

**Enclosure 1.4.1 b**

**List of Courses that Integrates Cross Cutting Issues**

**Department of Yoga Science**

**2017-18**

**Course Name**

Foundation of Yoga

Introduction to Hatha Yoga and its texts

Human Biology - 1

Essence of Principle Upanishads

Patanjala Yoga Darshan

Human Biology - 2

Environmental Studies

Essence of Bhagvad Gita for Personality Development

Yoga and Holistic Health

Methods of teaching yoga

Spoken Sanskrit

Basis of Yoga Therapy

Fundamentals of Biochemistry

Basis of Indian Culture

Yoga and Human Consciousness

Yogic Management of Lifestyle related Disorders

Yoga and Human Values

Applied Yoga

Research Methodology and Statistics

Introduction to Yoga

Basic Psychological Process 1

Social Psychology -1

Cultural Tourism Resources

Indian Logic -1

Indian Logic - 2

Indian Philosophy and Culture

Shrimadbhagvadgita

Geography for Tourism

Introduction to Ayurveda

Systems and Schools of Psychology - 1

Psychological Statistics

Indian Epistemology

Indian Metaphysics

Hygiene, Diet and Nutrition

Social Research

Destination Interpretation - India

Western Epistemology

Yog Sutras

Introduction to Upanishads

Clinical Psychology- 2

Psychology of Personality

Indian Ethics - 2

Yoga Therapy



V.K. Katiyar

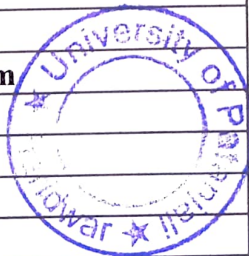
**Dr. V.K. KATIYAR**

DEAN

(ACADEMICS & RESEARCH)

University of Patanjali, Haridwar

Principles of Naturopathy
Principles and Application of Counselling
Business Communication
Shrimadbhagavadgita and Shankhyakarika
Yoga Psychology
Methods of teaching Yoga and Value Education
Biomechanics and Kinesiology
Research and Statistical Methods
Disease specific Pathology
Complimentary and Altranative Therapy (CAT)
Hospitality Management
<b>Department of Sanskrit</b>
Sanskrit Sahitya - 1
Vedic Siddhanta Parichaya - 1
Aangal Bhasha (English) - 1
<b>Department of Philosophy</b>
Yoga Darshan
Sankhya Darshan
English
Samkhyakarika
Nyaya Darshan
Vaisheshik Darshan
Vedanta Darshan
Anarsh Darshan (Charvaka, Bodh and Jain Darshan)
<b>Department of Psychology</b>
Yoga Psychology
Experimental Psychology
Psychology of Personality
Advance Psychology
Cognitive Psychology
Counselling Psychology
Applied Psychology
Applied Psychometry
Research Methodology
Health Psychology
PsychoDiagnostic Techniques
Psychological Testing
Clinical Interceptions
Theraupeutic Techniques
<b>Department of Tourism</b>
Tourism of Uttarakhand
Yoga Health & Tourism
Computer Application in Tourism
Culture Heritage and Tourism
Major Destinations of World
Tour Packing Management
Tourism Marketing
On The Job Training



**Enclosure 1.4.1 b****List of Courses that Integrates Cross Cutting Issues****2018-19****Department of Yoga Science****Course Name**

Foundation of Yoga

Introduction to Hatha Yoga and its texts

Human Biology - 1

Essence of Principle Upanishads

Patanjala Yoga Darshan

Human Biology - 2

Environmental Studies

Essence of Bhagvad Gita for Personality Development

Yoga and Holistic Health

Methods of teaching yoga

Spoken Sanskrit

Basis of Yoga Therapy

Fundamentals of Biochemistry

Basis of Indian Culture

Yoga and Human Consciousness

Yogic Management of Lifestyle related Disorders

Yoga and Human Values

Applied Yoga

Research Methodology and Statistics

Introduction to Yoga

Basic Psychological Process 1

Social Psychology -1

Cultural Tourism Resources

Indian Logic -1

Indian Logic - 2

Indian Philosophy and Culture

Shrimadbhagvadgita

Geography for Tourism

Introduction to Ayurveda

Systems and Schools of Psychology - 1

Psychological Statistics

Indian Epistemology

Indian Metaphysics

Hygiene, Diet and Nutrition

Social Research

Destination Interpretation - India

Western Epistemology

Yog Sutras

Introduction to Upanishads

Clinical Psychology- 2

Psychology of Personality

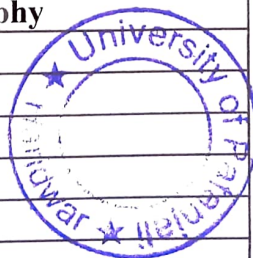
Indian Ethics - 2

Yoga Therapy

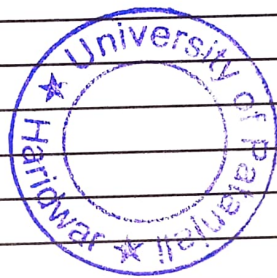




Principles of Naturopathy
Principles and Application of Counselling
Business Communication
Shrimadbhagvadgita and Shankhyakarika
Yoga Psychology
Methods of teaching Yoga and Value Education
Biomechanics and Kinesiology
Research and Statistical Methods
Disease specific Pathology
Complimentary and Alteranative Therapy (CAT)
Hospitality Management
Ayurvediya Siddhant, Sharir Rachana Evam Kriya ka Naidanik Mahattva
Roga Nidan Evam Panchakarma Chikitsa Siddhant
Snehan Swedan Karma
Vaman Virechan Karma
Vasti Karma
Nasya Karma
Rakt Mokshan/Agni Karma
Yoga and Naturopathy
<b>Department of Physical Education and Sports</b>
Human Anatomy and Physiology
Yoga and Holistic Health
Health Education & Nutrition
Exercise Physiology
Methods of teaching yoga
Remedial and Massage
Basis of Yoga Therapy
Fundamentals of Sports Training
Common Sports Injuries - Prevention and Cure
<b>Department of Sanskrit</b>
Sanskrit Sahitya - 1
Vedic Siddhanta Parichaya - 1
Aangal Bhasha (English) - 1
<b>Department of Philosophy</b>
Yoga Darshan
Sankhya Darshan
English
Samkhyakarika
Nyaya Darshan
Vaisheshik Darshan
Vedanta Darshan
Anarsh Darshan (Charvaka, Bodh and Jain Darshan)
<b>Department of Psychology</b>
Yoga Psychology
Statistical Techniques and Experimental Designs
Social Psychology
Biological Foundation of Behavior



Research Methods
Positive Psychology
Cognitive Psychology
Personality Psychology
Health Psychology
Psychopathology
Clinical Psychology
Psychometry
Psychological Testing
Guidance and Counselling
Theraupeutic Techniques
<b>Department of Tourism</b>
Tourism of Uttarakhand
Yoga Health & Tourism
Computer Application in Tourism
Culture Heritage and Tourism
Major Destinations of World
Tour Packing Management
Tourism Marketing
On The Job Training
<b>Department of English</b>
American Literature Part 1
Women Writing Part 1



**Enclosure 1.4.1 b****List of Courses that Integrates Cross Cutting Issues****2019-20****Department of Yoga Science****Course Name**

Foundation of Yoga

Introduction to Hatha Yoga and its texts

Human Biology - 1

Essence of Principle Upanishads

Patanjala Yoga Darshan

Human Biology - 2

Environmental Studies

Essence of Bhagvad Gita for Personality Development

Yoga and Holistic Health

Methods of teaching yoga

Spoken Sanskrit

Basis of Yoga Therapy

Fundamentals of Biochemistry

Basis of Indian Culture

Yoga and Human Consciousness

Yogic Management of Lifestyle related Disorders

Yoga and Human Values

Applied Yoga

Research Methodology and Statistics

Introduction to Yoga

Basic Psychological Process 1

Social Psychology -1

Cultural Tourism Resources

Indian Logic -1

Indian Logic - 2

Indian Philosophy and Culture

Shrimadbhagvadgita

Geography for Tourism

Introduction to Ayurveda

Systems and Schools of Psychology - 1

Psychological Statistics

Indian Epistemology

Indian Metaphysics

Hygiene, Diet and Nutrition

Social Research

Destination Interpretation - India

Western Epistemology

Yog Sutras

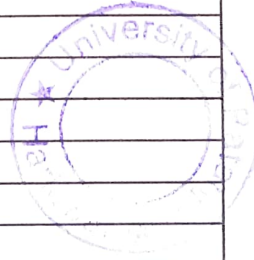
Introduction to Upanishads

Clinical Psychology- 2

Psychology of Personality

Indian Ethics - 2

Yoga Therapy





Principles of Naturopathy
Principles and Application of Counselling
Business Communication
Shrimadbhagvadgita and Shankhyakarika
Yoga Psychology
Methods of teaching Yoga and Value Education
Biomechanics and Kinesiology
Research and Statistical Methods
Disease specific Pathology
Complimentary and Alteranative Therapy (CAT)
Hospitality Management
Ayurvediya Siddhant, Sharir Rachana Evam Kriya ka Naidanik Mahattva
Roga Nidan Evam Panchakarma Chikitsa Siddhant
Snehan Swedan Karma
Vaman Virechan Karma
Vasti Karma
Nasya Karma
Rakt Mokshan/Agni Karma
Yoga and Naturopathy
<b>Department of Physical Education and Sports</b>
Human Anatomy and Physiology
Yoga and Holistic Health
Health Education & Nutrition
Exercise Physiology
Methods of teaching yoga
Remedial and Massage
Basis of Yoga Therapy
Fundamentals of Sports Training
Common Sports Injuries - Prevention and Cure
<b>Department of Sanskrit</b>
Sanskrit Sahitya - 1
Vedic Siddhanta Parichaya - 1
Aangal Bhasha (English) - 1
<b>Department of Philosophy</b>
Yoga Darshan
Sankhya Darshan
English
Samkhyakarika
Nyaya Darshan
Vaisheshik Darshan
Vedanta Darshan
Anarsh Darshan (Charvaka, Bodh and Jain Darshan)
<b>Department of Psychology</b>
Yoga Psychology
Statistical Techniques and Experimental Designs
Social Psychology
Biological Foundation of Behavior

Research Methods
Positive Psychology
Cognitive Psychology
Personality Psychology
Health Psychology
Psychopathology
Clinical Psychology
Psychometry
Psychological Testing
Guidance and Counselling
Theraupeutic Techniques
<b>Department of Tourism</b>
Tourism of Uttarakhand
Yoga Health & Tourism
Computer Application in Tourism
Culture Heritage and Tourism
Major Destinations of World
Tour Packing Management
Tourism Marketing
On The Job Training
<b>Department of English</b>
American Literature Part 1
Women Writing Part 1





**Enclosure 1.4.1 b**

**List of Courses that Integrates Cross Cutting Issues**

**2020-21**

**Department of Yoga Science**

**Course Name**

Introduction of Yoga

Introduction to Hatha Yoga

Basic Psychological Process 1

Social Psychology-1

Sahitya and Dharamshastra

Indian Philosophy and Culture

Introduction of Shrimadbhagvad Gita

Introduction to Ayurveda

Psychological Statistics

Tourism policy and Planning

Introduction to Ayurveda and Swasthvritta

Hospitality Management

Destination Interpretation - India

Patanjala Yog Sutras

Upanishad Parichay

Psychology of Personality

Yoga Therapy

Introduction of Naturopathy and Alternative Therapy

Clinical Psychology- 2

Principles and Application of Counselling

Business Communication

Foundation of Yoga

Introduction to AYUSH

Health and Yogic Hygiene

Essence of Bhagvad Geeta for Holistic Living

Introduction to Holistic Health

Applied Yoga

Environmental Studies

Yoga Psychology

Essence of Principle Upanishads

Methods of teaching yoga

Fundamentals of Biochemistry/Biomechanics

Yoga Diet and Nutrition

Vedic Philosophy and Culture

Complimentary and Alteranative Therapy (CAT)

Disease specific Yoga Therapy Modules

Yoga and Human Values

Yoga Therapy 2

Research Methodology and Statistics

Introduction to Naturopathy

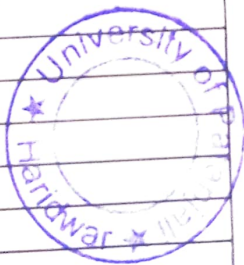
Introduction to Ayurveda

Pharmacotherapeutical Science

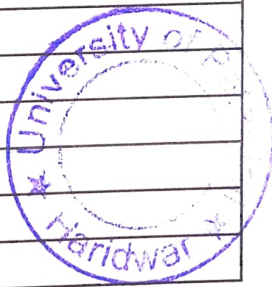
Diet and Nutrition



Yoga and Nature care
Important Medicinal Herbs
Basics of Healthy Living
Insights into Indian Philosophy
Yoga and Strategic Management
Biomechanics and Kinesiology
Physiological effect of Yoga Practices
Contemporary Yoga Technique for self-management
Evidence based Yoga Therapy 1
Disease specific pathology
Psychometry
Guidance and Counselling psychology
Therapeutic Techniques
<b>Department of Physical Education and Sports</b>
Human Anatomy and Physiology
Yoga and Holistic Health
Health Education & Nutrition
Exercise Physiology
Methods of teaching yoga
Remedial and Massage
Basis of Yoga Therapy
Fundamentals of Sports Training
Common Sports Injuries - Prevention and Cure
<b>Department of Sanskrit</b>
Sanskrit Sahitya - 1
Vedic Siddhanta Parichaya - 1
Angal Bhasha (English) - 1
<b>Department of Philosophy</b>
Yoga Darshan
Sankhya Darshan
English
Samkhyakarika
Nyaya Darshan
Vaisheshik Darshan
Vedanta Darshan
Anarsh Darshan (Charvaka, Bodh and Jain Darshan)
<b>Department of Psychology</b>
Yoga Psychology
Statistical Techniques and Experimental Designs
Social Psychology
Biological Foundation of Behavior
Research Methods
Positive Psychology
Cognitive Psychology
Personality Psychology
Health Psychology
Psychopathology
Clinical Psychology



Psychometry
Psychological Testing
Guidance and Counselling
Theraupeutic Techniques
<b>Department of Tourism</b>
Tourism of Uttarakhand
Yoga Health & Tourism
Computer Application in Tourism
Culture Heritage and Tourism
Major Destinations of World
Tour Packing Management
Tourism Marketing
On The Job Training
<b>Department of English</b>
American Literature Part 1
Women Writing Part 1
<b>Department of Allied And Applied Science</b>
Fundamentals of Yoga and Ayurveda
Human values and ethics
Biodiversity
Ecology
Medicinal Botany
Wildlife Conservation
Consevation of Herbs
Drug, Discovery and Development
Public Health and Management
Organic Farming Techniques
Food Processing Technologies



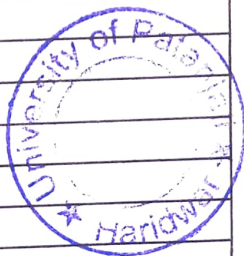


**Enclosure 1.4.1 b****List of Courses that Integrates Cross Cutting Issues****2021-22****Department of Yoga Science****Course Name**

Introduction of Yoga
Introduction to Hatha Yoga
Basic Psychological Process 1
Social Psychology-1
Sahitya and Dharamshastra
Indian Philosophy and Culture
Introduction of Shrimadbhagvad Gita
Introduction to Ayurveda
Psychological Statistics
Tourism policy and Planning
Introduction to Ayurveda and Swasthvritta
Hospitality Management
Destination Interpretation - India
Patanjala Yog Sutras
Upanishad Parichay
Psychology of Personality
Yoga Therapy
Introduction of Naturopathy and Alternative Therapy
Clinical Psychology- 2
Principles and Application of Counselling
Business Communication
Foundation of Yoga
Introduction to AYUSH
Health and Yogic Hygiene
Essence of Bhagvad Geeta for Holistic Living
Introduction to Holistic Health
Applied Yoga
Environmental Studies
Yoga Psychology
Essence of Principle Upanishads
Methods of teaching yoga
Fundamentals of Biochemistry/Biomechanics
Yoga Diet and Nutrition
Vedic Philosophy and Culture
Complimentary and Alteranative Therapy (CAT)
Disease specific Yoga Therapy Modules
Yoga and Human Values
Yoga Therapy 2
Research Methodology and Statistics
Introduction to Naturopathy
Introduction to Ayurveda
Pharmacotherapeutical Science
Diet and Nutrition



Yoga and Nature care
Important Medicinal Herbs
Basics of Healthy Living
Insights into Indian Philosophy
Yoga and Strategic Management
Biomechanics and Kinesiology
Physiological effect of Yoga Practices
Contemporary Yoga Technique for self-management
Evidence based Yoga Therapy 1
Disease specific pathology
Psychometry
Guidance and Counselling psychology
Therapeutic Techniques
<b>Department of Physical Education and Sports</b>
Human Anatomy and Physiology
Yoga and Holistic Health
Health Education & Nutrition
Exercise Physiology
Methods of teaching yoga
Remedial and Massage
Basis of Yoga Therapy
Fundamentals of Sports Training
Common Sports Injuries - Prevention and Cure
<b>Department of Sanskrit</b>
Sanskrit Sahitya - 1
Vedic Siddhanta Parichaya - 1
Aangal Bhasha (English) - 1
<b>Department of Philosophy</b>
Yoga Darshan
Sankhya Darshan
English
Samkhyakarika
Nyaya Darshan
Vaisheshik Darshan
Vedanta Darshan
Anarsh Darshan (Charvaka, Bodh and Jain Darshan)
<b>Department of Psychology</b>
Yoga Psychology
Statistical Techniques and Experimental Designs
Social Psychology
Biological Foundation of Behavior
Research Methods
Positive Psychology
Cognitive Psychology
Personality Psychology
Health Psychology
Psychopathology
Clinical Psychology



Psychometry
Psychological Testing
Guidance and Counselling
Theraupeutic Techniques
<b>Department of Tourism</b>
Tourism of Uttarakhand
Yoga Health & Tourism
Computer Application in Tourism
Culture Heritage and Tourism
Major Destinations of World
Tour Packing Management
Tourism Marketing
On The Job Training
<b>Department of English</b>
American Literature Part 1
Women Writing Part 1
<b>Department of Allied And Applied Science</b>
Fundamentals of Yoga and Ayurveda
Human values and ethics
Biodiversity
Ecology
Medicinal Botany
Wildlife Conservation
Consevation of Herbs
Drug, Discovery and Development
Public Health and Management
Organic Farming Techniques
Food Processing Technologies
<b>Department of Naturoapthy and Yogic Science</b>
Community Medicine
Basic Pharmacology
Color Therapy and Magneto Biology
Forensic medicine and toxicology
Accupuncture and accupressure
Diagnostic methods
Hydrotherapy and mud therapy
Physical medicine and rehabilitation
First aid & emergency medicine
Manipulative therapies



VKK

DEAN  
(ACADEMICS & RESEARCH)