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1. INTRODUCTION

Ph.D. requires long term commitments from both the student, the Faculty Guide, and VaYU. Typically, it takes a diligent student 3-5 years beyond a Master's degree or 5-7 years to complete the program beyond Bachelor's. Some students however intelligent and accomplished, simply are not motivated towards research. We counsel the candidate student on the typical length of the program, the commitment needed, and Career Options before enrolling in the program.

2. PH.D. PROGRAM OBJECTIVE

The objective of VaYU's Ph.D. (Yoga) Program is to develop an independent researcher with:

- i. A comprehensive knowledge of, and skills in Yoga.
- ii. Ability to formulate a substantial research question in an uncharted aspect of a sub-discipline.
- iii. Ability to explore, discover and uncover new knowledge and methodologies in the service of humanity.

3. PROGRAM ADMISSION DATES

VaYU has two intakes for the Ph.D. Program: Fall Semester (Monday of August 4th week) and Spring Semester (Monday of January 3rd week after Dr. Martin Luther King Jr., holiday).

4. ADMISSION CRITERIA

Admission to the Ph.D. (Yoga) program is in either of the two ways:

- i. A MS (Yoga) degree holder from VaYU or any other recognized institution of higher learning with a CGPA of at least 3.5 on a 4.0 scale, can apply for the Ph.D. program.
- ii. A candidate with a 4-year Bachelor's degree in any discipline can apply for the MS/Ph.D. program, but will have to first complete all the requirements for a [MS \(Yoga\)](#) program at VaYU before being formally admitted to the Ph.D. program (see Section 4.1).

5. MODE OF DELIVERY

The program will be delivered in a hybrid mode – online and on-campus/field. For courses requiring practical training, a Personal Contact Program (PCP) will be conducted at our physical address 15311 Pioneer Blvd, Norwalk, CA 90650. Students will work in the field as appropriate during their thesis work in conjunction with their Research Thesis Guides for data collection and/or training.

6. ENROLLMENT REQUIREMENTS

6.1. STUDENTS WITH MASTERS IN YOGA (PHD PROGRAM)

Student Applicants will need to:

- (i) Have a Master's degree in Yoga from VaYU or any recognized institution of higher learning.

- Students with Master's degree in disciplines other than Yoga will have to first complete all the requirements for the 30-credit [MS \(Yoga\)](#) program and then will continue on to the Ph.D. program as long as they maintain the degree requirements and are in good standing.
- (ii) Have a minimum 3.5 CGPA or equivalent in their Masters in Yoga Program be it from VaYU or another university.
- (iii) Fill up the [Application form](#) that requires the following:
 - a. Duly filled VaYU application form.
 - b. Curriculum Vitae (C.V.).
 - c. Statement of personal purpose and research interests.
 - d. Two letters of recommendations with at least one from an Academic source in the format prescribed to be sent directly to VaYU at apply@VaYUusa.org.
 - e. Official transcripts (marks cards) and degrees certificates for all conferred academic degrees sent directly by the respective institutions to VaYU¹.
 - f. GRE Scores are not required.
- (iv) Successful candidates fulfilling basic requirements will be called for an interview via Zoom.
- (v) The Admissions Committee will intimate the Students the decision on a rolling basis via the Admissions Office.

6.2. MS/PHD PROGRAM FOR STUDENTS WITH BACHELOR'S DEGREE

Highly qualified and highly motivated Students with a 4-year Bachelor's in any discipline could be admitted to a MS/Ph.D. Program. Students entering with a Bachelor's degree will first complete all the requirements for the 30-credit [MS \(Yoga\) program](#) and then will continue on to the Ph.D. program as long as they maintain the degree and CGPA requirements and are in good standing.

The requirements for Application in Section 5.1 remain the same. Under degree sought, indicate **MS/Ph.D Program**.

7. INTERNATIONAL STUDENTS (MS/PHD PROGRAM)

Check out the [FAQ page](#) for information specific to [international students](#).

¹ For Students with degrees in North America (US & Canada) request your university to submit transcripts directly to VaYU at apply@VaYUusa.org. For Students from other countries, you can submit a self-signed copy directly as a part of your Application form.

8. POST ENROLLMENT

The enrolled student for the Ph.D. Program should read the Student Catalog (put link) and become familiar with all the rules, regulations, and student rights and responsibilities.

8.1. PLAGIARISM PRIMER FOR ALL ENROLLEES

Upon enrollment, all students will have to undergo a **VaYU Plagiarism Primer** coursework that includes passing a popular, no fee, [Plagiarism avoidance Certification course](#) from Indiana University, Bloomington IN. The course takes a few hours to complete. All enrolled Students should submit a Digital Badge of successful completion to VaYU Registrar prior to being invited to Orientation.

8.2. ORIENTATION

Orientation is mandatory for all enrollees to register for courses at the Semester beginning after enrollment. Remember, students who have not completed the **VaYU Plagiarism Primer**, will not be allowed to the Orientation as this course is a hard requirement.

8.3. TRANSFER OF CREDITS FROM OTHER INSTITUTIONS OF HIGHER LEARNING TO VAYU

A Course Transfer from another institution of higher learning, allows the student to not take the course at VaYU, and also allows savings on the tuition and effort of not repeating the equivalent VaYU course. A Course Transfer has the following requirements:

- i) An applicant with an already earned Master's Degree in a Yoga or related discipline will be able to transfer up to 6 additional credits beyond the usual 30 credits, towards the Ph.D. program.
- ii) The courses taken should be from an accredited institution in the US or from a well-recognized institution. A minimum grade of 'B' should have been attained.
- iii) The courses should not have been used towards any degree in the institution that it was taken or elsewhere.
- iv) The syllabus of the transferred course should map completely or substantially to a VaYU course for which it is substituting.
- v) Students should provide documented evidence of the following:
 - Course Description, Syllabus, Certificate (if any), and, Transcript (directly submitted from the original institution).
- vi) Course transfers should be initiated by the Student in the semester of their enrollment with the Registrar's Office at registrar@VaYUusa.org

8.4. EXEMPT COURSES

If a student has taken the course in another institution and cannot transfer the course, or, has attained knowledge about the course through self-study, then the student can be "Exempt" from the course, and can take courses that require this course as a pre-requisite. Course exemptions should be initiated by the Student in the semester of their enrollment with the Registrar's office.

9. PROGRAM CREDIT REQUIREMENTS

Students admitted to the Ph.D. (Yoga) program must complete a total of 66-credits beyond Bachelor's Degree to earn their Ph.D. degree. The 66-credit requirement would include the requirements of a Master's Degree of 30 credits, 20 credits of Ph.D. coursework, and 16 credits of doctoral thesis. It is very important to know that only courses beyond 3xx level are counted towards the 20 credit coursework requirements. A maximum of two 3xx courses can be counted towards Ph.D. requirement. See [Ph.D. program page](#) to see catalog description of all the eligible courses. Note that not all courses are offered all the semesters. Some courses may have prerequisites.

Details of the above courses including, course objectives, learning outcomes, topics covered, and evaluation, are provided when you register for the course through the Learning Management System.

Recommended Time to finish Course work:

- i. For Students admitted to the Ph.D. program after a Bachelor's Degree, two Semesters after fulfilling the requirements for Master's Degree.
- ii. For Students coming in with a MS (Yoga), two semesters after enrolling in the Ph.D. Program.

10. METHOD OF INSTRUCTION AND EVALUATION

10.1. INSTRUCTION

Instruction for coursework shall be a combination of the following modalities:

- Flipped Classroom Approach
 - Asynchronous online learning, through texts, streaming videos, and audio. Some courses could have synchronous method of learning.
 - Weekly face to face '90 min' Faculty-Student Q&A for asynchronous courses.
 - Personal Contact Program where applicable for specific courses - either as part of weekly Office Hours or held separately.
- Lab work on Research Methodology.
- Remote or face-to-face in person Lab instruction on advanced Yoga practices and techniques.

Research Thesis work will primarily be done Online. Based on the specific Research topic chosen, the Research Guide may require the student to work from an identified Lab at another institution or location for experimental design, data collection, collation, analysis, and to carry out related Research activity.

10.2. EVALUATION

Evaluation of student work in a course will be done by the Instructor on Record and/or Co-Teachers. By default, all exams are cumulative (tests, mid-terms, and finals, e.g., for an assignment in Week 10, all

course material released in LMS from the beginning of the semester till and including course material release on the Monday of Week 10, will be included.)

All student work submitted for specific assignments will be corrected within 5 business days except for the Final Exam. The Final Exam dates are determined by the Registrar in advance, published and is available for the student at the beginning of each semester.

10.3. PROBATION BASED ON ACADEMIC PERFORMANCE

A student who receives a grade point average (GPA) below 3.0 in any semester or cumulative will be placed on probation. A student on probation must obtain at least a 3.5 average in the subsequent semester in order to be removed from probation. Two continuous semesters with CGPA or GPA less than 3.0, could result in suspension from the program or even dismissal. Since probationary status may have financial aid implications, students on probation are directed to contact the financial aid office upon determination of probationary status. A student in the Ph.D. program has to maintain a cumulative GPA of 3.5 on a 4.0 scale at any point in their Program to be in good standing.

11. VAYU FACULTY

VaYU faculty comprises of cutting-edge Research Leaders and world-renowned teaching faculty. [Click here](#) for professional details of VaYU Research and Teaching Faculty.

12. PH.D. PROGRAM STEPS

See [Ph.D. Program Steps at this link](#).

13. ACADEMIC INTEGRITY

VaYU Students should conduct themselves in a mature, professional, and ethical manner. Students may be terminated or disqualified from their program of study for any of the following reasons:

- i. Inability or failure to demonstrate reasonable and successful academic progress. Students completing coursework must complete a minimum of three courses per semester for two years. Master's students completing a thesis demonstrate and submit evidence of progress in writing every semester. A waiver may be requested by writing to the Chief Academic Officer stating the reason for the request and the specific time when progress will resume.
- ii. Plagiarism, cheating, deceit, fraudulence, unethical or disruptive behavior, forgery or vandalism.
- iii. Falsification of records, transcripts, or coursework documents submitted for review or credit.
- iv. Failure to submit work according to the standards specified in the manuals and instructions provided by the University and its Instructors.
- v. Failure to maintain the tuition payment agreement.

13.1. PLAGIARISM

Plagiarism, whether from printed, unprinted, or digital sources, is a serious violation of ethical conduct, and will be dealt with severely. Be clear that plagiarism is not only misrepresentation, it can also be a form of theft; in addition, it robs the plagiarist of an important opportunity to develop his or her mind, character, and skills. For a quick review, visit plagiarism.org These matters will be further discussed in the information literacy module, and in class if the instructor decides to put additional stricter constraints as appropriate but never in violation of the above policy.

To uphold academic integrity, all assignments, student work and thesis submitted to VaYU's Learning Management System (LMS) will pass through [Turnitin](https://www.turnitin.com), a tool integrated into the LMS that will check plagiarism and ensure originality of student work. Students can check their submitted work and get a 'similarity score' along with sources where this similarity occurs. There will be an opportunity for Students to correct their work and resubmit their changed assignment as the Faculty will grade the latest submissions. This will help in developing original thinking skills in the student.

NOTE: All students should take and pass the 'Plagiarism Primer' course and stipulated requirements before giving any access to any of the first semester courses.

14. SUPPORT SERVICES

Academic support services include an electronic Library access with theses, reports and availability of 'open access' journals.

14.1. SINGLE POINT SUPPORT

Easy and quick access to an Admin staff for each cohort of the Ph.D. scholars will be provided with a 24-hour turnaround.

14.2. ACADEMIC SUPPORT

At any point in the Ph.D. Scholar's engagement with VaYU, the student will be either in the academic care of the Academic Advisor or the Research Thesis Advisor.

14.3. FUNDING, AID, LOAN & SCHOLARSHIP SUPPORT

Students at Graduate levels need funding support to pursue and successfully complete their degrees. The Student loan and funding office will provide information on opportunities in and out of the university that is customized to the Student needs. Federal and private, loans, work study, and scholarship information will be provided the student.

Students may get a partial or full funding of their tuition expenses through limited work study available. At VaYU. VaYU is presently working to enhance the donor funding to support the Graduate Research students financially.

Once the University is accredited, then students could avail themselves of Federal loans and work study. Counselors will help students to fill [Free Application for Federal Student Aid \(FAFSA\)](#). Graduate students are eligible for \$10,250 per semester in Unsubsidized Stafford Loans with half time enrollment². Information and the loan history found from the National Student Loan Database System (NSLDS) is used by the US Government to determine eligibility³. According to⁴ “... graduate students may not borrow more than \$138,500 in Stafford loans throughout the entirety of their academic careers.”

14.4. CAREER SERVICES

The Graduate student will be able to meet an advisor in the Career Services Office to explore career options, develop a competitive CV/Resume, conference/workshop/event presentation opportunities and tips, and, internship and job opportunities.

15. INTERNATIONAL STUDENTS

15.1. STUDENTS WITH UNDERGRADUATE DEGREE FROM A FOREIGN UNIVERSITY

Student applicants who are not US residents or US citizens are considered **International Students**. If a student applicant is a permanent resident, a naturalized citizen or a citizen of the US, but graduated from a foreign university, VaYU will consider an application for admission to VaYU programs.

Transcripts or degree certifications in languages other than English, must be accompanied by an English translation (see Section on ‘WES Evaluations’ below). If accepted, VaYU will need official copies of both the English and original language version submitted, not just the English version. Scanned copies sent by email or PDF are not considered official; official copies must be in a sealed envelope from the university or come via encrypted email directly from the university.

All transcripts, degree certifications and translations will become the property of VaYU. The potential student need not send official transcripts until formally accepted.

15.2. US Visa

VaYU does not issue US F-1 (student) visas and US J-1 (scholar) visas for students who are in online programs. In those cases, students have to come for a specific short duration such as a Personal Contact Program, VaYU will provide the required documentation to obtain short-term visas.

² Half time enrollment is 5 credits in an Academic Year semester – Fall/Spring, or 2 credits in Summer.

³ “Financial aid for graduate students.” American University, <https://www.american.edu/financialaid/graduate-students.cfm>. Accessed July 5, 2022.

15.3. WES EVALUATIONS

On occasion, applicants may need to have their transcripts evaluated and we suggest using [World Education Services \(WES\)](#)⁴. In those cases, VaYU will intimate the student of this requirement during application evaluation. Common reasons to have one's transcripts evaluated include degree or GPA equivalency, English translation or authentication of the documents. Their Course-by-Course Evaluation costs around \$160. Their highly trained experts will work with the student to create an evaluation that one can later submit to jobs or colleges.

15.4. LANGUAGE SCORES (TOEFL, IELTS AND PTE)

US residents or international students who studied their Bachelor's degree in a medium other than English or have a Bachelor's degree in another language from abroad, or those whose native language is not English have to demonstrate English proficiency⁵. English proficiency can be demonstrated by taking TOEFL, IELTS or PTE exams which are offered by an organization unrelated to VaYU.

Note that VaYU does not offer admission without official language scores meeting the minimum requirements outlined below.

Minimum scores (all these scores are valid for 2 years from the date of testing):

- i. [Test of English as a Foreign Language \(TOEFL\)](#) internet-based: 90⁶
- ii. [Test of English as a Foreign Language \(TOEFL\)](#) paper-based: 577
- iii. [International English Language Testing System \(IELTS\)](#): 7.0
- iv. [Pearson Test of English \(PTE-Academic\)](#): 61

⁴ VaYU does not have any relationship with WES but has found this service to be affordable and professional.

⁵ The language test requirement could be waived if the student have completed a Bachelors or Masters degree from an institution where English is the primary language of instruction.

⁶ VaYU does not accept the TOEFL MyBest Scores. Applicants must achieve a minimum of 90 on one exam date; exams will not be superscored.

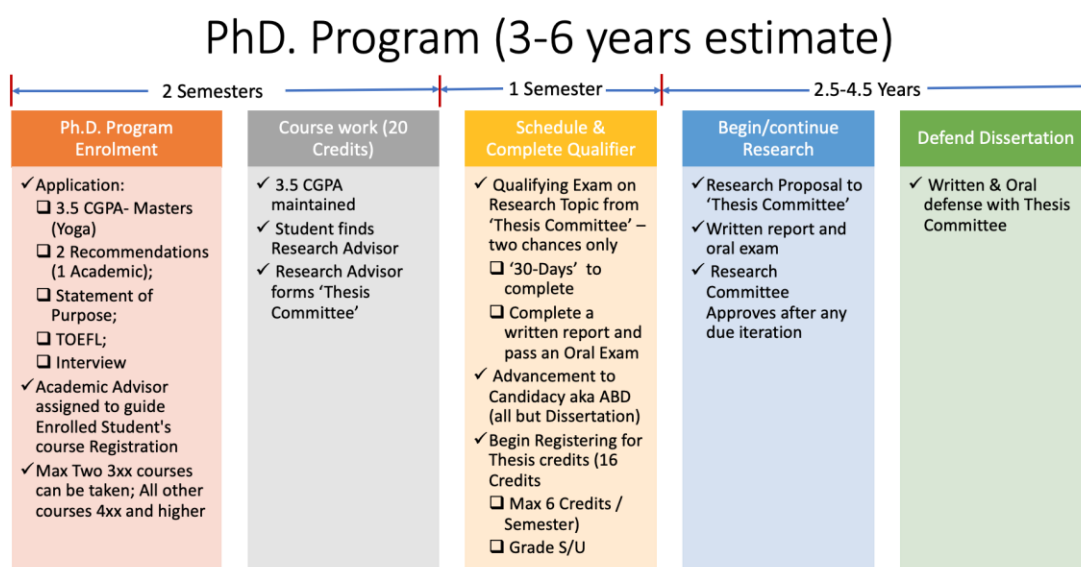
16. PH.D. PROGRAM STEPS

A student enrolled into the Ph.D. program with a Bachelor's degree, will first finish all the requirements for the 30-credit [MS \(Yoga\)](#) program in good standing before continuing on to the courses in the Ph.D. program. If a student already has an MS (Yoga) or equivalent degree from another institution of higher learning, then the Student has fulfilled this portion of Ph.D. requirement.

16.1. SUMMARY OF PHD PROGRAM TIMELINE

Table 1 indicates the various steps explained above. The Program may take 4-6 years. Exactly how long is difficult to say as multiple considerations come into play such as: the Student's motivation and time commitment, difficulty of the Ph.D. Problem, Research Advisor interaction, IRB⁷ approval (if human or animal subjects are involved), and, luck.

Table 1: VaYU Ph.D. program steps for an enrollee with a Master's in Yoga or appropriate discipline. Duration 4-6 years.



16.2. ACADEMIC GUIDE AND RESEARCH GUIDE

Upon admission, a student is assigned an 'Academic Guide' who will advise the student on courses and navigate in finding a 'Research Guide' in the Student's developing research interest, within two semesters after joining the Ph.D. Program. It is the responsibility of student to find a Research Guide by familiarizing themselves with the various research interests of the faculty and Students work under the direction of a 'Research Guide' to complete the research thesis.

⁷ Institutional Review Board (IRB)

16.3. QUALIFIER EXAM

Pre-Requisite: Students should have completed 18 credits of coursework in the Ph.D. portion with a cumulative G.P.A. of at least 3.5 on a 4.0 scale.

After completing the course work, a Qualifier Exam - written and oral - will be given to the student to complete in 30 days duration, on a research problem by the Research Guide and a Ph.D. Thesis committee. Students without a 'Research Guide' will not be allowed to take the Qualifier Exam. Only two attempts are allowed. By passing the Qualifier Exam, the student is considered to be advanced to 'Ph.D. Candidacy,' and is referred to as a "Ph.D. Candidate," colloquially called "ABD (All Bt Dissertation)."

Qualifier Exam Timeline: Should be taken within 3 semesters from the start of the student's Ph.D. portion.

16.4. DISSERTATION THESIS

This consists of an initial proposal followed by the actual research work.

Thesis: Only Students who pass the Qualifier Exam will be allowed to register for Ph.D. Thesis credits.

16.5. THESIS PROPOSAL

This will involve a proposal on the research topic the student is planning to pursue to be cleared and approved by the Thesis Committee before proceeding with writing the thesis. Student prepares a research proposal, submits the written proposal to the Research Committee, schedules an oral defense of the proposal with the Research Committee and passes the exam.

Thesis Proposal Timing: Should be completed within two semesters of passing the Qualifying Exam.

16.6. RESEARCH THESIS - DISSERTATION

Students finish the dissertation with a detailed thesis after the Qualifier. The Student should demonstrate that they can independently solve a research problem not previously solved by anyone on a Yoga and Yoga related discipline/topic (therapy, philosophy, Clinical/ sociological research, Ayurveda, etc.) which has been approved by the Thesis Committee.

Timing: Usually 2.5-4.5 years (including Thesis Proposal).

16.7. THESIS DEFENSE EXAM

A thesis defense exam - written dissertation and oral exam - is required by the Thesis Committee to recommend the Ph.D. Candidate for the degree.

Timing: Thesis committee upon satisfactory completion of any recommended corrections forwards its recommendation to the Provost's Office. The student will then be conferred the degree in the next graduation cycle.