

**BARKATULLAH UNIVERSITY, BHOPAL ( M.P. )**  
**(Doctoral Entrance Test)**  
**Approved by the co-ordination committee in its 92<sup>nd</sup> Meeting**  
**As per Clause 9(A) of New Ordinance No. 11**  
**Subject : Yogic Science**

Max. Marks : 100

Time : 02 Hours

**Note : Entire Syllabus, divided in two parts carries 100 marks only.**

1. Part-A Research Methodology carries 50 Marks.
2. Part-B Related to the syllabus of the subject also carries 50 marks.
3. Each part (A & B) is divided into 5 units.
4. Syllabus is equally divided among all units.
5. There shall be no negative marking.

**PART-A**  
**RESEARCH METHODOLOGY**                      **MAXIMUM MARKS : 50**

**Unit- I**

Research - Concept meaning & definition. Type of research literary empirical, historical comparative, experimental, explanatory.

**Unit – II**

Research – Methods and resources

Problem – Concept , meaning, definition , source & type of problems.

Variables – Meaning and types of variables .

Hypothesis – Natures and types of Hypothesis.

**Unit – III**

Sampling – Meaning , significance of sampling.

Research Designs – Meaning purpose of research design.Types of research design.

Techniques of Data Collections - observation method, interview, questioner, experimental method. Research reports writing method.

## **Unit – IV**

Statistics - Basic concept meaning, nature and application of statistics .  
Measures of central tendency - Calculation of mean, Median and mode  
(Ungrouped data grouped data)  
Measures of variability - Range, Quartile Deviation, Standard Deviation .  
Normal Distribution - Meaning Properties and Application of normal probability  
curve (NPC)

## **Unit – V**

Correlation- Meaning Definition , Calculation of Coefficient of correlation, product  
moment method, rank difference method and Carl Pearson. Significance of the  
mean. Significance of the difference between of two groups. T Test, Chi Square  
test. One way ANOVA.

## **PART-B**

### **Yogic Science**

**MM: 50**

#### **UNIT - I Fundamental of Yogic Science**

Origin & definitions of yoga. Scope of yoga, Personality of a yogi - its  
characteristics. Nature of yoga in Upanishads, Gita, Yoga Vashistha, Saddarshan.  
Types of yoga - Rajyoga, Bhakti Yoga, Jnan Yoga, Karma Yoga, Astangyoga.  
Shrimad Bhagwat Geeta. - Soul, Law of Karma, form of religion & Samnyas,  
means to achieve Brahm-Jnan, Abhyasa & Vairagya, Meditation, Elusion &  
Concept of God.

#### **UNIT - II Yoga Sutra and Fundamental of Human consciousness.**

Historical and compositional knowledge of Patanjali Yoga Sutras, Concept of  
Yoga; Chitta- its Bhumi and Vrittis, methods of Vritti control; Samadhi- concept  
and its types, God- its concept and need. Yogantrayas; Kriya Yoga, Principle of  
Karma, Astang Yoga, Panch Kleshas, Sanyama, Occult powers, Prakriti,  
Purusha & Kaivalya.

Consciousness- its meaning, concept, definition & its form., Consciousness in Vedas, Upanishads, Philosophy, Consciousness in Western world and modern psychology. Consciousness - birth & life & luck, purusarth, fruits of Karma, Sanskar & rebirth.

### **UNIT - III Principles of Hathyoga**

Hathyoga- concept, definition, Proper place, time, season for Hathyogic practices, elements of success and failure in Hath yoga, Sign & symptoms of success in Hath yoga, Scope of Hath yoga in modern times. Basic knowledge of Hath yoga texts. Knowledge of Asanas, Shatkarmas, Pranayama, Mudra & Bandha, Pratyahara, Meditation & Samadhi as described in Hath pradipika & Gherand Samhita; Nadanusandhan, Kundalini- its form & means of awakening, Nadis, Chakras & Koshas- their basic knowledge.

### **UNIT - IV Human Anatomy & Physiology**

Basic knowledge of anatomical & physiological aspects of human skeletal, muscular, digestive, respiratory, cardio-vascular, excretory, endocrinal, sense organs & nervous systems and the effects of yogic practices on them.

### **UNIT - V Yogic & Alternative therapies**

Concept of Health & disease, Principles of Yogic therapy causes, sign & symptoms and yogic treatment of skeletal, digestive, respiratory cardio-vascular, endocrinal, nervous system & mental disorders, sense organs related problems.

Alternative therapy - its concept, aims & objectives, types- Acupressure, Pranic healing, Magneto therapy, Swarayogic therapy.

Naturopathy- its concept, history & basic principles. Principles, technique & benefits of Mud therapy, water therapy, Air therapy, Diet therapy, Sun rays therapy, fasting therapy, Massage therapy.