SHRI VISHWAKARMA SKILL UNIVERSITY

(State University enacted under the Government of Haryana Act 25, 2016)

NSQF Level-4 **Batch 2024-26**

D. Voc Horticulture

(Two year course)

Skill Faculty of Agriculture

SHRI VISHWAKARMA SKILL UNIVERSITY

Dudhola, Palwal-121102, Haryana

Introduction

The National Education Policy (NEP) 2020 (hereafter referred to as NEP or the policy) envisages a new and forward-looking vision for India's higher education system. It recognizes that higher education plays a significant role in promoting human as well as societal well-being and in developing India as envisioned in its Constitution - a democratic, just, socially conscious, cultured, and humane nation upholding liberty, equality, fraternity, and justice for all; The NEP 2020 notes that "higher education significantly contributes towards sustainable livelihoods and economic development of the nation" and "as India moves towards becoming a knowledge economy and society, more and more young Indians are likely to aspire for higher education."

The National Higher Education Qualifications Framework (NHEQF) envisages increased flexibility and choice of courses of study by students, particularly at the undergraduate level. A wide selection of subjects and courses, from year to year, will be the new distinguishing feature of undergraduate education. Students who wish to change one or more of the opted courses within the programme (s) of study that they are pursuing may do so at the beginning of each year as long as they can demonstrate the required prerequisites and the capability to attain the defined learning outcomes after going through the chosen programme and course(s) of study.

Levels of Awards

Award	Duration	Corresponding NCRF Level
Diploma Certificate	**1 Year**	**35**
Diploma	**2 Year**	**40**

About the Programme:

The D. Voc (Horticulture) program covers fundamental knowledge of horticulture, nursery management, crop cultivation, and beekeeping. It emphasizes following recommended practices based on climate, soil type, and other conditions to achieve optimal yields. Additionally, skills enhancement courses aim to integrate students' physical, mental, and spiritual thinking while equipping them with essential knowledge.

Disciplinary/Interdisciplinary Major Courses (D Major/ID Major): These courses enable a student to examine a specific profession comprehensively.

1. Disciplinary/Interdisciplinary Minor Courses (D Minor/ID Minor): These courses enable students to examine advanced courses in a different profession comprehensively.

2. Multidisciplinary Courses (MDC): MDC, or Multidisciplinary Courses, will contribute to the liberal arts and science curriculum by broadening the intellectual experience. In the proposed stream under this category, students are not allowed to select or retake courses they have already completed at the higher secondary level (12th class).

3. Ability Enhancement Courses (AEC): These courses allow students to gain fundamental linguistic abilities, critical reading, and academic writing skills. They also focus on improving communication skills and actively engaging in discussions and debates.

4. Skill Enhancement Course (SEC): SEC, or Skills Enhancement Courses, are designed to offer practical instruction, expertise, and proficiency in various fields to students.

5. Value Addition Course (VAC): These courses focus on instilling ethical, cultural, and constitutional values, fostering critical thinking, promoting Indian Knowledge Systems, cultivating a scientific temperament, enhancing communication skills, encouraging creative writing, improving presentation skills, emphasizing sports and physical education, and fostering teamwork. The aim is to facilitate the holistic development of students.

Programme Outcomes:

Students will be able to:

PO1: Describe the basic Horticulture;

PO2: Describe the process of selecting and preparing the site and sowing the Horticultural crops

PO3: Describe the process of transplanting the seedlings of Horticultural crops

PO4: Demonstrate the process of carrying out macro and micronutrient management and managing weed growth of Vegetable crops

PO5: Demonstrate the process of performing integrated pest and disease management for the Vegetable crops

PO6: Understand the importance of Bee Keeping and its products

PO7: Able to harvest, process, pack, and store the honey bee products and sell them in the market

PO8: Demonstrate the process of carrying out harvesting, processing, and marketing of Vegetable crops

PO9: Describe the process of analyzing the market information to make critical decisions on crop cultivation

PO10: Explain the basic entrepreneurial activities for small enterprise

PO11: Demonstrate various practices to maintain personal hygiene, cleanliness, and safety at the workplace.

Programme Educational Objectives (PEOs):

PEO 1: Preparing students to understand the knowledge of agriculture science concerning growing seedlings and horticulture crops and to develop skills to solve complex problems at the farmer's field level

PEO 2: To intensify student's knowledge and skills with different methodologies of soil analysis, crop production, plant protection, processing, and seed production (both varieties and hybrids) of various vegetable crops

PEO 3: Inculcate and device and manage profitable location-specific farming systems through integration of different enterprises such as horticulture, agro-forestry, apiculture, mushroom cultivation, vermicomposting, and live-stock

Programme Specific Objectives (PSOs):

PSO 1: Applying the knowledge of crop cultivation, crop improvement, soil, and crop management for horticulture production and development

PSO 2: Analyzing and identifying complex horticultural problems and formulating ethical solutions using principles of plant propagation, vegetable science, harvesting, processing and marketing

PSO 3: Developing innovative processes, products, and technologies to meet the challenges in horticulture and farming practices

Qualifications targeted:

Year 1- Solanaceous Crop Cultivator

Year 2- Beekeeper

Detail Scheme of the Programme

Semester 1: 20 Credits

Semester 2: 20 Credits

Semester 3: 20 Credits

Semester 4: 20 Credits

Details of D. Voc Horticulture

SEMESTER- I

Subject Code	Subject	Category	Credit			Hours			Marks (Theory)			Marks (Practical)			Marks
			T	P	To	T	P	To	I	E	To	I	E	To	Total
24/D/HRT/01	Solanaceous Crop Cultivator-1	QP	2	2	4	30	60	90	15	35	50	35	15	50	100
24/D/HRT/02	Solanaceous Crop Cultivator-2	QP	2	2	4	30	60	90	15	35	50	35	15	50	100
24/D/HRT/03	Solanaceous Crop Cultivator-3	QP	2	2	4	30	60	90	15	35	50	35	15	50	100
24/D/HRT/04	Basic Horticulture	DM	2	2	4	30	60	90	15	35	50	35	15	50	100
24DENG001/ 24DENG002	English Language and Communication Skills	AEC	1	1	2	15	30	45	15	35	50	35	15	50	100
24DYHS01	Yoga and Health Skills-I	VAC	1	1	2	15	30	45	15	35	50	35	15	50	100
Total			**10**	**10**	**20**	**150**	**300**	**450**	**90**	**210**	**300**	**210**	**90**	**300**	**600**

SEMESTER- II

Subject Code	Subject	Category	Credit			Hours			Marks (Theory)			Marks (Practical)			Marks
			T	P	To	T	P	To	I	E	To	I	E	To	Total
24/D/HRT/05	Fundamentals of Soil Science	DM	2	2	4	30	60	90	15	35	50	35	15	50	100
24/D/HRT/06	Production technology of Vegetable crops	DM	2	2	4	30	60	90	15	35	50	35	15	50	100
24/D/HRT/07	Plant propagation and nursery management	DM	2	2	4	30	60	90	15	35	50	35	15	50	100
	Fundamentals of computers	FOC	1	1	2	15	30	45	15	35	50	35	15	50	100
24UEVS01	Environmental studies	MD	3	0	3	45	0	45	30	70	100	0	0	0	100
	Science and Technology	MD	2	1	3	30	30	60	30	70	100	35	15	50	100
Total			**13**	**8**	**20**	**180**	**240**	**420**	**120**	**280**	**400**	**140**	**60**	**200**	**600**

SEMESTER- III

Subject Code	Subject	Category	Credit			Hours			Marks (Theory)			Marks (Practical)			Marks
			T	P	To	T	P	To	I	E	To	I	E	To	Total
24/D/HRT/08	Beekeeper-1	QP	2	2	4	30	60	90	15	35	50	35	15	50	100
24/D/HRT/09	Beekeeper-2	QP	2	2	4	30	60	90	15	35	50	35	15	50	100
24/D/HRT/10	Beekeeper-3	QP	2	2	4	30	60	90	15	35	50	35	15	50	100
	Understanding India	VAC	2	0	2	30	00	60	00	00	00	00	00	00	100
	Human Value and Professional Ethics	AEC	2	0	2	30	00	30	30	70	100	00	00	00	100
24/D/HRT/11	Post-harvest management in horticultural crops	DM	2	2	4	30	60	90	15	35	50	35	15	50	100
Total			**12**	**08**	**20**	**180**	**240**	**420**	**90**	**210**	**300**	**210**	**90**	**300**	**600**

SEMESTER- IV

Subject Code	Subject	Category	Credit			Hours			Marks (Theory)			Marks (Practical)			Marks
			T	P	To	T	P	To	I	E	To	I	E	To	Total
24/D/HRT/12	OJT	SEC	0	16	16	00	480	480	00	00	00	160	320	480	480
24/D/HRT/13	Project	SEC	0	04	04	00	120	120	00	00	00	40	80	120	120
Total				**20**	**20**		**600**	**600**				**200**	**400**	**600**	**600**

*O/A- Other Learning Activities include the following:

- End term Exam/ class tests/ case studies/ simulation/ quiz/ PPTs/ and other assessments
- Value education classes, Career Counselling sessions
- Events/ Competitions/ Workshops/ Expert Lectures
- Life skills-based education
- Field visits/ Projects
- Vocational education/ training/ Value added Courses

List of Subjects:

S. No	Subject Name		Category	Semester
1.	Solanaceous Crop Cultivator-1	QP 1	Skill Enhancement Courses (SEC) OJT/Project/workshop	1
2.	Solanaceous Crop Cultivator-1			1
3.	Solanaceous Crop Cultivator-1			1
4.	Beekeeper-1	QP 2		3
5.	Beekeeper-1			3
6.	Beekeeper-1			3
7.	OJT			4
8.	Basic Horticulture		Disciplinary/ Interdisciplinary major	1
9.	Fundamentals of Soil Science			2
10.	Production technology of Vegetable crops			2
11.	Plant propagation and nursery management			2
12.	Post-harvest management in horticultural crops			3
13.	Environmental studies		Multidisciplinary Courses	2
14.	Science and Technology			2
15.	Fundamental of Computers		Fundamental of Computers	2
16.	Communication Skills (English)	Language	Ability Enhancement Courses (AEC)	1
17.	Human Value and Professional Ethics			3
18.	Project		Project	4
19.	Yoga and Health		Value Added Courses	1
20.	Understanding India			3

Syllabus

SEMESTER 1

Subject: Solanaceous Crop Cultivator-1

Subject Code: 24/D/HRT/01

Course Credit: 04 (2+2)

Max. Marks: 100 (30I+70E); 50(35I+15E)

Course Objectives:

To acquaint the students about importance of solanaceous crop and its cultivation process.

Learning Outcome:

After completion of course student will able to:

LO1: Understand the role and responsibilities of Solanaceous Crop Cultivator.

LO2: Able to select good quality seed and produce high quality crop.

LO3: Enable to prepare land before transplantation of seedling.

LO4: Maintain the nutrient requirement during vegetable cultivation.

Theory

Unit I: Introduction to the Role of a Solanaceous Crop Cultivator

Introduction and scope of the agriculture industry and its subsectors; Role and responsibilities of a Solanaceous Crop Cultivator; Identify various employment opportunities for a Solanaceous Crop Cultivator.

Unit II: Process of seed Selection and seedling Production

List out various varieties of solanaceous crops; Different methods of seedling production; Characteristics of healthy varieties; Advantages and disadvantages of soil nursery or tray method; Depth and spacing of planting seedlings in case of soil nursery & tray; Use of mesh net house and net tunnels; Temperature, moisture & water content for seedlings.

Unit III: Process of soil preparation and transplanting in solanaceous crops

Planting according to soil climatic conditions; Advantages and disadvantages of intercropping and types of plant to be intercropped; Advantages of crop rotation; Spacing between the ridges and furrows as per the varieties of solanaceous crops; Importance of pre irrigation of the land before transplanting.

Unit IV: Process of carrying out nutrient management in vegetable crops

Basic concepts of plant nutrition and soil fertility; Types of macro and micronutrients and their deficiency in plants; Types of green manure and nitrogen-fixing crops; Soil sampling and testing and interpretation of the report; Types of soil; Methods for the application of different types of organic and inorganic fertilizers; soil conservation and their practices; Harmful effects of the over-dosage of fertilizers.

Practicals:

1. Identify various and appropriate variety (including hybrid) of solanaceous crops
2. Identify various vendors / suppliers (including government nurseries /department) of the seed that are certified
3. Demonstrate the process of procurement of seeds in appropriate quantities
4. Demonstrate the seed sowing method and irrigation practices of solanaceous crop.
5. Identify various authorized centres of soil testing
6. Demonstrate the land preparation process before sowing.
7. Prepare a sample soil nutrition supplementation calendar based on the stages of the crop's growth.
8. Demonstrate the process of preparing organic fertilizers such as farmyard manure, vermicompost and inorganic fertilizer solutions.
9. Demonstrate the process of applying organic and inorganic fertilizers containing the required macro and micronutrients to the soil in the recommended dose.

Suggested Books:

- Major S Dhaliwal. 2017. Handbook of Vegetable Crops. Edition: 3rd. Kalyani Publishers
- Solanaceous_Crop_Cultivator_Class_X.pdf (sebaonline.org)
- VE Rubatzky · 1997 · Tomatoes, Peppers, Eggplants, and Other Solanaceous Vegetables. Springer.

Subject: Solanaceous Crop Cultivator-2

Subject Code: 24/D/HRT/02

Course Credit: 04 (2+2)

Max. Marks: 100 (30I+70E); 50(35I+15E)

Course Objectives:

To acquaint the students about the management of pests, weeds, irrigation and post-harvest process.

Learning Outcome:

After completion of course student will able to:

LO1: Understand the management practices of Solanaceous Crop.

LO2: Able to manage weeds, diseases and insect pests.

LO3: Perform the irrigation practices according to crop requirement.

LO4: Processed the crop produce after harvesting.

Theory

Unit I: Process of managing the weed growth in the vegetable crops

Critical period for organic weed control, Types of weed; management of weeds; Advantages and disadvantages of different weeding methods; Critical period of crop-weed competition; Pre-emergent and post-emergent herbicides; Difference between blanket and spot application of herbicides; Soil solarisation and pasteurisation; Intercropping; Effects of herbicide residue on the crop and their management; Selection and preparation of recommended herbicide/ bio-herbicide solution suitable to the crop; Maintenance of equipment.

Unit II: Integrated pest and disease management for solanaceous crop

Identification of diseases found in Solanaceous crop; Biotic and abiotic factors causing diseases and disorders in plants; Modes of transmission of disease; Minimum residue levels (National and international standards) and Protected Health Information (PHI) for different types of pesticides; pesticide spraying tools and equipment; IPM techniques for solanaceous crop; Study the major insect pests of Solanaceous crop; Study the beneficial insect; Study the major diseases of Solanaceous crop; Economic Threshold Levels (ETL) of the pests; Pollution due to overuse of pesticides; List of banned pesticide; Explain how to deal with chemical poisoning.

Unit III: Process of performing irrigation management for solanaceous crop

Basic irrigation principles; Method of irrigation appropriate for a given soil type and climatic conditions; Critical periods of water need for vegetable crops; Testing of irrigation water; Maintenance of water quality; Advantages and disadvantages of various types of irrigation systems; Basic concept of fertigation; Key considerations in scheduling irrigation; Various practices for optimized use of water and prevent its wastage.

Unit IV: Process of carrying out harvesting post-harvest management in solanaceous crop

Harvesting of solanaceous crops; How to assess the maturity of Solanaceous crops for harvesting; Manual and mechanical methods for harvesting of solanaceous crop and the use of relevant tools and equipment; Signs of biological infestation in Solanaceous crop; Parameters for sorting of harvested solanaceous crop such as quality, colour, size, appearance, etc.; Packaging of Solanaceous; storage of crop produce; Process of identifying and negotiating with potential buyers; Transportation of crop produce.

Practicals:

1. Identification of weeds
2. Demonstrate the process of preparing the recommended herbicide/ bio-herbicide solution suitable to the crop.
3. Demonstrate the suitable cultural and mechanical methods to control weeds
4. Identification of diseases
5. Demonstrate the ways to restrict entry of pathogens into fields through planting material, irrigation water, workers and tools
6. identify stages of crop and pest incidence
7. Demonstrate the use of light and pheromone traps to identify the presence and population of insect pests and vectors.
8. Demonstrate the process of applying the recommended treatment as per the prescription to remove pests and diseases
9. Demonstrate the process of irrigating the field according to the recommended irrigation schedule for the crop.
10. Demonstrate the process of cleaning, sorting, grading and packaging of harvested crop produce.

Suggested Books:

- Sharma, Rakesh & Peshin, Rajinder. 2020. Integrated pest management of vegetables crops. New India Publishing agency.
- Major S Dhaliwal. 2017. Handbook of Vegetable Crops. Edition: 3rd. Kalyani Publishers
- Solanaceous_Crop_Cultivator_Class_X.pdf (sebaonline.org)

Subject: Solanaceous Crop Cultivator-3

Subject Code: 24/D/HRT/03
Course Credit: 04 (2+2)
Max. Marks: 100 (30I+70E); 50(35I+15E)

Course Outcome:
To acquaint the students about the management of pests, weeds, irrigation and post-harvest process.

Learning Outcome:
After completion of course student will able to:

LO1: Know about basic practices of cropping.

LO2: Understand the market strategies.

LO3: Enable to maintain good hygienic condition at workplace

LO4: Apply all safety measures during crop production.

Theory

Unit I: Process of managing basic activities

Intercropping and their benefits; Crop rotation; maintenance of record of the components and methodologies for various activities; Basic accounting principles; List of different markets/mandi in the region; relevant health and safety requirements applicable in the work environment; Relevant legislation, standards, policies and procedures at workplace; Importance of health, hygiene, safety, and quality standards and the impact of not following the standards on consumers and the business.

Unit II: Process of assimilating market information

How to use market information for making cost-effective production decisions; Describe the prices of different products, such as seeds, pests, fertilizer, etc., based on quality and variety of selected crops; Methods of collection of market information through; Benefits derived from market information; Price fluctuations in markets and decision making.

Unit III: Hygiene and cleanliness

Requirements of personal health, hygiene, and fitness at work; Describe common health-related guidelines laid down by the organizations/ Government at the workplace; Importance of good housekeeping at the workplace; Waste management and safety precautions.

Unit IV: Safety and emergency procedures

List the Personal Protective Equipment (PPE) required at the workplace; Describe the commonly reported hazards at the workplace; Describe the hazards caused by chemicals/ pesticides/ fumigants; Safety during the operation of any equipment/ machinery; Describe the standard first aid procedures; Measures to prevent accidents and damages at the workplace; Health and safety guidelines to be followed at the workplace.

Practicals:

1. Estimate the market demand for the produce.
2. Demonstrate the procedure to maintain various records and calendars like crop production activity record, crop calendars, calendars of weed, insects pest calendar.
3. identify local traders, mandis in the villages and compare the rates.
4. Analyse marketing parameters like where to sell, when to sell, to whom to sell and what quantity to sell etc. which leads to profit
5. Farm equipment and their applications and precautions.

Suggested Books:

- Singh, Sukhpal. 2023. Regulating Agricultural Markets in India: A Smallholder Perspective. Orient BlackSwan.
- Major S Dhaliwal. 2017. Handbook of Vegetable Crops. Edition: 3rd. Kalyani Publishers.
- Solanaceous_Crop_Cultivator_Class_X.pdf (sebaonline.org).

Subject: Basic Horticulture

Subject Code: 24/D/HRT/04

Course Credit: 04 (2+2)

Max. Marks: 100 (30I+70E); 50(35I+15E)

Course Outcome:

This program is aimed to provide basic knowledge of horticulture in a brief and prescribed manner to the students.

Learning Outcomes:

LO1: The student will be able to understand different branches of horticulture

LO2: Demonstrate advanced technologies like training, pruning, etc in horticulture

Theory

Unit-1: Introduction

Definition of Horticulture. Branches of Horticulture. Importance of horticulture in terms of economy, production, employment. generation, export, environmental protection and human resource development. Scope for horticulture in Haryana and India. Nutritive value of horticultural crops.

Unit-2: Nursery practices

Nursery and its type. Nursery beds and its type. Nursery techniques and their management, soil and climate, vegetable gardens, nutrition and kitchen garden and other types of gardens – principles, planning and layout, management of orchards, planting systems and planting densities. Principles, objectives, types and methods of training and pruning of fruit crops, growth regulators and their uses in horticulture.

Unit 3: Horticultural practices

Weed management, fertility management in horticultural crops-manures and fertilizers, different methods of application, cropping systems, intercropping, multi-tier cropping, mulching– objectives, types, merits and demerits. Inflorescence and its type in horticultural crops. Classification of bearing habits of fruit trees, factors influencing the fruitfulness and unfruitfulness in horticultural crops. Rejuvenation of old unproductive orchards, top working, frame working, principles of organic farming, market chain management.

Practicals:

1. Identification and uses of garden tools and implements in Horticulture
2. Identify the Horticulture Zones in Map
3. Different types of pots, polythene bags and containers used for seed growing
4. Preparation of potting mixture
5. Potting and Repotting
6. Preparation of Nursery and seed bed
7. Types of different planting systems
8. Layout of orchard, digging of pits and planting
9. Transplanting- Precautions.
10. Study of different Irrigation methods in horticultural crops.
11. Study of different training and pruning methods in horticultural crops
12. Visit to Commercial vegetable, flowers and Fruit orchards

Suggested Readings:

- Singh, J. (2014) *Basic horticulture*. Ludhiana: Kalyani Publishers.
- Peter, K.V. (2018) *Basics of horticulture*. New Delhi: New India Publishing Agency.
- Bal, J.S. (2010) *Fruit growing*. Ludhiana: Kalyani Publishers.

English Language and Communication Skills

Course Credit: 01(1-0)

Course Code: 24DENG01 **Max. Marks:** 50 (15I+35E)

Objectives:

• To enhance the language and communication competence of learners with an emphasis on English for Specific Purposes (ESP) through communication skills related activities.

Learning Outcomes: After this course, the learners will be able to

1. Communicate effectively in diverse situations.
2. Frame sentences for their professional and personal communication needs.
3. Draft meticulous resumes, letters, minutes and presentations.
4. Comprehend and understand intermediate level of passages and audios.

Theory

Units	Topics
I. Communication Skills	Meaning, Process and Types of Communication; Principles of Effective Communication;
II. Grammar and Vocabulary	Use of Tenses, Articles, Prepositions, Conjunctions, Subject-verb concord, Word formation: Base, Prefixes, Suffixes Synonyms, Antonyms, One-word substitutes
III. Listening Skills	Process and types of listening, deterrents to listening process, Essentials of good listening. Listening Comprehension and Note Taking
IV. Writing Skills	Report writing, Agenda and Minutes; Letter Writing: Business letters, Cover letters, Electronic mail; Resume Writing
V. Speaking Skills	Preparing for interviews- Types of interviews, Group discussion; Effective ways of performing well in interviews; Public Speaking

Recommended Readings:

• Joseph, C. J., Myall, E. G., and A. Biswas, eds. A Comprehensive Grammar of Current English. New Delhi: Inter University P, 2014.

• Lata, Pushp, and Sanjay Kumar. Communication Skills. 2nd ed. New Delhi: OUP, 2019.

• Monippally, Matthukutty, M. Business Communication: From Principles to Practice. New Delhi: McGraw Hill Pub., 2018.

• Mukerjee, H. S. Business Communication: Connecting at Workplace. New-Delhi: Oxford University Press, 2012.

• Murphy, H. A., Hildebrandt, H.W., and Thomas, J.P. Effective Business Communication. Boston: McGraw-Hill Companies, 1997.

• Ramesh, Gopalaswamy, and Mahadevan Ramesh. The Ace of Soft Skills: Attitude, Communication and Etiquette for Success. Noida: Pearson, 2019.

• Sandra, M. O. Handbook of Corporate Communication and Strategic Public Relations: Pure and Applied. New Delhi: Routledge, 2004.

• Sinha, K. K. Taxmann's Business Communication.4th Revised ed. New Delhi: Taxmann's Pub., 2018.

• Sinha, R. P. Current English and Usage with Composition. New Delhi: OUP, 2013.

• Taylor, Grant. English Conversation Practice. Indian ed. Chennai: McGraw Hill Education Pvt. Ltd., 2017.

English Language and Communication Skills Practical

Course Credit: 01(0-1-0)

Course Code: 24DENG02

Max. Marks: 50(35I+15E)

Course Objective: This course is designed to strengthen the communication abilities of the learners by providing them hands-on practice.

Learning Outcomes: After completing this course, the learns will be able to

1) Demonstrate knowledge and understanding of a range of professional or public communication situations.

2) Perform effectively in diverse professional and public communication situations like interviews and negotiations, drafting emails and resume etc.

Details:

1. Situational Conversations
2. Listening Skills
3. Resume Writing
4. Mock Interviews
5. Group Discussion
6. Presentation Skills
7. Negotiation Skills
8. Email Writing
9. Public Speaking

Note: The teacher should play the role of the facilitator and allow the learners maximum time to practice these activities. The focus should be primarily on helping the learners overcome the LSWR barrier and gradually move towards honing these skills to enable the learners use them in professional communication situations.

Subject: Yoga and Health Skills- I

Subject Code: 24DYHS01

Course Credit: 02 (2-0-0)

Max. Marks: 100 (30I+70E)

Objectives:

- To enable the student to have knowledge of Yoga.
- To possess emotional stability.
- To attain higher level of consciousness.

Learning Outcomes: After the completion of the course, the learners will be able to

1: Know and understand about basic Yoga.

2: Apply the knowledge of about different school of yoga to practice it traditionally.

3: Explaining the importance of health.

4: Apply knowledge of yoga asana for mental, physical and social well- being.

5: Understand the need of mediation techniques to practice it on daily basis.

Theory

Unit	Statement
1. Introduction to Yoga	Yogic Prayer Mantra, Meaning and Definition of Yoga, Aim and Objectives of Yoga, Misconceptions of Yog. Importance of Yoga in modern era.
2. Yoga Practices	Raja Yoga (AshtangaYoga), Bhakti Yoga, Karma Yoga, Hatha Yoga.
3. Health	Meaning, definition, yogic lifestyle, importance of yoga in health protection, measures to increase immunity.
4. Yogic Management in Health Problems	Cervical, Back Pain, Diabetes and Stress.
5. Meditation	Meaning, Types, Importance, General Instructions And Suggestions For Meditation, Physical, Mental and Spiritual Effects Of Meditation.

TEXT BOOKS

1. Yoga & yogic chikitsa - Singh Prof. Ramharsh , Chaukhamba Sanskrit pratishthan, Edition 2011
2. Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga, Advaita Ashrama, Calcutta, 2002.

3. Prof. Ramharsh Singh -SwashthavrittaVigyan, Chaukhambha Sanskrit Prakashan, Varanasi, 1998.
4. Sriram Sharma Acharya- JivemSharadahShatam, AkhandJyoti Mathura 1998.
5. Prof. Ramharsh Singh-Yogewam Yogic Chitksha, Chaukhambha Sanskrit Prakashan, Varanasi, 1998.
6. SwasthaVrittaVigyanewam Yogic Chiktsha- Dr. RakeshGiri, SikhshaBharti, Uttrakhand.

REFERENCE BOOKS

1. Swami Kuvalyananda: Asana, Kaivalyadhama, Lonavla, 1993

2. Swami Satyananda Saraswati: Asana, Pranayama, Bandha, Mudra, Bihar School of Yoga, Munger, 2006

3. Basavaraddi, I.V. & others: YOGASANA: A Comprehensive description about Yogasana, MDNIY, New Delhi, 2011.

4. Basavaraddi, I.V. & others: Yogic Sukshma Evam Sthula Vyayama, MDNIY, New Delhi, 2011.

SVSU
योगः कर्मसु कौशलम्
SVSU