

Syllabus

1.1 Research Methodology and Biostatistics

- Knowledge of different study designs.
- Sampling Techniques, Data tabulation and graphical presentation.
- Measures of central tendency, Standard Deviation, (Z score)
- Tests of statistical significance: Parametric and Non-Parametric tests, level of significance and power of the test, 'p' value and its interpretation, statistical significance and clinical significance, t-value, p-value, inter and intra-group correlation.
- Knowledge about statistical softwares.
- Vital Statistics and Demography.

1.2 Research Ethics, Scientific Writing and Communication

- Familiarization with ethical guidelines for animal experimentation and clinical studies.
- Knowledge about various types of scientific communication: General Reviews, Original Research, Meta-analyses, Systematic Reviews, Short communications, Case reports, Case series, Clinical Trials, In-vitro and in-vivo studies, etc.
- Structuring of research articles: IMRAD (Introduction, Methods, Results and Discussion)
- Different referencing styles.

2.1.1 Preparation and Presentation of the Research Plan Proposal

The PhD scholar will prepare and present the research plan proposal on the research topic allotted by the Supervisor

2.1.2 Review of Literature and Presentation of a Seminar on a Research Theme related Topic

- Search and collection of Literary Review from online and print resources related to the research topic of PhD scholar.
- The PhD scholar shall present the seminar on Literary Review of the topic allotted.

2.2 Recent advances, Current Methods, Tools and Techniques in Swasthavritta & Yoga Research

Theory- 60 marks

1. Review and knowledge about practical utility of Dinacharya, Ratricharya, Ritucharya.
2. Ahara – Knowledge about Aharvargas and Classical food items and regional foods.
3. Review on Vega, Nidra, Brahmacharya, Abrahmacharya.
4. Rasayana and vajikarana-- its utility in health and disease condition.
5. Recent advances in Immunization and possible contribution of Ayurveda.
6. Recent developments in National Health Programmes and policies.
7. Role of Swasthavritta in Life Style disorders and geriatric care.
8. Clinical epidemiology of different communicable diseases, re- emerging and newer diseases and the role of Swasthavritta in them.
9. Knowledge about different streams of yoga.
10. Physiological and Psychological effect of Asana, Pranayama and Meditation.
11. Preventive and therapeutic effect of Yogic practices in lifestyle related disorders.
12. Research related equipments/scales of Nutritional Laboratory.

Practical- 40 marks

1. Pathya Apathya for healthy and various disease conditions as per Ayurvedic classics.
2. Yogic Practices for Healthy Individual and different patients.
3. Micro Teaching (To take Lectures and Practicals of PG.)
4. Duty in OPD and IPD
5. Yoga training for Self, Swastha and patients.
6. Departmental Seminars
7. Research Journal /Article Reviews
8. Health Awareness talk for public.

5. Recent Trends in Research related to Preventive Health Care in Ayurveda/Swasthavritta

1. Study, Collection and Presentation of latest/important Articles related to Researches in Preventive Health Care in Ayurveda
2. Study of the Theses already submitted under the Postgraduate and Ph D course of the Department

6. Recent Trends in Research related to Yoga

1. Study, Collection and Presentation of latest/important Articles related to Researches in Yoga
2. Study of the Theses already submitted under the Postgraduate and Ph D course of the Department