



# स्वामी विवेकानन्द योग अनुसंधान संस्थान Swami Vivekananda Yoga Anusandhana Samsthana

Deemed to be University u/s 3 of the UGC Act, 1956

#19, 'Eknath Bhavan', Gavipuram Circle, Kempe Gowda Nagar, Bengaluru – 560 109  
ph: 080-2661 2669 | e-mail: info@svyasa.edu.in | www.svyasa.edu.in



Notification No: S-VYASA/REG/1044/06/2023

Date: 16.06.2023

## Ph.D. admission Notification for the academic year 2023-2024

Applications are invited for the admissions into Full time (Regular) Ph.D. program of S-VYASA Deemed to be University for the academic year August 2023-2024.

### 1. Eligibility criteria for admission to Ph.D. Programme.

The eligibility requirement for candidates to get admitted to the Ph.D. Programme shall include the following:

- ✓ Masters degree in the field of Yoga from a recognized University with 55% aggregate marks.

OR

- ✓ Post Graduation in any Professional program with 55% aggregate marks and
  - Yoga Instructor Course (YIC) from S-VYASA (Deemed to be University) either through regular or distance or online mode.

### 1.1 Relaxation of Marks for special categories.

A relaxation of 5% of marks, from 55% to 50%, or an equivalent relaxation of grade, may be allowed for those belonging to SC/ST/OBC (non-creamy layer) /Differently-Abled persons.

### 2. Procedure for admission

#### 2.1 Entrance Test

- Selection of candidates for Ph.D. Programme will be based on qualifying in the national level entrance test conducted by S-VYASA (Deemed to be University).
- A candidate shall be declared to have passed the entrance test when he/ she scores at least 50% of the marks in the entrance test.



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- Those who have passed NET (National Eligibility Test) in Yoga need not write the entrance test, but can appear for interview directly.

## 2.2 Interview

- Candidates who have passed the entrance test shall appear for an interview conducted by the Admission Committee.
- The candidate will be assessed for depth of knowledge, research potential and personality.
- The Research Supervisors having vacancy of research students will select the candidates depending on their field of research work.

## 2.3 Other Information:

- The applicants have to prepare about 6 to 10 pages of Synopsis concerned to their research topic chosen from the attached list (Divisionwise) and submit along with the application. The Synopsis format is available in the Institute's website.

<https://svyasa.edu.in/pdf/PhD-Yoga/phd-synopsis-format.pdf>

- For different divisions the candidates should submit different applications.
- The applicant should keep all the scanned documents ready, as per the Admission Checklist, at the time of filling the Online Application Form.

## 2.4 Important dates

The tentative schedule for ONLINE Entrance Test & Interview is as follows:

Entrance Test	Friday, 14 <sup>th</sup> July, 2023. 10:00 AM IST	Multiple Choice Questions
Interview (for the candidates having cleared NET/JRF)	Friday, 14 <sup>th</sup> July, 2023. 12:00 PM IST	Through Digital Media
Interview (for the candidates, having cleared the Entrance Test)	Saturday, 15 <sup>th</sup> July, 2023. 10:00 AM IST	Through Digital Media

- The last date for online submission of the filled application form is **10<sup>th</sup> July 2023**.





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## 2.5 Entrance Exam Fee details

- The Entrance Exam Fee for Indians and SAARC nations is Rs. 1000/- per application. For other countries, the Fee is 30/- USD per application.
- In case of multiple applications, fees should be paid separately for each application.
- Mode of payment: Details are available in the Online Application form.
- The Entrance examination Fee once paid is **non-refundable**.

## 3. List of Divisions:

For the Academic year starting August 2023, The University shall permit the registration for Ph.D. in the following Divisions, namely,

Division	No. of Vacancies
Yoga & Life Sciences	05
Yoga & Humanities	01
Yoga & Physical Sciences	01
Yoga & Spirituality	04

Details of available research areas under each division are mentioned below:

Division	Area of Research interest offered	Eligible qualification (Preferred)
Yoga & Life Sciences	<ol style="list-style-type: none"><li>Physiological changes during specific pranayama practices</li><li>Psychophysiology of Yoga practices</li><li>Yoga and Heart Diseases.</li><li>Yoga and Arthritis</li><li>Yoga and Gastrointestinal problems</li><li>Yoga and Parkinson Disease</li><li>Yoga and Cancer</li><li>Yoga and Anxiety and Depression</li><li>Yoga and Post Traumatic Stress Disorder</li><li>Eating Behaviour / appetite regulation related to Yoga</li></ol>	Preferably a Master's degree in Science (Biology & Chemistry) <b>OR</b> at least a bachelor's in science; and MSc Yoga (NET/JRF is preferred).



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	<ul style="list-style-type: none"> <li>11. Yoga and Oxidative stress</li> <li>12. Yoga and Physiological stress</li> <li>13. Yoga and Obesity</li> <li>14. Yoga and Nutrition</li> <li>15. Yoga and Women related issues (Anything)</li> <li>16. Yoga and Nutritional status/ malnutrition/Dietary pattern / anaemia / under weight of orphan children and similar topics.</li> <li>17. Role of Yoga and Nutrition in Non-communicable Diseases (NCDs)</li> <li>18. Yoga and Probiotic foods related to Gut Microbiota for NCD/s</li> <li>19. Proteomic changes in Non-communicable Diseases with Yoga therapy, Psychophysiology of Yoga practices.</li> </ul>	OR Masters in Lifesciences (NET/JRF is preferred).
Yoga & Humanities	<ul style="list-style-type: none"> <li>1. Application of yoga in Sports</li> <li>2. Application of yoga in Education</li> <li>3. Application of yoga for working professionals</li> <li>4. Application of yoga for children with special needs or children with different challenges</li> <li>5. Development of tools/scales</li> <li>6. Application of technology for yoga</li> </ul>	Master's in Yoga (NET/JRF is preferred)
Yoga & Physical Sciences	<ul style="list-style-type: none"> <li>1. Comparative study in Indian philosophies.</li> <li>2. Philosophy of science and Vedic philosophy.</li> <li>3. The art and science of higher consciousness.</li> </ul>	Master's in Yoga/Science/ Humanities
Yoga & Spirituality	<ul style="list-style-type: none"> <li>1. Textual Research in Yoga (Hathayoga, Patanjala Yoga) Vedas/Upanishads, Vedanta, Sanskrit Literature</li> <li>4. 2. Critical Edition of Manuscripts in the aforementioned areas</li> </ul>	Master in Yoga (NET/JRF is preferred) with Sanskrit background





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#### 4. Duration of the Programme:

- Ph.D. Programme shall be for a minimum duration of three years, including course work and a maximum of six years.
- The women candidates and Persons with Disability (more than 40% disability) may be allowed a relaxation of two years for Ph.D. in the maximum duration. In addition, the women candidates may be provided Maternity Leave/Child Care Leave once in the entire duration of Ph.D. for up to One year.

Visit our website for more information:

[http://www.svyasa.edu.in/Programs\\_PhDYoga.html](http://www.svyasa.edu.in/Programs_PhDYoga.html)

Please send your queries to: [phd@svyasa.edu.in](mailto:phd@svyasa.edu.in)

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