

**LAKULISH YOGA UNIVERSITY**  
**AHEMDABAD (GUJARAT)**  
**PhD Entrance Syllabus - 2026**

**PART- I**  
**RESEARCH METHODOLOGY**

**Unit-I: Research Methodology – I**

- Introduction to scientific research – meaning & characteristics, types of research, need for yoga research.
- Research problems – meaning & characteristics, types, statement of research problem, sources of research problem
- Literature review-purpose, process, synopsis writing
- Hypothesis – nature, characteristics & types of hypothesis.
- Variables – meaning & types
- Ethics of research
- Types of data – qualitative and quantitative; primary & secondary, sources of data.
- Methods of data collection – observation, interview, questionnaire, schedule, & case study

**Unit-II: Research Methodology – II**

- Sampling Methods – Population and Sample; probability & non-probability sampling methods
- Methods of Controlling Biases
- Types of Research Design – experimental and non-experimental research designs
- Reliability & Validity
- Research Proposal and Report Writing: Writing a research proposal and Writing a research report. Characteristics of good research report.
- Significance of the statistics in research
- Role of computer and its application in research
- Styles of referencing

**Reference Books**

- Arun Kumar Singh: Research Methods in Psychology, Sociology and Education, Motilal Banarasidas Publication, New Delhi (India)
- Satishprakash S. Shukla: Research Methodology and Statistics, Satishprakash S. Shukla Publication, Ahmedabad (India)

**PART- II**  
**YOGA EDUCATION**

**Unit-I: Yoga Education- I**

- History and Development of Yoga; meaning, definitions, misconceptions, aim and objectives of yoga.
- Basic concepts of Shad-darshanas.
- Yogic Traditions of Swami Rajarshi Muniji & Swami Krupalavandaji.

- Introduction to Jnanayoga, Bhaktiyoga, Karmayoga, Rajayoga, Hathayoga and Mantra Yoga
- Essence of Upanishads: Ishavasyopanishad, KenaUpanishad, KathaUpanishad, Prashna Upanishad, Mundaka Upanishad, Mandukya Upanishad, Aitareya Upanishad, Taittiriya Upanishad, Chhandogya Upanishad, Brihadaranyaka Upanishad
- Essentials of Bhagavad Gita - meanings of the terms Atmaswarupa, Stithaprajna, Sankhya Yoga, Karma Yoga, Samnyasa Yoga and Karma Swarupa Samnyasa, Dhyana Yogas; Types of Bhakta Nature of Bhakti, Means and End of Bhakti-Yoga; The Trigunas and nature of Prakriti; Three Kinds of Faith. Food for Yoga-Sadhaka, Classification of food, Daivasura-Sampad-Vibhaga Yoga, Moksa-SamnyasaYoga.
- Narada Bhaktisutra

## **UNIT- II: Yoga Education- II**

- Patanjala Yoga Sutra (with special reference to vyasa bhashya): Samadhi Paada, Saadhana Paada, Vibhuti Paada, Kaivalya Paada
- Brief Introduction of Hatha Yoga texts: Hatha Yoga Pradeepika, Gheranda Samhita and Hatha Ratnavali.
- Pranayama in Hatha Yoga Texts: Concept of Prana and Pranayama, Pranayama in Hatha Yoga Pradeepika, Gheranda Samhita; Shiv Samhita, Vashishtha Samhita-
- Bandha, Mudra : According to Hathayogapradipika, Gheranda-samhita, Shivasamhita. Vasishtha samhita.
- Yoga Therapy: Management of the diseases through suitable yogic practices - Yogic diet, Yama and Niyama, Shatkarma, Asanas, Pranayama; Meditation; Lifestyle changes according to yogic scriptures.

## **Reference Books**

- Swami Rajarshi Muni: Infinite Grace: The Story of My Spiritual Lineage, Life Mission Punlication, Vadodara (India)
- Swami Rajarshi Muni (2011), Classical Hathayoga, Vadodara, Life Mission Publications
- Naradbhakti Sutra (Narad Bhakti Darshan), Chaukhamba Surbharati Publication, Varanasi (India)
- Harikrishna Das Goyandaka: Yoga Darshan, Geetapress Gorakhpur (India)
- Swami Niranjananand Saraswati: Gherand Samhita, Yoga Publication Trust, Munger (India)
- Swami Muktibodhananda: Hatha Yoga Padipika, Yoga Publication Trust, Munger (India)
- The Essence of Upnishad, Geetapress Gorakhpur (India)
- Vijaya Kumar PS: Fundamental of Yoga Therapy, Lakulish Yoga University, Ahmedabad (India)