METHODOLOGY

PHILOSOPHICAL, LITERARY AND HISTORICAL RESEARCH

1. Research and analysis of scholarly books on the origin and development of Yoga techniques of Swami Sathyananda. Saraswati.


3. Critical study of Yogic concepts and their interpretation and understanding in various technical languages and disciplines.

4. Study of the Philosophical foundations of teachings of Swami Satyananda.

WORKPLAN
SURVEY: POPULATION
The word population means the entire spectrum of interest. They will identify as a Satyananda yoga tradition followers. The population for this particular research is 2050 (Those who are actively practitioner of Satyananda yoga tradition) in Mumbai.

SAMPLE SIZE
The no. of participants obtained for information is called sample size. Out of 2050 10% of the total population is considered for sample purpose, In this particular, that mean it is 205 practitioners.

TOOLS
Tools of Data collection with Questionnaire. Collection of data from the practitioners of Yoga through questionnaires (Sample Size 205) Randomly. Interview (descriptive) with disciples and followers of Swami Satyananda.

STATISTICAL TOOLS AND TECHNIQUES
Analysis of data.

Analysis of Data: Primary Data collected will be analyzed through following statistical methods:

Parametric Tests: SPSS and Z-test

The methodology will be basically literature review of Swami Satyananda’s books, articles, and research, which match his assertions. Descriptive methodology will be used to trace through available literature and interviews, how swami Satyananda arrived at the innovative concepts of the practices mentioned in the objectives of this research paper.
After going through many research papers and work done in the field of Yoga, both the research purpose and the methodology had been planned research changed or rather deflected a little. Initially, It was planned to conduct experiment and laboratory based research to show & prove some of the practices evolved by Swami Satyananda on a group of people from varied backgrounds.

Therefore, while the research subject remained the same, the methodology changed. From the earlier plan to conduct lab based experiments, I decided that there was need to do a literature review of the immense wealth of knowledge in Swami Satyanada’s books, lectures, etc and the need to collate it with scientific research already done which collaborates with Swamji’s assertions of the effects and benefits of certain practices of yoga.

Moreover, it was realized that a laboratory or experiment based research, cannot be done by an individual. It needs the infrastructure of an Institution or Hospital and all its attendant advantages of human power and machinery.

For this research paper, keeping the above in mind, a dual methodology will be used. This will be to conduct a literature review of books of Swami Satyananda to establish his pioneering, innovative, modern and scientific work on yoga. Then his assertions will be proved against research done around the world in various universities and medical institutes where out come has been measured by scientific methods like MRI, ECG, EEG, etc.

Therefore the methodology will be basically literature review of Swami Satyananda’s books, articles and research which match his assertions. Descriptive methodology will be used to trace through available literature and interviews, how swami satyananda arrived at the innovative concepts of the practices mentioned in the objectives of this research paper.
An important part of this research is to investigate if Swami Satyananda’s work and contribution to yoga has been acknowledged in research works, especially those pertaining to Yoga Nidra, Shankprakshalan, Pawanmukta asana. A cursory research while preparing looking at review literature, one found that Swami Satyananda has not been recognized for his pioneering and scientific approach to Yoga, although the first edition of his book, APMB was published as early as in 1969.

Surviving contemporaries of Swami Satyananda will be interviewed for getting insight into how Swamji developed his various concepts and about his spiritual practices culminating in Samadhi. For great interest will be his scientific explanations even for spiritual practices.