

# **PhD (Yoga) Entrance Examination Syllabus for the Written Test**

**Total marks: 50**

**Duration: 45 min**

**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**

## **Marking Scheme**

1. The Test paper will consist of 50 objective types, multiple-choice questions.
2. Each question carries 01 (one) mark.
3. For each correct response, the candidate will get 01 (one) mark.
4. To answer a question, the candidate needs to choose one option as the correct option.
5. No marks will be awarded if more than one option is selected for a question.
6. There is no negative marking for incorrect response.
7. No marks will be given for questions un-answered/un-attempted/marked for Review.
8. In test paper, If a question is found to be incorrect, ambiguous, or has multiple correct answers, one (01) mark will be awarded only to those candidates who have attempted the question and selected one of the correct options. The reason could be due to human error or technical error.