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