

ORDINANCE AND COURSE CURRICULUM FOR

P.G. DIPLOMA YOGA HEALTH & CULTURAL TOURISM

ONE YEAR PROGRAMME



DEPARTMENT OF TOURISM

UNIVERSITY OF PATANJALI, HARIDWAR

UTTARAKHAND-249405

www.universityofpatanjali.com

UNIVERSITY OF PATANJALI, HARIDWAR
Course Syllabus

PGD (YH&CT) Semester-I

Paper Code	Paper Name	Examination Marks		
		External	Internal	Total
YH-101	Fundamentals of Yoga	70	30	100
YH-102	Principles of Hath Yoga	70	30	100
YH-103	Tourism Theory and Practice	70	30	100
YH -104	Hospitality Management	70	30	100
YH-105	Yoga Practicum	70	30	100
YH -106	Project Report (Tourism)	100	-	100
YH CE 01	Communicative English (Non Credit)	70	30	100

PGD (YH&CT) Semester-II

Paper Code	Paper Name	Examination Marks		
		External	Internal	Total
YH-201	Patanjal Yoga Darshan	70	30	100
YH-202	Yoga Therapy	70	30	100
YH-203	Cultural Tourism Resources	70	30	100
YH -204	Itinerary Planning, Marketing, Tour Packaging and Costing	70	30	100
YH-205	Yoga Practicum	70	30	100
YH -206	Educational Tour	100	-	100
YH CE 02	Communicative English (Non Credit)	70	30	100

University of Patanjali, Haridwar
PGD (YH&CT) Semester-I
(YH-101)
FUNDAMENTALS OF YOGA

Course Objectives:

1. The main objective of this course is to attain higher level of consciousness and mental hygiene.
2. To possess emotional stability and integrate moral values.
3. To enable the student to have good physical and mental health.
4. To prepare students for spiritual journey and to become healthier.

Course Outcomes: After studying this course, students will able to

CO 1. Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination.

CO 2. Demonstrate the ability to perform yoga movements in various combination and forms.

CO 3. Explain and apply the knowledge of basic sequencing, and effective group management.

Unit-1: General Introduction to Yoga

Origin of Yoga, Psychological basis for origin of Yoga, History and development of Yoga (Vedic period, Darshan period, Commentary period, Bhakti Yoga and Hatha Yoga period, Modern period), Etymological meaning and definition of Yoga, Purpose of yoga, Current misconceptions regarding yoga, Major principles of yoga, Yoga practices for healthy life, Importance of yoga in present age.

Unit - 2: Basis of Yoga and Tradition of Yoga

General introduction of Vedas, Upanishads and Ayurveda in yogic context, General introduction of Samkhya, Yoga and Vedanta philosophy (in yogic context), General introduction of Bhagavadgita (in yogic context), General introduction of Puranas (in yogic context), Yoga in Yog Vashishtha and Narada Bhakti Sutra, Brief Introduction to Yoga in Jain Philosophy and Buddhist Philosophy, Bhakti Yoga of Medieval Saints (Kabir, Nanak and Sufism)

Unit - 3: Basis of Yoga and Tradition of Yoga - II

General introduction of Tantra and its currents (Shaiva, Shakta, Vaishnava, Buddhist Tantra), Concept of Shiva and Shakti, Yoga in Shaivite and Shakta Tantras, Concept of Nadi and Prana, Kundalini, Kundalini Shakti and Shatchakra Sadhana, Impact of Tantra in Hatha Yoga Tradition and Sadhana.

Unit - 4: 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

Unit - 5: Introduction to Renowned Yogis

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. योगदर्शनम्- स्वामीरामदेव, दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार
2. दर्शनप्रवेश- दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार
3. योगकेमूलभूतसिद्धांत - आचार्यबालकृष्णजी. दिव्यप्रकाशन, पतंजलियोगपीठ.हरिद्वार
4. गीतारहस्य (निर्धारितपाठ्यांश)- लोकमान्यतिलक
5. भारतकेमहानयोगी- विश्वनाथमुखर्जी
6. तंत्रदर्शन - स्वामीनिरंजनानंदपरमहंस - पंचदशनामअलखबाड़ा, देवघर, बिहार
7. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasi Das, Delhi, 2013

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. Hiriyanna 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

University of Patanjali, Haridwar
PGD (YH&CT) Semester-I
(YH-102)
Principles of Hath Yoga

Course Objectives:

1. To Maintain a youthful body, develop physical and psychic powers, awakening the potential energy and finally attaining enlightenment.
2. To build asanas related Hatha yoga are practiced to bring health and energy to body and mind by opening the nadis.
3. It includes physical techniques to preserve and channel the vital force or energy.

Course Outcomes: After studying this course, students will able to

CO 1. Go through the mastery of the prana, or energy of the body, we can then easily master the control of the mind and obtain success.

CO 2. Gain self-control and self-discipline and an energetic body with the help of hath yoga.

CO 3. Get strengthen and purify physical body and cultivate prana and activate kundalini.

Unit-1: General Introduction to Hatha Yoga

Hatha Yoga - Meaning, Definition, Origin, Tradition and Purpose. Prevailing misconceptions regarding Hatha Yoga. Helping and obstructing elements of Hatha Yoga. The Hatha Yogic practice described in Hathayoga pradipika. Concept of Math, Manuals for the practitioner of Hatha Yoga, Concept of Mitahar, Pathya & Apathya. 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-2: Practices of Hatha Yoga - Purification and Asanas

Introduction to purification practices - Purification actions described in Hatha Yoga Pradipika and Gherand Samhita and their method, benefits and precautions. The role of purification practices in yoga sadhana and the importance of purification practices in modern life. Yogasana: Definition, characteristics and importance in yoga practice. Method, benefits, precautions and importance of asanas in Hatha Yoga Pradipika and Gherand Samhita.

Unit-3: Practices of Hatha Yoga - Pranayama, Bandha and Mudras

Pranayama : Introduction. Method of Proper Respiration, Yogic Deep Breathing. Concept of Inhale (*Purak*), Retention (*Kumbhak*) and Exhale (*Rechak*). Prana, types of prana and sub-

prana. Importance of Pranayama in *Hatha Yoga Sadhana*. Method and importance of *Nadishodhana* Pranayama. Preparation for Pranayama. Method, benefits and precautions of Pranayamas in *Hatha Yoga Pradipika* and *Gherand Samhita*. Signs of *Hatha siddhi* (success in hatha yoga). Bandha :introduction, the importance of bandha-triad in yoga sadhana. Main *mudras* in *Hatha Yoga Pradipika* and *Gherand Samhita* - their methods, benefits and precautions.

Unit-4: Practices of Hatha Yoga - *Pratyahar, Nadanusandhana and Swarodaya Gyan*

Pratyahara, Dharna and Dhyana in *Gherand Samhita*, their methods, benefits and precautions. *Samadhi*, signs of *samadhi* in *Hatha Yoga Pradipika*. *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-5: Introduction and Importance of Major Texts of Hatha Yoga

Introduction, Purpose and Importance of major texts of Hatha Yoga: *Siddha- Siddhantha Paddhati*, *Goraksha Samhita*, *Shiva Samhita*, *Hatha Yoga Pradipika*, *Gherand Samhita*. *Hatha Ratnavali*: 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. हठयोगप्रदीपिका - कैवल्यधाम, लोनावला
2. घेरंडसंहिता - कैवल्यधाम, लोनावला
3. गोरक्षसंहिता - डॉ. चमनलालगौतम (1985)
4. प्राणायामरहस्य - स्वामीरामदेव, दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार
5. Research Publication, P.R.I. Patanjali Yogpeeth

BOOKS FOR REFERENCE:

1. Woodroffe, Sir John: *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 Theory and Practice* (M.L.B.D. Delhi, 2000)
5. Burnier, Radha: *Hathayoga Pradipika of Svamarama*, The Adyar Library publications, Chennai

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PGD (YH&CT) Semester-I
(YH-103)

TOURISM THEORY AND PRACTICE

Course Objectives:

1. To deal with various aspects of sustainable tourism, ecotourism and responsible tourism.
2. To deal with all the fundamental aspects of tourism that are to be learnt by students of tourism, air transport, travel and hospitality disciplines.
3. To give an insight into the concept of tourism from different perspectives.

Course Outcomes: After studying this course, students will able to:

- CO 1. Gather various types of tourism aspects such as sustainable tourism etc.
- CO 2. Explain fundamental aspects of tourism such as air transport, tourism disciplines etc.
- CO 3. Classify full understanding of the challenges, assumptions, solutions and indicators for tourism.

Unit - I Understanding Tourism:-

1. Tours, tourists, visitors, excursionists, travelers, resources, attractive, Tourism product and concept.
2. Tourism: Meaning, nature and scope
3. Tourism: Types, elements and components

Unit - II Exploring Tourism:-

1. Historical development of tourism.
2. Travel motivators & deterrents.
3. Different approaches to the study of tourism.

Unit- III Tourism Impact:-

1. Economic impacts of Tourism
2. Socio-cultural Impacts of Tourism
3. Environmental Impacts of Tourism

Unit- IV Major Tourism Services:-

1. Transportation: Types and relevance in tourism
2. Accommodation: Types and relevance in tourism
3. Travel Agencies and Tour-Operators: Overview and relevance in tourism

Unit- V Tourism Organization:-

Origin, location, and functions of WTO / UNWTO, IATA, UFTAA, ASTA, PATA, TAAL, ITDC.

Suggested Readings:

Mill and Morrison, (1992), The Tourism System: An Introductory Text , Prentice Hall.

Cooper, Fletcher et al, (1993), Tourism Principles and Practices, Pitman.

Burkart and Medlik, (1981), Tourism: Past, Present and Future ,Heinemann, ELBS.

Mill, R.C., (1990), Tourism: The International Business, Prentice Hall, New Jersey.

Bhatia, A.K., - International Tourism

Seth, P.N., (1999) Successful Tourism Management (Vol 1 &2)

University of Patanjali, Haridwar
PGD (YH&CT) Semester-I
(YH-104)
HOSPITALITY MANAGEMENT

Course Objectives:

1. To appraise students about the important departments of a hotel.
2. To teach various aspects related to accommodation Industry.
3. To provide training, skill development and education, hospitality, tourism and entertainment industries.

Course Outcomes: After studying this course, students will able to:

- CO 1. Analyze information and make decisions using critical thinking and problem solving skills.
- CO 2. Describe and apply the fundamental principles of leadership and effective communication skills.
- CO 3. Evaluate diversity and ethical considerations relevant to the hospitality industry.

Unit-I: Hospitality: Meaning, Nature and Typologies

Defining Hospitality: Nature and its Meaning.

Age old Institution of Hospitality with the Spirit of 'Atithi Devo Bhav' in India and its present status.

Typology of Accommodation, Origin and growth of Hostel industry with special Reference to India.

Unit-II: Organization and Functions of Various Department in Hotels.

Front Office, Food Production, F& B Service, House Keeping, Back office and other Ancillary Departments.

Unit-III: Type and Forms of Hotels

Classification of Hotel on Basis of Location, Size, Clientele and Range of Service etc

Star Classification - Criteria and Procedure Adopted in India.

Resort Properties, Heritage Hotel and Ecotels- Concept and Emerging Dimensions.

Unit-IV: Hospitality Institutions & Manpower Requirements.

Manpower Requirement in Hotel Sector: designations, qualifications & remunerations.

Role and Contribution of I.T.D.C. and State Tourism Corporations in Development of Hotel Sector in India, Hospitality Educations of India-Growth & Development, Hospitality Associations (HAI, FHRAI)

Unit-V: Major Hotel Chains in India

The Taj Group of Hotels

Oberai Hotel & Resorts

Lalit Hotels

The Ashok Group of Hotels

Suggested books

Introduction to Hospitality Industry-Bagri &Dahiya

Introduction to Hospitality- J. Walker

Managing Hosopitality- D. Rutherford

Hotel Front Office Mannual-Sudhir Andrew

Housekeeping Maual-Sudhir Andrew

Hotel and Lodging Management and Introduction: by Alan T. Stutis & James F. Wortman, John Willy & Sons.

University of Patanjali, Haridwar
PGD (YH&CT) Semester-I
(YH-105)
YOGA PRACTICUM

Course Objectives:

1. To understand the benefits, contraindications and procedure of all practices.
2. To demonstrate each practice with confidence and skill.
3. To explain the procedure and subtle points involved.
4. To teach the yoga practices to any given group.

Course Outcomes: After studying this paper, students will able to:

- CO 1. Rephrase the benefits, contradictions and procedure of all practices.
CO 2. Demonstrate each practice with confidence and skill.
CO 3. Explain the procedure and subtle points involved.
CO 4. Teach the yoga practices to any given group.

Shatkarma: Jalneti, Rabarneti, Vamana Dhauti / Kunjar Kriya, Vat karma, Kapalbhathi. - 15marks
Asana - 25 marks

SukshmaVyayam (Pawan mukta Asana) -1, Yogic Jogging, 12 Asanas (Mandukasana, Shashakasana, Gomukhasana, Vakrasana, Makarasana, Bhujangasana, Shalabhasana, Markatasana, Pawanmuktasana, Halasana, Padvrittasana, Dwi-Chakrikasana and Shavasana)

Siddhasana, Kati chakrasana, Ardhalasana, Padmasana, Vajrasana, Swastikasana, Veerasana, Udarakarsanasana, Bhadrasana, Janushirasana, Ardhamatsyendrasana, Gomukhasana, Ustrasana, Uttanapadasana, Naukasana, Sarvangasana, Halasana, Matsyasana, Suptavajrasana, Chakrasana, Tadasana, TiryakTadasana, Ek paadpranamasana, Vrikshasana, Garudasana, Hastotansana, Padahastasana, Trikonasana, Ardhadhanurasana, Marjari asana, Ardhashalabhasana, Bhujangasana, Makarasan, Shavasana, Samakonasana, Bakasana, Sarpasana, Hanumanasana, Sukhasana, Ardhpadmasana, Ek Pada Halasana, Setubandhasana, Markatasana, Shashankaran, Vipreetnaukasana, Dwikonasana, Parshvatanasana, Singhasana.

Pranayama-10 marks

Diaphragmatic Breathing, Pranayama: Kapalbhathi, Bhastrika, Bahya, Ujjayi, Anulom-Vilom, NadiShodhan, Bhramari and Udgith

Mudra & Bandha: Jnana Mudra, Chin Mudra, Vipreet Karni Mudra, Yoga Mudra, Jalandhar Bandh, Uddiyan Bandh, Moolbandha - 10 marks

Viva: Ishwar Stuti Prarthnopasana-10marks

University of Patanjali, Haridwar
PGD (YH&CT) Semester-I
(YH-106)
PROJECT REPORT (TOURISM)

Course Objectives:

1. The main objective of this paper focuses on acquiring the tourism related resources on different attractions based on secondary analysis.
2. The purpose is to study one destination majorly or the destinations follow in one circuit. various destinations.
3. To connect the students what they have undergone in present semesters.

Course Outcomes: After undergone this project, students will able to:

CO 1. analyze the current obstacles that are occurred in that destination to bring out certain solutions of the problem.

CO 2. Get an opportunity to test their interest in a particular career before permanent commitments are made.

CO 3. Build a sense of responsibility and good work habits.

Course Detail

The students will have to submit a Project Report for Via-Voce of several places of tourist destinations in India.

The report shall be evaluated jointly by the internal & external examiner followed by Viva Voce Examination.

University of Patanjali, Haridwar
PGD (YH&CT) Semester-I
(YH- CE 01)
Communicative English (Non Credit)

Course Objectives:

1. To improve the English communication of the students.
2. To analyze and restate the meaning of a text in English.
3. To develop the ability to speak English language with right way of pronunciation.

Course Outcomes: After studying this paper, students will able to:

- CO 1. Will be able to use literary techniques in literary texts.
- CO 2. Will be able to gain confidence by speaking English in real life aspects.
- CO 3. Gain the skill to write English without grammatical errors.

Communication:

Communication definition and concept, Process of Communication. Elements of Communication steps/phase of Communication. Means, Methods, Mode of Communication. Verbal-oral-written Communication. Nonverbal-sign language, Body Language. Flow of Communication: Formal/Informal. Barriers of Communication- Intrapersonal, interpersonal and organizational barriers.

Recapitulation Linguistic Communication Patter of Communication Group Discussion (GD), History of print Media in India.

Grammar and usage:

- i. Noun
- ii. Pronoun
- iii. Verb, modal, Tenses
- iv. Adjective
- v. Adverb
- vi. Preposition
- vii. Conjunction
- viii. Interjection
- ix. Rules of Translation
- x. Punctuation
- xi. Capitalization and Abbreviation
- xii. Subject Verb Agreement
- xiii. Sentences Correction Rules

- XIV. One word substitution
- XV. Active and Passive voice xvi.
- XVI. Direct and Indirect Speech
- XVII. Direct and Indirect Speech Suffixes and prefixes
Antonyms and synonyms
Homophones and Homonyms Letters
Writing

Gift of the Magi-O Henry

ShrinivasaRamanujan

MuktaDhara-R.N.Tagore

Readings (References)

Power of Communication: Skills to Build Trust, Inspire Loyalty, and Lead effectively, by Helio Fred Garcia, 2012

Pone Communicates, Few Connect: 'What the Most Effective People Do Differently, haC. Maxwell, 2010

Interviewing: A Programmed Approach to Effective Communication, by David Dans, Margaret T. Hearn, Max R. Uhlemann and Allen E. Ivey, 2010

Art and Science of Communication: Tools for Effective Communication in the place, by P. S. Perkins and Les Brown, 2008 Listening Effective Groups: The Art of Small Group Communication, by Randy Fujishin,

University of Patanjali, Haridwar
PGD (YH&CT) Semester-II
(YH-201)
Patanjal Yoga Darshan

Course Objectives:

1. To create yoga experts with in-depth knowledge based on yogic texts.
2. To establish holistic health, social harmony and world peace by training them to be good.
3. To teach citizens who can offer yogic way of right living.

Course Outcomes: After studying this paper, students will able to:

CO 1 Acquire and be equipped with skills in the application of theoretical & practical knowledge of Yoga.

CO 2. Practice for real life problem solving, in an increasing complex also for the corporate world.

CO 3. Maximize spiritual knowledge and various aspects of yoga with the help of yoga darshan.

Unit 1: - Introduction of Yogasutra and Samadhi Pada

Yoga Sutra :Introduction, Definition and Purpose of Yoga, Importance of Yoga Sutra as compared to other Yogic texts, Concept of *Chitta*, *Chitta Bhoomi*, *Chittavrittis* and their types, *Chitta Vritti Nidrodhopaya (Abhyas- Vairagya)*, *Chitta Vikshep (Antaraya)*, *Antarayabhava*, *Chitta Prasad* and its helpers, The metaphysics of Sankhyadarshana and its relation with Patanjali Yogadarshan.

Unit-2: - Samadhi Pada-II and Sadhan Pada

Ishwar: Swaroop, Pranava chanting and its results, Ashtanga Yoga - 1 (Bahirang Yoga- Yama, Niyam, Asana, Pranayama, Pratyahara), Importance and Relevance of Ashtanga Yoga and Kriya Yoga, Concept of Kriya Yoga, Describing *Klesha*, Measures of *Klesha* elimination, *Vivek Khyati*, *Chaturvyuhavaad*, the character of *Drishhta & Drishya*, , the form and types of samadhi - *samprajnata*, *asamprajnata*, *sabijand nirvij Samadhi*, *RitambharaPragya* and *Adhyatma Prasad*.

Unit 3: - Vibhuti Pada

Ashtanga Yoga - II (*Antaranga* Yoga - Dharna, Dhyana, Samadhi), Concept of *Sanyama - Sanyama* and its three consequences, Concept of *Vibhuti* and introduction of main vibhutis, Describing Ashtasiddhi.

Unit-4: - Kaivalya Pada

Five types of Siddhis (birth, medicine, mantra, penance and samadhija), Nirmaanchitta.
Types of Karma, *Vaasna*, *Vivek Gyan*, *Dharma Megha Samadhi*, *Kaivalya*

Prescribed text books

योग दर्शनम् - स्वामी रामदेव, दिव्य प्रकाशन, पतंजलि योग पीठ, हरिद्वार

दर्शन प्रवेशदिव्य प्रकाशन-, पतंजलि योग पीठ, हरिद्वार

सहायक पुस्तक -

भोज वृत्ति

योगदर्शनम्-गीताप्रेस

BOOKS FOR REFERENCE

BKS Iyengar: Introduction of Patanjali Yogasutra-s: MDNIY, New Delhi, 2011.

Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004,
Vol I & II.

University of Patanjali, Haridwar
PGD (YH&CT) Semester-II
(YH-202)
Yoga Therapy

Course Objectives:

1. To promote positive awareness for the healthy body and healthy mind
2. To inculcate the teaching ability for conducting yoga sessions and offer various techniques.
3. To create yoga professionals of high caliber who know the concepts, techniques and can do the practical as well.
4. To create yoga experts with in-depth knowledge based on yogic texts.

Course Outcomes: After studying this paper, students will able to:

CO 1. Develop understanding of different yogic techniques.

CO 2. Attain perfection to perform different yogic practices and shat karmas.

CO3. Explain techniques of Pratyahara, Dharana, Dhyana and conduct practical sessions.

Unit-1 Yoga Etiology, Diagnosis and Therapy

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. Yogic diagnostic techniques: Connections of SwarScience, Prana and Breathing Patterns over somatic, mental and psycho-somatic levels. Association of Psychic centers over nerve plexus and endocrine glands; Concept of health and wellness in terms of WHO, Ayurveda and Yoga; Concept of Yoga Therapy: Meaning, Definition, Aims, Principles, Factors Impacts and Limitations; Qualities of a yoga therapist.

Unit-2: Musculo-Skeletal Disorders

Back Pain: Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical and Yogic management; Neck pain: Classification- Cervical Spondylosis, radiculopathy, Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management.

Unit- 3: Gastro Intestinal and Excretory Disorders

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 hemorrhoids, Irritable Bowel Syndrome, Ulcerative colitis or inflammatory bowel disease, Crohn's disease, gluten intolerance, food allergies; Excretory System: irritable bladder syndrome, stress incontinence, Chronic renal failure, Renal hypertension, Renal stones.

Unit- 4: Cardio-Pulmonary Disorders

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. 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.

Unit-5: Neurological and Psychiatric Disorders

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

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

TEXT BOOKS

1. Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYPPublications, 2010
2. Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust, Munger,2001
3. Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments, Gaia Publishers

REFERENCE BOOKS

1. Shivanand Saraswati: Yoga Therapy (Hindi & English)
2. Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga (Anubhava Rai Publications, 1998)
3. Nagarathna, R and Nagendra, H.R.: Promotion of Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2002
4. Ramesh Bijlani: Back to Health through Yoga, Rupa Publications India Pvt. Ltd, 2011
5. MONIY publications: 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi,2009
6. Swami SatyanandaSaraswati: Yoga and Cardio Vascular Management, Yoga PublicationTrust, Munger, 2005
7. Nagarathna R and Nagendra H R:Yoga for Arthritis, Back pain, Diabetes, Pregnancy Breathing Practices, Swami Vivekananda Yoga Prakashana, Bangalore, 2000

University of Patanjali, Haridwar
PGD (YH&CT) Semester-II
(YH-203)
CULTURAL TOURISM RESOURCES

Course Objectives:

1. To give information of countries Tourist places of India importance.
2. To help students to know the background elements of Cultural Tourism Resources.
3. To Discuss the importance of cultural and heritage tourism to national development.
4. To evaluate the culture and heritage of the Region.

Course Outcomes: After studying this paper, students will able to:

- CO 1. Classify the concept of culture and its place in the tourism market.
- CO 2. Illustrate the impact of the cultures of visitors of the Caribbean cultures.
- CO 3. Identify the multiple cultures and its impact on its economic development.
- CO 4. Evaluate the study of folk dances, traditional music accessible in India.

Unit - I

Art Heritage of India- Indus valley architecture- Mauryan Architecture-Buddist Architecture, Temple Architecture through the ages-Islamic Architecture.

Unit - II

Pre historic paintings- Tribal and Folk-Indian manual painting-Ajanta, Ellora-Early western Chalukya-Pallava-Pandaya-early Chera-Rashtrakuta, Chola- Vijayanagar-Nayak School-Rajasthani- Mughal and Pahadi Schools-Modern paintings.

Unit- III

Classical dances and dances styles- (BharathaNatya, Kathakali, Mohiniattam. Kuchipudi, Oddisies, Manipuir) centers of learning and performances Indian folk dances.

Unit- IV

Music-Different types of Indian Music- Status of Vocal and instrumental music--various types- new experiments.

Unit- V

Handicrafts- Iconometry and Iconography- Metal works-stone ware wood carving-furniture-jewellery - dools- musical instrument

Suggested Readings:

- Banerjee, J.N.-The development of Hindu Iconography
- HamayanaKahan-Indian Heritage
- Percy Brawen-Indian Architecture
- Ragini Devi-Dance Dialects of India
- Sarswathi, S- Indian Sculpture
- Sivaramamoorthy –Indian painting
- Sunith V.A.- History of fine art in Indian and Cylon.

University of Patanjali, Haridwar
PGD (YH&CT) Semester-II
(YH-204)

**ITINERARY PLANNING, MARKETING, TOUR PACKAGING AND
COSTING**

Course Objectives:

1. To develop an understanding of the creation of the inclusive tour product in the leisure travel market.
2. To develop interactive and communication skills.
3. 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:

- CO 1. offer wide exposure to the students to handle issues in tourism related businesses professionally.
- CO 2. develop knowledge to be an explorer he will set practical knowledge relating to travel and tour operation.
- CO 3. bridge the gap between theoretical and practical knowledge of the students by adopting tourism significance.
- CO 4. develop socially, ethically responsible business leaders and innovative teaching pedagogy.

Unit - I

What is marketing? Marketing Management, Marketing Management Philosophies, Marketing Mix, Marketing challenges into the next century.

Unit - II

Concept of Tour-Itinerary, Steps in preparation of tour Itinerary, Effective principles in making tour itinerary, steps in doing tour costing, FIT & GIT.

Unit- III

Some itinerary planning of north and west India: Example: Agra, Khjuraho and Varanasi circuit, Naintal, Deharadun, Shimla and Leh Circuit. Jaipur, Jodhpur and Udaipur Circuit.

Selected out bound package tour: Salient feature of outbound package tour, 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- IV

Factors to consider when setting prices, General pricing approaches, Nature of distribution channels, Channel behavior & organization, Channel Management decisions.

Unit- V

The marketing communication mix, Communication process, Steps in developing effective communication, Setting total promotional budget and mix, Advertising, Sales promotion, Public relation, Personal selling.

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

University of Patanjali, Haridwar
PGD (YH&CT) Semester-II
(YH-205)

Yoga Practicum

Course Objectives:

1. To Enable the student to have good health.
2. To Practice mental hygiene and possess emotional stability.
3. To Attain higher level of consciousness and integrate moral values.

Course Outcomes: After studying this paper, students will able to:

- CO 1. get to know more about physical and mental exercise.
CO 2. witness many changes accordingly with flexibility.
CO 3. attain higher moral ethics and learning about spiritual path.

Shatakarma:Danddhauti,Vastrdhauti, Nauli, Trataka. -5 marks

Aasana: -15marks

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
And all the practices of previous semesters.

Pranayama –

10 marks

Udgeeth, Moorchha.

Dhyana & Viva: Vijnanamaya & Anandamaya Kosha - 20marks

University of Patanjali, Haridwar
PGD (YH&CT) Semester-II
(YH-206)
EDUCATIONAL TOUR

Course Objectives:

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

Course Outcomes: After studying this paper, students will able to:

CO 1. Grab an opportunity for a rich immersion experience in a practical tour.

CO 2. get to know about the place, its importance, and a practical experience during their educational visit.

CO 3. Develop additional practical learning that can be more engaging in the conceptual part by a valuable source.

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

University of Patanjali, Haridwar
PGD (YH&CT) Semester-II
(YH CE 02)

Communicative English (Non Credit)

Course Objectives:

1. To analyze and restate the meaning of a text in English.
2. To demonstrate the skill to write in English without grammatical error.
3. To practice listening effectively to communication in English.
4. To develop the ability to speak English language with the right way of pronunciation.

Course Outcomes: After studying this paper, students will able to:

- CO 1. Express the viewpoints with confidence in English with right pronunciation.
- CO 2. Outline values and skills gained through effective communication to other disciplines.
- CO 3. Compose articles and compositions in English and discuss about English effectively.

Communication:

- i. Recapitulation
- ii. Face to Face Communication
- iii. Telephonic Conversation
- iv. Reading Techniques
- v. Letter writing
- vi. Creative Writing
- vii. Accent
- viii. Stress
- ix. Rhythm
- X. Intonation
- Xi. Seeking Introduction/Introduce oneself
- Xii. Making Enquires
- Xiii. Asking Questions and Discussion

Literature

- i. The Kite Maker by Ruskin Bond
- ii. RabindraNath Tagore-Chandalika
- iii. Autumn by Kalidasa(Translated by Arthur W.Ryoler)
- iv. While the Auto Waits O Henry(Adapted for the stage by walter wykes)
- v. The Loss by Anjali Shukla.

Suggested Readings

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