

TANTIA UNIVERSITY, SRI GANGANAGAR

Syllabus Entrance Examination for Ph.D.

Subject- YOGA

Maximum Marks-100

Part A- 50 (Research Methodology)

Part B- 50 (Subject Wise)

PART-A

Research Methodology and Statistics

- UNIT 1: Meaning of Research
Aims, nature and scope of research
Prerequisites of research
- UNIT 2: Research Problem
Meaning of research problem Sources of research problem Characteristics of a good research problem
Hypothesis: Meaning and types of hypothesis. Research proposal or synopsis.
- UNIT 3: Types and Methods of Research
Classification of Research
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
- Unit 4: Review of Related Literature
Purpose of the review. Identification of the related literature. Organizing the related literature.
- UNIT 5: Data Collection (Sampling) Sampling and Population Techniques of sampling
Selection Characteristics of a good sample Types of data.
- UNIT 6: Tools of Data Collection
Observation, Interview, Questionnaire, Rating scales, Attitude scales, Schedules, Characteristics of good research tools.
- UNIT 7: Statistics
Concept of statistics, relevance in education, parametric and non-parametric data; graphical representation of data: histogram, frequency

polygon, ogive and pie chart; Measures of Central Tendency: concept, computation and interpretation; measures of variability: concept, computation and interpretation; normal probability curve: concept, application and interpretation.

Correlation: concept, computation and interpretation- Product Moment, Rank Order, Biserial, Point Biserial, Phi, Contingency, Tetrachoric; significance of mean: concept, computation and interpretation of significance of t-test(correlated and uncorrelated, matched, paired-unpaired, matching- paired); ANOVA(One way) :concept, computation and interpretation, regression and prediction; chi square: concept, computation and interpretation (equal and normal probability).

UNIT 8: Research Report

Format of the research report Style of writing the report References and bibliography

Reference books:

1. Best John W. and James Kahn, V., 1989, Research in Education, Sixth Edition, Prentice- Hall of India Pvt.Ltd, New Delhi.
2. Sharma R.A., 1992, Fundamentals of Educational Research, Loyal Book Depot, Meerut, UP, India.
3. Kulbir Singh Sidhu, 1990, Methodology of Research in Education, Sterling Publishers Pvt. Ltd., New Delhi.
4. Lokesh Koul, 1997 Methodology of educational Research, third edition, Vikas Publishing House Pvt. Ltd. , New Delhi.
5. Kothari C.R., 1990, Research Methodology Methods and Techniques, Wiley Eastern Limited, New Delhi.
6. Borg Walter R., Gall Meridith D., 1983, Educational Research an Introduction, Fourth Edition, Longaman, New York &London.
7. Nitko Anthony J., 1983, Educational Tests and Measurement an Introduction, Harcourt Brace Jovanovich, Inc., New York.
8. Aggarwal Y.P., 1988, Statistical Methods Sterling Publishers Pvt. Ltd., New Delhi.
9. Garret Hnery E., 1985 Statistics in Psychology and Education, Viakils, Feffer and Simon, Bombay.
10. Guilford, J.P., and Benjamin Fruchter, 1982 Fundamentals of statistics in Psychology and Education, Fifth edition, Mc Graw-Hill Book Company, New York.
11. Gupta S.C. and Kapoor V.K., 1999, Fundamentals of Mathematical Statistics, Sultan Chand& Sons Educational Publishers, New Delhi.
12. Grewal P.S., Methods of Statistics Analysis, Sterling Publishers Pvt. Ltd., New Delhi.
13. Bruce W. Tuckman, Statistics in Psychology and Education.

Part-B

YOGA

1. Foundation of Yoga, origin, History and development of yoga.
2. Definitions, Misconceptions, Aim and Objectives of Yoga.
3. Yoga traditions of Ramakrishna and Swami Vivekananda.
4. Basic yoga texts: General introduction of Bhagavad Gita and Yoga Vasistha.
5. Concept of Adhis and Vyadhis.
6. Patanjali Yoga Sutra-Yoga meaning & Nature of yoga.
7. Hath Yoga Texts: Introduction of Hath Yoga and Yoga text.
8. Role of Allied Sciences in Yogic Practice.
9. Dietetics and Nutrition.
10. Introduction to Human Anatomy and Physiology.
11. Yogic Concept of Diet and its relevance in the management of Life Style.
12. Yoga and Health.
13. Definition & importance of Health According to WHO.
14. Dimension of Health: Physical, Mental, Social and Spiritual.
15. Therapeutic Yoga-Rise are Wise and Evidence based.
16. Yogic Practice - Management of the diseases through suitable yogic Practices.
17. Applications of Yoga :- Education, Stress Management, Personality development.
18. Practical Yoga : Aruna, Kriya, Mudra, Bandh, Dhyan, Surya Namaskara.
19. Techniques, Salient features, benefits of Yogaic Practice.
20. Methods of Teaching Yoga.