

SEMESTER IV

COURSE DETAILS – 1

SUBJECT NAME – BASIC PRINCIPLES OF YAJNA PATHY
SUBJECT CODE – PGDYS-401

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 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 YajnaPathy
Unit-01	Introduction to Yajna, History of Vedic Religion, and Vedic Deities, Significance of Mantras in Yajna
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-05	Havan Kund and other vessels, Samidha (sacrificial wood), offerings, and ghee



Unit-06	Yajna procedure: Achaman (ritual purification), Angasparsha (body-touch gestures), recitation of prayers and hymns, lighting of the lamp, etc.
Unit-07	Advanced Ritual Procedure of Yajna (Sequence of full Yajna performance, Timing, Aahuti process, Purnaahuti, Fire management, conclusion rituals)
Block-3	Significance of Yajna
Unit-08	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-09	Glory of Yajna in scriptures – Strength, victory over enemies, welfare of the world & Yajna as Inner Transformation.
Unit-10	Occasional Yajnas (<i>16 Samskaras, Bhoomi Pujan, Griha Pravesha, Holi, Diwali, and other festival Yajnas</i>)
Unit-11	Kamya Yajnas (<i>Putreshti for progeny, Varsheshti for rain, Yajnas for healing diseases, annual Yajnas, etc.</i>)
Unit-12	Yajna and its practice in regional and global traditions (Yajna in Southern, Northern, Tribal, and Himalayan cultures, Global Traditions and Influence of Yajna)
Block-4	Yajna Therapy
Unit-13	Yajnopathy: A Holistic Healing Approach
Unit-14	Scriptural evidence of Yajna therapy – Mantras and verses from the Vedas for disease prevention
Unit-15	Scientific evidence of Yajna therapy – Research and studies conducted by scientists
Unit-16	Yajna and Holistic Health Systems (Yajnopathy as part of Ayurveda, Naturopathy, and Yogic health). Havan materials as per specific diseases: Praneshti, Medheshti, Pitteshti, Kapheshti, etc.
Unit-17	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 दिववेदी
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.

COURSE DETAILS – 2
SUBJECT NAME – NATUROPATHY
SUBJECT CODE – PGDYS-402

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

The Objectives of learning this course is to:

- Understand the history, principles, and significance of Naturopathy.
- Learn the therapeutic applications of Hydrotherapy, Mud Therapy, Solar Therapy, Prana Therapy, Fasting, and Massage Therapy.
- Explore the scientific basis of Naturopathy and its role in health and disease management.
- Apply Naturopathic methods for preventing and treating various ailments.

Block-1	Introduction to Naturopathy (15 hours)
Unit-01	Meaning, Definition, Purpose & Limitations of Naturopathy; History of Naturopathy-Western and Indian perspective.



Unit-02	Mahatma Gandhi's contribution to the promotion of Naturopathy; the difference between Naturopathy and Allopathic medicine.
Unit-03	Need and importance of Naturopathy in the present age; Basic principles of Naturopathy. Measures to increase Vitality.
Block-2	Hydro (Water) Therapy and Mud Therapy (15 hours)
Unit-04	Water (Hydro) therapy - importance (including classical references), properties, principles, methods of using water as medicine and major medical applications.
Unit-05	Mud (earth, soil) therapy - importance (including classical references), properties, principles, methods of soil application and major medical applications.
Block-3	Solar Therapy, Air Therapy (15 hours)
Unit-06	Fire element (Surya/ solar) therapy- Importance (including classical references), properties, methods of Surya therapy and major medical applications.
Unit-07	Air therapy- Significance of air, Importance of air as prana (including classical references), Health benefits of pranayama, Applications of air therapy.
Unit-08	Akash Tattva (fasting) therapy: - Meaning, definition, purpose, principles and types of fasting. Classical and medical importance of fasting, and precautions. Scientific research on fasting.
Unit-09	Abhyang (massage) - Meaning, definition, purpose, history, type (scientific and Ayurvedic), benefits, various methods, physiological effects, health enhancement and medical use, precautions.
Block-4	Nature Cure of Various Diseases (15 hours)
Unit-10	Management of major diseases by Naturopathy - Backache, Epilepsy, Insomnia, Ulcers, Obesity, Arthritis, Psoriasis, Asthma, Pneumonia.
Unit-11	Hyper/Hypotension, Hyper/hypothyroidism, cold, impotence, diabetes, depression, anxiety, menstrual problems and migraine.

Books for References -

1. Kuhne, L. (2013). *New Science of Healing: The Doctrine of Unity of Diseases*. Nabu Press.
2. Lindlahr, H. (2012). *Nature Cure: Philosophy and Practice Based on the Unity of Disease and Cure*. Martino Fine Books.
3. Jindal, R. (2019). *Naturopathy for Longevity & Healthy Living*. Rupa Publications.
4. Sujatha, K. (2015). *Principles and Practice of Naturopathy*. CBS Publishers.
5. Spear, B. (1996). *The Complete Book of Water Healing*. McGraw Hill.
6. Sharma, H. (2016). *Natural Healing through Ayurveda*. Motilal Banarsidass Publishers.
7. Just, L. (2004). *Return to Nature: The True Natural Method of Healing and Living*. Kessinger Publishing.
8. Benedict Lust. (2003). *The Nature Cure: The Classic Guide to Natural Healing*. Holistic Press.
9. Mishra, R. K. (2021). *Scientific Basis of Fasting and Detoxification*. Chaukhamba Orientalia.
10. Khader, K. A. (2019). *Reversing Chronic Diseases Through Naturopathy*. Notion Press.

Books in Hindi-

11. राजीव दीक्षित (2017). प्राकृतिक चिकित्सा – स्वस्थ जीवन के सरल उपाय, दिव्य प्रकाशन।
12. डॉ. बी. बी. एस. प्रसाद (2016). प्राकृतिक चिकित्सा के सिद्धांत और उपचार, राष्ट्रीय आयुर्वेद संस्थान।
13. डॉ. हेमलता शर्मा (2015). सूर्य चिकित्सा और पंचतत्व चिकित्सा, चौखंबा ओरिएंटलिया।
14. डॉ. महेश अग्रवाल (2018). जलचिकित्सा: रोग निवारण में जल चिकित्सा का महत्व, प्रभात प्रकाशन।
15. आचार्य बालकृष्ण (2020). योग और प्राकृतिक चिकित्सा, पतंजलि योगपीठ।

COURSE DETAILS – 3

SUBJECT NAME – HYGIENE, DIET & NUTRITION

SUBJECT CODE – PGDYS-403

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

The Objectives of learning this course is 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.

Block-1	Basic Concepts and Components of Food and Nutrition (15 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 (15 hours)
Unit-05	Cereals & Millets -Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection Preparation and Nutritive Value.
Unit-06	Milk and Milk Products - Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection, Preparation and Nutritive Value.
Unit-07	Fats, Oils and Sugar, Jaggery- Selection, Preparation and Nutritive Value.
Unit-08	Energy-Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance, Concept of Metabolism, Anabolism, Catabolism, Caloric Requirement-BMR, SDA, Physical Activity.
Unit-09	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 (15 hours)

Unit-10	General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification of Yogic diet according to traditional Yoga texts.
Unit-11	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-12	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 (15 hours)
Unit-13	Swasthavritta: Meaning, Definition, Aims and Aspects; Three pillars of Swasthavritta-Aahar (Diet), Nidra (Sleep), Brahmacharya (Celibacy).
Unit-14	Dinacharya (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-15	Aggravation and Pacification of three Humors (vata, pitta, kapha): Season wise Does and Don'ts.
Unit-16	Application of Dinacharya, Ratricharya and Ritucharya for health promotion, rejuvenation, disease 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 बाग्भट (2019). अष्टांग हृदयम् - स्वास्थ्यवृत्तम्. चौखंबा संस्कृत प्रकाशन।

COURSE DETAILS – 4 SUBJECT NAME – COMMUNICATIVE ENGLISH SUBJECT CODE – PGDYS-AEC-404

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

The Objectives of learning this course is to:

1. Develop proficiency in reading, writing, speaking, and listening in English.
2. Communicate effectively in personal, professional, and yogic contexts.
3. Enhance comprehension and analytical skills through structured study techniques.
4. Gain insights from classical literature relevant to yogic philosophy and ethical living.

Block-1	Fundamentals of Communication (15 hours)
Unit-01	Writing Skills: Paragraph writing, article writing, Formal Letter, Informal Letter, Idioms and Phrases, Placing Order, Phonetics Transcription, Precise Writing.
Unit-02	Reading & Listening Skills: Comprehension exercises, referencing encyclopedias & dictionaries.

Unit-03	Note-Making & Summarization: Techniques for effective learning and structured writing.
Block-2	Professional & Verbal Communication (15 hours)
Unit-04	Interview Skills: Group discussion, personal interview, telephonic interview.
Unit-05	Resume & Business Writing: Resume writing, structured professional communication.
Unit-06	Speech & Debate Writing: Organizing and presenting logical arguments.
Block-3	Analytical & Study Skills (15 hours)
Unit-07	Effective Learning Techniques: Note-making, summarization, referencing.
Unit-08	Critical Thinking & Interpretation: Evaluating and synthesizing information.
Unit-09	Language & Grammar Proficiency: Phonetic transcription and advanced grammar application.
Block-4:	Literature & Practical (15 hours)
Unit-10	Indian Traditional Knowledge On Environmental Conservation An Article Lightly Of Asia - Gautama Buddha, Kafan- Prem Chand.
Unit-11	Development of Skills to Enhance Ability of Conducting Yoga Class in English, Demonstration of Yoga Practices in English.

Books for References -

1. Becher, E. F. (2009). *Mastering communication at work: How to lead, manage, and influence*. McGraw-Hill.
2. McKay, M., Davis, M., & Fanning, P. (2009). *Messages: The communication skills book*. New Harbinger Publications.
3. Perkins, P. S., & Brown, L. (2008). *The art and science of communication*. Wiley.
4. Quinn, R., & Kohl, J. (2008). *Talk like a winner: 21 simple rules for achieving everyday communication success*. AMACOM.



COURSE DETAILS – 4
SUBJECT NAME – YOGA & SPORTS
SUBJECT CODE – PGDYS-AEC-405

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

The Objectives of learning this course is to:

1. Learn mindfulness and breathing exercises to improve concentration in sports.
2. Understand the Conceptual Foundations of Sports and Yoga.
3. Analyze the Role of Yoga in Enhancing Sports Performance.
4. Examine the Physiological and Psychological Impacts of Yoga on Athletes.
5. Yoga and Sports Science for Holistic Development.
6. Develop Skills for Practical Implementation in Sports and Education Settings.

Block-1	CONCEPT OF YOGA AND SPORTS (15 hours)
Unit-01	Introduction, Meaning and definition of Sports in Yoga. Historical Development of Sports and Yoga.
Unit-02	Aims, Objectives and Importance of Yoga in Sports.
Unit-03	Modern trends of Yoga in Sports.
Unit-04	Major/Minor Outdoor Games / Track & Field: One Major Game & One Individual Sport.
Block-2	ANATOMY AND PHYSIOLOGY & YOGIC PRACTICES FOR SPORTS (15 hours)
Unit-05	Anatomy and Physiology: Definitions, importance of Yoga and sports in human Physiology.
Unit-06	Importance of Yoga like Shatkarma, Asana, Prāṇāyāma, Mudra and Bandha for flexibility of Sportsperson.
Unit-07	Fundamentals of Yoga in sports Training.
Unit-08	Physical Fitness and Wellness, Personality Development by Yoga for betterment in Sports.

Block-3	DIMENSION OF SPORTS AND YOGA (15 hours)
Unit-09	Aspects of Yoga: Physical and physiological aspects, psychological aspects, Social Aspects, Spiritual aspects.
Unit-10	Effects of Yoga and sports activity on Various body Systems: Circulatory System, Digestive system, Circulatory System, Respiratory system, Excretory system, Nervous system, Muscular System, Endocrine System.
Unit-11	Correlation among sports and yoga: Introduction, Historical aspects to modern Era.
Unit-12	Importance of Yoga in physical activity and sports: Running, Jumping and Throwing Events effects on human body.
Block-4	HOLISTIC DEVELOPMENT WITH SPORTS AND YOGA (15 hours)
Unit-13	Health and its Importance in Sports, Diet and Nutrition with yoga practices for sports activity, Awareness of Lifestyle Disorders, School Health Programme.
Unit-14	Physical and sports Education for Various Populations, Sports Training programmes: Test and Measurement.
Unit-15	Organization of Tournaments: Objectives of Organizing Tournaments, Procedure of Organizing a Tournament
Unit-16	Athletic Injuries, First Aid and Safety during sports via Yoga practices.

Books for References -

1. Iyengar, B. K. S. (2005). *Light on life: The yoga journey to wholeness, inner peace, and ultimate freedom*. Rodale.
2. Kaminoff, L., & Matthews, A. (2011). *Yoga anatomy* (2nd ed.). Human Kinetics.
3. Dick, F. W. (2007). *Sports training principles* (5th ed.). A & C Black Publishers.
4. Narayanan, K. L. (2008). *Essentials of physical education*. Vikas Publishing House.
5. Tiwari, O. P. (2002). *Asana, pranayama, mudra, bandha*. Kaivalyadhama Yoga Institute.



COURSE DETAILS – 5
SUBJECT NAME – INDIAN PHILOSOPHY (ELECTIVE)
SUBJECT CODE – PGDYS-GE-406

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

The Objectives of learning this course is to:

1. Understanding the Fundamental Concepts of Nyaya and Vaisesika.
2. Analyzing Samkhya and Yoga Philosophies.
3. Exploring the Mimamsa System (Purva & Uttara).
4. Comparing Different Schools of Indian Philosophy.
5. Applying Philosophical Teachings to Modern Life.

Block-1	Nyaya and Vaisesika (15 hours)
Unit-01	Nature of physical world, Concept of Individual soul, Supreme soul, and liberation in Indian philosophy, Theory of body, mind and soul.
Unit-02	The sixteen Padarthas according to Nyaya.
Unit-03	Concept of Nyaya philosophy; Means and objects of knowledge and salvation according to Nyaya and Vaisesika.
Unit-04	Category of substance-Nava dravyas, Category of quality-24 gunas, Relation between Nyaya and Vaisesika philosophy.
Block-2	Samkhya and Yoga (15 hours)
Unit-05	Theory of cause and effect; Prakriti and Purusha; Concept and Process of evolution and Liberation; Concept of Atman, Brahma, Maya, Universe, God; Threefold afflictions and means to overcome afflictions.
Unit-06	Twenty-five entities and means of knowledge according to Samkhya.
Unit-07	Satkarya Vada; Similarities and dissimilarities between Vyakta and Avyakta.
Unit-08	Triguna; Existence of Purusa, plurality of Purusa, proximity of Purusa and Prakriti; Karana, Antah Karana and Bahya Karana according to Sankhya Karika Liberation and means of attaining it.
Unit-09	Organization of the Yoga sutras, stages of Chittas, forms of Chitta, modification of Chittas, Kind of Kleshas, the eight-fold of Yoga and God & liberation.

Block-3	Mimamasa (Purva and Uttara) (15 hours)
Unit-10	Concept of Badarayana in Uttaramimamsa; Anumana, Sabda; Difference between vidya & avidya, subject & object, creation & causation, cause & effect.
Unit-11	Pratyaksa, Anumana, Upamana, Arthapati, Anupalabdi and Sabda according to Uttaramimamsa.
Unit-12	Atheism, Dharma in the context of Purvamimamsa, Summary of ten Upanisads, Atman, Brahma, Maya, Universe, God; The self and human life; Major teachings of Mimamsa system; Selfless action, nonattachment, self-control, self-discipline.
Unit-13	Major teachings of Mimamsa system; Selfless action, nonattachment, self-control, self-discipline.
Block-4	Jain, Buddha and Carvaka Philosophy (15 hours)
Unit-14	Jainism: Categories, Triratnas and Syadvada.
Unit-15	Buddhism: Four noble truths, Pramanas.
Unit-16	Carvaka philosophy: Origin and history of Carvaka philosophy, Metaphysics and Epistemology.

Books for References -

1. Hiriyanna, M. (1994). *Outlines of Indian Philosophy*. Motilal Banarsidass.
2. Chatterjee, S. C., & Datta, D. M. (2016). *An Introduction to Indian Philosophy*. Rupa Publications.
3. Dasgupta, S. (1997). *A History of Indian Philosophy* (Vol. 1-5). Motilal Banarsidass.
4. Radhakrishnan, S. (1957). *Indian Philosophy* (Vol. 1 & 2). Oxford University Press.
5. Matilal, B. K. (1990). *The Character of Logic in India*. State University of New York Press.
6. Frauwallner, E. (1973). *History of Indian philosophy* (Vol. 2). Motilal Banarsidass Publishers.
7. Gupta, B. (2012). *An introduction to Indian philosophy: Perspectives on reality, knowledge, and freedom*. Routledge. <https://doi.org/10.5840/ipq197717452>



Hindi Books:

6. Sharma, C. (2010). *Bhartiya Darshan* (भारतीय दर्शन). Motilal Banarsidass.
7. Mishra, D. N. (2009). *Nyaya Darshan* (न्याय दर्शन). Chaukhamba Vidyabhavan.
8. Tripathi, R. (2015). *Samkhya-Yoga Darshan* (सांख्य-योग दर्शन). Chaukhamba Surbharati Prakashan.
9. Bhattacharya, R. S. (2007). *Mimamsa Darshan* (मीमांसा दर्शन). Chaukhamba Sanskrit Pratishthan.
10. Jha, G. (1999). *Purva Mimamsa Sutras of Jaimini* (Original Sanskrit with Hindi translation). Motilal Banarsidass.

COURSE DETAILS – 5

SUBJECT NAME – INTRODUCTION OF WELLNESS TOURISM (ELECTIVE)

SUBJECT CODE – PGDYS-GE-407

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

The Objectives of learning this course is to:

1. Understand the Concept of Tourism & Wellness.
2. Analyze the Role of Yoga in Tourism.
3. Study Health & Medical Tourism at National & Global Levels.
4. Evaluate India's Role in Medical & Wellness Tourism.
5. Identify Key Health Tourism Centers & Resources in India.

Block-1	Introduction to Tourism (20 hours)
Unit-01	Basic Meaning of word 'Wellness'. Aims & objectives, Introduction to Tourism: Meaning & nature.
Unit-02	Tourism: scope & objectives, Relevance of Yoga in relation to Tourism.
Unit-03	Tourism Types, Products & Concepts, Tourism Elements & Components.
Unit-04	Peace & Wellness Tourism, Factors affecting Wellness Tourism.
Block-2	Wellness Tourism (15 hours)

Unit-05	Health and Medical Tourism: Meaning, nature and scope.
Unit-06	Health and Medical tourism Product.
Unit-07	Health and Medical Tourism markets at global level.
Unit-08	Advantages and disadvantages for India in Global Medical Tourism Market.
Block-3	Health and Medical Tourism (15 hours)
Unit-09	Health and Medical Tourism in India.
Unit-10	Role of Private sector in health and medical tourism.
Unit-11	Traditional Health Care system in India.
Unit-12	Government incentives for health and medical tourism in India.
Block-4	Health Tourism Centres (10 hours)
Unit-13	Health Tourism Centres in India.
Unit-14	Health Tourism Resources in Haridwar & Rishikesh.
Unit-15	Patanjali Health Tourism.
Unit-16	Institutions Health & Medical Tourism in Kerala & Tamil Nadu.

Books for References -

1. Goeldner, C. R., & Ritchie, J. R. B. (2012). *Tourism: Principles, Practices, Philosophies* (12th ed.). Wiley.
2. Smith, M., & Puczkó, L. (2014). *Health, Tourism and Hospitality: Spas, Wellness and Medical Travel* (2nd ed.). Routledge.
3. Hall, C. M., & Williams, A. M. (2008). *Tourism and Innovation*. Routledge.
4. Connell, J. (2011). *Medical Tourism*. CABI.
5. Raj, R., Griffin, K., & Blackwell, R. (2013). *Spiritual and Religious Tourism: Motivations and Management*. CABI.



Hindi Books:

6. Sharma, Y. K. (2017). *Paryatan evam Paryavaran* (पर्यटन एवं पर्यावरण). Laxmi Publications.
7. Mishra, R. K. (2015). *Bharat Mein Chikitsa Paryatan* (भारत में चिकित्सा पर्यटन). Chaukhamba Prakashan.
8. Tripathi, P. (2019). *Aadhunik Paryatan avam Aayurveda* (आधुनिक पर्यटन एवं आयुर्वेद). Chaukhamba Surbharati Prakashan.

COURSE DETAILS – 6
SUBJECT NAME – DISSERTATION
SUBJECT CODE – PGDYS-408

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

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

1. Carry out small scale research projects.
2. Collect, present, analyze and interpret data.
3. Infer and apply research findings.

Course Outcomes:

This course targets empowerment of learner's to

1. Design, conduct and report mini research projects.
2. Draft and publish research papers in scholarly journals.

Note:

- During this time, candidates are expected to analyse the data with the help of guides.
- Organize and represent the data.
- Write the dissertation and complete the presentation.

Examination:

Students shall be examined based on the presentation of Dissertation work and the quality of the research work.