

SYLLABUS FOR PH.D. QUALIFYING EXAMINATION IN YOGA

The qualifying exam will consist of a single paper of 100 marks and duration of two hours. Paper will be divided into two sections. Section-A will carry 20 marks and it will be common to all disciplines. In this section, questions related to Aptitude test and General knowledge will be asked. Section-B will carry 80 marks. In this section subject specific multiple choice questions will be asked.

Section A

- Aptitude test and General knowledge (Common to all disciplines)

Section B

Unit 1: Introduction to Yoga: Meaning, Definitions and Historical Development of Yoga, Relevance of Yoga in Modern age, Philosophical foundation of Yoga

Unit 2: Kinds of Yoga: Jnana, Karma, Bhakti yoga with special reference to Bhagwat Gita, Rajyog, Mantra Yoga, Laya Yoga and Kundalini Yoga.

Unit 3: Anatomy, Physiology and Yoga: General Introduction of anatomical structure of human organs and physiological functions of Digestive system, Respiratory system, Circulatory system, Nerves system and Endocrine system, Effect of yoga practices on them.

Unit 4: Introduction to Hatha Yoga: Meaning, Definitions and limbs of Hatha Yoga, Cleansing Processes, Fundamental text of Hatha Yoga- Hatha pradipika, Gherandsamhita and Shiv samhita.

Unit 5: Yoga Therapy: Meaning and concept, Management of common diseases through yoga- Obesity, Asthma, Heart Disease, Diabetes, Tension & Anxiety.

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