

Tantia University

Sri Ganganagar

Ph.D. Course Work Syllabus

(Revised as Per UGC Regulation 2022)

YOGA

Maximum Marks-120

Minimum Marks-66

PART-A

Part A- 60 Marks

Total Credits = 6

Total Hours=6x45= 270 Hours

Introduction to Research

Introduction of Research, Research methodology, Defining Research problem and formulation of hypothesis, research design, sampling design, measuring and scaling techniques, methods of data collection.

Pure and Applied Research, Exploring or Formulative Research, Descriptive Research, Diagnostic Research/Study, Evaluation Research/Studies, Action Research, Experimental Research, Historical Research, Surveys, Case Study, Field Studies
Research Ethics: Characteristics and format of research paper, article, thesis writing, review of Related Literature, Purpose of the review, Identification of the related literature. Organizing the related literature.

Statistics

Concept of statistics, relevance in research, parametric and non-parametric data; graphical representation of data: histogram, frequency polygon, ogive and pie chart; Measures of Central Tendency, Correlation, t-test chi square test

Computer Application

Basic and fundamental knowledge of Computer and its Applications. Introduction, Application Area, Operating System, Windows, Office, Internet.

PART-B

Part B- 60 Marks (Subject based)

Total Credits = 6

Total Hours=6x45= 270 Hours

Unit-1 Philosophical Areas-

Brief Introduction of Vedas, Upanishads, Indian Philosophy, Puranas, Smritis, Sri Madbhagvad Gita, Mahabharata, Ramayana, Ayurveda and possible areas of their research with examples.

Unit-2 Literary Areas-

Brief introduction of Patanjali Yoga Sutras, Hathpradipika, Gherand Samhita, Charandakrit Bhakti-Sagar (Astangyoga), Shivswarodaya, Vashisth Samhita & Gorakh Samhita and their possible yogic areas of research with examples.

Unit-3 Life Sketches and their contributory Areas-

Brief Life-sketches of Saint Kabir Das, Saint Tulsidas, Swami Charandas, Swami Dayanand Saraswati, Sri Aurobindo, Swami Vivekanand, Swami Shivanand Saraswati, Swami Sotyanand Saraswati and Swami Kunalayananda and their contribution in yogic field with respect to possible research areas.

Unit-4 .Health and Therapeutic Areas-

Basic knowledge of Diet and Health and its norms% Health based norms of Swara Yoga and possible areas of research, Yogic Therapy--its concepts, scope and principles. Possible areas of research with examples for therapeutic research on physiological, psychosomatic and psychological disorders .Relationship of Yogic therapy with some important Alternative therapies and possible areas of its research with examples.

Unit-5 Educational Areas-

Form, principles and methodology of yogic education for primary high/ higher education in schools and colleges; their possible areas of research. Essential elements for implementation of yogic education in schools /colleges and their implications and their possible areas of research. Role of yogic education in social problems, administrative problems, physical education, Games & Sports and moral education; and their possible areas of research