



Program	Ph.D.		
Syllabus	Entrance Exam Syllabus for Yoga		
Examination Pattern	Question Type	No. of Questions	Total Marks
	1 Mark Domain Specific	35	35
	1 Mark Research Aptitude	35	35
	Total	70	70

Section – 1 - Weightage – 50%	
Sr. No.	Topics
1	Fundamentals of Yoga - History and development; definitions and misconceptions; Schools of Yoga (Jnana, Bhakti, Karma, Raja, Hatha, Mantra); Yoga in Vedas, Upanishads, Epics; Saints and Modern Yogis' contributions; Yoga in Jainism and Buddhism.
2	Yoga Texts – I - Principal Upanishads, Bhagavad Gita, and Yoga Vasishtha – concepts of Atma, Brahman, Prana, meditation, karma yoga, bhakti yoga, and spiritual liberation.
3	Yoga Texts – II - Yoga Upanishads – Dhyana Yoga, Pranayama, Samadhi, Siddhis, Ashtanga Yoga, Mantra, Laya, and Hatha Yoga systems.
4	Patanjal Yoga Sutra - Samadhi, Sadhana, Vibhuti and Kaivalya Paadas.
5	Hatha Yoga Texts - Hatha Pradipika, Gheranda Samhita, Shiva Samhita – Asanas, Pranayama, Bandhas, Mudras, Shatkarmas, Dhyana, Nada, and contemporary relevance.
6	Allied Sciences - General Psychology (personality, memory, behavior), Human Biology (systems, anatomy, physiology), and Diet & Nutrition (balanced diet, metabolism, yogic food concepts).
7	Yoga and Health - WHO health dimensions; Trigunas, Pancha-koshas, Shat-chakras; causes of ill health; mitahara, Ayurved Health Dimensions; lifestyle management; yogic concepts for healthy living.
8	Therapeutic Yoga - Yogic management of lifestyle and chronic diseases – respiratory, cardiovascular, endocrine, gastrointestinal, musculoskeletal, neurological, and psychiatric disorders.
9	Applications of Yoga - Yoga in education and philosophy; consciousness; teaching methodologies; value-based education; lesson planning and evaluation in Yoga teaching.
10	Practical Yoga - Shatkarmas, Asanas (various groups), Pranayama (types and phases), Mudras, Bandhas, Meditation techniques, Surya Namaskara, and Contemporary Yogic practices (Cyclic meditation, Yoga Nidra, etc.).
Section – 2 - Weightage – 50%	
Sr. No.	Topics
1	Research Aptitude - Research: Meaning, characteristics and types; Steps of research, Methods of research; Research Ethics; Paper, article, workshop, seminar, conference and symposium.
2	Reasoning (Including Mathematical) - Number series; letter series; codes; Relationships; classification.
3	Logical Reasoning - Understanding the structure of arguments; Evaluating and distinguishing deductive and inductive reasoning; Verbal analogies: Word Analogy-Applied analogy; Reasoning Logical Diagrams: Simple diagrammatic relationship, multi-diagrammatic relationship; Venn diagram; Analytical Reasoning
4	Data Interpretation - Sources, acquisition and interpretation of data; Quantitative and qualitative data; Graphical representation and mapping of data.