

EDUCATIONAL RESEARCH FRAMEWORK IN YOGA

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Research Framework

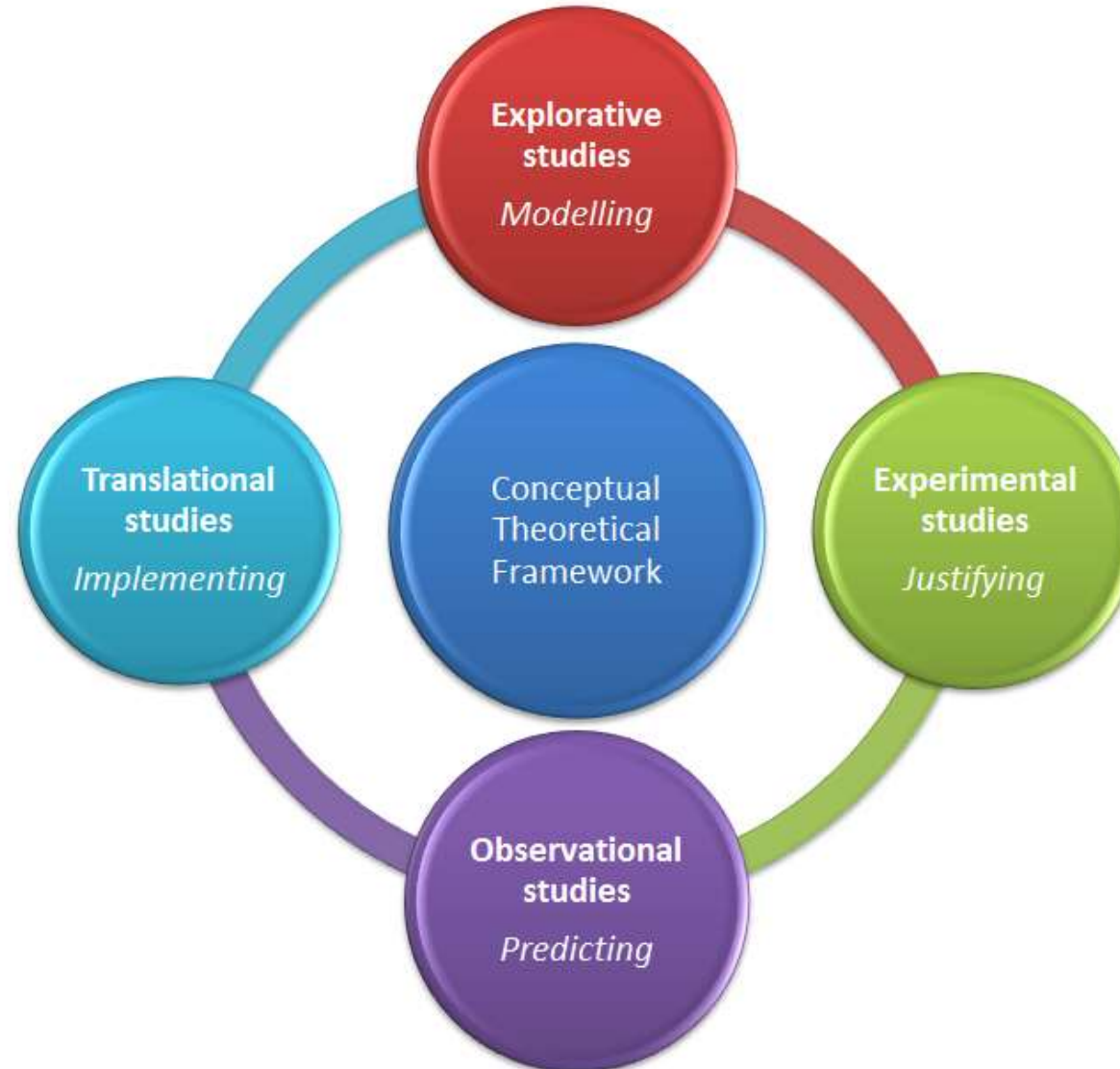
It is vital because it provides a clear and coherent structure for our Research projects

It helps us to avoid confusion, inconsistency, and bias in our research.

A framework justifies our research choices, demonstrate our contribution, and evaluate our results.

A systematic and structured approach to conducting research, which ensures that the study is rigorous, valid, and reliable.

Research Framework



Research Framework in Yoga

PHILOSOPHICO-LITERARY RESEARCH



SCIENTIFIC EXPERIMENTAL RESEARCH

Research Framework in Yoga

Philosophico-Literary Research

- More of Complilation
- Qualitative research is almost negligible

Scientific Experimental Research

- Case study
- Basic /Fundamental reaseearch
- Clinical research

Research Framework in Yoga

Philosophico-Literary Research

- Dissemination (Books and Study materials)
- Choosing appropriate Sloka for the appropriate chapter and texts
- Compilation of the slokas already available on the Palm leaves manuscripts and Cupper foil manuscripts

Research institutions involved in the aforesaid work

- Melukote, Mysore, Karnataka
- Kaivalyadhama, Lonavla, Maharashtra

Research Framework in Yoga

Scientific Experiment Research

- Basic research on Meditation
- Clinical research on Life style diseases
- Research on Asana, Pranayama, Shatr karma, Mudra and Bandhas are very limited

Limitations of Yoga research

Scientific Experiment Research

- Number of samples and their adherence to the Experiment
- Participants lack in their experiences
- Monitoring always a problem
- Confounding variables
- Research set up
- Control interventions
- Lack of research fundings

Overcoming the Limitations

Scientific Experiment Research

- Students who pursue their Yoga courses in a residential set up
- Randomized controlled studies has been a problem in Yoga research
- Longitudinal studies are found to be difficult to follow up the participants
- Cross-over designs are very few, still there is a scope
- Incentives In Yoga research
- Always select a residential set up to overcome the Confounding variables

Future scope in Yoga research

Scientific Experiment Research

- Mechanism based research studies
- Mapping of Yoga postures and corresponding parts of the Brain
- Mapping of the Mantras and Beeja mantra
- Calorie estimation of the Yoga practices
- Postural Biomechanics
- Reproducibility
- Normative data
- Animal models

Yoga research



thank you

The image features a white rectangular area centered on a dark blue background. Inside the white area, the words "thank you" are written in a black, elegant cursive script. A thick, gold-colored brushstroke underline is positioned beneath the text, extending across the width of the words.