



## SEMESTER II

### COURSE-1

COURSE CODE: PGD-YHCT -201

SUBJECT NAME – PATANJALI YOG DARSHAN

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:

- 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.

<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 Prasadan 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 (Bahirang Yoga- Yama, Niyam, 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, Ritambhara-Pragya and Adhyatma Prasad.
<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.



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**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.

### **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

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:

- 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, Destination 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

## 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 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)

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

## 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)

CREDIT: 4	CA: 30	SEE: 70	MM: 100
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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 Yajna Pathy</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>	
<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 (Yajnapathy as part of Ayurveda, Naturopathy, and Yogic health). Havan materials as per specific diseases: Praneshti, Medheshti, Pitteshti, Kapheshti, 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.

## BOOKS FOR REFERENCES -

1. यज्ञ-योग-आयुर्वेद चिकित्सा एवं यज्ञ दर्शन, वैदिक नित्यकर्म विधि
2. वैदिक साहित्य एवं संस्कृति, डॉ० कपिल देव द्विवेदी
3. संध्योपासना विधि-पतंजलि योगपीठ
4. पञ्चमहायज्ञ विधि-महर्षि दयानंद
5. संस्कार विधि-महर्षि दयानंद
6. यज्ञ रहस्य- डॉ० रामनाथ वेदालंकार
7. Arya, B. (2006). *The Science of Yajna*. Vedic Publications.
8. Bhattacharya, N. N. (2005). *History of Indian Rituals*. Manohar Publishers.
9. Sharma, R. L. (2011). *The Sacred Fire: Yajna in Vedic and Contemporary Traditions*. Chaukhambha Orientalia.
10. Tiwari, P. (2015). *Scientific Aspects of Yajna and Havan*. Yug Nirman Yojana Press.
11. Acharya, S. (2012). *Agnihotra: The Vedic Science of Healing and Purification*. Vishwa Ayurveda Parishad.