

ಮಂಗಳೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ  
MANGALORE UNIVERSITY  
(Accredited by NAAC)



ಕ್ರಮಾಂಕ/ No. : MU/ACC/CR 67/2020-21/A2

ಕುಲಸಚಿವರ ಕಛೇರಿ  
ಮಂಗಳಗಂಗೋತ್ರಿ - 574 199  
Office of the Registrar  
Mangalagangothri - 574 199  
ದಿನಾಂಕ/Date:25.11.2021

**NOTIFICATION**

Sub: Revised syllabus for Ph.D. Coursework in Yogic Science  
Ref: Academic Council approval vide agenda  
No.: ಎಸಿಸಿ:ಶೈ.ಸಾ.ಸ.2: 18(2021-22) dated 27.10.2021

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The revised syllabus for Ph.D. Coursework in Yogic Science which has been approved by the Academic Council at its meeting held on 27.10.2021 is hereby notified for implementation with effect from the academic year 2021-22.

  
REGISTRAR

To,

1. The Chairman, Dept. of Human Consciousness and Yogic Sciences, Mangalore University, Mangalagangothri
2. The Chairman, BOS in Yogic Sciences, Dept. of Human Consciousness and Yogic Sciences, Mangalore University.
3. The Registrar (Evaluation), Mangalore University.
4. The Superintendent (ACC), O/o the Registrar, Mangalore University.
5. The Asst. Registrar (ACC), O/o the Registrar, Mangalore University.
6. Guard File.

**MANGALORE**  **UNIVERSITY**

**Course Work Syllabus**

**Ph.D in Yogic Science  
2021**

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**Department of Human Consciousness and Yogic Sciences  
Mangalore University  
Mangalagangothri - 574 199**

## MANGALORE UNIVERSITY

### Scheme of Examination for Ph. D Course Work

Papers	Particulars	Hours of Instruction per week	Duration of Exam (hrs)	Marks			Credits
				IA	Theory	Total	
Course 1	Research Methodology	4	3	30	70	100	4
Course 2	Research and Publication Ethics (RPE)	2	3	30	70	100	2
Course 3	Review of Literature	14	-	-	-	150	6
	Review Report		-	-	-	50	2
	Viva		-	-	-		
<b>Total</b>						<b>400</b>	<b>12</b>

**DEPARTMENT OF HUMAN CONSCIOUSNESS & YOGIC SCIENCES**  
**MANGALORE UNIVERSITY,**  
**MANGALAGANGOTHRI-574 199.**

**Ph. D Course work**

**Course 1 - Research Methodology (Optional I-Yogic Science)**

**48 Hrs**

- Unit I
1. Basis of Research Methodology – Objectives, Types of Research
  2. Research and Scientific Method; Research Process: Review of literature, Sources of Information, content of a Research Paper, Thesis writing, Writing projects; Research Problem - Techniques involved in defining a problem
  3. Hypothesis - Concepts of Hypothesis, Bibliography, Composal of thesis, Errors in Hypothesis Testing, Tests of Hypothesis.
  4. Research design - Concepts related to research design, Principles of Experimental design; Sampling design, Data collection
- Unit II
1. Research analysis and Statistics in Research - Statistical Measures
  2. Statistical Tests - 't' test, Chi-square test, F test, ANOVA, ANCOVA, Non – parametric tests.
  3. Graphical Analysis, Computer Applications in Research, Softwares, Origin and Excel.
  4. Plagiarism tools and Research ethical issues.
- Unit III
1. Theoretical Foundations for Research in Patanjala Yoga Sutra
  2. Theoretical Foundations for Research in Hathayoga & Ghata Yoga
  3. Theoretical Foundation to Yogic Diet and Life Style
  4. Principles of Yogic Research
- Unit IV
1. Development in Yogic Science –Texts, Translations and Explanations, Theoretical publications, Modified literatures
  2. Development in Yogic Science - Scientific development, Analysis of Yoga practices in Institutions with scientific methods.
  3. Yogic science in university system
  4. Development in Health System



**Course 1 - Research Methodology (Optional II-Yoga Therapy)**

**48 Hrs**

- Unit I
1. Basis of Research Methodology – Objectives, Types of Research
  2. Research and Scientific Method; Research Process: Review of literature, Sources of Information, content of a Research Paper, Thesis writing, Writing projects; Research Problem - Techniques involved in defining a problem
  3. Hypothesis - Concepts of Hypothesis, Bibliography, Composal of thesis, Errors in Hypothesis Testing, Tests of Hypothesis.
  4. Research design - Concepts related to research design, Principles of Experimental design; Sampling design, Data collection
- Unit II
1. Research analysis and Statistics in Research - Statistical Measures
  2. Statistical Tests -‘t’ test, Chi-square test, F test, ANOVA, ANCOVA, Non –parametric tests.
  3. Graphical Analysis, Computer Applications in Research, Softwares, Origin and Excel.
  4. Plagiarism tools and Research ethical issues.
- Unit III
1. Yoga Therapy Concepts for Research in Patanjala Yoga Sutra
  2. Yoga Therapy Concepts for Research in Hathayoga & Ghata Yoga
  3. Yoga Therapy Concepts with respect to Diet and Life Style
  4. Principles of Research in Yoga Therapy
- Unit IV
1. Recent Developments in Yoga Therapy
  2. Development in Yoga Therapy - Scientific development, Analysis of Yoga Therapy in Institutions with scientific methods.
  3. Yogic science in university system
  4. Yoga Therapy development in Health System

## REFERENCE BOOKS

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14. Nagendra H.R. : Promotion of Positive Health – Published by  
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15. O.P.Tiwari (1991) : Asana, Why & How, Kaivlyadhama, Lonavala.
16. Russell A Jones : Research Methods in the Social and Behavioral  
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21. Swami Satyananda  
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of Yoga, Munger.
22. Swami Satyananda  
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25. Krishnamacharya T. (2004) : Nāthamauni's Yoga Rahasya, Krishnamacharya Granthamala Series – II, Krishnamacharya Yoga Madiram, 31, 4<sup>th</sup> cross street, R.K.Nagara, Chennai- 600028.
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27. The Journal of Alternative & Complementary Medicine : The Official monthly journal of the International Society for Complementary Medicine Research and the Society for Acupuncture Research, Mary Ann Liebert, Inc. Publishers, 140 Huguenot Street, 3rd Floor, New Rochelle 108015215.
28. Udupa K.N. (1996) : Stress and its Management by Yoga, Mothilal Banarsidas Publications, Delhi.

**Note:** Other references as decided by the department from time to time.



**Course 2 – Research Publication and Ethics (RPE)**

**30 Hrs**

**THEORY**

01. PHILOSOPHY AND ETHICS (3 HOURS)
  - 1) Introduction to philosophy: Definition, nature and scope, Concept, Branches.
  - 2) Ethics: Definition, Moral philosophy, Nature of moral judgements and reactions.
02. SCIENTIFIC CONDUCT (5 HOURS)
  - 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
03. PUBLICATION ETHICS (7 HOURS)
  - 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 contributor-ship
  - 6) Identification of publication misconduct, complaints and appeals
  - 7) Predatory publishers and journals

**PRACTICE**

04. OPEN ACCESS PUBLISHING (4 HOURS)
  - 1) Open access publications and initiatives
  - 2) SHERPA or RoMEO online resource to check publisher copy right and self-archiving policies
  - 3) Software tool to identify predatory publications developed by SPPU
  - 4) Journal finder or Journal suggestion tools viz. JANE, Elsevier Journal Finder, Springer Journal Suggester, etc.
05. PUBLICATION MISCONDUCT (4 HOURS)
  - A. Group Discussion (2 Hours)
    - 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 Hours)

Use of Plagiarism software like Turnitin, Urkund, and other open-source software tools.
06. DATABASES AND RESEARCH METRICS (7 HOURS)
  - A. Databases (4 Hours)
    - 1) Indexing databases

2) Citation databases: Web of Sciences, Scopus, etc.

B. Research Metrics (3 Hours)

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

**References**

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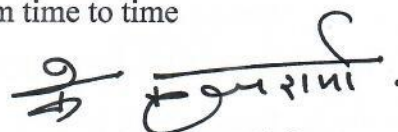
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**Course 3 - Review of Literature and Report**

14 Hrs/Week

Unit I	Review of published research papers in the area of research
Unit II	Review of classical literature
Unit III	Review of parameters and statistical tests applicable

**Note:** References as decided by the department from time to time



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