



UNIVERSITY OF PATANJALI

ANNEXURE-I

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

SEMESTER I

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

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

The objective of learning this course is to:

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

Course Outcomes:

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

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

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

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



PRESCRIBED TEXT BOOK

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

BOOKS FOR REFERENCE:

1. Agarwal MM: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, varanai, 2010
2. Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
3. 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
8. Dasgupta,S.N. : Hindu Mysticism, Motilal Banarasi dass, Delhi, 1927.
9. A Search in Mystic India - Paul Brunton
10. Sharma, Chandradhar : A Critical Survey of Indian Philosophy. Motilal Banarasi das, Delhi, 2013

COURSE-2

COURSE CODE – PGD-YHCT-102

SUBJECT NAME – PRINCIPLES OF HATH YOGA

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

The objective of learning this paper is to:

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

Course Outcomes:

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

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

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



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

PRESCRIBED TEXT BOOK

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

BOOKS FOR REFERENCE:

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

COURSE CODE – PGD-YHCT-103
SUBJECT NAME – BASICS OF TOURISM AND ITS SERVICES

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

The objective of learning this paper is to:

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

Course Outcomes:

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

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



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

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

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

SUGGESTED READINGS:

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

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

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

The objective of learning this paper is to:

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

Course Outcomes:

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

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



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

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

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

SUGGESTED READINGS:

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

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

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

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

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

Course Outcomes:

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



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

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

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

PRESCRIBED TEXT BOOK

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

COURSE-6

COURSE CODE – PGD-YHCT -106 (P)

SUBJECT NAME – TOURISM PRACTICUM

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

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



Topics of the report:

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

OR

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

Course Outcomes:

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

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

COURSE-7

COURSE CODE: PGD-YHCT-GE-107

SUBJECT NAME – COMMUNICATIVE ENGLISH (ELECTIVE)

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

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

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

Course Outcomes:

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

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

- Gain the skill to write English without grammatical errors.

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



SUGGESTED READINGS:

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

COURSE-7

COURSE CODE: PGD-YHCT-GE-108

SUBJECT NAME – BASIS OF SANSKRITUM (ELECTIVE)

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

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

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

Course Outcomes:

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

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

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

निर्धारित ग्रंथ

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

संदर्भ ग्रंथाः

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