



## SEMESTER III

### COURSE-1

COURSE CODE: PGD-YHCT-301

SUBJECT NAME-HYGIENE, DIET AND NUTRITION

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:

- Understand the principles of personal, environmental, and food hygiene.
- Learn the fundamentals of balanced diet, essential nutrients, and their functions.
- Explore the role of diet and nutrition in disease prevention and overall health.
- Develop practical knowledge of meal planning, food safety, and healthy eating habits.

### Course Outcomes:

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

- Develop a foundational understanding of nutrition and human nutritional requirements.
- Gain insights into the components of food, their classifications, and the functions they perform in the body.
- Acquire knowledge of Yogic dietary principles, including Mitahara and classifications (Sattvic, Rajasic, and Tamasic foods).
- Build a comprehensive understanding of food, nutrition, and dietetics, grounded in both modern scientific concepts and traditional wisdom

	<b>BLOCK-1: Basic concepts and components of food and nutrition (12 hours)</b>
<b>Unit-01</b>	Understanding Nutrition, Basic Terminology in Relation to Nutrition, Human Nutritional Requirements

<b>Unit-02</b>	Concept of food, Acceptance of Food, Functions of Food; Components of Food & their Classification
<b>Unit-03</b>	Macro Nutrients -Sources, Functions and Effects on the Body; Micro Nutrients - Sources, Functions and Effects on the Body
<b>Unit-04</b>	Fat Soluble Nutrients - Sources, Functions and Effects on the Body; Water soluble Nutrients - Sources, Functions and Effects on the Body
	<b>BLOCK-2: Food groups (12 hours)</b>
<b>Unit-01</b>	Cereals & Millets -Selection, Preparation and Nutritive Value; Pulses, Nuts and Oil Seeds- Selection
<b>Unit-02</b>	Preparation and Nutritive Value; Milk and Milk Products - Selection, Preparation and Nutritive Value; Vegetables and Fruits- Selection
<b>Unit-03</b>	Preparation and Nutritive Value, Fats, Oils and Sugar, Jaggery. Selection, Preparation and Nutritive Value.
<b>Unit-04</b>	Energy-Basic Concepts, Definition and Components of Energy Requirement, Energy Imbalance, Concept of Metabolism, Anabolism, Catabolism, Caloric Requirement-BMR, SDA, Physical Activity
<b>Unit-05</b>	Metabolism of Carbohydrates, Lipids and Protein; Factors Affecting Energy Requirement and Expenditure, Factors affecting BMR, Factors affecting thermal effect of Food, Factors affecting energy expenditure in physical activity
	<b>BLOCK-3: Yogic concept of diet &amp; nutrition (12 hours)</b>
<b>Unit-01</b>	General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification of Yogic diet according to traditional Yoga texts
<b>Unit-02</b>	Concepts of Diet according to Gheranda Samhita, Hatha Pradeepika and Bhagavadgeeta-Rajasic, Tamasic and Sattvic food; Pathya and Apathya in diet according to Yogic texts
<b>Unit-03</b>	Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living: Diet according to the body constitution (Prakriti) - Vata, Pitta and Kapha
	<b>BLOCK-4: Swasthavritta (12 hours)</b>
<b>Unit-01</b>	Swasthavritta: Meaning, Definition, Aims and Aspects; Three pillars of Swasthavritta-Aahar (Diet), Nidra (Sleep), Brahmacharya (Celibacy)



<b>Unit-02</b>	Dincharya (Daily regimen) & Ratricharya (Night Regimen): Meaning, Definition and sequential elements with their practical applications: Ritucharya (Seasonal Regimen): Meaning, Definition, Types with their salient features, Season wise Accumulation
<b>Unit-03</b>	Aggravation and Pacification of three Humors (vata, pitta, kapha): Season wise Does and Don'ts
<b>Unit-04</b>	Application of Dincharya, Ratricharya and Ritucharya for health promotion, rejuvenation, diseases prevention and age reversal. Concept of Sadwrittaevam Achar Rasayana

## BOOKS FOR REFERENCES -

1. Whitney, E. & Rolfes, S. R. (2019). *Understanding Nutrition*. Cengage Learning.
2. Gibney, M. J., Lanham-New, S. A., Cassidy, A., & Vorster, H. H. (2013). *Introduction to Human Nutrition*. Wiley-Blackwell.
3. Rao, B. S. N. (2017). *Principles of Human Nutrition*. Oxford & IBH Publishing.
4. Srilakshmi, B. (2020). *Dietetics*. New Age International.
5. Paul Pitchford (2002). *Healing with Whole Foods: Asian Traditions and Modern Nutrition*. North Atlantic Books.
6. Swami Sivananda (2001). *The Science of Pranayama and Yogic Diet*. Divine Life Society.
7. Tiwari, M. (1995). *Ayurveda: Secrets of Healing*. Lotus Press.
8. Gopalan, C., Rama Sastri, B. V., & Balasubramanian, S. C. (2017). *Nutritive Value of Indian Foods*. National Institute of Nutrition (NIN), ICMR.
9. Holland, B. et al. (1991). *McCance and Widdowson's The Composition of Foods*. Royal Society of Chemistry.
10. Swami Vivekananda (1999). *Health and Food*. Advaita Ashrama.

## BOOKS IN HINDI-

11. डॉ. के. एल. शर्मा (2018). मानव पोषण और आहार विज्ञान, चौखंबा प्रकाशन।
12. डॉ. रमेश चंद्र (2015). स्वास्थ्य, आहार एवं पोषण विज्ञान, प्रभात प्रकाशन।
13. आचार्य बालकृष्ण (2016). योग और आहार विज्ञान, पतंजलि योगपीठ।
14. डॉ. हेमलता शर्मा (2021). स्वास्थ्यवृत्त एवं आयुर्वेदिक जीवनशैली, चौखंबा ओरिएंटलिया।
15. महर्षि वाग्भट (2019). अष्टांग हृदयम् - स्वास्थ्यवृत्तम्, चौखंबा संस्कृत प्रकाशन।

**COURSE-2**  
**COURSE CODE: PGD-YHCT-302**  
**SUBJECT NAME- PRINCIPLES OF AYURVEDA AND PANCHAKARMA**

<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:

- Understand the basic principles of Ayurveda.
- Have knowledge of different techniques used in Ayurveda to cure general ailments.
- Have basic knowledge of Panchkarma and useful domestic herbal remedies.

### Course Outcomes:

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

- Gain a foundational understanding of Ayurveda, including its origin, meaning, and principles.
- Learn about the concepts of Dosha, Dhatu, Mala, and Srotas, their definitions, types, functions, and the impact of their imbalances.
- Recognize the characteristics and classifications of Prakriti for personalized health approaches.
- Acquire insights into the properties, health benefits, and medical uses of major herbs like Amla, Ashwagandha, Tulsi, Neem, and Aloe Vera.
- Understand the applications of Panchakarma in treating various ailments such as arthritis, diabetes, liver disorders, and stress-related conditions.

	<b>BLOCK-1: Introduction to Ayurveda- Dosha, Dhatu, Mala, Srotas (15 hours)</b>
<b>Unit-01</b>	Ayurveda: Origin, Meaning, Definition;
<b>Unit-02</b>	History and Principles of Diagnosis and Testing;
<b>Unit-03</b>	Dosha: Meaning, definition, types, functions and results of deformity; Dhatu: Meaning, definition, types, and results of deformity, Updhatu: Meaning, definition, types, functions and results of deformity; Mala: Meaning, definition, types, functions and results of deformity;



<b>Unit-04</b>	Srotas: meaning, definition, type and functions; Indriyas: meaning, definition, types and functions.
<b>BLOCK-2: Introduction to Agni, Prana, Prakriti &amp; Deha (15 hours)</b>	
<b>Unit-01</b>	Agni: meaning, definition, types and functions
<b>Unit-02</b>	Prana: meaning, definition, types, place and functions
<b>Unit-03</b>	Prakriti: meaning, definition, characteristics and its disorders
<b>Unit-04</b>	Deha- prakriti: meaning, definition, types and recognition; Manas Prakriti: meaning, definition, types and recognition.
<b>BLOCK-3: General Introduction and Medical uses of Major Herbs (10 hours)</b>	
<b>Unit-01</b>	General introduction, properties, health promotion and medical uses of Major Herbs - Aak, Ajwaain(carom seeds), Amla, Apamarg, Ashwagandha, Tulsi, Giloy, Brahmi, Coriander, Ginger, Cardamom, Harad, Neem, Turmeric and Gwarpatha (Aloe vera).
<b>BLOCK-4: Panchakarma (hours 20)</b>	
<b>Unit-01</b>	Pre-Karma, Pradhan Karma and Post-Karma- Meaning, Definition, Types, Purpose, Benefit, Precautions and Health Promotional and Medical Use
<b>Unit-02</b>	Detailed interpretation of Pradhan Karma and its applications in various ailments (Gout, Arthritis, Obesity, Diabetes, Back- pain, Colitis, IBS, CAD, UBITs, Liver disorders, Insomnia, Depression, Anxiety and Stress etc.)

## BOOKS FOR REFERENCES-

1. आयुर्वेद सिद्धांतरहस्य- आचार्यबालकृष्ण
2. आयुर्वेदजड़ी-बूटीरहस्य- आचार्यबालकृष्ण
3. आयुर्वेदीय शरीरक्रियाविज्ञान- शिवकुमारगौड़
4. स्वस्थवृत्त – डॉ० रामहर्षसिंह
5. Lad, V. (2002). Textbook of Ayurveda: Fundamental Principles. The Ayurvedic Press.
6. Sharma, P. V. (2014). Charaka Samhita (Vol. 1): Text with English Translation. Chaukhamba Orientalia.

**COURSE-3**  
**COURSE CODE: PGD-YHCT-303**  
**SUBJECT NAME- CULTURE & HERITAGE TOURISM**  
**AND IT'S MANAGEMENT**

<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:

- Ensure the conservation and sustainable use of historical landmarks, traditions, and artifacts.
- Showcase and celebrate the local traditions, arts, music, and heritage to a global audience.
- Implement eco-friendly and responsible practices to protect the cultural environment for future generations.

### Course Outcomes:

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

- Increased revenue for local businesses and artisans, leading to enhanced economic stability in the region. Elevated status of cultural & heritage sites on a global platform.

	<b>BLOCK-1: Introduction to Indian Culture and Heritage</b>
<b>Unit-01</b>	Cultural Tourism Concept & Significance, History of Cultural & Heritage Tourism in India
<b>Unit-02</b>	Glimpses of Indian cultural history - Pre and Post Vedic periods, Buddhist epoch, Gupta Period, Early and Late Medieval period, Modern period.
<b>Unit-03</b>	Features of Indian Cultural Heritage- Preservation and Conservation of Monuments and Culture-fairs, festivals, culinary traditions, crafts, melas, Emporia, Folklores and traditions of the states.
<b>Unit-04</b>	Cultural transition, Indian cultural heritage- Classical traditions of music and Dance of India performing arts and yoga, Architectural Heritage
	<b>BLOCK-2: Art and Architecture</b>



<b>Unit-01</b>	Rock cut Architecture, Buddhist Architecture, Gandhara & Mathura Schools of Art, Hindu Temple Architecture, Indo-Islamic Architecture & Modern Architecture,
<b>Unit-02</b>	Famous Forts & Palaces Their Architecture, location and important features
<b>Unit-03</b>	Indian Paintings & Dance Forms (classical and folk traditions)
<b>Unit-04</b>	The Management and Marketing of Religious Tourism, Festivals & Religious Events
	<b>BLOCK-3: Archaeological sites</b>
<b>Unit-01</b>	Archaeological sites - Monuments - Ancient Temples of Uttarakhand
<b>Unit-02</b>	Forts - Palaces and Museums Art & Architecture
<b>Unit-03</b>	Hill stations, pilgrimage centres
	<b>BLOCK-4: Cultural Tourism Organizations</b>
<b>Unit-01</b>	Role, Significance, Promotional measures initiated by Ministry of Tourism
<b>Unit-02</b>	Govt. of Uttarakhand, State Governments and Private Tourism Agencies - recent trends
<b>Unit-03</b>	Study tour to familiarize various tourism products
<b>Unit-04</b>	Major cultural tourist centres- infrastructural facilities and attraction, factors promoting and affecting tourism- Future of Cultural Tourism.

## BOOKS FOR REFERENCES-

1. Gupta, SP, Lal, K, Bhattacharya, M. Cultural Tourism in India (DK Print 2002)
2. Michell, George, Monuments of India, Vol. 1. London.
3. Davies, Philip, Monuments of India, Vol. II., London.
4. Brown Percy, Indian Architecture (Buddhist and Hindu), Bombay.
5. Brown Percy, Indian Architecture (Islamic period), Bombay.
6. Vatsayana, Kapila, Indian Classical Dance, New Delhi.
7. Swami, Prayaganand, History of Indian Music.
8. Jain, Jyotindra & Arti, Aggrawala : National Handicrafts and Handlooms Museum.
9. Mehta. R. J. Handicrafts & Industrial Arts of India, New York.

10. Hussain, S. A.: The national cultural of India, National Book Trust, New Delhi, 1987
11. Heinrich Zimmer, Philosophies of India, Routledge
12. Basham A.L., (ed.) A Cultural History of India, Oxford University Press, New Delhi
13. Seth Pran Nath, Fundamentals in Tourism, Sterling Publications, New Delhi
14. Davision, Reb., Tourism Pitman, London
15. WTO Sustainable Tourism Development, Guide for Local Planners. Sethi, Praveen, Tourism for the Next Millennium (New Delhi 1999)
16. Sharma, K.C., Tourism Policy, Planning, Strategy (Jaipur 1996).

**COURSE-4**  
**COURSE CODE: PGD-YHCT-304**  
**SUBJECT NAME-BRANDING TOURISM AND YOGA PRODUCTS**

<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 understand the principles of branding in the context of tourism and yoga products.
- To develop skills for designing marketing campaigns tailored to tourism and yoga businesses.
- To gain insights into leveraging digital platforms for brand promotion and customer engagement.

### Course Outcomes:

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

- Acquire the skills to create and implement effective branding strategies.
- Understand the importance of sustainability and cultural sensitivity in branding tourism and yoga offerings

	<b>BLOCK-1: Concepts of Tourism Products and Brand</b>
<b>Unit-01</b>	Meaning and Characteristics of Tourism Product, Branding, Brand Equity's, Brand Management, Internationalization of Brands





<b>Unit-02</b>	Positioning, Success Story of Incredible India
<b>Unit-03</b>	Popular Religious & Pilgrimage Centers Pertaining to Hinduism, Buddhism, Jainism, Islamism and Christianity
<b>Unit-04</b>	Important Fairs, Festivals, Music, Dance, Paintings, Cuisine
	<b>BLOCK-2: Nature-Based Tourism Products of India and Uttarakhand</b>
<b>Unit-01</b>	Important Hill Stations, Deserts, Rivers, Beaches, Islands, Lakes
<b>Unit-02</b>	Important Wildlife Sanctuaries, National Parks, , Biosphere Reserves
<b>Unit-03</b>	Important Ecotourism sites, Endogenous tourism Sites
	<b>BLOCK-3: Manmade Tourism Products of India and Uttarakhand</b>
<b>Unit-01</b>	UNESCO World Heritage Sites
<b>Unit-02</b>	Important Archaeological Sites & Important Forts & Palaces
<b>Unit-03</b>	Amusement Parks, Museums, Rural Tourism Sites, Shopping Centers, Medical and Yoga & Wellness Tourism, Religious & Pilgrimage Centers, Fairs and Festivals and Handicrafts & Handlooms, Cuisine;
	<b>BLOCK-4: Special Focus on Yoga and wellness Tourism in Uttarakhand</b>
<b>Unit-01</b>	Concept of Yoga and wellness tourism, Importance of Hub of Yoga In UK
<b>Unit-02</b>	Spiritual, Religious and Cultural importance of Yoga tourism inUK
<b>Unit-03</b>	Role and importance of Yoga and wellness, Retreat centres, Meditation, Kundali awakening like practices as Yoga products in tourism.
<b>Unit-04</b>	Ethnic Tourism, Medical Tourism, Indigenous Tourism In UK

## Books for References-

1. Basham A.L., (ed.) A Cultural History of India, Oxford University Press, New Delhi
2. Seth Pran Nath, Fundamentals in Tourism, Sterling Publications, New Delhi
3. Davision, Reb., Tourism Pitman, London
4. WTO Sustainable Tourism Descolpment, Guide for Local Planners. Sethi, Praveen, Tourism for the Next Millennium (New Delhi 1999)
5. Sharma, K.C., Tourism Policy, Planning, Strategy (Jaipur 1996).

**COURSE-5**  
**COURSE CODE: PGD-YHCT-305 (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 this 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, Rubberneti, Sutra Neti
<b>Unit-02</b>	<b>Dhauti:</b> Dand Dhauti / Vastra Dhauti
<b>Unit-03</b>	<b>Nauli:</b> Vama and Dakshin Nauli (left and right isolation of the rectus abdominis muscles)
<b>Unit-04</b>	<b>Kapalbhati:</b> Vyutkram and sheetkram Kapalbhati
	<b>BLOCK-2: Asanas (10 marks)</b>
<b>Unit-01</b>	Sukshma Vyayam (Pawan mukta Asana series -1,2,3), Yogic Jogging 12 Asanas



<b>Unit-02</b>	Dvipada Skandhasana, Purna Bhujangasana, Purna Matsyendrasana, Pakshee Aasan, Vrishchik Aasana, Padma Mayurasana, Purna Vrishchikasana, Takiya Aasana, Padma Sheershasana, Karnapidasana, PurnaDhanurasana, Gorakshasana, Purna Chakrasana, Purna Shalabhasana, Ek Pada Bakasana, Omkar Aasana, Purna Natarajasana
<b>Unit-03</b>	All the practices of previous semester.
	<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> Kapalbhati, Bhastrika, Bahya
<b>Unit-03</b>	Anulom-Vilom, Nadi Shodhan, Surya Bhedi & Chandra Bhedi
<b>Unit-04</b>	Ujjayi , Bhramari and Udgith, Moorchha
	<b>BLOCK-4: Mudra &amp; Bandha (5 marks)</b>
<b>Unit-01</b>	<b>Hand Mudra:</b> Pran Mudra, Apana Mudra, Hriday, Sankh Mudra
<b>Unit-02</b>	<b>Other Mudra:</b> Vipreet Karni Mudra, Yoga Mudra, Maha Bandh
<b>Unit-03</b>	<b>Meditation:</b> Chakra and Kosha Meditation
<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-PW-306/PGD-YHCT-PW-307**  
**SUBJECT NAME-PROJECT REPORT/FIELD WORK**

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

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

- Practical recommendations for improving preservation efforts.
- Increased awareness about cultural heritage's significance.
- Tools for balancing tourism growth with conservation.

During the third semester, a part from prescribed theory papers each student is required to select a topic to write a project report or field work report on any one of the given topic. This module is prescribed to make students skilled in understanding cultural heritage tourism, its structure, initiatives and impact on the tourism industry as well as management.

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 project report on any one of the cultural heritage tourism and its management.**

**OR**

**A field work report on branding tourism and yoga products.**

**COURSE-7**  
**COURSE CODE: PGD-YHCT-GE-308**  
**SUBJECT NAME-YOGA PSYCHOLOGY (ELECTIVE)**

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

The Objectives of learning this course is to:

- Become familiar with the relation between ancient yoga & modern psychology.
- Find out the key elements of psychology in Yogic texts.
- Incorporate the techniques of yoga & psychology together to cure mental problems.

## Course Outcomes:

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

- Gain foundational knowledge of psychology, its definitions, nature, and practical applications.
- Develop an understanding of various types of intelligence, including emotional, social, and spiritual intelligence.
- Explore how Yoga can address mental deficiencies and promote cognitive well-being.
- Gain knowledge of common and severe mental disorders, including their identification, prevention, and management using Yogic techniques.

	<b>BLOCK-1: Introduction to Psychology (12 hours)</b>
<b>Unit-01</b>	Psychology - word meaning, definition, nature, scope and utility of Psychology. Goals and branches of Psychology, concept of Psyche in Vedic literature (Ved, Upanishad, Shankhya, Vedant)
<b>Unit-02</b>	Goals and branches of Psychology, concept of Psyche in Vedic literature (Ved, Upanishad, Shankhya, Vedant)
<b>Unit-03</b>	States of consciousness according to yogic scriptures (Jagrata, svapna, susupti and Turiya). Yogic etymology for somatic, mental, social and spiritual disharmony.
<b>Unit-04</b>	<b>Stress:</b> Definition, Physiological and psychological stress; Understanding stress in accordance with scriptures; Stress assessment tools and biomarkers of stress; Stress & disease.
	<b>BLOCK-2: Yogic Insights on Psychological Concepts (12 hours)</b>
<b>Unit-01</b>	Yogic and Psychological concept of Emotion.
<b>Unit-02</b>	Causes of Emotions in the mind according to yoga texts, Physiology of Emotion (Psychological concept), Concept of Personality in Yogic and Psychological Context, types of Personality and personality assessment.

	<b>BLOCK-3: Intelligence, Mental Deficiency &amp; Common Mental Disorders (24 hours)</b>
<b>Unit-01</b>	Meaning and definitions of intelligence, types of intelligence (Mental, emotional, social and spiritual intelligence),
<b>Unit-02</b>	Mental deficiency: meaning and its types, causes of mental deficiency and cure of mental deficiency through Yoga
<b>Unit-03</b>	Causes and Consequences of Conflicts and Frustrations; Common mental disorders; Depressive disorders
<b>Unit-04</b>	Anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.
	<b>BLOCK-4: Yogic counselling and Personality development (12 hours)</b>
<b>Unit-01</b>	Counseling: skills of counseling, code of ethics for lay counselors, building counseling relationship (factors that influence the counseling process), building yogic rapport and efficient communication, acceptance, empathy and solving the problems with yogic wisdom.

## BOOKS FOR REFERENCES -

1. Abhedananda. (1973). *The yoga psychology*. Ramakrishna Vedanta Math.
2. Sachdev, I. P. (1978). *Yoga and depth psychology*. Motilal Banarsidass.
3. Taimini, I. K. (1973). *Glimpses into the psychology of yoga*. Theosophical Publishing House.
4. Aatreya, S. P. (1965). *Yoga manovijnana (Indian psychology)*. International Standard Publication.
5. Hecker, J. E., & Thorpe, G. L. (2010). *Introduction to clinical psychology: Science, practice & ethics*. Pearson.
6. Hilgard, E. R., Atkinson, R. C., & Atkinson, R. L. (n.d.). *Introduction to psychology*. Oxford and IBH Publishing.
7. Nagendra, H. R. (n.d.). *New perspectives in stress management*. Vivekananda Kendra.
8. Herrman, H., Saxena, S., & Moodie, R. (2005). *Promoting mental health*. World Health Organization Press.
9. Singh, A. K. (2007). *Saral samanya manovijnana*. Motilal Banarasidas Publications.
10. Taylor, S. E. (2006). *Health psychology* (6th ed.). Tata McGraw Hill.
11. Udupa, K. N. (2007). *Stress and its management by yoga*. Motilal Banarasidas.



**COURSE-7**  
**COURSE CODE: PGD-YHCT-GE-309**  
**SUBJECT NAME-BASICS OF COMPUTER SKILLS (ELECTIVE)**

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

The Objectives of learning this course is to:

- Understand types of software and their applications.
- Understand basic computer components and functions.
- Understand types of software and their applications.
- Learn operating system functions and user interface management.
- Explore e-learning platforms and their role in education.

### Course Outcomes:

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

- Develop essential computer skills, such as using hardware, software, and operating systems, ensuring ease in navigating the digital world.
- Improve typing speed and accuracy, which are critical for communication and documentation.
- Learn to organize, save, and retrieve files effectively, fostering productivity.

	<b>BLOCK-1: Overview of Computer System (20 hours)</b>
<b>Unit-01</b>	Evolution of Computer Systems, Generations of Computers, Parts of Computer System, Categories of Computers, Computer System Characteristics, Computer Hardware.
<b>Unit-02</b>	Working of input & output devices: keyboard, mouse, trackball, pen, touch screens, scanner, digital camera, monitor, and printer.
<b>Unit-03</b>	Working of storage devices: magnetic tape, magnetic disk, CD, DVD.
	<b>BLOCK-2: Computer Software &amp; Operating System (20 hours)</b>
<b>Unit-01</b>	Introduction to software, Types of software, Program vs. Software.
<b>Unit-02</b>	Introduction to operating System, Function of Operating System.

<b>Unit-03</b>	Types of Operating System. Operating system file management.
<b>BLOCK-3: Office Automation Tools (60 hours)</b>	
<b>Unit-01</b>	Word Processing (e.g., Microsoft Word, Google Docs, One Note)- Creating and Editing Documents, Formatting Text and Pages, Adding Tables, Images, Charts and Mail Merge.
<b>Unit-02</b>	Spread sheets (e.g., Microsoft Excel, Google Sheets)- Creating and Formatting Spread sheets, Basic Formulas and Functions, Charts and Data Visualization.
<b>Unit-03</b>	Presentation Software (e.g., Microsoft PowerPoint, Google Slides)- Creating and editing master slides, slides with graphs, Animation, Designing Slide-shows and representation.
<b>BLOCK-4: Data Communication, Computer Network &amp; E-Learning platform (20 hours)</b>	
<b>Unit-01</b>	Introduction to communication system, Mode of Communication, Introduction to Computer Network, Types of Computer Network, LAN, WAN, MAN Topologies, Transmission Media.
<b>Unit-02</b>	Internet: Introduction to Internet and its Applications, Connecting to the Internet, Email, World Wide Web (WWW) and its evolution, Uniform Resource Locator (URL), Browsers: Internet Explorer.
<b>Unit-03</b>	Use of Computer in Education and Research: E-library, data analysis and other research related website (Google scholar, Pub-med, Sci-hub etc). Introduction to Artificial Intelligence, Cyber Security.

## BOOKS FOR REFERENCES-

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2. Aksoy, P., & DeNardis, L. (2006). *Introduction to information technology*. Cengage Learning.
3. Norton, P. (2017). *Introduction to computers*. McGraw-Hill.
4. Sinha, P. K., & Sinha, P. (2007). *Fundamentals of computers*. BPB Publishers.
5. Vermaat, M. E. (2013). *Discovering computers & Microsoft Office 2013: A fundamental combined approach*. Cengage Learning.