

**PhD Course Work in Yogic Science**  
**Advance Course in Yogic Science**

**Total Credit # 3**

**Course Objective: This paper is to impart knowledge about**

- Literary research already done in yoga
- Ancient scriptures related to yoga
- Major spiritual traditions of the world
- Possible applications of the philosophy of yoga in the modern world
- Recent trends in yoga research

**Unit I: Literature review**

Exploring online databases and journals: Phil Papers (Online research in philosophy), IJOY-PPP, COPAC etc.

**Unit 2: Analysis of traditional yoga texts**

Introduction to important commentaries on traditional yoga texts (Hatha yoga, Patanjali Yoga Darshana, Bhagvad Gita and ten principal Upanishads).

**Unit 3: Philosophical Systems of India**

Nyaya, Samkhya, Yoga, Vedanta.

**Unit 4: Philosophy and messages of modern yogis**

Teachings and message of Swami Dayananda, Swami Vivekananda, Paramahansa Yogananda, Sri Aurobindo, Sri Ramana Maharishi, Swami Sivananda Saraswati, Swami Kuvalyananda.

**Unit-V: Recent trends in yoga research**

Consolidated statement of reporting randomized control trial (CONSORT checklist), Conducting meta-analysis of published literature, Methods for grading evidence in healthcare, Writing scientific paper.

## **RECOMMENDED BOOKS:**

1. Hatha Yoga Pradipika- Kaivlyadham Lonavla
2. Gheranda Samhita- Kaivlyadham Lonavla
3. Holy Gita - Swami Chinmayananda, Mumbai
4. The ten cardinal Upanishads – Swami Harshananda. Vedanta Press.
5. S. Radhakrishnan (1971). Indian Philosophy (vol 1-2). George Allen & Unwin, London.
6. Autobiography of Sri Yogendra
7. C Bharadwaja. Light of truth (Satyartha Prakash).
8. S. Vivekananda (1971). Teachings of Swami Vivekananda. Vedanta Press. CA. U.S.A.
9. P. Yogananda (2003). The divine romance. Yogodasatsanga Society of India. Kolkata.
10. A. Osborne (2010). The teachings of Ramana Maharshi in his own words. Sri Ramashramam Publication. Tamil Nadu.
11. S. Aurobindo (2010). The life divine. Sri Aurobindo Ashram. Pondicherry.
12. S. Krishnananda. Sri Swami Sivananda and his mission. The divine life society publication. Rishikesh.
13. <http://www.consort-statement.org>
14. <http://www.ahrq.gov>