

Research Proposal Format for Ph.D. Admission

Lakulish Yoga University, Ahmedabad

Note: The research proposal should be typed in **A4 size**, using **Times New Roman, font size 12, 1.5 line spacing**, and should not exceed **1,500–2,000 words** (4–5 pages approx.). All pages must be properly numbered.

1. Title of the Proposed Research

Provide a clear and concise title that reflects the core subject of your proposed research.

2. Introduction / Background of the Study

Explain the general context of the research problem. Highlight key developments in the area of Yoga (or your subject area) and briefly mention existing gaps in knowledge.

3. Review of Literature

Summarize previous studies or theories relevant to your research. Mention key scholars, research findings, and how your work will relate to or differ from them.

4. Research Problem / Research Questions

Clearly define the problem your research intends to address. Include specific research questions or hypotheses that you aim to explore.

5. Objectives of the Study

List the primary and secondary objectives of your proposed research. Use bullet points for clarity.

6. Scope and Relevance of the Study

Explain how your research is significant to the field of Yoga studies, spiritual sciences, or interdisciplinary relevance. Mention expected contributions to knowledge, practice, or policy.

7. Research Methodology

Describe your proposed research methods, such as:

- Type of research (qualitative, quantitative, mixed-method)
- Data collection methods (interviews, surveys, texts, case studies, etc.)
- Tools/instruments to be used
- Sampling methods and sample size (if applicable)
- Proposed field or study area

8. Chapter-wise Tentative Structure

Outline a tentative chapter plan (5–6 chapters suggested).

Example:

1. Introduction
2. Literature Review
3. Research Methodology
4. Analysis and Findings
5. Discussion

6. Conclusion and Suggestions

9. Timeline of Research Work

Provide a tentative schedule showing how you plan to complete your research within 3 years. Use a table format if needed.

10. Bibliography / References

List key academic books, articles, scriptures, or sources cited in your proposal in proper referencing style (APA/MLA/Chicago—any one style consistently).

11. Annexures (*if applicable*)

Any additional material, charts, consent forms, tools, etc.

Declaration

"I hereby declare that this research proposal is my original work and has not been submitted elsewhere for any academic purpose."

Name:

Date:

Signature: