

**SYLLABUS AND SCHEME OF
EXAMINATION**

For

**M.Phil/Ph.D. Course Work and
Entrance Test Scheme**

(w.e.f. 2016-2017)



Department of Yoga Studies
Faculty of Social Science
Himachal Pradesh University
 Summer Hill, Shimla-171005

Appendix-I

M. PHIL SYLLABUS IN YOGA STUDIES W.E.F. 2016-17 ONWARD

The M. Phil course will be one year duration divided into two semester caring total 300 marks.

SEMESTER-I

Course No. 	Name of the Papers	
Marks		
PYS-101	Area of Research in Yoga	75
	Seminar	25
PSY-102	Research Methodology & Statistics in Yoga	75
	Book Review	<u>25</u>
	TOTAL:	<u>200</u>

Note:-

1. Theory Paper: For regular students each theory paper will be of 75 marks and duration of theory paper will be 3 hours. In each theory paper 10 Questions are to be set and candidate has to attempt only 5 Questions. All questions will carry equal marks.
2. The seminars and one book review will be evaluated by the Department teachers/staff council.

SEMESTER-II

3

DISSERTATION**100**

The division of 100 marks will be as given below:

(i)	Dissertation Writing	75
(ii)	Dissertation viva-voce	<u>25</u>
	Total: -	<u>100</u>

M.PHIL - SEMESTER: 1st**COURSE NO.I AND II**

PAPER-I: AREAS OF RESEARCH IN YOGA (As per Appendix-I)

PAPER-II: RESEARCH METHODOLOGY

& STATISTICS IN YOGA (As per Appendix-I)

M.PHIL - SEMESTER: 2nd - COURSE NO.III**COURSE NO-III DISSERTATION****MAXIMUM MARKS = 100**

The division of 100 marks will be as given below:-

(i)	Dissertation Writing	75
(ii)	Dissertation viva-voce	<u>25</u>
	Total: -	<u>100</u>

M.Phil/Ph.D. COURSE WORK
Department of Yoga Studies

PYS-101: Paper-I, Areas of Research in Yoga

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, Charandaskrit Astangyoga, Shivswarodaya, Gorakhsatakam, and their possible yogic areas of research with examples.

Unit-3 Life Sketches and their contributory Areas-

Brief Life-sketches of Saint Raman Maharshi, Yogananda, Swami Charandas, Sri Aurobindo, Swami, Ramakrishna Paramhansh, Vivekanand, Swami Shivanand Saraswati, and Swami Kvalayananda and their contribution in yogic field with respect to possible research areas.

Unit-4 Health and Therapeutic Areas-

Basic knowledge of Diet and 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

M. Phil/Ph.D COURSE WORK
DEPARTMENT OF YOGA STUDIES

**Paper-II, Research Methodology & Statistics in
Yoga**

PYS-102
Review: 25]

[Total Marks: 100= Theory: 75 + Book

UNIT-1: NATURE AND TYPES OF RESEARCH, PROBLEM, HYPOTHESIS AND SAMPLING

- Research: Purpose and Nature of Research, Basic Elements of Research (Selection of Research-Area and Subject, Formation of Outline, Collection of Research Material, Analysis and Method of Classification, Primary and Secondary Sources of Research), Types of Yoga Research: Literary Research and Empirical Research.
- Literary Research: Assumption of Literary Research, Elements and Theories of Literary Research, Types of Literary Research (Historical Research, Comparative Research, Explanatory Research and Critical Research), Need and Importance of Research in Yoga.
- Empirical Research: Observation, Correlation and Experimental Research.
- Problem: Nature, Sources and Types of Problem, Characteristics of a Scientific Problem, Considerations in Selection of Problem.
- Hypothesis: Nature and Types of Hypothesis (Null Hypothesis)
- Sampling: Meaning and Significance of Sampling, Techniques of Probability and Non-Probability Sampling

UNIT-2: TECHNIQUES OF DATA COLLECTION, VARIABLES, EXPERIMENTAL CONTROL,

RESEARCH DESIGNS AND RESEARCH REPORT WRITING

- Techniques of Data Collection: Observation Method, Experimental Method, Questionnaire, Interview
- Variables: Meaning and Types of Variables, Manipulation of Independent and Dependent Variables
- Experimental Control: The Nature and Problem of Experimental Control, Techniques of Control: Elimination, Constancy of Conditions, Balancing, Counter Balancing, Randomization
- Research Designs: Meaning and Purpose of Research Design, Randomized Group Designs and Factorial Designs
- Research Report Writing: Method and Style of Research Report writing

UNIT-3: DESCRIPTIVE STATISTICS

- Basic Concepts: Meaning, Nature and Application of Statistics, Nature and Scales or levels of Measurement
- Graphical Representation of Data: Frequency Polygon and Histograms
- Measures of Central Tendency: Calculation of Mean, Median and Mode (Ungrouped Data and Grouped Data)
- Measures of Variability: Range, Quartile Deviation and Standard Deviation
- The Normal Distribution: Meaning, Properties and Applications of Normal Probability Curve (NPC)

- Correlation: Meaning, Calculation of Coefficient of Correlation: Product Moment Method and Rank-Difference Method

UNIT-4: PREDICTION AND INFERENCES

- Regression: Regression Equations and Prediction
- Significance of the Mean
- Significance of the difference between Means of Two Groups (Independent group and Correlated Group): Critical-Ratio test and t-test
- Chi-Square test
- Analysis of variance: One Way ANOVA

UNIT-5: PRACTICAL KNOWLEDGE OF COMPUTER

1. MS Office, M S-Word: Text formatting, M.S. Power Point: Creating presentations and adding effects.
 2. Introduction to Internet. Usage of Webs as a tool for literature survey.
 3. Use of E Journals,
 4. Use of E- library.
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