

SYLLABUS FOR PRE PH.D. COURSE IN YOGA

STRUCTURE OF THE COURSE WORK

CORE COURSE (New)

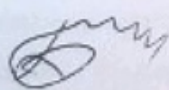
Sub Code	Title of the Paper	Credit	Maximum-Marks
SOE-YO-101C	Research Methodology	4	100 (60+40)
SOE-YO-102C	A. Research and Publication Ethics (RPE)	02	70
	B. Practical Training in Yogic Science	01	30
			Total= 100 (60+40)

ELECTIVE COURSE (Any two of the following)

Sub Code	Title of the Paper	Credit	Maximum-Marks
SOE-YO-103E	Yoga Therapy	4	100 (60+40)
SOE-YO-104E	Philosophical Foundations of Yoga	4	100 (60+40)
SOE-YO-105E	Yoga Psychology	4	100 (60+40)
SOE-YO-106E	Alternative Therapies	4	100 (60+40)

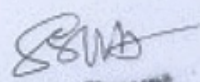
Total Credit: 15

Chandani
10/8/20



Betal
26/2/20

Gingy
26/2/20


Prof. S. S. Rawat
Dean
School of Education
Garhwal University
(Garhwal)

CORE COURSE

PAPER-1 RESEARCH METHODOLOGY

Max.Marks:100

Sub. Code: SOE-YO-101C

UNIT – I: INTRODUCTION TO RESEARCH IN YOGA

1. Meaning, definitions, objectives and scope of yogic research
2. Methods of Scientific Research
3. Need of Research in Yoga
4. Limitation of Yoga Research

UNIT – II: RESEARCH PROBLEM, HYPOTHESIS & DESIGN

1. Problem- Its Meaning and Nature,
2. Statement of Hypothesis and Meaning, Role of Hypothesis in yoga research
3. Meaning and Types of Research Design
4. Sample & Sampling Techniques

UNIT III: INTRODUCTION TO STATISTICS

1. General Introduction to Statistics
2. Its Meaning and Use of statistic in yoga research
3. Presentation of Research Data-Frequency and Graphical Representation,
4. Measurement of Central Tendencies-Mean Median, Mode,

UNIT – IV: MEASURES OF VARIABILITY&STANDARD DEVIATION

1. Range, Quartile and Standard Deviation
2. Correlation coefficient
3. Introduction to various test used in research

UNIT – V: Preparation of Research Synopsis & Report

1. Brief review of literary, therapeutic research in yoga
2. Steps of Scientific Research
3. Preparation of Synopsis
4. Preparation of Research Report

REFERENCE BOOKS:-

1. Kerlinger : Foundation of Behaviour Research
2. Festinger and Katz : Research Methods in Behaviour Sciences
3. Garat : Statistics in Psychology and Education
4. कपिल, एच.के. : अनुसंधानविधियाँ
5. नैरेट : मनोविज्ञान एवं शिक्षा में सांख्यिकी

A. Research and Publication Ethics (RPE)

SOE-YO-102C

Max. Marks: ANNEXURE
70

Course Title:

- Research and Publication Ethics (RPE)-Course for awareness about the publication ethics and publication misconducts.

Course Level:

- 2 Credit course (30 hrs.)

Eligibility:

- M.Phil., Ph.D. students and interested faculty members (It will be made available to post graduate students at later date)

Fees:

- As per University Rules

Faculty:

- Interdisciplinary Studies

Qualifications of faculty members of the course:

- Ph.D. in relevant subject areas having more than 10 years' of teaching experience

About the course

Course Code: CPE- RPE

Overview

- This course has total 6 units focusing on basics of philosophy of science and ethics, research integrity, publication ethics. Hands-on-sessions are designed to identify research misconduct and predatory publications. Indexing and citation databases, open access publications, research metrics (citations, h-index, Impact Factor, etc.) and plagiarism tools will be introduced in this course.

Pedagogy:

- Class room teaching, guest lectures, group discussions, and practical sessions.

Evaluation

- Continuous assessment will be done through tutorials, assignments, quizzes, and group discussions. Weightage will be given for active participation. Final written examination will be conducted at the end of the course.

Course structure

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

Course structure		
Theory		
RPE 01	Philosophy and Ethics	4
RPE 02	Scientific Conduct	4
RPE 03	Publication Ethics	7
Practice		
RPE 04	Open Access Publishing	4
RPE 05	Publication Misconduct	4
RPE 06	Databases and Research Metrics	7
	Total	30

Syllabus in detail

THEORY

- RPE 01: PHILOSOPHY AND ETHICS (3 hrs.)**

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 (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 (7 hrs.)**

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 contributorship
6. Identification of publication misconduct, complaints and appeals
7. Predatory publishers and journals

PRACTICE

- RPE 04: OPEN ACCESS PUBLISHING (4 hrs.)**

1. Open access publications and initiatives

2. SHERPA/RoMEO online resource 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 Suggester, etc.

• **RPE 05: PUBLICATION MISCONDUCT (4hrs.)**

A. Group Discussions (2 hrs.)

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 (2 hrs.)

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

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

A. Databases (4 hrs.)

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

B. Research Metrics (3 hrs.)

1. Impact Factor of journal as per Journal Citation Report, SNIP, SJR, IPP, Cite Score
2. Metrics: h-index, g index, i10 index, altmetrics

B. PAPER-II PRACTICAL TRAINING IN YOGIC SCIENCE

Max.Marks:30

Sub. Code: SOE-YO-102C

A. Suryanamaskar

B. Asanas:

Gomukhasan , Siddhasan/Siddhyoniasan , Bhadrasan , Uttanpadasan , Ardhalasan, Vipritkarniasan, arvangasan, Halasan, Matsyasan , Suptavajrasasan, Ardhmatasyasan ,Shavasan, Naukasan, Katichakrasan, Sidebandchakrasan, Tadasan, Triyaktadasan, Garudasan, Vrikshasan, Samkonasan, Hasttotanasan, Padhastasan, TrikonAsan, ArdhDhaanurasan, Marjhariasan, Ardhshalabhasan, Bhuangasan, Makrasan, Padmasan, Vakrasan, Sarpasan, Balasan, Bhadrasan, Janusirasan, ArdhMatsyendrasan

C. Pranayam:

1. Nadishodhan: All types of Nadishodhan
2. UjjayiPranayam,
3. Bhramari
4. Bhastrika
5. Shitali, Sitkari&Sadanta

D. Shatkram: Kapalbhanti, Nauli, Vastradhauti, Dandadhauti, Loghooshankhprakashan

E. Mudra &Bandh: Mahamudra, Khechari Mudra,

F. Meditation:

PranavaDhyan

Transcendental Meditation,

Preksha Meditation,

References:

1. Asana, Pranayama, Bandha, Mudra, SatyanandaSaraswati, Moonghyer Bihar School of Yoga Publication, Bihar.
2. GherandSambita, Swami Niranjananda, Moonghyer Bihar School of Yoga Publication, Bihar.
3. Hatha Pradipika, Swami Digamber, Kaivalyadhama, Lonavala.

ELECTIVE COURSES

PAPER-I YOGA THERAPY

Max.Marks:100

Sub. Code: SOE-YO-103E

UNIT – I: 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 – II: 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 III: 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 – IV: 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 – V: 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, NagrathnaR., & Nagendra H.R., Swami Vivekananda yoga prakashana, Bangalore.
4. New perspective in Stress Management, Nagendra H.R., Swami Vivekananda yoga prakashana, Bangalore.
5. Preksha Meditation and Drug Abuser's Personality, Betal C., Shree publication, New Delhi.

PAPER-II PHILOSOPHICAL FOUNDATIONS OF YOGA

Max.Marks:100

Sub. Code: SOE-YO-104E

UNIT – I: Introduction to Indian Philosophy and Yoga

1. Salient feature of Indian Philosophy
2. Yoga and Indian Philosophy
3. Concept of Yoga: Meaning and Definitions

UNIT – II: Yoga in Various Canonical Literatures

1. Yoga in Upanisads
2. Yoga in Bhagwat Gita
3. Yoga and Jainism and Bhudism

UNIT III: Yoga in Sat Darshan

1. Yoga Darshan, Samkhya,
2. Nyay, Vaishesik, Mimamsa and Vedanta

UNIT – IV: Theory of Karma, Rebirth & Liberation

1. Theory of Karma & Rebirth
2. Concept of Soul in Indian Philosophy
3. Concept of Liberation in Indian Philosophy

UNIT – V: Yogic Schools- its philosophical foundation

1. Jnana, Karma & Bhakti Yoga
2. Rajyoga& Hatha Yoga
3. Laya& Mantra Yoga

REFERENCES:

1. Rajayoga- Swami Vivekanand, Ramakrishna Ashrama Publications.
2. Yoga Sutras of Patanjali- Hariharananda Aranya, University of Calcutta Press, Calcutta.
3. Patanjali Yoga Pradeep- Omananda Tirtha, Geeta Press, Gorakhpur.
4. Karel Werner : Yoga and Indian Philosophy (Motilal Banarsidass, Delhi, 1979)
5. Radhakrishnan, S. : Indian Philosophy (Vol. I & II) (George Allen and Unwin, London, 1971)
6. Swami Prabhavananda : Spiritual Heritage of India (English) (Sri Ramkrishna Math, Madras, 2004)
7. Dasgupta, S.N. : Yoga Philosophy in Relation to other Systems of Indian thought (University of Calcutta, Calcutta, 1924)
8. Sharma, Chandradhar : A Critical Survey of Indian Philosophy (Motilal Banarsidass, Delhi, 2000)
9. Raja, Kunhan C. : Some Fundamental Problems in Indian Philosophy (Motilal Banarsidass, Delhi, 1974)
10. Stace, W.T. : Mysticism and Philosophy (Macmillan and Co. London, 1961)
11. Dasgupta, S.N. : Hindu Mysticism (Motilal Banarsidass, Delhi 1927)
12. Swami Jnanananda : Philosophy of Yoga (Sri Ramakrishna Ashrama, Mysore,
13. Swami Krishnananda : A Short History of Religions and Philosophic Thought in India. (The Divine Life Society, Rishikesh, 1973)
14. Fenerstein, George : The Yoga Tradition: Its History, Literature,
15. Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga (Advaita Ashrama, Calcutta, 2000)
16. Swami Atmananda : Four Yogas (Bharatiya Vidya Bhavana, Bombay, 1966)
17. Radhakrishnan, S. : The Principal Upanishads
18. Goyandaka, Jayadaya : Sri Madbhagavadgita Tattvavivecani Geeta Press, Gorakhpur, 1961)
19. Swami Adidevananda : Sri Ramanuja Gita Bhasya (Sri Ramakrishna Math, Madras, 1993)
20. Swami Anant Bharati : Yoga Darshan-Yoga Prabhakar (Hindi) (Swami Keshwananda Yoga Sangathan, Delhi, 1982)
21. Dr. Ishwar Bhardwaj : Manav Chetna (Hindi), Satyam Publications, New Delhi

PAPER-III YOGA PSYCHOLOGY

MARKS: 100

Sub. Code: SOE-YO-105E

UNIT-I

1. Introduction to Yoga Psychology: 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-II

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-III

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

UNIT-IV

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-V

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

PAPER IV: ALTERNATIVE THERAPIES

MARKS: 100

Sub. Code: SOE-YO-106E

UNIT I: INTRODUCTION TO ALTERNATIVE THERAPY

1. Nature & Concept of Alternative Therapy.
2. Need, Relevance and Limitation of Alternative Therapy.
3. General Introduction to Acupressure, Pranic Healing And Magneto Therapy.

UNIT II: ACUPRESSURE

1. Meaning & Concept of Acupressure,
2. History Acupressure Treatment.
3. Types of Acupressure Therapy, Instruments of Acupressure.
4. Introduction of Different Pressure Points.

UNIT III: PRANIC HEALING:-

1. Meaning & Concept of Prana,
2. Nature, Types & 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 IV: MAGNETO THERAPY:-

1. Meaning and Concept of Magneto Therapy
2. Nature, Scope, Limitation and Historical Development
3. Principles of Magneto Therapy & Types of Magnets.
4. Methods Of Magneto Therapy and their Effect on Different Diseases.

UNIT V :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 Healing, Magneto Therapy) and their Utility

REFERENCE BOOKS:-

1. Acupressure – Dr. Attar Singh
2. Acupressure – Dr. L. N. Kothari
3. Acupressure you are doctor for yourself :- Dr. Dhiren Gala
4. Sujok therapy:- Dr. AashMaheshwari
5. Acupressure: - Dr. D. P. Bora
6. Miracles through pranic healing :- Master ChoaKok Sui
7. Advanced pranic healing :- Master ChoaKok Sui
8. Pranic Psychotherapy:- Master ChoaKok Sui
9. magneto therapy :- Dr. H. L. Bansal
10. Magnetic Cure for common disease:- Dr. R.S. Bansal, Dr. H. L. Bansal
11. The text book of Magneto therapy:- Dr. Nanubhai Painter
12. Magneto therapy and Acupressure:- Dr. A. K. Mehta