



Unit 1: Foundations of Communication: Self-Introduction, Greetings, and Vocabulary Building

Subject: English (Communication for Health & Wellness)

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1.1 Why this unit matters

As future professionals in Yoga and Naturopathy, you will speak with classmates, teachers, patients, clients, and communities. Clear English helps you build trust, explain practices safely, and present yourself with confidence. This unit gives you practical language frameworks, real-life phrases, and strategies for growing your vocabulary in a health-and-wellness context.

1.2 Self-Introduction (Formal and Informal)

A self-introduction answers five questions: **Who you are, what you do, where you belong, why you are here, and how you can help.** The tone (formal/informal) varies with the situation.

1.2.1 A simple structure (the 5-step frame)

Greeting → Name → Role/Affiliation → Purpose/Interest → Close/Invitation

1.2.2 Formal self-introductions (campus, clinic, public events)

Template (formal):

“Good morning. My name is **[Full Name]**. I am a **first-semester BVoc student in Yoga & Naturopathy at [Institute]**. My interests include **therapeutic yoga and lifestyle education**. I look forward to **learning from this session and contributing to outreach activities**. Thank you.”

Example (clinical/community setting):

“Good evening, everyone. I’m **A. Sharma, Yoga Therapy Intern** with the **Department of Yoga & Naturopathy**. Today I’ll **demonstrate safe breathing practices for stress**. Please let me know if you prefer to **avoid floor postures**—we will keep modifications ready.”

Language features of formal style

- Complete sentences, no slang
- Titles and last names (Dr., Mr., Ms.) unless invited to use first names
- Neutral verbs: *demonstrate, discuss, recommend, introduce*

1.2.3 Informal self-introductions (peer group, workshops, online)

Template (informal):

“Hi! I’m **[First Name]** from **[City/Batch]**. I’m into **breathwork and sports rehab**. Happy to connect and **practice together after class**.”

Example (online class):



“Hello! I’m **Reema, Semester-1 BVoc**. I enjoy **restorative yoga** and want to learn **how to guide seniors safely**.”

Language features of informal style

- First names, contractions (I’m, we’ll), warm tone
- Brief interests or fun fact to invite conversation

1.2.4 Self-introduction for email (concise)

Subject: Self-Introduction — BVoc Yoga & Naturopathy (Sem-1)

“Dear **Dr. Rao**,

My name is **Vikas Menon, Semester-1 BVoc (Yoga & Naturopathy)**. I am interested in **volunteering for the community stress-management camp** next month. Kindly let me know the **orientation schedule**.

Regards,

Vikas | [Phone]”

1.3 Introducing Others

Introduce a person by **name + role + relevance**. Add a respectful connector and a helpful context line.

Formal:

“**Professor Iyer**, this is **Ms. Rashmi Chauhan, Physiotherapist** working with our Yoga Clinic. **Ms. Chauhan, Professor Iyer** leads our **rehabilitation research**. I believe your projects overlap.”

Semi-formal/team:

“**Team**, meet **Rohit, BVoc Sem-1**. He’ll **help with participant registration** today.”

Pronouns and respect:

- Use names first; if pronouns are shared or known, respect them.
- Prefer *This is **Professor Sen*** (formal) over *This is **Mr. Sen sir*** (redundant).

1.4 Greetings Based on Situation

Greetings signal **time, relationship, and purpose**. Match the register to the context.

1.4.1 Quick reference

Situation	Greeting	Follow-up line
First meeting (formal)	“Good morning. Pleased to meet you.”	“May I introduce myself?”
First meeting (informal)	“Hi! Nice to meet you.”	“I’m in Sem-1 BVoc.”
Returning to class	“Good afternoon, everyone.”	“Shall we begin?”
Community session	“Namaste. Welcome to our wellness camp.”	“We’ll start with gentle breathing.”
Phone call	“Hello, this is [Name] from [Department].”	“Is this a good time to talk?”
Email opening	“Dear Dr./Mr./Ms. [Name],”	“I am writing to...”
Closing (formal)	“Thank you for your time.”	“I look forward to working together.”
Closing (informal)	“Thanks! See you soon.”	“Let’s connect after class.”

Cultural note: *Namaste* is an inclusive, contact-free greeting. In formal cross-cultural settings, a slight nod with “Namaste” or a brief handshake (if appropriate) is acceptable.

1.5 Using a Dictionary

A dictionary is a **toolbox**, not only for meaning but also **pronunciation, grammar, usage, and collocations**.

1.5.1 What a typical entry shows

Feature	What it tells you	Example (model entry)
Headword	The word listed	breathe
Phonetics / stress	How to say it (' marks stress)	/bri:ð/ (v.)
Part of speech	Role in sentence (n., v., adj., adv.)	breathe (v.) vs breath (n.)
Inflections	Past/plural forms	heal → heals, healed , healing
Meanings	Senses in order	<i>to take air into your lungs and let it out</i>
Collocations	Words that go together	<i>deep breathing, breathe slowly</i>
Labels	Register/region (formal, informal; BrE, AmE)	<i>practice/practise</i> note (see below)
Examples	Model sentences	<i>Breathe out slowly to relax.</i>
Usage notes	Common errors	<i>advise (v.) vs advice (n.)</i>

British/Indian vs American spelling (important pair):

- **practice** (n.)/**practise** (v.) in British usage; **practice** for both in American usage. Indian English often follows British forms, though mixed usage occurs. Be consistent within one document.

1.5.2 Steps for smart lookup

1. Identify the **part of speech** you need.
2. Check **pronunciation** and **stress**.
3. Read **two example sentences**.
4. Note **collocations** and **prepositions** (e.g., *beneficial for, focus on*).
5. Record the **word family**: *breathe (v.) → breath (n.) → breathing (n.) → breathless (adj.)*.

1.6 Vocabulary Development

Grow vocabulary by **themes, word families, and prefix-suffix patterns** relevant to health.

1.6.1 Word families (form and meaning clusters)

Base	Family examples	Sample sentence
breathe	breath, breathing, breathless	"Slow breathing reduces anxiety."
heal	healer, healing, healed	"Mud therapy supports healing ."
stress	stressed, stressful, de-stress	"We teach ways to de-stress daily."
balance	balanced, imbalance, re-balance	"A balanced diet supports practice."
sleep	sleepy, sleep-deprived, sleep hygiene	"Improve sleep hygiene for recovery."

1.6.2 Useful prefixes & suffixes (with healthcare examples)

Pattern	Meaning	Examples
anti-	against	anti-inflammatory
pre-/post-	before/after	pre-session warm-up; post-practice rest
hyper-/hypo-	high/low	hypertension; hypoglycemia
bio-/psycho-/neo-	life/mind/new	biopsychosocial, neonatal



Pattern	Meaning	Examples
-logy/-logist	study/specialist	physiology, cardiologist
-itis/-osis	inflammation/condition	arthritis, scoliosis
-able/-ive/-ness	adjective/noun makers	actionable, meditative, calmness

1.6.3 Collocation box (sound natural)

- deep breathing, gentle stretch, balanced diet, sedentary lifestyle, stress management, patient history, follow-up visit, guided relaxation, postural alignment, therapeutic protocol

1.6.4 Mini-glossary for Yoga & Naturopathy (exam-ready)

Word	Part of speech	Meaning	Example
posture	n.	body position	"Maintain a neutral posture ."
inhale/exhale	v.	breathe in/out	" Exhale longer than you inhale."
modify	v.	change to suit a need	"We will modify the pose for knee pain."
hydration	n.	adequate body water	"Carry water for hydration ."
adherence	n.	following a plan	"Practice adherence improves results."
contraindication	n.	reason not to use a method	"Glaucoma is a contraindication for this inversion."
consult	v.	seek professional advice	"Please consult your physician."
evidence-based	adj.	supported by research	"We use evidence-based protocols."

1.7 Common Accuracy Tips (avoid frequent errors)

- **advice** (n.) vs **advise** (v.): "My **advice** is to slow down"; "I **advise** you to rest."
- **effect** (n.) vs **affect** (v.): "Side **effects**"; "This may **affect** sleep."
- **few** (small number, countable) vs **less** (uncountable): "**Fewer** sessions," "**Less** stress."
- Uncountable nouns: **equipment, information, advice** (no plural *informations/advices*).
- Prepositions: **interested in, focus on, beneficial for, consistent with**.

1.8 Putting it together (communication flow)

Greeting → Self-Introduction (5-step frame)
↓
Introduce Others (name + role + relevance)
↓
Small Talk → Purpose → Clear Close

Unit Summary

Effective introductions and context-sensitive greetings create trust and clarity. Formal style uses complete sentences, titles, and neutral vocabulary; informal style is warmer and shorter. Introducing others requires **name + role + relevance** with respectful forms of address. A dictionary provides **meaning, pronunciation, grammar, and collocations**—use all four to select the right word. Vocabulary grows fastest through **word families, prefixes/suffixes, and collocations** linked to your field. Precision in common pairs (advice/advise, effect/affect) prevents misunderstandings in academic and clinical communication.



Key Terms

- **Register** (degree of formality)
- **Collocation** (words that commonly occur together)
- **Headword** (dictionary entry word)
- **Part of speech** (noun/verb/adjective/adverb)
- **Pronunciation / stress** (IPA symbols; ' marks stressed syllable)
- **Word family** (related forms of a base word)

Self-Assessment

A. MCQs

1. The most complete order for a self-introduction is:
 - a) Name → Close → Greeting → Purpose
 - b) Greeting → Name → Role/Affiliation → Purpose → Close
 - c) Role → Greeting → Name → Close
 - d) Purpose → Name → Greeting
2. In a formal setting, the best opening is:
 - a) "Hey guys!"
 - b) "Good morning. My name is Riya Sen."
 - c) "What's up?"
 - d) "Yo! I'm Riya."
3. Which dictionary feature helps you pronounce a word correctly?
 - a) Headword
 - b) IPA/phonetics with stress mark
 - c) Collocations
 - d) Usage labels only
4. Choose the correct collocation:
 - a) *Strong* breathing
 - b) *Deep* breathing
 - c) *Heavy* breathing (as a recommendation)
 - d) *Hardened* breathing
5. Identify the correct sentence:
 - a) "She gave me many **advices**."
 - b) "This may **effect** your sleep."
 - c) "Please **advise** if tomorrow works."
 - d) "We need more **equipments**."

Answer key: 1-b, 2-b, 3-b, 4-b, 5-c

B. Short Answer

1. Write a **formal** self-introduction for a community health camp (4-5 lines).
2. Introduce a **guest physiotherapist** to your class in two lines (name, role, relevance).
3. List **five collocations** useful in a yoga therapy session.

C. Reflective Task

Record a one-minute audio of your self-introduction. Then refine it using: (i) register (appropriate level of formality), (ii) pronunciation of two difficult words, and (iii) one new collocation from this unit. Write five lines on what changed.



Practice Appendix (quick templates)

Formal (podium):

“Good [morning/afternoon]. I am [Full Name], BVoc Yoga & Naturopathy, Sem-1. I am here to [purpose]. I appreciate your presence and look forward to [expected outcome].”

Informal (circle):

“Hi, I’m [First Name] from [City/Batch]. I’m curious about [area] and love [interest]. Glad to be here.”

Email sign-off options (formal → neutral):

“Regards,” “Sincerely,” “Best regards,” “Best,”

End of Unit 1: Foundations of Communication — Self-Introduction, Greetings, and Vocabulary Building