



स्वामी विवेकानन्द योग अनुसंधान संस्थान  
**Swami Vivekananda Yoga Anusandhana Samsthana**

Deemed to be University u/s 3 of the UGC Act, 1956

#19, 'Eknath Bhavan', Gavipuram Circle, Kempe Gowda Nagar, Bengaluru – 560 109  
ph: 080-2661 2669 | e-mail: info@svyasa.edu.in | www.svyasa.edu.in

Notification No: S-VYASA/REG/1227/06/2024

Date: 17.06.2024

**Ph.D. admission Notification for the academic year 2024-2025**

Applications are invited for the admissions into Full time (Regular) Ph.D. program of S-VYASA Deemed to be University for the academic year August 2024-2025.

**1. Eligibility criteria for admission to Ph.D. Programme.**

The eligibility requirement for candidates to get admitted to the Ph.D. Programme shall include the following:

- ✓ Master's degree in the field of Yoga from a recognized University with 55% aggregate marks.

**OR**

- ✓ Post-Graduation in any Professional program with 55% aggregate marks and
  - Yoga Instructor Course (YIC) certificate from S-VYASA or any other Yoga Certificate from a recognized Yoga Institution, (like Yoga Certification Board (YCB) Level 1, etc) either through regular or distance or online mode.

**1.1 Relaxation of Marks for special categories.**

A relaxation of 5% of marks, from 55% to 50%, or an equivalent relaxation of grade, may be allowed for those belonging to SC/ST/OBC (non-creamy layer) /Differently-Abled persons.

**2. Procedure for admission**

**2.1 Entrance Test**

- Selection of candidates for Ph.D. Programme will be based on qualifying in the national level entrance test conducted by S-VYASA (Deemed to be University).
- A candidate shall be declared to have passed the entrance test when he/ she scores at least 50% of the marks in the entrance test.

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- Those who have passed NET (National Eligibility Test) in Yoga need not write the entrance test, but can appear for interview directly.

## 2.2 Interview

- Candidates who have passed the entrance test shall appear for an interview conducted by the Admission Committee.
- The candidate will be assessed for depth of knowledge, research potential and personality.
- The Research Supervisors having vacancy of research students will select the candidates depending on their field of research work.

## 2.3 Other Information:

- The applicants have to prepare about 6 to 10 pages of Synopsis concerned to their research topic chosen from the attached list (Division wise) and submit along with the application. The Synopsis format is available in the Institute's website.  
<https://svyasa.edu.in/pdf/PhD-Yoga/phd-synopsis-format.pdf>
- For different divisions the candidates should submit different applications.
- The applicant should keep all the scanned documents ready, as per the Admission Checklist, at the time of filling the Online Application Form.

## 2.4 Important dates

The tentative schedule for OFFLINE Entrance Test & Interview is as follows:

Thursday, 18 <sup>th</sup> July, 2024. 11:00 AM IST	Interview (for the candidates having cleared NET/JRF)	In SVYASA campus
Monday, 22 <sup>th</sup> July, 2024. 11:00 AM IST	Entrance Test	In SVYASA campus
Monday, 22 <sup>th</sup> July, 2024. 2:00 PM IST	Interview (for the candidates who have successfully cleared the Entrance Test)	In SVYASA campus
For International Candidates Entrance Test & Interview will be conducted ONLINE		





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- The last date for online submission of the filled application form is **15<sup>th</sup> July 2024**.

## 2.5 Entrance Exam Fee details

- The Entrance Exam Fee for Indians and SAARC nations is Rs.1000/- per application. For other countries, the Fee is 30/- USD per application.
- In case of multiple applications, fees should be paid separately for each application.
- Mode of payment: Details are available in the Online Application form.
- The Entrance examination Fee once paid is **non-refundable**.

## 3. List of Divisions:

For the Academic year starting August 2024, The University shall permit the registration for Ph.D. in the following Divisions, namely,

Division	No. of available Vacancies
Yoga & Life Sciences	05
Yoga & Humanities	04
Yoga & Management	01
Yoga & Spirituality	02

Details of available research areas under each division are mentioned below:

Division	Area of Research interest offered	Eligible qualification (Preferred)
Yoga & Life Sciences	1. Physiological changes during specific pranayama practices 2. Psychophysiology of Yoga practices 3. Yoga and Heart Diseases. 4. Yoga and Arthritis 5. Yoga and Gastrointestinal problems 6. Yoga and Parkinson Disease 7. Yoga and Cancer 8. Yoga and Anxiety and Depression 9. Yoga and Post Traumatic Stress Disorder 10. Eating Behaviour / appetite regulation related to Yoga	Preferably a Master's degree in Science (Biology & Chemistry) <b>OR</b> at least a bachelor's in science; and MSc Yoga (NET/JRF is preferred).

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	<ol style="list-style-type: none"> <li>11. Yoga and Oxidative stress</li> <li>12. Yoga and Physiological stress</li> <li>13. Yoga and Obesity</li> <li>14. Yoga and Nutrition</li> <li>15. Yoga and Women related issues (Anything)</li> <li>16. Yoga and Nutritional status/ malnutrition/Dietary pattern / anaemia / under weight of orphan children and similar topics.</li> <li>17. Role of Yoga and Nutrition in Non-communicable Diseases (NCDs)</li> <li>18. Yoga and Probiotic foods related to Gut Microbiota for NCD/s</li> <li>19. Proteomic changes in Non-communicable Diseases with Yoga therapy, Psychophysiology of Yoga practices</li> </ol>	OR Masters in Lifesciences (NET/JRF is preferred).
Yoga & Humanities	<ol style="list-style-type: none"> <li>1. Application of yoga in Sports</li> <li>2. Application of yoga in Education</li> <li>3. Application of yoga for working professionals</li> <li>4. Development of tools/scales</li> <li>5. Application of technology for yoga</li> <li>6. Music Therapy in Cardiovascular Diseases and Autism</li> </ol>	Master's in Yoga (NET/JRF is preferred) [In addition to Yoga, applicants should have flair for music and singing (If interested for Music therapy)]
Yoga & Management	<ol style="list-style-type: none"> <li>1. Application of yoga in Managing human resources at work place and quality of working life.</li> <li>2. Role in yoga as an intervention in managing work place conflict and interpersonal relationships and behavior.</li> <li>3. Implication of Yoga practices in managing changes and Development in organizational set up.</li> <li>4. To study the strategies to optimize team conflict dynamics to improve human resource development</li> <li>5. Evaluating the problems of Human Resource Management and their impact on Organizational Performance</li> <li>6. Identifying the key factors that promote high performance team work</li> </ol>	M. Tech, M.com. MBA, Master's in Yoga (NET/JRF is preferred)



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Yoga & Spirituality	1. Textual Research in Yoga (Hathayoga, Patanjala Yoga) Vedas/Upanishads, Vedanta, Sanskrit Literature 2. Critical Edition of Manuscripts in the aforementioned areas	Master in Yoga (NET/JRF is preferred) with Sanskrit background
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**4. Duration of the Programme:**

- Ph.D. Programme shall be for a minimum duration of three years, including course work and a maximum of six years.
- The women candidates and Persons with Disability (more than 40% disability) may be allowed a relaxation of two years for Ph.D. in the maximum duration. In addition, the women candidates may be provided Maternity Leave/Child Care Leave once in the entire duration of Ph.D. for up to One year.

Visit our website for more information:

<http://www.svyasa.edu.in/Programs/PhdYoga.html>

Please send your queries to: [phd@svyasa.edu.in](mailto:phd@svyasa.edu.in)

Contact No.: 9739185817

*Sridhar M.K.*  
Prof M.K Sridhar

Pro. VC & Dean of Academics,  
S-VYASA, Deemed-to-be University,  
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Dean of Academics (S/S)  
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