Rutledge. Macintyre, Alasdair (1967) A Short History of Ethics. London.
- ❖ P.Chaddah, (2018) Ethics in Competitive Research: Do not get scooped: do not get plagiarized, ISBN:978-9387480865
- ❖ National Academy of Sciences, National Academy of Engineering and Institute of Medicine. (2009). On Being a Scientist: A Guide to Responsible Conduct in Research: Third Edition. National Academies Press.
- ❖ Resnik, D.B. (2011). What in ethics in research & why is it important. National Institute of Environmental Health Sciences, 1-10. Retrieved from <https://www.niehs.nih.gov/research/resources/bioethics/whatis/index.cfm>
- ❖ Beall, J. (2012). Predatory publishers are corrupting open access. Nature. 489(7415), 179-179. <https://doi.org/10.1038/489179a>
- ❖ Indian National Science Academy (INSA), Ethics in Science Education, Research and Governance (2019). ISBN: 978-81-939482-1-7. <http://www.insaindia.res.in/pdf/EthicsBook.pdf>

