

Swami Rama Himalayan University

Office of the Registrar

SRHU/Reg/Int/2022-117

Date: 26th April, 2022

Officer In-Charge
Research & Ph.D. Cell

In supersession of our earlier communication vide reference no. SRHU/Reg/Int/2022-77 dated 26th March 2022, I am directed to inform that the Academic Council in its 25th Meeting under Agenda Item No. 25/16 has approved syllabus of Ph.D. Course Work for 'Advances in Yoga Sciences (PHDYS110)', as enclosed herewith, for implementation.



Dr. Susheela Sharma
Registrar

Encl.: As above.

Copy to: Hon'ble Chancellor
Hon'ble Vice Chancellor
Pro Vice Chancellor
Controller of Examinations
In-charge, HSYS

} for kind information please

Swami Rama Himalayan University
Ph.D. Program Course Work

Subject Name: Advances in Yoga Sciences

Subject Code: PHDYS110

Credits: 6

Minimum No. of Instructional Hours: 90

SYLLABUS:

Unit-I

Analysis of traditional yoga texts

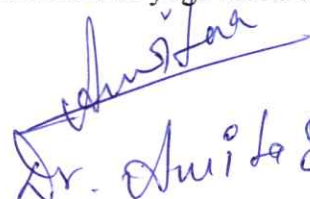
- Introduction to important traditional Yogic texts and commentaries on them (Hatha yoga, Shankhya and Patanjala Yoga Darshana, Bhagvad Gita and Upanishads).
- Misconceptions about Yoga, Concept and principles of Yoga, Historical Development of Yoga.
- Foundations of Yoga: History, Evolution of Yoga History and Development of Yoga; Aim, Objectives and Principles of Yoga, Different Schools of Yoga.
- Introduction to Vedas & Upanishads, Shad Darshans and Tantra yoga.
- Brief Introduction of Panch tattva, Saptdhatu, Prana, Nadies, Chakras and Kundlini.


Unit-II

Methods of Teaching Yoga

- Teaching and Learning: Concepts and Relationship between teaching and learning
- Principles of Teaching: Levels and Phases of Teaching, Yogic levels of learning, Vidyarthi, Shishya, Mumukshu.
- Meaning and scope of Teaching methods, and factors influencing them, Sources of Teaching methods.
- Role of Yoga Teachers and Teacher training Techniques of Individualized; Teaching Techniques of group teaching; Techniques of mass instructions; Organization of teaching: Time Management, Discipline.
- Biography of various yogis, introduction of various prestigious institutes of yoga established by them and their contribution in the field of yoga research.


(Dr. R. N. Mishra)


(Dr. Anil Singh)


(Dr. Sankata)


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Unit-III

Yoga & Holistic Health

- Meaning and Definition of Health, Concept of Health and Disease and Factors influencing Health.
- Concept of Holistic Health - Physical, Mental, Social and Spiritual Health, Importance of Health in Human life.
- Yogic evaluation of Lifestyle (Ahar -Vihar-Achaar-Vichar).
- Need & Significance of Yoga, Role of Yoga for Physical, Mental and Spiritual Health.
- Yogic approach to health according to Maharshi Patanjali, Hath Yoga, Shrimad Bhagwad Geeta , Ayurveda and Naturopathy.

Unit-IV


Literary & Clinical researches in yoga

- Structure of Theoretical research/clinical research, Thesis paper: Preliminary pages, Abstract, Introduction, Review of literature, Analysis, Conclusion, References.
- Studies related to Samkhya and Yoga Sutra, Hatha Yogic Texts, Shrimad Bhagwad Geeta, Upanishads and other applied literature in Yoga.
- Selected Clinical Research Studies on effect of yoga Practices.
- Selected Studies related to other applied researches in Yoga .
- Diagnostic methods in Yoga: Physical examination (Gross and subtle elements), Dwadasha roglakshna anukarma,

Unit-V Research in Yoga

- Fundamentals of Research in yoga, its importance and scope.
- Selection of Research Problem and planning of research in yoga.
- Data collection, Library work, Manuscripts, Private and Public collection, Field surveys, Explorations, Photography Laboratory work.


(Dr. R.N. Mishra)


(Dr. Anvita Singh)


(Dr. Soumitra)




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12/01/2022

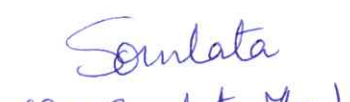
- Identification and formulation of problems and Hypothesis.
- Methods of Researches in Yogic Science.

REFERENCE BOOKS

1. Hatha Yoga Pradipika- Kaivlyadham Lonavla
2. Gheranda Samhita- Kaivlyadham Lonavla
3. S. Radhakrishnan (1971). Indian Philosophy (vol 1-2). George Allen &Unwin, London.
4. C Bharadwaja. Light of truth (SatyarthaPrakash).
5. S. Vivekananda (1971). Teachings of Swami Vivekananda. Vedanta Press. CA. U.S.A.
6. P.Yogananda (2003). The divine romance. Yogodasatsanga society of India. Kolkata.
7. S.Aurobindo (2010). The life divine. Sri Aurobindo Ashram.Pondicherry
8. Shukla & Sahay Principles of Statistics, Sahitya Bhawan Publication Agra- (2000)
9. Kapil H. K. : Basic Elements of Statistics
10. Nagendra, H.R The art and science of Pranayama
11. Speaking Of Yoga & Nature- Cure Therapy, Sterling Publishers Private Limited, 1991
12. M. M. Bhamgara : Teh Human Body: Nature's Amazing Creation, Bipin Parekh Mumbai, 2004
13. Jindal Dr. : Prakrutik Ayurvijnana, Republication of Kalyana Anka Arogya Seva Prakasham, Modinagar
14. Arthur L. Caplan, James J. McCartney and Dominic A. Sisti : Health, Disease, and Illness: Concepts in Medicine
15. Ananta Bharati : Prachina Vangamaya Me Prakrutika Chikitsa Part I & II CCRYN, New Delh
16. Ganesh Shankar : Classical And Modern Approaches To Yoga, Pratibha Prakashan, 2002
Gharote, M. : Guidelines for Yogic Practices, Medha Publication, Lonavla,1982


(Dr. R. N. Mishra)


(Dr. Anvita Singh)


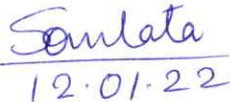



(Dr. Soumlata Ma)


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12/10/2022

Agenda

Ph.D. in Yoga Sciences is being started in SRHU from the session January-2022. For the same a meeting of the following members is convened on 12th January, 2022 at 11.00 AM in the office of the Research & Ph.D. Cell.

- | | | |
|---|-------------|---|
| 1. Dr. Vinita Kalra
Officer-In-Charge,
Research & Ph.D. Cell | Chairperson | 
12/01/2022 |
| 2. Dr. Deepa Singh
Professor,
Department of Anatomy | Member | — |
| 3. Dr. Somlata Jha
Assistant Professor,
Department of Yoga
Sciences & Holistic Health | Member | 
12.01.22 |
| 4. Dr. Ram Narayan Mishra
Assistant Professor,
Department of Yoga
Sciences & Holistic Health | Member | 
12/01/22 |
| 5. Dr. Anvita Singh
Assistant Professor,
Department of Yoga
Sciences & Holistic Health | Member | 
12/01/22 |

The agenda of the meeting is to recommend and finalize the following:

1. Syllabus Yoga Sciences for Ph.D. Entrance Examination
2. Curriculum for the Ph.D. course work "Advances in Yoga Sciences." This includes the syllabus, course of study, methods and pattern of assessment, recommended books (text books, supplementary reading, reference books and other study material) etc.
3. Guidelines as presently established for the Ph.D. program



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“Ph.D. Course Work & Entrance Examination Committee”

“Yoga Sciences”

12th January, 2022, at 11.00am

Venue: Research & Ph.D. Cell, SRHU

ATTENDANCE

1. Dr. Vinita Kalra
Officer-In-Charge,
Research & Ph.D. Cell

Chairperson

Vinita Kalra
12/01/2022

2. Dr. Deepa Singh
Professor,
Department of Anatomy

Member

—

3. Dr. Somlata Jha
Assistant Professor,
Department of Yoga
Sciences & Holistic Health

Member

Somlata
12.01.22

4. Dr. Ram Narayan Mishra
Assistant Professor,
Department of Yoga
Sciences & Holistic Health

Member

Ram Narayan Mishra
12/01/22

5. Dr. Anvita Singh
Assistant Professor,
Department of Yoga
Sciences & Holistic Health

Member

Anvita Singh
12/1/22

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Swami Rama Himalayan University
Research & Ph.D. Cell
Ph.D. Course Work Committee for Yoga Sciences


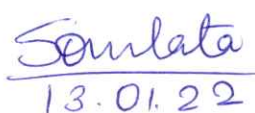
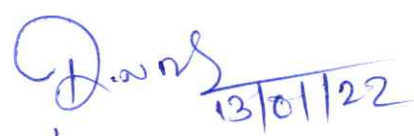

Minutes of the Meeting

Date: 13th Jan, 2022

As per provision in clause No.7 of the University Grants Commission (Minimum Standards and Procedure for Award of Ph.D. Degrees) Regulations, 2016, and the Swami Rama Himalayan University Ordinance SRHU/ORD/65, Clause No. 8, Course Work comprising of Research Methodology, Quantitative Techniques & Computer Applications and Advances in the respective Subject discipline is to be cleared by the Ph.D. candidates.

Ph.D. in "Yoga Sciences" is being started in SRHU from the session January-2022. Accordingly, as per Office Order No.SRHU/Reg/OO/2017-143, dated 22nd Sept 2017, a meeting of the 'Ph.D. Course Work Committee for Yoga Sciences' was convened on 12th January, 2022, at 11.00 AM, in the office of the Research & Ph.D. Cell.

The following members of 'Ph.D. Course Work Committee' attended the said meeting. Dr. Deepa Singh was unable to attend the meeting due to some urgent work in the department.

- | | | |
|---|-------------|---|
| 1. Dr. Vinita Kalra
Officer-In-Charge,
Research & Ph.D. Cell | Chairperson | 
13/01/2022 |
| 2. Dr. Deepa Singh
Professor,
Department of Anatomy | Member | — |
| 3. Dr. Somlata Jha
Assistant Professor,
Department of Yoga
Sciences & Holistic Health | Member | 
13.01.22 |
| 4. Dr. Ram Narayan Mishra
Assistant Professor,
Department of Yoga
Sciences & Holistic Health | Member | 
13/01/22 |
| 5. Dr. Anvita Singh
Assistant Professor,
Department of Yoga
Sciences & Holistic Health | Member | 
13/01/22 |

The agenda of the meeting was to recommend and finalize the following:

1. Syllabus of Yoga Sciences for Ph.D. Entrance Examination



2. Curriculum for the Ph.D. course work "Advances in Yoga Sciences." This includes the syllabus, course of study, methods and pattern of assessment, recommended books (text books, supplementary reading, reference books and other study material) etc.
3. To share guidelines as presently established for the Ph.D. program

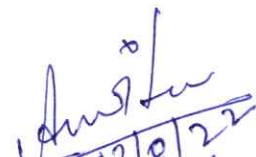
After due deliberations on the above agenda the committee members approved the following:

1. A new specialization named Yoga Sciences has been started from batch January 2022 for Ph.D. program. The subject name is Advances in Yoga Sciences and subject code for this subject would be PHDYS110 and It would bear 6 Credits (90 hours of instruction per semester).
2. The detailed syllabus of the Advances in Yoga Sciences was discussed and it was decided that it will have 5 units (as per annexure)
3. The detailed syllabus of Ph.D. entrance examination for Yoga Sciences was also discussed and it was decided that syllabus will comprise of 5 units. (as per annexure)
4. Internal assessment (bearing a maximum of 40 words) to be done in Advances in Yoga Sciences will be spread over assignments (20 marks), presentation/ seminar (10 marks), and class test (10 marks) with consideration of best of 2 out of 3 assessments in each category (i.e. assignments/ presentations or seminars/ class tests).
5. It was also decided that final marks of the Internal Assessment of PHDYS110 shall be submitted by the HOD to the Research & Ph.D. Cell for further needful.
6. It was decided that like other advances in subjects, the end semester examination of Advances in Yoga Sciences will also have 60 marks.
7. The duration of the Ph.D. course work class will be one week per month for four months and the timings will be from 08:30 AM to 04:30 PM The remaining time of the months when formal instruction is not taking place, shall be covered by the students by doing assignments/ literature survey/ article writing etc., which shall be evaluated by the concerned departmental/subject faculty.
8. It was also intimated to all members that if any faculty/staff is enrolled in the Ph.D. program, he/she has to take leave for seminar/presentation which is part of Ph.D. program, assigned by the various faculty members.
9. The evaluation scheme for the Ph.D. Course Work of Yoga Sciences will have following credits as given below:


(Dr. R.N. Mishra)
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(Dr. Samlata)
13/01/22


(Dr. Anvika Singh)
13/01/22

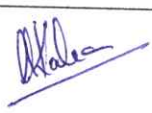
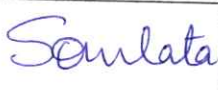
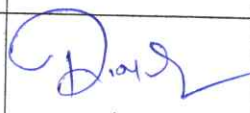

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Subject Code	Name of the Subject	Internal Assessment	End Semester Assessment	Total	
		Marks	Marks	Credit	Marks
PHDYS110	Advances in Yoga Sciences	40	60	6	100

10. It was also decided to send an email to research scholars, the guideline of plagiarism check for submission of assignments given by the faculty members.
11. It was also accorded by all members that the lesson plan shall be submitted by all the faculty members for their concern units along with suggested readings and references.
12. The pattern of the question paper for End Semester Examination was also discussed in the meeting and all queries were resolved related to the pattern of the paper.
13. The guidelines of the entrance examination, synopsis submission, DRC, Ph.D. ordinance and UGC notification 2016 for Ph.D. program were discussed in the meeting for awareness of the members of the committee.
14. It was also decided by the members that assignment, reference study material, term paper may be prepared and submitted by the Ph.D. scholars through online as well as offline mode.
15. All the doubts regarding course work class were discussed and clarified in the meeting.
16. The details of the times table was also discussed in the meeting and it was decided to prepare the time-table for Course Work for January-2022 sessions for Ph.D. course work of Advances in Yoga Sciences by the concerned department.

The meeting ended with thanks to the chair.

S. No.	Name of Faculty	Designation	Signature
1	Dr. Vinita Kalra Officer-In-Charge Research & Ph.D. Cell	Chairperson	
2	Dr. Deepa Singh Professor Department of Anatomy	Member	—
3	Dr. Somlata Jha Assistant Professor, Department of Yoga Sciences & Holistic Health	Member	
4	Dr. Ram Narayan Mishra Assistant Professor Department of Yoga Sciences & Holistic Health	Member	
5	Dr. Anvita Singh Assistant Professor Department of Yoga Sciences & Holistic Health	Member	