

BHARATHIAR UNIVERSITY
YOGA FOR HUMAN EXCELLENCE
WCSC, SKY – VISION RESEARCH CENTRE, ALIYAR

M.Phil and Ph.D., Syllabus

PAPER - I

RESEARCH METHODOLOGY AND STATISTICS IN YOGA

UNIT – I

Introduction to research: Meaning and Importance of Research – Scope of Research in yoga education. Types of research: Basic, Applied and Action Research. Research problem: Criteria of Location a problem. Hypothesis: meaning and Formulation of Research Hypothesis.

UNIT – II

Methods of non Laboratory Research – Survey Research: Survey by questionnaire and interview – Opinion assessment and Observation method – Historical research: Primary and Secondary sources data – Internal and External criticism. Literary and philosophical research studies. Experimental Research.

UNIT – III

Areas of Research: Physiology of yoga – Biomechanics in yoga – Psychology, Nutrition. Yoga Therapy – Clinical History – causes – Treatment through yoga for Hypertension, Diabetic, Obesity and Thyroid, Asthma and sinus etc...

UNIT – IV

Library sources, Uses of internet. Research Proposal Thesis format: Components of thesis, arrangement of chapters, references (bibliography) the art of research writing. Organization of thesis chapters – Preparation of Research report.

UNIT – V

Statistics – Types of Statistics – Measures of Central Tendencies (Mean, Median, Mode) – Measures of Variabilities (Range, Standard Deviation etc) Correlation – Types of Correlation, Analysis of Variance (ANOVA) – Analysis of Co. Variance (ANCOVA) –Role of statistics in Research. Soft ware used in statisticS - Excel, SPSS etc.,

Reference Books

1. David H Clarke, and Clarke H. Harrison. "Research Processes in Physical Education". New Jersey: Prentice Hall Inc. 1984.
2. T.A Baumgartner, and Strong, C.H. "Conducting and Reading Research in Health and Human Performance". New York; Brown and Benchmark; 1994
3. C.K. Kothari, "Research Methodology Methods and Techniques", New Delhi; wiley Eastern LIMITED, 1993.
4. Harry E. Garre. "Statistics in Psychology and Education". Bombay: Allied Private Ltd. 1958.
5. Clarke, David. H and H. Harrison Clarke. Research Process in Physical Education. Research and Health. New Jersey: Prentice Hall, 1984.
6. Herman J. Ader and: Research Methodology in the life, behavioural social and Gideon J. Mellebeegh Sciences (SAGE publications).
7. Rummond, A.; Research methods for therapists. 1996 Campling, J and Nelson,
8. Robin Monro: Yoga research bibliography scientific studies on yoga and meditation (Yoga biomedical trust, England 1989).
9. Michael Cohen: Complementary and Alternative Medicine: Legal Boundaries and regulatory Perspective (1997)

PAPER II

YOGA FOR HUMAN EXCELLENCE

Unit I: Introduction to yoga for human excellence

Meaning of Yoga – Yoga as science – Yoga as art – origin and history of yoga – Yoga in Vedic period – after Vedic period – message of Bhagavat Gita, Bible, Quran, Buddhism.. Comparison between Patanjali Yoga sutra and Thirumandiram. Yoga for modern age (simplified kundalini yoga formulated by Sri Vethathiri maharishi).

Unit II: Indian philosophy

Indian Philosophy – meaning of philosophy – Difference between Indian and Western philosophies – Greatness of Indian philosophy philosophies agreeing Vedha – philosophies disagreeing Vedha – Vedha Upanished – Geetha

Six Dharsans – Sankiam – Patanjali Yoga – Nyaya – Vaisedikam – Meemamsam – Vedhantham – Advaitam, Dvaitam – Vishistathvaitam – Saiva Sithantham – Saivism, Saktham

Hindusm, Jainism, Buddhism, Christianity, Islam – Sikhism – Western Religions – Tao, Jorastram, Confucius, Parsi.

Unit III: Siddha Philosophy

Yoga in ancient Tamil – Equalism – Siddha Philosophy – Siddha Yogic life-style Siddha Literature. Moral Concepts of Siddha.

Thirumanthira Yoga of Thirumoolar.

Unit IV: Meditation and mental health

Mind and body - powers of mind – conscious, subconscious and unconscious mind – Thoughts – power of - Thought culture – Blessing (Vazhga valamudan, Vazhga vaiyagam) – re-engineering different stages of mind. Various types of meditation, Akana, Thuriyam, shanthi, manipuraka, visukthi etc., - Electro Encephalogram – Mental frequencies.

Unit V: Perfection in consciousness

Who am I – self-realization – god realization – order of function – fraction demands, totality supplies – merging with oneness. Cause and effect system – Law of Nature – awareness – Karma Yoga – duty consciousness – thankfulness – 10 principles of karma yoga – Love and compassion – services to humanity. Individual peace, Family peace and World peace.

References

1. George Feuerstein: The yoga Tradition (Its history, literature, philosophy and practice.)
2. Sri Ananda: The complete Book of yoga Harmony of Body and Mind. (Orient paper Backs: vision Books Pvt.Ltd., 1982.
3. B.K.S Iyengar: Light on the Yoga sutras of patanjali (Haper Collins Publications India Pvt.,Ltd.,, New Delhi.)
4. Dr. HR. Nagendra: Yoga Research and applications (Vivekanda Kendra Yoga Prakashana Bangalore)
5. Dr. Shirley Telles: Glimpses of Human Body (Vivekanda Kendra Yoga Prakashana Bangalore)
6. Science of Divinity and Realization of Self – Vethathiri Publication, (6-11) WCSC, Erode
7. Unified force -Thathuvagnani Vethathiri Maharishi
8. History of the universe and living beings -Thathuvagnani Vethathiri Maharishi
9. Journey of Consciousness -Thathuvagnani Vethathiri Maharishi
10. Universal magnetism -Thathuvagnani Vethathiri Maharishi
11. Bio magnetism -Thathuvagnani Vethathiri Maharishi
12. Blue print for world peace -Thathuvagnani Vethathiri Maharishi
Vethathiri Publication, Erode
13. The science of Yoga - I.K. Taimni

Vasantha Press, The Theosophical
Society, Adyar, Chennai, India.

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Yoga for Human Excellence

M.Phil., and Ph.D., syllabus

PAPER III (Special Paper) - Evolution of Universe and Psychic Transformation

1. Evolution of Universe:

Big Bang theory – Time line – Hubble law and the expansion of Universe – Cosmic microwave back ground radiation – Abundance of primordial elements – Dark matter – Dark energy.

Steady state theory – Pulsating theory – Creation theory – Evolution theory given by Vethathiri Maharishi.

2. Evolution of Living being:

Definition on bio magnetism – Universal magnetism - Charles Darvin – Voyage and the theory of natural selection – Evolution trees – History of life – How new species appear – Human evolution – Impact of evolution on society.

3. Psychology:-

Brain – How is the brain organized? - How that influences our daily life – Studying the brain – How do scientists study the brain? – Conscious and unconscious – Sleep – Sensation – Perception – Learning – Memory – Intelligence – Language – Cognitions.

4. Guidance and Counseling: -

Causes for differences among individual human – Guidance and Counselling – Nature, Need and Functions – Areas of Guidance and Counselling – Personality Testing.

5. Meditation and Introspection:

Pathanjali's Astanga Yoga – Vethathiri Maharishi's Simplified Exercise Kaya Kalpa and Kundalini Yoga – Analysis of thought – Neutralization of Anger – Benefits of Blessings – Genetic centre and imprints.

Reference Books

1. Guidance and Counselling – Ko Chhar. S.K. (1984) in colleges and Universities – New Delhi Sterling Publications.
2. Psychology – Thathuvagnani Vethathiri Maharishi, (2009) Vethathiri publications, Erode.
3. Unified force - Thathuvagnani Vethathiri Maharishi, (2004) Vethathiri publications, Erode.