

Somaiya Vidyavihar University

K J Somaiya Institute of Dharma Studies
Admission Manual

Ph.D.and JRF Programme
Yogashastra
AY 2026-27

<https://www.somaiya.edu/en/phd/>

Somaiya Vidyavihar University

About Somaiya Vidyavihar University

On 26th August 2019, Somaiya Vidyavihar University became a reality !

We made this milestone after six decades of creating holistic teaching learning experience educational institutes of great repute. Somaiya Vidyavihar University has become a self finance – the first private University in Mumbai vide the Maharashtra Self-Financed Universities (Establishment and Regulation) Act 2013.

We have a dream to build and support a world-class institution, one that is proudly Indian, and excels in education, research and service. Somaiya Vidyavihar University will be a place where knowledge is preserved, disseminated, and new knowledge is created. It will be global in the reach of its ideas and universal in its service. Somaiya Vidyavihar University is a place where students and faculty can explore “Freedom of Possibilities”, pursue their passion and above all, find themselves.

Our History and Vision

An all-round education must integrate Indian culture, values & morality into the curriculum.

The Somaiya Vidyavihar Complex was founded in 1959 by the late Shri K.J. Somaiya (1902-1999). Endowed with a sharp business acumen, a balanced perspective and a social bent of mind, Karamshibhai set up the Somaiya Trust in 1953 for furthering his dream of shaping young minds through quality education. For this purpose, he bought a large area of land at Ghatkopar, then considered to be distant, meagrely populated.

In six decades it has grown into a large educational complex with 34 institutions catering to diverse fields of education such as Humanities, Engineering, Education, Medicine, Management, Dharma Studies, Pure Sciences and Commerce & Business Studies, with more than 39000+ Candidates and 3000+ Faculties and staff on a throbbing 50 acre campus.

Our Founder, Shri K. J. Somaiya founded Somaiya Vidyavihar on 9th September 1959. He later founded the Girivanvasi Pragati Mandal, The K J Somaiya Medical Trust, Girivanvasi Education Trust and sister institutions to make great citizens of India and the World. In the words of Swami Vivekananda, “We want that education by which character is formed, strength of mind is increased, and the intellect expanded, and by which one can stand on one’s own feet.” We have now grown into a multi-disciplinary and multi-campus education institution with over 1500 faculty, and 38, 000 candidates.

With Ph.D. programmes in various faculties, we provide an innovative platform for research aspirants to make a niche of their own to impact society and life.

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About Research Center

In Yogashastra research centre, projects on Yoga practices and their benefits are being undertaken. Projects on Textual and Philosophical aspects of Yoga are going on.

Thrust areas of the department are:

1. Yoga Philosophy
2. Indian Knowledge Traditions
3. Yoga practices and their results.

Research project cum publication entitled 'Universal Brotherhood through Yoga' has been completed which incorporates more than 70 articles on various dimensions of Yoga written by the renowned scholars all over the world. Faculty members have undertaken the funded research project entitled 'Dictionary of Yoga Terms' which gives meaning and explanation of more than 1000 important terms related to Yoga. 'Yogavijnana Jnanamandala' (Centre for Yogic Science) has been established in the department by Maharashtra Rajya Marathi Vishwakosh Nirmitti Mandal to contribute the entries on Yoga in Marathi for online edition of Marathi Vishwakosha which is the project of Government of Maharashtra.

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Ph.D. Admission Eligibility for Somaiya Vidyavihar University (SVU): Minimum Qualifications for Admission

Subject to the conditions stipulated in the Regulations, the following candidates are eligible to seek admission to the Ph.D. Programme

i.	Master's degree or a professional degree declared equivalent to the Master's degree by the corresponding statutory regulatory body, with at least 55% marks in aggregate or its equivalent as per UGC regulations.
ii.	A person whose Master's dissertation has been evaluated and the viva-voce is pending may be admitted to the Ph.D. Programme but subject to completion of Master's degree before provisional admission to SVU Ph.D. Programmes.
iii.	Candidates possessing a Degree considered equivalent to Master's Degree of an Indian Institution, from a Foreign Educational Institution accredited by an Assessment and Accreditation Agency which is approved, recognized or authorized by an authority, established or incorporated under a law in its home country or any other statutory authority in that country for the purpose of assessing, accrediting or assuring quality and standards of educational institutions, shall be eligible for admission to Ph.D. Programme.
iv.	Candidates not having Master's degree but having research / work / professional experience or possessing post graduate diploma may appear for Ph.D. Entrance Examination of SVU subject to such candidates' need to apply separately to SVU for obtaining equivalence for Master's degree. The SVU will have final rights reserved to give such equivalence as per the regulations. Such candidates must possess an undergraduate degree with at least 55% marks in aggregate or its equivalent as per UGC regulations. The relaxation will be as per UGC norms from time to time.
v.	MUST have qualified the Ph.D. Entrance Examination and interview of SVU – mandatory eligibility criteria for all candidates.
vi.	Candidates exempted from appearing for Ph.D. Entrance Examination of SVU MUST fill the application form as per the schedule displayed on website. The exempted candidates need to pay the application processing fee .
vii.	A No Objection Certificate (NOC) from the employer in case of those who are working / employed for applying to Ph.D. Programme
viii.	If candidate wants to apply more than one subject then should submit separate / another application and need to pay the application processing fee per subject.

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Eligibility at UG/PG Degree

Branch of study at UG	Yogashastra or any other subject
Branch of study at PG	Yogashastra

Exemption Criteria for SVU Ph.D. Entrance Examination

Candidates who hold a JRF Fellowship with CSIR/UGC/ICAR/ ICMR and DBT examinations are exempted from appearing for Ph.D. entrance examination of SVU.

For further details about exemption and category of students refer PhD regulation - [Link](#)

However, the candidates who fulfil the above criteria MUST fill the application form as per the schedule displayed on the website along with necessary fees.

Pattern and syllabus of SVU Ph.D. Entrance Examination

The Ph.D and JRF Entrance examination will be common and will be at Somaiya Vidyavihar Campus, SVU, Vidyavihar, Mumbai -77

Pattern of entrance examination will be notified separately in due course of time

Syllabus for Entrance Examination

● **Yogasūtra-s** –

Citta and its vṛtti-s, cittabhūmi, abhyāsa, vairāgya, Īśvara and praṇava, cittavikṣepa, cittaprasādana, practices to maintain the stability of mind, samādhi and its types, Kriyāyoga, kleśa-s, karma-siddhānta, Caturvyūha, Aṣṭāṅga-yoga, Saṃyama, siddhi-s, vāsanā, refutation of the Vijñānavāda doctrine of the Yogācāra sect of Buddhism by Patañjali, kaivalya; structure and special features of the Yogasūtra, contribution of *Vyāsabhāṣya* and *Bhojavṛtti* to the philosophical tradition of Yoga, relationship of Yoga and Sāṃkhya darśana; importance of Yoga in Indian philosophy.

● **Bhagavadgītā** –

Gītā as a Yogasāstra, concept of sthitaprajña, karmayoga, dhyānayoga, triguṇa, daivī and āsurī sampat.

● **Haṭhayoga** –

Basic texts: *Dattātreya Yogasāstra*, *Haṭhapradīpikā*, *Gheraṇḍa Saṃhitā*, *Śiva-saṃhitā* and *Siddha-siddhānta-paddhati*; concept of āsana; concept and importance of śodhana kriyā-s in Haṭhayoga; importance of śodhana kriyā-s in health and disease; concept of maṭha, mitāhāra; rules and regulations to be followed by Haṭhayoga sādha-s; prāṇāyāma, bandha-s and mudrā-s; kuṇḍalinī and nādānusandhāna in Haṭhayoga texts.

● **Jñānayoga** –

Jñānayoga as mentioned in the Upaniṣad-s; basic texts of the eleven principal Upaniṣad-s and subject matter of major Yoga Upaniṣad-s:

Yoga-kuṇḍalī Upaniṣad – methods of prāṇāyāma-siddhi, types of prāṇāyāma, means of self-realization.

Yoga-cūḍāmaṇi Upaniṣad – description of the six limbs of Yoga, their results and sequence

Triśikhi-brāhmaṇa Upaniṣad – description of Aṣṭāṅga-yoga, karmayoga and jñānayoga

Yogatattva Upaniṣad – mantrayoga, layayoga, haṭhayoga, rājayoga and their stages, diet and daily routine, primary symptoms of yogasiddhi-s and precautions

Dhyānabindu Upaniṣad – importance of dhyānayoga, nature of praṇava, techniques of praṇava meditation, Ṣaḍāṅga-yoga, ātmaśānti through nādānusandhāna

Nādabindu Upaniṣad – haṃsavidyā; description of various limbs of omkāra, twelve mātṛā-s of omkāra, types of nāda-s, nature of nādānusandhāna sādhana, state of manolaya

● **Bhaktiyoga** –

Concept of bhakti according to *Nārada-bhakti-sūtra-s* and *Bhagavadgītā*; navavidhā-bhakti; basic knowledge of the bhakti tradition in India and its literature in Indian languages.

● **Karmayoga** –

Concept of niṣkāma-karmayoga according to the *Bhagavadgītā*.

● **Anatomy and Physiology** –

Study of skeletal, muscular, respiratory, circulatory, digestive, excretory, nervous, endocrine and reproductive systems; physiology of āsana, prāṇāyāma, kriyā, mudrā and bandha.

● **Health and Wellness** –

Concept of modern diet and yogic diet; concept of diseases according to *Yoga-vāsiṣṭha* (ādhija-

vyādhi, anādhija-vyādhi); Yoga for lifestyle disorders and mental disorders.

● **Yoga Therapy** –

Principles of Yoga therapy: meaning, aims, benefits and limitations; Yoga therapy for respiratory disorders, endocrinal and metabolic disorders, musculoskeletal disorders, gastrointestinal disorders, cardiovascular disorders, neurological disorders and psychiatric disorders.

● **Psychology** –

Concept of cognition and perception; theories of cognition and non-cognition; personality traits and classification; introduction to Indian psychology; personality integration through psychology and Yoga; Indian approach to personality through triguṇa, pañcakośa and cittabhūmi; mental health, stress management and anger management; psychosis and neurosis; meditative techniques: Zen, Vipassanā, Samatha, Prekṣā-dhyāna, Oṃ meditation; relaxation techniques for well-being: Yogānidrā, DRT.

● **Modern Thinkers** –

Swami Vivekānanda, Śrī Aurobindo, Ācārya Rājaniś (Osho), Rāmana Maharṣi, Swami Kuvalayānanda, T. Krishnamācārya, B. K. S. Iyengar, Swami Śivānanda, Satyananda Sarasvatī.

● **Yoga Practical** –

Knowledge of Yoga practices such as āsana-s, prāṇāyāma, mudrā-s, bandha-s, ṣaṭkarma-s and their benefits.

Documents Required

1. UG Degree or equivalent Mark List
2. UG Degree certificate
3. PG Degree or equivalent Mark List
4. PG Degree or equivalent certificate
5. AADHAR card
6. Degree equivalence / eligibility certificate – wherever is applicable
7. Migration certificate
8. Two colour passport size Photograph
9. If appearing the PG degree examination – bonafide certificate
10. If employed, then No Objection from the employer

Important Links

Tentative Timeline / Steps adapted for Ph.D. Programme - [Link](#)
Fee Structure of Ph.D. Programme - [Link](#)
Guidelines for Payment of Fees a Refund – [Link](#)
About course work - [Link](#)

Process of getting the documents submitted return

After verifications of documents, within 7 days, documents will be returned back to students.

Contact

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