

**POST GRADUATE DIPLOMA IN YOGA  
HEALTH AND CULTURAL TOURISM  
SEMESTER I**

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

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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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.

	<b>BLOCK-1: General Introduction to Yoga</b>
<b>Unit-01</b>	Origin of Yoga, Psychological basis for origin of Yoga
<b>Unit-02</b>	Etymological meaning and definition of Yoga, Purpose of Yoga
<b>Unit-03</b>	History and Development of Yoga (Vedic period, Darshan period, Commentary period, Bhakti Yoga and Hatha Yoga period, Modern period)
<b>Unit-04</b>	Current misconceptions regarding Yoga, Major principles of Yoga, Yoga practices for healthy life, Importance of yoga in present age

	<b>BLOCK-02: Basis of Yoga and Tradition of Yoga</b>
<b>Unit-01</b>	General introduction of Vedas, Upanishads and Ayurveda in yogic context.

<b>Unit-02</b>	General introduction of Samkhya, Yoga philosophy and Vedanta philosophy (in yogic context), General introduction of Bhagwad Geeta and Puranas (in Yogic context)
<b>Unit-03</b>	Brief Introduction to Yoga in Jain Philosophy and Buddhist Philosophy.
<b>Unit-04</b>	Bhakti Yoga of Medieval Saints (Kabir, Nanak and Sufism).

	<b>BLOCK-03: Tradition and Major Streams of Yoga</b>
<b>Unit-01</b>	General introduction of Tantra and its currents (Shaiva, Shakta, Vaishnava, Buddhist Tantra)
<b>Unit-02</b>	Concept of Shiva and Shakti, Yoga in Shaivite and Shakta Tantras
<b>Unit-03</b>	Concept of Nadi and Prana, Kundalini, Kundalini Shakti and Shatchakra Sadhana, Impact of Tantra in Hatha Yoga Tradition and Sadhana.
<b>Unit-04</b>	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

	<b>BLOCK-04: Introduction to Renowned Yogis</b>
<b>Unit-01</b>	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 Kunalayananda, Maharishi Raman, Yogarishi Swami Ramdev.

### **PRESCRIBED TEXT BOOK**

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

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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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.

	<b>BLOCK-1: General Introduction to Hatha Yoga</b>
<b>Unit-01</b>	Hatha Yoga - Meaning, Definition, Origin, Tradition and Purpose. Prevailing misconceptions regarding Hatha Yoga. Helping and obstructing elements of Hatha Yoga.
<b>Unit-02</b>	The Hatha Yogic practice described in Hathayogapradipika. Concept of Math, Manuals for the practitioner of Hatha Yoga, Concept of Mitahar, Pathya & Apathya.
<b>Unit-03</b>	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.
<b>Unit-04</b>	Current misconceptions regarding Yoga, Major principles of Yoga, Yoga practices for healthy life, Importance of yoga in present age.

	<b>BLOCK-2: Practices of Hatha Yoga - Purification and Asanas (12hours)</b>
<b>Unit-01</b>	Introduction to purification practices - Purification actions described in Hatha Yoga Pradipika and Gherand Samhita and their method, benefits and precautions.
<b>Unit-02</b>	The role of purification practices in yoga sadhana and the importance of purification practices in modern life.
<b>Unit-03</b>	Yogasana: Definition, characteristics and importance in yoga practice.
<b>Unit-04</b>	Aasana: Method, benefits, precautions & importance of asanas in H.P. & G.S.

	<b>BLOCK-3: Practices of Hatha Yoga - Pranayama, Bandha and Mudras (12 hours)</b>
<b>Unit-01</b>	Pranayama: Introduction. Method of Proper Respiration, Yogic Deep Breathing. Concept of Inhale (Purak), Retention (Kumbhak) and Exhale (Rechak).
<b>Unit-02</b>	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..
<b>Unit-03</b>	Bandha: introduction, the importance of bandha-triad in yogasadhana.
<b>Unit-04</b>	Main mudras in Hatha Yoga Pradipika and Gherand Samhita - their methods, benefits and precautions.

	<b>BLOCK-4: Practices of Hatha Yoga - Pratyahar, Nadanusandhana and Swarodaya Gyan &amp; Major Texts of Hatha Yoga (24 hours)</b>
<b>Unit-01</b>	Pratyahara, Dharna and Dhyana in Gherand Samhita, their methods, benefits and precautions. Samadhi, signs of samadhi in Hatha Yoga Pradipika.
<b>Unit-02</b>	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).
<b>Unit-03</b>	Introduction, Purpose and Importance of major texts of Hatha Yoga: Siddha-Siddhantha Paddhati, Goraksha Samhita, Shiva Samhita, Hatha Yoga Pradipika, Gherand Samhita, Hatha Ratnavali.

<b>Unit-04</b>	Main applications of hatha yogic activities- preparation of Raja Yoga Practice, achieving holistic health, prevention of diseases, rejuvenation, healing and slow aging.
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### **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, पतजंलि 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**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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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.

	<b>BLOCK-1: Understanding Tourism</b>
<b>Unit-01</b>	Concepts of Tours, Tourists, Visitors, Excursionists, travellers, resources, attractions, Tourism Product, Network and Industry.
<b>Unit-02</b>	Tourism: Meaning, nature, purpose and scope.
<b>Unit-03</b>	Tourism: Types and forms, elements and components.
<b>Unit-04</b>	Historical development of tourism and approaches to the study of tourism.



	<b>BLOCK-2: Impacts of Tourism</b>
<b>Unit-01</b>	Economic impacts of Tourism
<b>Unit-02</b>	Socio-cultural Impacts of Tourism
<b>Unit-03</b>	Environmental and ecological impacts of Tourism
<b>Unit-04</b>	Impacts of yoga and wellness in Tourism.

	<b>BLOCK-3: Major Tourism Services</b>
<b>Unit-01</b>	Transportation: Types and relevance in Tourism
<b>Unit-02</b>	Accommodation: Types and relevance in Tourism
<b>Unit-03</b>	Travel Agencies and Tour Operators: Overview and relevance in tourism
<b>Unit-04</b>	Specialized tourism services: health and wellness, recreational activities, Information and safety services.

	<b>BLOCK-4: Tourism Organizations</b>
<b>Unit-01</b>	Tourism organization: Concepts, Types and objectives, role and importance
<b>Unit-02</b>	International organizations: Origin, location and functions- WTO, UNWTO, WTTC, PATA, IATA.
<b>Unit-03</b>	National organizations: Role and contribution of Ministry of tourism, Govt. of India, ITDC, TFCI, IRCTC, TAAI, etc.
<b>Unit-04</b>	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**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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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.

	<b>BLOCK-1: The Hospitality Industry</b>
<b>Unit-01</b>	Defining Hospitality: Nature and its meaning.
<b>Unit-02</b>	Overview of hospitality industry, origin and growth with special ref. to India
<b>Unit-03</b>	Definition type and classifications of hotel, major functional hotel departments
<b>Unit-04</b>	Typology of accommodation, forces affecting growth and change in the hospitality industry, relationship between Hotel and travel industry.

	<b>BLOCK-2: Organization &amp; functions of Departments in Hotels</b>
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<b>Unit-01</b>	Front office services: Main features, hierarchy, various divisions, roles, job description
<b>Unit-02</b>	House Keeping services: Main features, various divisions, roles, job description
<b>Unit-03</b>	Food production, Food & Beverage services: Main features, Operational areas & departments, roles and job description.
<b>Unit-04</b>	Functions of Back office & Ancillary departments: HR, Training, Engineering, Finance and accounts, Security, Sales and purchase, etc

	<b>BLOCK-3: Mangement in Hospitality Industry</b>
<b>Unit-01</b>	Departmentalization: The delegation of authority, line and staff, functional staff authority, selection & employment, motivating & paying.
<b>Unit-02</b>	Role and contribution of ITDC and state tourism corporations in development of hospitality industry in India.
<b>Unit-03</b>	Hospitality Educations of India-growth & development
<b>Unit-04</b>	Role and contribution of Hospitality Associations (HAI, FHRAI)

	<b>BLOCK-4: Management Contracts and Franchising</b>
<b>Unit-01</b>	Concept of management contract, operation procedures advantages and disadvantages.
<b>Unit-02</b>	Concept of Franchise, operation procedures, advantages and disadvantages, franchise fee and selection.
<b>Unit-03</b>	The economics of the hotel business, dimensions of the hotel investment decision
<b>Unit-04</b>	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

<b>CREDIT: 2</b>	<b>CA: 15</b>	<b>SEE: 35</b>	<b>MM: 50</b>
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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.

	<b>BLOCK-1: Shatkarma- (5 marks)</b>
<b>Unit-01</b>	<b>Neti:</b> Jalneti and Rubberneti
<b>Unit-02</b>	<b>Dhauti:</b> Vamana Dhauti / Kunjar Kriya
<b>Unit-03</b>	<b>Nauli:</b> Madhya Nauli (Central isolation of the rectus abdominis muscles)
<b>Unit-04</b>	<b>Kapalbhati:</b> Vatkram Kapalbhati

	<b>BLOCK-2: Asanas (10 marks)</b>
<b>Unit-01</b>	Sukshma Vyayam (Pawan mukta Asana series -1), Yogic Jogging 12 Asanas
<b>Unit-02</b>	Mandukasana, Shashankasana, Gomukhasana, Vakrasana, Makarasana, Bhujangasana, Shalabhasana, Markatasana, Pawanmuktasana, Halasana, Padvrittasana, Dwi-Chakrikasana and Shavasana)

<b>Unit-03</b>	Siddhasana, Kati chakrasana, Ardhalasana, Padmasana, Vajrasana Swastikasana, Veerasana, Udarakarsanasana, Bhadrasana, Janushirasana, Ardhamatsyendrasana, Gomukhasana, Ustrasana, Uttanapadasana, Naukasana, Sarvangasana, Halasana, Matsyasana, Suptavajrasana, Chakrasana, Tadasana, Tiryak Tadasana, Ek paad pranamasana, Vrikshasana, Garudasana, Hastotansana, Padahastasana, Trikonasana
<b>Unit-04</b>	Ardhadhanurasana, Marjari asana, Ardhashalabhasana, Bhujangasana, Makarasan, Samakonasana, Bakasana, Sarpasana, Hanumanasana, Sukhasana, Ardhpadmasana, Ek Pada Halasana, Setubandhasana, Markatasana, Shashankaran, Vipreet naukasana, Dwikonasana, Parshvatanasana, Singhasana

	<b>BLOCK-3:Pranayam and Breathing Techniques (10 marks)</b>
<b>Unit-01</b>	<b>Breathing Techniques:</b> Diaphragmatic Breathing
<b>Unit-02</b>	<b>Pranayama:</b> Kapalbhathi, Bhastrika, Bahya
<b>Unit-03</b>	Anulom-Vilom, Nadi Shodhan
<b>Unit-04</b>	Ujjayi , Bhramari and Udgith

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

## 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**

<b>CREDIT: 2</b>	<b>CA: 15</b>	<b>SEE: 35</b>	<b>MM: 50</b>
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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)

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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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.

	<b>BLOCK-1: Concept of communication</b>
<b>Unit-01</b>	Communication definition and concept
<b>Unit-02</b>	Process, Elements and steps/phase of Communication.
<b>Unit-03</b>	Means, Methods, Mode of Communication
<b>Unit-04</b>	Verbal-oral-written Communication. Nonverbal-sign language, Body Language.

	<b>BLOCK-2: Flow and Barriers of communication</b>
<b>Unit-01</b>	Flow of Communication: Formal/Informal.
<b>Unit-02</b>	Barriers of Communication- Intrapersonal, interpersonal & organizational
<b>Unit-03</b>	Recapitulation- Linguistic Communication, Patter of Communication, Group Discussion

<b>Unit-04</b>	History of English Communication and print Media in India.
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	<b>BLOCK-3: Grammar and usage</b>
<b>Unit-01</b>	Noun, Pronoun, Verb, Modal Tenses
<b>Unit-02</b>	Adjective, Adverb, Preposition, Conjunction, Interjection
<b>Unit-03</b>	Rules of Translation, Punctuation, Capitalization and Abbreviation
<b>Unit-04</b>	Subject Verb Agreement , Sentences Correction Rules

	<b>BLOCK-4: Grammar usage and Literature</b>
<b>Unit-01</b>	One word substitution, Active and Passive voice
<b>Unit-02</b>	Direct and Indirect Speech, Direct and Indirect Speech Suffixes and prefixes
<b>Unit-03</b>	Antonyms and synonyms, Homophones and Homonyms, Letters Writing
<b>Unit-04</b>	Literature reading of any one book and sum up with its summary writing, Q&A and discussion.  <ol style="list-style-type: none"> <li>1. Shrinivasa Ramanujan</li> <li>2. Mukta Dhara-R.N.Tagore</li> </ol>

### **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.

	<b>BLOCK-01: संस्कृत भाषा परिचय:</b>
<b>Unit-01</b>	संस्कृतभाषा परिचय, योगशास्त्र के अध्ययन में संस्कृत का महत्त्व और योग एवं संस्कृत का अन्तःसम्बन्ध।
<b>Unit-02</b>	माहेश्वरसूत्र। प्रत्याहार निर्माण विधि एवं प्रत्याहार ज्ञान
<b>Unit-03</b>	संस्कृत वर्णमाला, वर्णों के उच्चारण स्थान और प्रयत्न ज्ञान । संस्कृत भाषा की रोमन ध्वन्यात्मक लिपि ।
	<b>BLOCK-02: शब्दरूप परिचय:</b>
<b>Unit-01</b>	कारक: कारकों की संख्या, विभक्ति, लिंग, वचन

<b>Unit-02</b>	अजन्तः- शब्दरूप- राम, हरि, गुरु, रमा, पुस्तक, शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित
<b>Unit-03</b>	हलन्तः – जगत्, भगवत्, राजन् शब्दों के रूप अर्थज्ञान व वाक्य प्रयोग सहित
<b>Unit-03</b>	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 ।
	<b>BLOCK-03: संधि व क्रियापद परिचय (वाक्यरचना अनुवादश्च)</b>
<b>Unit-01</b>	वाक्ययांगः पुरुष, लकार, धातुरूप
<b>Unit-02</b>	सन्धि कि परिभाषा व प्रकार (अच्, हल्, एवं विसर्ग) सन्धियों का ज्ञान एवं सन्धि विच्छेद का अभ्यास ।
<b>Unit-03</b>	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.

**POST GRADUATE DIPLOMA IN  
YOGA HEALTH AND CULTURAL  
TOURISM  
SEMESTER II**

## COURSE-1

COURSE CODE: PGD-YHCT -201

SUBJECT NAME – PATANJALI YOG DARSHAN

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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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.
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<b>Block-1:</b>	<b>Introduction of Yogasutra and Samadhi Pada-I (20 hours):</b>
<b>Unit-01</b>	Yoga Sutra: Introduction, Definition and Purpose of Yoga, Importance of Yoga Sutra as compared to other Yogic texts.
<b>Unit-02</b>	Concept of Chitta, Chitta Bhoomi, Chitta vrittis and their types, Chitta Vritti Nirodhopaya (Abhyas- Vairagya).
<b>Unit-03</b>	Chitta Vikshep (Antaraya), Antarayabhava, Chitta Prasadana and its helpers.
<b>Unit-04</b>	The metaphysics of Sankhyadarshana and its relation with Patanjali Yogadarshan.

<b>Block-2:</b>	<b>Samadhi Pada-II and Sadhan Pada (20 hours):</b>
<b>Unit-05</b>	Ishwar: Swaroop, Pranava chanting and its results.
<b>Unit-06</b>	Ashtanga Yoga - 1 (Bahiranga Yoga- Yama, Niyama, Asana, Pranayama, Pratyahara)
<b>Unit-07</b>	Importance and Relevance of Ashtanga Yoga and Kriya Yoga.

<b>Unit-08</b>	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, RitambharaPragya and Adhyatma Prasad.
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<b>Block-3:</b>	<b>Vibhuti Pada - (10 hours)</b>
<b>Unit-9</b>	Ashtanga Yoga - II (Antaranga Yoga - Dharna, Dhyana, Samadhi).
<b>Unit-10</b>	Concept of Sanyama - Sanyama and its three consequences.
<b>Unit-11</b>	Concept of Vibhuti and introduction of main vibhutis.
<b>Unit-12</b>	Describing Ashtasiddhi.

<b>Block-4:</b>	<b>Kaivalya Pada (10 hours)</b>
<b>Unit-13</b>	Five types of Siddhis (birth, medicine, mantra, penance and samadhija).
<b>Unit-14</b>	Nirmaan chitta.
<b>Unit-15</b>	Types of Karma, Vaasna, Vivek Gyan.
<b>Unit-16</b>	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.



**COURSE-2**  
**COURSE CODE: PGD-YHCT-202**

**SUBJECT NAME – BASICS OF ANATOMY & PHYSIOLOGY**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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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.

	<b>BLOCK-1: Introduction to Human Body, Digestive and Excretory System (10 hours)</b>
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<b>Unit-01</b>	Introduction to Human Anatomy and Physiology, Basic Anatomical and Physiological terms; Cell: Structure & Functions, different cell organelles and their functions.
<b>Unit-02</b>	Tissues and Organization of human system; Introduction to Support Systems; Maintenance Systems, Control Systems, Defense System and Concept of Homeostasis.
<b>Unit-03</b>	Median planes, directional and regional terms. Gross anatomy of digestive system, functional anatomy of Mouth, Oral cavity, Pharynx, Esophagus, Stomach, Small intestine, large intestine and Anal canal; Physiology of digestion, assimilation & peristalsis, Gastric and digestive juices involved during digestion, associated glands involved in digestive system.
<b>Unit-04</b>	Urinary system, kidneys, ureters, -urinary bladder, Urethra;

	<b>BLOCK-2: Musculo-Skeletal System, Cardiovascular System, Respiratory System, Blood and Lymphatic System (20 hours):</b>
<b>Unit-01</b>	The Skeletal System: Skeleton, Functions of skeleton, Classification of bones.
<b>Unit-02</b>	Study of joints; Structure and function of a Synovial joint.
<b>Unit-03</b>	The Muscular System: Types of Muscles in the body; the characteristics, structure and functions of The Skeletal Muscles, Smooth Muscles and Cardiac Muscles.
<b>Unit-04</b>	Functional anatomy of the Heart, arteries, veins and capillaries; The organization of systematic and pulmonary circulation, the cardiac cycle.
<b>Unit-05</b>	Blood: Composition and Functions, Blood groups and their importance.
<b>Unit-06</b>	Composition of blood corpuscles - RBC, WBC and Platelets; Plasma, hemoglobin - coagulation of blood and anti-coagulants, blood groups and its importance; Sites, functional anatomy of lymph nodes and their function; Lymphatic system and its' role in immune system.
<b>Unit-07</b>	Cardiac output and Venous return; Blood pressure and Regulation of blood pressure; Gross anatomy of the respiratory passages, functional of Nasal cavity, Pharynx, Larynx, Trachea, Bronchus, Lungs and Alveoli; The process of Respiration, Lung's volumes & capacities, Mechanics of breathing and exchange of gas in alveoli.

	<b>BLOCL-3: Nervous System &amp; Special Senses (10 hours):</b>
<b>Unit-01</b>	An introduction to Histology – nerve – structure and properties of neurons –nerve – action potential – generation propagation – factors influencing classification of neurons and nerve fibres, neuralgia cells, receptors and reflex arcs.
<b>Unit-02</b>	Functional anatomy of Cerebrum, Cerebellum, spinal cord; Functions and importance of the parts of the brain viz., cerebrum, pons, medulla, thalamus, hypothalamus, cerebellum and autonomic nervous system (sympathetic and parasympathetic).
<b>Unit-03</b>	Functional anatomy and physiology of Eyes, ears, nose, tongue and skin.

	<b>BLOCK-4: Reproductive System and Endocrine System (10 hours):</b>
<b>Unit-01</b>	Functional anatomy male reproductive system, seminal vesicles and prostate glands; Spermatogenesis;
<b>Unit-02</b>	Functional anatomy of female reproductive system; Ovarian hormones, menstruation, pregnancy, parturition and lactation.
<b>Unit-03</b>	Anatomical structure of important endocrine glands (Pituitary, thyroid, parathyroid, pancreas, adrenal and gonads); Structure and function of anterior and posterior Pituitary; Function of thyroid, parathyroid, supra renal and islets of Langerhans. Short anatomy of the hypothalamus and the releasing hormones secreted from it.

### **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**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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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.

	<b>BLOCK-1: Fundamentals of Tour Guiding</b>
<b>Unit-01</b>	Overview and Types of Tour Guides

<b>Unit-02</b>	Characteristics of an Excellent Tour Guide
<b>Unit-03</b>	Key Responsibilities of a Tour Guide
<b>Unit-04</b>	Managing and Establishing a Guiding Business

	<b>BLOCK-2: Essential Guiding Skills and Professionalism</b>
<b>Unit-01</b>	Leadership and Interpersonal Skills for Guiding
<b>Unit-02</b>	Effective Presentation and Communication Techniques
<b>Unit-03</b>	Personality Traits of a Guide and Moments of Truth
<b>Unit-04</b>	The Seven Sins of a Guide and The Service Cycle

	<b>BLOCK-3: Tour Conducting and Management</b>
<b>Unit-01</b>	Planning Tours (Pre-tour) and Transportation Options
<b>Unit-02</b>	Types of Tours and Catering to Travelers with Special Needs
<b>Unit-03</b>	Guidelines/Protocols for Working with Disabled People
<b>Unit-04</b>	Relationships with Fellow Guides, Operators, and Transport Services

	<b>BLOCK-4: Crisis Handling and Tour Operations</b>
<b>Unit-01</b>	Managing Emergencies: Accidents, Legal Issues, Theft, or Document Loss
<b>Unit-02</b>	Importance of First Aid, Procedures, and Assessing Situations
<b>Unit-03</b>	Handling Complaints and Navigating Challenging Situations
<b>Unit-04</b>	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**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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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

	<b>BLOCK-1: Concept of Marketing and Tour-Itinerary</b>
<b>Unit-01</b>	What is marketing? Marketing Management, Marketing Management Philosophies

<b>Unit-02</b>	Marketing Mix, Marketing challenges into the next century
<b>Unit-03</b>	Concept of Tour-Itinerary, Steps in preparation of tour Itinerary,
<b>Unit-04</b>	Effective principles in making tour itinerary, steps in doing tour costing, FIT & GIT

	<b>BLOCK-2: Itinerary Planning</b>
<b>Unit-01</b>	Some itinerary planning of north and west India: Example: Agra, Khjuraho and Varanasi circuit, Naintal, Deharadun, Shimla & Leh Circuit. Jaipur, Jodhpur & Udaipur Circuit.
<b>Unit-02</b>	Selected out bound package tour: Salient feature of outbound package tour
<b>Unit-03</b>	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.
<b>Unit-04</b>	Destination Planning & product Diversification, Destnation marketing and complementary marketing.

	<b>BLOCK-3: Concept of Pricing and Channel management system</b>
<b>Unit-01</b>	Factors to consider when setting prices, General pricing approaches/ objectives
<b>Unit-02</b>	Nature of distribution channels, Channel behavior & organization, Channel Management decisions.
<b>Unit-03</b>	The marketing communication mix, Communication process,
<b>Unit-04</b>	Steps in developing effective communication.

	<b>BLOCK-4: Tourism Marketing and promotion</b>
<b>Unit-01</b>	Setting total promotional budget and mix, Advertising, Sales promotion, Public relation, Personal selling, merchandising
<b>Unit-02</b>	Strategic Tourism Marketing, Strategic decisions and gaps, Contribution of Marketing Tour Organization
<b>Unit-03</b>	Role of Media in Promotion of Tourism, electronic tourism promotion



<b>Unit-04</b>	Marketing Strategy in the new digital age- E business, E-Commerce, E-marketing
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### **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

<b>CREDIT: 2</b>	<b>CA: 15</b>	<b>SEE: 35</b>	<b>MM:50</b>
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### Course Objectives:

The Objectives of 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.

<b>BLOCK-1:</b>	<b>Demonstration of Osteology &amp; Myology (30 hours)</b>
<b>BLOCK-2:</b>	Demonstration of Organs &Viscera regarding Cardio- pulmonary Systems (30 Hours)
<b>BLOCK-3:</b>	Demonstration of Bones and Joints (30 hours)
<b>BLOCK-4:</b>	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**

<b>CREDIT: 2</b>	<b>CA: 15</b>	<b>SEE: 35</b>	<b>MM: 50</b>
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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)**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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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.

	<b>BLOCK-1: Means, Methods and Mode of communication</b>
<b>Unit-01</b>	Recapitulation, Face to Face Communication, Telephonic Conversation
<b>Unit-02</b>	Reading Techniques, Letter writing ,Creative Writing
<b>Unit-03</b>	Intonation of communication
<b>Unit-04</b>	Accent, Stress, Rhythm

	<b>BLOCK-2: Communication</b>
<b>Unit-01</b>	Seeking Introduction/Introduce oneself
<b>Unit-02</b>	Making Enquires
<b>Unit-03</b>	Asking Questions

<b>Unit-04</b>	Group Discussion
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	<b>BLOCK-3: Literature</b>
<b>Unit-01</b>	Literature reading of any one book and sum up with its summary writing, Q&A and discussion <ul style="list-style-type: none"> <li>1. Gift of the Magi- by O Henry</li> <li>2. The Kite Maker by Ruskin Bond</li> <li>3. While the Auto Waits O Henry (Adapted for the stage by walter wykes)</li> </ul>

	<b>BLOCK-4: Literature</b>
<b>Unit-01</b>	Literature reading of any one book and sum up with its summary writing, Q&A and discussion <ul style="list-style-type: none"> <li>1. Rabindra Nath Tagore-Chandalika</li> <li>2. Autumn by Kalidasa (Translated by Arthur W.Ryoler)</li> <li>3. The Loss by Anjali Shukla.</li> </ul>

### **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 AlSwitzler, 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)**

<b>CREDIT: 4</b>	<b>CA: 30</b>	<b>SEE: 70</b>	<b>MM: 100</b>
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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.

	<b>BLOCK-1: Basic Principles of YajnaPathy</b>
<b>Unit-01</b>	Introduction to Yajna, History of Vedic Religion, and Vedic Deities
<b>Unit-02</b>	Institution of Yajna and Its Philosophical Foundations
<b>Unit-03</b>	Yajna Types, Significance, and Scientific Aspects
<b>Unit-04</b>	Introduction to Panchamahayajnas (Brahma, Deva, Pitru, Balivaishvadeva, Atithi)

	<b>BLOCK-2: Materials and Process of Yajna</b>
<b>Unit-01</b>	Havan Kund and other vessels, Samidha (sacrificial wood), offerings, and ghee
<b>Unit-02</b>	Yajna procedure: Achaman (ritual purification), Angasparsha (body-touch gestures), recitation of prayers and hymns, lighting of the lamp, etc.
<b>Unit-03</b>	Advanced Ritual Procedure of Yajna (Sequence of full Yajna performance, Timing, Aahuti process, Purnaahuti, Fire management, conclusion rituals)

	<b>BLOCK-3: Significance of Yajna</b>
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<b>Unit-01</b>	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 )
<b>Unit-02</b>	Glory of Yajna in scriptures-Strength, victory over enemies, welfare of the world, etc.
<b>Unit-03</b>	Occasional Yajnas ( <i>16 Samskaras, Bhoomi Pujan, Griha Pravesh, Holi, Diwali, and other festival Yajnas</i> )
<b>Unit-04</b>	Kamya Yajnas ( <i>Putreshti for progeny, Varsheshti for rain, Yajnas for healing diseases, annual Yajnas, etc.</i> )
<b>Unit-05</b>	Yajna and its practice in regional and global traditions (Yajna in Southern, Northern, Tribal, and Himalayan cultures)

	<b>BLOCK-4: Yajna Therapy</b>
<b>Unit-01</b>	Yajnopathy
<b>Unit-02</b>	Scriptural evidence of Yajna therapy – Mantras and verses from the Vedas for disease prevention
<b>Unit-03</b>	Scientific evidence of Yajna therapy – Research and studies conducted by scientists
<b>Unit-04</b>	Yajna and Holistic Health Systems (Yajnopathy as part of Ayurveda, Naturopathy, and Yogic health). Havan materials as per specific diseases: Praneshsti, Medheshti, Pitteshsti, Kapheshsti, etc.
<b>Unit-05</b>	Recitation and memorization of Yajna mantras. Yajna for psychological (mental and emotional), and environmental healing. Preventive health benefits of Yajna.

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