

PhD (Yoga) Entrance Examination Syllabus for the written Test

Total marks: 50

Duration: 1hr

Pass marks: 25

I. Syllabus of Yoga

15 Marks

1. Foundations of Yoga:

Origin of Yoga, History and Development of Yoga, Etymology and Definitions, Evolution of Yoga and Schools of Yoga, Streams of yoga

2. Basic Introduction to Yoga Texts:

- Principal Vedas & Upanishads
- Shad- Darshanas
- Bhagavad Gita
- Patanjali Yoga Sutra
- Hatha Yoga Texts (Hatha Yoga Pradipika, Gheranda Samhita)

II. Research Aptitude

10 marks

- Research: Meaning, characteristics and types
- Steps of research
- Methods of research
- Research Ethics
- Paper, article, workshop, seminar, conference and symposium
- Statistics Concepts

III. Reasoning

10 marks

- Number series
- letter series
- codes
- Relationships
- Classification

IV. Information and Communicating Technology (ICT)

5 marks

- ICT: meaning, advantages, disadvantages and uses
- General abbreviations and terminology
- Basics of internet and e-mailing

V. English Grammar

10 marks