



SEMESTER IV

COURSE-1

COURSE CODE: PGD-YHCT-401

SUBJECT NAME-COMPLEMENTARY AND ALTERNATIVE THERAPY (CAT)

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

The Objectives of learning this course is to:

- State concept, prevalence, objectives, types, applications and limitations of CAT.
- Have knowledge & skills of therapeutics related to acupressure, Pranic healing, and dietary supplements for managing some of the common health problems and rejuvenation.

Course Outcomes:

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

- Develop a solid understanding of CAT, its history, definitions, objectives, and its contemporary relevance in health and wellness.
- Learn to apply CAT and energy medicine for a variety of health issues ranging from chronic fatigue and diabetes to mental health conditions like anxiety and OCD.

	BLOCK-1: CAT (12hours)
Unit-01	Introduction to CAT: History, Meaning, Definition, Objectives, Types, Prevalence, Contemporary Need, Applications and Limitations.
Unit-02	Mind-Body Therapy: Origin, Meaning, Definition, Aims, Principles, Factors, Impacts, Prevalence, Applications, and Limitations.
Unit-03	Pioneers in Mind-Body Medicine: Modern era- Yog rishi Swami Ramdev, Acharya Balkrishna, Swami Satyananda, BKS Iyengar, Norman Cousins, Deepak Chopra, Herbert Benson, Dean Ornish, Bernie Siegal, Lorry Dossey

Unit-04	Need of mind-body medicine: Mind-body relationship and modern medicine: Epidemiological studies, clinical studies, & experimental studies; Placebo and Nocebo.
	BLOCK-2: Manipulative-Body Based Therapy (MBT) (12 hours)
Unit-01	Foundations of MBT: Meaning, Definition, Aims, Principles, Types, Impacts, Prevalence, Applications, and Limitations.
Unit-02	Acupressure and Reflexology: Origin, Meaning, Definition, Principles, Five Elements Theory, Chi Clock Cycle, Meridian Systems and Locating Acupoints on 12 Major Meridians and Reflexology.
	BLOCK-3: Energy Medicine (12 hours)
Unit-01	Foundations of Energy Medicine: History, Meaning, Definition, Types, Principles, Applications and Limitations.
Unit-02	Pranic Healing: Origin, History, Meaning and Sources of Prana
Unit-03	Principles and Bio-Plasmic Body: Principles, Law of Action, & Types (Basic, Advanced, and Psychotherapy); Bio-plasmic body/Aura: structure, types and size
Unit-04	Energy Centers (Chakras) and Techniques: Meaning, Types (Major, Minor and Mini), Sizes, Colours, Functions and Consequences of their Dysfunctions; Ahartic Yoga & Twin Meditation, Scanning Auras or Chakras, Sweeping and Energizing Procedures
	BLOCK-4: Acupressure & Pranic Therapeutics & Biologically Based Products (Dietary Supplements & Herbal Remedies) (24 hours)
Unit-01	Clinical Applications of Energy Medicine and Natural Therapies: Low Back Pain, Arthritis, Obesity, Diabetes, Hypertension/Hypotension, Hyper/Hypo Thyroidism, Liver Problem, Allergy, CAD, Anaemia, Hyperacidity, Irritable Bowel Syndrome, Colitis, Piles, Migraine, Insomnia, Depression, Chronic Fatigue Syndrome, Epilepsy, Anxiety, Obsessive Compulsive Disorder, Leucorrhoea, Menstrual Disorders, Impotency, Infertility, CSF, Asthma, Pneumonia, Renal Problem, Varicose Veins, Distress, and Myopias.
Unit-02	Biologically Active Compounds and Traditional Formulations: Probiotics and Prebiotics, Antioxidants, Glucosamine Sulphate, Glutamine, Selenium, Curcumin, Multi-vitamins and their Natural Sources, Omega-3 Fatty Acid and Tryptophan their Functions and natural Sources; Panchgavya (Indigenous Cow urine, Dung, Milk, Curd, Ghee): Importance & uses in disease prevention & health promotion.



BOOKS FOR REFERENCES-

1. Acharya, B. (2004). *Ausadh darshan*. Divya Prakashan.
2. Acharya, B. (2005). *Ayurveda jadi-butl rahasya*. Divya Prakashan.
3. Brahmabarchas. (2003). *Nidan chititsa*. Ved Mata Gayatri Trust.
4. Colledge, N. R., Walker, B. R., & Ralston, S. H. (2010). *Davidson's principles & practice of medicine* (21st ed.). Churchill Livingstone, Elsevier.
5. Holford, P., & Bume, J. (2007). *Food is better medicine than drugs*. Piatkus.
6. Holford, P. (2014). *Good medicine*. Piatkus.
7. Joshi, S. A. (2011). *Nutrition & dietetics with Indian case studies*. Tata McGraw-Hill.
8. Lian, Y.-L., Chen, C.-Y., Hammes, M., & Kolster, B. C. (2005). *Pictorial atlas of acupuncture: An illustrated manual of acupuncture points*. h. f. Ullmann.
9. Micozzi, M. S. (2015). *Fundamentals of complementary and alternative medicine* (5th ed.). Elsevier Saunders.
10. Patanjali Research Foundation. (2015). *Research publications*. Divya Prakashan.
11. Peeters, J. (2008). *Reflexology*. Paragon.
12. Ramdev, S. (2006). *Yoga sadhana and yoga chikitsa rahasya*. Divya Prakashan.
13. Ramdev, S. (2009). *Pranayam rahasya*. Divya Prakashan.
14. Sah, R. L., Joshi, B., & Joshi, G. (2002). *Vedic health care system*. New Age Books.
15. Sharma, S. (1998). *Jivem Saradm Satam*. Akhand Jyoti Samsthan.
16. Sharma, S. (2010). *Gayatri Mahavijyan* (Combined and revised ed.). Yug Nirman Yojana Bistar Trust.

COURSE-2

COURSE CODE: PGD-YHCT-402

SUBJECT NAME-YOGA THERAPY

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

The Objectives of learning this course is to:

- To study the therapeutic applications of yoga, pranayama, meditation, and Ayurveda in disease prevention and treatment.

- To explore how yoga, physiotherapy, and alternative therapies can aid in the rehabilitation and strengthening of musculoskeletal health.
- To prescribe and administer yogic prescription for the specific disease.

Course Outcomes:

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

- Gain a deeper understanding of yoga's philosophies and practices, enhancing your physical, mental, and emotional well-being.
- Learn to design and implement yoga-based therapeutic modules tailored to individual needs, which can be applied in healthcare, wellness centers, or private practice.
- Develop an integrative perspective by combining traditional yoga principles with modern biomedical systems.
- Engage in research to explore the benefits of yoga therapy and contribute to its scientific validation.

	BLOCK-1: Yoga Etiology, Diagnosis and Therapy (12 hours)
Unit-01	Yogic Anatomy and Physiology: Concept of Psychic Centers, Pancha Kosha and three planes of human being; and effects of their activation and impairment over somatic, psychic and psycho-somatic levels of human existence.
Unit-02	Yogic diagnostic techniques: Connections of Swar Science, Prana and Breathing Patterns over somatic, mental and psycho-somatic levels.
Unit-03	Association of Psychic centers over nerve plexus and endocrine glands
Unit-04	Concept of health and wellness in terms of WHO, Ayurveda and Yoga;
Unit-05	Concept of Yoga Therapy: Meaning, Definition, Aims, Principles, Factors Impacts and Limitations; Qualities of a yoga therapist.
	BLOCK-2: Musculo-Skeletal Disorders (12 hours)
Unit-01	Back Pain: Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapses (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago, Medical and Yogic management:
Unit-02	Neck pain: Classification- Cervical Spondylosis, radiculopathy, Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management.



	BLOCK-3: Gastro Intestinal, Excretory Disorders & Cardio-Pulmonary Disorders (24 hours)
Unit-01	Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and Complications), Yogic Management of Acid peptic disease - Indigestion Hyperacidity, Ulcer, Flatulence, Gastritis, Bowel problems - chronic Constipation and haemorrhoids, Irritable Bowel Syndrome, Ulcerative colitis or inflammatory bowel disease, Crohn's disease, gluten intolerance, food allergies.
Unit-02	Excretory System: irritable bladder syndrome, stress incontinence, Chronic renal failure, Renal hypertension, Renal stones.
Unit-03	Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management of Hypertension and Hypotension, Ischemic heart diseases, Varicose veins, Peripheral vascular disease, Autoimmune Arteritis.
Unit-04	Brief overview of the condition (Causes, Pathogenesis, Signs, Symptoms and complications), Yogic Management (rationale for the disease specific yoga protocol, scientific evidence if available, probable healing mechanisms, practices of choice and contra indications). Allergic, autoimmune respiratory conditions -Allergic Rhinitis & Sinusitis, Bronchial Asthma, COPD & Emphysema- Occupational pulmonary disease.
	BLOCK-4: Neurological and Psychiatric Disorders (12 hours)
Unit-01	Headaches: Migraine: Causes, Classification, clinical features, Medical and Yogic management, Tension headache: Causes and its symptoms and Medical and Yogic management; Cerebro vascular accidents: Causes, clinical features, Medical and Yogic management, Epilepsy, pain; Parkinson's disease: Causes, clinical features, Medical and Yogic management.
Unit-02	Introduction to psychiatric disorders, classification - Neurosis, Psychosis: Neurosis: Anxiety disorders: Generalized anxiety disorder, Panic Anxiety, Obsessive Compulsive Disorder, Phobias: Medical and Yogic management: Depression: Dysthymia, Major depression, Medical and Yogic management; Psychosis: Schizophrenia, Bipolar affective disorder, Medical and Yogic management.

BOOKS FOR REFERENCES -

1. Nagarathna, R., & Nagendra, H. R. (2010). *Yoga therapy for common ailments series*. SVYP Publications.
2. Karmananda, S. (2001). *Yoga therapy for common diseases*. Yoga Publication Trust.
3. Kandel, E. R., Schwartz, J. H., & Jessell, T. M. (2013). *Principles of neural science* (5th ed.). McGraw-Hill.
4. Sadock, B. J., Sadock, V. A., & Ruiz, P. (2014). *Kaplan & Sadock's synopsis of psychiatry* (11th ed.). Wolters Kluwer.
5. Saraswati, S. S. (2013). *Asana, pranayama, mudra, bandha* (4th ed.). Bihar School of Yoga.
7. Nagendra, H. R., & Nagarathna, R. (2012). *Yoga for bronchial asthma*. Swami Vivekananda Yoga Publications.
8. Magee, D. J. (2020). *Orthopedic physical assessment* (7th ed.). Elsevier.
9. Tortora, G. J., & Derrickson, B. H. (2017). *Principles of anatomy and physiology* (15th ed.). Wiley.
10. Benson, H., & Proctor, W. (2010). *Relaxation revolution: Enhancing your personal health through the science and genetics of mind-body healing*. Scribner.

COURSE-3

COURSE CODE: PGD-YHCT-403

SUBJECT NAME- BUSINESS COMMUNICATION AND
PERSONALITY DEVELOPMENT

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

The Objectives of learning this course is to:

- To build strong verbal and non-verbal communication skills tailored for professional environments.
- Developing self-assurance for presentations, interviews, and networking.

Course Outcomes:

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



- Ability to communicate effectively and professionally in diverse scenarios such as meetings, emails, and presentations.
- Better working relationships and teamwork capabilities. Enhanced self-awareness, adaptability, and emotional intelligence.
- Building capabilities to lead teams and manage projects with clarity and authority.

	BLOCK-01: Business Correspondence:
Unit-01	Foundations of Business Letter Writing: Letter Writing, presentation, Inviting quotations, Sending quotations
Unit-02	Advanced Business Correspondence: Placing orders, Inviting tenders, Sales letters, claim & adjustment letters and social correspondence
Unit-03	Internal Communication Tools: Memorandum, Inter -office Memo, Notices, Agenda, Minutes
Unit-04	Professional Correspondence for Employment: Job application letter, preparing the Resume
	BLOCK-02: Writing and Communication Skills
Unit-01	Fundamentals of Report Writing: Report Writing, Business reports, Types, Characteristics, Importance
Unit-02	Crafting Effective Reports: Elements of structure, Process of writing, Order of writing, the final draft, and check lists for reports, Aids to correct Business writing.
Unit-03	Mastering Oral Communication: Oral communication, public speaking, body language, Presentation Plan, Power point presentation
Unit-04	Leading and Participating in Meetings and Conferences: Leading and participation in Meetings and Conferences. Audio-visual aids
	BLOCK-03: Business Communications
Unit-01	Foundations of Business Communications: Meaning, Definition, Objectives, Principles, Scope, barriers and limitations of Business Communications.
Unit-02	Organizational Communication Dynamics: Main forms of organisational communications, Communication network in Org.

Unit-03	Business Etiquettes and Professional Conduct: Business Etiquettes, Business manners, Body language postures, gestures, Etiquette, emotional intelligence, telephonic etiquette, listening, Handling business meetings.
Unit-04	Role plays on selected topics with case analysis and real life experiences.
	BLOCK-04: Concept of Personality
Unit-01	Nature, Concept and Definition of Personality
Unit-02	Dimensions and determinants of Personality, types of personality
Unit-03	Individual interaction skills problem solving, lateral thinking, self-awareness
Unit-04	Leadership, team work & team building, interpersonal skills, conflict management, small cases including role-plays, negotiation skills & strategies.

RECOMMENDED TEXTS

1. Asha Kaul- Effective Business Communication, PHI New Delhi.
2. Biswajit Das and Ispeeta Satpathy- Business Communication and Personality Development. Excel Books. New Delhi.
3. Bovee and Thill, Business Communication Today, Pearson Education
4. K.K. Sinha- Business Communication, Galgotia and Sons, New Delhi.
5. Locker and Kaczmarek- Business Communication: Building Critical Skills, Tata McGraw Hill.
6. Lynn Van Der Wagen- Communications in Tourism & Hospitality, Hospitality Press
7. R.C. Sharma and K. Mohan- Business Correspondence and Report Writing, Tata McGraw Hill.
8. R.V. Lesikar and M.E. Flatley- Basic Business Communication Skills, Tata McGraw Hill, New Delhi.
9. Rajendra Pal and J.S. Korlahalhi- Essentials of Business Communications, Sultan Chand & Sons.
10. S.A. Chunawalla- Advertising Sales and Promotion Management, Himalaya, Mumbai.
11. Shirley Taylor- Communication for Business, Pearson Education
12. Stephen R. Covey- The Seven Habits of Highly Effective People, NY: Fireside/ Simon &
13. T.N. Chhabra- Business Communication: Concepts and Skills, Sun India Publication, New Delhi.



COURSE-4
COURSE CODE: PGD-YHCT-404
SUBJECT NAME- ECOTOURISM PRINCIPLES AND PRACTICES

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

The Objectives of learning this course is to:

- Understand the key concepts and principles of ecotourism.
- Explore the ecological and conservational practices for sustainable tourism.
- Analyze the economic, social, and environmental impacts of ecotourism.
- Develop skills for planning, managing, and marketing ecotourism ventures.

Course Outcomes:

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

- Apply sustainable practices in tourism management.
- Evaluate the costs and benefits of ecotourism initiatives.
- Critically assess the challenges and opportunities in ecotourism.
- Design and implement strategies for natural resource management.

	BLOCK-01: Introduction to Eco Tourism
Unit-01	Definition, Concept, Growth & Principles
Unit-02	Principles Emerging Concepts: Eco / rural /agri/farm/green/ wilderness/ country side/special interest in context of tourism.
Unit-03	Tourism: Environmental Relevance, Concept of carrying capacity
Unit-04	Eco - tourism in 3rd World Countries – Problems, prospects for sustainability, Eco - tourism as a worldwide phenomena
	BLOCK-02: Eco -Tourism and community Development
Unit-01	Concept and planning of eco - tourism destinations

Unit-02	Developing and implanting Eco tourism guidelines for wild lands and neighbouring communities.
Unit-03	Eco - tourism and community development
Unit-04	Conference, convention & declaration related to environments Johansberg Rio - declaration (Agenda 21) Quebec declaration Environmental Code of conduct
	BLOCK-03: Basic Properties of Ecosystem
Unit-01	Concept, components and Properties of Ecosystem
Unit-02	Five Basic law and 20 great ideas in ecology
Unit-03	Trophic Structure and ecological pyramids, ecological succession
Unit-04	Human ecology and tourism: natural resources & tourism, Tourism & environment.
	BLOCK-04: Environmental Pollution and Tourism Activities
Unit-01	Air Pollution :- Atmospheric Composition, source and effects of pollutants, Green House Effects, Ozone Layer Depletion, Standard and Control Measures.
Unit-02	Water Pollution :- Hydrosphere, Natural water, pollutants, their origin & effects and standard control
Unit-03	Noise Pollution: - Sources, effects and standard & control
Unit-04	Do's and Don'ts in Tourism

RECOMMENDED TEXTS

1. Global EcoTourism , Codes-Protocol & Charter- Prabhas Chandra (Author), Kaniskha Publication
2. International Eco Tourism Enviroment- Rules & Regulation- Prabhas Chandra (Author), Kaniskha Publication
3. Travel & Tourism- Cottman (Author), VNR Publication



4. Tourism System- Introductory Text-Mik & Morrivon
5. Tourism & Sustainability- Mowforth (Author) - Routh Udge Publication
6. Ecology and Tourism by Dr.G.poiyamoazhi
7. Environment and Pollution by Khopkar S.M.
8. Environmental Management by M.K.Oberoi
9. Tourism and Sustainability by Martin Mowforth & Ian Munt

COURSE-5

COURSE CODE: PGD-YHCT -405 (P)

SUBJECT NAME-INTEGRATED PATHY & WELLNESS PRACTICUM

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

The Objectives of learning this course is to:

- Understand the principles of Acupressure and Pranic Healing to balance the body's energy flow.
- To know the therapeutic Applications & Treatment Methods.
- Explore the role of dietary supplements and herbal remedies in complementary medicine.

Course Outcomes:

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

- Graduates can pursue careers as yoga therapists, wellness coaches, or instructors in various settings, including healthcare, fitness centers, and private practice.
- Many programmes offer globally recognized certifications, enhancing credibility and career prospects.
- Equipped with these skills, individuals can contribute to the wellness of their communities by teaching and promoting healthy lifestyles.

Practical File:

During the fourth semester, a part from prescribed theory papers each student is required to select a topic to write a report or practical file on any one of the given topic. This module is

prescribed to make students skilled in understanding therapeutic model, its structure, initiatives and impact on health and wellness as well as disease 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 report on any one of the wellness and its disease management therapeutic model.

OR

A Practical file report on yoga Therapy and Disease Management.

Viva-Voce

BLOCK-1	Yoga Therapy and Acupressure,
BLOCK-2	Yagya and Naturopathy
BLOCK-3	Ayurveda and Panchkarma
BLOCK-4	Dietary Supplements & Herbal Remedies

BOOKS FOR REFERENCES-

1. Gach, M. R. (1990). *Acupressure's potent points: A guide to self-care for common ailments*. Bantam Books.
2. Choa Kok Sui, G. M. (2004). *Miracles through pranic healing*. Institute for Inner Studies Publishing Foundation.
3. Becker, C. (2017). *The complete guide to acupressure: Jin Shin Do*. Healing Arts Press.
4. Murray, M. T., & Pizzorno, J. (2012). *The encyclopedia of natural medicine*. Atria Books.
5. Chevallier, A. (2016). *Encyclopedia of herbal medicine: 550 herbs and remedies for common ailments*. DK Publishing.



COURSE-6
COURSE CODE: PGD-YHCT-406 (P)
SUBJECT NAME-SEMINAR REPORT AND VIVA VOCE

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

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

- Participants gain insights into the latest trends, challenges, and opportunities in the wellness and health tourism sector.
- These events emphasize the importance of education and training, equipping attendees with skills to meet rising expectations in the industry.
- Provide a platform for collaboration among professionals, academics, and policymakers, fostering partnerships and innovation.

During the fourth semester, a part from prescribed theory papers each student is required to select a topic to write a Seminar report on any one of you attend on tourism and health. This module is prescribed to make students skilled in understanding research perspective and modern development in Health and tourism.

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 any of the seminar Participated on disease management therapeutic model / tourism development model.

COURSE-7
COURSE CODE: PGD-YHCT-GE-407
SUBJECT NAME-PRINCIPLES & PRACTICE OF YOGA TEACHING (ELECTIVE)

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

The Objectives of learning this course is to:

- Following the completion of this course, students shall be able to understand the teaching techniques of yoga
- Understand and conduct class management and lesson planning
- Use educational tools of yoga teaching.
- Inculcate the concept & essence of yoga education.

Course Outcomes:

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

- Understand the essentials of lesson planning, including designing structured yoga sessions covering Shatkriya, Asanas, Mudras, Pranayama, and Meditation.
- Develop expertise in constructing timetables for yoga instruction, ensuring structured and effective time management.
- Explore yogic levels of learning, characteristics of an ideal yoga teacher, and various teaching methods, equipping them to deliver impactful yoga sessions.

	BLOCK-1: Fundamentals of Education and Methods of Teaching Yoga (15 hours)
Unit-01	Education- Meaning, Definitions, Concepts, Aims & Objectives; Teaching and Learning: Concepts and Relationship between the two.
Unit-02	Principles of Teaching, Levels and Phases of Teaching, Principles of Learning, Levels of Learning.
Unit-03	Yogic levels of Learning- Vidyarthi, Shishya, Mumukshu, Qualities of a Yoga teacher; Meaning and scope of Teaching methods and factors influencing them; Sources of Teaching methods.



	BLOCK-2: Basics of Yoga Class Management (15 hours)
Unit-01	Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group);
Unit-02	Techniques of Individualized Teaching.
Unit-03	Techniques of group teaching; Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc; Class room problems: Types and Solutions.
	BLOCK-3: Lesson Planning & Organisation of Yoga Events (15 hours)
Unit-01	Essentials of Lesson Planning: concept, need& importance; Lesson planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan in Yoga
Unit-02	Timetable: Concept, Need, Types, Principles of Time table construction; Time Table for Yoga teaching
Unit-03	Basics of Event Management; Principles of Planning & Organisation of Yoga Events-Yoga Training Camp, Yoga Therapy Camp, Yoga Seminar, Yoga Workshop & Yoga Conference;
	BLOCK-4: Educational Technology in Yoga Teaching & Teaching Practice (15 hours)
Unit-01	Educational Technology: Concept, Meaning, Aims, Objectives, Importance and Types of Educational technology; Teaching Methods & Practice of Yama, Niyama, Shatkarma, Asana, Mudra-Bandha, Pranayama & Dhyana.
Unit-02	Use of Educational Technology in Yoga;
Unit-03	Teaching Methods & Practice of Yama, Niyama, Shatkarma, Asana, Mudra-Bandha, Pranayama & Dhyana.

BOOKS FOR REFERENCES -

1. Saraswati, S. (1990). *Yoga education for children*. Bihar Schools of Yoga.
2. Saraswati, S. (2004). *A systematic course in the ancient Tantric techniques of yoga and kriya*. Bihar Schools of Yoga.
3. Gharote, M. L. (2007). *Teaching methods for yogic practices*. Kaivalyadhama.

4. Krishna, S. (2009). *Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices*. Kaivalyadhama.
5. Kumar, R. (n.d.). *Principles & methods of teaching*. Printographics.
6. Duggal, S. (1985). *Teaching yoga*. The Yoga Institute.
7. Nagendra, H. R., & Nagaratna, R. (1988). *New perspectives in stress management*. V.K. Yogas.
8. Saraswati, S. (1990). *Yoga education for children*. Bihar Schools of Yoga.
9. Gawande, E. N. (n.d.). *Value oriented education*. Sarup & Sons.
10. Gharote, M. L. (n.d.). *Yoga applied to physical education*. Kaivalyadhama.
11. Nagarathna, R., & Nagendra, H. R. (2019). *Integrated approach of yoga therapy for positive health*. Swami Vivekananda Yoga Prakashana.

COURSE-7

COURSE CODE: PGD-YHCT-GE-408

SUBJECT NAME-COMPUTER APPLICATIONS IN TOURISM
AND HOSPITALITY MANAGEMENT (ELECTIVE)

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

The Objectives of learning this course is to:

- Equip students with knowledge about software and applications used in the tourism and hospitality industry, such as reservation systems, customer relationship management (CRM), and point-of-sale (POS) systems.
- Teach data analysis and reporting techniques to support business strategies.
- Show how to streamline daily operations using technology.

Course Outcomes:

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

- Learn to use technology for planning and managing events, resources, and logistics in the hospitality sector.



	BLOCK-01: Computer Hardware
Unit-01	Introduction to Computer Hardware and Terminology
Unit-02	The use of an Operating System and Various Programming Languages
Unit-03	A descriptive survey of some of the important Application: Communication, Office Systems.
Unit-04	Information Storage and Retrieval and Artificial Intelligence.
	BLOCK-02: OS, Windows and Its Applications
Unit-01	Typical Micro-Computer Storage, Software Packages such as Word Processor, Spreadsheet and MS Office and their uses in tourism and hospitality industry.
	BLOCK-03: Management Information Systems
Unit-01	Office automation, E-mail and Electronic Highway, Internet.
	BLOCK-04: Computer Networking
Unit-01	CRS for Rail Transport, Hotel Bookings, Airlines
Unit-02	Different packages used: Abacus, World Span, Amadeus, Apollo-Galileo, Sabre etc.
Unit-03	Introduction to a Statistical Package (SPSS)
Unit-04	Presentation Graphic Tools, Multi-media Technology

BOOKS FOR REFERENCES -

1. A. Clark- Small Business Computer Systems, Hodder & Stoughton, 1987
2. Amadeus Software and other CRS Packages practical handbooks.
3. B. Braham-Computer System in Hotel and Catering Industry, Cassell, 1988
4. IATA-OAG/ABC/Travel Information Manual and Air Tariff Book.
5. L.K. Parkinson and S.T. Parkinson- Using the Micro-Computer in Marketing, McGraw Hill, 1987.
6. R.K. Taxali- Lotus 1-2-3 Made Simple, New Delhi: Tata McGraw Hill.
7. S. Mehta- Wordstar-7, New Delhi: Comdex Computer Publishing, Pustak Mahal.
8. S. Saxena-MS Office 2000 for everyone, Vikas Publishing House Pvt. Ltd, New Delhi.
9. S.K. Basandra- Computer Today, New Delhi, Galgotia Publications.
10. T. Lucey- Management Information Systems, DP Publications.
11. V. Raja Raman- Introduction to Computer Science.