



University of Patanjali

Programme Project Report (PPR)

P.G. Diploma in Yoga Health and Cultural Tourism Open and Distance Learning Programme (w.e.f. Academic Session 2025-2026)

University of Patanjali

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Programme Project Report

University of Patanjali

University of Patanjali (UOP), located near the serene Himalayan foothills in the city of Haridwar, Uttarakhand is named after the great Indian sage Maharshi Patanjali (c. 900 BC), who first compiled numerous writings on Yoga in the form of aphorisms. The University was established through Act No. 4/2006 of Uttarakhand State Legislature published in the State Gazette on 05.04.2006 and is sponsored by Patanjali Yogpeeth Trust (PYP). It is a member of the Association of Indian Universities. University's commitment to excellence extends to its research arm, the Patanjali Research Foundation, renowned for its pioneering research in Ayurveda and Yoga. Collaborations with national and international institutions offer students unparalleled opportunities for engagement in sponsored projects and internships, paving the way for successful placements in esteemed organizations and entrepreneurial ventures including the Patanjali family institutions. University of Patanjali is a prestigious University accredited with an NAAC A+ grade, recognized for its excellence in academics, research, and student support, ensuring high-quality education and global standards. The University has drawn up a plan to explore the potential of self-learning materials defined within the broad framework of the blended mode of education.

Aims and Objectives of the University

The University aims to establish and explore a comprehensive scientific foundation for the wisdom imparted by ancient Indian sages while conducting systematic research based on scientific principles to reinforce its relevance in the modern world. It is dedicated to providing education that fosters employment opportunities and a self-sustaining lifestyle, ensuring holistic growth for students. Additionally, the institution actively engages in studies related to Yoga, Ayurveda, and similar disciplines, contributing to the revival and global recognition of Indian culture.

1. Vision of the University

- To decipher amenable solutions to the global challenges by integrating ancient vedic wisdom and contemporary scientific research with the spirit of global integration.
- Ancient Indian culture embodies eternal, universal human values, therefore the goal is to create healthy, moral and competent citizen with the aim of restoring the Indian cultural heritage and tradition of knowledge to make India a global leader, yet again.



2. Mission of the University

The University is committed to establishing Yoga, Ayurveda, and Sanskrit as the core of education while integrating ancient Vedic knowledge with contemporary science. It strives to promote a harmonious lifestyle by blending scientific advancements with spiritual wisdom, ensuring a balanced and holistic approach to learning. Additionally, the institution is dedicated to the preservation and promotion of ancient knowledge and culture, fostering a deep appreciation for India's rich heritage.

Overview of the P.G. Diploma in Yoga Health and Cultural Tourism

The P.G. Diploma in Yoga Health and Cultural Tourism is designed to integrate the principles of yoga and health with the growing sector of cultural and spiritual tourism. It equips learners with knowledge of yoga practice, holistic health and India's rich cultural heritage, preparing them for careers in wellness tourism, retreat management and cultural promotion.

Programme's Mission and Objectives

- To promote holistic well-being through the integration of yoga, mental hygiene, and emotional stability.
- To prepare students for professional roles in yoga, wellness tourism, and cultural heritage management.
- To develop skilled yoga practitioners and educators grounded in traditional knowledge and modern practices.
- To enhance understanding of sustainable tourism, hospitality, and the socio-cultural aspects of travel.
- To strengthen communication, critical thinking, and cross-cultural awareness for global competency.

Course specific objectives:

- To develop physical and mental well-being through yogic practices and promote higher consciousness.
- To equip students with the ability to confidently demonstrate and teach yoga techniques with accuracy.
- To promote emotional balance, moral values, and spiritual growth for personal and social transformation.

- To explore sustainable, eco-friendly, and responsible tourism principles and their real-world applications.
- To understand and evaluate the cultural and heritage resources significant to Indian tourism.
- To train students in hospitality operations, accommodation management, and tourism service sectors.
- To create professionals who can design and guide wellness-focused tourism circuits and experiences.
- To enhance English communication skills for global interaction, including speaking, listening, and writing.
- To provide in-depth knowledge of yogic texts and their practical applications in health and lifestyle.
- To encourage critical thinking through experiential learning, educational tours, and real-life tourism case studies.

Programme Expected Outcomes

After studying this ODL programme, the students will able to:

PO1: Demonstrate proficiency in yoga practices, including asanas, pranayama, and meditation, with a focus on improving strength, flexibility, balance, and coordination.

PO2: Apply knowledge of yogic principles, anatomy, and sequencing to confidently lead group sessions and guide individuals across varying skill levels.

PO3: Integrate emotional stability, spiritual awareness, and self-discipline through Hatha Yoga and energy-based practices to support personal and professional growth.

PO4: Evaluate and apply key concepts of sustainable, cultural, and responsible tourism, with a clear understanding of tourism operations, hospitality, and ecotourism.

PO5: Communicate effectively in English, and develop confidence in speaking, writing, and presenting across academic and professional settings.

PO6: Analyze real-world tourism challenges using critical thinking and problem-solving skills, proposing sustainable and ethical solutions aligned with local culture and heritage.

PO7: Teach yoga techniques and explain their benefits, contraindications, and procedures clearly while adapting them for different audiences and health conditions.



PO8: Develop innovative business ideas, create comprehensive business plans, understand legal and regulatory frameworks, and identify funding sources and essential resources to launch new ventures in the fields of yoga and tourism.

PO9: Acquire immersive knowledge of India's cultural heritage, folk arts, and spiritual destinations to create meaningful wellness tourism experiences.

PO10: Bridge the gap between theoretical learning and real-life applications through educational tours, field visits, and case-based learning in yoga and tourism.

Relevance of the Programme with HEI's Mission and Goals

The relevance of P.G. diploma in Yoga Health and Cultural Tourism Programme at University of Patanjali, Haridwar (Uttarakhand) mentioned below:

- Building great human being by theoretically and practically introducing them to spirituality humanity, socialism and nationality through the optimal intellect of ancient sages and scientifically universe philosophical vision combined with many western and modern philosophers.
- Enhance employability by providing industry-relevant skills in yoga instruction, wellness tourism, communication, and hospitality, preparing students for diverse career opportunities.
- Creating authentic scholars in ancient and modern knowledge so that they by their genuine destination and work could determine the direction and condition of their personal life as well as the society and ultimately the country.
- Creating physically, mentally, intellectually and spiritually elevated characters and personalities.
- “*sā vidyā yā vimuktaye*” vindicating this statement creating such citizens who getting fulfilled with their ultimate strength and qualities could purge diseases, misery, impoverishment, hunger, fear and all sorts of ignorance and scarcities from their lives as well as from the nation.
- Extricating themselves from all sorts of belligerence, negativities and corruption, the student could align themselves with all the divinities necessary for the formation of divine nation as well as divine world.
- Creating a sense of the enormity of *brahmacharya*, *grhastha*, *vānaprastha* and *sanyāsa* among the students so that the feeling of harmony, co-existence and brotherhood achieves prestige and spread across the globe.

Nature of Prospective Target Group of Learners

P.G. diploma in Yoga health and Cultural Tourism under open and distance is designed for:

- ✓ Any Graduate
- ✓ Working Professionals
- ✓ Yoga Practitioners and Enthusiasts
- ✓ Health and Wellness Professionals
- ✓ Tourism and Hospitality Students
- ✓ Entrepreneurs and Start-up Aspirants
- ✓ International Students and Cultural Learners
- ✓ Home makers

Appropriateness of Programme to be Conducted in Open and Distance Learning Mode to Acquire Specific Skill and Competence

After completing the Programme through Open and Distance Learning (ODL) mode, the students will be able to acquiring specific skills and competencies. This ODL Programme can effectively cater to the needs of learners seeking to develop these skills:

- **Yoga Instruction and Demonstration Skills:** Learners gain the ability to confidently perform and teach various yogic practices, including asanas, pranayama, and meditation, through video modules and guided online practice sessions.
- **Tourism & Hospitality Management Skills:** Students acquire knowledge of sustainable tourism, cultural heritage, and hospitality operations through interactive digital content, case studies, and virtual tours.
- **Entrepreneurial and Business Development Skills:** The programme trains learners to develop business ideas, prepare business plans, understand legal frameworks, and identify financial and logistical resources for launching yoga and tourism-related ventures.
- **Communication & Leadership Skills:** Through virtual workshops and online communication exercises, students improve their spoken and written English, interpersonal skills, and leadership qualities required in global wellness and tourism industries.



- **Digital Literacy & Self-Learning Skills:** Learners become proficient in using digital platforms, managing online learning tools, and engaging in self-paced study, enhancing their adaptability and digital literacy.
- **Cultural Awareness & Global Perspective:** The programme nurtures appreciation for diverse cultural traditions and their relevance in tourism and wellness sectors, preparing learners to work in multicultural environments.

Instructional Design

Curriculum Design: The learning resources are developed by faculty members with extensive expertise in their respective domains. They possess deep knowledge of classical Yoga Scriptures and Texts, complemented by a comprehensive understanding of modern medical science, ensuring an integrative and evidence-based approach to yoga education.

Mode of Instruction: The programme employs a blended learning approach, incorporating, virtual classes, video lectures, PowerPoint presentations, and Self-Learning Materials (SLMs) in both digital and printed formats, ensuring easy accessibility for students. Additionally, learners receive academic support from the institute's experienced faculty through dedicated email communication, chat groups, regular online interactions, etc.

Learning Resources: The programme provides comprehensive printed and digital study materials, ensuring students have access to well-structured content for effective learning. Practical demonstration videos and interactive learning modules further enhance understanding by offering visual and hands-on experiences. Additionally, guest lectures and live training sessions conducted by experienced yoga practitioners provide deeper insights into the subject. Personal Contact Programmes (PCP) facilitate in-depth practical training and mentorship, allowing students to refine their techniques under expert guidance. Furthermore, research-based assignments and case studies encourage analytical thinking and the application of theoretical knowledge in real-world scenarios.

Practical Training: The programme includes hands-on yoga practice sessions guided by expert faculty, ensuring students develop proficiency in various techniques. Supervised training sessions focus on posture correction, breathing techniques, and meditation practices to enhance precision and effectiveness. Additionally, field visits to wellness centers provide practical exposure, allowing students to observe and experience the real-world application of yoga in health and wellness settings.

Medium: The learning material for P.G. diploma in Yoga Health and Cultural Tourism programme will be in Hindi and English both languages. Learners have the option to choose study material in either English or Hindi and can use their preferred language to answer questions in the examination.

Programme Structure & Curriculum

The programme follows a structured, semester-based format, integrating core theoretical subjects, practical training, and electives to provide a comprehensive understanding of yoga and tourism. A minimum of 80 credits are required for completion, ensuring a balanced approach to academic learning and hands-on experience. The curriculum is designed to equip students with knowledge of yoga philosophy, Hatha Yoga, anatomy, and physiology, along with essential skills in tourism and hospitality management. Practical training, including yoga sessions and tour reporting, ensures experiential learning, preparing students for careers in yoga tourism, wellness retreats, and related fields.

SEMESTER-WISE SYLLABUS

FIRST YEAR						
SEM I	Course Code	Subject	Evaluation Scheme			Subject Total
			Credit	CA	SEE	
	PGD-YHCT -101	Fundamentals of Yoga	4	30	70	100
	PGD-YHCT -102	Introduction to Hatha Yoga	4	30	70	100
	PGD-YHCT -103	Basics of Tourism and its Services	4	30	70	100
	PGD-YHCT -104	Hospitality Management	4	30	70	100
	PGD-YHCT -105 (P)	Yoga Practicum	2	15	35	50
	PGD-YHCT -106 (P)	Tourism Practicum	2	15	35	50
	PGD-YHCT -GE-107/ PGD-YHCT-GE-108	Communicative English/Sanskritam	4	30	70	100
TOTAL			24	180	420	600



SEM II	Course Code	Subject	Evaluation Scheme			Subject Total
			Credit	CA	SEE	
	PGD-YHCT -201	Patanjali Yog Darshan	4	30	70	100
	PGD-YHCT -202	Basics of Anatomy & Physiology	4	30	70	100
	PGD-YHCT -203	Tour Guiding and Escorting	4	30	70	100
	PGD-YHCT -204	Itinerary Planning, Marketing, Tour Packaging & Costing	4	30	70	100
	PGD-YHCT -205 (P)	Human Biology Practicum	2	15	35	50
	PGD-YHCT -206 (P)	Tour Report	2	15	35	50
	PGD-YHCT -GE-207/ PGD-YHCT -GE-208	Advance Communicative English/ Basic Principles of Yajna Pathy	4	30	70	100
TOTAL			24	180	420	600
SECOND YEAR						

SEM III	Course Code	Subject	Evaluation Scheme			Subject Total
			Credit	CA	SEE	
	PGD-YHCT -301	Hygiene, Diet and Nutrition	4	30	70	100
	PGD-YHCT -302	Principles of Ayurveda and Panchkarma	4	30	70	100
	PGD-YHCT -303	Cultural Heritage Tourism & its Management	4	30	70	100
	PGD-YHCT -304	Branding Tourism and Yoga Products	4	30	70	100
	PGD-YHCT -305 (P)	Yoga Practicum	2	15	35	50
	PGD-YHCT -PW-306/PGD-YHCT -PW-307	Project Report/ Field Work	2	15	35	50
	PGD-YHCT -GE-308/PGD-YHCT -GE-309	Yoga Psychology/Basics of Computer Skills	4	30	70	100
TOTAL				180	420	600



SEM IV	Course Code	Subject	Evaluation Scheme			Subject Total
			Credit	CA	SEE	
	PGD-YHCT-401	Complementa-ry And Alterna-tive Therapy (CAT)	4	30	70	100
	PGD-YHCT-402	Yoga Therapy	4	30	70	100
	PGD-YHCT-403	Business com-munication and Personality Development	4	30	70	100
	PGD-YHCT-404	Ecotourism Principles and Practices	4	30	70	100
	PGD-YHCT-405 (P)	Integrated Pathy & Well-ness Practicum	2	15	35	50
	PGD-YHCT-406 (P)	Seminar and Viva-voce	2	15	35	50
	PGD-YHCT-GE-407/PGD-YHCT-GE-408	Principles & Practice of Yoga Teaching / Computer Applications in Tourism and Hospitality Industry	4	30	70	100
TOTAL			24	180	420	600

NOTE: CA – Continuous Assessment; SEE – Semester End Examination

GE: General Elective

Detailed Syllabus: It is available as Annexure-I

Assessment Methods

Examinations: P.G. diploma in Yoga Health and Cultural Tourism employs a structured examination system to assess students' theoretical and practical knowledge. The **Semester-End Examination (SEE)** is a comprehensive written test conducted at the end of each semester. It evaluates student's conceptual clarity and theoretical understanding of core subjects, practical applications, and research methodology. This examination contributes 70% to the overall course evaluation. In addition to the SEE, **Continuous Assessment (CA)** is conducted through assignments and contributes to 30% of the total evaluation. A minimum of 33% marks is required in both the components for the successful completion of the programme.

Practical Assessments: Since yoga is a practice-oriented discipline, hands-on evaluation plays a crucial role in student assessment. The Yoga Practicum component tests students on their ability to demonstrate and instruct various yogic practices, including asanas, pranayama, kriyas, and meditation techniques. Faculty and external examiners evaluate students based on their precision in postures, breathing techniques, and therapeutic applications. These evaluations include performance-based assessments, mentor feedback, and practical demonstrations of yoga therapy sessions.

Research & Project Work: As part of the curriculum, students must undertake research to enhance their analytical and academic skills. The Dissertation/Thesis is a compulsory research project in the final semester, requiring students to conduct original studies on topics related to yoga therapy, philosophy, or applied yoga sciences. The dissertation is evaluated based on research methodology, data analysis, findings, and presentation, with a viva-voce examination conducted by internal and external examiners. Additionally, Assignments & Case Studies form an integral part of continuous assessment, where students submit essays, research papers, and case analyses to demonstrate critical thinking and application-based learning.

Faculty & Infrastructure

Faculty Resources: P.G. diploma in Yoga Health and Cultural Tourism is supported by a team of highly experienced faculty members specializing in yoga, Ayurveda, and human anatomy. These experts have a vast knowledge and practical experience which ensures a well-rounded education by integrating traditional yogic wisdom with modern scientific understanding. Additionally, dedicated mentors provide personalized guidance during practical sessions and research activities, ensuring students receive hands-on training and



support in developing their skills and academic projects. This structured faculty support system ensures that students gain both theoretical knowledge and practical expertise, preparing them for careers in yoga therapy, research, and education.

Infrastructure Support: The University of Patanjali offers a robust infrastructure designed to support Open and Distance Learning (ODL) programmes, ensuring accessibility and high-quality education for students beyond traditional classroom settings. The institution provides a comprehensive digital learning platform, equipped with video lectures, e-books, and interactive study materials, allowing students to engage in self-paced learning. A well-structured Learning Management System (LMS) enables smooth course delivery, online assessments, and real-time interaction with faculty members. To support practical training, the University offers virtual workshops and live demonstration sessions, where students can learn and practice yoga techniques under expert guidance.

Admission Process

Eligibility Criteria

Candidates who have completed graduation in any subject with at least 40% marks from a recognized University are eligible to apply.

Application Process

- Interested candidates can obtain the application form from the University's official website or admission office.
- The form must be filled out with accurate details and submitted along with the required documents, such as academic certificates, identity proof, and passport-sized photographs.
- An application fee, as prescribed by the University, must be paid during submission.

Fees

Fees of the Programme is **Rs. 46000/-**

Requirement of the Laboratory Support and Library Resources

Laboratory is not required as part of this curriculum and the digital library provides access to a vast repository of academic research and continuous learning.

Cost Estimate of the Programme and the Provisions

For the design, development delivery and maintenance of the programme the fund will be as per the budget allocated by the University in Annual Budget session.

Quality Assurance Mechanism

The University of Patanjali ensures quality in its P.G. diploma in Yoga Health and Cultural Tourism (ODL) programme through a structured curriculum aligned with UGC-DEB guidelines, integrating theory, practice, and research. A Learning Management System (LMS) supports digital learning, while Personal Contact Programmes (PCPs), virtual workshops, and mentorship sessions enhance practical training. The curriculum is regularly revised to meet learner needs, with faculty members contributing expertise. Industry-experienced mentors and facilitators provide practical insights, and regular orientation programmes keep faculty updated on the latest tools and techniques. A continuous evaluation system, including internal assessments, exams, and structured feedback from students and facilitators, ensures academic rigor. Faculty analyse feedback to improve Self-Learning Materials (SLMs), counselling sessions, and administration, maintaining a high-quality, learner-centric education experience.



UNIVERSITY OF PATANJALI

ANNEXURE-I

SYLLABUS OF ODL COURSE
POST GRADUATE DIPLOMA IN YOGA HEALTH AND CULTURAL TOURISM

SEMESTER I

COURSE-1
COURSE CODE – PGD-YHCT -101
SUBJECT NAME – FUNDAMENTALS OF YOGA

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

The objective of learning this course is to:

- Introduce with yoga, its origin and streams.
- Understand various traditions of yoga and contributions of renowned Indian yogis and their impact on the evolution of yoga.
- Understand yogic philosophy as reflected in ancient texts, including Vedas, Upanishads, and traditions like Jainism and Buddhism.

Course Outcomes:

At the end of this paper students will be able to:

- Deeply understand the meaning, history, misconceptions and significance of yoga.
- Emphasize the importance of yoga for a healthy life in the modern age.
- Identify and practice various yoga streams with an understanding of their effects.

	BLOCK-1: General Introduction to Yoga
Unit-01	Origin of Yoga, Psychological basis for origin of Yoga

Unit-02	Etymological meaning and definition of Yoga, Purpose of Yoga
Unit-03	History and Development of Yoga (Vedic period, Darshan period, Commentary period, Bhakti Yoga and Hatha Yoga period, Modern period)
Unit-04	Current misconceptions regarding Yoga, Major principles of Yoga, Yoga practices for healthy life, Importance of yoga in present age
	BLOCK-02: Basis of Yoga and Tradition of Yoga
Unit-01	General introduction of Vedas, Upanishads and Ayurveda in yogic context.
Unit-02	General introduction of Samkhya, Yoga philosophy and Vedanta philosophy (in yogic context), General introduction of Bhagwad Geeta and Puranas (in Yogic context)
Unit-03	Brief Introduction to Yoga in Jain Philosophy and Buddhist Philosophy.
Unit-04	Bhakti Yoga of Medieval Saints (Kabir, Nanak and Sufism).
	BLOCK-03: Tradition and Major Streams of Yoga
Unit-01	General introduction of Tantra and its currents (Shaiva, Shakta, Vaishnava, Buddhist Tantra)
Unit-02	Concept of Shiva and Shakti, Yoga in Shaivite and Shakta Tantras
Unit-03	Concept of Nadi and Prana, Kundalini, Kundalini Shakti and Shatchakra Sadhana, Impact of Tantra in Hatha Yoga Tradition and Sadhana.
Unit-04	Major Streams of Yoga- Concepts of major streams of yoga and introduction of their limbs with the effects - Gyan Yoga, Bhakti Yoga, Karma Yoga, Ashtanga Yoga, Kriya Yoga, Hatha Yoga and Mantra Yoga
	BLOCK-04: Introduction to Renowned Yogis
Unit-01	Introduction (life & works) of the great yogis of India - Maharishi Patanjali, Maharishi Vyas, Maharishi Kapil Muni, Adi Shankaracharya, Maharishi Dayanand Saraswati, Swami Vivekananda, Maharishi Arvind, Swami Kuvalayananda, Maharishi Raman, Yogarishi Swami Ramdev.



PRESCRIBED TEXT BOOK

1. योग दर्शनम् - स्वामी रामदेव दिव्य प्रकाशन, पतजंलि योगपीठ, हरिद्वार
2. दर्शन प्रवेश- दिव्य प्रकाशन, पतजंलि योगपीठ, हरिद्वार
3. योग के मूलभूत सिद्धान्त – आचार्य बालकृष्ण जी, दिव्य प्रकाशन, पतजंलि योगपीठ, हरिद्वार
4. गीता रहस्य (निर्धारित पाठ्यांश) - लोकमान्य तिलक
5. भारत के महान योगी- विश्वनाथ मुखर्जी
6. तंत्र दर्शन - स्वामी निरंजनानंद परमहंस- पंचदश नाम अलखबाड़ा, देवघर, बिहार

BOOKS FOR REFERENCE:

1. Agarwal MM: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. Hiriyanma M :Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
4. . Bhat, Krishnak.:The Power of Yoga: SuYoga Publications Mangalore, 2006
5. Swami Prabhavananda : Spiritual Heritage of India(English). Sri Ramkrishna Math, Madras, 2004
6. Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
7. Pandit, M.P. : Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976
8. Dasgupta,S.N. : Hindu Mysticism, Motilal Banarasi dass, Delhi, 1927.
9. A Search in Mystic India - Paul Brunton
10. Sharma, Chandradhar : A Critical Survey of Indian Philosophy. Motilal Banarasi das, Delhi, 2013

COURSE-2

COURSE CODE – PGD-YHCT-102

SUBJECT NAME – PRINCIPLES OF HATH YOGA

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

The objective of learning this paper is to:

- Introduce concept of hath yoga with insight into primary texts like Hatha Pradipika and Gherand Samhita.
- Explore historical origins & tradition with philosophical basis of Hath yoga.
- Master the techniques, benefits and precautions associated with Hath yogic practices.

Course Outcomes:

At the end of this paper students will be able to:

- Appreciate the importance of classical texts in guiding Hatha yoga teachings.
- Experience enhanced stability, vitality and concentration through correct techniques.
- Deep understandings of significance of Hath yogic practices for achieving holistic health.

	BLOCK-1: General Introduction to Hatha Yoga
Unit-01	Hatha Yoga - Meaning, Definition, Origin, Tradition and Purpose. Prevailing misconceptions regarding Hatha Yoga. Helping and obstructing elements of Hatha Yoga.
Unit-02	The Hatha Yogic practice described in Hathayogapradipika. Concept of Math, Manuals for the practitioner of Hatha Yoga, Concept of Mitahar, Pathya & Apathya.
Unit-03	Tradition of Hatha Yoga. A brief introduction and contribution of the major yogis of the Nath Yoga tradition. Relations in Hatha Yoga and Raja Yoga.
Unit-04	Current misconceptions regarding Yoga, Major principles of Yoga, Yoga practices for healthy life, Importance of yoga in present age.
	BLOCK-2: Practices of Hatha Yoga - Purification and Asanas (12hours)
Unit-01	Introduction to purification practices - Purification actions described in Hatha Yoga Pradipika and Gherand Samhita and their method, benefits and precautions.
Unit-02	The role of purification practices in yoga sadhana and the importance of purification practices in modern life.



Unit-03	Yogasana: Definition, characteristics and importance in yoga practice.
Unit-04	Aasana: Method, benefits, precautions & importance of asanas in H.P. & G.S.
BLOCK-3: Practices of Hatha Yoga - Pranayama, Bandha and Mudras (12 hours)	
Unit-01	Pranayama: Introduction. Method of Proper Respiration, Yogic Deep Breathing. Concept of Inhale (Purak), Retention (Kumbhak) and Exhale (Rechak).
Unit-02	Prana, types of prana and sub-prana. Importance of Pranayama in Hatha Yoga Sadhana. Preparation for Pranayama- Nadishodhana Pranayama. Signs of Hathasiddhi (success in hathayoga). Method, benefits and precautions of Pranayamas in Hatha Yoga Pradipika and Gherand Samhita..
Unit-03	Bandha: introduction, the importance of bandha-triad in yogasadhana.
Unit-04	Main mudras in Hatha Yoga Pradipika and Gherand Samhita - their methods, benefits and precautions.
BLOCK-4: Practices of Hatha Yoga - Pratyahar, Nadanusandhana and Swarodaya Gyan & Major Texts of Hatha Yoga (24 hours)	
Unit-01	Pratyahara, Dharna and Dhyana in Gherand Samhita, their methods, benefits and precautions. Samadhi, signs of samadhi in Hatha Yoga Pradipika.
Unit-02	Nāda, the four stages of Nadānusandhana and their accomplishments (siddhis). Concept of Swara, the importance of Swarodaya Gyan in Yoga Sadhana (with special reference to Gyan Swarodaya and Shiva Swarodaya).
Unit-03	Introduction, Purpose and Importance of major texts of Hatha Yoga: Siddha-Siddhantha Paddhati, Goraksha Samhita, Shiva Samhita, Hatha Yoga Pradipika, Gherand Samhita, Hatha Ratnavali.
Unit-04	Main applications of hatha yogic activities- preparation of Raja Yoga Practice, achieving holistic health, prevention of diseases, rejuvenation, healing and slow aging.

PRESCRIBED TEXT BOOK

1. हठयोग प्रदीपिका - कैवल्यधाम, लोनावला
2. घेरंड संहिता- कैवल्यधाम, लोनावला
3. गोरक्ष संहिता डॉ. चमनलाल गौतम (1985)
4. प्राणायाम रहस्य- स्वामी रामदेव, दिव्य प्रकाशन, पतजलि योगपीठ, हरिद्वार
5. Research Publication, P.R.F. Patanjali Yogpeeth

BOOKS FOR REFERENCE:

1. Woodroffe, Sirjohn: The serpent power, Ganesh & Company, Madras, 2000
2. Woods, J.H. : The Yoga system of Patanjali, M.L.B.D., Delhi, 1988.
3. Swami Vivekananda: Rajayoga, Advaita Ashram, Culcutta, 2000.
4. Burley, Mikel: Hatha Yoga, Its Context The oryand Practice (M.L.B.D. Delhi, 2000)
5. Burnier, Radha:Hathayoga Pradipika of Svatmarama, The Adyar Library publications, Chennai.COURSE-3

COURSE CODE – PGD-YHCT-103

SUBJECT NAME – BASICS OF TOURISM AND ITS SERVICES

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

The objective of learning this paper is to:

- Understand key concepts such as tours, tourists, excursionists, and tourism products.
- Explore tourism types, forms, elements, and components with the nature, purpose, scope and Impacts of tourism as an industry.
- Learn about the types, roles, and objectives of tourism organizations.

Course Outcomes:

At the end of this paper students will be able to:

- Gain overall concept of tourism and awareness of its organizations and their significance at different levels.



- Develop skills in managing transportation, accommodation, travel services, and specialized tourism offerings.
- Identify and leverage yoga, wellness, and recreational activities to enhance tourism experiences.
- Understand the contribution of organizations to the growth and development of tourism in India and globally.

	BLOCK-1: Understanding Tourism
Unit-01	Concepts of Tours, Tourists, Visitors, Excursionists, travellers, resources, attractions, Tourism Product, Network and Industry.
Unit-02	Tourism: Meaning, nature, purpose and scope.
Unit-03	Tourism: Types and forms, elements and components.
Unit-04	Historical development of tourism and approaches to the study of tourism.
	BLOCK-2: Impacts of Tourism
Unit-01	Economic impacts of Tourism
Unit-02	Socio-cultural Impacts of Tourism
Unit-03	Environmental and ecological impacts of Tourism
Unit-04	Impacts of yoga and wellness in Tourism.
	BLOCK-3: Major Tourism Services
Unit-01	Transportation: Types and relevance in Tourism
Unit-02	Accommodation: Types and relevance in Tourism
Unit-03	Travel Agencies and Tour Operators: Overview and relevance in tourism
Unit-04	Specialized tourism services: health and wellness, recreational activities, Information and safety services.
	BLOCK-4: Tourism Organizations
Unit-01	Tourism organization: Concepts, Types and objectives, role and importance
Unit-02	International organizations: Origin, location and functions- WTO, UNW-TO, WTTC, PATA, IATA.

Unit-03	National organizations: Role and contribution of Ministry of tourism, Govt. of India, ITDC, TFCI, IRCTC, TAAI, etc.
Unit-04	Regional and local organizations of Uttarakhand: Origin, location and functions- Ministry of tourism, Govt. of Uttarakhand, UTDB, etc

SUGGESTED READINGS:

1. Mill and Morrison, (1992), The Tourism System: An Introductory Text, Prentice Hall.
2. Cooper, Fletcher et al, (1993), Tourism Principles and Practices, Pitman
3. Burkart and Medlik, (1981), Tourism: Past, Present and Future , Heinemann, ELBS.
4. Mill, R.C., (1990), Tourism: The International Business, Prentice Hall, New Jersey.
5. Bhatia, A.K., - International Tourism
6. Seth, P.N., (1999) Successful Tourism Management (Vol 1 &2)

COURSE-4
COURSE CODE – PGD-YHCT -104
SUBJECT NAME – HOSPITALITY MANAGEMENT

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

The objective of learning this paper is to:

- Understand the concept, nature, and meaning of hospitality.
- Explore the historical origin and growth of the hospitality industry.
- Identify hotel classifications, types, and their functional departments.
- Learn the main features, hierarchy, divisions, roles, and job descriptions of Hospitality office services.

Course Outcomes:

At the end of this paper students will be able to:

- Develop a comprehensive understanding of the hospitality industry's foundation.



- Learn the functional structures and interdepartmental coordination within hotels.
- Gain knowledge of Indian hospitality initiatives and educational advancements.
- Understand strategic approaches in contracts and franchising within hospitality.

	BLOCK-1: The Hospitality Industry
Unit-01	Defining Hospitality: Nature and its meaning.
Unit-02	Overview of hospitality industry, origin and growth with special ref. to India
Unit-03	Definition type and classifications of hotel, major functional hotel departments
Unit-04	Typology of accommodation, forces affecting growth and change in the hospitality industry, relationship between Hotel and travel industry.
	BLOCK-2: Organization & functions of Departments in Hotels
Unit-01	Front office services: Main features, hierarchy, various divisions, roles, job description
Unit-02	House Keeping services: Main features, various divisions, roles, job description
Unit-03	Food production, Food & Beverage services: Main features, Operational areas & departments, roles and job description.
Unit-04	Functions of Back office & Ancillary departments: HR, Training, Engineering, Finance and accounts, Security, Sales and purchase, etc
	BLOCK-3: Management in Hospitality Industry
Unit-01	Departmentalization: The delegation of authority, line and staff, functional staff authority, selection & employment, motivating & paying.
Unit-02	Role and contribution of ITDC and state tourism corporations in development of hospitality industry in India.
Unit-03	Hospitality Educations of India-growth & development
Unit-04	Role and contribution of Hospitality Associations (HAI, FHRAI)
	BLOCK-4: Management Contracts and Franchising
Unit-01	Concept of management contract, operation procedures advantages and disadvantages.

Unit-02	Concept of Franchise, operation procedures, advantages and disadvantages, franchise fee and selection.
Unit-03	The economics of the hotel business, dimensions of the hotel investment decision
Unit-04	Brand competition, changes in franchise relationship

SUGGESTED READINGS:

1. Introduction to Hospitality Industry-Bagri &Dahiya
2. Introduction to Hospitality- J. Walker
3. Managing Hospitality- D. Rutherford
4. Hotel Front Office Manual-Sudhir Andrew
5. Housekeeping Manual-Sudhir Andrew
6. Hotel and Lodging Management and Introduction: by Alan T. Stutis & James F. Wortman, John Wiley & Sons.

COURSE-5
COURSE CODE – PGD-YHCT-105 (P)
SUBJECT NAME –YOGA PRACTICUM

CREDIT: 2	CA: 15	SEE: 35	MM: 50
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Course objectives:

Following the completion of the paper, students shall be able to:

- Understand the benefits, contraindications and procedure of all practices.
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.
- Teach the yoga practices to any given group.

Course Outcomes:

At the end of this paper students will be able to:



- Improve flexibility, strength, and balance and boost up immune system.
- Reduced stress and anxiety with increased focus and mental clarity.
- Deeper connection with oneself and enhanced self-awareness.
- Better interpersonal relationships due to reduced irritability and enhanced compassion.

	BLOCK-1: Shatkarma- (5 marks)
Unit-01	Neti: Jalneti and Rubbarneti
Unit-02	Dhauti: Vamana Dhauti / Kunjar Kriya
Unit-03	Nauli: Madhya Nauli (Central isolation of the rectus abdominis muscles)
Unit-04	Kapalbhati: Vatkram Kapalbhati
	BLOCK-2: Asanas (10 marks)
Unit-01	Sukshma Vyayam (Pawan mukta Asana series -1), Yogic Jogging 12 Asanas
Unit-02	Mandukasana, Shashankasana, Gomukhasana, Vakrasana, Makarasana, Bhujangasana, Shalabhasana, Markatasana, Pawanmuktasana, Halasana, Padvrittasana, Dwi-Chakrikasana and Shavasana)
Unit-03	Siddhasana, Kati chakrasana, Ardhalasana, Padmasana, Vajrasana Swastikasana, Veerasana, Udarakarsansana, Bhadrasana, Janushirasana, Ardhamatsyendrasana, Gomukhasana, Ustrasana, Uttanapadasana, Naukasana, Sarvangasana, Halasana, Matsyasana, Suptavajrasana, Chakrasana, Tadasana, Tiryak Tadasana, Ek pada pranamasana, Vrikshasana, Garudasana, Hastotansana, Padahastana, Trikonasana
Unit-04	Ardhadhanurasana, Marjari asana, Ardhashalabhasana, Bhujangasana, Makarasan, Samakonasana, Bakasana, Sarpasana, Hanumanasana, Sukhasana, Ardhpadasana, Ek Pada Halasana, Setubandhasana, Markatasana, Shashankaran, Vipreet naukasana, Dwikonasana, Parshvatanasana, Singhasana
	BLOCK-3:Pranayam and Breathing Techniques (10 marks)
Unit-01	Breathing Techniques: Diaphragmatic Breathing
Unit-02	Pranayama: Kapalbhati, Bhastrika, Bahya
Unit-03	Anulom-Vilom, Nadi Shodhan

Unit-04	Ujjayi , Bhramari and Udgith
	BLOCK-4: Mudra & Bandha (5 marks)
Unit-01	Hand Mudra: Panchtatwa Mudra, Jyana Mudra, Chin Mudra
Unit-02	Other Mudra: Vipreet Karni Mudra, Yoga Mudra,
Unit-03	Bandha: Moolbandha, Uddiyan Bandh, Jalandhar Bandh
Unit-04	Mantra: Gaytri Mantra, Mahamrityunjay Mantra and Shantipath Prayer Ishwar Stuti Prarthnopasana (Viva - 5 marks)

PRESCRIBED TEXT BOOK

1. हठयोग प्रदीपिका - कैवल्यधाम, लोनावला
2. घेरंड संहिता- कैवल्यधाम, लोनावला
3. आसन, प्राणायाम, मुद्रा, बंध- योग पब्लिकेशन ट्रस्ट, मुंगेर, बिहार
4. योग साधना एवं योग चिकित्सा रहस्य- स्वामी रामदेव, दिव्य प्रकाशन, पतजंलि योगपीठ, हरिद्वार
5. प्राणायाम रहस्य- स्वामी रामदेव, दिव्य प्रकाशन, पतजंलि योगपीठ, हरिद्वार
6. Research Publication, P.R.F. Patanjali Yogpeeth

COURSE-6

COURSE CODE – PGD-YHCT -106 (P)

SUBJECT NAME – TOURISM PRACTICUM

CREDIT: 2	CA: 15	SEE: 35	MM: 50
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During the first semester, a part from prescribed theory papers each student is required to select a topic to write a report on any one of the given topic. This module is prescribed to make students skilled in understanding tourism organization, its structure, initiatives and impact on the tourism industry as well as management & hierarchy of hotels and hospitality, while also analysing its strategies for growth and sustainability.

The viva-voce will be based on the report completed by student and on the understanding of the students based on the knowledge acquired during this semester programme. **The report shall be made available by the students during Viva voce exam. The report will carry 35 marks while viva voce carry 15 marks.**



Topics of the report:

A detail report on understanding the role and function of any one of the Tourism Organization.

OR

A detail report on management of any one of the Hotel of Tourism Industry.

Course Outcomes:

At the end of this paper students will be able to:

- Students will gain a strong understanding of organizational structures, management hierarchies, and industry practices.
- Enhanced understanding of the challenges and opportunities faced by tourism and hospitality businesses and also can recommend solutions for sustainable growth.
- The module equips students with knowledge and skills enhancement that is necessary for further studies or entry into industry roles.

COURSE-7

COURSE CODE: PGD-YHCT-GE-107

SUBJECT NAME – COMMUNICATIVE ENGLISH (ELECTIVE)

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

Following the completion of this paper, students shall be able to:

- To improve the English communication of the students.
- To analyse and restate the meaning of a text in English.
- To develop the ability to speak English language with right way of pronunciation.

Course Outcomes:

At the end of this paper students will be able to:

- Able to use literary techniques in literary texts.
- Able to gain confidence by speaking English in real life aspects.

- Gain the skill to write English without grammatical errors.

	BLOCK-1: Concept of communication
Unit-01	Communication definition and concept
Unit-02	Process, Elements and steps/phase of Communication.
Unit-03	Means, Methods, Mode of Communication
Unit-04	Verbal-oral-written Communication. Nonverbal-sign language, Body Language.
	BLOCK-2: Flow and Barriers of communication
Unit-01	Flow of Communication: Formal/Informal.
Unit-02	Barriers of Communication- Intrapersonal, interpersonal & organizational
Unit-03	Recapitulation- Linguistic Communication, Patter of Communication, Group Discussion
Unit-04	History of English Communication and print Media in India.
	BLOCK-3: Grammar and usage
Unit-01	Noun, Pronoun, Verb, Modal Tenses
Unit-02	Adjective, Adverb, Preposition, Conjunction, Interjection
Unit-03	Rules of Translation, Punctuation, Capitalization and Abbreviation
Unit-04	Subject Verb Agreement , Sentences Correction Rules
	BLOCK-4: Grammar usage and Literature
Unit-01	One word substitution, Active and Passive voice
Unit-02	Direct and Indirect Speech, Direct and Indirect Speech Suffixes and prefixes
Unit-03	Antonyms and synonyms, Homophones and Homonyms, Letters Writing
Unit-04	Literature reading of any one book and sum up with its summary writing, Q&A and discussion. 1. Shrinivasa Ramanujan 2. Mukta Dhara-R.N.Tagore



SUGGESTED READINGS:

1. Power of Communication: Skills to Build Trust, Inspire Loyalty, and Lead effectively, by Helio Fred Garcia, 2012
2. Pone Communicates, Few Connect: What the Most Effective People Do Differently, haC. Maxwell, 2010
3. Interviewing: A Programmed Approach to Effective Communication, by David Dans, Margaret T. Hearn, Max R. Uhlemann and Allen E. Ivey, 2010
4. Art and Science of Communication: Tools for Effective Communication in the place, by P. S. Perkins and Les Brown, 2008
5. Listening Effective Groups: The Art of Small Group Communication, by Randy Fujishin

COURSE-7

COURSE CODE: PGD-YHCT-GE-108

SUBJECT NAME – BASIS OF SANSKRITUM (ELECTIVE)

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

Following the completion of this paper, students shall be able to:

- Read and understand the colloquial words of Sanskrit.
- Communicate and comprehend Sanskrit to the best of their ability.
- Write in Sanskrit and have some idea about grammar

Course Outcomes:

At the end of this paper students will be able to:

- Gain a deeper understanding of Sanskrit grammar rules, their applications, and nuances.
- Develop skills to analyse and construct grammatically accurate Sanskrit sentences.
- Sanskrit studies provide insights into ancient Indian philosophy, culture, and traditions, deepening your connection to heritage.

	BLOCK-01: संस्कृत भाषा परिचयः
Unit-01	संस्कृतभाषा परिचय, योगशास्त्र के अध्ययन में संस्कृत का महत्व और योग एवं संस्कृत का अन्तःसम्बन्ध।
Unit-02	माहेश्वरसूत्र। प्रत्याहार निर्माण विधि एवं प्रत्याहार ज्ञान
Unit-03	संस्कृत वर्णमाला, वर्णों के उच्चारण स्थान और प्रयत्न ज्ञान । संस्कृत भाषा की रोमन ध्वन्यात्मक लिपि ।
	BLOCK-02: शब्दरूप परिचयः
Unit-01	कारकः कारकों की संख्या, विभक्ति, लिंग, वचन
Unit-02	अजन्तः- शब्दरूप- राम, हरि, गुरु, रमा, पुस्तक, शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित
Unit-03	हलन्तः – जगत्, भगवत्, राजन् शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित
Unit-03	सर्वनाम शब्दरूप- अस्मद्, युष्मद्, तत् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में), एतद् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में), यद् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में), किम् (स्त्रीलिंग, पुल्लिंग, नपुंसकलिंग में) शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित ।
	BLOCK-03: संधि व क्रियापद परिचय (वाक्यरचनाअनुवादश्च)
Unit-01	वाक्ययांगः पुरुष, लकार, धातुरूप
Unit-02	सन्धि कि परिभाषा व प्रकार (अच्, हल्, एवं विसर्ग) सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास ।
Unit-03	अव्यय

निर्धारित ग्रंथ

1. व्याकरणचन्द्रोदय – डा० आचार्या साध्वी देवप्रिया, दिव्य प्रकाशन , हरिद्वारम्
2. योगदर्शन- स्वामी रामदेव- दिव्य प्रकाशन, हरिद्वारम्

संदर्भ ग्रंथाः

1. सरल-कठिनसंस्कृतम्- प्रो. तिरुमल पि. कुलकर्णी
2. Perry E D : A Sanskrit Primer, MLBD, New Delhi, 2004
3. Kala MR : A Higher Sanskrit Grammar for college students, MLBD, New Delhi, 2011
4. Devavani Pravesika : Robert p. Goldman: MLBD- New Delhi.



UNIVERSITY OF PATANJALI

SEMESTER II

COURSE-1

COURSE CODE: PGD-YHCT -201

SUBJECT NAME – PATANJALI YOG DARSHAN

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

Following the completion of this paper, students shall be able to:

- Understand the nature of yoga and the path to meditative absorption.
- Sadhan Pada: Learn the practical disciplines and ethical foundations for spiritual growth.
- Vibhuti Pada: Explore the powers and manifestations of advanced yoga while avoiding distractions.
- Kaivalya Pada: Realize the ultimate goal of liberation and absolute freedom

Course Outcomes:

At the end of this paper students will be able to:

- Students will gain in-depth knowledge about the foundational text of Yoga, its definitions, purpose, and comparative analysis with other yogic texts.
- Clear understanding of concepts like Chitta, Chitta Bhoomi, Chitta Vrittis, and the methods to achieve Chitta Vritti Nirodhopaya.
- Students will experience growth in mental clarity, emotional stability, and a disciplined lifestyle through yogic practices.

Block-1:	Introduction of Yogasutra and Samadhi Pada-I (20 hours):
Unit-01	Yoga Sutra: Introduction, Definition and Purpose of Yoga, Importance of Yoga Sutra as compared to other Yogic texts.
Unit-02	Concept of Chitta, Chitta Bhoomi, Chitta vrittis and their types, Chitta Vritti Nirodhopaya (Abhyas- Vairagya).

Unit-03	Chitta Vikshep (Antaraya), Antarayabhava, Chitta Prasadan and its helpers.
Unit-04	The metaphysics of Sankhyadarshana and its relation with Patanjali Yogadarshan.
Block-2:	Samadhi Pada-II and Sadhan Pada (20 hours):
Unit-05	Ishwar: Swaroop, Pranava chanting and its results.
Unit-06	Ashtanga Yoga - I (Bahirang Yoga- Yama, Niyam, Asana, Pranayama, Pratyahara)
Unit-07	Importance and Relevance of Ashtanga Yoga and Kriya Yoga.
Unit-08	Describing Klesha, Measures of Klesha elimination, Vivek Khyati, Chaturvyuhavaad, the character of Drishta & Drishya, the form and types of samadhi - samprajnata, asamprajnata, sabijand nirvij Samadhi, Ritambhara-Pragya and Adhyatma Prasad.
Block-3:	Vibhuti Pada - (10 hours)
Unit-9	Ashtanga Yoga - II (Antaranga Yoga - Dharna, Dhyana, Samadhi).
Unit-10	Concept of Sanyama - Sanyama and its three consequences.
Unit-11	Concept of Vibhuti and introduction of main vibhutis.
Unit-12	Describing Ashtasiddhi.
Block-4:	Kaivalya Pada (10 hours)
Unit-13	Five types of Siddhis (birth, medicine, mantra, penance and samadhija).
Unit-14	Nirmaan chitta.
Unit-15	Types of Karma, Vaasna, Vivek Gyan.
Unit-16	Dharma Megha Samadhi, Kaivalya.

BOOKS FOR REFERENCES-

- योग दर्शनम् – स्वामी रामदेव, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
- दर्शन प्रवेश – दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
- भोज वृत्ति
- योगदर्शनम् – गीताप्रेस
- Iyengar, B. K. S. (2011). Introduction of Patanjali Yogasutras. MDNIY.
- Bharti, S. V. (2004). Yogasutra of Patanjali (with the exposition of Vyasa) (Vols.1-2). Motilal Banarsidas.



UNIVERSITY OF PATANJALI _____

COURSE-2
COURSE CODE: PGD-YHCT-202
SUBJECT NAME – BASICS OF ANATOMY & PHYSIOLOGY

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

Following the completion of this paper, students shall be able to:

1. Understand the Structure and Function of the Human Body.
2. Explore the Digestive and Excretory Systems.
3. To study the process of digestion, nutrient absorption, metabolism, and waste elimination for maintaining overall health.
4. Analyse the Musculo-Skeletal, Cardiovascular, and Respiratory.
5. Study the Nervous System and Sensory Organs.
6. To understand the role of the brain, spinal cord, and nerves system.
7. Examine the Reproductive and Endocrine Systems.

Course Outcomes:

At the end of this paper students will be able to:

- Understanding of basic anatomical and physiological terms.
- Comprehension of cell, tissue types, function and how they organize human systems.
- Familiarity with the functional anatomy and roles of different system of body.
- Clear understanding of the anatomy and physiology of sensory organs like eyes, ears, nose, tongue, and skin.
- Knowledge of endocrine glands, hormone functions, and their influence on the human body.

BOOKS FOR REFERENCE:

1. Balkrishna, A. (2007). Yoga in synergy with medical science. Divya Prakashan Books.
2. Coulter, H. D. (2006). Anatomy of Hatha Yoga. Motilal Banarsidass.
3. Frawley, D., & Kozak, S. S. (2006). Yoga for your type. New Age Books.
4. Gore, M. M. (2004). Anatomy and physiology of yogic practices. Kanchan Prakashan.

5. Gupta, A. P. (2011). Human anatomy and physiology. Sumit Prakashan.
6. Guyton, A. C., & Hall, J. E. (2006). Textbook of medical physiology (11th ed.). Elsevier.
7. Kaminoff, L. (2007). Yoga anatomy. Human Kinetics.
8. Kumar, V. (2004). Manav Sarir Samrachna aur sarir kriya vijyan. Jaypee Brothers Medical Publishers.
9. Malshe, P. C. (2005). Yoga for doctors. Antar Prakash Center for Yoga.
10. McCall, T. (2007). Yoga as medicine: The yogic prescription for health and healing. Bantam Dell.
11. Pandya, K. K. (1998). Human anatomy. Krishnadas Academy.
12. Patanjali Research Foundation. (2015). Research publications. Divya Prakashan.
13. Ramdev, S. (2006). Yoga Sadhana and Yoga Chikitsa Rahasya. Divya Prakashan.
14. Ramdev, S. (2009). Pranayam Rahasya. Divya Prakashan.
15. Robin, M. (2002). A physiological handbook for teachers of yogasana. Fenestra.
16. Robin, M. (2009). A handbook for yogasana teachers. Wheatmark.
17. Selvarasu, K. V. (2003). Kriya cleansing in yoga. Yoga Bharati.
18. Tortora, G. J., & Derrickson, B. N. (2009). Principles of anatomy and physiology-I (14th ed.). Wiley.
19. Tortora, G. J., & Derrickson, B. N. (2009). Principles of anatomy and physiology-II (14th ed.). Wiley.
20. Udupa, K. N. (2007). Stress and its management by yoga. Motilal Banarsidass.
21. Waugh, A., & Grant, A. (2010). Ross and Wilson: Anatomy and physiology in health and illness (11th ed.). Elsevier.

COURSE-3

COURSE CODE: PGD-YHCT -203

SUBJECT NAME – TOUR GUIDING AND ESCOURTING

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

Following the completion of this paper, students shall be able to:

- Acquire an in depth knowledge about the profession of tour Guiding and escorting.



- Enhance the travel experience by providing expert knowledge, ensuring safety, and fostering a sense of connection
- Insights about destinations, history, and culture, manage logistics and offer support throughout the journey.

Course Outcomes:

At the end of this paper students will be able to:

- Gain knowledge of tour guide types, essential qualities, and responsibilities while mastering the organization and management of guiding businesses.
- Enhance leadership, communication, and presentation skills while learning to avoid common mistakes and deliver exceptional service.
- Master pre-tour planning, transportation logistics, and strategies for catering to diverse traveller needs, including ethical assistance for disabled individuals.
- Develop skills in market research, tour package formulation, itinerary preparation, and revenue generation for successful tour operations.

	BLOCK-1: Fundamentals of Tour Guiding
Unit-01	Overview and Types of Tour Guides
Unit-02	Characteristics of an Excellent Tour Guide
Unit-03	Key Responsibilities of a Tour Guide
Unit-04	Managing and Establishing a Guiding Business
	BLOCK-2: Essential Guiding Skills and Professionalism
Unit-01	Leadership and Interpersonal Skills for Guiding
Unit-02	Effective Presentation and Communication Techniques
Unit-03	Personality Traits of a Guide and Moments of Truth
Unit-04	The Seven Sins of a Guide and The Service Cycle
	BLOCK-3: Tour Conducting and Management
Unit-01	Planning Tours (Pre-tour) and Transportation Options
Unit-02	Types of Tours and Catering to Travelers with Special Needs

Unit-03	Guidelines/Protocols for Working with Disabled People
Unit-04	Relationships with Fellow Guides, Operators, and Transport Services
	BLOCK-4: Crisis Handling and Tour Operations
Unit-01	Managing Emergencies: Accidents, Legal Issues, Theft, or Document Loss
Unit-02	Importance of First Aid, Procedures, and Assessing Situations
Unit-03	Handling Complaints and Navigating Challenging Situations
Unit-04	Role of Tour Operators: Research, Package Design, Itinerary Development, and Revenue Streams

SUGGESTED READINGS:

1. Jagmohan Negi- Travel Agency and Tour Operations
2. Mohinder Chand- Travel Agency and Tour Operations: An Introductory Text
3. Dennis L Foster-Introduction to Travel agency Management

COURSE-4
COURSE CODE: PGD-YHCT-204
SUBJECT NAME – ITINERARY PLANNING, MARKETING,
TOUR PACKAGING & COSTING

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

Following the completion of this paper, students shall be able to:

- To develop an understanding of the creation of the inclusive tour product in the leisure travel market.
- To develop interactive and communication skills.
- To examine human behavior as it relation to the purchase of tours Learning outcomes upon completion of this course.



Course Outcomes:

After studying this paper, students will able to:

- Offer wide exposure to the students to handle issues in tourism related businesses professionally.
- Develop knowledge to be an explorer he will set practical knowledge relating to travel and tour operation.
- Bridge the gap between theoretical and practical knowledge of the students by adopting tourism significance.
- Develop socially, ethically responsible business leaders and innovative teaching pedagogy

	BLOCK-1: Concept of Marketing and Tour-Itinerary
Unit-01	What is marketing? Marketing Management, Marketing Management Philosophies
Unit-02	Marketing Mix, Marketing challenges into the next century
Unit-03	Concept of Tour-Itinerary, Steps in preparation of tour Itinerary,
Unit-04	Effective principles in making tour itinerary, steps in doing tour costing, FIT & GIT
	BLOCK-2: Itinerary Planning
Unit-01	Some itinerary planning of north and west India: Example: Agra, Khjuraho and Varanasi circuit, Naintal, Deharadun, Shimla & Leh Circuit. Jaipur, Jodhpur & Udaipur Circuit.
Unit-02	Selected out bound package tour: Salient feature of outbound package tour
Unit-03	package tour of far east and South East Asian countries like Singapore, Hong Kong, Thailand and Malayasia, package tour of South Asia Countries like Nepal, Srilanka, Bhutan etc.
Unit-04	Destination Planning & product Diversification, Destination marketing and complementary marketing.
	BLOCK-3: Concept of Pricing and Channel management system
Unit-01	Factors to consider when setting prices, General pricing approaches/ objectives

Unit-02	Nature of distribution channels, Channel behavior & organization, Channel Management decisions.
Unit-03	The marketing communication mix, Communication process,
Unit-04	Steps in developing effective communication.
BLOCK-4: Tourism Marketing and promotion	
Unit-01	Setting total promotional budget and mix, Advertising, Sales promotion, Public relation, Personal selling, merchandising
Unit-02	Strategic Tourism Marketing, Strategic decisions and gaps, Contribution of Marketing Tour Organization
Unit-03	Role of Media in Promotion of Tourism, electronic tourism promotion
Unit-04	Marketing Strategy in the new digital age- E business, E-Commerce, E-marketing

SUGGESTED READINGS:

1. Navin Berry: Travel Planner
2. Eric Law: Managing Packaged Tourism
3. Philip Kotler & Gray Armstrong: Principles of Marketing
4. S. Neelamegham: Marketing in India-Cases & Readings
5. Rama Swamy & Mamakumari: Marketing Management- Planning Implementation & Control

COURSE-5

COURSE CODE: PGD-YHCT -205 (P)

SUBJECT NAME – HUMAN BIOLOGY PRACTICUM

CREDIT: 2	CA: 15	SEE: 35	MM:50
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Course Objectives:

The Objectives of the course, students shall be able to:

- Be familiar with the systems of the body.



- Have a hand on experience about the human body using models, charts and pictures.
- Understand the organization of the body with respect to structural components.

BLOCK-1:	Demonstration of Osteology & Myology (30 hours)
BLOCK-2:	Demonstration of Organs &Viscera regarding Cardio- pulmonary Systems (30 Hours)
BLOCK-3:	Demonstration of Bones and Joints (30 hours)
BLOCK-4:	Demonstration of Human Skeleton (30 hours)

Continue evaluation by the Teacher.

BOOKS FOR REFERENCES-

Department of Human Biology (2024). *Human biology practicum: Demonstration of osteology, myology, and human organ systems*. XYZ University Press.

COURSE-6

COURSE CODE: PGD-YHCT -206 (P)

SUBJECT NAME – EDUCATIONAL TOUR

CREDIT: 2	CA: 15	SEE: 35	MM: 50
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Course objectives:

Following the completion of this paper, students shall be able to:

- Educational tours that incorporate interactive learning can be a powerful tool for students to deepen their understanding of a subject or topic.
- By actively participating in such learning process, students are more likely to retain information and develop critical thinking skills.
- This course will sum up respect of culture, personal development, develop critical thinking of students.

COURSE DETAIL

The Department will organize a One day Educational tour during 2nd sem to any of the nearest destination in Haridwar. On Completion of the tour each student shall be required to submit a Project Report (Minimum around 50 pages) to the H.O.D. Tourism, within 15 days of Completion of Tour. The report shall be evaluated jointly by the internal & external examiner followed by Viva Voce. The Project report shall incorporate:-

- Details of attractions seen during the destination visited.
- Accessibility to process, information of the destination.
- General Information on Tourism.
- Introduction to Patanjali Group.
- Details of Tourism Stake holders.

Recommended Destinations:

- a) Patanjali Yog Gram, Haridwar
- b) Patanjali Food & Herbal Park, Padartha, Haridwar
- c) Shanti Kunj, Haridwar
- d) Chilla Power Plant, Haridwar.
- e) Rajaji National Park, Chilla, Haridwar

COURSE-7

COURSE CODE: PGD-YHCT-GE-207

SUBJECT NAME – ADVANCE COMMUNICATIVE ENGLISH (ELECTIVE)

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

Following the completion of this paper, students will be able to:

- Analyse and restate the meaning of a text in English.
- Demonstrate the skill to write in English without grammatical error.
- Practice listening effectively to communication in English.
- Develop the ability to speak English language with the right way of pronunciation.



Course Outcomes:

At the end of this paper students will be able to:

- Express the viewpoints with confidence in English with right pronunciation.
- Outline values and skills gained through effective communication to other disciplines.
- Compose articles and compositions in English and discuss about English effectively.

	BLOCK-1: Means, Methods and Mode of communication
Unit-01	Recapitulation, Face to Face Communication, Telephonic Conversation
Unit-02	Reading Techniques, Letter writing ,Creative Writing
Unit-03	Intonation of communication
Unit-04	Accent, Stress, Rhythm
	BLOCK-2: Communication
Unit-01	Seeking Introduction/Introduce oneself
Unit-02	Making Enquires
Unit-03	Asking Questions
Unit-04	Group Discussion
	BLOCK-3: Literature
Unit-01	Literature reading of any one book and sum up with its summary writing, Q&A and discussion <ol style="list-style-type: none">1. Gift of the Magi- by O Henry2. The Kite Maker by Ruskin Bond3. While the Auto Waits O Henry (Adapted for the stage by walter wykes)
	BLOCK-4: Literature
Unit-01	Literature reading of any one book and sum up with its summary writing, Q&A and discussion <ol style="list-style-type: none">1. Rabindra Nath Tagore-Chandalika2. Autumn by Kalidasa (Translated by Arthur W.Ryoler)3. The Loss by Anjali Shukla.

SUGGESTED READINGS:

1. The Power of Communication: Skills to Build Trust, Inspire Loyalty, and Lead Effectively, by Helio Fred Garcia, 2012
2. Crucial Conversations Tools for Talking When Stakes Are High, by Kerry Patterson, Joseph Grenny, Ron McMillan and Al Switzler, 2011
3. Everyone Communicates, Few Connect: What the Most Effective People Do Differently, by John C. Maxwell, 2010
4. Messages: The Communication Skills Book, by Matthew McKay, Martha Davis and Patrick Fanning, 2009
5. Communication: The Key to Effective Leadership, by Judith A. Pauley, 2009
6. The Art and Science of Communication: Tools for Effective Communication in the Workplace, by P.S. Perkins and Les Brown, 2008

COURSE-7

COURSE CODE: PGD-YHCT-GE-208

SUBJECT NAME – BASIC PRINCIPLES OF YAJNA PATHY (ELECTIVE)

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

Following the completion of this paper, students will be able to:

- To study the meaning, history, and types of Yajna, along with its role in Vedic philosophy and spiritual practice.
- To explore the scientific basis of Yajna, its environmental benefits, and its role in healing and disease prevention (*Yajna Therapy*).
- To learn the correct procedures, materials, and mantras for performing Yajna, including its application in daily life and special occasions.
- To understand how Yajna promotes inner purification, ethical living, social harmony, and overall well-being.

	BLOCK-1: Basic Principles of Yajna Pathy
Unit-01	Introduction to Yajna, History of Vedic Religion, and Vedic Deities
Unit-02	Institution of Yajna and Its Philosophical Foundations



Unit-03	Yajna Types, Significance, and Scientific Aspects
Unit-04	Introduction to Panchamahayajnas (Brahma, Deva, Pitru, Balivaishvadeva, Atithi)
BLOCK-2: Materials and Process of Yajna	
Unit-01	Havan Kund and other vessels, Samidha (sacrificial wood), offerings, and ghee
Unit-02	Yajna procedure: Achaman (ritual purification), Angasparsha (body-touch gestures), recitation of prayers and hymns, lighting of the lamp, etc.
Unit-03	Advanced Ritual Procedure of Yajna (Sequence of full Yajna performance, Timing, Aahuti process, Purnaahuti, Fire management, conclusion rituals)
BLOCK-3: Significance of Yajna	
Unit-01	Structure and measurement of the Yajna Kund, Science of Mantras. Structure and Duties in Yajna Performance (Roles of Yajman, Hota, Adhvaryu, Udgata, Brahma, and their training for Yajna)
Unit-02	Glory of Yajna in scriptures-Strength, victory over enemies, welfare of the world, etc.
Unit-03	Occasional Yajnas (<i>16 Samskaras, Bhoomi Pujan, Griha Pravesh, Holi, Diwali, and other festival Yajnas</i>)
Unit-04	Kamya Yajnas (<i>Putreshti for progeny, Varsheshti for rain, Yajnas for healing diseases, annual Yajnas, etc.</i>)
Unit-05	Yajna and its practice in regional and global traditions (Yajna in Southern, Northern, Tribal, and Himalayan cultures)
BLOCK-4: Yajna Therapy	
Unit-01	Yajnopathy
Unit-02	Scriptural evidence of Yajna therapy – Mantras and verses from the Vedas for disease prevention
Unit-03	Scientific evidence of Yajna therapy – Research and studies conducted by scientists

Unit-04	Yajna and Holistic Health Systems (Yajnapathy as part of Ayurveda, Naturopathy, and Yogic health). Havan materials as per specific diseases: Praneshti, Medheshti, Pitteshti, Kapheshti, etc.
Unit-05	Recitation and memorization of Yajna mantras. Yajna for psychological (mental and emotional), and environmental healing. Preventive health benefits of Yajna.

BOOKS FOR REFERENCES -

1. यज्ञ-योग-आयुर्वेद चिकित्सा एवं यज्ञ दर्शन, वैदिक नित्यकर्म विधि
2. वैदिक साहित्य एवं संस्कृति, डॉ० कपिल देव द्विवेदी
3. संध्योपासना विधि-पतंजलि योगपीठ
4. पञ्चमहायज्ञ विधि-महर्षि दयानंद
5. संस्कार विधि-महर्षि दयानंद
6. यज्ञ रहस्य- डॉ० रामनाथ वेदालंकार
7. Arya, B. (2006). *The Science of Yajna*. Vedic Publications.
8. Bhattacharya, N. N. (2005). *History of Indian Rituals*. Manohar Publishers.
9. Sharma, R. L. (2011). *The Sacred Fire: Yajna in Vedic and Contemporary Traditions*. Chaukhambha Orientalia.
10. Tiwari, P. (2015). *Scientific Aspects of Yajna and Havan*. Yug Nirman Yojana Press.
11. Acharya, S. (2012). *Agnihotra: The Vedic Science of Healing and Purification*. Vishwa Ayurveda Parishad.



UNIVERSITY OF PATANJALI

SEMESTER III

COURSE-1

COURSE CODE: PGD-YHCT-301

SUBJECT NAME-HYGIENE, DIET AND NUTRITION

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

Following the completion of this paper, students will be able to:

- Understand the principles of personal, environmental, and food hygiene.
- Learn the fundamentals of balanced diet, essential nutrients, and their functions.
- Explore the role of diet and nutrition in disease prevention and overall health.
- Develop practical knowledge of meal planning, food safety, and healthy eating habits.

Course Outcomes:

At the end of this paper students will be able to:

- Develop a foundational understanding of nutrition and human nutritional requirements.
- Gain insights into the components of food, their classifications, and the functions they perform in the body.
- Acquire knowledge of Yogic dietary principles, including Mitahara and classifications (Sattvic, Rajasic, and Tamasic foods).
- Build a comprehensive understanding of food, nutrition, and dietetics, grounded in both modern scientific concepts and traditional wisdom

	BLOCK-1: Basic concepts and components of food and nutrition (12 hours)
Unit-01	Understanding Nutrition, Basic Terminology in Relation to Nutrition, Human Nutritional Requirements

Unit-02	Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification
Unit-03	Macro Nutrients -Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body
Unit-04	Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body
	BLOCK-2: Food groups (12 hours)
Unit-01	Cereals & Millets -Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection
Unit-02	Preparation and Nutritive Value; Milk and Milk Products - Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection
Unit-03	Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery. Selection, Preparation and Nutritive Value.
Unit-04	Energy-Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance, Concept of Metabolism, Anabolism, Catabolism, Caloric Requirement-BMR, SDA, Physical Activity
Unit-05	Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy Requirement and Expenditure, Factors affecting BMR, Factors affecting thermal effect of Food, Factors affecting energy expenditure in physical activity
	BLOCK-3: Yogic concept of diet & nutrition (12 hours)
Unit-01	General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification of Yogic diet according to traditional Yoga texts
Unit-02	Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta-Rajasic, Tamasic and Sattvic food; Pathya and Apathya in diet according to Yogic texts
Unit-03	Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living: Diet according to the body constitution (Prakriti) - Vata, Pitta and Kapha
	BLOCK-4: Swasthavritta (12 hours)
Unit-01	Swasthavritta: Meaning, Definition, Aims and Aspects; Three pillars of Swasthavritta-Aahar (Diet), Nidra (Sleep), Brahmacharya (Celibacy)



Unit-02	Dincharya (Daily regimen) & Ratricharya (Night Regimen): Meaning, Definition and sequential elements with their practical applications: Ritucharya (Seasonal Regimen): Meaning, Definition, Types with their salient features, Season wise Accumulation
Unit-03	Aggravation and Pacification of three Humors (vata, pitta, kapha): Season wise Does and Don'ts
Unit-04	Application of Dincharya, Ratricharya and Ritucharya for health promotion, rejuvenation, diseases prevention and age reversal. Concept of Sadwrittaevam Achar Rasayana

BOOKS FOR REFERENCES -

1. Whitney, E. & Rolfes, S. R. (2019). *Understanding Nutrition*. Cengage Learning.
2. Gibney, M. J., Lanham-New, S. A., Cassidy, A., & Vorster, H. H. (2013). *Introduction to Human Nutrition*. Wiley-Blackwell.
3. Rao, B. S. N. (2017). *Principles of Human Nutrition*. Oxford & IBH Publishing.
4. Srilakshmi, B. (2020). *Dietetics*. New Age International.
5. Paul Pitchford (2002). *Healing with Whole Foods: Asian Traditions and Modern Nutrition*. North Atlantic Books.
6. Swami Sivananda (2001). *The Science of Pranayama and Yogic Diet*. Divine Life Society.
7. Tiwari, M. (1995). *Ayurveda: Secrets of Healing*. Lotus Press.
8. Gopalan, C., Rama Sastri, B. V., & Balasubramanian, S. C. (2017). *Nutritive Value of Indian Foods*. National Institute of Nutrition (NIN), ICMR.
9. Holland, B. et al. (1991). *McCance and Widdowson's The Composition of Foods*. Royal Society of Chemistry.
10. Swami Vivekananda (1999). *Health and Food*. Advaita Ashrama.

BOOKS IN HINDI-

11. डॉ. के. एल. शर्मा (2018). मानव पोषण और आहार विज्ञान, चौखंबा प्रकाशन।
12. डॉ. रमेश चंद्र (2015). स्वास्थ्य, आहार एवं पोषण विज्ञान, प्रभात प्रकाशन।
13. आचार्य बालकृष्ण (2016). योग और आहार विज्ञान, पतंजलि योगपीठ।
14. डॉ. हेमलता शर्मा (2021). स्वास्थ्यवृत्त एवं आयुर्वेदिक जीवनशैली, चौखंबा ओरिएंटलिया।
15. महर्षि वाग्भट (2019). अष्टांग हृदयम् - स्वास्थ्यवृत्तम्, चौखंबा संस्कृत प्रकाशन।

COURSE-2
COURSE CODE: PGD-YHCT-302
SUBJECT NAME- PRINCIPLES OF AYURVEDA AND PANCHAKARMA

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

Following the completion of this paper, students will be able to:

- Understand the basic principles of Ayurveda.
- Have knowledge of different techniques used in Ayurveda to cure general ailments.
- Have basic knowledge of Panchkarma and useful domestic herbal remedies.

Course Outcomes:

At the end of this paper students will be able to:

- Gain a foundational understanding of Ayurveda, including its origin, meaning, and principles.
- Learn about the concepts of Dosha, Dhatu, Mala, and Srotas, their definitions, types, functions, and the impact of their imbalances.
- Recognize the characteristics and classifications of Prakriti for personalized health approaches.
- Acquire insights into the properties, health benefits, and medical uses of major herbs like Amla, Ashwagandha, Tulsi, Neem, and Aloe Vera.
- Understand the applications of Panchakarma in treating various ailments such as arthritis, diabetes, liver disorders, and stress-related conditions.

	BLOCK-1: Introduction to Ayurveda- Dosha, Dhatu, Mala, Srotas (15 hours)
Unit-01	Ayurveda: Origin, Meaning, Definition;
Unit-02	History and Principles of Diagnosis and Testing;
Unit-03	Dosha: Meaning, definition, types, functions and results of deformity; Dhatu: Meaning, definition, types, and results of deformity, Updhatu: Meaning, definition, types, functions and results of deformity; Mala: Meaning, definition, types, functions and results of deformity;



Unit-04	Srotas: meaning, definition, type and functions; Indriyas: meaning, definition, types and functions.
BLOCK-2: Introduction to Agni, Prana, Prakriti & Deha (15 hours)	
Unit-01	Agni: meaning, definition, types and functions
Unit-02	Prana: meaning, definition, types, place and functions
Unit-03	Prakriti: meaning, definition, characteristics and its disorders
Unit-04	Deha- prakriti: meaning, definition, types and recognition; Manas Prakriti: meaning, definition, types and recognition.
BLOCK-3: General Introduction and Medical uses of Major Herbs (10 hours)	
Unit-01	General introduction, properties, health promotion and medical uses of Major Herbs - Aak, Ajwaain(carom seeds), Amla, Apamarg, Ashwagandha, Tulsi, Giloy, Brahmi, Coriander, Ginger, Cardamom, Harad, Neem, Turmeric and Gwarpatha (Aloe vera).
BLOCK-4: Panchakarma (hours 20)	
Unit-01	Pre-Karma, Pradhan Karma and Post-Karma- Meaning, Definition, Types, Purpose, Benefit, Precautions and Health Promotional and Medical Use
Unit-02	Detailed interpretation of Pradhan Karma and its applications in various ailments (Gout, Arthritis, Obesity, Diabetes, Back- pain, Colitis, IBS, CAD, UBITs, Liver disorders, Insomnia, Depression, Anxiety and Stress etc.)

BOOKS FOR REFERENCES-

1. आयुर्वेद सिद्धांतरहस्य- आचार्यबालकृष्ण
2. आयुर्वेदजड़ी-बूटीरहस्य- आचार्यबालकृष्ण
3. आयुर्वेदीय शरीरक्रियाविज्ञान- शिवकुमारगौड़
4. स्वस्थवृत्त – डॉ० रामहर्षसिंह
5. Lad, V. (2002). Textbook of Ayurveda: Fundamental Principles. The Ayurvedic Press.
6. Sharma, P. V. (2014). Charaka Samhita (Vol. 1): Text with English Translation. Chaukhamba Orientalia.

COURSE-3
COURSE CODE: PGD-YHCT-303
SUBJECT NAME- CULTURE & HERITAGE TOURISM
AND IT'S MANAGEMENT

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

Following the completion of this paper, students will be able to:

- Ensure the conservation and sustainable use of historical landmarks, traditions, and artifacts.
- Showcase and celebrate the local traditions, arts, music, and heritage to a global audience.
- Implement eco-friendly and responsible practices to protect the cultural environment for future generations.

Course Outcomes:

At the end of this paper students will be able to:

- Increased revenue for local businesses and artisans, leading to enhanced economic stability in the region. Elevated status of cultural & heritage sites on a global platform.

	BLOCK-1: Introduction to Indian Culture and Heritage
Unit-01	Cultural Tourism Concept & Significance, History of Cultural & Heritage Tourism in India
Unit-02	Glimpses of Indian cultural history - Pre and Post Vedic periods, Buddhist epoch, Gupta Period, Early and Late Medieval period, Modern period.
Unit-03	Features of Indian Cultural Heritage- Preservation and Conservation of Monuments and Culture-fairs, festivals, culinary traditions, crafts, melas, Emporia, Folklores and traditions of the states.
Unit-04	Cultural transition, Indian cultural heritage- Classical traditions of music and Dance of India performing arts and yoga, Architectural Heritage
	BLOCK-2: Art and Architecture



Unit-01	Rock cut Architecture, Buddhist Architecture, Gandhara & Mathura Schools of Art, Hindu Temple Architecture, Indo-Islamic Architecture & Modern Architecture,
Unit-02	Famous Forts & Palaces Their Architecture, location and important features
Unit-03	Indian Paintings & Dance Forms (classical and folk traditions)
Unit-04	The Management and Marketing of Religious Tourism, Festivals & Religious Events
	BLOCK-3: Archaeological sites
Unit-01	Archaeological sites - Monuments - Ancient Temples of Uttarakhand
Unit-02	Forts - Palaces and Museums Art & Architecture
Unit-03	Hill stations, pilgrimage centres
	BLOCK-4: Cultural Tourism Organizations
Unit-01	Role, Significance, Promotional measures initiated by Ministry of Tourism
Unit-02	Govt. of Uttarakhand, State Governments and Private Tourism Agencies - recent trends
Unit-03	Study tour to familiarize various tourism products
Unit-04	Major cultural tourist centres- infrastructural facilities and attraction, factors promoting and affecting tourism- Future of Cultural Tourism.

BOOKS FOR REFERENCES-

1. Gupta, SP, Lal, K, Bhattacharya, M. Cultural Tourism in India (DK Print 2002)
2. Michell, George, Monuments of India, Vol. 1. London.
3. Davies, Philip, Monuments of India, Vol. II., London.
4. Brown Percy, Indian Architecture (Buddhist and Hindu), Bombay.
5. Brown Percy, Indian Architecture (Islamic period), Bombay.
6. Vatsayana, Kapila, Indian Classical Dance, New Delhi.
7. Swami, Prayaganand, History of Indian Music.
8. Jain, Jyotindra & Arti, Aggrawala : National Handicrafts and Handlooms Museum.
9. Mehta. R. J. Handicrafts & Industrial Arts of India, New York.

10. Hussain, S. A.: The national cultural of India, National Book Trust, New Delhi, 1987
11. Heinrich Zimmer, Philosophies of India, Routledge
12. Basham A.L., (ed.) A Cultural History of India, Oxford University Press, New Delhi
13. Seth Pran Nath, Fundamentals in Tourism, Sterling Publications, New Delhi
14. Davision, Reb., Tourism Pitman, London
15. WTO Sustainable Tourism Development, Guide for Local Planners. Sethi, Praveen, Tourism for the Next Millennium (New Delhi 1999)
16. Sharma, K.C., Tourism Policy, Planning, Strategy (Jaipur 1996).

COURSE-4
COURSE CODE: PGD-YHCT-304
SUBJECT NAME-BRANDING TOURISM AND YOGA PRODUCTS

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

Following the completion of this paper, students will be able to

- To understand the principles of branding in the context of tourism and yoga products.
- To develop skills for designing marketing campaigns tailored to tourism and yoga businesses.
- To gain insights into leveraging digital platforms for brand promotion and customer engagement.

Course Outcomes:

At the end of this paper students will be able to:

- Acquire the skills to create and implement effective branding strategies.
- Understand the importance of sustainability and cultural sensitivity in branding tourism and yoga offerings

	BLOCK-1: Concepts of Tourism Products and Brand
Unit-01	Meaning and Characteristics of Tourism Product, Branding, Brand Equity's, Brand Management, Internationalization of Brands



Unit-02	Positioning, Success Story of Incredible India
Unit-03	Popular Religious & Pilgrimage Centers Pertaining to Hinduism, Buddhism, Jainism, Islamism and Christianity
Unit-04	Important Fairs, Festivals, Music, Dance, Paintings, Cuisine
	BLOCK-2: Nature-Based Tourism Products of India and Uttarakhand
Unit-01	Important Hill Stations, Deserts, Rivers, Beaches, Islands, Lakes
Unit-02	Important Wildlife Sanctuaries, National Parks, , Biosphere Reserves
Unit-03	Important Ecotourism sites, Endogenous tourism Sites
	BLOCK-3: Manmade Tourism Products of India and Uttarakhand
Unit-01	UNESCO World Heritage Sites
Unit-02	Important Archaeological Sites & Important Forts & Palaces
Unit-03	Amusement Parks, Museums, Rural Tourism Sites, Shopping Centers, Medical and Yoga & Wellness Tourism, Religious & Pilgrimage Centers, Fairs and Festivals and Handicrafts & Handlooms, Cuisine;
	BLOCK-4: Special Focus on Yoga and wellness Tourism in Uttarakhand
Unit-01	Concept of Yoga and wellness tourism, Importance of Hub of Yoga In UK
Unit-02	Spiritual, Religious and Cultural importance of Yoga tourism inUK
Unit-03	Role and importance of Yoga and wellness, Retreat centres, Meditation, Kundali awakening like practices as Yoga products in tourism.
Unit-04	Ethnic Tourism, Medical Tourism, Indigenous Tourism In UK

Books for References-

1. Basham A.L., (ed.) A Cultural History of India, Oxford University Press, New Delhi
2. Seth Pran Nath, Fundamentals in Tourism, Sterling Publications, New Delhi
3. Davision, Reb., Tourism Pitman, London
4. WTO Sustainable Tourism Development, Guide for Local Planners. Sethi, Praveen, Tourism for the Next Millennium (New Delhi 1999)
5. Sharma, K.C., Tourism Policy, Planning, Strategy (Jaipur 1996).

COURSE-5
COURSE CODE: PGD-YHCT-305 (P)
SUBJECT NAME-YOGA PRACTICUM

CREDIT: 2	CA: 15	SEE: 35	MM: 50
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Course objectives:

Following the completion of this paper, students shall be able to:

- Understand the benefits, contraindications and procedure of all practices.
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.
- Teach the yoga practices to any given group

Course Outcomes:

At the end of this paper students will be able to:

- Improve flexibility, strength, and balance and boost up immune system.
- Reduced stress and anxiety with increased focus and mental clarity.
- Deeper connection with oneself and enhanced self-awareness.
- Better interpersonal relationships due to reduced irritability and enhanced compassion.

	BLOCK-1: Shatkarma- (5 marks)
Unit-01	Neti: Jalneti, Rubberneti, Sutra Neti
Unit-02	Dhauti: Dand Dhauti / Vastra Dhauti
Unit-03	Nauli: Vama and Dakshin Nauli (left and right isolation of the rectus abdominis muscles)
Unit-04	Kapalbhati: Vyutkram and sheetkram Kapalbhati
	BLOCK-2: Asanas (10 marks)
Unit-01	Sukshma Vyayam (Pawan mukta Asana series -1,2,3), Yogic Jogging 12 Asanas



Unit-02	Dvipada Skandhasana, Purna Bhujangasana, Purna Matsyendrasana, Pakshee Aasan, Vrishchik Aasana, Padma Mayurasana, Purna Vrishchikasana, Takiya Aasana, Padma Sheershasana, Karnapidasana, PurnaDhanurasana, Gorakshasana, Purna Chakrasana, Purna Shalabhasana, Ek Pada Bakasana, Omkar Aasana, Purna Natarajasana
Unit-03	All the practices of previous semester.
	BLOCK-3: Pranayam and Breathing Techniques (10 marks)
Unit-01	Breathing Techniques: Diaphragmatic Breathing
Unit-02	Pranayama: Kapalbhati, Bhastrika, Bahya
Unit-03	Anulom-Vilom, Nadi Shodhan, Surya Bhedi & Chandra Bhedi
Unit-04	Ujjayi , Bhramari and Udgith, Moorchha
	BLOCK-4: Mudra & Bandha (5 marks)
Unit-01	Hand Mudra: Pran Mudra, Apana Mudra, Hriday, Sankh Mudra
Unit-02	Other Mudra: Vipreet Karni Mudra, Yoga Mudra, Maha Bandh
Unit-03	Meditation: Chakra and Kosha Meditation
Unit-04	Mantra: Gaytri Mantra, Mahamrityunjay Mantra and Shantipath Prayer Ishwar Stuti Prarthnopasana (Viva - 5 marks)

PRESCRIBED TEXT BOOK

1. हठयोग प्रदीपिका - कैवल्यधाम, लोनावला
2. घेरंड संहिता- कैवल्यधाम, लोनावला
3. आसन, प्राणायाम, मुद्रा, बंध- योग पब्लिकेशन ट्रस्ट, मुंगेर, बिहार
4. योग साधना एवं योग चिकित्सा रहस्य- स्वामी रामदेव, दिव्य प्रकाशन, पतजंलि योगपीठ, हरिद्वार
5. प्राणायाम रहस्य- स्वामी रामदेव, दिव्य प्रकाशन, पतजंलि योगपीठ, हरिद्वार
6. Research Publication, P.R.F. Patanjali Yogpeeth

COURSE-6
COURSE CODE: PGD-YHCT-PW-306/PGD-YHCT-PW-307
SUBJECT NAME-PROJECT REPORT/FIELD WORK

CREDIT: 2	CA: 15	SEE: 35	MM: 50
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Course Outcomes:

At the end of this paper students will be able to:

- Practical recommendations for improving preservation efforts.
- Increased awareness about cultural heritage's significance.
- Tools for balancing tourism growth with conservation.

During the third semester, a part from prescribed theory papers each student is required to select a topic to write a project report or field work report on any one of the given topic. This module is prescribed to make students skilled in understanding cultural heritage tourism, its structure, initiatives and impact on the tourism industry as well as management.

The viva-voce will be based on the report completed by student and on the understanding of the students based on the knowledge acquired during this semester programme. **The report shall be made available by the students during Viva voce exam. The report will carry 35 marks while viva voce carry 15 marks.**

Topics of the report:

A detail project report on any one of the cultural heritage tourism and its management.

OR

A field work report on branding tourism and yoga products.

COURSE-7
COURSE CODE: PGD-YHCT-GE-308
SUBJECT NAME-YOGA PSYCHOLOGY (ELECTIVE)

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

The Objectives of learning this course is to:

- Become familiar with the relation between ancient yoga & modern psychology.
- Find out the key elements of psychology in Yogic texts.
- Incorporate the techniques of yoga & psychology together to cure mental problems.

Course Outcomes:

At the end of this paper students will be able to:

- Gain foundational knowledge of psychology, its definitions, nature, and practical applications.
- Develop an understanding of various types of intelligence, including emotional, social, and spiritual intelligence.
- Explore how Yoga can address mental deficiencies and promote cognitive well-being.
- Gain knowledge of common and severe mental disorders, including their identification, prevention, and management using Yogic techniques.

	BLOCK-1: Introduction to Psychology (12 hours)
Unit-01	Psychology - word meaning, definition, nature, scope and utility of Psychology. Goals and branches of Psychology, concept of Psyche in Vedic literature (Ved, Upanishad, Shankhya, Vedant)
Unit-02	Goals and branches of Psychology, concept of Psyche in Vedic literature (Ved, Upanishad, Shankhya, Vedant)
Unit-03	States of consciousness according to yogic scriptures (Jagrata, svapna, susupti and Turiya). Yogic etymology for somatic, mental, social and spiritual disharmony.
Unit-04	Stress: Definition, Physiological and psychological stress; Understanding stress in accordance with scriptures; Stress assessment tools and biomarkers of stress; Stress & disease.
	BLOCK-2: Yogic Insights on Psychological Concepts (12 hours)
Unit-01	Yogic and Psychological concept of Emotion.
Unit-02	Causes of Emotions in the mind according to yoga texts, Physiology of Emotion (Psychological concept), Concept of Personality in Yogic and Psychological Context, types of Personality and personality assessment.

	BLOCK-3: Intelligence, Mental Deficiency & Common Mental Disorders (24 hours)
Unit-01	Meaning and definitions of intelligence, types of intelligence (Mental, emotional, social and spiritual intelligence),
Unit-02	Mental deficiency: meaning and its types, causes of mental deficiency and cure of mental deficiency through Yoga
Unit-03	Causes and Consequences of Conflicts and Frustrations; Common mental disorders; Depressive disorders
Unit-04	Anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.
	BLOCK-4: Yogic counselling and Personality development (12 hours)
Unit-01	Counseling: skills of counseling, code of ethics for lay counselors, building counseling relationship (factors that influence the counseling process), building yogic rapport and efficient communication, acceptance, empathy and solving the problems with yogic wisdom.

BOOKS FOR REFERENCES -

1. Abhedananda. (1973). *The yoga psychology*. Ramakrishna Vedanta Math.
2. Sachdev, I. P. (1978). *Yoga and depth psychology*. Motilal Banarsidass.
3. Taimini, I. K. (1973). *Glimpses into the psychology of yoga*. Theosophical Publishing House.
4. Aatreya, S. P. (1965). *Yoga manovijnana (Indian psychology)*. International Standard Publication.
5. Hecker, J. E., & Thorpe, G. L. (2010). *Introduction to clinical psychology: Science, practice & ethics*. Pearson.
6. Hilgard, E. R., Atkinson, R. C., & Atkinson, R. L. (n.d.). *Introduction to psychology*. Oxford and IBH Publishing.
7. Nagendra, H. R. (n.d.). *New perspectives in stress management*. Vivekananda Kendra.
8. Herrman, H., Saxena, S., & Moodie, R. (2005). *Promoting mental health*. World Health Organization Press.
9. Singh, A. K. (2007). *Saral samanya manovijnana*. Motilal Banarasidas Publications.
10. Taylor, S. E. (2006). *Health psychology* (6th ed.). Tata McGraw Hill.
11. Udupa, K. N. (2007). *Stress and its management by yoga*. Motilal Banarasidas.



COURSE-7
COURSE CODE: PGD-YHCT-GE-309
SUBJECT NAME-BASICS OF COMPUTER SKILLS (ELECTIVE)

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

The Objectives of learning this course is to:

- Understand types of software and their applications.
- Understand basic computer components and functions.
- Understand types of software and their applications.
- Learn operating system functions and user interface management.
- Explore e-learning platforms and their role in education.

Course Outcomes:

At the end of this paper students will be able to:

- Develop essential computer skills, such as using hardware, software, and operating systems, ensuring ease in navigating the digital world.
- Improve typing speed and accuracy, which are critical for communication and documentation.
- Learn to organize, save, and retrieve files effectively, fostering productivity.

	BLOCK-1: Overview of Computer System (20 hours)
Unit-01	Evolution of Computer Systems, Generations of Computers, Parts of Computer System, Categories of Computers, Computer System Characteristics, Computer Hardware.
Unit-02	Working of input & output devices: keyboard, mouse, trackball, pen, touch screens, scanner, digital camera, monitor, and printer.
Unit-03	Working of storage devices: magnetic tape, magnetic disk, CD, DVD.
	BLOCK-2: Computer Software & Operating System (20 hours)
Unit-01	Introduction to software, Types of software, Program vs. Software.
Unit-02	Introduction to operating System, Function of Operating System.

Unit-03	Types of Operating System. Operating system file management.
BLOCK-3: Office Automation Tools (60 hours)	
Unit-01	Word Processing (e.g., Microsoft Word, Google Docs, One Note)- Creating and Editing Documents, Formatting Text and Pages, Adding Tables, Images, Charts and Mail Merge.
Unit-02	Spread sheets (e.g., Microsoft Excel, Google Sheets)- Creating and Formatting Spread sheets, Basic Formulas and Functions, Charts and Data Visualization.
Unit-03	Presentation Software (e.g., Microsoft PowerPoint, Google Slides)- Creating and editing master slides, slides with graphs, Animation, Designing Slide-shows and representation.
BLOCK-4: Data Communication, Computer Network & E-Learning platform (20 hours)	
Unit-01	Introduction to communication system, Mode of Communication, Introduction to Computer Network, Types of Computer Network, LAN, WAN, MAN Topologies, Transmission Media.
Unit-02	Internet: Introduction to Internet and its Applications, Connecting to the Internet, Email, World Wide Web (WWW) and its evolution, Uniform Resource Locator (URL), Browsers: Internet Explorer.
Unit-03	Use of Computer in Education and Research: E-library, data analysis and other research related website (Google scholar, Pub-med, Sci-hub etc). Introduction to Artificial Intelligence, Cyber Security.

BOOKS FOR REFERENCES-

1. Goel, A. (2010). *Computer fundamentals*. Pearson Education.
2. Aksoy, P., & DeNardis, L. (2006). *Introduction to information technology*. Cengage Learning.
3. Norton, P. (2017). *Introduction to computers*. McGraw-Hill.
4. Sinha, P. K., & Sinha, P. (2007). *Fundamentals of computers*. BPB Publishers.
5. Vermaat, M. E. (2013). *Discovering computers & Microsoft Office 2013: A fundamental combined approach*. Cengage Learning.



SEMESTER IV

COURSE-1

COURSE CODE: PGD-YHCT-401

SUBJECT NAME-COMPLEMENTARY AND ALTERNATIVE THERAPY (CAT)

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

The Objectives of learning this course is to:

- State concept, prevalence, objectives, types, applications and limitations of CAT.
- Have knowledge & skills of therapeutics related to acupressure, Pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

Course Outcomes:

At the end of this paper students will be able to:

- Develop a solid understanding of CAT, its history, definitions, objectives, and its contemporary relevance in health and wellness.
- Learn to apply CAT and energy medicine for a variety of health issues ranging from chronic fatigue and diabetes to mental health conditions like anxiety and OCD.

	BLOCK-1: CAT (12hours)
Unit-01	Introduction to CAT: History, Meaning, Definition, Objectives, Types, Prevalence, Contemporary Need, Applications and Limitations.
Unit-02	Mind-Body Therapy: Origin, Meaning, Definition, Aims, Principles, Factors, Impacts, Prevalence, Applications, and Limitations.
Unit-03	Pioneers in Mind-Body Medicine: Modern era- Yog rishi Swami Ramdev, Acharya Balkrishna, Swami Satyananda, BKS Iyengar, Norman Cousins, Deepak Chopra, Herbert Benson, Dean Ornish, Bernie Siegal, Lorry Dossey

Unit-04	Need of mind-body medicine: Mind-body relationship and modern medicine: Epidemiological studies, clinical studies, & experimental studies; Placebo and Nocebo.
	BLOCK-2: Manipulative-Body Based Therapy (MBT) (12 hours)
Unit-01	Foundations of MBT: Meaning, Definition, Aims, Principles, Types, Impacts, Prevalence, Applications, and Limitations.
Unit-02	Acupressure and Reflexology: Origin, Meaning, Definition, Principles, Five Elements Theory, Chi Clock Cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology.
	BLOCK-3: Energy Medicine (12 hours)
Unit-01	Foundations of Energy Medicine: History, Meaning, Definition, Types, Principles, Applications and Limitations.
Unit-02	Pranic Healing: Origin, History, Meaning and Sources of Prana
Unit-03	Principles and Bio-Plasmic Body: Principles, Law of Action, & Types (Basic, Advanced, and Psychotherapy); Bio-plasmic body/Aura: structure, types and size
Unit-04	Energy Centers (Chakras) and Techniques: Meaning, Types (Major, Minor and Mini), Sizes, Colours, Functions and Consequences of their Dysfunctions; Ahartic Yoga & Twin Meditation, Scanning Auras or Chakras, Sweeping and Energizing Procedures
	BLOCK-4: Acupressure & Pranic Therapeutics & Biologically Based Products (Dietary Supplements & Herbal Remedies) (24 hours)
Unit-01	Clinical Applications of Energy Medicine and Natural Therapies: Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension/Hypotension, Hyper/Hypo Thyroidism, Liver Problem, Allergy, CAD, Anaemia, Hyperacidity, Irritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Chronic Fatigue Syndrome, Epilepsy, Anxiety, Obsessive Compulsive Disorder, Leucorrhoea, Menstrual Disorders, Impotency, Infertility, CSF, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopias.
Unit-02	Biologically Active Compounds and Traditional Formulations: Probiotics and Prebiotics, Antioxidants, Glucosamine Sulphate, Glutamine, Selenium, Curcumin, Multi-vitamins and their Natural Sources, Omega-3 Fatty Acid and Tryptophan their Functions and natural Sources; Panchgavya (Indigenous Cow urine, Dung, Milk, Curd, Ghee): Importance & uses in disease prevention & health promotion.



BOOKS FOR REFERENCES-

1. Acharya, B. (2004). *Ausadh darshan*. Divya Prakashan.
2. Acharya, B. (2005). *Ayurveda jadi-butl rahasya*. Divya Prakashan.
3. Brahmabarchas. (2003). *Nidan chititsa*. Ved Mata Gayatri Trust.
4. Colledge, N. R., Walker, B. R., & Ralston, S. H. (2010). *Davidson's principles & practice of medicine* (21st ed.). Churchill Livingstone, Elsevier.
5. Holford, P., & Bume, J. (2007). *Food is better medicine than drugs*. Piatkus.
6. Holford, P. (2014). *Good medicine*. Piatkus.
7. Joshi, S. A. (2011). *Nutrition & dietetics with Indian case studies*. Tata McGraw-Hill.
8. Lian, Y.-L., Chen, C.-Y., Hammes, M., & Kolster, B. C. (2005). *Pictorial atlas of acupuncture: An illustrated manual of acupuncture points*. h. f. Ullmann.
9. Micozzi, M. S. (2015). *Fundamentals of complementary and alternative medicine* (5th ed.). Elsevier Saunders.
10. Patanjali Research Foundation. (2015). *Research publications*. Divya Prakashan.
11. Peeters, J. (2008). *Reflexology*. Paragon.
12. Ramdev, S. (2006). *Yoga sadhana and yoga chikitsa rahasya*. Divya Prakashan.
13. Ramdev, S. (2009). *Pranayam rahasya*. Divya Prakashan.
14. Sah, R. L., Joshi, B., & Joshi, G. (2002). *Vedic health care system*. New Age Books.
15. Sharma, S. (1998). *Jivem Saradm Satam*. Akhand Jyoti Samsthan.
16. Sharma, S. (2010). *Gayatri Mahavijyan* (Combined and revised ed.). Yug Nirman Yojana Bistar Trust.

COURSE-2

COURSE CODE: PGD-YHCT-402

SUBJECT NAME-YOGA THERAPY

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

The Objectives of learning this course is to:

- To study the therapeutic applications of yoga, pranayama, meditation, and Ayurveda in disease prevention and treatment.

- To explore how yoga, physiotherapy, and alternative therapies can aid in the rehabilitation and strengthening of musculoskeletal health.
- To prescribe and administer yogic prescription for the specific disease.

Course Outcomes:

At the end of this paper students will be able to:

- Gain a deeper understanding of yoga's philosophies and practices, enhancing your physical, mental, and emotional well-being.
- Learn to design and implement yoga-based therapeutic modules tailored to individual needs, which can be applied in healthcare, wellness centers, or private practice.
- Develop an integrative perspective by combining traditional yoga principles with modern biomedical systems.
- Engage in research to explore the benefits of yoga therapy and contribute to its scientific validation.

	BLOCK-1: Yoga Etiology, Diagnosis and Therapy (12 hours)
Unit-01	Yogic Anatomy and Physiology: Concept of Psychic Centers, Pancha Kosha and three planes of human being; and effects of their activation and impairment over somatic, psychic and psycho-somatic levels of human existence.
Unit-02	Yogic diagnostic techniques: Connections of Swar Science, Prana and Breathing Patterns over somatic, mental and psycho-somatic levels.
Unit-03	Association of Psychic centers over nerve plexus and endocrine glands
Unit-04	Concept of health and wellness in terms of WHO, Ayurveda and Yoga;
Unit-05	Concept of Yoga Therapy: Meaning, Definition, Aims, Principles, Factors Impacts and Limitations; Qualities of a yoga therapist.
	BLOCK-2: Musculo-Skeletal Disorders (12 hours)
Unit-01	Back Pain: Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapses (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical and Yogic management:
Unit-02	Neck pain: Classification- Cervical Spondylosis, radiculopathy, Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management.



	BLOCK-3: Gastro Intestinal, Excretory Disorders & Cardio-Pulmonary Disorders (24 hours)
Unit-01	Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and Complications), Yogic Management of Acid peptic disease - Indigestion Hyperacidity, Ulcer, Flatulence, Gastritis, Bowel problems - chronic Constipation and haemorrhoids, Irritable Bowel Syndrome, Ulcerative colitis or inflammatory bowel disease, Crohn's disease, gluten intolerance, food allergies.
Unit-02	Excretory System: irritable bladder syndrome, stress incontinence, Chronic renal failure, Renal hypertension, Renal stones.
Unit-03	Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Hypertension and Hypotension, Ischemic heart diseases, Varicose veins, Peripheral vascular disease, Autoimmune Arteritis.
Unit-04	Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management (rationale for the disease specific yoga protocol, scientific evidence if available, probable healing mechanisms, practices of choice and contra indications). Allergic, autoimmune respiratory conditions -Allergic Rhinitis & Sinusitis, Bronchial Asthma, COPD & Emphysema- Occupational pulmonary disease.
	BLOCK-4: Neurological and Psychiatric Disorders (12 hours)
Unit-01	Headaches: Migraine: Causes, Classification, clinical features, Medical and Yogic management, Tension headache: Causes and its symptoms and Medical and Yogic management; Cerebro vascular accidents: Causes, clinical features, Medical and Yogic management, Epilepsy, pain; Parkinson's disease: Causes, clinical features, Medical and Yogic management.
Unit-02	Introduction to psychiatric disorders, classification - Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalized anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Medical and Yogic management: Depression: Dysthymia, Major depression, Medical and Yogic management; Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic management.

BOOKS FOR REFERENCES -

1. Nagarathna, R., & Nagendra, H. R. (2010). *Yoga therapy for common ailments series*. SVYP Publications.
2. Karmananda, S. (2001). *Yoga therapy for common diseases*. Yoga Publication Trust.
3. Kandel, E. R., Schwartz, J. H., & Jessell, T. M. (2013). *Principles of neural science* (5th ed.). McGraw-Hill.
4. Sadock, B. J., Sadock, V. A., & Ruiz, P. (2014). *Kaplan & Sadock's synopsis of psychiatry* (11th ed.). Wolters Kluwer.
5. Saraswati, S. S. (2013). *Asana, pranayama, mudra, bandha* (4th ed.). Bihar School of Yoga.
7. Nagendra, H. R., & Nagarathna, R. (2012). *Yoga for bronchial asthma*. Swami Vivekananda Yoga Publications.
8. Magee, D. J. (2020). *Orthopedic physical assessment* (7th ed.). Elsevier.
9. Tortora, G. J., & Derrickson, B. H. (2017). *Principles of anatomy and physiology* (15th ed.). Wiley.
10. Benson, H., & Proctor, W. (2010). *Relaxation revolution: Enhancing your personal health through the science and genetics of mind-body healing*. Scribner.

COURSE-3

COURSE CODE: PGD-YHCT-403

SUBJECT NAME- BUSINESS COMMUNICATION AND
PERSONALITY DEVELOPMENT

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

The Objectives of learning this course is to:

- To build strong verbal and non-verbal communication skills tailored for professional environments.
- Developing self-assurance for presentations, interviews, and networking.

Course Outcomes:

At the end of this paper students will be able to:



- Ability to communicate effectively and professionally in diverse scenarios such as meetings, emails, and presentations.
- Better working relationships and teamwork capabilities. Enhanced self-awareness, adaptability, and emotional intelligence.
- Building capabilities to lead teams and manage projects with clarity and authority.

	BLOCK-01: Business Correspondence:
Unit-01	Foundations of Business Letter Writing: Letter Writing, presentation, Inviting quotations, Sending quotations
Unit-02	Advanced Business Correspondence: Placing orders, Inviting tenders, Sales letters, claim & adjustment letters and social correspondence
Unit-03	Internal Communication Tools: Memorandum, Inter -office Memo, Notices, Agenda, Minutes
Unit-04	Professional Correspondence for Employment: Job application letter, preparing the Resume
	BLOCK-02: Writing and Communication Skills
Unit-01	Fundamentals of Report Writing: Report Writing, Business reports, Types, Characteristics, Importance
Unit-02	Crafting Effective Reports: Elements of structure, Process of writing, Order of writing, the final draft, and check lists for reports, Aids to correct Business writing.
Unit-03	Mastering Oral Communication: Oral communication, public speaking, body language, Presentation Plan, Power point presentation
Unit-04	Leading and Participating in Meetings and Conferences: Leading and participation in Meetings and Conferences. Audio-visual aids
	BLOCK-03: Business Communications
Unit-01	Foundations of Business Communications: Meaning, Definition, Objectives, Principles, Scope, barriers and limitations of Business Communications.
Unit-02	Organizational Communication Dynamics: Main forms of organisational communications, Communication network in Org.

Unit-03	Business Etiquettes and Professional Conduct: Business Etiquettes, Business manners, Body language postures, gestures, Etiquette, emotional intelligence, telephonic etiquette, listening, Handling business meetings.
Unit-04	Role plays on selected topics with case analysis and real life experiences.
	BLOCK-04: Concept of Personality
Unit-01	Nature, Concept and Definition of Personality
Unit-02	Dimensions and determinants of Personality, types of personality
Unit-03	Individual interaction skills problem solving, lateral thinking, self-awareness
Unit-04	Leadership, team work & team building, interpersonal skills, conflict management, small cases including role-plays, negotiation skills & strategies.

RECOMMENDED TEXTS

1. Asha Kaul- Effective Business Communication, PHI New Delhi.
2. Biswajit Das and Ispeeta Satpathy- Business Communication and Personality Development. Excel Books. New Delhi.
3. Bovee and Thill, Business Communication Today, Pearson Education
4. K.K. Sinha- Business Communication, Galgotia and Sons, New Delhi.
5. Locker and Kaczmarek- Business Communication: Building Critical Skills, Tata McGraw Hill.
6. Lynn Van Der Wagen- Communications in Tourism & Hospitality, Hospitality Press
7. R.C. Sharma and K. Mohan- Business Correspondence and Report Writing, Tata McGraw Hill.
8. R.V. Lesikar and M.E. Flatley- Basic Business Communication Skills, Tata McGraw Hill, New Delhi.
9. Rajendra Pal and J.S. Korlahalhi- Essentials of Business Communications, Sultan Chand & Sons.
10. S.A. Chunawalla- Advertising Sales and Promotion Management, Himalaya, Mumbai.
11. Shirley Taylor- Communication for Business, Pearson Education
12. Stephen R. Covey- The Seven Habits of Highly Effective People, NY: Fireside/ Simon &
13. T.N. Chhabra- Business Communication: Concepts and Skills, Sun India Publication, New Delhi.



COURSE-4
COURSE CODE: PGD-YHCT-404
SUBJECT NAME- ECOTOURISM PRINCIPLES AND PRACTICES

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

The Objectives of learning this course is to:

- Understand the key concepts and principles of ecotourism.
- Explore the ecological and conservational practices for sustainable tourism.
- Analyze the economic, social, and environmental impacts of ecotourism.
- Develop skills for planning, managing, and marketing ecotourism ventures.

Course Outcomes:

At the end of this paper students will be able to:

- Apply sustainable practices in tourism management.
- Evaluate the costs and benefits of ecotourism initiatives.
- Critically assess the challenges and opportunities in ecotourism.
- Design and implement strategies for natural resource management.

	BLOCK-01: Introduction to Eco Tourism
Unit-01	Definition, Concept, Growth & Principles
Unit-02	Principles Emerging Concepts: Eco / rural /agri/farm/green/ wilderness/ country side/special interest in context of tourism.
Unit-03	Tourism: Environmental Relevance, Concept of carrying capacity
Unit-04	Eco - tourism in 3rd World Countries – Problems, prospects for sustainability, Eco - tourism as a worldwide phenomena
	BLOCK-02: Eco -Tourism and community Development
Unit-01	Concept and planning of eco - tourism destinations

Unit-02	Developing and implanting Eco tourism guidelines for wild lands and neighbouring communities.
Unit-03	Eco - tourism and community development
Unit-04	Conference, convention & declaration related to environments Johansberg Rio - declaration (Agenda 21) Quebec declaration Environmental Code of conduct
	BLOCK-03: Basic Properties of Ecosystem
Unit-01	Concept, components and Properties of Ecosystem
Unit-02	Five Basic law and 20 great ideas in ecology
Unit-03	Trophic Structure and ecological pyramids, ecological succession
Unit-04	Human ecology and tourism: natural resources & tourism, Tourism & environment.
	BLOCK-04: Environmental Pollution and Tourism Activities
Unit-01	Air Pollution :- Atmospheric Composition, source and effects of pollutants, Green House Effects, Ozone Layer Depletion, Standard and Control Measures.
Unit-02	Water Pollution :- Hydrosphere, Natural water, pollutants, their origin & effects and standard control
Unit-03	Noise Pollution: - Sources, effects and standard & control
Unit-04	Do's and Don'ts in Tourism

RECOMMENDED TEXTS

1. Global EcoTourism , Codes-Protocol & Charter- Prabhas Chandra (Author), Kaniskha Publication
2. International Eco Tourism Enviroment- Rules & Regulation- Prabhas Chandra (Author), Kaniskha Publication
3. Travel & Tourism- Cottman (Author), VNR Publication



4. Tourism System- Introductory Text-Mik & Morrivon
5. Tourism & Sustainability- Mowforth (Author) - Routh Udge Publication
6. Ecology and Tourism by Dr.G.poiyamoazhi
7. Environment and Pollution by Khopkar S.M.
8. Environmental Management by M.K.Oberoi
9. Tourism and Sustainability by Martin Mowforth & Ian Munt

COURSE-5

COURSE CODE: PGD-YHCT -405 (P)

SUBJECT NAME-INTEGRATED PATHY & WELLNESS PRACTICUM

CREDIT: 2	CA: 15	SEE: 35	MM: 50
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Course objectives:

The Objectives of learning this course is to:

- Understand the principles of Acupressure and Pranic Healing to balance the body's energy flow.
- To know the therapeutic Applications & Treatment Methods.
- Explore the role of dietary supplements and herbal remedies in complementary medicine.

Course Outcomes:

At the end of this paper students will be able to:

- Graduates can pursue careers as yoga therapists, wellness coaches, or instructors in various settings, including healthcare, fitness centers, and private practice.
- Many programmes offer globally recognized certifications, enhancing credibility and career prospects.
- Equipped with these skills, individuals can contribute to the wellness of their communities by teaching and promoting healthy lifestyles.

Practical File:

During the fourth semester, a part from prescribed theory papers each student is required to select a topic to write a report or practical file on any one of the given topic. This module is

prescribed to make students skilled in understanding therapeutic model, its structure, initiatives and impact on health and wellness as well as disease management.

The viva-voce will be based on the report completed by student and on the understanding of the students based on the knowledge acquired during this semester programme. **The report shall be made available by the students during Viva voce exam. The report will carry 35 marks while viva voce carry 15 marks.**

Topics of the report:

A detail report on any one of the wellness and its disease management therapeutic model.

OR

A Practical file report on yoga Therapy and Disease Management.

Viva-Voce

BLOCK-1	Yoga Therapy and Acupressure,
BLOCK-2	Yagya and Naturopathy
BLOCK-3	Ayurveda and Panchkarma
BLOCK-4	Dietary Supplements & Herbal Remedies

BOOKS FOR REFERENCES-

1. Gach, M. R. (1990). *Acupressure's potent points: A guide to self-care for common ailments*. Bantam Books.
2. Choa Kok Sui, G. M. (2004). *Miracles through pranic healing*. Institute for Inner Studies Publishing Foundation.
3. Becker, C. (2017). *The complete guide to acupressure: Jin Shin Do*. Healing Arts Press.
4. Murray, M. T., & Pizzorno, J. (2012). *The encyclopedia of natural medicine*. Atria Books.
5. Chevallier, A. (2016). *Encyclopedia of herbal medicine: 550 herbs and remedies for common ailments*. DK Publishing.



COURSE-6
COURSE CODE: PGD-YHCT-406 (P)
SUBJECT NAME-SEMINAR REPORT AND VIVA VOCE

CREDIT: 2	CA: 15	SEE: 35	MM: 50
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Course Outcomes:

At the end of this paper students will be able to:

- Participants gain insights into the latest trends, challenges, and opportunities in the wellness and health tourism sector.
- These events emphasize the importance of education and training, equipping attendees with skills to meet rising expectations in the industry.
- Provide a platform for collaboration among professionals, academics, and policymakers, fostering partnerships and innovation.

During the fourth semester, a part from prescribed theory papers each student is required to select a topic to write a Seminar report on any one of you attend on tourism and health. This module is prescribed to make students skilled in understanding research perspective and modern development in Health and tourism.

The viva-voce will be based on the report completed by student and on the understanding of the students based on the knowledge acquired during this semester programme. **The report shall be made available by the students during Viva voce exam. The report will carry 35 marks while viva voce carry 15 marks.**

Topics of the report:

A detail report on any of the seminar Participated on disease management therapeutic model / tourism development model.

COURSE-7
COURSE CODE: PGD-YHCT-GE-407
SUBJECT NAME-PRINCIPLES & PRACTICE OF YOGA TEACHING (ELECTIVE)

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

The Objectives of learning this course is to:

- Following the completion of this course, students shall be able to understand the teaching techniques of yoga
- Understand and conduct class management and lesson planning
- Use educational tools of yoga teaching.
- Inculcate the concept & essence of yoga education.

Course Outcomes:

At the end of this paper students will be able to:

- Understand the essentials of lesson planning, including designing structured yoga sessions covering Shatkriya, Asanas, Mudras, Pranayama, and Meditation.
- Develop expertise in constructing timetables for yoga instruction, ensuring structured and effective time management.
- Explore yogic levels of learning, characteristics of an ideal yoga teacher, and various teaching methods, equipping them to deliver impactful yoga sessions.

	BLOCK-1: Fundamentals of Education and Methods of Teaching Yoga (15 hours)
Unit-01	Education- Meaning, Definitions, Concepts, Aims & Objectives; Teaching and Learning: Concepts and Relationship between the two.
Unit-02	Principles of Teaching, Levels and Phases of Teaching, Principles of Learning, Levels of Learning.
Unit-03	Yogic levels of Learning- Vidyarthi, Shishya, Mumukshu, Qualities of a Yoga teacher; Meaning and scope of Teaching methods and factors influencing them; Sources of Teaching methods.



	BLOCK-2: Basics of Yoga Class Management (15 hours)
Unit-01	Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group);
Unit-02	Techniques of Individualized Teaching.
Unit-03	Techniques of group teaching; Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc; Class room problems: Types and Solutions.
	BLOCK-3: Lesson Planning & Organisation of Yoga Events (15 hours)
Unit-01	Essentials of Lesson Planning: concept, need& importance; Lesson planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan in Yoga
Unit-02	Timetable: Concept, Need, Types, Principles of Time table construction; Time Table for Yoga teaching
Unit-03	Basics of Event Management; Principles of Planning & Organisation of Yoga Events-Yoga Training Camp, Yoga Therapy Camp, Yoga Seminar, Yoga Workshop & Yoga Conference;
	BLOCK-4: Educational Technology in Yoga Teaching & Teaching Practice (15 hours)
Unit-01	Educational Technology: Concept, Meaning, Aims, Objectives, Importance and Types of Educational technology; Teaching Methods & Practice of Yama, Niyama, Shatkarma, Asana, Mudra-Bandha, Pranayama & Dhyana.
Unit-02	Use of Educational Technology in Yoga;
Unit-03	Teaching Methods & Practice of Yama, Niyama, Shatkarma, Asana, Mudra-Bandha, Pranayama & Dhyana.

BOOKS FOR REFERENCES -

1. Saraswati, S. (1990). *Yoga education for children*. Bihar Schools of Yoga.
2. Saraswati, S. (2004). *A systematic course in the ancient Tantric techniques of yoga and kriya*. Bihar Schools of Yoga.
3. Gharote, M. L. (2007). *Teaching methods for yogic practices*. Kaivalyadhama.

4. Krishna, S. (2009). *Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices*. Kaivalyadhama.
5. Kumar, R. (n.d.). *Principles & methods of teaching*. Printographics.
6. Duggal, S. (1985). *Teaching yoga*. The Yoga Institute.
7. Nagendra, H. R., & Nagaratna, R. (1988). *New perspectives in stress management*. V.K. Yogas.
8. Saraswati, S. (1990). *Yoga education for children*. Bihar Schools of Yoga.
9. Gawande, E. N. (n.d.). *Value oriented education*. Sarup & Sons.
10. Gharote, M. L. (n.d.). *Yoga applied to physical education*. Kaivalyadhama.
11. Nagarathna, R., & Nagendra, H. R. (2019). *Integrated approach of yoga therapy for positive health*. Swami Vivekananda Yoga Prakashana.

COURSE-7

COURSE CODE: PGD-YHCT-GE-408

SUBJECT NAME-COMPUTER APPLICATIONS IN TOURISM
AND HOSPITALITY MANAGEMENT (ELECTIVE)

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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Course objectives:

The Objectives of learning this course is to:

- Equip students with knowledge about software and applications used in the tourism and hospitality industry, such as reservation systems, customer relationship management (CRM), and point-of-sale (POS) systems.
- Teach data analysis and reporting techniques to support business strategies.
- Show how to streamline daily operations using technology.

Course Outcomes:

At the end of this paper students will be able to:

- Learn to use technology for planning and managing events, resources, and logistics in the hospitality sector.



	BLOCK-01: Computer Hardware
Unit-01	Introduction to Computer Hardware and Terminology
Unit-02	The use of an Operating System and Various Programming Languages
Unit-03	A descriptive survey of some of the important Application: Communication, Office Systems.
Unit-04	Information Storage and Retrieval and Artificial Intelligence.
	BLOCK-02: OS, Windows and Its Applications
Unit-01	Typical Micro-Computer Storage, Software Packages such as Word Processor, Spreadsheet and MS Office and their uses in tourism and hospitality industry.
	BLOCK-03: Management Information Systems
Unit-01	Office automation, E-mail and Electronic Highway, Internet.
	BLOCK-04: Computer Networking
Unit-01	CRS for Rail Transport, Hotel Bookings, Airlines
Unit-02	Different packages used: Abacus, World Span, Amadeus, Apollo-Galileo, Sabre etc.
Unit-03	Introduction to a Statistical Package (SPSS)
Unit-04	Presentation Graphic Tools, Multi-media Technology

BOOKS FOR REFERENCES -

1. A. Clark- Small Business Computer Systems, Hodder & Stoughton, 1987
2. Amadeus Software and other CRS Packages practical handbooks.
3. B. Braham-Computer System in Hotel and Catering Industry, Cassell, 1988
4. IATA-OAG/ABC/Travel Information Manual and Air Tariff Book.
5. L.K. Parkinson and S.T. Parkinson- Using the Micro-Computer in Marketing, McGraw Hill, 1987.
6. R.K. Taxali- Lotus 1-2-3 Made Simple, New Delhi: Tata McGraw Hill.
7. S. Mehta- Wordstar-7, New Delhi: Comdex Computer Publishing, Pustak Mahal.
8. S. Saxena-MS Office 2000 for everyone, Vikas Publishing House Pvt. Ltd, New Delhi.
9. S.K. Basandra- Computer Today, New Delhi, Galgotia Publications.
10. T. Lucey- Management Information Systems, DP Publications.
11. V. Raja Raman- Introduction to Computer Science.