

M.A. YOGA & CULTURAL TOURISM

TWO YEARS FULL TIME POST GRAGUATE DEGREE COURSE



DEPARTMENT OF TOURISM MANAGEMENT

UNIVERSITY OF PATANJALI, HARIDWAR

UTTARAKHAND-249405

www.universityofpatanjali.com

Course Objective:

The objective of the course is to augment students with a comprehensive basic theoretical and practical understanding of the concepts and applied issues relevant to Yoga, Cultural Tourism, Hospitality and Tourism management. Students shall be able to develop and enhance the skills of yoga in Tourism. The course encompasses the mentorship and working-in-real-situation experiences for the students to maximize learning.

Course specific objectives:

- To provide basic conceptual and traditional knowledge of yoga, business knowledge and managerial skills applicable to health, hospitality and tourism industry.
- To provide basic and required knowledge of yoga poses, pranayama, and other related skills.
- To enhance and boost up the India's and World famous cultural Heritages by providing theoretical concepts and practical awareness.
- To enable students to comprehend the demands and expectations of the hospitality and tourism industry by applying the concepts of yoga.
- To provide required practical skills to the students in all the major components of the industry.
- To impart knowledge and skills to understand and manage domestic & international tourism.
- To develop entrepreneurship skills by providing knowledge, skills and attitude to set up Yoga, Hospitality and Tourism related establishment.

Course outcomes: After studying this course, student will able to

- 1 Apply knowledge of yoga and tourism and practices to solve specific requirements of Industry.
- 2 Foster Analytical and critical thinking abilities for data-based and situation based decision making.
- 3 Increase ability to develop Value based Leadership in Yoga, Tourism & Hospitality Industry with the coordination of yoga concepts.
- 4 create, analyse and communicate social, economic, legal, ethical, Technological, and global aspects of Yoga and Tourism business.
- 5 Lead themselves and others in the achievement of organizational goals, contributing effectively to the organization as well as society.
- 6 Generate business ideas, develop business plans, understand regulatory requirements, and identify the sources of finance and other resources to start new Yoga and Tourism related business ventures. (Entrepreneurship)

S.N	Subject Code	Subject Title	Lectures per week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
			L	T	P	Credit	CT	TA		
I Year										
Semester I										
1	MYC-CT-101	Fundamentals of Yoga	3	1	0	4	20	10	70	100
2	MYC-CT-102	Hatha Yoga	3	1	0	4	20	10	70	100
3	MYC-CT-103	Tourism Concept and Principles	3	1	0	4	20	10	70	100
4	MYC-CT-104	Culture Heritage and Tourism	3	1	0	4	20	10	70	100
5	MYC-AEC-105	English Communication	3	1	0	2 *	10	5	35	50 *
6	MYC-CP-106	Yoga Practicum	0	0	8	4	20	10	70	100
7	MYC-CP-107	Tourism Practicum	0	0	8	4	20	10	70	100
36 Hrs						24+2*	Total			600
Semester II										
1	MYC-CT-201	Patanjal Yoga Darshan	3	1	0	4	20	10	70	100
2	MYC-CT-202	Introduction to Shrimad Bhagavad Geeta and Samkhya karika	3	1	0	4	20	10	70	100
3	MYC-CT-203	Travel Agency and Tour Operations Business	3	1	0	4	20	10	70	100
4	MYC-CT-204	Cultural Tourism Resources of India	3	1	0	4	20	10	70	100
5	MYC-SEC-205	Fundamentals of Computer Applications	3	1	0	2 *	10	5	35	50 *
6	MYC-CP-206	Yoga Practicum	0	0	8	4	20	10	70	100
7	MYC-CP-207	Tourism Practicum	0	0	8	4	20	10	70	100
36 Hrs						24 +2*	Total			600

S.N	Subject Code	Subject Title	Lectures per week			Evaluation Scheme				Subject Total
						Seasonal			SEE	
			L	T	P	Credit	CT	TA		
II Year										
Semester III										
1	MYC-CT-301	Principles & Practice of Yoga Teaching	3	1	0	4	20	10	70	100
2	MYC-CT-302	Cultural Tourism and Hospitality Management	3	1	0	4	20	10	70	100
3	MYC-CT-303	Research Methodology & Statistics	3	1	0	4	20	10	70	100
CHOOSE ANY ONE (DISCIPLINE SPECIFIC ELECTIVE)										
4	MYC-DSE-304	Major Tourism Resources of India	3	1	0	4	20	10	70	100
4	MYC-DSE-305	Yoga Psychology	3	1	0	4	20	10	70	100
CHOOSE ANY ONE (GENERIC ELECTIVE)										
5	MYC-GE-306	Personality Development	3	1	0	4	20	10	70	100
5	MYC-GE-307	Glorious Chapters of Indian History-I	3	1	0	4	20	10	70	100
5	MYC-GE-308	Entrepreneurship Management	3	1	0	4	20	10	70	100
6	MYC-AEC-309	Advance English Communication	2	1	0	2 *	10	5	35	50 *
7	MYC-CP-310	Yoga Practicum	0	0	4	2	10	5	35	50
8	MYC-CP-311	Tourism Practicum	0	0	4	2	10	5	35	50
31 Hrs						24 +2*	Total			600

S.N	Subject Code	Subject Title	Lectures per week			Evaluation Scheme				Subject Total
			L	T	P	Seasonal			SEE	
						Credit	CT	TA		
II Year										
Semester IV										
1	MYC-CT-401	Yoga Therapy	3	1	0	4	20	10	70	100
2	MYC-CT-402	International Travel Management	3	1	0	4	20	10	70	100
3	MYC-CT-403	World Culture and Heritages	3	1	0	4	20	10	70	100
CHOOSE ANY ONE (DISCIPLINE SPECIFIC ELECTIVE)										
4	MYC-DSE-404	Dissertation Report	3	1	0	4	20	10	70	100
4	MYC-DSE-405	Corporate Training	3	1	0	4	20	10	70	100
CHOOSE ANY ONE (GENERIC ELECTIVE)										
5	MYC-GE-406	Guidance & Counselling	3	1	0	4	20	10	70	100
5	MYC-GE-407	Glorious Chapters of Indian History-II	3	1	0	4	20	10	70	100
5	MYC-GE-408	Business Policy and Strategic Management	3	1	0	4	20	10	70	100
6	MYC-CP-419	Yoga Practicum	0	0	4	2	10	5	35	50
7	MYC-CP-410	Tourism Practicum	0	0	4	2	10	5	35	50
28 Hrs						24	Total			600
Total number of Credits						96+6*	Total Marks			2400

*These credits and numbers are virtual as the papers are of qualifying nature - Lecture, T-Tutorial, P - Practical (practice/ field), CT - Cumulative Tests, TA - Teachers Assessment.
SEE- Semester End Examination
GE – Generic Elective
DSE – Discipline Specific Elective
AEC- Ability Enhancement Course

Semester-I

Name of the Course: Fundamentals of Yoga Course Code: MYC-CT-101

Course Objective: -

Following the completion of this course, students shall be able to

Introduce Yoga and its main streams.

Become familiar with the nature of yoga in various texts of Indian knowledge tradition.

Get acquainted with the history of yoga and its basis.

Course Outcome: -

On completion of this course, the students will have:

CO1: Students will know the exact face of yoga and will not mislead the society by gaining correct knowledge about origin of yoga.

CO2: Student will be capable to know the journey of yoga and how it varied with the time by gaining the knowledge about lineages of yoga.

CO3: The biographies of yogis would motivate the students to apply yoga in his/ her own life and through this they would improve their quality of life.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit-1: General Introduction to Yoga (12 hours)

Origin of Yoga, Psychological basis for origin of Yoga, History and development of Yoga (Vedic period, Darshan period, Commentary period, Bhakti Yoga and Hatha Yoga period, Modern period), Etymological meaning and definition of Yoga, Purpose of yoga, Current misconceptions regarding yoga, Major principles of yoga, Yoga practices for healthy life, Importance of yoga in present age.

Unit - 2: Basis of Yoga and Tradition of Yoga - I (12 hours)

General introduction of Vedas, Upanishads and Ayurveda in yogic context, General introduction of Samkhya, Yoga and Vedanta philosophy (in yogic context), General introduction of Bhagavad-Gita (in yogic context), General introduction of Puranas (in yogic context), Yoga in YogVashishtha and Narada Bhakti Sutra, Brief Introduction to Yoga in Jain Philosophy and Buddhist Philosophy, Bhakti Yoga of Medieval Saints (Kabir, Nanak and Sufism)

Unit - 3: Basis of Yoga and Tradition of Yoga - II (12 hours)

General introduction of Tantra and its traditions (Shaiva, Shakta, Vaishnava, Buddhist Tantra), Concept of Shiva and Shakti, Yoga in Shaivite and Shakta Tantras, Concept of Nadi and Prana, Kundalini, Kundalini Shakti and Shatchakra Sadhana, Impact of Tantra in Hatha Yoga Tradition and Sadhana.

Unit - 4: Major Streams of Yoga (12 hours)

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

Unit - 5: Introduction to Renowned Yogis (12 hours)

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. योगदर्शनम्- स्वामीरामदेव, दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार
2. दर्शनप्रवेश- दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार
3. योगकेमूलभूतसिद्धांत - आचार्यबालकृष्णजी. दिव्यप्रकाशन, पतंजलियोगपीठ.हरिद्वार
4. गीतारहस्य (निर्धारितपाठ्यांश)- लोकमान्यतिलक
5. भारतकेमहानयोगी- विश्वनाथमुखर्जी
6. तंत्रदर्शन - स्वामीनिरंजनानंदपरमहंस - पंचदशनामअलखबाड़ा, देवघर, बिहार
7. Sharma, Chandradhar: A Critical Survey of Indian Philosophy. Motilal Banarasi Das, Delhi, 2013

BOOKS FOR REFERENCE:

- Agarwal MM: Six systems of Indian Philosophy, Chowkhambha Vidya Bhawan, Varanai, 2010
- Swami Bhuteshananda: Nararad Bhakti Sutra, Advaita Ashrama Publication-Dept. Kolkata, II Edition, 2009
- Hiriyanna M.: Outlines of Indian Philosophy, Motilal Banarsidas, Delhi, 2009
- Bhat, Krishnak.: The Power of Yoga: Suyoga Publications Mangalore,2006
- Swami Prabhavananda: Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004
- Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000
- Pandit, M.P.: Introduction to Upanishads: Theosophical Society of India, Adyar, Madras, 1976
- Dasgupta, S. N.: Hindu Mysticism, Motilal Banarasidass, Delhi1927 9. A Search in Mystic India - Paul Brunton

Name of the Course: Hath Yoga
Course Code: MYC-CT-102

Objectives:

Following the completion of this course, students shall be able to Understand the fundamental principles of Hath Yoga.

Explain the understanding of Hath Yoga as a tradition and inculcate the essence.

Get acquainted with the tradition, history, its components and modern-day relevance of Hath yoga.

Course Outcome: -

On completion of this course, the students will have:

CO1: Students would know how to define hatha yoga and would be skilled to choose right time, place and season for starting the practice of yoga.

CO2: Students would know the importance of hatha yoga for better health and success in life.

CO3: Students will learn the techniques to do shatkarmas, asanas and pranayamas as per hatha pradipika.

CO4: Students would know the concept of sapt sadhanas of gherand Samhita.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit-1: General Introduction to Hatha Yoga (12 hours)

Hatha Yoga - Meaning, Definition, Origin, Tradition and Purpose. Prevailing misconceptions regarding Hatha Yoga. Helping and obstructing elements of Hatha Yoga. The Hatha Yogic practice described in Hathayogapradipika. Concept of Math, Manuals for the practitioner of Hatha Yoga, Concept of Mitahar, Pathya&Apathya. 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.

Prescribed Text Book - हठयोगप्रदीपिका

Unit-2: Practices of Hatha Yoga - Purification and Asanas (12 hours)

Introduction to purification practices - Purification actions described in Hatha Yoga Pradipika and Gherand Samhita and their method, benefits and precautions. The role of purification practices in yogasadhana and the importance of purification practices in modern life. Yogasana: Definition, characteristics and importance in yoga practice. Method, benefits, precautions and importance of aasanas in Hatha Yoga Pradipika and Gherand Samhita.

Prescribed Text Book – हठयोगप्रदीपिका एव घेरंडसंहिता

Unit-3: Practices of Hatha Yoga - Pranayama, Bandha and Mudras (12 hours)

Pranayama: Introduction. Method of Proper Respiration, Yogic Deep Breathing. Concept of Inhale (*Purak*), Retention (*Kumbhak*) and Exhale (*Rechak*). Prana, types of prana and subprana. Importance of Pranayama in *Hatha Yoga Sadhana*. Method and importance of *Nadishodhana* Pranayama. Preparation for Pranayama. Method, benefits and precautions of Pranayamas in *Hatha Yoga Pradipika* and *Gherand Samhita*. Signs of *Hathasiddhi* (success in hathayoga). Bandha: introduction, the importance of bandha-triad in yogasadhana. Main *mudras* in *Hatha Yoga Pradipika* and *Gherand Samhita* - their methods, benefits and precautions.

Unit-4: Practices of Hatha Yoga - Pratyahar, Nadanusandhana and Swarodaya Gyan (12 hours)

Pratyahara, *Dharna* and *Dhyana* in *Gherand Samhita*, their methods, benefits and precautions. *Samadhi*, signs of *samadhi* in *Hatha Yoga Pradipika*. *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-5: Introduction and Importance of Major Texts of Hatha Yoga (12 Hours)

Introduction, Purpose and Importance of major texts of Hatha Yoga: *Siddha-Siddhanta Paddhati*, *Goraksha Samhita*, *Shiva Samhita*, *Hatha Yoga Pradipika*, *Gherand Samhita*. *Hatha Ratnavali*: 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

हठयोगप्रदीपिका - कैवल्यधाम, लोनावला

घेरंडसंहिता - कैवल्यधाम, लोनावला

गोरक्षसंहिता - डॉ. चमनलालगौतम (1985)

प्राणायामरहस्य - स्वामीरामदेव, दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार

Research Publication, P.R.I. Patanjali Yogpeeth

BOOKS FOR REFERENCE:

Woodroffe, Sir John: *The serpent power*, Ganesh & Company, Madras, 2000

Woods, J. H.: *The Yoga system of Patanjali*, M.L.B.D., Delhi, 1988

Swami Vivekananda: *Rajayoga*, Advaita Ashram, Calcutta, 2000

Burley, Mikel: *Hatha Yoga, its' Context Theory and Practice* (M.L.B.D. Delhi, 2000)

Burnier, Radha: *Hathayoga Pradipika of Svatmarama*, The Adyar Library publications, Chennai

Name of the Course: Tourism Concepts & Principles

Course Code: MYC-CT-103

Course objectives:

1. This will be an introductory module giving the basis of tourism studies.
2. This will give an overview of the Tourism Industry and various organisations.
3. Give an insight into how travel and tourism involved over a period of time and reached the modern stage.
4. Enhance the knowledge of students in various areas related to Tourism and how it affects the destination.

Course Outcomes: After studying this paper, students will able to

CO 1. assume the elementary concepts of Tourism that are applied in Tourism and Hospitality Industry.

CO 2. classify the role, function and operation in Tourism Industry.

CO 3. divide the concept of Travel and Tourism, the framework of the system, types and form of tourism as well as the impacts of tourism.

CO 4. describe the different types tourism resources of India, there importance in tourism and management.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit – I Understanding Tourism:-

1. Tours, tourists, visitors, excursionists, travelers, resources, attractive, Tourism productconcept.
2. Tourism: Meaning, nature and scope
3. Tourism: Types, elements and components
4. Different approaches to the study of tourism.

Unit – II Exploring Tourism:-

1. Historical development of tourism.
2. Travel motivators & deterrents.
3. Different approaches to the study of tourism.

Unit- III Tourism Impact:-

1. Economic impacts of Tourism
2. Socio-cultural Impacts of Tourism
3. Environmental Impacts of Tourism

Unit- IV Major Tourism Services:-

1. Transportation: Types and relevance in tourism
2. Accommodation: Types and relevance in tourism
3. Travel Agencies and Tour-Operators: Overview and relevance in tourism

Unit- V Tourism Organizations:-

Origin, location, and functions of WTO, IATA, PATA, TAAI, ITDC.

Suggested Readings:

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

Name of the Course: Culture Heritage and Tourism

Course Code: MYC-CT-104

Course objectives:

- 1.This module is important to study because India is rich in heritage properties and its maintenance is necessary.
- 2.This will help to understand the nature of heritage properties and conservation.
- 3.prevention and promotion of tribes and communities of the state.
- 4.It helps in studying traditional culture and preserve with modernity.

Course Outcomes: After studying this subject, students will able to

CO 1. Contrast of sustainable tourism is defined as “tourism that respects both local people and the travels.

CO 2. Translate the cultural heritage and the environment” It seeks to provide people with an exciting and knowledgeable fair.

CO 3. Supports culture and helps renewing tourism.

CO 4. Relate the strategies of many organizations regarding cultural heritage.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit 1: Understanding Culture & Tourism

Concept and Fundamentals of Indian Culture.

Culture – Tourism Relationship; Socio-Cultural Impacts of Tourism.

Spiritual basis of Indian culture

Unit-II: UNESCO Heritage Sites

What is Heritage? Meaning and concept. Criteria for selection as heritage sites, monuments and zone by UNESCO (WHC). Types of heritage property. World famous heritage sites and monument in India and abroad.

Unit - III: Living Culture and Performing Art of India

Major Fairs and festivals of India

Classical dances and Music of India

Indian handicrafts

Unit – IV: Heritage Management in India

Heritage Management, objectives and strategies, Protection, Conservation and Preservation, Heritage Marketing, Destination development.

National and International Organisations engaged in Heritage Management (UNESCO, ICOMOS, ASI, INTACH and NGOs),

Unit – V: Museums

Museums, Concept and classification. (National Museum, New Delhi; Bharat Kala Bhawan, Varanasi; Archaeological Museum, Sarnath, etc.), Heritage Hotels.

Suggested Readings:

- Allchin, B., Allchin, F.R. et al. (1989) Conservation of Indian Heritage, Cosmo Publishers, New Delhi.
- New Inskip, Edward, Tourism Planning: An Integrated and Sustainable Development Approach (1991) VNR, New York.
- Ashworth, G. J. (2000), The Tourist Historic City. Retrospect and Prospect of Managing the Heritage City, Pergamon, Oxford
- UNESCO-IUCN (1992) Eds. Masterworks of Man and Nature, Pantoga, Australia.
- IATA Special Mail Manual.

Name of the Course: English Communication
Course Code: MYC-AEC-105

Course Objectives:

Unit 1- To expose the students to the basic concepts in the field of ELT (English Language Teaching) and enhance their teaching abilities

Unit 2- To help the students to understand, explain and translate L2 from L1 in a more efficient manner

Unit 3-The students will learn how to teach in class, remove personal barriers and enhance confidence in a group setting and workplaces

Unit 4 -The students will learn how to correct mistakes and learn to give Positive Feedback and Criticism

Course outcome:

CO1: Develop the ability to speak English language with the right way of pronunciation.

CO2: Demonstrate the skill to write in English without grammatical error.

CO3: Develop the confidence to speak in public.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 50				
Theory :50		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
35	15			

Method of Teaching & Assessment- Videos, Audio clippings, discussion, written and oral exercises

Unit-1:

ELT in India

Principles of Teaching English as a Foreign/Second Language

Curriculum Preparation and Design

Teaching Literature

Unit -2:

Grammar

Translation Methods

Direct Method

Structural Approach

Audio-lingual Method

Situational Approach

Unit-3:

Communicative Language Teaching – □ Task Based Approach
Suggestopedia

Unit-4:

Error Analysis and Correction - from L1 to L2
(L1- mother Tongue and L2 - English)

Text books:

English Grammar in Use, 4th Edition, Cambridge by Raymond Murphy

Suggested Sources:

Britishcouncil.org

Name of the Course: Yoga Practicum
Course Code: MYC-CP-106

Course Objectives:

Following the completion of the course, 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 Outcome:

CO1: Students will be skilled to do practice shatkarmas own self and to others also.
CO2: Students would be capable to conduct/ organise the yoga camp for the general population.
CO3: Students would be capable to learn different soft skills and yoga skills through different techniques of yoga.

□ Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	0	8
Scheme of Examination				
Total Marks 100				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

Shatkarma: Jalneti, Rabarneti, Vamana Dhauti / Kunjar Kriya, Vatkarma, Kapalbhati.
-15 marks

Asana

- 25 marks

SukshmaVyayam (Pawan mukta Asana) -1, Yogic Jogging, 12 Asanas (Mandukasana, Shashakasana, Gomukhasana, Vakrasana, Makarasana, Bhujangasana, Shalabhasana, Markatasana, Pawanmuktasana, Halasana, Padvrittasana, Dwi-Chakrikasana and Shavasana) Siddhasana, Kati chakrasana, Ardhahalasana, Padmasana, Vajrasana, Swastikasana, Veerasana, Udarakarsansana, Bhadrasana, Janushirasana, Ardhamatsyendrasana, Gomukhasana, Ustrasana, Uttanapadasana, Naukasana, Sarvangasana, Halasana, Matsyasana, Suptavajrasana, Chakrasana, Tadasana, TiryakTadasana, Ek paadpranamasana, Vrikshasana, Garudasana, Hastotansana, Padahastasana, Trikonasana, Ardhadhanurasana, Marjari asana, Ardhashalbhasana, Bhujangasana, Makarasan, Shavasana, Samakonasana, Bakasana, Sarpasana, Hanumanasana, Sukhasana, Ardhpadmasana, Ek Pada Halasana, Setubandhasana, Markatasana, Shashankaran, Vipreetnaukasana, Dwikonasana, Parshvatanasana, Singhasana.

Pranayama-10 marks

Diaphragmatic Breathing, Pranayama: Kapalbhati, Bhastrika, Bahya, Ujjayi, Anulom-Vilom, NadiShodhan, Bhramari and Udgith

Mudra & Bandha: Jnana Mudra, Chin Mudra, Vipreet Karni Mudra, Yoga Mudra, Jalandhar Bandh, Uddiyan Bandh, Moolbandha - 10 marks

Viva: Ishwar Stuti Prarthnopasana-10marks

Name of the Course: Tourism Practicum
Course Code: MYC-CP-107

Course Objectives:

1. Practical Study in tourism incorporate interactive learning can be a powerful tool for students to deepen their understanding of a subject or topic.
2. By actively participating in such learning process, students are more likely to retain information and develop critical thinking skills.
3. This course will sum up respect of culture, heritage, personal development, develop critical thinking of students.

Course Outcomes: After studying this paper, students will able to:

CO 1. Grab an opportunity for a rich immersion experience in a practical visit.

CO 2. get to know about the place, its importance, its culture, and a practical experience during their educational visit.

CO 3. Develop additional practical learning that can be more engaging in the conceptual part by a valuable source.

<input type="checkbox"/> Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	0	8
Scheme of Examination				
Total Marks 100				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

COURSE DETAIL

The Department will organize an educational visit before the end term examination to any of the nearest destination. On Completion of the educations visit 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 visit. 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 the associated Group.
- Details of Tourism Stake holders.
- Questionnaire/ Personal Interview taken by students on their Field Visit.

Semester-II

Name of the Course: Patanjali Yoga Darshan
Course Code: MYC-CT-201

Course Objectives:

Following the completion of this course, students shall be able to

Introduce Yoga darshan and its main principles.

Become familiar with the main techniques of yoga prescribed in Yoga Darshan.

Course Outcome:

CO1: Students will be capable of learning Patanjali yoga sutra.

CO2: Students would be skillful in calming the mind by eliminating different vrittis.

CO3: Students will be Skilled to know vrittis of mind.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit 1: - Introduction of Yogasutra and Samadhi Pada - 1 (20 hours):

Yoga Sutra: Introduction, Definition and Purpose of Yoga, Importance of Yoga Sutra as compared to other Yogic texts, Concept of *Chitta*, *Chitta Bhoomi*, *Chittavrittis* and their types, *Chitta Vritti Nidrodhopaya (Abhyas- Vairagya)*, *Chitta Vikshep (Antaraya)*, *Antarayabhava*, *Chitta Prasad* and its helpers, The metaphysics of Sankhyadarshana and its relation with Patanjali Yogadarshan.

Unit-2: - Samadhi Pada-II and Sadhan Pada (20 hours): -

Ishwar: Swaroop, Pranava chanting and its results, Ashtanga Yoga - 1 (Bahirang Yoga- Yama, Niyam, Asana, Pranayama, Pratyahara), Importance and Relevance of Ashtanga Yoga and Kriya Yoga, Concept of Kriya Yoga, Describing *Klesha*, Measures of *Klesha* elimination, *Vivek Khyati*, *Chaturvyuhavaad*, the character of *Drishta & Drishya*, the form and types of samadhi - *samprajnata*, *asamprajnata*, *sabijand nirvij* samadhi. *RitambharaPragya* and *Adhyatma Prasad*.

Unit 3: - Vibhuti Pada - (10 hours)

Ashtanga Yoga - II (*Antaranga* Yoga - Dharna, Dhyana, Samadhi), Concept of *Sanyama* - *Sanyama* and its three consequences, Concept of *Vibhuti* and introduction of main vibhutis, Describing Ashtasiddhi .

Unit-4: - Kaivalya Pada (10 hours); -

Five types of Siddhis (birth, medicine, mantra, penance and samadhija), Nirmaanchitta. Types of Karma, *Vaasna*, *Vivek Gyan*, *Dharma Megha Samadhi*, *Kaivalya*

Prescribed text book

योगदर्शनम्- स्वामी रामदेव, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार

दर्शन प्रवेश-दिव्य प्रकाशन,पतंजलि योगपीठ, हरिद्वार

सहायकपुस्तक -

भोजवृत्ति

योगदर्शनम्-गीताप्रेस

BOOKS FOR REFERENCE

BKS Iyengar: Introduction of Patanjali Yogasutras: MDNIY, New Delhi, 2011.

Swami Ved Bharti: Yogasutra of Patanjali (with the Exposition of Vyasa) M.L.B.D. New Delhi, 2004, Vol I & II.

Name of the Course: Introduction to Shrimad Bhagavad Geeta and Samkhyakarika
Course Code: MYC-CT-202

Course Objectives:

Following the completion of this course, students shall be able to
 Understand the main teachings of Bhagvadgeeta
 Become familiar with the nature of yoga in various chapters of Bhagvad Geeta.
 Imbibe the essence of teachings of Bhagavad Geeta.
 Get acquainted with the main teachings of Samkhyakarika.

Course Outcome:

CO1: Students would be capable to introduce Bhagwat Geeta.
CO2: Students will be capable to know the major concepts given/ described in Bhagwat Geeta.
CO3: Students would be skilled to know the different streams of yoga.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

UNIT-1: Introduction to Srimad Bhagavad Geeta and JnanaYoga–Elaboration of Atman (Soul), Prakriti (Nature) and Parmataman (Supreme Soul) (15 hours):

Introduction to the Bhagavad Gita (literal meaning, source and subject matter), the great significance of the Bhagavad Gita and the views of various scholars regarding it, the nature of yoga in the Bhagavad Gita, the relevance of the Bhagavad Gita in the present age. In the Bhagavad Gita- Sankhya Yoga or Jnana Yoga (Chapter-2, 3, 4, 5, 6, 13), form & characteristics of the *Soul* (Chapter-2), form & characteristics of the Supreme Soul (Purushottama) (Chapter-4, 8, 10, 11, 13, 15), form & characteristics of nature (Chapter9, 13, 14).

Unit-2: - Karmayoga, Dhyana Yoga and Bhakti Yoga (15 hours):

Concept of Karmayoga (Chapter-2 to 6), Form of *Yajna*, *YajnarthaKarma*, *Nishkam Karma* (Chapter-34), *Lok Sangraha* (Chapter-3), Jnana-Karma Co-ordination (Chapter-5), Form of Dhyana Yoga (Chapter -6). Concept of Bhakti and its significance (Chapters-7, 8, 9, 11, 12), The necessity of devotion in the realization of supreme soul (Chapters-11, Verse-52-55), Types of Bhakti (Chapters-7, 12) Characteristics of Devotees (Chapter-12, Verse-13-20).

Unit-3: - Personality, Diet and Concept of Triguna (10 hours):

Role of diet in Yoga practice (Chapter-6), Introduction to *Trigunas* (Chapter-14), Concept of Trigun-based personality (Chapter-17), Elements of personality development, Ideal personality- Divine Wealth (Chapter-16).

Unit-4: Introduction to Samkhyakarika-1 (10 hours):

Sankhyadarshan: introduction, nature of suffering. Introduction of twenty-five elements, discussing *pramana*, concept of *Satkaryavad*, causes for unavailability of *Purusha* & *Pradhana*, discussing *Vyakta* & *Avyakta*.

Unit-5: Introduction to Samkhyakarika-II (10 hours):

According to Sankhyadarshan- the nature of *Gunas*, *Purusha* interpretation, characteristics & qualities of intelligence (*Buddhi*). Discussing Thirteen *karanas*, Subtle Body, Bondage - Liberation.

निर्धारित पाठ्यपुस्तक –

1. श्रीमद्भगवद्गीतागीतामृत- योग ऋषि स्वामी रामदेवजी, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार।
2. तत्व समास

सहायक पाठ्यपुस्तक - Shrimadbhagvadgita, Tattvavivechani

Jaydayaal goyandka –Geeta press Gorakhpur

BOOKS FOR REFERENCE:

- Bhawuk, D. P. S. (2011). Spirituality and Indian Psychology: Lessons from the BhagavadGita. New York, NY: Springer. doi:10.1007/978-1-4419-8110-3
- Davis, R. H. (2015). The Bhagavad Gita. New Jersey: Princeton University Press. Doi: 10.2307/40085138
- Easwaran, E. (2011). Essence of the Bhagavad Gita: A Contemporary Guide to Yoga, Meditation & Indian Philosophy. Tomales, CA: Nilgri Press.
- Sivananda, S. (2000). Bhagavad Gita. Rishikesh, India: The Divine Life Society.
<http://www.sivanandadlshq.org>

Name of the Course: Travel Agency & Tour Operations Business

Course Code: MYC-CT-203

Course Objectives:

1. The students will understand the conceptual meaning and differentiation between Travel agency and Tour operation. Further they will understand formalities and documentation needed to set up these units.
2. Organize the services being provided to the customer, such as transportation and accommodation.
3. Understand various skills necessary for travel agency and tour operation Business.
4. Understand various travel terminology.
5. Acquire knowledge on documentation in travel industry.

Course Outcomes: After studying this paper, students will be able to

CO 1. Explain the travel agencies can be defined as a sector that books, sells, and arranges travel, tour, and accommodation services provided by suppliers of the industry.

CO 2. Interpret everything possible even with complicated dates.

CO 3. Infer Some of primarily engaged in making travel arrangements and reservation services.

CO 4. Outline the skills necessary to identify sales and marketing strategies for travel agencies.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100			Practical : 0	
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit - I : Travel Agency and Tour Operation business:

Travel Agencies and Tour Operators- meaning, concept, types and importance Historical growth and development of travel agency and tour operation business. Linkages and integrations in travel agency and tour operation The future role of Travel intermediaries

Unit - II: Organizational structure and functions

Organizational structure of travel agency and tour operator-main operational and managerial staff.Travel agency HR planning and job analysis of major positions Major functions of Travel agency and tour operators

Unit - III: How to Set Up a Travel Agency

Procedure for approval of Travel Agents, Tour Operators by Department of Tourism, Government of India and IATA Ownership structure and revenue source of travel agency and tour operation fiscal and non-fiscal incentives available to travel agencies and tour operators business.

Unit - IV: Understanding the role of Government and other organizations in Travel Trade

Role and contribution of Department of Tourism, Government of India, ITDC and State Government Travel Trade Associations and Organizations- Role and contribution of WTO, IATA, TAAI and IATO. Present business Trends and Future prospects of travel agencies and tour operators business.

Unit - V: Case Studies

THOMAS COOK, COX & KINGS, ORBIT, MAKEMYTRIP.COM, AIRBNB

Suggested Readings:

Holloway, J. c., The Business of Tourism (1983), Mac Donald and Evans, Plymouth.

Syratt Gwenda, Manual of Travel Agency Practice, Butterworth Heinmann, London, 1995

Stevens Laurence, Guide to Starting and Operating Successful Travel Agency, Delmar Publishers Inc., New York. 1990

Gee, Chuck and Y. Makens, Professional Travel Agency Management, Prentice Hall, Nt.:York, 1990.

Mohinder Chand, Travel Agency Management: An Introductory Text, Anmol Publications Pvt. Ltd. New Delhi, 2007.

Foster D.L. The Business Of Travel Agency Operations and Administration

Name of the Course: Cultural Tourism Resources of India

Course Code: MYC-CT-204

Course Objectives:

1. To give information of countries Tourist places of India importance.
2. To help students to know the background elements of Cultural Tourism Resources.
3. To Discuss the importance of cultural and heritage tourism to national development.
4. To evaluate the culture and heritage of the Region.

Course Outcomes: After studying this paper, students will able to:

- CO 1. Classify the concept of culture and its place in the tourism market.
CO 2. Illustrate the impact of the cultures of visitors of the Caribbean cultures.
CO 3. Identify the multiple cultures and its impact on its economic development.
CO 4. Evaluate the study of folk dances, traditional music accessible in India.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit-I: Hindu Resources: -

Char Dham Yatra of Uttarakhand (Badrinath, Kedarnath, Gangotari, Yamunotari), Char Dham Yatra of India (Badrinath, Rameshwaram, Dwarika & Puri), 12 Jyotrilingas.

Unit-II: Buddhist Resources: -

Bodhi Gaya, Nalanda, Sarnath, Kushinagar, Sravasti, Vaishali, Sanchi, Ajanta, Ellora.

Unit-III: Islamic Resources: -

Agra, Fatehpur Sikri, Delhi, Hyderabad, Lucknow.

Unit-IV: Jain Religious Cultural Resources: -

Gujarat, Rajasthan, Karnataka, Bihar and Madhya Pradesh.

Unit-V: Sikh Cultural Resources: -

Punjab, Bihar, Maharashtra, Uttarakhand.

Unit-VI: Socio Cultural Resources: -

Major fairs & festivals: Durga Puja, Chhath Puja, Vaishno Devi Yatra, Kailash Mansarovar Yatra.

Museum and Art Galleries: -

National Museum New Delhi, Indian Museum Kolkata, Prince of Wales Museum Mumbai.

References: -

- Indian Art and Architecture- Purse Brown.
- Temples in India- S.K. Saraswati.
- Buddhist Monuments- Delvya Mitra.
- Gupta SP, Lal, K, Bhattacharya, M. Cultural Tourism in India (DK Print 2002)
- Dixit, M and Sheela, C. Tourism Products (New Royal Book, 2001)
- Websites of different destinations.

Name of the Course: Fundamentals of Computer Applications
Course Code: MYC-SEC-205

Course Objectives:

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

- 1) Understand the basic mechanism and functionality of computer & internet
- 2) To use computer efficiently for their educational & other purposes & needs.

Course Outcome:

CO1: Students will be able to understand, analyse and develop computer programs in the areas related to algorithm, web design and networking for efficient design and computer based system.

CO2: Students will be able to converse in basic computer terminology.

CO3: Students will be able to possess the knowledge of basic hardware peripherals.

CO4: Students can formulate opinions about the impact of computers on society.

<input type="checkbox"/> Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 50				
Theory :50		Practical :0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		35	15	

UNIT I- Introduction to Computer System

Introduction to Computer, Characteristics of Computer, Applications of Computer, Classification of Computer, Memory & Its Classification, Input devices, Output Devices, Interfaces. Types of Programming Languages: Machine Languages, Assembly Languages, High Level Languages, Data Organization: Drives, Files, Directories, Number Systems: Decimal, Binary, Octal, Hexadecimal, Number System Conversion, Operations on Number System.

UNIT II. Computer Software & Operating System

Introduction to Software, Types of Software, Program vs. Software, Introduction to Operating System, Function of Operating System, Types of Operating System

Unit-III Algorithm and Flowcharts

Algorithm: Definition, Characteristics, Advantages and disadvantages, Examples, Flowchart: Definition, Define symbols of flowchart, Advantages and disadvantages, Examples

UNIT IV. Data Communication and Computer Network

Introduction to communication system, Mode of Communication, Introduction to Computer Network, Types of Computer Network, LAN, WAN, MAN Topologies, Transmission Media

UNIT V. Internet and WWW

Internet: Introduction to Internet and its Applications, Connecting to the Internet, Email, World Wide Web (WWW): World Wide Web and Its Evolution, Uniform Resource Locator (URL), Browsers: Internet Explorer, OSI Model

Reference Books:

Fundamental of Computers – By V. Rajaraman B.P.B. Publications

Fundamental of Computers – By P.K. Sinha

MS-Office 2000(For Windows) – By Steve Sagman

Computer Today- By Suresh Basandra

Computer Networks – By Tanenbaum Tata McGraw Hill Publication

Name of the Course: Yoga Practicum
Course Code: MYC-CP-206

Course Objectives:

Following the completion of the course, students shall be able to:
State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices; &
To demonstrate and instruct under mentioned yogic practices.

Course Outcome:

On completion of this course, the students will be able to:
CO1: develop understanding of different yogic techniques.
CO2: attain perfection to perform different yogic practices.
CO3: learn the practical interpretation of Shatkarma.
CO4: conduct practical sessions.
CO5: Conduct Yajya practical sessions
CO6: explain techniques of Pratyahara, Dharana and Dhyana.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	0	8
Scheme of Examination				
Total Marks 100				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

Shatkarma: -15 marks

Sutraneti, Agnisara, Sheetkram and Vyutkram (Inverse) Kapalbhati and all the practices described in MA 105.

Aasana: -20marks

Utkatasan, Paschimottan, Chakrasana,
Vrishabhasan, Natarajasan, Kukkutasana, Kurmasana, Vakrasana,
Hasta Padangushtha, Parvatasana, Akaranadhanurasan, Bhunamansan, Baddha Padmasana,
Konasana, Ashtavakra, Vayatanasana,
Tulsan, Vyaghrasana, Gupta Padam, Garbhasana, Tiryakbhujangasana, Sarpasana,
Ardha Chandrasana, Parivritta Janushirasana, Sankat aasana

Pranayama: -10marks

Suryabhedhi, Chandrabhedhi, Ujjayi, Bahyavritti, Aabhyantar Vritti and all practices of MA-105.

Mudra and Bandha - 10 marks

Shambhavi, Tadagi, Kaki Mudra and Mahabandha
Hasta mudra, Prana and Apana mudra and all the mudras and bandhas mentioned in MA-105.

Mantra & Meditation: - 10 marks

Devyajna Mantras- Meaning, Memorization & Recitation

Viva: - 5 marks

Name of the Course: Tourism Practicum
Course Code: MYC-CP-207

Course Objectives:

1. Practical Study in tourism incorporate interactive learning can be a powerful tool for students to deepen their understanding of a subject or topic.
2. By actively participating in such learning process, students are more likely to retain information and develop critical thinking skills.
3. This course will sum up respect of culture, heritage, personal development, develop critical thinking of students.

Course Outcomes: After studying this paper, students will able to:

CO 1. Grab an opportunity for a rich immersion experience in a practical visit.

CO 2. get to know about the place, its importance, its culture, and a practical experience during their educational visit.

CO 3. Develop additional practical learning that can be more engaging in the conceptual part by a valuable source.

<input type="checkbox"/> Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	0	8
Scheme of Examination				
Total Marks 100				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		70	30	

COURSE DETAIL

The Department will organize an educational visit before the end term examination to any of the nearest destination. On Completion of the educations visit 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 visit. 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 the associated Group.
- Details of Tourism Stake holders.
- Questionnaire/ Personal Interview taken by students on their Field Visit.

Semester-III

Name of the Course: Principles & Practice of Yoga Teaching
Course Code: MYC-CT-301

Course Objectives:

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 Outcome:

CO1: Student would know the concept and importance of teaching.

CO2: Students would familiarise with the goal and characteristics of the training.

CO3: Students would know the factors, definitions and type of physical parameters.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit 1: Fundamentals of Education and Methods of Teaching Yoga (15Hours)

Education- Meaning, Definitions, Concepts, Aims & Objectives; Teaching and Learning: Concepts and Relationship between the two; Principles of Teaching, Levels and Phases of Teaching, Principles of Learning, Levels of Learning, 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

Unit 2: Basics of Yoga Class Management (10 hours)

Practice of Yoga at different levels (Beginners, Advanced, School Children, Youth, Women and Special attention group); Techniques of Individualized Teaching, Techniques of group teaching; Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class etc; Class room problems: Types and Solutions.

Unit 3: Lesson Planning & Time Table in Yoga (10 hours)

Essentials of Lesson Planning: concept, need & importance; Lesson planning of teaching Yoga (Shatkriya, Asana, Mudra, Pranayama & Meditation); Models of Lesson Plan in Yoga; Timetable: Concept, Need, Types, Principles of Time table construction; Time Table for Yoga teaching

Unit 4: Planning & Organisation of Yoga Events (10 hours)

Basics of Event Management; Principles of Planning & Organisation of Yoga Events- Yoga Training Camp, Yoga Therapy Camp, Yoga Seminar, Yoga Workshop & Yoga Conference;

Unit5: Educational Technology in Yoga Teaching & Teaching Practice (15 hours)

Educational Technology: Concept, Meaning, Aims, Objectives, Importance and Types of Educational technology; Use of Educational Technology in Yoga; Teaching Methods & Practice of Yama, Niyama, Shatkarma, Asana, Mudra-Bandha, Pranayama & Dhyana.

TEXTBOOKS

1. Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990.
2. Swami Satyananda Saraswati: A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya, Bihar Schools of Yoga, Munger, 2004.

BOOKS FOR REFERENCE

1. Dr. Gharote M. L.: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007.
 2. Dr. Shri Krishna: Notes on basic principles & methods of teaching as applied to yogic practices and a ready reckoner of yogic practices, Kaivalyadhama, Lonavala, 2009.
 3. Dr. Raj Kumar: Principles & methods of Teaching, Printographics, Delhi
- Duggal, Satyapad: Teaching Yoga, The Yoga Institute, Santacruz, Bombay, 1985
- Nagendra, H. R. and Nagarathna R.: New Perspectives in Stress Management, V.K. Yogas, 1988.
- Swami Satyananda Saraswati: Yoga Education for Children, Bihar Schools of Yoga, Munger, 1990.
- Gawande, E.N.: Value Oriented Education, Sarup & Sons, New Delhi-110002
- Gharote, M. L.: Yoga Applied to Physical Education Lonavala; Kaivalyadhama.
- Dr. R. Nagarathna & Dr. H. R. Nagendra: Integrated Approach of Yoga Therapy for Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2019.

Name of the Course: Cultural Tourism & Hospitality Management
Course Code: MYC-CT-302

Course Objectives:

1. To deal with various aspects of sustainable tourism, ecotourism and responsible tourism.
2. To deal with all the fundamental aspects of tourism that are to be learnt by students of tourism, air transport, travel and hospitality disciplines.
3. To give an insight into the concept of tourism from different perspectives.

Course Outcomes: After studying this course, students will able to:

- CO 1. Gather various types of tourism aspects such as sustainable tourism etc.
 CO 2. Explain fundamental aspects of tourism such as air transport, tourism disciplines etc.
 CO 3. Classify full understanding of the challenges, assumptions, solutions and indicators for tourism.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit-I : Hospitality: Meaning, Nature and Typologies

Defining Hospitality: Nature and its Meaning.

Age old Institution of Hospitality with the Spirit of ‘Atithi Devo Bhav’ in India and its present status. Typology of Accommodation, Origin and growth of Hostel industry with special Reference to India.

Unit-II : Organization and Functions of Various Department in Hotels.

Front Office,
 Food Production,
 F & B Service,
 House Keeping
 Back office and other Ancillary Department.

Unit-III : Type and Forms of Hotels

Classification of Hotel on Basis of Location, Size, Clientele and Range of Service etc Star Classification – Criteria and Procedure Adopted in India.
 Resort Properties, Heritage Hotel and Ecotels- Concept and Emerging Dimensions.

Unit-IV : Hospitality Institutions & Manpower Requirements.

Manpower Requirement in Hotel Sector: designations, qualifications & remunerations.

Role and Contribution of I.T.D.C. and State Tourism Corporations in Development of Hotel Sector in India, Hospitality Educations of India-Growth & Development, Hospitality Associations (HAI & FHRAI)

Unit-V : Major Hotel Chains in India

The Taj Group
of Hotels Oberai
Hotel & Resorts
Lalit Hotels
The Ashok Group of Hotels

Suggested books

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

Name of the Course: Research & Statistical Methods
Course Code: MYC-CT-303

Objectives:

Following the completion of this course, students shall be able to State concept and make statistical computations (measure of central tendency & dispersion, simple correlation & regression, NPC Applications, West, ANOVA, & Chi-square) regarding Research and Statistical Methods.

Apply knowledge of Research & Statistical Methods to draft mini research synopsis & undertake the same in Master Program as Dissertation to create rigid base for advanced research career in future.

Course Outcome:

CO1: Student will learn the nature, scientific method and importance of research in the field of yoga.

CO2: Student came to know scientifically that how yoga affects human body.

CO3: Student will get familiar with the steps involved in carrying a research study.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100			Practical : 0	
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

UNIT 1 **(12 hours)**

Scientific Research: Concept, Characteristics, Types and Process; Scope and purpose of scientific research in yoga; Research Problem: Concept, Sources of Research Problems in Yoga, Characteristics of good research problem, Considerations in selecting a research problem, Steps in the formulation of a research problem and Practice of formulating a research problem; Hypothesis: Concept, Functions, Characteristics and Types (Research Hypothesis and Null hypothesis); Practice of hypotheses writing; Sampling: Concept, Types (Probability and Non-probability Samplings with their types), and Practice of using different sampling procedures for sample selection.

UNIT 2 **(12 hours)**

Variable: Concept, Types (Independent, Dependent, Extraneous, Intervening and moderating) and Practice for identification of variables in different research problems Research Design: Concept, Characteristics of Good Research Design, Types: Differential, Pre & Post, Experimental, Pure Experimental, Factorial, Descriptive, Relational & Mixed; Methods of Controlling Extraneous Variance: Concept and Control Methods (Randomization, Elimination, Introducing new Independent Variables, other techniques)

UNIT 3 (12 hours)

Statistics: Concept and Significance; Types of research data, Frequency distributions (Individual, Discrete and Continuous), Graphical Representation of the data (Histogram, pie chart and bar graph); Measures of Central Tendency: (Arithmetic Mean, Median and Mode): Concept and Computation in case of grouped and ungrouped data; Measure of Dispersion: Concept and computation of Range, Quartiles and Standard Deviation.

UNIT 4 (12 hours)

Normal Distribution: Concept, Proportions, and Applications of Normal Distribution; Simple Correlation: Concept and computation of correlation coefficient by product moment method, coefficient of Determination; Simple Regression: Concept, Regression Equations (In Score forms), Solving Regression Equations, Interpretation of Regression coefficients, Standard Error of Estimate.

UNIT 5 (12 hours)

Hypothesis Testing: Type I and Type II Errors, Level of significance, Degree of freedom, testing significance of mean difference; T - test: Concept and Computation (In case of two sample hypotheses and paired sample hypotheses); ANOVAs: Concept and Computation of one-way ANOVA in unrelated design and related designs; Chi-Square Test: Concept and Computation in different cases; using SPSS for data analysis, T-test, Descriptive measures, ANOVA, Correlation & Regression.

BOOKS FOR REFERENCE

- Bryman, A. (2008). *Social Research Method* (3rd ed.). Oxford: Oxford University Press.
- Singh, A. K. (1986). *Test, Measurement and Research Methods in Behavioural Sciences*. New Delhi, India: Mc Graw Hill.
- Kerlinger, F.N. (1978). *Foundation of Behaviour Research*. Delhi, India: Sur' Publications.
- Singh, A. K. (2001). *Research Methods in Psychology, Sociology and Education* (4th ed). Delhi, India: Motilal Banarasidas,
- Maylor, H. & Blackmon, K. (2005). *Researching Business and Management*. New York, NY: Palgrave Macmillan,
- Garrett. H. E. (1988). *Statistics in Psychology and Education*. Bombay, India: Vikils, Feiffer & Semen's Ltd.
- Suleman, M. (2005). *Methods in Psychology, Sociology and Education* (3rd ed). Patna, India: General Book Agency.
- Kothari, C. R. (2011). *Research Methodology: Methods and Techniques* (2nd ed). New Delhi, India: New Age International private limited Publishers.
- Ruxton, G. D. and Colegrave, N. (2003). *Experimental Design for Life Science*. Oxford: Oxford University Press.
- Mohsin, S. M. (1981). *Research Methods in Behavioral Sciences*. Calcutta, India: Orient Longman.
- Kumar, R. (2011). *Research Methodology* (2nd ed). Noida, India: Dorling Kindersley Pvt. Ltd, licenses of Pearson Education in South Asia.
- Breakwell, G. M., Hammon, S. Fife-Shaw, C., & Smith, J. (2006). *Research methods in psychology* (3rd ed). London: Sage.
- Haslam S. A., & Mc Garty. (2003). *Research methods and statistics in psychology* (3rd ed). London: Sage.

Name of the Course: Tourism Resources in India

Course Code: MYC-DSE-304

Course Objectives:

1. The module gives information of countries tourist places of national and international importance and it helps students to know the background elements of tourism resource.
2. To provide entertainment to tourists, organise tourism related activities such as cultural shows, fairs and festivals etc.
3. To take over and develop and manage places of tourist interest, parks, lakes, avenues, beaches and recreational places, sports etc.

Course Outcomes: After studying this paper, students will be able to

CO 1. compare about the different Tourism resources of India that attracts millions of tourists every year through Domestic and Inbound Tourism.

CO 2. Go through the planning of tourists will often gain a greater respect for the lifestyle of the people living in the area they are visiting.

CO 3. Increase tourism that leads to local communities improving their skills and improving their social status.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit – I Introduction:

Concept of resource, attraction & product in tourism, meaning & characteristics, Typology & nature of tourism resources. Nature & Scope to tourist places in India.

Unit- II Natural Resources:

Study of wild life Parks, Sanctuaries & Tiger Reserves in India with case studies of Raja Ji National Park, Jim Corbett, Bharatpur Bird Sanctuary, Valley of Flowers & Gir National Park, Kaziranga National Park.

Unit-III Pilgrimage Destinations:

Hindu- Char Dham Yatra, Haridwar, Khajuraho, Mahabalipuram, Tirupati, Madurai, Konark.

Buddhist: Lumbini, Bodhgaya, Sarnath, Kushinagar, Sanchi, Ajanta.

Jain: Mount Abu, Sharavanbelgola.

Islamic: Delhi, Agra, Fatehpur Sikri.

Sikh: Patna, Nanded, Golden Temple (Amritsar) Hemkund Sahib (Uttarakhand).

Unit- IV Socio-Cultural Resources:

Socio cultural resources - Important fairs and festivals with case studies of KumbhaMela, Dussehra, Onam, Puri Rath Yatra- &Chhath.

Unit - V: Hill Station & Coastal Destinations:

Hill Station: Study of Hill Station attractions and their environs with case studies of Mussoorie, Nainital, Shimla, Manali and Ooty.

Beaches: Beaches and Islands: Beaches in Goa, Kerala, Andman & Nicobar Islands.

Suggested Readings:

- Gupta, SP, Lal, K, Bhattacharya, M. Cultural Tourism in India (DK Print 2002)
- Dixit, M and Sheela, C. Tourism Products (New Royal Book, 2001)
- Oki Morihiko, Fairs and Festivals, World Friendship Association, Tokyo, 1988.
- Mitra, Devla, Buddhist Architecture, Calcutta.
- Michell, George, Monuments of India, Vol. 1. London.
- Tourists Resource of India- Ram Acharya.
- Tourists Resources of India- Ratandeeep Singh.
- Tourists Resources of India-Jagmohan Negi.
- Himachal Pradesh, The Land, the people by S.S. Negi

Name of the Course: Yoga Psychology
Course Code: MYC-DSE-305

Course Objectives:

Following the completion of this course, students shall be able 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 Outcome:

Following the completion of this course, students shall be able to
CO1: Understand the altered states of consciousness.
CO2: Know the science of behaviour.
CO3: Can understand and develop a complete personality.
CO4: Can define various types of cognitive aspects.
CO5: Learn the management of common mental disorders.
CO6: Learn the management of Personality development with Yogic Counselling.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit-1 Introduction to Psychology (12 hours)

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). States of consciousness according to yogic scriptures (Jagrata, svapna, susupti and Turiya). Yogic etiology for somatic, mental, social and spiritual disharmony. Stress: Definition, Physiological and psychological stress; Understanding stress in accordance with scriptures; Stress assessment tools and biomarkers of stress; Stress & disease.

Unit-2 Yogic Insights on Psychological Concepts (12 hours)

Yogic and Psychological concept of Emotion. 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.

Unit-3 Intelligence and Mental Deficiency (12 hours)

Meaning and definitions of intelligence, types of intelligence (Mental, emotional, social and spiritual intelligence), Mental deficiency: meaning and its types, causes of mental deficiency and cure of mental deficiency through Yoga.

Unit-4 Common Mental Disorders [12 Hrs.]

Causes and Consequences of Conflicts and Frustrations; Common mental disorders; Depressive disorders; anxiety disorders; Serious mental disorders; Mental retardation; Alcohol and drug abuse; Suicide, attempted suicide and suicide prevention.

Unit-5 Yogic counselling and Personality development (12 hours)

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.

TEXTBOOKS

Abhedananda: The Yoga Psychology, Ramakrishna Vedanta Math, Calcutta, 1973.

Sachdev, I. P. Yoga and Depth Psychology (Motilal Banarsidass, Delhi, 1978)

REFERENCE BOOKS

Taimini, I. K.: Glimpses into the Psychology of Yoga (Adyar: Theosophical Publishing House, 1973).

Aatreya, Shanti Parkash: Yoga Manovijnana (Indian Psychology) (International Standard Publication, Varanasi; 1965) Hecker, J.E. & Thorpe, G. L.: Introduction to clinical psychology: Science, Practice & ethics. New Delhi: Pearson, 2010.

Hilgard, Ernest R., Atkinson, Richard C. & Atkinson, R.L: Introduction to Psychology. New Delhi: Oxford and IBH Publishing Co. Pvt. Ltd.

Nagendra, H. R.: New Persecutes in Stress Management. Bangalore: V4ekanada Kendra.

Herrman, H., Saxena, S, & Moodie, R: Promoting Mental Health. Switzerland: WHO Press, World Health Organization, 2005.

Singh, A. K.: Saral Samanya Manovijnana. Delhi: Motilal Banarasidas Publications, 2007.

Taylor, S. E.: Health Psychology (6th ed.). New Delhi: Tata McGraw Hill, 2006.

Tilak, B. G.: Srimad Bhagwadgita Rahasya. Poona: Tilak Mandir.

Udupa, K. N.: Stress and Its Management by Yoga. Delhi: Motilal Banarasidas, 2007.

Vivekananda, Swami: Raja Yoga. Nagpur: Ramakrishna Math.

Daniel Goleman & Joel Gurin: Mind body medicine.

Deepak Chopra: Healing the heart.

Dharam Singh Khalsa: Meditation as medicine.

Deepak Chopra: Quantum healing.

Estelle Frankel: Sacred therapy.

Aggie Casey & Herbert Benson: Mind your heart.

Barbara B. Brown: New body, new mind.

Sri Ramakrishna Math: Healthy mind, healthy body.

Antonio Damasio: The feeling of what happens.

Daniel Goleman: Social intelligence Emotional intelligence.

The American holistic health association complete guide to alternative medicine; by William Collinge – Paperback.

David Frawley: Ayurveda and the mind.

Name of the Course: PERSONALITY DEVELOPMENT
Course Code : MYC-GE-306

Course Objectives:

Following the completion of the course, students shall be able to
 Understand the effective development of all dimensions of personality.
 Know themselves better.
 identify their own potential and accept their own limitation.

Course Outcome:

CO1: Students will be skilled to analyse, develop and exhibit accurate sense of self.
CO2: Students will have capability to maximise their own potential in enabling a holistic development.
CO3: Students will be capable to consciously overcome their limitations and move towards self-esteem.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

UNIT-I Introduction to Personality Development [15 Hrs.]

The concept of personality - Dimensions of personality – Theories of Freud & Erickson
 Significance of personality development. The concept of success and failure: What is success?
 - Hurdles in achieving success - Overcoming hurdles - Factors responsible for success – What is failure - Causes of failure. SWOT analysis.

UNIT-II Attitude & Motivation [15 Hrs.]

Attitude - Concept - Significance - Factors affecting attitudes - Positive attitude – Advantages –Negative attitude- Disadvantages - Ways to develop positive attitude - Differences between personalities having positive and negative attitude. Concept of motivation - Significance – Internal and external motives - Importance of self- motivation- Factors leading to demotivation

UNIT-III Self-esteem [15 Hrs.]

Term self-esteem - Symptoms - Advantages - Do's and Don'ts to develop positive self-esteem – Low self-esteem- Symptoms - Personality having low self-esteem - Positive and negative self-esteem. Interpersonal Relationships – Defining the difference between aggressive, submissive and assertive behaviours – Lateral thinking.

UNIT-IV Other Aspects of Personality Development & Employability Quotient [15 Hrs.]

Body language - Problem-solving - Conflict and Stress Management - Decision-making skills -Leadership and qualities of a successful leader – Character building -Team-work – Time management -Work ethics –Good manners and etiquette. Resume building- The art of participating in Group Discussion – Facing the Personal (HR & Technical), Interview Frequently Asked Questions - Psychometric Analysis - Mock Interview Sessions.

Text Books:

Hurlock, E.B (2006). Personality Development, 28th Reprint. New Delhi: Tata McGraw Hill.

Stephen P. Robbins and Timothy A. Judge (2014), *Organizational Behavior 16th Edition:* Prentice Hall.

Reference Books:

Andrews, Sudhir. How to Succeed at Interviews. 21st (rep.) New Delhi.Tata McGraw-Hill 1988.

Heller, Robert.Effective leadership. Essential Manager series. Dk Publishing, 2002

Hindle, Tim. Reducing Stress. Essential Manager series. Dk Publishing, 2003

Lucas, Stephen. Art of Public Speaking. New Delhi. Tata - Mc-Graw Hill. 2001 5. Mile, D.J

Power of positive thinking. Delhi. Rohan Book Company, (2004).

Pravesh Kumar. All about Self- Motivation. New Delhi. Goodwill Publishing House. 2005.

Smith, B. Body Language. Delhi: Rohan Book Company. 2004

Name of the Course: Glorious Chapters of Indian History 1
Course Code: MYC-GE-307

Course Objectives:

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

Know the glorious past of their ancestors.

To be acquainted with the agrarian and commercial economy, social practices and polity of the Gupta and post-Gupta period. They can learn about early medieval India's society, economy, culture.

They can learn about the post-Mauryan political systems, particularly the Kushana and Satavahana ones; Gana-Sanghas, the Guptas' rise to power, the growth of the empire, art, architecture, literature, Religion and so on They learn about how the agrarian economy, trade, and the urbanization of towns are changing.

Course Outcome:

CO1: Students will acquire knowledge regarding the primitive life and cultural status of people of ancient India.

CO2: Student will acquire knowledge about the evolution of human society and transformation of ancient Indian history.

CO3: Student will learn about the historiographical trends, interpretation of historical sources of ancient India.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit I: Saindhav and Gangetic Culture (12 Lect.)

Harappa Civilization: Rise and development of urban civilization, economic, social, religious and cultural features, development of art, reason for change in the centre of culture. Gangetic Culture- Vedic period: Nature of Vedic literature; Political, Social, and Economic life in RigVeda and later Vedic period.

Unit II: Rise of Magadh Empire (12 Lect.)

Political Condition in the sixth century B.C. (Mahajanapadas and Republics), Rise of

Magadha Empire: **Haryaka dynasty:** Bimbisar and Ajatshatru, Shishunag Vans, **Nand Vans:** Mahapadmmand and Ghananand, Great King Poras: War of Vitasta, Greek Invasion of Alexander and his decline.

Unit III: First Indian Empire. (11 Lect.)

Mauryan Dynasty: Chandragupta Maurya: Early life and his Empire expansion, The destruction of the Nanda dynasty, Eradication of Yawans, Kautilya's Arthshastra, Bindusar, Asoka: Empire expansion, his edicts and Dhamma, Decline of Mauryan Dynasty.

Unit IV: India's Cultural Diversity in Post Mauryan Period (14 Lect.)

Development of Social, Economic, Religious Status, Restoration of Vedic Brahmin tradition, Origin and development of Gandhara Art and Mathura Art. Development of architecture: Nagara style, Besar style and Dravidian style, Development of Sangam Literature

Unit V: Gupta Dynasty: The Golden Period of Indian History. (11 Lect.)

Gupta Dynasty: Chandragupta I, Samudragupta, Chandragupta II, Kumargupta and Skandgupta, Cultural Achievements of the Gupta Period. Development of Art, Literature and Religion.

Development of Temple and Sculpture. Construction of temples related to Vaishnava tradition. Debate about Golden Age, Decline of the Gupta Empire

Text Book:

Singh, U., A History of Ancient and Early Medieval India, From the Stone Age to the 12th Century, Delhi 2016.

Recommended Readings:

Sharma, L.P.: History of Ancient India,

Majumdar, R.C.: Prachin Bharat, Motilal Banarasidas Delhi, 1962.

Raychoudhury, H. C., Political History of Ancient India, Calcutta, 1931. Goyal, S. R., Magadh, Satawahan, Kushan Samrajyon ka Yug (Hindi), Jaipur Sharma, R. S., Prarambhik Bharat ka Parichay, (Hindi) New Delhi 2017. Srivastava, K. C., Prachin Bharat ka ItihasTathaSanskriti, Allahabad, 2019 Shastri, K. A. N., The Age of Nandas and Mauryas, Varanasi, 1967.

Majumdar, R.C. and A. D. Pusalker (eds.), The History and Culture of the Indian People, Vols. I–V (relevant chapters), Bombay, 1951-1957.

Jha D. N., Ancient India: In Historical Outline, 1997

Name of the Course: Entrepreneurship Management
Course Code: MYC-GE-308

Course Objectives:

The course aims at enabling the aspiring entrepreneurs in converting their business ideas into successful business ventures and providing basic knowledge for effectively managing their startups.

This course attempts to facilitate better understanding of concepts related to entrepreneurship like entrepreneurial personality traits, business opportunity identification, small business management, incubation, government efforts towards supporting entrepreneurial ecosystem, institutions and support systems to facilitate entrepreneurship etc.

Course Outcomes: At the end of the course, the students will able to:

- Develop awareness about entrepreneurship and successful entrepreneurs.
- Develop an entrepreneurial mind-set by learning key skills such as design, personal selling, and communication.
- Understand the DNA of an entrepreneur and assess their strengths and weaknesses from an entrepreneurial perspective.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit 1: Introduction to Entrepreneurship

Meaning, concept, who is an entrepreneur? The Entrepreneurial process, Entrepreneurial personality and characteristics, what motives drive an entrepreneur? Challenges and rewards of being an entrepreneur, Historical development of entrepreneurship concept, Patterns and scope of entrepreneurship in Indian context. Entrepreneurial motivation, Born vs. created entrepreneurs, Entrepreneurship development process, Factors preventing emergence of entrepreneurship, critical factors for launching of a new enterprise, idea generation, business opportunity identification, Mobilization of essential resources for creating business plan. Entrepreneurship as a style of Management.

Unit 2: Entrepreneurial Ventures – Types and features

Start-ups, features of start-up firms, different types of start-ups, proprietorship, partnerships, Pvt.Ltd. companies, Family-owned organizations, corporate venturing. Innovation, creativity

and entrepreneurship, innovation and invention, innovation and entrepreneurship, innovation and risk, successful innovation, The Creativity Process, Blocks to individual creativity, Techniques for generating new ideas, blocks to organizational creativity.

Unit 3: Entrepreneurial Leadership

Management and Leadership, Entrepreneurial leadership, transformational leadership, vision and values, leadership styles, Barriers to entrepreneurship, environmental barriers, personal barriers, societal and cultural barriers, economic, political barriers, etc. How to remove the barriers

Unit 4: Trends in Entrepreneurship

Entrepreneurship in globalized environment, Liberalization and privatization, technology and entrepreneurs, Business ethics for entrepreneurs, women entrepreneurs, corporate entrepreneurship and intrapreneurship, intrapreneurs and their roles in organizations.

Unit 5: Role of Incubation centres in helping the start-up firms

How the supportive ecosystem in the incubators facilitate the entrepreneurship process in its most turbulent stages, information about some incubation centres and ways to join them. Supportive institutions and systems for facilitating the process in India, government policies, government agencies for support to new firms, funding agencies.

Text Books:

Entrepreneurship by Madhurima Lall and Shikha Sahai, Excel Books

Reference Books:

Handbook for New Entrepreneurs by P C Jain, Oxford University Press

Patterns of Entrepreneurship Management by J. M. Kaplan and A. C. Warren, Wiley Publications.

Entrepreneurship Development Programme in India and its relevance to developing countries by V. G. Patel, EDI

Corporate Entrepreneurship & Innovation by Michael H. Morris, Donald F. Kuratko & Jeffery G. Covin, Thomson – South – Western.

Connect the dots by Rashmi Bansal, Eklavya Foundation.

Stay Hungry, Stay Foolish by Rashmi Bansal, Think Ink Media Inc.

Entrepreneurship by Robert D. Hisrich, M.P. Peters and Dean A. Shepard, The McGraw Hill Companies.

Name of the Course: Advance English Communication
Course Code: MYC-AEC-309

Course Objectives:

- 1- To help the students to develop their ability to read and understand English
- 2- To communicate easily with and enhance the ability to understand native speakers
- 3 -To demonstrate conversational skills and in addition, develop the ability to listen, read and comprehend in English. Additionally, to provide the students with a forum for healthy discussions.
- 4 - To make them learn and practice standard English to withstand their global needs.
- 5 - To give time to the students to research and practice for different examinations they might want to appear for under provided guidance.

Course Outcomes

CO1: To help learners gain better listening, speaking, reading and writing skills so that they can express themselves fluently in personal and professional contexts.

CO2: To develop critical thinking ability and sensibility towards social, economic and societal situations by reading the texts.

CO3: Learners get a general awareness of pronunciation, vocabulary and grammar of English Language

CO4: To help learners to improve their proficiency in applying various skills in their personal and professional lives thereby enhancing their employability prospects.

CO5: Learners improve their ability to express themselves in English in formal and informal situations.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 50				
Theory : 50		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
35	15			

Unit 1 - Reading

- Identifying Main Ideas in Texts
- Types of Reading Methods
- Loud Reading for pronunciation and fluency
- Reading Comprehension
- Written Composition

Unit 2 - Listening

- Listening for specific information
- Podcasts YouTube
- Ted Talks

Audio Stories
Radio
News Channels - BBC

Unit 3 - Speaking

Conversations
Debates
Group Discussions □ Talks and Lectures
Interview Skills
Public Speaking Skills

Unit 4 - Writing

Structured Writing
Writing Styles
Sentence Structures
Concepts of Paragraph Writing

Unit 5 – Language Lab

Suggested Readings

The Power of Communication: Skills to Build Trust, Inspire Loyalty, and Lead Effectively,
by Helio Fred Garcia, 2012

Everyone Communicates, Few Connect: What the Most Effective People Do Differently, by
John C. Maxwell, 2010

Mastering Communication at Work: How to Lead, Manage, and Influence, by Ethan F.
Becker and Jon Wortmann, 2009

Messages: The Communication Skills Book, by Matthew McKay, Martha Davis and Patrick
Fanning, 2009

Communication: The Key to Effective Leadership, by Judith A. Pauley, 2009

Name of the Course: Yoga Practicum
Course Code: MYC-CP-310

Course Objectives:

Following the completion of the course, students shall be able to:
State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices; &
To demonstrate and instruct undermentioned yogic practices.

Course Outcome:

On completion of this course, the students will be able to:
CO1: develop understanding of different yogic techniques.
CO2: attain perfection to perform different yogic practices.
CO3: learn the practical interpretation of Shatkarma.
CO4: conduct practical sessions.
CO5: Conduct Yajya practical sessions
CO6: explain techniques of Pratyahara, Dharana and Dhyana.

<input type="checkbox"/> Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	0	8
Scheme of Examination				
Total Marks 100				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		35	15	

Shatkarma: -15 marks

Dand, Dhauti, Nauli, Trataka, VastraDhauti and all the exercises of the first & second semester.

Posture: -15 marks

Padma Sarvangasana, Mayurasana, Shirshasana, Ekpaadskandha Asana, Tolangulasana, Vatayanasana, Tittibhasana, Garbhasana, Shirsha Padangushthasan, Guptasana, Vibhakta Paschimottanasan, Padmabakasan, Ek Paad Rajakapotasana, Purna Ustrasana Including all asanas of 1st and 2nd semesters.

Pranayama: -10 marks

Bhramari, Bhastrika, Stambhavritti and all the practices of previous semesters.

Mudras and Bandhas: -5 marks

Khechari Mudra, *Mahavedha* Mudra, *Maha* Mudra, *Maha Bandha* and all the practices of the former semesters

Teaching Practice: -15marks

Viva - (Brahmayagya and Swastivachan Mantra - Meaning, Memorization & Recitation) 10 marks

Name of the Course: Tourism Practicum
Course Code: MYC-CP-311

Course Objectives:

1. Practical Study in tourism incorporate interactive learning can be a powerful tool for students to deepen their understanding of a subject or topic.
2. By actively participating in such learning process, students are more likely to retain information and develop critical thinking skills.
3. This course will sum up respect of culture, heritage, personal development, develop critical thinking of students.

Course Outcomes: After studying this paper, students will able to:

CO 1. Grab an opportunity for a rich immersion experience in a practical visit.

CO 2. get to know about the place, its importance, its culture, and a practical experience during their educational visit.

CO 3. Develop additional practical learning that can be more engaging in the conceptual part by a valuable source.

COURSE DETAIL

The Department will organize an educational visit before the end term examination to any of the nearest destination. On Completion of the educations visit 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 visit. 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 the associated Group.
- Details of Tourism Stake holders.
- Questionnaire/ Personal Interview taken by students on their Field Visit.

Semester- IV

Name of the Course: Yoga Therapy

Course Code: MYC-CT-401

Course Objectives:

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

Prescribe the integrated yoga module for the individual case after detailed documentation and report it to the referring consultant.

Request for assessment measures if necessary to confirm the diagnosis, to assess the present status of the disease, and for follow up.

To be able to monitor the medication and modify it suitably as the case progresses with yoga practices and report it to the referring consultant.

To prescribe and administer yogic prescription for the specific disease for each condition the following aspects will be covered:

Brief overview of the condition including definition, prevalence, clinical features, diagnostic criteria, causes, Patho-physiology, measurements- investigations to assess the effect of yoga, Yogic Management -rationale for the disease specific yoga protocol, scientific evidence if available, practices of choice and contra-indications. Probable healing mechanisms.

Course Outcome:

CO1: Student will familiarise with yogic concept of human anatomy and physiology on their basis they would apply ancient techniques of yoga properly.

CO2: Student would know the different techniques which heal human body system.

CO3: Student will be capable to heal common diseases by applying yoga therapy.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit-1 Yoga Etiology, Diagnosis and Therapy (12 hours)

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. Yogic diagnostic techniques: Connections of Swar Science, Prana and Breathing Patterns over somatic, mental and psycho-somatic levels. Association of Psychic centers over nerve plexus and endocrine glands; Concept of health and wellness in terms of WHO, Ayurveda and Yoga; Concept of Yoga Therapy: Meaning, Definition, Aims, Principles, Factors Impacts and Limitations; Qualities of a yoga therapist.

Unit-2: Musculo-Skeletal Disorders

(12 hours)

Back Pain: Classification of back pain: organic and functional: Lumbar Spondylosis, Intervertebral disc prolapse (IVDP), Spondylolisthesis, Spondylitis, Psychogenic- Lumbago,

Medical and Yogic management: Neck pain: Classification- Cervical Spondylosis, radiculopathy, Functional neck pain; Medical and Yogic management, All forms of Arthritis: Rheumatoid Arthritis, Osteoarthritis, Medical and Yogic management.

Unit- 3: Gastro Intestinal and Excretory Disorders (12 hours)

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 hemorrhoids, Irritable Bowel Syndrome, Ulcerative colitis or inflammatory bowel disease, Crohn's disease, gluten intolerance, food allergies; Excretory System: irritable bladder syndrome, stress incontinence, Chronic renal failure, Renal hypertension, Renal stones.

Unit- 4: Cardio-Pulmonary Disorders (12 hours)

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. 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.

Unit-5: Neurological and Psychiatric Disorders (12 hours)

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.

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

TEXT BOOKS

Nagarathna R and Nagendra HR, Yoga therapy for common ailments series, SVYP publications, 2010

Swami Karmananda, Yoga therapy for common diseases, Yoga publication trust, Munger, 2001

Dr Robin Monro, Dr R Nagarathna and Dr H R Nagendra, Yoga for common ailments, Gaia Publishers

REFERENCE BOOKS

ShivanandSaraswati: Yoga Therapy (Hindi & English)

Rai, Lajpat: Discovering Human Potential energy: A Physiological Approach to Yoga (Anubhava Rai Publications, 1998)

Nagarathna, R and Nagendra, H.R.: Promotion of Positive Health, Swami Vivekananda Yoga Prakashana, Bangalore, 2002

Ramesh Bijlani: Back to Health through Yoga, Rupa Publications India Pvt. Ltd, 2011

MONIY publications: 10 Booklets, Yoga Therapy Series, MDNIY Publications, New Delhi, 2009

Swami SatyanandaSaraswati: Yoga and Cardio Vascular Management, Yoga Publication Trust, Munger, 2005

Nagarathna R and Nagendra H R: Yoga for Arthritis, Back pain, Diabetes, Pregnancy Breathing Practices, Swami Vivekananda Yoga Prakashana, Bangalore, 2000

Name of the Course: International Travel Management
Course Code: MYC-CT-402

Course objectives:

1. Make an outline of Tourism industry that is growing at very fast pace. In India the outbound tourism and inbound tourism are also growing.
2. To study International tourism involves several types of formalities.
3. The students should know about such formalities, which are needed in the form of several documents.
4. In this course the students will learn about required documents in foreign travels.

Course Outcomes: After studying this paper, students will be able to

- CO 1. Mark the Travel Formalities: Passport, Visa, Health requirements, taxes, customs, currency, travel insurance, baggage and airport information.
- CO 2. Illustrate this subject shed light on Travel Agency and Tour Operation Business: History, Growth, and present status of Travel Agency.
- CO 3. Show the Immigration process according to different countries.

Unit- I

Preparing Passport

Passport, requirements, checklists, types changes, procedure, tatkal scheme and fees, passport act and penalties under section 12(1)B, Online Application for Passport.

Unit- II

Rules and regulations about eligibility, quantum and documentation required for Travel Out of India: Foreign Exchange Management Act, Basic Travel Quota, Foreign Exchange for Business Visits, Travel Insurance
Traveling Into India: Foreign Currency, Indian Currency, Process for Encashment of Foreign Currency, Travel Insurance.

Unit- III

Obtaining Visas

Documents for obtaining visa of major tourist destinations of world including health check documents, Types of visa, visa fees, Refused of Pending Visas, Destination Departure Records.

Unit- IV

Visiting Tourist Destinations

Tourist visa for New Zealand and Australia, Tourist visa for Europe, Tourist visa of USA & Canada

Unit- V

Airport & Airline Code

IATA Codes: City, Airport & Airlines codes of India and world.

References:

- Websites of UK, USA, Canada and Australia
- Websites of Indian ministries and offices related to foreign exchange
- <http://passport.gov.in/pms/onlineRegistration.jsp>
- <http://passport.gov.in/>
- Galileo systems
- ABC & OAG Guide, TIM Air Tariff
Visa formalities of different countries. (See websites of countries)

Name of the Course: World Culture & Heritages
Course Code: MYC-CT-403

Course Objectives:

1. Though there are different- different cultures and heritages in the world, there are few most famous among them. The primary objective is to explore the culture of major popular areas of the world and destinations available there.
2. It is worthwhile to know the tourist products in the lights of their main attractions, existing infrastructure facilities, linkages etc.
3. To study the destinations of whole world which is changing in to a global village and outbound tourism from India is growing at a very fast pace.

Course Outcomes: After studying this paper, students will able to

CO 1. Illustrate the different tropical region, natural sites, historical heritage, and accommodation with cultural hospitality.

CO 2. Compare world that tells about major destination business around the world.

CO 3. study about destination under UNESCO.

Unit-I

Culture-Meaning, General Characteristics of Culture, Significance of World Culture, History of World Culture. Western Cultural Practices Vs Eastern Cultural Practices. Concept of Cultural diversities, Impact of Cross cultural diversity on Tourism. Ancient Society & Culture.

Unit-II

Concept of Heritage and Meaning. Heritage sites. criteria for selection as heritage sites, UNESCO - Introduction. Meaning of World heritage. UNESCO world heritage sites and monuments. Types of heritage properties. World famous heritage sites and monument in India and abroad.

Unit- III

Culture & History of Europe, United Kingdom (U.K.), Countries of UK and its culture. Heritage Art Galleries of UK. Introduction of France and its culture. Eiffel Tower of France: A UNESCO World Heritage Site.

Unit- IV

Cultural difference in Asia: Northern Asia & Southern Asia. Hinduism, Buddhism & Islamic Culture, Analysis of Great wall and Forbidden city of China. Cultural attractions Singapore: Singapore Zoo, bird Park and Sentosa Island.

Unit- V

Africa and African Countries, Culture of Egypt. Egypt Ancient Culture. Study of South Africa & Egypt. An exploratory study of Kruger National Park of South Africa & In-depth study of Pyramids of Giza of Egypt.

Unit- VI

The Western Culture: America: USA, Canada & Brazil. Culture in North and South America. Analysis of Disney land, Statue of Liberty, Lakes & waterfalls of USA. The Carnival of Brazil.

Australia: Introduction. History of Australia. Culture of Australia. Cultural differences between USA and Australia. Study of Australian War Memorial and Sydney Harbour bridge.

References:

- Ahmad, Aizaz: General Geography of India, NCERT, New Delhi
- Goh Cheong Long: An Economics Atlas of India, Oxford University.
- World Atlas , Oxford press.
- Singh, R.L. (ed) India: A Regional Geography National Geographical Society of India, Varanasi, 1989.
- Manorama Year Book
- Indian Year Book, Publication Division, Govt. of India, New Delhi
- Tourism Planner.
- Tour Brochures of related places.
- Lonely Planet-India and related destinations.
Websites of related destinations.

Name of the Course: Dissertation Report/Corporate Training
Course Code: MYC-DSE-404/405

Course Objectives:

Demonstrate the yoga practices specific to a particular ailment confidently.
 Gain more practical knowledge about the disease specific yoga techniques.

Course Outcome:

CO1: Identifying the Accumulation, Structure, and Evaluation of Content from Research Studies.

CO2: analysing the stated issue and constructing a pertinent research question

CO3: Adopt a suitable research design and closely follow any associated techniques.

CO4: Approach the study project ethically.

CO5: Draw appropriate conclusions and indicate the significance of the findings for educational practise and research.

CO6: Provide the study in an academic style that is appropriate for the discipline.

Total number of hours 120		Theory	Tutorial	Practical
Hrs / week				8
Scheme of Examination				
Total Marks 100				
Theory :		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		100		

The student shall go with the dissertation topic allotted by the supervisor/Head of the department. The dissertation topic must be covering the major subjects of specialization that all include Research and statistical methods, data analysis, review literature and details of all the tools applied in the dissertation study.

Instead of the dissertation, a corporate job-oriented training may also be conducted in which the candidate formulates and learn various tools based on the course and title structure. A practical report of the training will be submitted to the department that contains various research tools, data analysis, review literature, the findings, etc that fulfils the purpose and objective of the course.

Instructions:

During field training students are expected to carry out the following tasks.

Involve themselves during practical session.

Understand how to take case history

Gain the knowledge of recording the common parameters specific to disease.

Note: Students need to spend at least 2 hours every day an organisation set up where the practical work has been allotted.

Examination: Students shall be examined based on the knowledge acquired with respect to parameter and the case history.

Name of the Course: Guidance & Counselling
Course Code: MYC-GE-406

Course Objectives:

- To develop an understanding of the concepts of guidance and counselling.
- To develop an understanding of the types of guidance
- To acquaint students with different testing devices and techniques of guidance.
- To develop and understanding of the role of teacher as counsellor.
- To create an awareness of the working of guidance centres.

Course Outcome:

- CO1:** Students would gain the knowledge about theoretical principles and practical processes in guidance and counselling.
- CO2:** Students would know to apply these in research and professional areas.
- CO3:** Students would gain knowledge of applied and positive perspectives of guidance and counselling.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit 1: Meaning & Nature of Guidance, Need of Guidance, Functions of Guidance, Types of Guidance: Educational Guidance - meaning, need and importance, Vocational Guidance - meaning, need and importance, Personal Guidance - meaning, need and importance.

Unit 2: Guidance Services: Job Analysis - concept, need, Job Satisfaction-concept, factors affecting job satisfaction, Occupational Information - concept, need; Guidance of the Differently-Abled Students- Gifted, Slow Learners, Learning Disabilities - Dyslexia, Dysgraphia, Dyscalculia – Identification, Mainstreaming and providing support services to Differently - Abled Students.

Unit 3: Counseling - meaning, purpose, scope; Types of Counseling - Directive, Nondirective, Eclectic, Process of Counseling; Introduction, In - depth, communication, suggestion; Skills in Counseling: listening, questioning, responding; Role of the Counselor, Professional Ethics of a Counselor.

Unit 4: Tools of Guidance and Counseling: Psychological tests - meaning, need, limitations: Testing - Intelligence, Aptitude, Attitude, Achievement, Interest, Personality.

Unit 5: Techniques of Guidance and Counseling: Interview - types, procedure, Case Study, Cumulative Record, Anecdotal Record, Diary, Questionnaire.

References:

Aggarwal J. C. (2004) Educational and Vocational Guidance and Counseling, 7th Edition, Doaba House; Delhi.

Aggarwal J.C. (2005) Career Information in Career Guidance - Theory and Practice, Doaba House, Delhi.

Chauhan S.S. Principles and Techniques of Guidance.

Dash M. (1997) Education of Exceptional Children, Atlantic publishers, New Delhi.

Dev Kapil (2006) Educational Counseling, Pragn Publications, New Delh- 3.

Gibson Robert & Mitchell Marianne (2005) Introduction to Guidance and Counseling, 6th Edition, Prentice Hall of India, New Delhi.

Gladding Samuel (2011) Counseling - A Comprehensive Profession, 6th Edition, Dorling Kindersley India Pvt. Ltd., New Delhi

Kenkateish, S. (2001) Special Education, Anmol Publication Pvt. Ltd., New Delhi.

Kochhar S.K. (1981) Guidance in Indian Education, New Delhi.

Kochhar S.K. (1987) Educational and Vocational Guidance in Secondary Schools, Sterling Publishers, New Delhi

Kochhar S.K. (1987) Guidance and Counseling in Colleges and Universities, Sterling Publishers, New Delhi.

Milne Aileen (2003) Teach Yourself Counseling, McGraw Hill companies, Chicago.

Panda, K.C. (1997) Education of Exceptional Children, Vikas Publishing House, Delhi.

Sharma R.A. Fundamentals of Guidance and Counseling

Sharma Ramnath and Sharma Rachana (2004) Guidance and Counseling in India, Atlantic Publishers and Distributors, New Delhi.

Name of the Course: Glorious Chapters of Indian History 2
Course Code : MYC-GE-407

Course Objectives

Following the completion of the course, students shall be able to

Know the glorious past of their ancestors.

This course also introduces students about the freedom struggle of India.

Make him/ her alert and sharp about history of India.

Course Outcome:

CO1: Students will acquire knowledge regarding the primitive life and cultural status of people of ancient India.

CO2: Student will acquire knowledge about the evolution of human society and transformation of ancient Indian history.

CO3: Student will learn about the historiographical trends, interpretation of historical sources of ancient India.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

Unit I: The Rajputs

(12 Lect.)

Harshvardhana: Political Achievements; Contribution to Religion Learning. Origin of Rajputs: Agnikundiya Theory, Traditional Theory, Rule of Pratiharas: Mihirbhoj; Paramars of Malwa: The conquests of Vakapati Munj and his conflict with the Chalukya king Tailap, Bhoja's conquests and his cultural achievement. Chandellas of Zezakbhukti :Dhang, Vidyadhar. History of Early Dynesty of Mewar.

Unit II: Great Kingdom in South India

(12 Lect.)

Cholas: Emergence and Early History: Rajaraj I- Restoration of the Chola Empire and Expansions of Empire, Rajendra, and Administration of Chola'S, Cultural Exchange between India and South-East Asia Idea of Greater India: Development of Indian Culture in SouthEast Asian Country- Java, Sumatra and Malaya. Vijayanagar Empire: its Foundation and Conflict with the Bahmani Kingdom.

Unit III: Indian Dynasties in Medieval India (11 Lect.)

Empire in North India: Eastern India, Bengal, Assam and Orissa, Western India: Gujarat, Malwa, Mewar, Northwest and North India, Kashmir. The Rise of the Marathas: Shivaji- his achievements and Administration, his successors- Balaji Vishwanath, Bajirao I, Balaji Bajirao, Third Battle of Panipat

Unit IV: Freedom struggle of India -I (14 Lect.)

Revolt of 1857-Causes, Nature and its impact. Indian National Congress from 1885-1905 Extremists and Monetarists, Birth of Nationalism, Partition of Bengal and Swadeshi Movement., Revolutionary Movement-Causes of its emergence and main activities in India. Ghadar Party- Formation and Activities. Hindustan Socialist Republican Association-Bhagat Singh and BatukeshwarDutt, Subhash Chandra Bose and Azad Hind Fauj

Unit – V: Freedom struggle of India-II (11 Lect.)

Home Rule movement and Khilafat movement. Gandhian Era. Non-Co-Operation movement. Simon Commission and Nehru Report. Civil-Disobedience movement, Quit-India movement, Cripps Mission; Rise of Communalism Mountbatten’s Plan & Partition; The Indian Independence Act of 1947.

Text Book:

Ram Lakhna Shukla: Adhunik Bharat ka Itihas Satya Rao: Bharat meinUpniveshavad aur Rashtravad, Delhi 2016.

Recommended Readings:

R.C. Majumdar: Suvarṇadvīpa: A Cultural History. (reprint) Gian Publishing House, 1986

R.S. Tripathi: History of Kanauj to the Moslem Conquest. Motilal Banarsidass, 1989

Vishuddhananda Pathak: Uttari Bharat ka RajanitikItihas

Verma Harishchandra: Madhyakalin Bharat 2 Part

Ramkrishna Mukherji: The Rise and Fall of the East Indian Company

R.C. Mazumdar, H.C. Roychaudhuri&Kalinkar Datta: An Advanced History of India (In Hindi: Bharat ka BrihadItihas)

S.Sardesai: New History of the Marathas, (In Hindi: Marathon ka Naveen Itihas)

A.R. Desai: Social Background of Indian Nationalism (In Hindi: Bhartiya Rashtravad Ki SamajikPristabhoomi)

Ram Lakhna Shukla: Adhunik Bharat ka Itihas Satya Rao: Bharat meinUpniveshavad aur Rashtravad

G.N. Singh: Landmarks in the Constitutional and National Development of Indian (In Hindi Bharat ka Samvaidhanik aur Rashtriya Vikas)

S.C. Sarkar: The Bengal Renaissance (In Hindi: Bengal ka Navjagaran)

Name of the Course: Business Policy & Strategic Management
Course Code : MYC-GE-408

Course Objectives: Following the completion of the course, students shall be able to:

1. record the complexities of managing a formal organization.
2. identify key strategic issues and formulating appropriate strategies given a firms' situation.
3. explain meaning and need for strategic management.
4. interpret the Indian ethos and their need for holistic globalization
5. conceptualize the need for Indian models and significance. 6. recognize the need for corporate responsibility.

Course Outcomes: After study of this course, a learner is expected to have

1. Basic understanding of strategic management from modern and classical perspective.
2. Skills of drafting vision mission and process of strategic management from yogic perspective.
3. Skills for internal and external assessment of business strategies.
4. Aptitude of applying yogic principles and practices for strategic management and ethical business.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		3	1	0
Scheme of Examination				
Total Marks 100				
Theory : 100		Practical : 0		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
70	30			

UNIT 1 Introduction of Business Policy & Strategy

Business Policy as a study; Its Nature & Importance, Classification of Business Policy; Meaning, Scope and Importance of Business Policy; Meaning, Nature of Strategic Management, Characteristics, Strategic Management Process, Strategic Management Model. Dimension and Levels of Strategy, Role of strategies in Business Policy

UNIT 2: Basic Concepts in Strategic Management

Scope of Strategic Management, Stages and key terms in SM Model, benefits, key terms, need for strategic planning, why firms avoid strategic planning? Pitfalls in strategic planning, guidelines for ethical approach to effective strategic management. Key success factors of a business.

UNIT 3: Vision, Mission, SWOT Analysis

Vision and Mission: Need, meaning, Vision vs. Mission, importance, process, characteristics, components, writing and evaluating vision and mission statements. SWOT Analysis concept, Need, feature and benefits.

UNIT 4: Internal and External Assessment, And Business Strategies [20 Hrs]

Key internal forces, process of performing an internal strategic management audit, basic functions or activities that make up the different functional areas of business. Key external forces, sources of external information, Porter's five forces model of competition, Cooperative vs. Competitive Strategies – examples and exercises. Five generic competitive strategies, Diversification strategies – related and unrelated, core competencies, outsourcing. Horizontal and vertical integration, Joint Venture, Partnering, Merger, Acquisition, SM in Non-profit, Educational, Medical and Government organizations.

UNIT 5: Ethical Approach to Strategic Management [15 Hrs]

Importance of ethics in the overall process, Ethical strategic management, convergence of Western and Eastern management practices, Compassionate Leadership through Ethical approach, Balancing Purusharthas through a holistic approach and Evolution of the SELF.

TEXT BOOK: Fred R David, Strategic Management concepts and cases, 10/e, Prentice Hall

REFERENCE BOOKS:

Color of the Rainbow – Compassionate Leadership, Swami Amritaswarupananda Puri,
Hartman & Chatterjee, Perspectives in Business Ethics, 3/e, Tata McGraw Hill.
Implementation and Control, 9/e, Tata McGraw Hill

John A. Pearce II and Richard B Robinson Jr., Strategic Management: Formulation,
M.A.center, 2013

Non-profit Management – Principles and Practice, Michael J. Worth, The George Routes,
New Age International Publishers, New Delhi

Sharma Subhash, New Mantras in Corporate Corridors: From Ancient Roots to Global
Srinivasan, Strategic Management - Indian Context, Prentice Hall Of India Washington
University, ISBN 9781412937788 Sage Publications, September 2008

Anokhin, S. (2006). Empirical Essays on Corporate Innovation: Untangling the Effects of
Corporate Venture Capital, 145.
http://rave.ohiolink.edu/etdc/view?acc_num=case1152821357

Name of the Course: Yoga Practicum
Course Code: MYC-CP-409

Course Objectives:

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

State techniques, health benefits, applications, precautions and contraindications of under mentioned yogic practices; &

To demonstrate and instruct under mentioned yogic practices.

Course outcomes

On completion of this course, the students will be able to:

CO1: Get insight into different yogic practises.

CO2: To achieve perfection, one must engage in several yogic practices.

CO3: practically accomplish the Shatkarma.

CO4: improve your practical teaching abilities.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	0	4
Scheme of Examination				
Total Marks 50				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		35	15	

Shatakarma:Danddhauti,Vastrdhauti, Nauli, Trataka. -5 marks

Aasana: -15marks

Dvipada Skandhasana, Purna Bhujangasana, Purna Matsyendrasana,

Pakshee Aasan, Vrishchik Aasana, Padma Mayurasana,

Purna Vrishchikasana, Takiya Aasana, Padma Sheershasana, Karnapidasana, Purna

Dhanurasana, Gorakshasana,

Purna Chakrasana, Purna Shalabhasana, Ek Pada Bakasana,

Omkar Aasana, Purna Natarajasana

And all the practices of previous semesters.

Pranayama – 10 marks

Udgeeth, Moorchha.

Dhyana & Viva: Vijnanamaya & Anandamaya Kosha - 20marks

Name of the Course: Tourism Practicum
Course Code: MYC-CP-410

Course Objectives:

1. Practical Study in tourism incorporate interactive learning can be a powerful tool for students to deepen their understanding of a subject or topic.
2. By actively participating in such learning process, students are more likely to retain information and develop critical thinking skills.
3. This course will sum up respect of culture, heritage, personal development, develop critical thinking of students.

Course Outcomes: After studying this paper, students will able to:

CO 1. Grab an opportunity for a rich immersion experience in a practical visit.

CO 2. get to know about the place, its importance, its culture, and a practical experience during their educational visit.

CO 3. Develop additional practical learning that can be more engaging in the conceptual part by a valuable source.

Total number of hours 60		Theory	Tutorial	Practical
Hrs / week		0	0	4
Scheme of Examination				
Total Marks 50				
Theory : 0		Practical : 100		
Final Exam	Internal Assessment	Final Exam	Internal Assessment	
		35	15	

COURSE DETAIL

The Department will organize an educational visit before the end term examination to any of the nearest destination. On Completion of the educations visit 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 visit. 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 the associated Group.
- Details of Tourism Stake holders.
- Questionnaire/ Personal Interview taken by students on their Field Visit.