

**LAKULISH YOGA UNIVERSITY**  
**M.Phil Entrance Test: syllabus (Ashtang yoga)**

**Part:1 Research writing/Methodology**  
**50 Marks**

1. Research Methodology: An Introduction
2. The research process: A Quick glance
3. Defining the research problem
4. Identifying variables
5. Constructing a Hypothesis
6. Reviewing the Literature
7. Selecting a Research Design
  - a. Quantitative vs. Qualitative & other common designs
8. Writing a research report
9. Presenting evidence in tables and figures
10. Writing your introduction and conclusion
11. Presenting research in alternative forums

**Textbooks: (Reference books)**

1. Kumar, R. (2011), Research Methodology: A step-by-step guide for beginners, 3<sup>rd</sup> ed., Sage publications: London
2. Kothari, C.R. (2004), Research methodology, New age international Ltd... Publications: New Delhi.
3. Turabian, K.L. (2007) a manual for writers of research papers, theses & dissertations, 7<sup>th</sup> ed., The university of Chicago press: Chicago.

**Part:2 subject : Ashtang yoga**

**50 Marks**

Unit:1

1. Yoga meaning, ashtang yoga of patanjali
2. Cleansing process according to Gheranda samhita
3. Mudras & bandhas according to Gheranda samhita
4. Sadhana Pada from Patanjali Yoga Sutra
5. Meaning of Pranayam, Types, Techniques & Benefits according to Hathayoga pradipika

## Unit:2

1. Definition & dimensions of Health
2. Yoga therapy meaning & principles
3. Role of yoga in preventive health
4. Concept of Triguna, Panch kosha, panch bhuta, panch pran and shat chakras.
5. Concept of healthy diet & nutrition according to prakruti (vata, pitta, kapha).

### **Reference books:**

1. Classical hatha yoga by Swami Rajarshimuni
2. Asana & Mudra by Swami kripalvanandji
3. Hatha yoga pradipika by Swami kripalvanandji
4. Hatha yoga pradipika by Yogi Swami swatmarama
5. Gheranda samhita by Swami satyanand saraswati
6. Fundamentals of ayurved & yoga therapy by Dr. todd hoover (life mission publication)
7. Swasth vrutt.
8. Yoga for positive health by Dr H. R. Nagendra
9. Diet & nutrition (Bihar school of yoga, lonavala)
10. Sutra Triveni by Swami kripalvanandji