

Undergraduate Qualifications

B.Voc in Yoga and Naturopathy

As per guidelines of the National Higher Education Qualification Framework
(NHEQF)

Year	Qualification Title	NCrF Level
Year-1	Undergraduate Certificate in Yoga and Naturopathy	Level 4.5
Year-2	Undergraduate Diploma in Yoga and Naturopathy	Level 5
Year-3	Bachelor of Vocation in Yoga and Naturopathy	Level 5.5



School of Healthcare and Allied Science
(Academic Year: 2025- 2026)

Program Overview

The B.Voc in Yoga and Naturopathy is an undergraduate program designed to provide students with in-depth knowledge and practical skills in holistic health and natural healing. This program integrates the ancient science of yoga with the principles of naturopathy, emphasizing the importance of physical, mental, and spiritual well-being. Yoga and naturopathy are based on the concept of natural healing, using non-invasive techniques to prevent and treat diseases. This course prepares students to apply yoga techniques and naturopathic therapies in various healthcare and wellness settings.

The curriculum of this program covers a broad range of subjects, including yoga philosophy, human anatomy, physiology, therapeutic yoga, and alternative medicine. Students gain practical training in yoga postures (asanas), breathing techniques (pranayama), and meditation, which help in improving overall health and managing stress. Additionally, the course includes naturopathy-based treatments such as diet therapy, hydrotherapy, mud therapy, and herbal medicine, which focus on enhancing the body's self-healing abilities. The program also emphasizes the role of Ayurveda, nutrition, and detoxification therapies in maintaining a balanced and disease-free lifestyle.

With increasing awareness about holistic healthcare, the B.Voc in Yoga and Naturopathy opens doors to various career opportunities. Graduates can work in yoga and wellness centers, naturopathy hospitals, rehabilitation clinics, fitness institutes, corporate wellness programs, and research organizations. They can also become self-employed as yoga instructors, naturopathy consultants, or wellness coaches, helping individuals lead healthier lives through natural methods. The program also provides a foundation for those who wish to pursue higher studies or specialize in therapeutic yoga and alternative medicine.

Scope:

1. **Promoting Holistic Wellness:** Empowers students to become wellness professionals who foster physical, mental, and spiritual well-being in society.
2. **Opportunities in Health and Wellness Industry:** Opens doors to careers in yoga studios, wellness centers, naturopathy clinics, spas, and rehabilitation centers.
3. **Pathway to Self-Employment and Entrepreneurship:** Equips graduates to start their own yoga centers, wellness retreats, or natural therapy clinics.
4. **Growing Global Demand:** With rising interest in natural healing and preventive healthcare, certified professionals are in demand both in India and abroad.
5. **Foundation for Advanced Studies and Research:** Provides a strong base for pursuing higher education, specialized certifications, or research in yoga therapy and naturopathic sciences.

Career Path

Entry-Level Roles

1. Yoga Instructor
2. Naturopathy Assistant
3. Wellness Centre Executive
4. Health & Wellness Coach (Junior)
5. Therapy Assistant

Mid-Level Roles

1. Clinical Yoga Therapist
2. Naturopathy Practitioner
3. Corporate Yoga Trainer
4. Wellness Consultant
5. Yoga Studio Manager

Senior-Level Roles

1. Yoga and Naturopathy Specialist
2. Wellness Centre Director
3. Health Program Coordinator
4. Academic Faculty
5. Entrepreneur (Clinic/Studio Owner)

Program Learning Outcomes

Program Specific Outcomes	
	<i>A Graduate of B.Voc in Yoga and Naturopathy should be able to:</i>
PSO1	Demonstrate the acquisition of comprehensive knowledge and coherent understanding of yoga in a broad multidisciplinary context, their different learning areas, their linkages with related fields of study, and current and emerging developments associated with the industry.
PSO2	Demonstrate the acquisition of practical, professional, and procedural knowledge required for carrying out professional or highly skilled work/tasks related to naturopathy including knowledge required for undertaking self-employment initiatives, and knowledge and mind-set required for entrepreneurship involving enterprise creation, improved product development, or a new mode of organization.
PSO3	Demonstrate the acquisition of skills in areas related to specialization in yoga and naturopathy in a broad multidisciplinary context, including wide-ranging practical skills, involving variable routine and non-routine contexts relating to the yoga and naturopathy.
PSO4	Demonstrate the acquisition of the capacity to extrapolate from what has been learned, translate concepts to real-life situations and apply acquired competencies in new/unfamiliar contexts, rather than merely replicate curriculum content knowledge, to generate solutions to specific problems.

Generic Program Outcomes	
	<i>A graduate of B.Voc in Yoga and Naturopathy should be able to:</i>
PO5	Demonstrate the capability for complex problem-solving
PO6	Demonstrate the capability for critical thinking
PO7	Demonstrate the ability for creativity
PO8	Demonstrate the skills that enable them to communicate effectively
PO9	Demonstrate the capability for analytical reasoning/thinking
PO10	Demonstrate the ability for coordinating and collaborating with others
PO11	Demonstrate the capability for leadership readiness
PO12	Demonstrate 'learning how to learn" skills
PO13	Demonstrate the capability for digital and technological skills
PO14	Demonstrate multicultural competence and inclusive spirit
PO15	Demonstrate the acquisition of knowledge and attitude that are required for value inculcation
PO16	Demonstrate the ability for autonomy, responsibility, and accountability
PO17	Demonstrate the acquisition of and ability to apply the knowledge, skills, attitudes, and values required to take appropriate actions for environmental awareness and action
PO18	Demonstrate the capability to participate in community-engaged services/ activities for promoting the wellbeing of society.
PO19	Demonstrate the ability to identify with or understand the perspective, experiences, or points of view of another individual or group, and to identify and understand other people's emotions

Abbreviation And Definition

Abbreviation	Definition
MDP	Multidisciplinary
AEC	Ability Enhancement Courses
VAC	Value Added Courses
SEC	Skill Enhancement Courses
MC	Major (Core)
MD	Major (Discipline)
MIP	Major (Industry Practice)
VETI	Vet (Industry Immersion)
MI	Minor (Electives)

Semester Wise Structure and Curriculum

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Semester-1							
	Course Title	Category	L	P	Pr	Credits	
	Foundation of Yoga Practice 1	MC-1	3	0	0	3	
	Human Anatomy and Physiology	MC-2	0	3	0	3	
	Concept of Health and Hospital Services	MDP	3	0	0	3	
	Professional Skills (Team Skills)	SEC	3	0	0	3	
	On the Job Training-1	MIP	0	0	8	8	
	Total		9	3	8	20	

Semester-2							
	Course Title	Category	L	P	Pr	Credits	
	Foundation of Yoga Practice 2	MC-3	2	0	0	2	
	Basic Stretching and Body Movement	MC-4	2	0	0	2	
	Basics of Naturopathy	MC-5	2	0	0	2	
	Fundamentals of Business	MDP	3	0	0	3	
	Employability Skills (Basics)	SEC	3	0	0	3	
	On the Job Training-2	MIP	0	0	8	8	
	Total		12	0	8	20	

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Semester-3							
	Course Title	Category	L	P	Pr	Credits	
	Types of Yoga Practices	MC-6	3	0	0	3	
	Yoga Kriyas and Panchakarma Applications	MC-7	0	3	0	3	
	Environmental Sciences	MDP-3	3	0	0	3	
	Communication Skills (English)	AEC-1	0	4	0	4	
	On the Job Training-3	MIP	0	0	8	8	
	Total		6	7	8	21	

Semester-4							
	Course Title	Category	L	P	Pr	Credits	
	Asanas and Pranayama	MC-8	0	3	0	3	
	Disease Management (Beginners)	MC-9	3	0	0	3	
	Cultural Diversity in the Indian Society	VAC-1	3	0	0	3	
	Professional Skills (Career Skills)	SEC-3	3	0	0	3	
	On the Job Training-4	MIP	0	0	8	8	
	Total		9	3	8	20	

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Semester-5							
	Course Title	Category	L	P	Pr	Credits	
	Chronic Disease Management	MC 10	3	0	0	3	
	Yoga and Chronic Pain Management	MC 11	3	0	0	3	
	Meditation Techniques	MC 12	0	3	0	3	
	Business Communication	AEC	0	4	0	4	
	On the Job Training-5	MIP	0	0	8	8	
	Total		6	7	8	21	

Semester-6							
	Course Title	Category	L	P	Pr	Credits	
	Nutrition Science	MC 13	3	0	0	3	
	Acupressure and SuJok Therapy	MC 14	0	3	0	3	
	Universal Human Values	VAC	3	0	0	3	
	On the Job Training-6	MIP	0	0	12	12	
	Total		6	3	12	21	

Curriculum (Course-wise)

Semester 1

Course Code	Course Name	Foundation of Yoga Practice 1	Course Category	Skill	Major	L o	P 3	Pr o	C 3
Pre-requisite		Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO ₁	Describe the origins, history, and philosophical foundations of yoga, including Ashtanga Yoga, Karma, Dharma, and Moksha	2
CLO ₂	Explain the significance of Pranayama and meditation in yoga practice and their role in mental clarity, relaxation, and energy regulation	2
CLO ₃	Demonstrate correct alignment and technique in foundational yoga asanas, incorporating principles of flexibility, strength, and balance.	3
CLO ₄	Differentiate the physical, mental, and emotional benefits of yoga and assess its role in stress management and holistic well-being.	3
CLO ₅	Develop a personal yoga routine integrating Pranayama, asanas, and mindfulness practices to support a balanced and healthy lifestyle.	3

Module 1: Introduction to Yoga and Its Philosophy

History of yoga, origins of yoga, key philosophical concepts, Eight Limbs of Yoga (Ashtanga Yoga), the connection between physical practice and spiritual development, understanding concepts like Karma, Dharma, and Moksha, yoga as a holistic practice for body, mind, and spirit.

Module 2: Principles of Breathing (Pranayama) and Meditation

Introduction to Pranayama (breathing techniques), the role of breath control in yoga practice, different types of Pranayama and their benefits, the connection between breath and energy (Prana), basics of meditation, mindfulness, and how meditation complements yoga for mental clarity and relaxation.

Module 3: Understanding Asanas (Yoga Postures)

Fundamentals of asanas (physical postures), the role of alignment in achieving proper form, types of asanas and their benefits (e.g., standing, seated, balancing postures), the importance of flexibility, strength, and balance in asana practice, and how to safely practice and build endurance in postures.

Module 4: Yoga for Health and Well-being

The physical, mental, and emotional benefits of yoga, how yoga enhances overall health, stress relief through yoga practice, the importance of consistency in yoga for long-term well-being, the role of

yoga in promoting a balanced lifestyle, and integrating yoga into daily life for improved health and mindfulness.

Suggested Readings

1. "Light on Yoga" by B.K.S. Iyengar
2. "The Yoga Sutras of Patanjali" by Sri Swami Sivananda
3. "The Heart of Yoga: Developing a Personal Practice" by T.K.V. Desikachar
4. "Yoga Anatomy" by Leslie Kaminoff and Amy Matthews
5. "The Yoga Bible" by Christina Brown

Course Code	Course Name	Human Anatomy and Physiology	Course Category	Skill	Major	L	P	Pr	C
						o	3	o	3
Pre-requisite		Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO1	Recall the basic structures and functions of major organs and systems in the human body.	1
CLO2	Explain the relationship between the structure and function of organ systems.	2
CLO3	Apply knowledge of anatomy and physiology to describe physiological processes.	3
CLO4	Analyze the interrelationships between organ systems in maintaining health.	4
CLO5	Evaluate the impact of anatomical or physiological dysfunctions on health.	5

Module 1: Human anatomy and physiology

Introduction to anatomy and physiology - Definition, difference between structures and functions. Different terms used in anatomy. Levels of body organization Characteristics of the living human organism – Eleven systems of the human body and its associated organs. Scopes of human anatomy and physiology-Scopes and career prospects, branches and divisions.

Module 2: Cell, tissue, bones and skeletal muscular system

Organization of the human body- Cell, cellular organelles, structures and functions, Cell division processes. Types of tissues, their structure and functions. Skeletal system- structure and function of different bones and joints, skeletal system of humans, position of bones and skeletons. Muscular system- Structure, composition, and functions of different muscles and their positions.

Module 3: Blood, Lymph, Circulatory and Cardiovascular system

Blood- Structure, composition, functions, synthesis processes, mechanism, and normal ranges of blood and blood components. Lymphatic system- composition and circulation process of lymph, structure and functions of different associated organs of the lymphatic system. Cardiovascular system- Structure, position, and functions of the heart, veins, and arterial supplies, different blood circulation systems, cardiac output, and cardiac cycle.

Module 4: Respiratory, Urinary and Digestion system

Respiratory System- identifying different organs, their structure, position, and functions involved in the respiratory system, respiratory mechanism, lungs capacity. Urinary System- structure and function of organs of the urinary system, urine composition, mechanism of urination, filtration, and storage process. Digestion System- structure and functions of organs involved in the digestion process, their metabolic activity, associated organs of digestion and their structure and functions.

Module 5: Endocrine, Nervous system and Reproductive system

Endocrine Glands- definition of endocrine glands, their classification, structural, functional descriptions of each gland, and their hormones. Nervous System – Description of the brain, spinal cord, and a complex network of nerves, understanding of the central nervous system and peripheral nervous system. Sensory Nervous System- Understanding the sensory system, organs of the sensory system, their structure and function. Reproductive system- Understanding the both male and female reproductive organs, their structures, secretions, and functions.

Suggested Readings

1. "Human Anatomy & Physiology" by Elaine N. Marieb & Katja Hoehn
2. "Anatomy and Physiology: The Unity of Form and Function" by Kenneth S. Saladin
3. "Essentials of Human Anatomy and Physiology" by Elaine N. Marieb
4. "Human Anatomy and Physiology" by Stuart Fox
5. "Anatomy and Physiology for Health Professionals" by J. L. H. Asimov

Course Code	Course Name	Concept of Health and Hospital Services	Course Category	MDP		L	P	Pr	C
						3	0	0	3
Pre-requisite		Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO1	Define key concepts related to health, well-being, and hospital services.	1
CLO2	Explain the structure and functions of health care delivery systems in India and globally.	2
CLO3	Analyze real-life scenarios to identify the roles and responsibilities of various hospital departments.	3
CLO4	Compare and contrast different types of health care services (public vs. private) and their impacts on patient care.	4
CLO5	Develop a health promotion program or intervention plan for a specific community based on health needs assessment.	5

Module 1: Concept of Health and Well-being

Definition and Dimensions of Health (Physical, Mental, Social, Spiritual, Emotional), Determinants of Health: Biological, Environmental, Behavioral, Social, Economic, Concepts of Disease and Illness Acute vs. Chronic, Infectious vs. Non-infectious, Indicators of Health – Mortality rate, Morbidity rate, Life expectancy, DALY, Concepts of Well-being and Quality of Life, Changing concepts of health Biomedical, Ecological, Psychosocial, Holistic, Role of lifestyle and behavior in health maintenance

Module 2: Health Care Delivery System in India

Overview of Health Care System in India, Levels of Health Care: Primary, Secondary, Tertiary, Functions and Services at Each Level, Role of Government in Health Care – MOHFW, NRHM/NHM, Public Health Infrastructure: Sub-centers, PHCs, CHCs, District Hospitals, Role of Private Sector, Voluntary Organizations, and NGOs, Indigenous Systems of Medicine (AYUSH), Recent Initiatives: Ayushman Bharat, Digital Health Mission

Module 3: Hospital Services and Administration

Definition, Aims, and Classification of Hospitals, Functions of Hospitals – Curative, Preventive, Educational, Research, Types of Hospitals – General, Specialty, Teaching, Rural, Urban, Hospital Departments OPD, IPD, ICU, Emergency, Operation Theatre, Pharmacy, Radiology, Laboratory, Hospital Administration – Organizational Structure, Duties of Hospital Administrator, Human Resource Management in Hospitals, Equipment and Material Management, Legal Aspects: Medical Ethics, Consumer Protection Act, Medical Negligence

Module 4: Community Health and Preventive Services

Definition and Importance of Community Health, Principles and Levels of Prevention: Primary, Secondary, Tertiary, Role of Community Health Workers – ASHA, ANM, MPW, Immunization

Programs and National Health Campaigns, Water Supply, Sanitation, Waste Disposal in Health, Nutrition and Health – Community Nutrition Programs, Health Education and IEC (Information, Education, Communication), Maternal and Child Health (MCH) and Reproductive Health Services

Module 5: Health Planning, Policies, and Global Health

Health Planning in India – Five Year Plans and Health Goals, National Health Policy – Evolution and Objectives, Health Committees: Bhore, Mudaliar, Shrivastava, Role of International Health Agencies WHO, UNICEF, Red Cross, UNDP, World Bank, Global Health Issues – Pandemics, Malnutrition, Access to Care, Sustainable Development Goals (SDGs) and Health, Health Economics Cost of Health Care, Financing, Insurance, Role of Health Information Systems and Surveillance

Suggested Readings

1. Principles of Hospital Administration and Planning – Dr. B.M. Sakharkar
2. Hospital Administration – C.M. Francis & Mario C. deSouza
3. Essentials of Hospital Management & Administration – Yashpal Bhatia
4. Textbook of Hospital Administration – D. C. Joshi & Mamta Joshi
5. Hospital and Health Services Administration – S.L. Goel
6. Hospital Management – G.D. Kunders

Course Code	Course Name	Professional Skills (Team Skills)	Course Category	General	SEC	L	P	Pr	C
						3	0	0	3
Pre-requisite		Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO1	Explain the importance of team skills and list the key team skills	2
CLO2	Apply cognitive skills such as critical thinking, problem-solving and the ability to learn, for smooth and efficient functioning in the workplace	3
CLO3	Apply non-cognitive skills such as empathy, creativity, teamwork, collaboration, interpersonal skills, and resilience for smooth and efficient functioning in the workplace	3
CLO4	Use trust and collaboration while working in a team	3
CLO5	Display effective communication as team leaders and members for the proper functioning of the team	3

Module 1: Communication Basics

Communication: Basics and Importance, Speaking: Greetings and Introductions, Writing: Understand Personal Experiences and Thoughts, Non-verbal Communication, Active Listening, Negotiation, Self-Presentation, Self-Presentation: Excelling at Interviews, Self-Presentation: Rocking the Group Discussion, Selling

Module 2: Communication at Workplace

Speaking: On the Telephone, Speaking: Making Requests, Writing: Write Effective Notes, Writing: Write Effective Emails, Negotiation: Negotiation in Action Getting to YES

Module 3: Teamwork,

Work Effectively in a Team, Collaborate to Achieve Team Goals, Build Effective Relationships with Stakeholders, Conflict Management,

Module 4: Customer Centricity,

Types of Customers, Responding Effectively to Customers,

Module 5: Attitudes and Behavioural Skills,

Time and task management, Quality consciousness, Result Orientation, Self-Development - Positive Attitude, Self-Awareness: Know Yourself, Responding to Change, Personal Health, Hygiene, and Grooming, Adopting safety practices, Gain Financial Literacy

Module 6: Problem Solving

Problem Solving: Introduction to Critical Thinking, Problem Solving: Introduction to Creative Thinking, Problem-Solving: Introduction to Decision Making, Decision Making: Respond Effectively to a Situation,

Module 7: Workplace Awareness

Cultural Fitment & Gender Diversity, Identify and Align with High-growth Sectors, Organisational Structure and Values, Searching and Applying for Relevant Job,

Module 8: Success in Job Interviews

How to Prepare for a Job Interview, How to Prepare for Job Interview - Getting Ready, How to Conduct Yourself at the Venue, How to Answer Questions During the Interview, How to Effectively Conclude the Interview, How to follow up after the Interview, Ace your Job Interview,

Suggested Readings

1. "The Five Dysfunctions of a Team" by Patrick Lencioni
2. "Team of Teams" by General Stanley McChrystal
3. "The Five Behaviors of a Cohesive Team" by Patrick Lencioni
4. "The New Science of Building Great Teams" by Michael A. West
5. "First, Break All the Rules" by Marcus Buckingham and Curt Coffman

Semester 2

Course Code	Course Name	Foundation of Yoga Practice 2	Course Category	Skill	Major	L o	P 2	Pr o	C 2
Pre-requisite		Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO1	Demonstrate advanced yoga postures with proper alignment, modifications, and variations while enhancing strength, flexibility, and stability.	3
CLO2	Apply advanced Pranayama techniques such as Kumbhaka, Nadi Shodhana, and Kapalbhathi to regulate energy levels, improve endurance, and enhance mindfulness.	3
CLO3	Integrate meditation techniques like Dhyana, visualization, and mantra meditation to deepen awareness, mental calmness, and concentration.	3
CLO4	Analyze the significance of Yamas and Niyamas in yoga philosophy and apply ethical principles such as Ahimsa, Satya, and Tapas in daily life.	4
CLO5	Develop a structured personal yoga practice incorporating advanced asanas, Pranayama, and meditation for holistic physical, mental, and spiritual well-being.	3

Module 1: Advanced Asanas and Posture Variations

Introduction to more advanced yoga postures, detailed techniques for mastering complex asanas, alignment principles for advanced postures, modifications and variations for different body types and levels, working on strength, flexibility, and stability, and understanding the importance of proper breathing and focus during advanced poses.

Module 2: Pranayama Techniques for Energy Control

In-depth exploration of advanced Pranayama techniques, the role of breath control in enhancing mental clarity and physical endurance, advanced breath retention exercises (Kumbhaka), alternate nostril breathing (Nadi Shodhana), Kapalbhathi, and their specific benefits for health, energy levels, and mindfulness.

Module 3: Integrating Meditation into Yoga Practice

Advanced meditation techniques to complement physical practice, the role of meditation in achieving mental calmness and heightened awareness, working with different meditation methods such as concentration (Dhyana), visualization, and mantra meditation, deepening mindfulness and presence during asana practice, and the benefits of integrating meditation for mental health.

Module 4: Yoga Philosophy and Ethical Principles (Yamas and Niyamas)

Exploring the ethical aspects of yoga practice, understanding the Yamas (restraints) and Niyamas (observances) as guidelines for personal and social ethics, the importance of non-violence (Ahimsa), truthfulness (Satya), purity (Shaucha), contentment (Santosha), and discipline (Tapas), and integrating these principles into daily life and practice.

Suggested Readings

1. "The Bhagavad Gita" by Eknath Easwaran
2. "The Yoga of Transformation" by Ravi Ravindra
3. "Hatha Yoga Pradipika" by Swami Svatmarama
4. "Yoga: The Spirit and Practice of Moving into Stillness" by Erich Schiffmann
5. "The Key Muscles of Yoga" by Ray Long

Course Code	Course Name	Basic Stretching and Body Movement	Course Category	Skill	Major	L o	P 2	Pr o	C 2
Pre-requisite		Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO ₁	Explain the importance of stretching in physical fitness, including its benefits for flexibility, injury prevention, circulation, and posture improvement.	3
CLO ₂	Demonstrate proper techniques for static and dynamic stretching, ensuring correct alignment, duration, and safe execution in a fitness routine.	3
CLO ₃	Identify and apply fundamental body movement patterns such as bending, twisting, squatting, and lunging to improve strength, coordination, and stability.	3
CLO ₄	Analyze the role of stretching and movement in injury prevention, muscle recovery, and rehabilitation, emphasizing proper warm-up and cooldown techniques.	4
CLO ₅	Develop a structured stretching and movement routine that enhances mobility, flexibility, and functional fitness for overall well-being.	3

Module 1: Introduction to Stretching and Its Benefits

Overview of the importance of stretching in physical fitness, the different types of stretching (static, dynamic, ballistic, and proprioceptive neuromuscular facilitation), benefits of stretching for flexibility, injury prevention, circulation, and muscle relaxation, the role of stretching in improving posture, mobility, and overall body function.

Module 2: Techniques for Static and Dynamic Stretching

Detailed exploration of static stretching techniques, proper alignment and duration for static stretches, understanding dynamic stretching for warm-up and muscle activation, key dynamic stretches to prepare muscles for activity, how to balance both static and dynamic stretching in a fitness routine, and tips for safe stretching practice.

Module 3: Understanding Body Movement Patterns

Introduction to fundamental body movement patterns such as bending, twisting, reaching, squatting, lunging, and rotating, the importance of functional movement for daily life activities, how body movement helps build strength, coordination, and stability, tips for improving body mechanics and posture, and the connection between body movement and overall fitness.

Module 4: Stretching and Body Movement for Injury Prevention

How regular stretching and correct body movements reduce the risk of injuries, the role of stretching in muscle recovery and improving flexibility, understanding the importance of warming up and cooling down, tips for avoiding overstretching or straining muscles, and the role of body movement in rehabilitation and restoring flexibility after injury.

Suggested Readings

1. "Stretching: 30th Anniversary Edition" by Bob Anderson
2. "The Anatomy of Stretching" by Brad Walker
3. "The Stretching Handbook" by Lindsay M. McNair
4. "Yoga Anatomy" by Leslie Kaminoff and Amy Matthews
5. "Dynamic Stretching: The Revolutionary New Warm-Up Method to Improve Flexibility, Speed, and Endurance" by Mark Kovacs

Course Code	Course Name	Basics of Naturopathy	Course Category	Skill	Major	L o	P 2	Pr o	C 2
Pre-requisite		Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO1	Explain the history, philosophy, and principles of naturopathy, including the concept of vital force, self-healing, and the holistic approach to well-being.	2
CLO2	Describe various naturopathic therapies such as herbal medicine, hydrotherapy, acupuncture, homeopathy, and nutrition, and their role in natural healing.	2
CLO3	Analyze the importance of nutrition and detoxification in naturopathy, including the role of whole foods, fasting, and natural detox methods in health improvement.	4
CLO4	Evaluate the role of naturopathy in preventive health care, emphasizing immune system strengthening, stress management, and lifestyle modifications for wellness.	5
CLO5	Develop a personalized approach to self-care and wellness using naturopathic principles, integrating diet, lifestyle changes, and natural healing techniques for holistic health.	3

Module 1: Introduction to Naturopathy

History and philosophy of naturopathy, principles of naturopathic medicine, the concept of healing from within, understanding vital force and self-healing, the holistic approach of naturopathy focusing on the body, mind, and spirit, key practices and therapies used in naturopathy, and the difference between naturopathy and conventional medicine.

Module 2: Natural Healing Therapies and Techniques

Overview of common naturopathic therapies, including herbal medicine, hydrotherapy, nutrition and dietetics, homeopathy, acupuncture, and physical therapies, the role of lifestyle changes in promoting healing, the use of plant-based medicines and natural substances for therapeutic purposes, and how these therapies support the body's natural healing process.

Module 3: Nutrition and Detoxification in Naturopathy

The importance of diet and nutrition in naturopathy, understanding the role of whole foods, natural supplements, and plant-based diets for healing, detoxification methods and their benefits, understanding how the body eliminates toxins, the role of fasting, juice cleansing, and other detox practices in naturopathic healing, and the concept of food as medicine.

Module 4: Preventive Health and Wellness through Naturopathy

The role of naturopathy in disease prevention and promoting long-term wellness, principles of preventive care and maintaining balance in the body, the focus on immune system strengthening, stress management, and mental health in naturopathy, lifestyle modifications for better health, and how naturopathy encourages self-care and self-awareness for holistic well-being.

Suggested Readings

1. "The Science of Naturopathy" by Dr. E. D. L. Brunner
2. "Naturopathy: The Complete Guide to Natural Medicine" by Dr. Andrew Chevallier
3. "The Detox Miracle Sourcebook" by Robert Morse
4. "The Complete Book of Natural Healing" by Sharon D. H. Collins
5. "Naturopathy: A Holistic Approach to Healing" by Dr. K. P. Sharma

Course Code	Course Name	Fundamentals of Business	Course Category	General	MDP	L	P	Pr	C
						3	0	0	3
Pre-requisite		Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO1	Describe various business forms, their advantages, legal requirements, and the registration process for establishing a business	2
CLO2	Describe the nature and significance of business economics and its role in informed decision-making	2
CLO3	Explain the principles and necessity of business ethics and the concept and importance of social responsibility	2
CLO4	Describe the concepts and processes of management, planning, organizing, directing, controlling, and the traits and styles of effective leadership	2
CLO5	Identify various organizational structures and explain their advantages	1

Module 1: Introduction to Business

Different Types of Business Forms, What is Business?, Types of Business, Advantages of different business forms, Legal requirements for establishing different businesses, Registration process of a business, Steps involved, Necessary documents, Importance, Costs associated, Government agencies, Benefits, Common mistakes to avoid.

Module 2: Economics and Business

Nature and Significance, Meaning of business economics, Nature, Role of business economics in decision-making, Fundamentals, Cost-benefit analysis, Demand and supply analysis, Pricing strategies, Economic forecasting, External factors affecting business decisions.

Module 3: Ethics and Social Responsibility

Need of Business Ethics, Meaning, Principles, Need, Concept of Social Responsibility Need, Meaning, Need.

Module 4: Management and Leadership

Concept of management, Process, Nature, Importance, Scope, Planning, Importance, Characteristics, Process, Types of Plans, Organising, Concept, Steps, Principles, Importance, Directing and Controlling, Concept, Principles, Elements and Importance, Controlling and its Features, Importance and Process of Controlling, Leadership, Concept, Meaning, Effective Leadership Traits, Leadership Styles.

Module 5: Organizational Structure

Types and advantages of different types of organizational structure, Organisational Structure, Types, Choosing the right type of organizational structure, Necessity, Right structure and Growth, Stages in Organisational Development, Organisational Developmental Strategy, Organisational Practices in 5 phases of growth, Organisational success.

Suggested Readings

1. Robbins and Cotran Pathologic Basis of Disease" by Kumar, Abbas, and Aster
2. "Clinical Pathology" by David L. Stoeckle
3. "Essential Pathology" by Alan B. Weerasinghe
4. "Clinical Laboratory Science: The Basics and Routine Techniques" by Mary Louise Turgeon
5. "Pathology: Implications for the Physical Therapist" by Catherine C. Goodman

Course Code	Course Name	Employability Skills (Basics)	Course Category	General	SEC	L	P	Pr	C
						3	0	0	3
Pre-requisite		Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO ₁	Demonstrate proficiency in various forms of communication to achieve desired outcomes in personal and professional interactions	3
CLO ₂	Demonstrate proficiency in workplace communication skills and negotiation techniques for efficient and productive communication within the workplace	3
CLO ₃	Describe teamwork dynamics within the team environment	2
CLO ₄	Identify different types of customers and effectively respond to their needs and inquiries, fostering a customer-centric approach	1
CLO ₅	Demonstrate personal and professional competencies for personal growth, organizational success, and overall well-being	3
CLO ₆	Demonstrate critical thinking, creative thinking, and decision-making skills to respond effectively to a variety of situations	3
CLO ₇	Demonstrate an understanding of cultural and gender diversity in the workplace to foster a culture of inclusivity and collaboration.	3
CLO ₈	Prepare for job interviews, including readiness, conclusion strategies, and post-interview follow-up, to excel in job interviews.	3

Module 1: Communication Basics

Communication: Basics and Importance, Definition, Importance, Improving communication skills for better personal and professional relationships, Speaking: Greetings and Introductions, Conversations, Types of conversations, WORDS approach, Writing: Understand Personal Experiences and Thoughts, How to write a paragraph, CRAFT approach, Non-verbal Communication, Definition, Importance, Improving non-verbal communication, Active Listening, Definition, RESPECT approach, Negotiation: Understanding Perspectives, Definition, OPEN approach, Self-Presentation: Making a Great First Impression, APPEAR approach, Self-Presentation: Excelling at Interviews, What do recruiters look for?, PERFECT approach, Self-Presentation: Rocking the Group Discussion, Definition of group discussion, PITCH approach, Selling: Communicate Effectively to Gain Acceptance, Communication methods to gain acceptance for product, service, idea, ACCEPT approach.

Module2: Communication at Workplace

Speaking: On the Telephone, Everyday communications, Ways to communicate politely and effectively on the telephone, WORDS approach, Speaking: Making Requests, Ways to request politely, The difference between permission and request, WORDS approach, Writing: Write Effective Notes, Definition of note-taking, Effectively writing notes, Organising notes, PILOT approach, Cornell method of note-taking, Writing: Write Effective Emails, Importance, The difference between written and verbal communication, PILOT approach, Negotiation: Negotiation in Action Getting to YES, Types of outcomes, GAINS approach.

Module 3: Teamwork,

Work Effectively in a Team, Importance of working in a team, CAUSE model, Collaborate to Achieve Team Goals, Importance, Identifying goals, SUCCESS model, Build Effective Relationships with Stakeholders, What is a stakeholder?, Types of stakeholders, TREAT technique for managing stakeholders, Conflict Management: Identify and Resolve Conflicts, Reasons for conflicts, Techniques to resolve conflicts, CALM approach.

Module 4: Customer Centricity

Types of Customers, Potential, Past, Current, Types of personalities (OCEAN), Responding Effectively to Customers, Importance, LAST approach.

Module 5: Attitudes and Behavioural Skills

Time and task management: Plan and Manage Tasks Within a Timeline, Time management definition, Planning and managing tasks, Staying organized, PLOT approach, Time and task management: Plan, Prioritise, and Manage Tasks, Managing time, Organizing and prioritizing tasks, TRAIN model, Quality consciousness: Introduction to Quality, Defining quality consciousness, The importance of establishing standards, Quality Consciousness: Understand the Impact of Errors, Defining errors, The impact of errors, Avoiding mistakes, Result Orientation: Introduction to Result Orientation, Defining result orientation, The importance of a result-oriented mindset, How to succeed and get desired results?, Result Orientation: Plan Tasks to Achieve Goals, Becoming result-oriented, Result orientation process, Self-Development - Positive Attitude, Defining attitude, The importance of positive mindset, GLAD model, Self-Awareness: Know Yourself, Defining self-awareness, Identifying strengths, Interests and areas of improvement, Using strengths to achieve goals, Responding to Change: Understand and Adjust to Change, Defining change, Reacting to change, Ways to adapt to change, Personal Health, Hygiene, and Grooming, The importance of grooming, Importance of personal hygiene, Grooming essentials, Effects of not maintaining appearance, Adopting safety practices: Health, Environment, and Safety Awareness, Ways to stay fit and healthy, Keeping surroundings clean, Keeping yourself safe, PASS technique for fire extinguishers, Gain Financial Literacy, Importance of financial literacy, Financial tools in daily life, Components of salary, Types of bank accounts, Importance of insurance.

Module6: Problem Solving

Problem Solving: Introduction to Critical Thinking, Importance of critical thinking, Applications, Analysing problems, Link between ideas, REASON model, Problem Solving: Introduction to Creative Thinking, Defining creative thinking, Importance, Applications, Problem-Solving: Introduction to Decision Making, Defining decision making, Importance, Elements of decision making, Decision Making: Respond Effectively to a Situation, Decision-making process, Application in different scenarios, DECIDE model.

Module7: Workplace Awareness

Cultural Fitment & Gender Diversity, Stereotyping and unconscious bias, Diversity issues and how to resolve them, Features of a diverse workplace, Behavioural elements of a diverse workplace, Identify and Align with High-growth Sectors, Types of skill sets, Steps before applying for a job, Organisational Structure and Values, Organizational structure and hierarchy, Organizational values, Work environment and culture, Searching and Applying for Relevant Job, Platforms for finding job vacancies, Creating a resume, Cover letter formats, Job application requirements.

Module8: Success in Job Interviews

How to Prepare for a Job Interview - Gaining Confidence, Describing strengths and qualities, Do's and Don'ts for identifying strengths, Researching roles and responsibilities, Knowing your resume, The importance of knowing about the company, Asking questions to the interviewer, How to Prepare for Job Interview - Getting Ready, List of documents for the interview, Behaviour at the interview venue, Grooming and appearance for the interview, How to Conduct Yourself at the Venue, How to make a good first impression, Tips for conducting yourself well at the venue, How to Answer Questions During the Interview, Making a good impression, Tips to answer questions effectively, How to Effectively Conclude the Interview, Asking relevant questions to the interviewer, How to follow up after the Interview, Following up to know the application status, Accepting the job offer, Handling negative results, Ace your Job Interview, Identify and describe your strengths and weaknesses, Updating resume, Mock interviews, Tricks to do well in an interview.

Suggested Readings

1. "Employability Skills" by Christine Lockwood
2. "The 7 Habits of Highly Effective People" by Stephen Covey
3. "Essential Skills for Business Success" by R. Glenn
4. "The Employability Skills Handbook" by Carol Dixon
5. "How to Get a Job: The Ultimate Guide to Finding a Job" by K. McGregor

Semester 3

Course Code	Course Name	Types of Yoga Practices	Course Category	Skill	Major	L	P	Pr	C
						o	3	o	3
Pre-requisite		Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO ₁	Identify and differentiate various styles of yoga, including Hatha, Vinyasa, Ashtanga, Kundalini, Iyengar, Bikram, and restorative yoga, along with their unique characteristics and benefits.	1
CLO ₂	Explain the four primary paths of yoga—Karma Yoga, Bhakti Yoga, Jnana Yoga, and Raja Yoga—and analyze their philosophical foundations, practices, and significance in spiritual growth.	2
CLO ₃	Compare different formats of yoga practices, including studio classes, online sessions, private lessons, and group workshops, and evaluate their impact on learning and accessibility.	4
CLO ₄	Assess the physical, mental, and emotional benefits of yoga, including its effects on flexibility, strength, balance, stress management, emotional stability, and overall well-being.	5
CLO ₅	Develop a structured yoga practice by integrating different styles, paths, and formats to suit individual goals, needs, and holistic health objectives.	3

Module 1: Different Types of Yoga

Overview of different styles of yoga such as Hatha Yoga, Vinyasa Yoga, Ashtanga Yoga, Kundalini Yoga, Iyengar Yoga, Bikram Yoga, and restorative yoga, the unique characteristics of each type, how each practice emphasizes different elements (strength, flexibility, alignment, breath, meditation), and the benefits and focus areas of each style of yoga.

Module 2: Paths of Yoga

The four primary paths of yoga: Karma Yoga (Path of Selfless Action), Bhakti Yoga (Path of Devotion), Jnana Yoga (Path of Knowledge), and Raja Yoga (Path of Meditation), understanding the core philosophy and practices of each path, how each path leads to spiritual growth and self-realization, and how practitioners can integrate aspects of all paths in their yoga journey.

Module 3: Different Formats of Yoga Practices

Different formats of yoga practices, including traditional studio classes, online yoga sessions, private lessons, and group workshops, understanding the structure of Hatha, Vinyasa, Restorative, and Power Yoga classes, the use of props in classes like Iyengar Yoga, Yoga Nidra for

relaxation, and the practice of yoga retreats, festivals, and intensives, as well as the integration of yoga into daily routines.

Module 4: Benefits of Yoga

Physical benefits of yoga, including improved flexibility, strength, balance, and posture, the role of yoga in stress reduction and mental clarity, emotional benefits such as enhanced mood and emotional stability, the impact of yoga on the respiratory, circulatory, and immune systems, yoga for pain management and injury prevention, and how yoga supports overall health and well-being.

Suggested Readings

1. "The Yoga Sutras of Patanjali" by Sri Swami Sivananda
2. "Light on Yoga" by B.K.S. Iyengar
3. "The Heart of Yoga: Developing a Personal Practice" by T.K.V. Desikachar
4. "Yoga for Beginners" by Sue Fuller
5. "The Key Muscles of Yoga" by Ray Long

Course Code	Course Name	Yoga Kriyas and Panchakarma Applications	Course Category	Skill	Major	L	P	Pr	C
						0	3	0	3
Pre-requisite		Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO ₁	Describe the concept, significance, and types of Yoga Kriyas, including their role in purifying the body and mind for overall health.	1
CLO ₂	Explain the techniques and therapeutic benefits of key Yoga Kriyas, such as Jala Neti, Sutra Neti, Basti, Kunjal Kriya, and Trataka.	2
CLO ₃	Analyze the principles of Panchakarma, including its five major therapies (Vamana, Virechana, Basti, Nasya, and Raktamokshana) and their role in detoxification and rejuvenation.	4
CLO ₄	Evaluate the practical applications of Panchakarma in addressing health conditions like stress, digestive disorders, skin issues, and immune imbalances.	5
CLO ₅	Develop an integrated wellness plan that combines Yoga Kriyas, Panchakarma therapies, diet, and lifestyle modifications for holistic health.	3

Module 1: Introduction to Yoga Kriyas

Overview of yoga Kriyas (cleansing techniques) and their role in enhancing health and well-being, the importance of purifying the body and mind through Kriyas, the different types of Kriyas (e.g., Shatkarma, Pranayama, and other purification techniques), the relationship between Kriyas and energy flow in the body, and understanding the benefits of regular practice of Kriyas for overall health.

Module 2: Key Yoga Kriyas and Their Techniques

Detailed explanation of specific Yoga Kriyas, including Jala Neti (nasal irrigation), Sutra Neti (nasal cleansing with a thread), Basti (colon cleansing), Kunjal Kriya (stomach cleansing), and Trataka (concentration and eye cleansing), how to properly perform each Kriya, their therapeutic benefits for respiratory, digestive, and mental health, and precautions for safe practice.

Module 3: Introduction to Panchakarma

Understanding the concept and principles of Panchakarma in Ayurvedic medicine, the role of Panchakarma in detoxification and rejuvenation, the five major therapies involved in Panchakarma (Vamana, Virechana, Basti, Nasya, and Raktamokshana), the importance of individualized treatment plans in Panchakarma, and the overall benefits of Panchakarma for cleansing and restoring balance in the body.

Module 4: Applications of Panchakarma in Health and Wellness

Exploring the practical applications of Panchakarma therapies for various health conditions such as stress, chronic fatigue, digestive disorders, skin problems, and immune system imbalances, how Panchakarma supports mental and emotional well-being, the role of diet, rest, and lifestyle changes during Panchakarma treatments, and integrating Panchakarma with yoga and meditation for comprehensive wellness.

Suggested Readings

1. "The Yoga Kriyas: A Comprehensive Guide to Ancient Practices" by Swami Sivananda
2. "Panchakarma: The Ayurvedic Art of Detox" by Dr. Vasant Lad
3. "The Science of Breath and the Art of Breathing" by Swami Rama
4. "Ayurvedic Healing: A Comprehensive Guide" by Dr. David Frawley
5. "Panchakarma: An Ayurvedic Cleanse" by Dr. Claudia Welch

Course Code	MDP 3	Course Name	Environmental Sciences	Course Category	MDP	MDP	L 3	P 0	Pr 0	C 3
Pre-requisite			Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO1	Identify and describe the components of the environment (hydrosphere, lithosphere, atmosphere, biosphere) and explain the interrelationship between human activities and the environment.	1
CLO2	Explain ecosystem structure, components, energy flow, trophic levels, and analyze the characteristics of various ecosystems including terrestrial, freshwater, and marine.	2
CLO3	Apply knowledge of environmental issues (such as greenhouse effect, ozone depletion, and deforestation) to analyze their impacts on global and local ecosystems.	3
CLO4	Analyze various types of pollution (air, water, land) and assess their causes, consequences, and potential control strategies for minimizing environmental degradation.	4
CLO5	Evaluate the effectiveness of environmental protection laws, management practices, and global initiatives (such as IUCN, EPA) in addressing environmental challenges and promoting sustainable practices.	5

Module 1: Components of Environment

Understanding the hydrosphere, lithosphere, atmosphere, and biosphere, defining each with examples, and exploring the interaction between man and the environment.

Module 2: Ecosystem

Introduction to basic concepts of ecosystems, components of ecosystems, trophic levels, food chains, and food webs, ecological pyramids, ecosystem functions, and energy flow in ecological systems, along with characteristics of terrestrial, freshwater, and marine ecosystems.

Module 3: Global Environmental Problems

Examining global environmental issues such as the greenhouse effect, acid rain, El Niño, ozone depletion, deforestation, desertification, salinization, biodiversity loss, and chemical and radiation hazards.

Module 4: Environmental Pollution and Degradation

Analyzing the pollution of air, water, and land, focusing on causes, nature, impacts, and control strategies, with perspectives on pollution in urban, industrial, and rural areas, and the effects of habitat pollution from chlorinated hydrocarbons (DDT, PCBs, dioxins, etc.), endocrine-disrupting chemicals, and nutrient pollution.

Module 5: Environmental Management

Understanding health and sanitation in environmental contexts, identifying environmental diseases (infectious and pollution-related), exploring the spread and control of these diseases, and

addressing health hazards due to pesticide and metal pollution, waste treatment, solid waste management, and environmental standards and quality monitoring.

Module 6: Environmental Protection Act

Overview of environmental laws, national movements, and environmental ethics, taking a holistic approach to environmental protection and conservation, with a focus on IUCN's role in environmental protection. Understanding the concept of UN declarations, human rights policies in India, and the recent North-South debate on implementation priorities, as well as the role of the Environmental Protection Agency (EPA).

Module 7: Special Environmental Issues

Focus on oil spills, wastewater treatment, chemical degradation, and the impact of heavy metals on the environment.

References and Suggested Readings

1. Environmental Science: Earth as a Living Planet by G. Tyler Miller and Scott Spoolman
2. Fundamentals of Environmental Science by William P. Cunningham and Mary Ann Cunningham
3. Environmental Science: A Global Perspective by Richard T. Wright and David W. Lea:

Course Code	AEC	Course Name	Communication Skills (English)	Course Category	General	AEC	L	P	Pr	C
							o	4	o	4
Pre-requisite			Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO1	Use basic English to communicate effectively in everyday situations	3
CLO2	Exchange information and give instructions clearly and effectively	3
CLO3	Describe past experiences, current activities, and future plans	2

Module 1: Everyday English Basics

Getting Started: Alphabet, Colors, Nice to Meet You, About You: Getting to know you, Where are you from?, This is my Family, School: In the classroom, At school, Time: My Day, My Week, My Month, Shopping: How much is it?, Shopping for clothes, Food: At the supermarket, At a restaurant, Food I like, Health: Making an appointment, At the doctor, Community: Finding an apartment, Around town, Work: Jobs, Getting a job, Getting to work, Calling in sick.

Module 2: Everyday English – 1

Greetings and Introductions: Ask - about personal details, what something is called (how to say things in English), where someone is from, Give someone personal details, Greet someone, Introduce - others, someone else, yourself, Talk about your nationality, Tell someone where you are from, Thank someone, Exchanging Information: Arrange a meeting, Ask what kind of work someone does, Give instructions, Talk about - computer parts, schedules, Tell someone what work you do, Family and Friends: Ask about marital status, Compliment someone, Describe someone, Greet someone, Introduce someone, Talk about - art, family, How much? How many?: Ask the price of something, Buy - food, tickets for a concert, Make a salad, Talk about - a band, breakfast, food, pets, quantities, Describing your home: Arrange a meeting, Buy things for - the bathroom, the bedroom, Describe an apartment, Make - plans, suggestions, Plan a party, Talk about - living room furniture, pets, things you use in the kitchen, Tell someone where you live, Thank someone, Describing Routines: Ask - a favor, about someone's daily routine, the time, what kind of work someone does, Disagree with someone, Give instructions, Plan a weekend, Tell someone the time, Talk about - family responsibilities, schedules, Things we can/can't do: Ask - about a birthday, the date, the price of something, Express feelings, Give information about - a party, Invite someone to a party, Make plans, Offer - help, someone food and drink, Plan a party, Refuse politely, Shop for clothing, Solve a problem, What's happening?: Ask someone what's happening, Explain what you are doing, Introduce yourself, Make suggestions, Offer help, Talk about - art, basketball, current actions, dance, what you are doing, Tell someone what's happening.

Module 3: Everyday English – 2

Greetings and Introductions: Ask - about a tourist attraction, about hotel facilities, where someone

is from, Describe - a hotel room, how you feel, Excuse yourself, Greet someone, Introduce yourself, Spell a name, Talk about - likes and dislikes, professions, Routines and Actions: Ask - about a tourist attraction, where someone is, Talk about - art, free time, hunger, likes and dislikes, sports, Give - directions, someone your location, Describe - actions that are happening, how you feel, routines, Talking about the Past: Ask about past experiences and events, Describe - a burglary, how you feel, Report a burglary, Talk about the past, Thank someone, Past Experiences: Ask about past experiences and events, Explain Tai Chi, Talk about - animals, basketball, cooking, disappointments, free time, likes and dislikes, professions, sports, Keep in touch, Talking about the Future: Ask about the weather, Get information about the weather, Talk about - a future trip, future plans, space travel, the future, the weather, Give information about the weather, Let's Trade Apartments: Ask a favor, Buy presents, Plan a weekend, Talk about - a future trip, things we must / mustn't do, things we should / shouldn't do, Things we have done: Talk about - past experiences and events, sports, things you have / haven't done, your dreams, your interests, Solve problems on a trip, Comparing People and Things: Apologize, Go shopping for clothes, Keep in touch, Pack a suitcase, Say goodbye to a friend, Talk about a tour.

Suggested Readings

1. "English Communication for Technical Students" by M. Ashraf Rizvi
2. "English for Everyone: English Vocabulary Builder" by DK
3. "The Elements of Style" by William Strunk Jr. & E.B. White
4. "Improve Your English: English in the Workplace" by D. H. Palmer
5. "How to Speak and Write Correctly" by Joseph

Semester 4

Course Code		Course Name	Asanas and Pranayama	Course Category	Skill	Major	L o	P 3	Pr o	C 3
Pre-requisite			Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO ₁	Describe the importance of asanas in yoga practice, their role in flexibility, strength, and balance, and the connection between body alignment and breath control.	1
CLO ₂	Explain the different types of asanas, including standing, seated, backbends, twists, and inversions, along with their therapeutic benefits.	2
CLO ₃	Demonstrate fundamental pranayama techniques such as Ujjayi, Nadi Shodhana, Kapalbhathi, and Bhastrika, and apply them for stress reduction and mental clarity.	3
CLO ₄	Analyze the physiological and energetic effects of advanced pranayama techniques, such as Kumbhaka, Surya Bhedana, and Sheetal, on the nervous system and overall well-being.	4
CLO ₅	Develop a structured yoga routine integrating asanas and pranayama techniques for holistic physical, mental, and spiritual well-being.	5

Module 1: Introduction to Asanas (Yoga Postures)

Understanding the importance of asanas in yoga practice, the role of physical postures in promoting flexibility, strength, and balance, key benefits of regular asana practice, the connection between body alignment and breath control, basic principles of performing asanas safely and effectively, and an overview of common beginner to intermediate yoga postures.

Module 2: Types of Asanas and Their Benefits

Detailed exploration of different categories of asanas, including standing poses, seated poses, backbends, twists, and inversions, understanding the therapeutic benefits of specific asanas for improving flexibility, strength, digestion, and mental clarity, how specific poses can target different body parts and systems, and modifications for various skill levels and body types.

Module 3: Introduction to Pranayama (Breath Control)

Understanding the significance of breath control (Pranayama) in yoga practice, the relationship between breath, energy (prana), and mental clarity, an overview of basic pranayama techniques such as Ujjayi, Nadi Shodhana (alternate nostril breathing), Kapalbhathi (skull shining breath), and Bhastrika (bellows breath), the benefits of pranayama for stress reduction, concentration, and overall vitality.

Module 4: Advanced Pranayama Techniques and Their Applications

Exploring advanced pranayama techniques such as Kumbhaka (breath retention), Surya Bhedana (right nostril breathing), and Sheetali (cooling breath), the role of pranayama in balancing the nervous system, improving lung capacity, and enhancing mental focus, understanding the deeper spiritual and energetic effects of pranayama, and how pranayama complements asana practice for a holistic yoga experience.

Suggested Readings

1. "Light on Yoga" by B.K.S. Iyengar
2. "The Heart of Yoga: Developing a Personal Practice" by T.K.V. Desikachar
3. "Yoga Anatomy" by Leslie Kaminoff and Amy Matthews
4. "The Yoga of Breath: A Practical Guide to Pranayama" by Richard Rosen
1. "Pranayama: The Yoga of Breathing" by Andre van Lysebeth

Course Code		Course Name	Disease Management (Beginners)	Course Category	Skill	Major	L	P	Pr	C
							3	0	0	3
Pre-requisite			Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO ₁	Identify the holistic role of yoga in disease management, including its impact on physical, mental, and emotional well-being.	1
CLO ₂	Explain how yoga practices such as asanas, pranayama, and meditation contribute to stress relief and mental health improvement.	2
CLO ₃	Apply specific yoga techniques to manage common chronic conditions such as hypertension, diabetes, asthma, and arthritis.	3
CLO ₄	Evaluate the effectiveness of yoga routines in addressing health concerns and adapting practices to individual needs.	5
CLO ₅	Design a beginner-friendly yoga routine incorporating asanas and pranayama techniques for individuals with health conditions, ensuring modifications for safety and effectiveness.	3

Module 1: Introduction to Disease Management through Yoga

Understanding the concept of using yoga for disease management, the holistic approach of yoga to treat the root causes of physical and mental health issues, how yoga enhances the body's natural healing abilities, the connection between mind-body wellness, and the role of yoga in preventing and managing chronic conditions, stress, and emotional imbalances.

Module 2: Yoga for Stress Relief and Mental Health

Overview of how yoga helps in managing stress, anxiety, and depression, the role of asanas, pranayama, and meditation in calming the nervous system, specific yoga postures for relaxation and mental clarity, the benefits of deep breathing techniques (pranayama) for reducing stress and improving focus, and incorporating mindfulness practices into daily life for emotional well-being.

Module 3: Yoga for Common Chronic Conditions

The role of yoga in managing common chronic conditions such as hypertension, diabetes, asthma, arthritis, and back pain, specific yoga postures to relieve discomfort and improve mobility, the importance of gentle movements and alignment in yoga practice for chronic pain management, and how pranayama and meditation can support the healing process of chronic conditions.

Module 4: Creating a Yoga Routine for Beginners with Health Concerns

How to create a beginner-friendly yoga routine for individuals with specific health concerns, selecting appropriate asanas and pranayama techniques for beginners, understanding the

limitations and modifications needed for those with health issues, building a consistent practice to improve overall health, and the importance of consulting with healthcare professionals before starting a yoga regimen for disease management.

Suggested Readings

1. "Yoga for Beginners: Simple and Effective Yoga Poses for Health" by Sivananda Yoga Vedanta Center
2. "Yoga Therapy: A Practical Approach to the Therapeutic Use of Yoga" by Dr. Niranjan
3. "The Yoga of Healing: A Practical Guide to the Yoga of Disease Management" by R. S. Yogi
4. "Yoga and Ayurveda: Self-Healing and Self-Realization" by David Frawley
5. "The Healing Power of Yoga" by B.K.S. Iyengar

Course Code	VAC-1	Course Name	Cultural Diversity in the Indian Society	Course Category	VAC	VAC	L	P	Pr	C
							3	0	0	3
Pre-requisite			Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO1	Define and describe the key components of Indian culture and explain the factors contributing to its diversity.	2
CLO2	Analyse the role of major religions in shaping India's societal fabric and historical coexistence.	2
CLO3	Examine the linguistic landscape of India and its impact on national identity and social cohesion.	3
CLO5	Evaluate the diversity of ethnic and tribal communities, their challenges, and contributions to India's cultural mosaic.	3
CLO6	Assess the impact of globalization and modernization on Indian culture and propose strategies to promote cultural harmony and integration.	2

Module 1: Foundation of Indian Diversity

Define culture and its components (language, religion, customs, traditions, art, etc.), Explain the historical factors contributing to India's cultural diversity (geographic, linguistic, religious, and social), Analyse the concept of unity in diversity and its relevance to Indian society.

Module 2: Religious Diversity

Describe the major religions of India (Hinduism, Islam, Christianity, Sikhism, Buddhism, Jainism) and their core beliefs, Examine the historical coexistence and conflicts among different religious groups, Analyse the role of religion in shaping Indian society and culture.

Module 3 - Linguistic Diversity

Explain the linguistic landscape of India, including Indo-Aryan, Dravidian, and other language families., Analyse the impact of language diversity on identity, communication, and social cohesion, Discuss the role of language in nation-building and cultural integration.

Module 4 - Ethnic and Tribal Diversity

Define ethnicity and tribe, and differentiate between them, Explore the diversity of ethnic and tribal groups in India, their geographical distribution, and cultural practices, Analyse the challenges faced by ethnic and tribal communities in contemporary India.

Module 5 - Cultural Dynamics and Challenges

Examine the processes of acculturation, assimilation, and pluralism in Indian society, Analyse the impact of globalization and modernization on Indian culture, Discuss the challenges posed by cultural diversity, such as communalism, casteism, and regionalism, Explore strategies for

promoting cultural harmony and national integration.

Suggested Readings

1. "India After Gandhi: The History of the World's Largest Democracy" by Ramachandra Guha
2. "The Wonder That Was India" by A.L. Basham
3. "India: A Sacred Geography" by Diana Eck
4. "An Area of Darkness" by V.S. Naipaul
5. "India Unbound" by Gurcharan Das

Course Code	SEC 3	Course Name	Professional Skills (Career Skills)	Course Category	SEC	SEC	L	P	Pr	C
							3	0	0	3
Pre-requisite			Nil	Co-requisite		Nil				

COURSE LEARNING OUTCOME

CLO₁	Prepare a professional fit to purpose résumé in line with the job description and digital and AI-era practices
CLO₂	Prepare for job interviews
CLO₃	Participate in recruitment-related group discussions
CLO₄	Prepare self for achieving career goals through career planning and life-long learning
CLO₅	Identify career opportunities in consideration of personal potential and aspirations.

Module 1: Résumé Skills

- **Résumé Skills: Preparation and Presentation** - Comprehend the importance of a résumé, identify essential components of a good résumé while preparing it.
- **Résumé Skills: Common Errors** - Identify common errors in a résumé.
- **Keywords Specific Resume** - Align resume to new-age AI-powered hiring practices
- **Skills vs Job Description** - Prepare a resume to map the job description
- **Make Specialized Resumes for Different Job Applications** - Create Resumes using AI Tools
- **Self-Presentation Even Before Interview** - Present a Video Resume
- **Work Portfolio** - Prepare a work portfolio
- **Digital Media Profiles** - Manage professional presence on digital media platforms

Module 2: Interview Skills

- **Introduction to Interviews** - Describe the meaning and types of interviews.
- **Common questions** - Describe the important questions generally asked in a job interview.
- **Exchange of views**
- **Interview Skills: Preparation and Presentation** - List key interviewee skills
- **Interview Procedure** - Describe the interview procedure
- **Interview Skills: Common Errors** - Identify common errors people make during an interview.

Module 3: Interview Simulation

- **Job Simulation Formats** - Critique the performance of a few simulated interviews
- **Comment Critically on Simulated Interviews** - Critique the performance of a few simulated interviews
- **Demonstrate an Ideal Interview** - Critique the performance of a few simulated interviews

Module 4: Group Discussion Skills

- **Meaning and Importance of Group Discussion** - Describe the meaning and importance of a Group Discussion in a selection process.
- **Procedure of a Group Discussion** - Describe the procedure of a Group Discussion, identify essential skills to be evaluated during a Group Discussion.
- **Group Discussion: Common Errors** - Identify common errors people commit in a Group Discussion.
- **Group Discussion: Simulation** - Identify common errors people commit in a Group Discussion.

Module 5: Career Planning

- **What is Career? Why a Specific Career?** - Explain the process of career development and its importance for professionals
- **Importance of Career Development** - Explain the process of career development and its importance for professionals
- **Knowing Yourself — Personal Characteristics (MBTI - personality Test)** - Explain the process of career development and its importance for professionals
- **Career Aptitude Tests** - Explain the process of career development and its importance for professionals
- **Career opportunities in Industry & Goals** - Explain the process of career development and its importance for professionals

Module 6: Exploring Career Opportunities

- **Knowledge about the World of Work** - Identify career opportunities in selected fields of work
- **Sources of Career Information** - Identify career opportunities in selected fields of work
- **Skills & Career - Current Trends** - Identify career opportunities in selected fields of work
- **Process of Career Exploration** - Identify career opportunities in selected fields of work

Module 7: Lifelong Learning

- **Developing Eligibility** - Develop skills and abilities to support career goals using life-long learning
- **Concept of Life-Long Learning** - Develop skills and abilities to support career goals using life-long learning
- **Sources of Life-long learning** - Develop skills and abilities to support career goals using life-long learning
- **Case Study** - Use the necessary components to prepare for a career in an identified occupation (as a case study).

Suggested Readings

1. Knock 'em Dead Resumes – *Martin Yate*
2. The Resume Writing Guide – *Lisa McGrimmon*
3. Modernize Your Resume – *Wendy Enelow & Louise Kursmark*
4. Cracking the Code to a Successful Interview – *Evan Pellett*
5. 101 Great Answers to the Toughest Interview Questions – *Ron Fry*
6. Interview Like a Boss – *Hans Van Nas*
7. How to Answer Interview Questions – *Peggy McKee*

Semester 5

Course Code	Course Name	Chronic Disease Management	Course Category	Skill	Major	L	P	Pr	C
						3	0	0	3
Pre-requisite		Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO ₁	Identify the impact of chronic diseases such as diabetes, hypertension, cardiovascular diseases, asthma, and arthritis on overall well-being.	1
CLO ₂	Explain how yoga, pranayama, and lifestyle modifications contribute to managing and alleviating symptoms of chronic diseases.	2
CLO ₃	Apply specific yoga postures and breath control techniques to improve flexibility, circulation, and symptom relief in chronic disease patients.	3
CLO ₄	Analyze the role of yoga and holistic health strategies in preventing and managing chronic conditions through stress reduction and lifestyle changes.	4
CLO ₅	Design a sustainable wellness routine incorporating yoga, pranayama, nutrition, and stress management for long-term chronic disease management.	3

Module 1: Understanding Chronic Diseases and Their Impact

Introduction to chronic diseases, including diabetes, hypertension, cardiovascular diseases, asthma, arthritis, and obesity, understanding the long-term impact of chronic conditions on physical, emotional, and social well-being, the role of lifestyle choices in the development and management of chronic diseases, and the significance of early intervention and prevention strategies.

Module 2: Yoga for Chronic Disease Management

The role of yoga in managing chronic diseases, understanding how regular yoga practice can improve strength, flexibility, and circulation, the therapeutic benefits of yoga postures for managing pain and inflammation, specific yoga poses and sequences to alleviate symptoms of chronic conditions like back pain, joint pain, and digestive issues, and how yoga promotes overall body-mind balance and stress reduction.

Module 3: Pranayama (Breath Control) in Chronic Disease Management

How pranayama techniques help regulate the nervous system, reduce stress, and support the management of chronic diseases, specific pranayama techniques for improving lung capacity, reducing blood pressure, and enhancing mental clarity, the role of deep breathing exercises in controlling symptoms of asthma, hypertension, and anxiety, and incorporating breath control for overall health improvement.

Module 4: Creating a Sustainable Lifestyle for Chronic Disease Management

Building a balanced routine that includes yoga, nutrition, and stress management techniques for chronic disease management, the importance of regular exercise, a healthy diet, and adequate rest in improving long-term health outcomes, how to integrate yoga and pranayama into daily life to manage chronic conditions, and the role of mental and emotional well-being in managing chronic diseases effectively.

Suggested Readings

1. "Yoga Therapy for Chronic Illness: A Practical Guide" by Dr. Sarah Gardiner
2. "Yoga for the Inflexible" by Dr. P. R. Krishnan
3. "Healing Yoga: A Path to Recovery and Transformation" by Kathy Phillips
4. "The Healing Power of Yoga: A Comprehensive Guide to Using Yoga to Relieve Pain and Improve Your Life" by Dr. Carol Krucoff and Mitchell Krucoff
5. "Yoga and the Chronic Pain Experience" by Dr. Meena K. Thiruvengadam

Course Code		Course Name	Yoga and Chronic Pain Management	Course Category	Skill	Minor	L	P	Pr	C
							3	0	0	3
Pre-requisite			Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO ₁	Identify the different types of chronic pain, their impact on physical and emotional well-being, and the role of yoga in pain management.	1
CLO ₂	Explain how yoga postures, breathing techniques, and mindfulness can help in reducing muscle tension, improving mobility, and enhancing relaxation.	2
CLO ₃	Apply specific yoga asanas and pranayama techniques such as Ujjayi and Nadi Shodhana to alleviate pain, improve flexibility, and promote stress relief.	3
CLO ₄	Analyze the relationship between the nervous system and chronic pain, assessing how yoga supports long-term pain management and enhances quality of life.	4
CLO ₅	Design a personalized yoga-based pain management routine incorporating gentle movements, breath control, and mindfulness for holistic well-being.	3

Module 1: Understanding Chronic Pain and Its Impact

Overview of chronic pain and its physical, emotional, and psychological effects, common types of chronic pain, including back pain, joint pain, arthritis, migraines, and fibromyalgia, the relationship between chronic pain and the nervous system, how chronic pain affects quality of life and mobility, and the role of alternative therapies like yoga in pain management.

Module 2: Yoga for Pain Relief

Introduction to how yoga can help reduce chronic pain, the importance of gentle movement and proper alignment in yoga for pain management, specific yoga postures that target pain relief in areas such as the lower back, shoulders, and hips, how stretching and strengthening through yoga improve mobility and flexibility, and the role of yoga in decreasing muscle tension and promoting relaxation.

Module 3: The Role of Pranayama (Breath Control) in Pain Management

How pranayama techniques help manage pain by calming the nervous system, the connection between breath and the body's ability to cope with discomfort, specific pranayama techniques such as deep breathing, Ujjayi, and Nadi Shodhana for pain relief and stress reduction, how breath

control supports relaxation and improves the body's response to pain, and integrating breathwork into yoga practice for chronic pain.

Module 4: Building a Pain Management Routine with Yoga

Creating a personalized yoga practice for chronic pain relief, understanding the importance of regular practice and consistency for long-term benefits, modifications and props to support pain management during yoga practice, how to safely practice yoga for chronic pain without exacerbating symptoms, and incorporating mindfulness and meditation techniques to enhance the mind-body connection in managing pain.

Suggested Readings

1. "Yoga for Chronic Pain: A Comprehensive Guide to Using Yoga as a Therapeutic Tool for Pain Relief" by Kelly McGonigal
2. "The Yoga of Healing: A Practical Guide to Relieving Chronic Pain" by Ruth O'Keefe
3. "Healing Yoga for Neck and Shoulder Pain" by Liza L. Graves
4. "The Yoga of Pain Relief: Using Yoga to Heal Chronic Pain" by Jane Thomas
5. "Yoga for Pain Relief: A Practical Guide to Healing Body and Mind" by Alicia J. Halliday

Course Code		Course Name	Meditation Techniques	Course Category	Skill	Minor	L	P	Pr	C
							o	3	o	3
Pre-requisite			Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO1	Define meditation and explain its physiological and psychological benefits, including stress reduction, enhanced focus, and emotional regulation.	1
CLO2	Describe and compare basic meditation techniques such as mindfulness meditation, focused attention meditation, and loving-kindness meditation.	2
CLO3	Apply foundational and advanced meditation techniques, including transcendental meditation, Zen meditation, and Vipassana, for relaxation and self-awareness.	3
CLO4	Analyze the impact of meditation on mental health, emotional healing, and stress reduction, assessing how different techniques influence well-being.	4
CLO5	Develop a structured meditation practice incorporating various techniques for long-term stress management, mental clarity, and personal growth.	3

Module 1: Introduction to Meditation and Its Benefits

Understanding the definition of meditation and its purpose in promoting mental clarity, relaxation, and emotional balance, the physiological and psychological benefits of meditation, including stress reduction, improved focus, enhanced creativity, and better emotional regulation, the science behind meditation and its impact on the brain, and the role of meditation in overall well-being.

Module 2: Basic Meditation Techniques

Overview of foundational meditation techniques such as mindfulness meditation, focused attention meditation, and loving-kindness meditation (Metta), the practice of observing thoughts without judgment, using a mantra or breath for focus, the concept of mindfulness and being present in the moment, and practical tips for beginners to establish a meditation routine.

Module 3: Advanced Meditation Techniques

Introduction to advanced meditation practices such as transcendental meditation (TM), Zen meditation (Zazen), and Vipassana meditation, understanding the deeper levels of concentration and awareness involved in these practices, how to refine focus and awareness through these

advanced techniques, and the benefits of these methods for deep relaxation, spiritual growth, and self-awareness.

Module 4: Meditation for Stress Reduction and Healing

How meditation techniques can be used specifically for managing stress, anxiety, and emotional imbalances, using guided imagery, body scan, and breathwork as effective tools in meditation for relaxation and stress relief, the role of meditation in promoting mental health and emotional healing, and creating a daily meditation practice for long-term stress management and emotional well-being.

Suggested Readings

1. "The Miracle of Mindfulness: An Introduction to the Practice of Meditation" by Thich Nhat Hanh
2. "The Art of Meditation" by Trungpa Rinpoche
3. "Meditation for Beginners: How to Meditate for People Who Don't Have Time" by Stephan Bodian
4. "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle
5. "Meditation Techniques: The Ultimate Guide to Relaxation, Mindfulness, and Inner Peace" by David Fontana

Course Code	Course Name	Business Communication	Course Category	General	AEC	L o	P 4	Pr o	C 4
Pre-requisite		Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO1	Discuss the scope and complexity of business communications	2
CLO2	Carry out effective interpersonal communication, including the use of listening skills, verbal skills and non-verbal communication	3
CLO3	Apply practical techniques for effective group communication, including presentations, interviews, meetings, conferences, public relations	3
CLO4	Carry out written business correspondence including letters, documents reports, etc.	3
CLO5	Communicate effectively with the help of digital media including emails, virtual meetings and social media posts	3

Module 1: Overview of Business Communications

Introduction to Business communication – Introduction, Scope of Business Communications, Complexity of Business Communications, Importance of Communication for Business, Impact of Poor Communication, Definition and Introduction to Business Communication, Types & Levels of Business Communication, Types of Business Communication, Levels of Business Communication, Real-Life Examples-Based Exercises for Practice, Dimensions of communication in an Organisation – Introduction, Discussing the Scope and Complexity of Business Communications, Common Dimensions of Communication in an Organization, Common Channels of Communication in an Organization, Real-Life Examples-Based Exercises for Practice, Channels of communication in an organization – Introduction, Discussing the Scope and Complexity of Business Communications, Understanding and Applying the Level of Communication in Vertical and Horizontal Hierarchy, Barriers to Business Communication – Introduction, Discussing the Scope and Complexity of Business Communications, Discussing the Barriers Observed in Effective Business Communications, Engaging in Real-Life Examples-Based Exercises to Overcome Communication Barriers.

Module 2: Interpersonal Skills

Effective interpersonal communication – Introduction, Carrying Out Effective Interpersonal Communication, Describing Effective Interpersonal Communication, Applying Knowledge through Real-Life Examples-Based Exercises, Listening Skills – Introduction, Carrying Out Effective Interpersonal Communication, Applying Effective Listening Skills, Enhancing Practical Mastery through Real-Life Examples-Based Exercises, Speaking Skills – Introduction, Carrying Out Effective Interpersonal Communication, Applying Effective Speaking Skills, Reinforcing Practical Mastery through Real-Life Examples-Based Exercises, Loud Reading Skills – Introduction, Understanding

Non-Verbal Cues, Impact of Non-Verbal Communication, Developing Effective Non-Verbal Communication Skills, Real-Life Examples and Exercises, Non-Verbal Communication – Introduction, Reading Beyond the Surface, Reading & Interpersonal Communication, Decoding the Unspoken, Real-Life Examples and Exercises.

Module 3: Group Communications

Principles of group communication – Introduction, Core Principles, Applicability Across Settings, Real-Life Exercises, Effective presentations – Introduction, Building a Winning Presentation, Time Management: Your Key Ally, Real-Life Examples and Exercises, Effective Meetings and conferences – Introduction, Building Effective Gatherings, Real-Life Examples and Exercises, Effective Interviews – Introduction, Preparation: Fueling Your Confidence, Shining in the Spotlight: Commanding the Conversation, Adapting to Diverse Stages: Navigating Different Dynamics, Beyond the Conversation: Leaving a Lasting Impression, Real-Life Exercises for Success.

Module 4: Written Business Correspondence

Letter Writing – Introduction, Core Principles for Clarity and Impact, Exploring Diverse Forms of Correspondence, Ethical Considerations and Cultural Awareness, Real-Life Exercises for Growth, Report Writing – Introduction, Key Principles, Types of Business Reports, Real-Life Exercises, Documentation maintenance – Introduction, The Value of Good Maintenance, Navigating the Physical and Digital, Mastering the Maze: Organization and Categorization, Version Control: Preserving the Chain of History, Safeguarding the Knowledge: Security Measures, Real-Life Exercises.

Module 5: Digital Business Correspondence

Email Etiquette – Introduction, The Pillars of Professionalism, To, CC, and BCC, Subject Line, Opening Salutation, Closing Salutation, Pro Tip, Virtual Meetings & Netiquette – Introduction, Choosing the Right Platform, Preparation is Key, Communication and Netiquette, Building Rapport and Collaboration, Real-Life Exercises, Visual Storytelling, Collaborative Learning, Expanding Your Toolbox, Examples for Real-Life Exercises, Digital Work Collaboration – Notion, etc. – Introduction, Building Bridges, Not Walls, The Digital Toolkit, Mastering the Symphony, Real-Life Exercises, Engaging Activities, Expanding Your Toolkit.

Module 6: Social Media Communications & Digital Marketing

Introduction to social media communications – Discuss the various social media communications used in business and digital tools and best practices associated with them, Introduction to digital marketing – Discuss the various social media communications used in business and digital tools and best practices associated with them.

Suggested Readings

1. Business Communication: Process and Product by Mary Ellen Guffey
2. Business Communication Today by Courtland L. Bovee and John V. Thill
3. The Business Communication Handbook by Judith Dwyer
4. Effective Business Communication by Herta A. Murphy
5. Business Communication: A Case Method Approach by P.D. Chaturvedi

Semester 6

Course Code		Course Name	Nutrition Science	Course Category	Skill	Major	L	P	Pr	C
							3	0	0	3
Pre-requisite			Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO ₁	Identify the essential nutrients, including carbohydrates, proteins, fats, vitamins, minerals, and water, and explain their role in human health.	1
CLO ₂	Describe the process of digestion, absorption, and metabolism of nutrients and their impact on growth, development, and disease prevention.	2
CLO ₃	Apply knowledge of macronutrients and micronutrients to assess dietary intake and design balanced meal plans for different life stages.	3
CLO ₄	Analyze the relationship between nutrition and chronic diseases such as heart disease, diabetes, and obesity, and evaluate dietary strategies for prevention and management.	4
CLO ₅	Develop personalized diet plans that incorporate portion control, hydration, and nutrient-rich foods for overall health and well-being.	3

Module 1: Introduction to Nutrition Science

Overview of the science of nutrition and its role in human health, the basic nutrients needed by the body: carbohydrates, proteins, fats, vitamins, minerals, and water, the concept of a balanced diet and its importance for optimal health, understanding digestion, absorption, and metabolism of nutrients, and the impact of nutrition on growth, development, and disease prevention.

Module 2: Macronutrients and Micronutrients

In-depth exploration of macronutrients: carbohydrates, proteins, and fats, their role in energy production, growth, and repair, understanding the difference between simple and complex carbohydrates, essential amino acids in protein, and healthy fats, the importance of micronutrients: vitamins and minerals, their role in various bodily functions, and common deficiencies and their effects on health.

Module 3: Nutritional Requirements and Diet Planning

Understanding the nutritional needs at different life stages, from infancy to old age, the importance of tailoring diet plans to meet individual needs based on activity level, health conditions, and specific goals (e.g., weight management, muscle building, etc.), how to calculate daily calorie intake, the concept of portion control, and the role of hydration in maintaining health and preventing chronic diseases.

Module 4: Nutrition and Disease Prevention

The relationship between nutrition and chronic diseases such as heart disease, diabetes, obesity, and cancer, how proper nutrition can prevent or manage these conditions, the role of antioxidants, fiber, and healthy fats in disease prevention, the importance of anti-inflammatory foods, and strategies for improving diet and lifestyle for overall health and longevity.

Suggested Readings

1. "Nutrition and Physical Degeneration" by Weston A. Price
2. "Nutrition Science: A Handbook for Students and Practitioners" by David L. Katz
3. "Modern Nutrition in Health and Disease" by A. Catherine Ross
4. "Nutrition: Science and Applications" by Laurie Ann Deschenes
5. "The Science and Fine Art of Food and Nutrition" by Arnold Ehret

Course Code		Course Name	Acupressure and SuJok Therapy:	Course Category	Skill	Minor	L	P	Pr	C
							o	3	o	3
Pre-requisite			Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO ₁	Identify the principles, history, and key concepts of Acupressure and SuJok Therapy, including energy meridians and pressure points.	1
CLO ₂	Explain the techniques and applications of Acupressure and SuJok Therapy for pain relief, stress management, digestion, and immunity.	2
CLO ₃	Apply SuJok Therapy techniques, including seed therapy and reflexology, to target specific ailments and enhance overall well-being.	3
CLO ₄	Analyze the role of Acupressure and SuJok Therapy in managing chronic pain, respiratory issues, detoxification, and emotional balance.	4
CLO ₅	Develop personalized Acupressure and SuJok Therapy plans, integrating them with traditional and alternative healing methods for holistic health.	3

Module 1: Introduction to Acupressure and SuJok Therapy

Acupressure and its principles, History and origin of SuJok Therapy, Basic techniques in Acupressure, Key concepts in SuJok Therapy, Energy meridians and pressure points, Difference between Acupressure and Acupuncture

Module 2: Techniques and Applications of Acupressure

Hand and foot acupressure techniques, Applying pressure to the right points for pain relief, Acupressure for stress and anxiety, Acupressure for digestion and immunity, Reflexology in Acupressure

Module 3: SuJok Therapy Techniques

SuJok point location on hands and feet, Basic SuJok tools and accessories, Using seed therapy in SuJok, SuJok therapy for common ailments, Understanding the relationship between body and hand/foot reflex zones

Module 4: Acupressure and SuJok in Disease Management

Using Acupressure for chronic pain, Acupressure for respiratory and digestive disorders, SuJok for detoxification and body healing, Acupressure for emotional balance, SuJok for improving circulation and energy flow

Module 5: Advanced Applications and Integrating Acupressure and SuJok Therapy

Integrating Acupressure with traditional medicine, Combining SuJok Therapy with other alternative healing practices, Personalized therapy using Acupressure and SuJok, Self-care techniques and daily routines, Practical sessions and case studies on Acupressure and SuJok Therapy

Suggested Readings

1. "Acupressure's Potent Points: A Guide to Self-Care for Common Ailments" by Michael Reed Gach
2. "The Art of SuJok Therapy" by Park Jae Woo
3. "The Acupressure Atlas" by Beverley DeFilippis
4. "SuJok Therapy: An Overview" by Dr. Jae Woo Park
5. "Acupressure for Beginners: A Practical Self-Care Guide for Healing" by Sam Harper

Course Code	Course Name	Universal Human Values	Course Category	General	VAC	L	P	Pr	C
						3	0	0	3
Pre-requisite		Nil	Co-requisite		Nil				

Course learning outcomes:

CLO No.	At the end of the course the learners will be able to:	Bloom's Taxonomy (Bt) Level
CLO ₁	Explain the importance of living a harmonious life aligned with universal human values	2
CLO ₂	Discuss the vast potential of human beings and their responsibility to the universe on its account	2
CLO ₃	Develop universal human values and practice them consciously to be good human beings	3
CLO ₄	Conduct oneself in alignment with the universal human values while dealing with the ways of the world	3
CLO ₅	Explain the importance of living a harmonious life aligned with universal human values	2

Module 1: Introduction to Universal Human Values

Concept of Universal Human Values – Overview, What are values?, Human values, What are universal human values?, Relation with holistic living – What is holistic living?, Relation of universal human values and holistic living.

Module 2: Living in Harmony

Living in harmony - as a human – What is Living in Harmony?, Life in harmony, What does living in harmony look like for an individual?, Living in harmony - as a family – Key roles of shared values, Shared values of families, Living in harmony - as a society and a race – Respect, Equality, Kindness, Honesty, Safety, Diversity, Cooperation, Environmental Care, Freedom.

Module 3: Human Potential

Human potential – individual – How do we unlock human potential?, How to identify our potential?, Human potential – collective – Overview, Collaboration and working together, Impact of individual self on environment – Ripple Effect of Your Interactions, Impact of social group on their environment – Impact of family on environment, Impact of peer group on environment, Who is responsible? – Harmful impact of humans, Positive impact of humans.

Module 4: Developing Universal Human Values

Introduction to Developing Universal Human Values – Developing Human Values, Self Reflection, Educate Yourself, Promote Open-Mindedness, Volunteer and Service, Emulate Role Models in

Actions, Engage in Dialogue, Develop Global Perspective, Love and Compassion – Love and its forms, Love, Compassion and Inter-relatedness, The greatest proponents of Love and Compassion, Practicing Love and Compassion, Truth – Introduction to Truth, Great Individuals who are remembered for their value of truth, Practising Truth, Non-Violence – Introduction to non-violence, Important people who followed and propagated non-violence, Practising non-violence, Service – Introduction to service, Various forms of Service, Constitutional Values, Justice and Human Rights – Fundamental Values, Fundamental Rights, Fundamental Duties, Patriotism, Pride and Gratitude for the Nation, Good Practices – Self Worth, Self-Care, Holistic Living, Mindfulness and Meditation, Self-Reflection, Journal Writing, Impact Assessment.

Module 5: Common Scenarios

Routine Scenarios – Love and Compassion based scenarios, Truth based scenarios, Non-violence based scenarios, Peace based scenarios, Service based scenarios, Renunciation or Sacrifice based scenarios, Life-changing Scenarios – Career Dilemma, Relationship Conflict, Health Crisis, Moral and Ethical Dilemma, Personal Loss, Financial Crisis.

Suggested Readings

1. Human Values and Education by R. R. Gaur
2. The Universal Declaration of Human Rights by UNESCO
3. The Essence of Human Values by G. C. Pati
4. Human Values: A Sociological Perspective by M. H. Geyer
5. Human Values and Ethics in the Workplace by Rajendra P. Joshi