

University of Patanjali, Haridwar
Syllabus
B.A. with Yoga
(CBCS System)

26-04-2022



विभागाध्यक्ष योग विज्ञान विभाग
पतंजलि विश्वविद्यालय, हरिद्वार

SEMESTER 1st		Periods Per Week			Evaluation Scheme				
Core Course	Paper Name	L	T	P	Credit	CT	TA	SEE	Course Total
CC (Core Courses Compulsory-I)									
BY-CT-101	Introduction of Yoga	3	1		4	20	10	70	100
CC (Core Courses Compulsory-II)/ Select any One									
BY-CT-102	Basic Psychological Processes	3	1		4	20	10	70	100
BY-CT-103	History of India from earliest time till the Mauryan Period	3	1		4	20	10	70	100
BY-CT-104	Tourism Concepts and Principles	3	1		4	20	10	70	100
BY-CT-105	संस्कृतम्-I	3	1		4	20	10	70	100
MIL (Modern Indian Language)									
BY-MIL-101	संस्कृतम्-I/ Hindi-I	3	1		4	20	10	70	100
AECC (Ability Enhancement Compulsory Course)									
BY-AECC-101	Communicative English	3	1		4	20	10	70	100
Core Practicum									
BY-CP-101	Yoga Practicum-I	0	0	8	4	20	10	70	100
					20	TOTAL			500


 विभागाध्यक्ष योग विज्ञान विभाग
 पतंजलि विश्वविद्यालय, हरिद्वार

Core Course
Paper Name: Introduction of Yoga
Paper Code: BY-CT-101

Credit- 4
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

The subject entitled 'Foundation of Yoga' has the following objectives:

- Students will have an understanding about origin, history and development of Yoga.
- They will have an idea about the insights of different Yoga streams.
- Introduction about Yoga according to various Yogic texts, eminent Yogis.
- Quote references of each practice as per traditional text

Unit-1: - General Introduction of Yoga:

(10 hours)

Origin and Meaning of the Word Yoga, Definitions of Yoga (Darshan, Upanishads, Bhagavad Gita) And Importance, Tradition and History of Yoga- From Vedas to Yogirishi Swami Ramdev (Vedic Period, Darshan Period, Tika Period, Bhakti Yoga and Hatha Yoga Period, Modern Period)

Unit-2: Form of Yoga in Various Scriptures:

(20 hours)

Vedas - Yoga Related Mantras, Upanishad- Yoga Elements in Kathopanishad, Shvetashvatara Upanishad and Major Yogopanishad, Shrimad Bhagavadgita- Jnana, Karma, Bhakti, Dhyana Yoga, Jain- *Tiratna*, *Panchamahavrat*, And *Tapa* and *Dharma*, Buddhist - Ashtanga Marg, Anapan Dhyana Sadhana, Brahmavihar- Four infinite minds, Four Noble truths.

Aryurveda- Yoga Elements in Charaka Samhita (Mumukshu Udayan-Charaka Sharir 5.12), Achar Rasayana (Charaka Samhita –Chikitsa Sthan 1.4.30-35)

Unit-3: - Basic Requirements of Yoga Practices:

(10 Hours)

Suitable Place for Yoga Practice, Time (Season-Time), Diet, Pathya- Apathya, Sadhak & Badhak Elements in Yoga Practice.

Unit-4: - Different Methods of Yoga:

(10 Hours)

Jnana Yoga, Karmayoga, Bhakti Yoga, Hatha Yoga, Raja Yoga, Mantrayoga.

Unit 5 - Life Character of Major Yogis:

(10 hours)

Maharishi Patanjali, Maharishi Vyas, Maharishi Kapil Muni, Adi Shankaracharya, Guru Gorakshanath, Maharishi Dayanand Saraswati, Swami Vivekananda, Maharishi Arvind, Maharishi Raman, Yogirishi Swami Ramdev

Prescribed Text Book:

1. रामदेवस्वामी, उपनिषदसंदेश-दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार, ।
2. दर्शन प्रवेश-दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
3. बालकृष्ण, आचार्य: योगविश्वकोष-, दिव्यप्रकाशन, पतंजलियोगपीठ, हरिद्वार।
4. रावत, अनुजा:. (2018). योग और योगी, सत्यमपब्लिसिंगहाऊस, नईदिल्ली, 2018

Reference Books:

5. सिंह, नरेन्द्र: . (2021). हठयोग सार संग्रह, (हठ प्रदीपिका और घेरण्ड संहिता के सन्दर्भ में), कॉसबिल पब्लिकेशन, नई दिल्ली
6. पंत, पूर्णचन्द्र, . (2008). उपनिषदोंमें योगविज्ञान, आचार्यपूर्णचन्द्रपंत, नाहन, हिमाचलप्रदेश, द्वितीय संस्करण,
7. गृहस्थयोगसाधककेगुण- आचार्यबालकृष्णजी
8. स्वात्माराम, स्वामी: हठप्रदीपिका, कैवल्यधाम, पूणे, षष्ठमप्रकाशन, 2017
9. Saraswati, S. N. (2012). *Gheranda Samhita. Yoga Publication Trust, Munger, Bihar, India.*

Core Course
Paper Name: Basic Psychological Processes
Paper Code- BY-CT-102

Credit- 4
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks
Max Marks: 70

Objectives:

- To familiarize students with the basic concepts of Indian and Western Psychology with an emphasis on application of Psychology in everyday life.
- To introduce the students to the general concepts of psychology.

1. Introduction:

- A. Meaning and Definitions of Psychology, Psychological thoughts in some major Eastern System: Bhagavad Gita and Buddhism
- B. Concept of Psychology as per Upanishads
- C. Goals and branches of Psychology
- D. Approaches of Psychology: Biological and behavioural

2. Methods of Psychology:

- A. Experimental Method: Meaning, definition, types, merits and demerits
- B. Observation method: Meaning, definition, types, merits and demerits
- C. Survey method: Meaning, definition, merits and demerits
- D. Questionnaire method: meaning, definition, merits and demerits

3. Perception:

- A. Meaning, definition and mechanism of perception
- B. Factors influencing Perception
- C. Laws of Perceptual organization
- D. Perceptual constancy: shape and size

4. Learning:

- A. Meaning definitions and types of learning.
- B. Factors affecting learning:
- C. Methods of learning
- D. Transfer of learning: positive, negative, zero and bilateral

5. Memory:

- A. Meaning, definitions and types of Memory: sensory, short-term and long term
- B. Components of memory: Encoding, storage & retrieval
- C. Factors affecting memory, enhancement of memory
- D. Forgetting: Meaning and Definition, causes of forgetting

Reference Books:

1. Baron, R.A. (1995). Psychology: The essential sciences, New York; Allyn & Bacon.
2. Baron, R.A. (2001). Psychology: Fifth Edition. New York; Allyn & Bacon.
3. Zimbardo, P.O. & Weber, A.L. (1997). Psychology. New York, Harper Collins College.
4. Lefton, L.A. (1985). Psychology, Boston; Allyn & Baron.
5. Morgan, C. T. (2004). Introduction to Psychology. Mcgraw Hill

Text Books:

6. Singh, A.K. (2009) Advanced General Psychology. Motilal Banarsidas.
7. Jain, S. (2014). *Introduction to Psychology*. ISBN-13: 9788127256432.

Core Course
Paper Name- History of India
(From earliest times till the Mauryan period)
Paper Code- BY-CT-103

4 CREDIT
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

This course introduces to the students a gradual evolution of early civilization in Indian and polity from the age of Mahajanapadas to the age of foreign incursions during the Pre-Gupta period. Beginning with a general description of the political condition in the sixth century B.C., emergence of our early culture like Palaeolithic, Mesolithic, Neolithic, chalkolithic, Harappa and Vedic culture are described in the first two unit and political development of rising Magadha empire described in the third unit and Alexandra's invasion of Indian and the origin, development and decline of Mauryan empire are dealt with in last unit.

Unit I: Historical Sources and Pre-Historic Culture (11 Lect.)

Sources: Sources for knowing Indian history, importance of sources, types of sources- literary sources, archaeological sources and accounts of foreign travellers. Introduction to Prehistoric Cultures of India: Palaeolithic- Sohan Culture and Madrasian Culture, Mesolithic, Neolithic- Development of agriculture, invention of fire, invention of wheel. Tools and techniques of Prehistoric Period: Palaeolithic, Mesolithic, Neolithic. Pre Harappa Culture and other Chalkolithic culture.

Unit II: Vedic Culture (12 Lect.)

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

Unit III: Vedic Religion (12 Lect.)

Origin of Religious Traditions and Diverse Dimensions of Religion in the Indus Valley Civilization, Development of religion in Vedic period, worship of nature, increasing importance of Indra, importance of Agni, Varun, Rit and development of worship of Mother Goddess. Development of religious practices in the later Vedic period such as religious rituals, primacy of Yagya.

Unit IV: Reform of Religious structure (11 Lect.)

Upanishad religion: The concept of the soul and the Supreme Brahma. Jainism: The early life and teachings of Mahavira. Buddhism: The early life and teachings of Gautam Buddha.

Unit V: Political Condition of India from 6th Century B.C. to 2nd Century B.C (14 Lect.)

Political Condition in the sixth century B.C. (Mahajanapadas and Republics), Rise of Magadha Empire: **Haryaka dynasty**: Bimbisara and Ajatshatru, **Shishunag Vans**, **Nand Vans**: Mahapadma and Ghananand and Greek Invasion of Alexander, **Mauryan Dynasty**: Chandragupta Maurya: Early life and his Empire expansion, Bindusara, Asoka: Empire expansion, his edicts and Ashoka, Decline of Mauryan Dynasty.

Text Book:

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

Recommended Readings:

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

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

Raychoudhury, H. C., Political History of Ancient India, Calcutta, 1931.

Goyal, S. R., Magadh, Satavahan, Kushan Samrajyon ka Yug (Hindi), Jaipur

Sharma, R. S., Prarambhik Bharat ka Parichay, (Hindi) New Delhi 2017.

Srivastava, K. C., Prachin Bharat ka ItihasTathaSanskriti, Allahabad, 2019

Shastri, K. A. N., the Age of Nandas and Mauryas, Varanasi, 1967.

Core Course
Paper Name- Tourism Concepts & Principles
Paper Code- BY-CT-104

4 CREDIT

Final Exam (SEE)-35 Marks
Internal Assessment (CT+TA)-15Marks

Objective: This is an introductory module giving the basis of tourism studies. It will give an overview of tourism industry and various organizations.

Unit-I: Understanding Tourism: -

Tours, tourists, visitors, excursionists, travelers, resources, attractive, Tourism product concept. Tourism: Meaning, nature and scope, Tourism: Types, elements and components, Historical development of Tourism-Travel from ancient's time and in the middle age- the grand tour- Travel and tourism in the 19th century and after independence.

Unit-II: Determinants and motivators: -

Determinants and motivations in tourism, factors stimulating in the growth of tourism, (determinants) why the people wish to travel, (motivators) and influences of supply.

Unit- III: Major Tourism Services:-

Transportation: Types and relevance in tourism

Accommodation: Types and relevance in tourism

Travel Agencies and Tour-Operators: Overview and relevance in tourism

Unit-IV: The tourist Industry: -

Definition, characteristics of tourism product & services, kind of goods and services, sector of the tourism Industry, illustrative examples and tourism industry in relation to the tourism system.

Unit-V: Tourism Organization: -

WTO / UNWTO, PATA, IATA, ITDC etc.

Text Books: -

- Bhatia AK – Tourism Development Principles and practices sterline publication Ltd. 1995.
- Burkat and Madlik- Tourism Past Present and Future, Heinmenn Publishers 1981
- Cooper Flacher et al- Tourism Principles and practices Pitman1993.
- Mill, R.C., (1990), Tourism: The International Business, Pretience Hall, NewJersey.
- Mill and Morrison, (1992), the Tourism System: An Introductory Text, PrenticeHall.

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्

BA - प्रथमवर्षः (प्रथमसत्रम्)

संस्कृतम्-I [4 credits]

Paper Code: BY-CT-105

पूर्णाङ्काः - १००

आन्तरिकाङ्काः - ३०

बाह्याङ्काः - ७०

- इकाई (१) भाषापरिचयः
लिपिः, वर्णोच्चारणशिक्षा, भाषामूलतत्त्वानि
- इकाई (२) शब्दरूपपरिचयः
अजन्ताः - राम, हरि, गुरु, पितृ, गो, रमा, मति, नदी, वधू, मातृ, पुस्तक, दधि, मधु
हलन्ताः - जगत्, भगवत्, राजन्, करिन्, पयस्, विद्वस्, वाच्, दिक्, गिर्, अहन्
सर्वनामानि - तद्, एतद्, यद्, किम्, इदम्, अस्मद्, युष्मद्
- इकाई (३) अव्ययंतथासन्धिः
सामान्याव्ययानि, विसर्गसन्धिः, अच्-सन्धिः, हल्-सन्धिः
- इकाई (४) क्रियापदपरिचयः (वाक्यरचना अनुवादश्च)
भू, पठ्, लिख्, गम्, दृश्, स्था, पा, सेव्, वस्, कृ (लट्, लृट्, लोट्, लङ्, विधिलिङ् मात्रम्)
- इकाई (५) वृत्ति-समासपरिचयः
कृद्वृत्तिः - क्त, क्तवतु, शतृ, शानच्, क्तव्य, अनीयर्, तुमुन्, क्त्वा, ल्यप्
समासाः - तत्पुरुषः, बहुव्रीहिः, द्वन्द्वः, अव्ययीभावः
- इकाई (६) मूलरामायणम् - १-५०
श्लोकपठनम्, पदच्छेदः, पदपरिचयः
पातञ्जलयोगसूत्रम् - समाधिपादः (१-२५ सूत्राणि)
सूत्रस्मरणम्, सूत्रव्याख्या, निबन्धात्मकप्रश्नाः

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (१) - डा० आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. मूलरामायणम् - राष्ट्रियसंस्कृतसंस्थानम्, नईदिल्ली
3. योगदर्शन - स्वामिरामदेव, दिव्यप्रकाशन, हरिद्वारम्

सन्दर्भग्रन्थाः

1. सरल-कठिनसंस्कृतम् - प्रो. तिरुमलपि. कुलकर्णी

MIL (Modern Indian Language)

Paper Name- सामान्यसंस्कृतम्-१

Paper Code-BY-MIL-101

4 CREDIT

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

- इकाई (१) भाषापरिचयः
लिपिः, वर्णोच्चारणशिक्षा, भाषामूलतत्त्वानि
- इकाई (२) शब्दरूपपरिचयः
अजन्ताः - राम, हरि, गुरु, पितृ, गो, रमा, मति, नदी, वधू, मातृ, पुस्तक, दधि, मधु
हलन्ताः - जगत्, भगवत्, राजन्, करिन्, पयस्, विद्वस्, वाच, दिक्, गिर, अहन्
सर्वनामानि - तद्, एतद्, यद्, किम्, इदम्, अस्मद्, युष्मद्
- इकाई (३) अव्ययंतथासन्धिः
सामान्याव्ययानि, विसर्गसन्धिः, अच्-सन्धिः, हल्-सन्धिः
- इकाई (४) क्रियापदपरिचयः (वाक्यरचना अनुवादश्च)
भू, पठ्, लिख्, गम्, दृश्, स्था, पा, सेव्, वस्, कृ (लट्, लृट्, लोट्, लङ्, विधिलिङ् मात्रम्)
- इकाई (५) वृत्ति-समासपरिचयः
कृद्वृत्तिः - क्त, क्तवत्, शतृ, शानच्, क्तव्य, अनीयर्, तुमुन्, क्त्वा, ल्यप्
समासाः - तत्पुरुषः, बहुव्रीहिः, द्वन्द्वः, अव्ययीभावः
- इकाई (६) मूलरामायणम् - १-५०
श्लोकपठनम्, पदच्छेदः, पदपरिचयः
पातञ्जलयोगसूत्रम् - समाधिपादः (१-२५ सूत्राणि)
सूत्रस्मरणम्, सूत्रव्याख्या, निबन्धात्मकप्रश्नाः

निर्धारितग्रन्थाः

4. व्याकरणचन्द्रोदय (१) - डा० आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
5. मूलरामायणम् - राष्ट्रियसंस्कृतसंस्थानम्, नईदिल्ली
6. योगदर्शन - स्वामिरामदेव, दिव्यप्रकाशन, हरिद्वारम्

सन्दर्भग्रन्थाः

2. सरल-कठिनसंस्कृतम् - प्रो. तिरुमलपि. कुलकर्णी

MIL (Modern Indian Language)
Paper Name- Basic Hindi
Paper Code-BY-MIL-101

4 CREDIT
Final Exam (SEE)-70 Marks

संप्रेषण कौशल
(Sampreshan Kaushal)

(4 Credits)

	Hours
1. हिंदी व्याकरण	15
अ. स्वर-व्यंजन : वर्गीकरण	
आ. संज्ञा, सर्वनाम, विशेषण, क्रिया, लिंग, वचन, कारक	
इ. शब्द-उच्चारण : ध्वनि गुण	
2. भाषिक संप्रेषण : स्वरूप एवं प्रकार	15
अ. संप्रेषण : अवधारणा एवं महत्व	
आ. संप्रेषण के प्रकार – मौखिक और लिखित, वैयक्तिक और सामाजिक, व्यावसायिक	
इ. संप्रेषण की चुनौतियाँ	
3. संप्रेषण के माध्यम – एकालाप, संवाद, सामूहिक चर्चा, ट9य -श्रव्य (व्यावहारिक प्रयोग अपेक्षित है।)	15
4. प्रभावी संप्रेषण- गहन अध्ययन, कल्पनाशीलता, व्याख्यायित करना, चर्चा, विवेचन, विवाद, तर्कसंगत विश्लेषण, मूल्यांकन आदि के आधार पर निम्नलिखित कहानियों, कविताओं, फिल्मों का मूल्यांकन करना अनिवार्य है ।	15

कहानियाँ – चंद्रधर शर्मा गुलेरी - उसने कहा था

यशपाल - फूलों का कुरता

मन्नू भंडारी - यही सच है

ओमप्रकाश वाल्मिकी - ग्रहण

कविताएँ – नागार्जुन- प्रेत का बयान

केदारनाथ सिंह - बनारस

दुष्यंत कुमार - मैं जिसे ओढ़ता - बिछाता हूँ ,

केदारनाथ अग्रवाल - सब चलता है लोकतंत्र में

फिल्म – एक कला फिल्म, एक व्यावसायिक फिल्म

AECC (Ability Enhancement Compulsory Course)

Paper Name: Communicative English

Paper Code: BY-AECC-101

4 CREDIT

Final Exam (SEE)-70Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

Unit 1- Improve pronunciation and Use English Grammar worksheets and exercises to improve grammatical knowledge for competitive exams

Unit 2- Enhance reading, understanding and writing abilities in English

Unit 3 -Develop the ability to read, understand and improve English vocabulary

Unit 4 - Demonstrate conversational skills, Asking Questions

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

Unit-1: -Syllables (stress in simple words), Rhythm, Intonation, **15 Hours**
& Revision of Basic Grammar

- Tenses
- Prepositions
- Articles
- Conjunctions
- Modals
- Direct and indirect Speech

Unit-2: Reading & Writing **15 Hours**

- Vocabulary- Homophones, Homonyms
- Analytical Skills
- Editing Skills- Error Correction
- Article Writing
- Reading Comprehension

Unit-3: Listening – **15 Hours**

- Audio books
- Podcasts
- Speeches of various renowned Yoga Masters
- Ted Talks

Unit-4: - Spoken English **15 Hours**

- Accents and dialects
- Extempore
- Oral Report,
- Debates and GDs
- Public Speaking Skills
- Leadership
- Team Work

Text books:

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

Suggested Sources:

Britishcouncil.org

Core Practical
Paper Name: Yoga Practicum-I
Paper Code: BY-CP-101 Credit- 4

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

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

- Understand the benefits, procedure and contraindications of all practices.
- Demonstrate each practice with confidence and skill.
- Explain the procedure and subtle points involved.

Unit I: Eight Baithak by Yogrishi Swami Ramdev ji

Ardhbaithak, Purnabaithak, Rammurtibaithak, Pahalwani baithak-1, Pahalwanibaithak-II. Hanuman baithak -1, Hanuman baithak-11,

Unit II: Twelve Dand by Yogrishi Swami Ramdev ji

Simple Dand, RammurtiDand, VakshvikasakDand, Hanuman Dand, VrishchikDand-I, VrishchikDand-II, Parshvadand, Chakradand, Palatdand, Sherdand, Sarpdand, Mishradand (mixed Dand)

Unit III: Surya Namaskara &Yogasana (Supine lying postures)

Suryanamaskar, Naukasana, Pavanamuktasana, Utthana-padasana, Padavrittasana, Chakrikasana, Chakkichalana, ArdhaHalasana, Halasana, Setubandhasana, Sarvangasana, Matsyasana, Chakrasana, Shavasana.

Unit IV: Pranayama

NadiShodhana (Technique 1: Same Nostril Breathing), NadiShodhana (Technique 2: Alternate Nostril Breathing), NadiShodhana (Technique 3: Alternate Nostril Breathing + Antarkumbhak); NadiShodhana (Puraka + AntarKumbhak + Rechaka + BahyaKumbhak) (1:4:2:2);

Unit V: Mudra & Shatkarmas (Only One kriya)

Hasta Mudra: Chin, Jnana, Hridaya, Bhairav, Yoni, Pran, Apan, Apanvayu, Shankh, Kamajayi, Shatkriya, Neti (Jalneti, Rubber Neti)

Continuous Evaluationby the Teachers

TEXT BOOKS

1. Balkrishna Acharya: (2015), DainikYogabhyasakram, DivyaPrakashan, Haridwar.
2. Randev Y.S. 2015: Dand-baithak, DivyaPrakashan, Haridwar
3. Saraswati S. S. (2006). Asana Pranayama and Mudra Bandha, "Yoga Publication Trust." Munger, Bihar

2 nd SEMESTER		Periods Per Week			Evaluation Scheme				
Course Name	Paper Name	L	T	P	Credit	CT	TA	SEE	Course Total
CC (Core Courses Compulsory-I)									
BY-CT-201	Principles of Hathyoga	3	1		4	20	10	70	100
CC (Core Courses Compulsory-II)/ Select any One									
BY-CT-202	Social Psychology	3	1		4	20	10	70	100
BY-CT-203	History of Ancient India From the Sunga Dynasty to Later Guptas	3	1		4	20	10	70	100
BY-CT-204	Tourism Resources in India	3	1		4	20	10	70	100
BY-CT-205	संस्कृतम्-II	3	1		4	20	10	70	100
MIL (Modern Indian Language)									
BY-MIL-201	English-I	3	1		4	20	10	70	100
AECC (Ability Enhancement Compulsory Course)									
BY-AECC-201	Environmental Science	3	1		4	20	10	70	100
Core Practicum									
BY-CP-201	Yoga Practicum-II	0	0	8	4	20	10	70	100
					20	TOTAL			500


 विभागाध्यक्ष योग विज्ञान विभाग
 पतंजलि विश्वविद्यालय, हरिद्वार

Core Course
Paper Name: Principles of Hatha Yoga
Paper Code: BY-CT-201 Credit- 4

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

By introducing Hatha Yoga & its Texts, students shall be able to

- Have an understanding about pre-requisites of Hatha Yoga.
- Have an understanding about the concept of Yoga in Hath Yogic texts.
- Have an understanding about concept and principles of Hath Yoga.
- Quote references of each practice as per traditional texts

Unit I: General Introduction to Hatha Yoga (10 Hours)

The Literal Meaning of Hatha Yoga, Definition, Tradition-History, Pathya-ApathyaAhara, Instructions for Yoga Practice, Characteristics of Hatha Siddhi, Utility of Hatha Yoga. Therapeutic Relevance of Hatha Yoga in the Present Age.

Unit II: Hatha Yogapradipika: Asana, Pranayama, Shatkarma (20 Hours)

Introduction to the Book Hatha Yoga Pradipika, Technique, benefits and precautions of Asana (15 Asana), Technique, benefits and precautions of Pranayama- (Suryabhedhi, Ujjai, Sheetli, Sitkari, Bhastrika, Bhramari, Murchha, Plavani), Technique, benefits and precautions of Shatkarma (Dhoti, Basti, Neti, Nauli, Trataka and Kapalabhati)

Unit III: Hatha Yogapradipika- Mudra Bandha, Naad, Kundlini (8 Hours)

According to Hatha Yoga Pradipika - Technique, benefits and precautions of Bandha, Mudra, Naadanusandhan- Concept, types and Outcomes, Kundalini-Concept, Technique, Precautions and Outcomes.

Unit IV: Gherinda Samhita-Shatkarmas and Asanas (12 Hours)

Introduction to The Gherand Samhita Text, Technique, benefits and precautions of the Shatkarmas. Technique, benefits and precautions of Asana.

Unit V: Gherinda Samhita- Pranayama, Mudras, Pratyahar, Meditation and Samadhi (10 Hours)

Technique, benefits and precautions of Pranayama and Mudra. Brief Introduction to Pratyahar, Meditation-Concept, Types and Technique, Samadhi- Concept, Types and Technique.

Prescribed text book

1. स्वात्माराम, स्वामी: हठप्रदीपिका, कैवल्यधाम, पूणे, षष्टमप्रकाशन, 2017
2. Saraswati, S. N. (2012). Gheranda Samhita. *Yoga Publication Trust, Munger, Bihar, India.*
3. सिंह, नरेन्द्र: . (2021). हठयोगसारसंग्रह, (हठ प्रदीपिकाऔर घेरण्डसंहिता के सन्दर्भ में), क्रॉसबिलपब्लिकेशन, नईदिल्ली

Core Course
Paper Name: Social Psychology
Paper Code: BY-CT-202

Credit- 4
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objective:

1. To enable students to appreciate how individual behavior is influenced by social and cultural contexts.
2. To enable students to develop an understanding of functioning in different groups and organizations and to understand how social problems can be analyzed in terms of various social psychological theories.

1. Introduction:

- A. Meaning and definitions of social Psychology
- B. Goals of Social Psychology
- C. History of Social Psychology
- D. Scope of Social Psychology

2. Attitudes:

- A. Nature and Components of Attitude
- B. Formation of attitude
- C. Change in Attitude
- D. Measurement of Attitude:

3. Groups Behavior:

- A. Meaning and definition of Group and crowd
- B. Distinction between group and crowd
- C. Social facilitation: meaning, definitions and cause of social facilitation
- D. Social Loafing: meaning, definitions and causes of social loafing

4. Group Morale:

- A. Meaning and definition of group Morale
- B. Criteria of High and Low Group Morale
- C. Determinants of Group Morale
- D. Methods of Improving Group Morale

5. Aggression:

- A. Meaning and definitions of Aggression
- B. Types of aggression
- C. Theoretical approaches to aggression: Social Learning Theory, Frustration-Aggression Theory
- D. Measures of Reducing Aggression

Reference Books

1. Baron, R.A. & Byrne, D (1998). Social Psychology: Theories, research and application. New York: Me Graw Hill.
2. Semin, G.R. & Fiedler, K, (Eds.) (1996). Applied Social Psychology, London: Sage.

Text Books

3. Suleiman, M. (2009). Ucchar Samaj Manovigyan, New Delhi: Motilal Banarasi Das.
4. Singh, R.N. (2001). Modern Social Psychology. Agra: Vinod Pustak Mandir.

Core Course
Paper Name: History of Ancient India
(From the Sunga Dynasty to Later Guptas)
Paper Code: BY-CT-203

Credit- 4

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

(11 Lect.)

Unit I:

Post-Mauryan Dynasties: Sunga Dynesty, KanvaDynesty, And Satavahana Dynesty: GautamiputraShatakarni and YagyShree Satakarni, Kaling Naresh Kharwel.

Unit II:

(11 Lect.)

Foreign Dynasties: Indo Greeks: Demetriyas and Minander, ShakaKshatrap: Mathura and western Kshatrapas and Pahlava, Kushan Dynesty: Vim kadafishash and kanishka,

Unit III: Gupta Dynasty the Golden age of India

(12 Lect.)

Gupta Dynesty: Chandragupta I, Samudragupta, Chandragupta II, kumargupta and skandgupta, Decline of the Imperial Guptas Cultural Achievements of the Gupta Period: Debate about Golden Age

Unit IV:

(10 Lect.)

Hunas invasion in India, Vakatakas: Cultural Achievements of the Vakataka period, Shashank of Bengal, Bhashkarvarman of Assam.

Unit V: Cultural Development in Post Mauryan to Gupta Period

(16 Lect.)

Development of Social, Economic, Religious Status, Emergence of New Bhakti Traditions: Shavism, Vaisnavism, Saktism, Hinayan, Mahayan, Swetambar and Digambar.

Recommended Readings:

Goyal, S.R., Magadh, Satawahan, Kushan Samrajyon ka Yug (Hindi), Jaipur

Narain, A.K., The Indo-Greeks, New Delhi, 1996.

V.S Agarwal, Indian Art, Varanasi, Prithvi Prakasahan, 1972.

Percy Brown, Indian Architecture, Bombay, D.B.Taraporevala Sons &Co, 1940

James Harle, The Art & Architecture of the Indian Subcontinent, Hormonds worth, Penguin, 1988

Sharma, R.S., Prarambhik Bharat ka Parichay, (Hindi) New Delhi 2017.

Raychoudhury, H.C., PrācīnBhārataKāRājanītikaItihāsa (Hindi), Allahabad,

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

Basham A. L. The Wonder that was India, London

Srivastava, K. C., Prachin Bharat ka ItihasTathaSanskriti, Allahabad, 2019

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

Core Course
Paper Name: Tourism Resources in India
Paper Code: BY-CT-204

Credit- 4
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objective: The module gives information of countries tourist places of national and international importance and it helps students to know the background elements of tourism resources.

Unit – I Introduction:

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

Unit- II Natural Resources:

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

Unit-III Pilgrimage Destinations:

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

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

Jain: Mount Abu, Sharavanbelgola.

Islamic: Delhi, Agra, and Fatehpur Sikri.

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

Unit- IV Socio-Cultural Resources:

Socio cultural resources - Important fairs and festivals with case studies of Kumbha Mela, Dussehra, Vaishno Devi Yatra, Onam, Puri Rath Yatra & Chhath Pooja.

Unit - V: Hill Station & Coastal Destinations:

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

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

Text Books:

- Gupta, SP, Lal, K, Bhattacharya, M. Cultural Tourism in India (DK Print 2002)
- Dixit, M and Sheela, C. Tourism Products (New Royal Book, 2001)
- Oki Morihiro, Fairs and Festivals, World Friendship Association, Tokyo, 1988.
- Michel George, The Penguin guide to the monument of India, Penguin Book, 1990

Other References:

- Mitra, Devla, Buddhist Architecture, Calcutta.
- Tourists Resource of India- Ram Acharya.
- Himachal Pradesh, The Land, the people by S.S. Negi

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्
BA - प्रथमवर्षः (द्वितीयसत्रम्)
संस्कृतम्-II [4 credits]
Paper Code: BY-CT-205

पूर्णाङ्काः - १००
आन्तरिकाङ्काः - ३०
बाह्याङ्काः - ७०

- इकाई (१) संज्ञाप्रकरणम्
वृद्धि-गुण-संयोग-पद-अव्यय-सम्प्रसारण-उपधा-इत्-अङ्ग-
उपसर्ग-धातु-सार्वधातुक-आर्धधातुक-विभक्ति-सर्वनाम-सज्ञाः
- इकाई (२) ईषोपनिषद्
मन्त्रव्याख्या, मन्त्रस्मरणम्, निबन्धात्मकप्रश्नाः
- इकाई (३) हितोपदेशः - मित्रलाभः
श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (४) मूलरामायणम् - ५१-१००
श्लोकपठनम्, पदच्छेदः, पदपरिचयः
पातञ्जलयोगसूत्रम् - समाधिपादः (२६-५१ सूत्राणि)
सूत्रस्मरणम्, सूत्रव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (५) धातुरूपमात्रम् - लट्, लृट्, लोट्, लङ्, विधिलिङ् मात्रम् (वाक्यरचना अनुवादश्च)
(परस्मैपदम्) दिव्, अस्, हन्, शक् (आत्मनेपदम्) वृध्, मुद्, शिक्ष्
(उभयपदम्) दा, तन्, चुर, भक्ष्, तुद्
- इकाई (६) अलङ्कारपरिचयः
उपमा, रूपकम्, अर्थान्तरन्यासः, उत्प्रेक्षा, अनुप्रासः

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (१) - डा० आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. एकादशोपनिषद् - डा० सत्यव्रतसिद्धान्तालङ्कार
3. हितोपदेशः - चौखम्बासंस्कृतप्रतिष्ठान, दिल्ली
4. मूलरामायणम् - राष्ट्रियसंस्कृतसंस्थानम्, नईदिल्ली
5. योगदर्शन - स्वामिरामदेव, दिव्यप्रकाशन, हरिद्वारम्
6. रचनानुवादकौमुदी - डा० कपिलदेवद्विवेदी, विश्वविद्यालयप्रकाशन, वाराणसी
7. काव्यदीपिका - डा० श्रीकृष्णमणित्रिपाठी, चौखम्बासुरभारतीप्रकाशन, वाराणसी

MIL (Modern Indian Language)
Paper Name- English
Paper Code-BY-MIL-201

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

Unit 1- Communicate easily with and enhance the ability to understand native speakers

Unit 2- Remove personal barriers and enhance confidence in a group setting and in workplaces

Unit 3- Help translate L2 from L1 in a more efficient manner

(L1 is the mother tongue & L2 is the Official Language – here English)

Unit 4 - Enhance formal and business writing skills

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

Unit-1: - **16 Hours**

Different types of Salutations

Differences between formal and informal speech, between standard and Colloquial language

Unit -2: Verbal and Non-verbal Communication **16 Hours**

- Personal – Social – Business
- Inter-personal and Group Communication
- Professional Communication

Unit 3 - Reading Comprehension **14 Hours**

- Analysis and Interpretation
- Translation (from Indian Languages to English and vice-versa)
- Loud Reading, Drilling for pronunciation and fluency
- Listening Comprehension

Unit 4 -Writing Skills **14 Hours**

- Report Writing
- Paraphrasing
- Professional Writing
- Argumentative Essays

Ability Enhancement Compulsory Course

Paprr Code- BY-AECC-201

ENVIRONMENTAL SCIENCE

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Unit – I

16 Hours

The Environment: The Atmosphere, Hydrosphere, Lithosphere, Biosphere, Ecology, Ecosystem, Biogeochemical Cycle (Carbon Cycle, Nitrogen Cycle), And Environment Pollution: Air Pollution, Water Pollution, Soil Pollution, and Radiation Pollution.

Unit – II

14 Hours

Population Ecology: Individuals, Species, Pollution, Community, Control Methods of Population, Urbanization and its effects on Society, Communicable Diseases and its Transmission, Non-Communicable Diseases.

Unit- III

15 Hours

Environmental Movements in India: Grassroot Environmental movements in India, Role of women, Environmental Movements in Odisha, State Pollution Control Board, Central Pollution Control Board.

Unit –IV

15 Hours

Natural Resources: Conservation of Natural Resources, Management and Conservation of Wildlife, Soil Erosion and Conservation, Environmental Laws: Water Act, 1974, Air Act, 1981, The Wildlife (Protection) Act, 1972, Environment Protection, 1986, Natural Disasters and their Management

Core Practicum
Paper Name: Yoga Practicum-II
Paper Code: BY-CP-201 Credit- 4

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

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

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

Unit- I: Yogasana (Recommended by Swami Ramdev)

12 Steps of Yogic Jogging; And A Series of 12 Yogic Postures: Manduk Asana- Variations 1 & 2, Shashakasana, Bakasana, Gomukh Asana, Makarasana- Variations 1 & 2, Bhujanga Asanavariations 1, 2 & 3, Shalabhasana- Variations 1, 2 & 3, Markatasana- Variations 1, 2 & 3, Pawanmuktasana- Variations 1, 2 & 3, ArdhaHalasana, Padvritta Asana- Variations 1 & 2 And Dwichakrikasana- Variations 1 & 2; As Recommended by Swami Ramdev.

Unit-II: Prone Lying Asanas

Makarasana, Markatasana, Bhujangasana, Sarpasana, Shalabhasana, Dhanurasana, Purnadhanurasana, Chakrasana, ViparitNaukasana.

Unit- III: Pranayama (Recommended by Swami Ramdev)

Bhastrika, Kapalbhati, Bahya, Ujjai, Anulom-Vilom, Bhramari, Udgeeth.

Unit- IV: Shatkarma (Only Two Kriyas)

Kapalbhati (Vatkram, Vyutkram, Sitkram), Nauli (Madhyama, Vama, Dakshina).

Unit- V: Mudra & Bandh:

Jalandhar Bandh, Udyan Bandh and Moolbandh, Maha Bandh Mudra.

Continuous Evaluation by the Teachers

TEXT BOOKS

1. Yogrishi Swami Ramdev Ji: Pranayama Rahasya, DivyaPrakashan, Haridwar, 2009
2. Basavaraddi, I.V. & others: SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi, 2009
3. Dr. Nagendra H R: Pranayama, The Art & Science, Swami Vivekananda YogaPrakashan, Bangalore, 2005.
4. Iyengar, B.K.S.: Light on Pranayama, Harper Collins, Swami Vivekanand YogaPrakashan, 2012
5. Saraswati S. S. (2006). Asana Pranayama and Mudra Bandha, "Yoga Publication Trust." Munger, Bihar

SEMESTER 3 rd		Periods Per Week			Evaluation Scheme				
Course Name	Paper Name	L	T	P	Credit	CT	TA	SEE	Course Total
CC (Core Courses)									
BY-CT-301	Human Biology	3	1		4	20	10	70	100
CC (Core Courses Compulsory-II)/ Select any One									
BY-CT-302	System and School of Psychology	3	1		4	20	10	70	100
BY-CT-303	History of North India (600A.D. to 1200 A.D.)	3	1		4	20	10	70	100
BY-CT-304	Transport in Travel & Tourism	3	1		4	20	10	70	100
BY-CT-305	संस्कृतम्-III	3	1		4	20	10	70	100
MIL (Modern Indian Language)									
BY-MIL-301	संस्कृतम्-I/ Hindi-I	3	1		4	20	10	70	100
SEC (Skill Enhancement)									
BY-SEC-301	Fundamentals of Computer applications	3	1		4	20	10	70	100
CP (Core Practicum)									
BY-CP-301	Yoga Practicum-III	0	0	8	4	20	10	70	100
					20	TOTAL			500


 विभागाध्यक्ष योग विज्ञान विभाग
 पतंजलि विश्वविद्यालय, हरिद्वार

Core Course

Paper Name: Human Biology

Paper Code: BY-CT-301

Credit- 4

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

Objectives: The teaching-learning of this paper will enable learner to

- 1) Discuss & introduce skeletal system, muscular system, respiratory system with their gross anatomy & physiology
- 2) Discuss anatomical & physiological effects of selected yoga practices on aforesaid human body systems.

Unit-1: - Introduction to Human Body

(15 Hours)

Definition, Structure, Cell Types and Functions of Human Cells. Body Structure and Function, Key Words and Their Concepts.

Unit-2: - Skeletal System - 1

(15 Hours)

The Structure and Type of Bone. The Structure and Function of the Spine. Effect of Yoga On Bone and Bone Joint.

Unit-3: - Muscular System -

(15 Hours)

The Structure, Type and Function of the Muscle. Mechanism of Muscular Contraction. Neuro-Muscular Communication Neurotransmitters | Effect of Yoga On Muscles.

Unit-4: - Respiratory System - -

(15 Hours)

Nose, Throat, Bronchi, Structure, Mechanism of Breathing. Respiratory Processes - Cellular Respiration and Thoracic Respiration. Effect of Yoga On Respiratory System.

Reference book

1. सुश्रुत(शरीर स्थान)- डा. भास्कर गोविन्द घाणेकर
2. शरीर रचना विज्ञान- डा. मुकुन्द स्वरूप वर्मा
3. शरीर क्रिया विज्ञान- डा. प्रियवृत्त शर्मा
4. शरीर रचना व क्रिया विज्ञान- डा. एस. आर. वर्मा
5. आयुर्वेदीय क्रिया शरीर- वैद्य रणजीत राय देसाई
6. Anatomy & Physiology of Yogic Practices-M.M. Gore 7. Anatomy & Physiology Yogic Context- Dr. Sharad Bhalekar

Core Course
Paper Name: System and School of Psychology
Paper Code: BY-CT-302

Credit- 4
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objective:

1. To enable the student to understand psychology in historical perspective.
2. To familiarize students with the various movements and schools of psychology

1. Systems in Psychology:

- A. Meaning and types, some basic issues in Psychology
- B. Ancient Greek philosophical influences: Socrates, Plato and Aristotle
- C. Structuralism: Wundt's Systematic Psychology: definition and subject matter of psychology, principles of connection, method of psychology, apperception, mind-body problems
- D. Functionalism: functionalism as a system: definition and subject matter of psychology, postulates, methodology, mind-body problem, nature of data, principles of connection and principles of selection.

2. Modern Associationism:

- A. Historical Background of associationism
- B. The association of stimulus and response
- C. Thorndike: The psychology of connectionism
- D. Criticism of Thorndike's system

3. Early and later Behaviorism :

- A. Watsonian Behaviorism as a system
- B. Watson's experimental formulations: learning, emotion and memory
- C. Tolman's Purposive Behaviourism: independent variables, dependent variables, intervening variables and theory of learning,
- D. Skinner's contributions: the psychology of conditioning, drive, emotion, shaping and superstitious behaviour, teaching machines and programmed learning

4. Gestalt Psychology:

- A. Foundry of Gestalt Psychology: Max Wertheimer, Wolfgang Kohler and Kurt Koffka
- B. Contribution of Gestalt psychology: Perception, Learning & Thinking.
- C. Protest of Gestalt psychology against others systems
- D. Gestalt psychology as a system

5. Psychoanalysis

- A. Antecedent forces of Psychoanalysis: Gottfried Leibnitz, Johann Herbart, helmhoitz and Fechner
- B. Freudian Psychoanalysis as a System
- C. Contribution of Sigmund Freud
- D. Criticism of Freudian Psychoanalysis

Reference Books:

1. Woodworth, R.S. (1932). Contemporary School of Psychology. New York.
2. Heidbreder, E. (1933). Seven Psychologies. New York.

Text Books:

3. Singh, A.K. (1991). The History and Systems of Psychology. Delhi: Motilal Banarsidas.

Core Course
Paper Name: History of North India (600 - 1200 A.D.)
Paper Code: BY-CT-303

Credit- 4
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Unit I:
(14 Lect.)

Harshvardhana: Political Achievements; Contribution to Religion Learning
Rule of Pratiharas: Vatsaraj, Nagabhata, Mihirbhuj;
Rule of the Palas: Dharmapala, Devapala.

Unit II:
Lect.)

Tripartite conflict between Pratiharas, Palas and Rashtrakutas
Origin of Rajputs: Agnikundiya Theory, Traditional Theory
Causes of Arab Invasion and its Effects

(12

Unit III:
Lect.)

Paramars of Malwa: The conquests of Vakapati Munja and his conflict with the Chalukya king Tailapa, Bhoja's conquests and his cultural achievement.
Chandellas of Zezakhbukti: Dhang, Vidyadhar.

(12

Unit IV:
Lect.)

Kalachuris of Tripuri: Gangeyadeva, Lakshmikarna
Gahadvalas; Govindachandra, Jayachandra
Chalukyas of Gujarat: Siddharaj Jaysimha, Kumarpala

(11

Unit V:
Lect.)

Chauhans of Shakambhari: Vigraharaj IV, Prithviraj III- Battle with Mohammad Ghori, Invasion of Mahmood Ghazni: Main Events, His defeat by local dynasties in the Indian campaign of Mahmud of Ghaznavi, Main Events of Gori in India and Impact of his Invasion.

(11

Text Books:

Vishuddhananda Pathak: Uttari Bharat ka Rajanitik Itihas

Reference Book:

Brajdulal Chattopadhyay: The Making of Early Medieval India. Oxford University Press, second edition, 2012

Pathak Vishuddhanand, Uttar bharat ka RajnitikItihas, Uttar Pradesh Hindi Sansthan, Lucknow, 1973

C.V.Vaidya: History of Medieval India 2 vols.

D.N.Jha (ed.): Feudal Order: State, Society and Ideology in Early Medieval India.

Manohar Publishers and Distributors, 2003

Devahuti: Harsha - A Political Study. Oxford University Press, Third edition, 2001

Lallanj Gopal: The Economic life of Northern India (c. 700-1200). Motilal Banarsidass, 1989

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

R.S. Sharma: Early Medieval Indian Society: A Study in Feudalism. Sangam Books Ltd, 2001

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

Romila Thapar: The History of Early India: From the Origins to AD 1300. Penguin India, 2003

Vishuddhananda Pathak: Uttari Bharat ka RajanitikItihas

Core Course
Paper Name: Transport in Travel & Tourism
Paper Code: BY-CT-304

Credit- 4
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Course Objectives:

Transport is a vital component of the travel and tourism industry. Thereby it becomes imperative for the students of tourism to learn about different modes of transportation in modern world in general, and in India, in particular. The course attempts to provide an insight into different types of transportation, the on-going charges, growth, present status, government policies, problems and management. Thus the course emphasizes on the knowledge of the 'Key' which opens vast venues of world's largest service sector, that is tourism.

Unit-I: Understanding Transport

Background of transport system, Importance of in Tourism, Patterns of demand for Tourism and Transportation.

Unit-II: Air Transport

Function of ICAO, DGCA, IATA, AAI, Evolution of Civil Aviation in India, A case study on Failure of Kingfisher Airlines and Air India.

Unit-III: Road Transport

Surface transport system, Type of Roads in India. Document connected with transport, road transport, RTO, Insurance Documents, Road Tax and Fitness Certificates, NHAI.

Unit-IV: Rail Transport

Rail Transport system, Major Railway system of world, Indian Railways, Tourist trains, viz Palace on wheels, Royal orient Facilities offered by Indian railways like Rail Yatri Niwas & Inrailpass.

Unit-V: Water Transport

Water transport system, Background of water transport system, Cruise ship, Canal boats, Ferries.

Text Books:

1. Ahmad Aizaz: General Geography of India, NCERT, New Delhi.
2. Singh, R.L., India: A Regional Geography, National Geographical Society of India, Varanasi, 1989
3. Aggarwal, Surinder: 'Travel Agency Management', communication India, New Delhi, 1983
4. Hannel Christine, Robert Harshman and Grahan Draper- Travel and Tourism: A world regional geography, John Wiley and Sons, New York, 1992
5. Hurst, Elist, 'Transportation Geography' McGraw Hill, New York, 1974

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्
BA - द्वितीयवर्षः (तृतीयसत्रम्)
संस्कृतम्-III [4 credits]
Paper Code: BY-CT-305

पूर्णाङ्काः - १००
आन्तरिकाङ्काः - ३०
बाह्याङ्काः - ७०

- इकाई (१) सन्धिप्रकरणम् (सन्धिविधायकसूत्रमात्रम्)
सन्धिविच्छेदकरणम्, सूत्रव्याख्या, सूत्रस्मरणम्
- इकाई (२) भगवद्गीता - द्वितीयाध्यायः (चयनिताः ३० श्लोकाः)
श्लोकस्मरणम्, श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (३) हितोपदेशः - मित्रभेदः
श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (४) योगसूत्रम् - साधनपादः
सूत्रस्मरणम्, सूत्रव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (५) धातुरूपमात्रम् - लट्, लृट्, लोट्, लङ्, विधिलिङ् मात्रम् (वाक्यरचना अनुवादश्च)
हस्, लभ्, नी, ह, याच्, अद्, इण्, या, पा (रक्षणो),
आस्, शी, हु, भी, हा, ही, मा, नश्, पद्, युध्, आप्।
शब्दरूपमात्रम् (वाक्यरचना अनुवादश्च)
पाद, गोपा, भूपति, सुधी, स्वभू, नृ, प्राञ्च्, भूभृत्, धीमत्, महत्, लता,
मति, स्त्री, ज्ञान, मघवन्, पथिन्, लिह्, चतुर् (त्रिषु लिङ्गेषु)।

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (१) - डा० आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. भगवद्गीता - गीताप्रेस, गोरखपुर
3. हितोपदेशः - चौखम्बासंस्कृतप्रतिष्ठान, दिल्ली
4. योगदर्शन - स्वामिरामदेव, दिव्यप्रकाशन, हरिद्वारम्
5. प्रौढ रचनानुवादकौमुदी - डा० कपिलदेव द्विवेदी, विश्वविद्यालय प्रकाशन, वाराणसी

MIL (Modern Indian Language)
BA - द्वितीयवर्षः (तृतीयसत्रम्)
सामान्यसंस्कृतम्-II [4 credits]
Paper Code-BY-MIL-301

पूर्णाङ्काः - १००
आन्तरिकाङ्काः - ३०
बाह्याङ्काः - ७०

- इकाई (१) संज्ञाप्रकरणम्
वृद्धि-गुण-संयोग-पद-अव्यय-सम्प्रसारण-उपधा-इत्-अङ्ग-
उपसर्ग-धातु-सार्वधातुक-आर्धधातुक-विभक्ति-सर्वनाम-सज्ञाः
- इकाई (२) ईषोपनिषद्
मन्त्रव्याख्या, मन्त्रस्मरणम्, निबन्धात्मकप्रश्नाः
- इकाई (३) हितोपदेशः - मित्रलाभः
श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (४) मूलरामायणम् - ५१-१००
श्लोकपठनम्, पदच्छेदः, पदपरिचयः
पातञ्जलयोगसूत्रम् - समाधिपादः (२६-५१ सूत्राणि)
सूत्रस्मरणम्, सूत्रव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (५) धातुरूपमात्रम् - लट्, लृट्, लोट्, लङ्, विधिलिङ् मात्रम् (वाक्यरचना अनुवादश्च)
(परस्मैपदम्) दिव्, अस्, हन्, शक् (आत्मनेपदम्) वृध्, मुद्, शिक्ष्
(उभयपदम्) दा, तन्, चूर्, भक्ष्, तुद्
- इकाई (६) अलङ्कारपरिचयः
उपमा, रूपकम्, अर्थान्तरन्यासः, उत्प्रेक्षा, अनुप्रासः

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (१) - डा० आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. एकादशोपनिषद् - डा० सत्यव्रतसिद्धान्तालङ्कार
3. हितोपदेशः - चौखम्बासंस्कृतप्रतिष्ठान, दिल्ली
4. मूलरामायणम् - राष्ट्रियसंस्कृतसंस्थानम्, नईदिल्ली
5. योगदर्शन - स्वामिरामदेव, दिव्यप्रकाशन, हरिद्वारम्
6. रचनानुवादकौमुदी - डा० कपिलदेवद्विवेदी, विश्वविद्यालयप्रकाशन, वाराणसी
7. काव्यदीपिका - डा० श्रीकृष्णमणित्रिपाठी, चौखम्बासुरभारतीप्रकाशन, वाराणसी

(क) हिंदी भाषा का व्यावहारिक व्याकरण

इकाई-1 : भाषा और व्याकरण

- भाषा की परिभाषा और विशेषताएँ
- व्याकरण की परिभाषा, महत्त्व, भाषा और व्याकरण का अंतःसंबंध
- ध्वनि और वर्ण
- हिंदी की ध्वनियों का वर्गीकरण (स्वर, व्यंजन और मात्राएँ)

इकाई-2 : शब्द-विचार

- शब्द की परिभाषा और उसके भेद (रचना एवं स्रोत के आधार पर)
- शब्दों की व्याकरणिक कोटियाँ (संज्ञा, सर्वनाम, विशेषण, क्रिया आदि)
(केवल परिभाषा एवं भेद)
- शब्दों का रूपांतरण, शब्दगत अशुद्धियाँ
- शब्द-निर्माण (उपसर्ग, प्रत्यय, संधि और समास)

इकाई-3 : पद-विचार

- शब्द और पद में अंतर
- विकारी शब्दों की रूप-रचना (संज्ञा, सर्वनाम, विशेषण, क्रिया)
- अविकारी शब्द (अव्यय)

इकाई-4 : वाक्य-विचार

- वाक्य की परिभाषा और उसके अंग
- वाक्य के भेद (रचना एवं अर्थ के आधार पर)
- वाक्य संरचना (पदक्रम, अन्विति और विराम-चिह्न)

SEC (Skill Enhancement)
Paper Name– Fundamentals of Computer application
Paper Code-BY-SEC-301

Credit- 4
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

1. Introduction to Computer System
Hrs.

12

Introduction to Computer, Characteristics of Computer, Applications of Computer, Classification of Computer, Memory & Its Classification, Input devices, Output Devices, Interfaces.

2. Computer Software
Hrs.

12

Introduction to Software, Types of Software, Program vs. Software, Computer Virus and Antivirus.

3. Operating System
Hrs.

12

Introduction to Operating System, Function of Operating System, Types of Operating System

4. Data Communication and Computer Network
Hrs.

12

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

5. Internet and WWW
Hrs.

12

Internet: Introduction to Internet and its Applications, Connecting to the Internet, Email

World Wide Web (WWW): World Wide Web and Its Evolution, Uniform Resource Locator(URL), Browsers: Internet Explorer, OSI Model

Reference Books:

1. Fundamental of Computers – By V.Rajaraman B.P.B. Publications
2. Fundamental of Computers – By P.K. Sinha
3. Computer Today- By Suresh Basandra
4. Computer Networks – By Tanenbaum Tata McGraw Hill Publication

Core Practicum
Paper Name - Yoga Practicum-III
Paper Code – BY-CP-301

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

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

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

Unit-I: Yogasana (Sitting Postures)

Dandasana, Swastikasana, Padmasana. Vajrasana, SuptaVajrasana, Kagasana, Utkatasana. Gomukhasana, Ushtrasana, Shashankasana, Janusirasana, Paschimottanasana, Bhramacharyasana, Mandukasana, Uthana, Mandukasana, Vakrasana, ArdhaMatsyendrasana, Marichayasana, Simhasana.

Unit-II: Pranayama (With Antar&Bahyakumbhaka)

Bhastrika, Kapalbhati, Bahya, Ujjai, Anulom-Vilom, Bhramari, Udgeethand Pranav as recommended by Swami Ramdev. Suryabhedhi, Ujjai, Sheetli, Sitkaari according to Hathpradeepika.

Unit-III: BANDHA

Maha Mudra, Mahaved Mudra and Viparitkarni Mudra,

Unit-IV: SHATKARMAS

Dhauti Kriya- Vahainisar Kriya, KapalrandhraDhauti and VamanDhauti.

Unit-V: Meditation

Patanjali Dhyana-Sadhana

Continuous Evaluation by the Teachers

TEXT BOOKS

1. Yogrishi Swami Ramdev Ji: Pranayama Rahasya, DivyaPrakashan, Haridwar, 2009
2. Ramdev Yogrishi Swami Ji 2009: Yog-Sadhana evm Chikitsa Rahasya, DivyaPrakashan, Haridwar.
3. Saraswati S. S. (2006). Asana Pranayama and Mudra Bandha, "Yoga Publication Trust." Munger, Bihar
4. Science Studies Pranayam: Patanjali Research Foundation, Haridwar, 2011
5. Acharya Balkrishna: YogVijnanam, DivyaPrakashan, 2017.

4th SEMESTER		Periods Per Week			Evaluation Scheme				
Course Name	Paper Name	L	T	P	Credit	CT	TA	SEE	Course Total
CC (Core Courses)									
BY-CT-401	Patanjal Yog Darshan	3	1		4	20	10	70	100
CC (Core Courses Compulsory-II)/ Select any One									
BY-CT-402	SOCIAL RESEARCH	3	1		4	20	10	70	100
BY-CT-403	History of South India (600 A.D. to 1200 A.D.)	3	1		4	20	10	70	100
BY-CT-404	Tourism Policy and Planning	3	1		4	20	10	70	100
BY-CT-405	संस्कृतम्-IV	3	1		4	20	10	70	100
MIL (Modern Indian Language)									
BY-MIL-401	English-II	3	1		4	20	10	70	100
SEC (Skill Enhancement)									
BY-SEC-401	Yajyopaithy	2	0	4	4	20	10	70	100
Core Practicum									
BY-CP-401	Yoga Practicum-IV	0	0	8	4	20	10	70	100
					20	TOTAL			500


 विभागाध्यक्ष योग विज्ञान विभाग
 पतंजलि विश्वविद्यालय, हरिद्वार

Core Course

Paper Name: Patanjali Yog Darshan

Paper Code: BY-CT-401

Credit- 4

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

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

- Introduce Yoga darshan and its main principles.
- Become familiar with the main techniques of yoga prescribed in Yoga Darshan.

Unit-I - Text Introduction and Samadhi Pada:

(15 Hours)

Introduction to Yoga Sutra Granth, Definition of Yoga, Concept of Chitta, Chitta Bhoomi, Chitta Vrittiya and Types, Chitta Vritti Nirodhopaya (Abhyasa and Vairagya), The Nature of God, Pranava Chanting And Its Results, Antarayabhava, Chitta Prasadana, Nature Of Samadhi.

Unit-II: - Sadhan Pad:

(15 Hours)

Hours)

Concept of Kriya Yoga, Klesha, Ashtanga Yoga Introduction, Chaturavuhavaad, Drashta and Drishya, Vivek Khyati.

Unit-III: - Vibhuti Pada:

(15 Hours)

Antaranga Yoga (Dharana, Dhyana, Samadhi), Concept of Samyama, Introduction of Vibhutis, Ashtasiddhi.

Unit-IV: Kaivalya Pada:

(15 Hours)

Kaivalya. Five Types of Siddhis (Attainments), Nirmana Chitta, Types of Karma, Vaasna, Vivek Jnana, Kaivalya

Prescribed Text Book-

- योगदर्शनम्-स्वामी रामदेव
- दर्शन प्रवेश-दिव्य प्रकाशन

Supporting Book-

- भोजवृत्ति
- योगदर्शनम्

Core Course
Paper Name: Social Research
Paper Code: BY-CT-402

Credit- 4
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

- To impart knowledge of social research to the students.
- To enable the students to serve the nation through research.

1. Introduction

- A. Meaning and definitions of research
- B. Characteristics of research
- C. Steps involved in scientific research
- D. Utility of Research

2. Problem, variables and hypothesis:

- A. Problem: meaning, definition, types and characteristics of the problem
- B. Variables: meaning, definition and types of variables
- C. Hypothesis: meaning, definitions, Characteristics of good hypothesis
- D. Types of hypothesis: simple hypothesis, complex hypothesis, directional hypothesis, non-directional hypothesis, null hypothesis

3. Sample and Sampling:

- A. Sample: meaning, definition and characteristics of a good sample
- B. Sampling: meaning, definition and advantages of Sampling
- C. Probability Sampling: Simple Random sampling, Stratified random sampling
- D. Non Probability Sampling: Accidental Sampling, Quota Sampling, Purposive sampling

4. Methods of data collection

- A. Observations: Meaning of Observation, Kinds of observation, Merits and Limitations
- B. Questionnaires: *meaning, definitions* types: Structured and Non Structured Questionnaire, Construction of the questionnaire
- C. Interviews: Characteristics of Interview, Steps involved in the process of interview, sources of error.
- D. Case study method: meaning of case study, strengths of case study, limitations of the case study

5. Ethics in research and research report

- A. Meaning and importance of ethics in research
- B. Objective of research ethics
- C. Code of ethics in research
- D. Report writing based on APA format

Reference Book

- Stockton, K. & Fred N. (1973). Foundations of Behavioral Research. (2nd ed.) New York: Holt, Rinehart and Winston.
- Suleman, M. (2008). Manovigyaan,

Text Book

- Shiksha Evam Anya Saamaajik Vigyaanon Mein Samkhyikee. New Delhi: Motilal Banarsidas.
- Kapil, H. K. (2015). Anusandhan Vidhiyan.

Core Course

Paper Name: History of South India (600 A.D. to 1200 A.D.)

Paper Code: BY-CT-403

Credit- 4

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

(12 Lect.)

Unit I:

Rule of Badami Chalukyas: Pulakeshin II, Vikramaditya II;

Rashtrakutas: Dhruv, Govinda III, Amoghvarsh

Unit II:

(13 Lect.)

Chalukyas of Kalyani: Someshver II, Vikarmaditya VI; Cultural Achievements of the Chalukyas of Kalyani

Western Gangas: Shripurush, Bharasimha III, Yadavas of Devagiri: Seunachandra, Bhillama V;

Unit III:

(11 Lect.)

Pallavas: Mahendravarman I, Narasimhavarman II; Cultural Achievements of Pallavas.

Pandyas: 1st and 2nd empire

Hoysalas of Dvarsamudra: VirBallalKakatiyas: Rudradeva

Unit IV:

(14 Lect.)

Cholas: Emergence and Early History: Rajaraj I- Restoration of the Chola Empire and Expansions of Empire, Rajendra, Kulottunga I, and Administration of Chola'S

Unit V:

(10 Lect.)

Cultural Exchange between India and South-East Asia Idea of Greater India: Development of Indian Culture in South-East Asian Country- Java, Sumatra and Malaya.

Recommended Books:

KeshavanVeluthat: The Political Structure of Early Medieval South India. Orient Blackswan, 2012

Pathak Vishuddhanand, Dakshin bharat ka RajnitikItihas, Uttar Pradesh Hindi Sansthan, Lucknow, 2006.

Dubey, H.N. Dakshin bharat ka VrihatItihas, Sharada Pustak Bhavan, Allahabad, 2002

A. S. Altekar: The Rashtrakutas and their Times. Oriental Book Agency, Poona, 1967 (Second revised edition)

Balakrishnan Raja Gopal: The Chalukyas of Kalyana and the Kalachuris. Prasaranga, Karnatak University, 1981 The Rashtrakutas of Malkhed: Studies in the History and Culture. Geetha Book House, 1994

Durga Prasad Dikshit: Political History of the Chālukyas of Badami. Abhinav Publications, 1980

K.A.NilakantSastri: The Cholas. Madras University Press, 1975

S.M. Mishra: Dakshin Bharat Ka RajnitikItihas. New Age International, 1995

R.C. Majumdar: Suvarṇadvipa: A Cultural History. (Reprint) Gian Publishing House, 1986

Core Course
Paper Name: Tourism Policy and Planning
Paper Code: BY-CT-404

Credit- 4
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

The module will expose the students about the Tourism policy of India and of a few tourism states of the country.

Unit-I:

Tourism Planning- Meaning, definition, need, type and levels of Tourism Planning Process of Tourism Planning.

Unit-II:

Tourism Policy - Meaning, definition, need, types. Tourism Policy of Himachal Pradesh, Rajasthan, Goa and Kerla.

Unit-III:

Destination development- Meaning, definition, components, concept of destination life cycle. Step and stages/ Process of destination planning.

Unit - IV:

Developing Tourism Plans- Technique. Planning Tourist attractions – Natural, cultural and special interest Tourist area. Implementation and Monitoring of Tourism Plans.

Unit -V:

Tourism Plans in India: Tourism under different five year plans. Tourism policies in India with special reference to National Tourism Policy, 1982. Tourism National Action Plan, 1992.

Text Books:

- New Inskeep, Edward, Tourism Planning: An Integrated and Sustainable Development Approach (1991) VNR, New York.
- Ashworth, G. J. (2000), the Tourist Historic City. Retrospect and Prospect of Managing the Heritage City, Pergamon, Oxford
- Sharma, J. K. (2000), Tourism Development. Design for ecological sustainability, Kaniska Publication, New Delhi.
- Edgell, D. L., Allen, M. D., Smith, G., & Swanson, J. R. (2008). *Tourism policy and planning: Yesterday, today and tomorrow*. Burlington, MA: Elsevier Inc.

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्
BA - द्वितीयवर्षः (चतुर्थसत्रम्)
संस्कृतम्-IV [4 credits]
Paper Code: BY-CT-405

पूर्णाङ्काः - १००
आन्तरिकाङ्काः - ३०
बाह्याङ्काः - ७०

- इकाई (१) विभक्त्यर्थप्रकरणम् (वाक्यरचना अनुवादश्च)
सूत्रव्याख्या, सूत्रस्मरणम्, निबन्धात्मकप्रश्नाः
- इकाई (२) रघुवंशः - द्वितीयसर्गः
श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (३) नीतिशतकम् (१-५०)
(श्लोकस्मरणम्), श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (४) उपपदविभक्तिः - परिचयः, प्रयोगः
उपसर्गवृत्तिः
उपसर्गपरिचयः, उपसर्गार्थः, उपसर्गप्रयोगः
- इकाई (५) सृष्टिरचना - सांख्यमतानुसारम्

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (२) - डा० आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. रघुवंशः - कालिदासः, चौखम्बासुरभारतीप्रकाशन, वाराणसी
3. नीतिशतकम् - भर्तृहरिः, चौखम्बाप्रकाशन, वाराणसी
4. उपसर्गवृत्तिः - रामचन्द्राचार्यः
5. सांख्यदर्शनम् - आचार्य आनन्दप्रकाशः

MIL (Modern Indian Language)

Paper Name- English

Paper Code-BY-MIL-401

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

Objectives:

Unit 1- Develop an ability to read, understand and write about oneself in correct grammatical English

Unit 2 -Revise basic English Grammar to improve our knowledge for competitive exams

Unit 3- Provide a forum for healthy discussions

Unit 4- Demonstrate conversational skills and in addition, develop the ability to listen, read and comprehend English

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

Unit-1: - (15 Lect.)

Advanced Writing Skills:

- Cover Letters & Difference between a Resume, CV, and Biodata
- Survey Reports
- Formal Letters
- Comprehension passages
- Article Writing

Unit 2: - (15 Lect.)

Grammar Revision

- Tenses
- Translation
- Common Grammatical Errors

Unit 3: - (15 Lect.)

Advanced Comprehension Skills

- Passages
- Language usage
- Reading Comprehension
- Composition

Unit 4: - (15 Lect.)

Professional Skills

- Interview Skills
- Extempore
- Group Discussions
- Constructive Criticism and Feedback
- Collaboration

Suggested Resources to be added

SEC (Skill Enhancement)

Paper Name: Yajyopaithy

Paper Code: BY-SEC-401

Credit- 4

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Mark

Objective

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

- Understand the relevance of Yajna
- Perform Yajna properly
- Understand the rituals of Yajna
- Know the health benefits and applications of Yajnopathy

UNIT - 1: INTRODUCTION TO YAJNA [10 HRS.]

यज्ञ का परिचय: यज्ञ शब्द का निर्वचन व परिभाषा। यज्ञ का इतिहास, यज्ञ के प्रकार, यज्ञार्थ सामग्री व उपकरण। पंचमहायज्ञ: पंचमहायज्ञ के लाभ, ब्रह्मयज्ञ, देवयज्ञ, बलिवैश्वदेवयज्ञ, अतिथियज्ञ व पितृयज्ञ मन्त्रार्थ-स्मरण सहित विधि। शास्त्रों में यज्ञ का स्वरूप:- चारों वेद, गीता, उपनिषद, मनुस्मृति, ब्राह्मण-ग्रन्थ, गृहसूत्रा व मीमांसादर्शन इत्यादि में।

UNIT - 2: INTRODUCTION TO YAJNOPATHY [10 HRS.]

यज्ञ के विभिन्न पहलू:- यज्ञ से चिकित्सा, ग्लोबल वार्मिंग का समाधान, वृष्टि, कृषि व अध्यात्म उन्नति।

यज्ञ पर वैज्ञानिक शोध:- चिकित्सा शोध, माइक्रोबायोलॉजिकल बैक्टीरिया, फंगस, वायरस, कैमिकल (CO₂, SO₂, NO, Pb, As, Hg, CCIF) व सूक्ष्मकण एवं रेडिएशन पर यज्ञ ऊर्जा के प्रभाव पर शोध।

UNIT- 3 APPLICATION OF YAJNOPATHY [10 HRS]

Application of Yajnopathy for common ailments: Obesity, Hypertension, Diabetes, Thyroidism, Skin Disease, Sinusitis, Asthma, Stress.

UNIT- 4 Yajya Practicum

REFERENCES

1. Vaidic Nitya Karma Vidhi: Divya Prakashan, Haridwar
2. Yagya-yoga-yurveda Chikitsa: Divya Prakashan, Haridwar
3. Yajna se hoga sunahra kal: Dr Rochna Bharti, Srirang Prakashan, Nashik
4. Yajynopathy: Brahmvarchas, Sri Vedmata Gayatri Trust, Shantikunj, Haridwar.
5. Yajnotherapy: Sandip Arya, Vijaikumar Govindram Hasanand, 4408 nai sadak, New Delhi.

Core Practicum
Paper Name- Yoga Practicum-IV
Paper Code- BY-CP-401

Credit-4
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

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

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

Unit-I: yogasanas (Standing Postures]

Tadasana, Vrikshasana, Urdhva-Hastottanasana, Kati Chakrasana; ArdhaChakrasana, PaadaHastasana; Trikonasana, ParshvaKonasana; Veerabhadrasa

Unit-II: Pranayama (with antar&BahyaKumbhaka)

Bhastrika, Bhramari, Murchha, Kewali.

Unit-III: Mudras

Yoga Mudra, Shanmukhi Mudra, Shambhavi Mudra, Kaki Mudra.

Unit-IV: Shatkarmas

Gajkarni, Tratak

Unit-V: Yajna karma

Practice and procedure of Yajna including learning and memorization of mantras. Do's and Don'ts of Yajna.

CONTINUOUS EVALUATION BY THE TEACHERS
TEXT BOOKS

1. Yogrishi Swami Ramdev Ji: Pranayama Rahasya, DivyaPrakashan, Haridwar, 2009
2. Ramdev Yogrishi Swami Ji 2009: Yog-Sadhana evmChikitsaRahasya, DivyaPrakashan, Haridwar.
3. Saraswati S. S. (2006). Asana Pranayama and Mudra Bandha, "Yoga Publication Trust." Munger, Bihar
4. Science Studies Pranayam: Patanjali Research Foundation, Haridwar, 2011
5. Acharya Balkrishna: YogVijnanam, DivyaPrakashan, 2017.

	SEMESTER 5th		Periods Per Week			Evaluation Scheme				
	Course Name	Paper Name	L	T	P	Credit	CT	TA	SE E	Course Total
DSE -Discipline Specific Elective, Choose any Two (One for each selected Subject)										
Yoga	BY-DSE-501	Upnishad Parichay	5	1		6	20	10	70	100
	BY-DSE-502	Research and Teaching Methods in Yoga	5	1		6	20	10	70	100
Psychology	BY-DSE-503	CLINICAL PSYCHOLOGY	5	1		6	20	10	70	100
	BY-DSE-504	PSYCHOLOGY OF PERSONALITY	5	1		6	20	10	70	100
History	BY-DSE-505	Ancient Indian Art & Architecture	5	1		6	20	10	70	100
	BY-DSE-506	History of India (1206 A.D. TO 1739A.D.)	5	1		6	20	10	70	100
Tourism	BY-DSE-507	Travel Agency and Tour Operation Business	5	1		6	20	10	70	100
	BY-DSE-508	Hospitality Management	5	1		6	20	10	70	100
Sanskrit	BY-DSE-509	संस्कृतम्-V	5	1		6	20	10	70	100
	BY-DSE-510	संस्कृतम्-VI	5	1		6	20	10	70	100
Inter Disciplinary/Generic Elective Select any one										
	BY-GE-501	Indian Philosophy & Culture	5	1		6	20	10	70	100
	BY-GE-502	Ancient Indian Social Life and Institutions	5	1		6	20	10	70	100
SEC (Skill Enhancement)										
	BY-SEC-501	Yoga Therapy	3	1		4	20	10	70	100
CP (Core Practicum)										
	BY-CP-501	Yoga Practicum-V	0	0	8	4	20	10	70	100
						26	TOTAL			650


 विभागाध्यक्ष योग विज्ञान विभाग
 पतंजलि विश्वविद्यालय, हरिद्वार

DSE (Discipline Specific Elective)
Paper Name-Upanishad Parichay
Paper Code- BY-DSE-501

Credit- 6
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

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

- Understand the basic teachings of Upanishads.
- Apply the essence of Upanishads in life.

Unit-1: Introduction to Upanishads (15 Hours)

Etymology of The Word Upanishad, Meaning, Place of Upanishads In The Tradition Of Vedic Literature, Evaluation Of Upanishads, Opinions Of Various Scholars About It, Importance Of Upanishads.

Unit-2: - (15 Hours)

Ishavasyopanishad (Complete), Kenopanishad (Complete).

Unit-3: - (15 Hours)

Kathopanishad- First Chapter (First, Second, Third Valli)

Unit-4: - (15 Hours)

Taittiriya Upanishad-Shiksha Valli (XI Anuvaak), Mundakopanishad (Complete).

Unit-5: - (15 Hours)

Shvetashvataropanishad (Chapter 1-4) Chhandogyopanishad: Narada-Santkumar Dialogue (1-26 Vols.)

Prescribed Text Book

एकादशोपनिषद- डा० सत्यव्रत सिद्धान्तालंकार, विजयकृष्ण लखनपाल, नई दिल्ली

Supporting Book

ईशादिनौपनिषद-गीताप्रेस, गोरखपुर

कल्याण (उपनिषदांक) -गीताप्रेस, गोरखपुर

DSE (Discipline Specific Elective)
Paper Name- Research and Teaching Methods in Yoga
Paper Code- BY-DSE-502

Credit- 6

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

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

- • Understand the basic principles of Research & Teaching Methods.
- • Have knowledge of different aspects of research & teaching methods used in Yoga.

Unit-1: Introduction To Research Methodology (15 Hrs.)

Definition Of Research; Importance Of Studying Research Methods: Evaluating Research Reports; Conducting Research, Thinking Critically About Research; Types Of Research: Applied Research & Basic Research; Goals Of Research: Description, Explanation, Prediction, And Control Of Behavior; Ethics Of Research: Informed Consent, Anonymity, Confidentiality, and Plagiarism.

Unit-2: Introduction To Research Process (15 Hrs.)

Research Questions; Literature Review; Different Sources Of Information: Primary, Secondary, Tertiary Source; Electronic Databases: Google Scholar, Pubmed&Psycinfo; Hypothesis Sampling And Generalization - Population And Sample; Probability Sampling: Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling; Sampling Bias And Nonprobability Sampling: Snowball Sampling, Convenience; Types Of Biological Data (Scales Of Measurement) – Nominal, Ordinal, Interval, Ratio; Types Of variables – Independent, Dependent, Confounding Variable; Reliability & Validity.

Unit-3: Introduction To Research Design [15 Hrs.]

Cross-Sectional Studies And Its Advantages And Disadvantages; Cohort Studies And Its Advantages And Disadvantages; Randomized Controlled Trials And Its Advantages And Disadvantages; Factors Need To Be Considered When Designing A Study: Availability Of Data, Sampling Methods, Data Collection, Cost Of The Design, Time Implications And Loss To Followup, Controls, Ethical Issues, Issues Of Bias And Confounding.

Unit-4: Principles And Methods Of Teaching Yoga [15 Hrs.]

Teaching and Learning: Concepts and Relationship between The Two; Principles Of Teaching: Levels And Phases Of Teaching Principles And Types Of Learning, Qualities Of A Yoga Teacher, Yogic Levels Of Learning, Vidyarthi, Shishya, Mumukshu; Meaning And Scope Of Teaching Methods, And Factors Influencing Them; Sources Of Teaching Methods; Importance Of Teacher Training.

TEXT BOOKS

1. Yogrishi Swami Ramdev; Yoga Manual for parents and Yoga Teachers, DivyaPrakashan, Haridwar, 2010
2. Dr.Gharote ML & Dr S K Ganguly: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007

BOOKS FOR REFERENCE

1. Dr. Shri Krishna : Notes on basic principles & methods of teaching as applied to Yogic practices and a ready reckoner of Yogic practices, Kaivalyadhama, Lonavala, 2009
2. Dr. Raj Kumar : Principles & methods of Teaching, Printo graphics, Delhi,
3. Saket Raman Tiwari & others : Teaching of Yoga, DPH Publishing Corporation, Delhi, 2007

Discipline Specific
Paper Name: CLINICAL PSYCHOLOGY
Paper Code- BY-DSE-503

Credit- 6
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

- To familiarize students with the basic nature of Clinical Psychology and tools used for assessment psychological disorders.
- To introduce the etiological understanding and the therapeutic interventions for the various psychological problems.

1. Clinical Psychology

2. Meaning and definition of clinical psychology

- A. Nature (characteristics) of clinical Psychology
- B. Professional Issues: Roles and Ethics
- C. Training of the clinical Psychologist

3. Clinical Assessment

- A. Importance of clinical assessment
- B. Case study
- C. Clinical Interview
- D. Psychological Tests: MMPI and Rorschach Inkblot Test

4. Stress

- A. Meaning, definitions and types of stress
- B. factors affecting Stress
- C. Concept of Psycho-immunity
- D. Stress Management

5. The profession of clinical Psychology in India

- A. Rehabilitation Council of India (RCI)
- B. Central Institute of Psychiatry, Ranchi
- C. NIMHANS Bangalore
- D. Future of clinical Psychology

Text Books:

1. Sing, A.K. (2013.) Uchatar Naidanic Manovigyan, (Advanced Clinical Psychology) 7th revised edition.
2. Khokhar. C.P. (2008) Stress Coping Behaviour, Meerut usandhanVidhiyan.

Reference Books:

3. Irwin, B.W. (1976). Clinical Methods in Psychology. NewYork: Willey Interscience.
4. Kendall. (1980). Modern Clinical Psychology, NewYork: Willey.
5. Korchin, S.J. (1976). Modern Clinical Psychology. NewYork: Basic Books.
6. Shaffer, G.W. & Lazarus, L.S. (1952). Fundamental concepts of clinical Psychology.
7. Wolberg, L.R. (1988). The Techniques of Psychotherapy (Vol. 1 & 2). London: Jason Aronson Inc.
8. Wolman, B.B. (1965). Handbook of clinical Psychology, New York: Mc Graw Hill.

Discipline Specific
Paper Name: PSYCHOLOGY OF PERSONALITY
Paper Code- BY-DSE-504

Credit- 6
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

- To familiarize students with the basic concept of personality, Types of personality and the use of basic measures of personality.
- To inculcate the understanding of personality in the students

1. Introduction:

- A. Definition and nature of Personality
- B. Theoretical approaches to personality: psychoanalytic, life span approach, type approach, trait approach, cognitive approach
- C. Methodological viewpoints: idiographic and nomothetic
- D. Data of personality psychology: life record data, observer data, test data, self-repot data

2. Factors affecting Personality:

- A. Biological or Physical determinants
- B. Psychological determinants
- C. Environmental determinants: Social, Educational and Family Determinants
- D. General conclusion about determinants of personality.

3. Development of personality

- A. Meaning of personality development
- B. Process of personality development
- C. Methods of studying personality developments
- D. Theoretical explanation of personality development: Freud's view, piaget's view

4. Theories of personality:

- A. Trigun theory of Personality
- B. Henry Murray- Need Theory of Personality
- C. Gordon All Port: Trait theory of Personality
- D. Eysenck Theory

5. Enhancing Individual's potential

- A. Enhancing Cognitive Potential
- B. Self-Regulation
- C. Self enhancement
- D. Fostering creativity

Reference Books:

1. Corsini & Marsella (1983). Personality Theories, Research and Assessment. F.E. Peacock.
2. Burger, J. M. (2010). Personality (8th ed.). Belmont, CA: Wadsworth Publishing
3. Engler, B. (2008). Personality Theories: An Introduction (8th ed.). Boston: Houghton Mifflin.

Text Books

4. Tripathi. R.B & Singh R.N. (2001). Psychology of Personality Varanasi: Gangasran and Grand Sons.
5. Singh, A.K. & Singh, A.K. (2010). The Psychology of Personality. Motilal Banars

UNIT- I: (12 Lect.)

Art and architecture of Indus Valley Civilisation, Mauryan Art, Art of Bharhut, Sanchi, and Amaravati

UNIT- II: (12 Lect.)

Mathura School of Art, Gandhara School of Art, Gupta sculptural Art, Ajanta Paintings

UNIT- II: (12 Lect.)

1. Stupa Architecture with special reference to

A. Sanchi mahastupa B. Amaravati stupa

2. Rock-cut Architecture with special reference to

A. Bhaja B. Karle

UNIT- IV: Architectural features of the following (12 Lect.)

A. Gupta Temples B. Khajuraho Temples - Kandariya Mahadeva

UNIT- V: Architectural features of the following (12 Lect.)

A. Orissa Temples - Lingaraja Temple & Konark Sun Temple

B. Pallava Temples - Rock-cut Rathas

C. Rashtrakuta Temples- Kailasa Temple of Ellora

Recommended Books:

Majumdar, R.C. and A.D. Pusalker (eds.), The History and Culture of the Indian People, Vols. II and III (relevant chapters.), Bombay, 1951-57.

Agrawala, P.K., PrācīnaBhāratīyaKalāevamVāstu (Hindi), Varanasi, 2002.

Agrawala, V.S., BhāratīyaKalā (Hindi), Varanasi, 1994.

Bajpai, K.D., BhāratīyaVāstukalākāItihāsa (Hindi), Lucknow, 1972.

Brown, P., Indian Architecture (Buddhist and Hindu Periods), Vol. I, Bombay, 1971. . . 34

Coomarswamy, A.K., History of Indian and Indonesian Art, London, 1927.

Gupta, P.L., BhāratīyaSthāpatya (Hindi), Varanasi, 1970. Roy, N.C., The Rise and Fall of Pataliputra, Kolkata, 2003.

Discipline Specific
Paper Name: History of India (1206 A.D. TO 1739A.D.)
Paper Code- BY-DSE-506

Credit- 6

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks
(11 Lect.)

UNIT: I

Foundation and Consolidation of the Delhi Sultanate: Gulam Vans, Khiljis- Conquests, Administration and Deccan Policy, Tughlaqs-Mohammad-Bin-Tughlaq and FerozShah Tughlaq, Timor's invasion, Lodi Vans: Sikandar Lodi, Ibrahim Lodi

UNIT: II

(12 Lect.)

Vijayanagar Empire: its Foundation and Conflict with the Bahmani Kingdom, Bahmani Kingdom; Its Expansion and Disintegration, Struggle for Empire in North India: Eastern India_ Bengal, Assam and Orissa, Western India: Gujarat Malwa, Mewar, Northwest and North India, Kashmir

UNIT: III

(12 Lect.)

Babur's invasion of Indian territories, Humayun-His difficulties, Battle with Sher Shah and the Causes of his failure. Sher shah- Administration and Reforms, Akbar-Conquests and Religious Policy, Jahangir and Nurjahan's Supremacy on his administration. ShahJahan- His reign represents the Golden age of Mughal History, Aurangzeb and his Policy: Deccan Policy, Rajput Policy and Religious Policy

UNIT: IV

(13 Lect.)

The Rise of the Marathas: Shivaji- his achievements and Administration, his successors- Balaji Vishwanath, Bajirao I, BALAJI BAJIRAO Third Battle of Panipat

UNIT: V

(12 Lect.)

Popular Revolts and movements for Regional Independence: Jat, Sikhs and Afghan. Invasion of Nadir Shah. Causes of the Downfall of the Mughal Empire.

Recommended Books:

- A.L. Srivastava: Bharat ka Itihas (1000-1707). Shivrul Agarwal and Co. Agra, 1995
K.M. Ashraf: Hindustan keNiwasiyon ka Jeevan aur Unki Paristithiyan. Tr.By KS. Lal,1969
Satish Chandra: Essays in Medieval Indian Economic History. New Delhi, 1987
Madhyakalin Bharat, I & II, Jawahar Publication, Delhi
MadhyakalinBharat :Rajniti, Samaj aur Sanskriti. Orient Longman, New Delhi, 2007
The Economic History of Medieval India: A Survey. Tulika Books, 2001
Muhammad Habib: Politics and Society during the Early Medieval Period. edited by K.A. Nizami, Delhi
K.S. Lal: History of Khaljis. New Delhi, 1980
HarbansMukhia: Madhyakalin Bharat, Naya Aayam. Tr. by Nadim, RajkamalPrakshan, Delhi S.B.P. Nigam:
Nobility under the Delhi Sultannate. Delhi, 1968
K.A. Nizami: Some Aspects of Religion and Politics in India during the Thirteenth Century. Bombay,1961
P.N. Ojha: Madhyakalin Bharat ka Samajik Jeevan. New Delhi,1984
B.A. Saletore: Social and Political life in the Vijayanagar Empire (A.D. 1246-1646). 2 Vols. B.C. Paul and Company, Madras, 1934
Ghanshyam Dutt Sharma: MadhyakalinBharatiyaSamajik, AarthikevamRajnitikSansthayein, Rajasthan Hindi Grant Akadmi, Jaipur, 1986
MadhyakalinBharatiyaSanskriti. Shivrul Agarwal and Co., Agra
Tarachand: Influence of Islam on Indian Culture. Allahabad
R.P. Tripathi: Some Aspects of Muslim Administration. Allahabad, 1974
S.C. Verma: Madhyakalin Bharat - I., Delhi University, 1993
B.N.S. Yadav: Society and Culture in Northern India in the 12th Century. Allahabad, 1973

Discipline Specific
Paper Name: Travel Agency and Tour Operation Business
Paper Code- BY-DSE-507

Credit- 4
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objective: The students will understand the conceptual meaning and differentiation between Travel agency and Tour operation. Further they will understand formalities and documentation needed to set up these units.

Unit-I : Travel Agency and Tour Operation

Introduction to Travel Agency. Meaning and Definition of Travel Agency and Tour operation, Forms & Typologies of Tour Operations and Travel Agents, Role and Contributions of Travel Agents & Tour Operators in Tourism Development.

Unit-II: Business Profile of Travel Agency

Organizational Structure of an approved Travel Agency. Procedures for approval of a Travel Agency and the details of formalities the are required to be completed from various agencies of Central Government and State Government from time to time. Travel Agency Business and Functions- Ticketing, Travel Facilitation, Documentation and Marketing etc.

Unit-III: Tour Operation Management

Tour Package- Meaning, Component, types.
Organizational Structure & Major Function of a tour operator. Tour Itinerary-Meaning, definition, types.

Unit-IV: Linkages in Tourism Business

How tour operations and travel agencies are linked with Airlines, Accommodation Properties, shopping Emporiums, Security Agencies, Transport Organizations, Insurance Unit, Foreign Exchanges Handling Counters, Foreign Embassies and State and Center Tourism Departments.

Unit-V: Travel Trade Organization and Associations

A brief introduction to UNWTO / WTO, IATA, TAAI, ITDC, IATO.

Text Books:

1. Travel Agency Management-Dr Mohinder Chand- Anmol Publication, New Delhi, 2007
2. International Airfare and Ticketing- Dr. S.K. Gupta, UDH Publisher, New Delhi, 2007
3. The Business of Tourism- Hollway JC, Mc Donald and Evans, Plymouth, 1983
4. Guide to Starting and Operating Successful Travel Agency , Stevens Lawrence, Delmar Publishers Inc, New York, (1990)
5. Travel and Tourism Management, Foster Douglas McMillan, London, 1983

Discipline Specific
Paper Name: Hospitality Management
Paper Code- BY-DSE-508

Credit- 4
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

This Module is prescribed to appraise students about the important departments of a classified hotel and to teach various aspects related to accommodation Industry

Unit-I: Hospitality: Meaning, Nature and Typologies

Defining Hospitality: Nature and its Meaning.

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

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

Front Office, Food

Production F & B

Service, House

Keeping

Back office and other Ancillary Department.

Unit-III: Type and Forms of Hotels

Classification of Hotel on Basis of Location, Size, Clientele and Range of Service etc Star Classification – Criteria and Procedure Adopted in India.

Resort Properties, Heritage Hotel and Ecotels- Concept and Emerging Dimensions.

Unit-IV: Hospitality Institutions & Manpower Requirements.

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

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

Unit-V: Major Hotel Chains in India

The Taj Group of Hotels Oberai

Hotel & Resorts Lalit Hotels

The Ashok Group of Hotels

Text Books:

1. Introduction to Hospitality Industry-Bagri S.C. & Dahiya Ashish, Aman Publications, 2008
2. Introduction to Hospitality- Walker John, Pearson, 2016
3. Hotel Front Office: A Training Mannual- Andrews Sudhir, Tata McGraw-Hill Education, 2013
4. Hotel Housekeeping: A Trainingn Maual- Andrews Sudhir, Tata McGraw-Hill Education, 1986
5. Hotel and Lodging Management and Introduction: Alan T. Stutis & James F. Wortman, Wiley,2005

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्
BA - तृतीयवर्षः (पञ्चमसत्रम्)
संस्कृतम्-V [6 credits]
Paper Code- BY-DSE-509

पूर्णाङ्काः - १००
आन्तरिकाङ्काः - ३०
बाह्याङ्काः - ७०

- इकाई (१) समासप्रकरणम् (समासविधायकसूत्रमात्रम्)
सूत्रव्याख्या, सूत्रस्मरणम्, समास-विग्रहकरणम्
- इकाई (२) केनोपनिषद्
श्लोकव्याख्या, श्लोकस्मरणम्, निबन्धात्मकप्रश्नाः
- इकाई (३) भगवद्गीता - द्वादशाध्यायः
श्लोकस्मरणम्, श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (४) सत्यार्थप्रकाशः (द्वितीयसमुल्लासः)
श्लोक-मन्त्रव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (५) छन्दःपरिचयः (लक्षण-उदाहरणम्)
अनुष्टुप्, वसन्ततिलका, उपजातिः, शार्दूलविक्रीडितम्, शिखरिणी, मालिनी

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (२) - डा० आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. एकादशोपनिषद् - डा० सत्यव्रतसिद्धान्तालङ्कार
3. भगवद्गीता - गीताप्रेस, गोरखपुर
4. सत्यार्थप्रकाशः - महर्षिदयानन्दसरस्वती, आर्षसाहित्यप्रचारट्रस्ट, ब्रजवासीआर्ट, नोएडा
5. वृत्तरत्नाकरः - केदारभट्टः, चौखम्बाप्रकाशन, वाराणसी

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्
BA - तृतीयवर्षः (पञ्चमसत्रम्)
संस्कृतम्-VI [6 credits]
Paper Code- BY-DSE-510

पूर्णाङ्काः - १००
आन्तरिकाङ्काः - ३०
बाह्याङ्काः - ७०

- इकाई (१) कृदन्तप्रकरणम् (वाक्यरचना अनुवादश्च)
क्त, क्तवत्, शतृ, शानच्, क्तव्य, अनीयर्, तुमुन्, क्त्वा, ल्यप्
तद्धितप्रकरणम् (वाक्यरचना अनुवादश्च)
मतुप्, वतुप्, तरप्, तमप्, मयट्, तल्, टाप्, डीप्
- इकाई (२) छान्दोग्योपनिषद् - नारदसनत्कुमारसंवादः
श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (३) नीतिशतकम् (५१-१००)
(श्लोकस्मरणम्), श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (४) अभिज्ञानशाकुन्तलम् - चतुर्थाङ्कः
श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (५) भगवद्गीता - षोडशाध्यायः
श्लोकस्मरणम्, श्लोकव्याख्या, निबन्धात्मकप्रश्नाः

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (२) - डा० आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. एकादशोपनिषद् - डा० सत्यव्रतसिद्धान्तालङ्कार
3. नीतिशतकम् - भर्तृहरिः, चौखम्बाप्रकाशन, वाराणसी
4. अभिज्ञानशाकुन्तलम् - कालिदासः, श्रीकृष्णमणित्रिपाठी, चौखम्बाप्रकाशन, दिल्ली
5. भगवद्गीता - गीताप्रेस, गोरखपुर

GE (Generic Elective)
Paper Name: Indian Philosophy & Culture
Paper Code- BY-GE-501 **Credit- 4**

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

After completion of this paper:

- Students will have an understanding about various schools of Indian philosophy
- They will have an idea about the various features of traditional Indian culture

Unit-1: -Introduction to Indian Philosophy (8 Hours):

Literal Meaning and Definition of Philosophy, Role of Philosophy in Human Life, Characteristics Of Indian Philosophy, Bodies Of Indian Philosophy: Vedic-Non-Vedic. The Three Main Areas of Philosophy – PramanMimamsa (Epistemology), Tattva Mimamsa (Meta Physics), Achar Mimamsa(Ethics).
(Prescribed Text Book – भारतीय दर्शन, आचार्य बलदेव उपाध्याय– चयनित पाठ्यांश)

UNIT-2: -Introduction to Six Schools Of Vedic Philosophy (20 Hours):

General Introduction and Theory (Tattva Mimamsa& Ethics)

1. Nyaya Darshan
2. Vaisheshika Darshan
3. Samkhya Darshan
4. Yoga Darshan
5. Mimamsa Darshan
6. Vedanta Darshan

(Prescribed Text Book – दर्शन प्रवेश, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार)

Unit-3: -Introduction to Jain, Buddhist, Charvak Philosophy (20 Hours):

General Introduction and Principles (Tattva Mimamsa& Ethics)

1. Jain Darshan
2. Buddhism
3. Charwak Darshan

(Prescribed Text Book – सर्वदर्शन संग्रह, माध्वाचार्य)

Unit-4: -Introduction To Culture (12 Hours):

Literal Meaning and Definition Of Culture. Concept And Importance Of Culture. General Introduction to The Base Scriptures Of Indian Culture - Vedas, Upanishads, Manusmriti, Mahabharata, Ramayana, Gita.
(Prescribed Text Book - वैदिकसाहित्यसंस्कृत-डा० कनकलालदेवनद्वेदी)

Unit-5: -Salient Features Of Indian Culture - (10 Hours):

PurusharthaChaturthya, Ashram System, Varna System, Karma Principles, Sixteen Rites, PanchaMahayajna, Debt-Triad, Co-Existence - Universal Relationship

References / supporting books

1. दर्शन प्रवेश, दिव्य प्रकाशन, पतंजलि योगपीठ, हरिद्वार
2. भारतीय दर्शन, आचार्य बलदेव उपाध्याय– चयनित पाठ्यांश
3. धर्म दर्शन संस्कृति, डॉ० रूप किशोर शास्त्री
4. Teaching yourself philosophy: Indian Philosophy- Dr. R.P. Sharma
5. An outline of Indian Philosophy- M. Hiriyana

GE (Generic Elective)

Paper Name: Ancient Indian Social Life and Institutions

Paper Code- BY-GE-502

Credit- 4

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

Social history happens to be the core around which the historical reconstruction of any civilization takes place. This course introduces to the students the basic social ideas and institutions of ancient India. Social stratifications through Varna-Ashram system and the necessity and significance of the institutions of marriage and family are discussed in first two units respectively. The health of any society is manifested through the position a woman enjoys. This is brought to the fore in the third unit. The ethical values cherished upon the idea behavior patterns are the subject matters of the fourth unit, while the fifth unit describes the educational system of ancient India.

Unit I: (15 Lect.)

Varna-Ashrama System

Origin and development of Varna Vyavastha

Origin, development and significance of Ashrama

JatiVyavastha

Unit II: (13 Lect.)

Marriage and Family

Meaning and objectives of marriages

Types of marriages

Concept and component of family

Unit III: (16 Lect.)

Position and Role of Women

Position and status of women in Ancient society

Stree Dhan and her Property rights

Unit IV: (14 Lect.)

Purusharth and Samskaras

Types of Purushartha

Types of Samskaras

Unit V: (17 Lect.)

Education System

Objectives of education

Important centers of education: Nalanda, Balabhi, Kashi and Taxila

Text Book:

Mishra, J.S., Prachin Bharat ka Samajik Itihas, Patana, 1986

Recommended Readings:

Altekar, A. S., Education in Ancient India (Also in Hindi)

Altekar, A.S., Position of Women in Hindu Civilization,

Dutt, N. K., Origin and Growth of Caste in India, Calcutta, 1931.

Jauhari, M., Prachin Bharata Mem VarnasramaVyavastha (Hindi), Varanasi, 1985.

Kapadia, K. M., Marriage and Family in India (English)

SEC (Skill Enhancement)
Paper Name– Yoga Therapy
Paper Code-BY-SEC-501

Credit- 4
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives: Following The Completion of This Course, Students Shall Be Able To

- Understand The Basic Principles of Yoga Therapy.
- Have Knowledge of Different Techniques Used In Yoga Therapy To Cure General Ailments.

Unit-1 (12 Hours)

Concept Of Health: Meaning&Definition. Yoga Therapy: Meaning, Area, Boundaries, Purpose& Principles; Major Yogic Techniques Useful In Health Protection - Shatkarma, Asana, Pranayama, Mudra, Meditation.

Unit 2 (12 Hours)

Concept Of Panchamahabhut, PanchkoshasAndShatchakra For Healthcare. Yoga Therapy- Rules And Precautions.

Unit 3 (12 Hours)

Yogic Management Of Common Diseases Including Symptoms& Causes - Respiratory Disease: Sinusitis, Breathing Problem, Asthma, Common Cold, Digestive System Diseases - Constipation, Indigestion, Ulcers, Jaundice, Colitis.

Unit 4 (12 Hours)

Yogic Management Of Common Diseases Including Symptoms& Causes - Circulatory System - High Blood Pressure, Low Blood Pressure, Heart Artery Blockage.

Unit 5 (12 Hours)

Yogic Management Of Common Diseases Including Symptoms& Causes - Endocrine Gland Related Problems, Diabetes, Thyroid, Obesity, Bone/Muscle Related, Spondylitis (Cervical And Lumbar), Arthritis, Gouts, Gynecology, Menstrual And Reproductive Diseases.

TEXT BOOKS

1. S. D. Dwivedi: Naturopathy for perfect health, Kalpaz Publication Delhi, 2002
2. PraveshHanda: Naturopathy and Yoga, Kalpaz Publication Delhi, 2006
3. S.J. Singh: My Nature Cure or Practical Naturopathy

REFERENCE BOOKS

- 1.R.K.Garde : Ayurvedic for Health and Long life Harry Benjamin. : Everybody's Guide to Nature Cure.
- 2.M.K.Gandhi. : My Nature Cure
- 3.Dr Jitendra Arya; Nature Cure, Pune.
- 4.M.K.Gandhi : The story of my experiment with truth

Core Practicum
Paper Name - Yoga Practicum-V
Paper Code – BY-CP-501

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

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

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

Unit-I: Yogasanas

Karnapeedasana, Kapotasana, Rajkapotasana, Bakasana, Kukkutasana, Garbhasana, Marjariasana, Matsyendrasana, Sirsasana, Padangushthasana, Hastapadangushthasana, Garudasana, Vatayanasana, Natrajasana, Mayurasana, EkpadaKandarasana, Dwipadakandarasana.

Unit-II: Pranayama (With Antar&BahyaKumbhaka)

Suryabhedhi, Ujjai, Sheetli, Sitkari, Bhastrika, Bhramari Pranayama,

Unit-III: Bandh

Maha Bandha, Tri Bandha.

Unit-IV: Shatkarma

Dhauti (Danda), Neti (Jala, Sutra), Trataka

Unit-V: Practice Leading To Meditation

Pranava and Soham Japa, Antarmouna, Dharana, Practice of Dhyana, Breath Meditation, Om Meditation

Continuous Evaluation By The Teachers

	SEMESTER 6th		Periods Per Week			Evaluation Scheme				
	Course Name	Paper Name	L	T	P	Credit	CT	TA	SEE	Course Total
DSE -Discipline Specific Elective, Choose any Two (One for each selected Subject)										
Yoga	BY-DSE-601	Shrimadbhagavad Gita Bodh	5	1		6	20	10	70	100
	BY-DSE-602	Dissertation/ Project Work	5	1		6	0	0	100	100
Psychology	BY-DSE-603	Abnormal Psychology	5	1		6	20	10	70	100
	BY-DSE-604	PRINCIPLES AND APPLICATIONS OF COUNSELING	5	1		6	20	10	70	100
History	BY-DSE-605	Modern European History (1453-1945)	5	1		6	20	10	70	100
	BY-DSE-606	History of India (1760 A.D. TO 1950A.D.)	5	1		6	20	10	70	100
Tourism	BY-DSE-607	Tourist Attractions in World	5	1		6	20	10	70	100
	BY-DSE-608	International Travel Management	5	1		6	20	10	70	100
Sanskrit	BY-DSE-609	संस्कृतम्- VII	5	1		6	20	10	70	100
	BY-DSE-610	संस्कृतम्- VIII	5	1		6	20	10	70	100
Inter Disciplinary/Generic Elective Select any one										
	BY-GE-601	Ancient Indian Religion	5	1		6	20	10	70	100
	BY-GE-602	Basic of Diet and Nutrition	5	1		6	20	10	70	100
SEC (Skill Enhancement)										
	BY-SEC-601	Theory and Practical of Vocal and Instrumental Music	3	1		4	20	10	70	100
CP (Core Practicum)										
	BY-CP-601	Yoga Practicum-VI	0	0	8	4	20	10	70	100
						26	TOTAL			650


 विभागाध्यक्ष योग विज्ञान विभाग
 पतंजलि विश्वविद्यालय, हरिद्वार

DSE (Discipline Specific Elective)
Paper Name- Shrimadbhagavad Gita Bodh
Paper Code- BY-DSE-601

Credit- 6

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

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

- Understand the main teachings of Bhagvadgeeta
- Become familiar with the nature of yoga in various chapters of Bhagvad Geeta.
- Imbibe the essence of teachings of Bhagavad Geeta.

Unit 1: ShrimadBhagwadgita Introduction (12 Hours):

General Introduction of the Bhagavad Gita, The Great Significance of the Bhagavad Gita and Various Scholars' Views in Relation to It, Synthesis of Yoga in The Bhagavad Gita, The Major Definitions of Yoga, The Nature of Yoga, Yoga Sadhana in The Bhagavad Gita, Relevance of The Bhagavad Gita in The CurrentEra.

Unit-2: Gyan Yoga –Atman, Prakriti &Parmatman (12 Hours):

Sankhya Yoga or Jnana Yoga (Chapter-2,3,4,5,6,13), The Form of the Soul (Chapter-2), The Form of the Supreme Soul (Purushottama), (Chapter-4,8,10,11,13,15), Form of Prakriti (Chapter-9,13,14).

Unit-3: Karma Yoga and Meditation Yoga (12 Hours):

Concepts of Karmayoga (Chapter-2-6), Form Of Yajna, Yajnartha Karma, Nishkam Karma (Chapter-3, 4), Lok Sangrah (Chapter-3), Jnana-Karma Coordination (Chapter-5), Forms Of Dhyana Yoga (Chapter-6).

Unit 4: Bhakti Yoga (12 Hours):

Concepts of Bhakti and Mahatmya (Chapters-7, 8, 9, 11, 12), The Necessity of Devotion in Divine Realization (Chapters-11, Verse-52-55), Types of Bhakti (Chapters-7, 12) Characteristics of The Devotee (Chapter-12, Verse-13-20)

Unit 5: Personality, Diet and Trigun Concept (12 Hours):

Role of Diet in Yoga Practice (Chapter-6), Introduction to Trigunas (Chapter-14), Concept of Trigun-Based Personality (Chapter-17), Elements of Personality Development, Ideal Personality- DaiveeSampda (Chapter-16).

Prescribed Text Book -

1. श्रीमद्भगवद्गीता- गीतामृत- योग ऋषि स्वामी रामदेव जी, दिव्य प्रकाशन, पतंजलि योगपीठ

Supporting text book

1. गीतारहस्यलोकमान्यतिलक (चयनितपाठ्यांश)
2. Shrimadbhagvadgeeta- Tattvavivechini-JaidayalGoyandaka, Geeta Press Gorakhpur.

DSE (Discipline Specific Elective)

Paper Name- Dissertation/ Project Work

Paper Code- BY-DSE-602

Credit- 6

Objectives:

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

- Understand the concept of research and its methodology for carrying minor and major research.
- Understand the tricks of analyzing the data efficiently.
- Have an idea about various statistical tests and their application.
- Write a research project/Case Study/ Survey

RESEARCH PRACTICAL

A Case Study/ Exploratory Research/ Survey Has to be conducted under the supervision of a Lecturer /Assistant Professor.

A pilot research shall be carried out by each student under the supervision of a Lecturer /Assistant Professor. As part of the research project, students will record the effect of any intervention of his/her choice for a common variable in a particular group of sample.

This pilot research should be submitted to the supervisor and the course coordinator.

DSE (Discipline Specific Elective)
Paper Name- ABNORMAL PSYCHOLOGY
Paper Code- BY-DSE-603

Credit- 6
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

- Introducing students to the branch of abnormal psychology.
- To educate the students about the symptoms, causes and treatment of different types of mental disorders.

1. Introduction:

- A. Defining Abnormal: four Ds' Deviation, Distress, dysfunction, and danger
- B. Difference between Normality and Abnormality
- C. Historical perspective on etiology and treatment of abnormality: prehistoric, the medieval ages, the Renaissance and modern perspective
- D. Brief Introduction about DSM -5 and ICD-10

2. Anxiety disorders

- A. The nature of anxiety and autonomic arousal
- B. Generalized anxiety disorders (Symptom, Causes and treatment)
- C. Phobia (Symptom, Causes and treatment)
- D. Obsessive Compulsive Disorder (Symptom, causes and treatment)

3. Mood Disorders:

- A. Meaning & symptoms: Emotional, Cognitive, Motivational, Physical and Behavioural.
- B. Types: Major Depressive Disorder (MDD), Dysthymia, Seasonal Affective Disorder (SAD), Post-Partum Disorder (PPD)
- C. Causes of Depression: Biological, Psychological and Socio- Cultural
- D. Treatment: Biological, Psychological and Socio- Cultural

4. Childhood Disorders:

- A. Autistic Disorder: Symptoms, Causes & Treatment
- B. ADHD : Types, Symptoms , Causes & Treatment
- C. Conduct Disorders : Symptoms, Causes & Treatment
- D. Dyslexia : Types , Symptoms, Causes & Treatment

5. Somatoform disorders

- A. Introduction and symptoms
- B. Types of somatoform disorders
- C. Pharmacological treatment
- D. Psychosocial intervention

Reference Books:

1. Irwin, B.W. (1976). Clinical Methods in Psychology. New York: Willey Interscience.
2. Kendall. (1980). Modern Clinical Psychology. New York: Willey.
3. Korchin, S.J. (1976). Modern Clinical Psychology. New York: Basic Books.
4. Shaffer, G.W. and Lazarus, L.S. (1952). Fundamental concepts of clinical Psychology.
5. Wolberg, L.R. (1988). The Techniques of Psychotherapy (Vol. 1 & 2). London: Jason Aronson Inc.
6. Wolman, B.B. (1965). Handbook of clinical Psychology, New York: Mc Graw Hill.

Text Books

7. Sing, A.K. (2013.) Uchatar Naidanic Manovigyan, (Advanced Clinical Psychology) 7th revised edition.

DSE (Discipline Specific Elective)
Paper Name- PRINCIPLES AND APPLICATIONS OF COUNSELING
Paper Code- BY-DSE-604

Credit- 6

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

Objectives:

- To develop an understanding of basic concepts, process and technique of counseling
- To enable the learner with the challenges of counseling.

1. Introduction:

- A. Meaning and definitions of counseling
- B. Nature (characteristics) of Counseling
- C. Scope of counseling
- D. Ethical issues in counseling

2. Goals and skills of the counselor

- A. Goals of counseling
- B. Formulation of counseling goals and difficulties in it
- C. Skills of the counselor: generic, macro and micro, ancillary skills
- D. Opportunities in the area of counseling

3. Counseling process:

- A. Characteristics of the counseling climate
- B. Creation of Counseling Climate
- C. Structuring the counseling process: main stages
- D. Factors affecting counseling processes

4. Approaches to counseling:

- A. Rational emotive behavior approach
- B. Behavioral Approach
- C. Existential Approach
- D. Indian techniques: Buddhist approach, Vedic Approach, transcendental meditation

5. Counseling students having behavioural problems

- A. Behavioural problems of students
- B. causes of behavioural problems of students
- C. role of parents, teacher and counselor in the management of behavioural problems of the students
- D. Role of guidance and counseling techniques

Reference Books:

1. Gelso, Charles & Fretz, B. R. (1995). Counseling psychology, New York, Prisoim Harcourt Brace.
2. Nystul, M.S, (2001). Introduction to counseling, New Mexico State University, Allyn and Bacon.
3. Palmer S & Mc Mohan G (1997). Handbook of counseling psychology, Landon, British association for counseling.
4. Robert, L. G. (2005). Introduction to counseling & guidance, New Delhi, Pearson education.

Text book

5. Rao, S.N. (2001). Counseling Psychology, New Delhi, Tata Mc Graw Hill.

DSE (Discipline Specific Elective)
Paper Name- Modern European History (1453-1945)
Paper Code- BY-DSE-605

Credit- 6

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Unit I: **(12 Lect.)**

Renaissance and Reformation: Renaissance: Roots, Spread in Europe, Development in Art Reformation: Course and Results, Evolution of European State System: Spain, France, England and Russia. Shift from Despotism to Enlightenment

Unit II: **(13 Lect.)**

The French Revolution and its European Repercussions; Crisis of the Ancient Regime; Social classes and emerging gender relations. Phases of the French Revolution, Emergence of Napoleon Bonaparte: Expansion, Consolidation and Downfall, Congress of Vienna & Peace Settlements; Metternich,

Unit III: **(10 Lect.)**

Phase of Conservatism; French Revolutions of 1830 and 1848;

Napoleon III: Domestic and Foreign Policy

Eastern Question up to 1856

Unit IV: **(13 Lect.)**

Unification of Italy: maijini, kaibur, Garibaldi, Unification of Germany: Bismarck

Unit V: **(12 Lect.)**

World Wars: First World War: Causes, Results. Second World War: Causes and Results

TEXT BOOK:

Gupta P. S. Adhunik Europe ka Itihas

Recommended Books:

David Thompson: World History: 1914-1968. Oxford University Press, 1969

Charles Downer Hazen: Modern Europe since 1789. S. Chand Ltd., New Delhi, 1995

E.H. Can: Twenty Years Crisis. London, 1958

R.D. Cornwall: World History in 20th Century. Longman, London, 1961

A.J.P. Taylor: Struggle for Mastery of Europe. Oxford, London 1974

F. Lee Benns & Mary Elizabeth Sheldon: Europe: 1939 to Present. New York, 1971

Gathorn Hardy: Europe: A Short History of International Affairs. Oxford, 1947

DSE (Discipline Specific Elective)

Paper Name-History of India (1760 A.D. TO 1950A.D.)

Paper Code- BY-DSE-606

Credit- 6

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

Unit I: (10 Lect.)

Rise of the British Power in Bengal: Plassey and Buxar, Clive's second govern ship of Bengal, Warren Hastings, Cornwallis, Wellesley, William Bentinck, Lord Dalhousie-Reforms and Doctrine of Lapse.

Unit II: (13 Lect.)

Revolt of 1857-Causes, Nature and its impact. Indian National Congress from 1885-1905 Extremists and Monetarists, Birth of Nationalism

Unit – III: (14 Lect.)

Partition of Bengal and Swadeshi Movement., Revolutionary Movement-Causes of its emergence and main activities in India. Ghadar Party- Formation and Activities. Hindustan Socialist Republican Association-Bhagat Singh and BatukeshwarDutt, Subhash Chandra Bose and Azad Hind Fauj

Unit – IV: (12 Lect.)

Home Rule movement and Khilafat movement. Gandhian Era. Non-Co-Operation movement. Simon Commission and Nehru Report. Civil-Disobedience movement

Unit: V (11 Lect.)

Quit-India movement, Cripps Mission; Rise of Communalism Mountbatten's Plan & Partition; The Indian Independence Act of 1947

Recommended Books:

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

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

S.C. Sarkar & K.K. Datta: Modern Indian History, Vol.II (In Hindi: Adhunik Bharat ka Itihas) T.G.P.Spear: The Oxford History of Modern India

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

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

Ram Lakhan Shukla: Adhunik Bharat ka Itihas Satya Rao: Bharat meinUpniveshavad aur Rashtravad G.N. Singh: Landmarks in the Constitutional and National Development of Indian (In Hindi Bharat ka Samvaidhanik aur Rashtriya Vikas)

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

DSE (Discipline Specific Elective)
Paper Name- Tourist Attractions in World
Paper Code- BY-DSE-607

Credit- 6
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objective:

This model gives information of countries Tourist places of World importance and it helps students to know the background elements of Cultural & Natural Tourism Resources.

Unit- I

Europe: U.K.& France: To study the Eiffel Tower of France and, Cassel Museum & Art Galleries of U.K.

Unit- II

Asia : China & Singapore: A brief analysis of Great wall and, Forbidden city of China and evaluating resource attraction of Singapore Zoo, bird Park and Sentosa Island.

Unit- III

Africa: South Africa & Egypt An exploratory study of Kruger National Park of South Africa & In-depth study of Pyramids of Giza of Egypt.

Unit- IV

America: USA & Brazil : A brief analysis of Disney land, Lakes & waterfalls of USA and the Rainforest & Carnival of Brazil.

Unit- V

Australia : To study the tourism attraction features of Sydney, Canberra.

Reference:

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

DSE (Discipline Specific Elective)
Paper Name- International Travel Management
Paper Code- BY-DSE-608

Credit- 4

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

Tourism industry is growing at very fast pace. In India the outbound tourism and inbound tourism are also growing. International tourism involves several types of formalities. The students of tourism should know about such formalities, which are needed in the form of several documents. In this course the students will learn about required documents in foreigntravels.

Unit- I

Preparing Passport

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

Unit- II

Rules and regulations about eligibility, quantum and documentation required for

Travel Out of India: Foreign Exchange Management Act, Basic Travel Quota, Foreign Exchange for Business Visits, Travel Insurance Traveling Into India: Foreign Currency, Indian Currency, Process for Encashment of Foreign Currency, Travel Insurance.

Unit- III

Obtaining Visas

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

Unit- IV

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

Unit- V

Airport & Airline Code

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

Reference:

- ❑ Websites of UK, USA, Canada andAustralia
- ❑ Websites of Indian ministries and offices related to foreigexchange
- ❑ <http://passport.gov.in/pms/onlineRegistration.jsp>
- ❑ <http://passport.gov.in/>
- ❑ Galileo systems
- ❑ ABC & OAG Guide, TIM AirTariff

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्
BA - तृतीयवर्षः (षष्ठसत्रम्)
संस्कृतम्-VII [6 credits]
Paper Code- BY-DSE-609

पूर्णाङ्काः - १००
आन्तरिकाङ्काः - ३०
बाह्याङ्काः - ७०

- इकाई (१) श्वेताश्वतरोपनिषद् (प्रथम-द्वितीयाध्यायौ)
श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (२) सत्यार्थप्रकाशः (सप्तमसमुल्लासः)
श्लोक-मन्त्रव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (३) काव्यदीपिका - द्वितीयशिखा
गद्य-पद्यव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (४) भगवद्गीता - सप्तदशाध्यायः
श्लोकस्मरणम्, श्लोकव्याख्या, निबन्धात्मकप्रश्नाः
- इकाई (५) बुद्धचरितम् - प्रथमसर्गः
श्लोकव्याख्या, निबन्धात्मकप्रश्नाः

निर्धारितग्रन्थाः

1. ईशादि नौ उपनिषद् - गिताप्रेस गोरखपुर
2. सत्यार्थप्रकाशः - महर्षिदयानन्दसरस्वती, आर्षसाहित्यप्रचारट्रस्ट, ब्रजवासीआर्ट, नोएडा
3. काव्यदीपिका - डा० श्रीकृष्णमणित्रिपाठी, चौखम्बासुरभारतीप्रकाशन, वाराणसी
4. भगवद्गीता - गीताप्रेस, गोरखपुर
5. बुद्धचरितम् - चौखम्बाविद्याभवन, वाराणसी

पतञ्जलिविश्वविद्यालयः, हरिद्वारम्
BA - तृतीयवर्षः (षष्ठसत्रम्)
संस्कृतम्-VIII [6 credits]
Paper Code- BY-DSE-610

पूर्णाङ्काः - १००
आन्तरिकाङ्काः - ३०
बाह्याङ्काः - ७०

इकाई (१) सम्भाषणसंस्कृतम्

इकाई (२) छन्दः
तोटकम्, द्रुतविलम्बितम्, शालिनी
अलङ्कारः
प्रतिवस्तूपमा, काव्यलिङ्गम्, दृष्टान्तः

इकाई (३) पत्रलिखनम्

इकाई (४) अनुवादः
आर्यभाषातःसंस्कृतभाषायाम्
संस्कृतभाषातःआर्यभाषायाम्

निर्धारितग्रन्थाः

1. भाषाप्रवेशः - संस्कृतभारती, बेङ्गलूरु
2. वृत्तरत्नाकरः - केदारभट्टः, चौखम्बाप्रकाशन, वाराणसी
3. काव्यदीपिका - डा० श्रीकृष्णमणित्रिपाठी, चौखम्बासुरभारतीप्रकाशन, वाराणसी
4. रचनानुवादकौमुदी - डा० कपिलदेव द्विवेदी, विश्वविद्यालय प्रकाशन, वाराणसी

General Elective (Choose Any Two)

Paper Name:

GE (Generic Elective)

Paper Name: Ancient Indian Religions

Paper Code- BY-GE-601

Credit- 6

Final Exam (SEE)-70 Marks

Internal Assessment (CT+TA)-30Marks

Objectives:

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

- Understand basic ideas and features of ancient Indian religions as manifested through Vedas, Buddhism and Jainism and Puranas.
- Understand the primitive religious beliefs, the Vedic pantheon and sacrifices.
- Basic features of the Sramana traditions which include within its fold Buddhism and Jainism.
- Various cults like Vaishnavism, Śaivism and Śāktism have played a prominent role in popularizing the basic tenets of Puranic religion.

Unit I: Vedic Religion

(16 Hrs.)

Indus Religion: Worship of Mother Goddess, Early form of worship of Yogi Shiva, Origin of Nature worship, Early Vedic Religion: Introduction of Rig-Veda, Rigvedic deity- Indra, Varun, Agni, Rit, Mother Goddess etc, Development Nature worship, Later Vedic Religion: Introduction of Samved, yajurved and Atharvaved, Emergence of religious rituals, The nature and characteristics of the gods of the later Vedic period: Vishnu, Shiva, Prajapati and Mother Goddess.

Unit II : Jainism

(16 Hrs.)

Introduction of Jain Tirthankar: Rishabhdev, Parshwanath and Mahaveer. Various Teachings of Jainism: Teachings of Mahavira: Pancha Mahavrat and Triratn, Svetambara and Digambara, Anekantavada and Syadvada.

Unit III: Buddhism

(10 Hrs.)

Life and teachings of Gautama Buddha: Four noble truths, Octagonal Path, Pratitya Samutpad, Buddhist Councils, Hinayana and Mahayana. Various Dimensions in development of Buddhism.

Unit IV : Puranic Religions

(18 Lect.)

Shaivism: Bhakti Tradition of Shavism: Pashupat Tradition, Kapalik Tradition, Kalmukh Tradition, Bhakti Tradition Vaishnavism: Panchratr, Bhagavat, Krishna and doctrine of embodiment: Bhagavan Vishnu ke das Avatar, and Shaktism: Trideviyan- Historical sources of Lakshmi, Durga and Saraswati.

Text Book:

Mishra, J.S., Prachin Bharat ka Samajik Itihas, Patana, 1986

Recommended Readings:

Agrawala, V.S., PrachinaBharatiyaLokadharma (Hindi and English), Varanasi, 1964.

Banerjee, J.N., Development of Hindu Iconography, New Delhi, 1985.

Barth, A., The Religions of India, Varanasi, 1985. 19

Bevarkara, S.K. and R.D. Ranade, History of Indian Philosophy, Vol. II, Poona, 1927.

Bhandarkar, R.G., Vaishnavism, Saivism and Minor Religious Systems (Also in Hindi), Varanasi, 1965.

Bhattacharya, N.N., History of Sakta Religion, New Delhi, 1974

Chaturvedi, P., Vaishnava Dharma, Varanasi, 1977.

Hiriyanna, M.H., Outlines of Indian Philosophy, London, 1932.

Jaiswal, Suvira, Origin and Development of Vaishnavism (also in Hindi), Delhi, 1996 (IInd ed.).

Keith, A.B., The Religion and Philosophy of Veda and Upanisads (also in Hindi), Cambridge, 1925

GE (Generic Elective)
Paper Name: BASICS OF DIET & NUTRITION
Paper Code- BY-GE-602

Credit- 6
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

Objectives:

Following the completion of this course, students shall be able to
Undersatand about Yogic Diet and Nutrition
Know about ingredients mentioned in hath yogic texts
Know about biomolecules
Know about nutrition and nutritional values

Unit – 1: Yogic Concept of Diet & Nutrition [12 Hrs.]

General Introduction of Ahara (Diet), concept of Mitahara; Definition and Classification in Yogic diet according to traditional Yoga texts; Concepts of Diet according to Gheranda Samhita, HathaPradeepika and Bhagavadgeeta; Pathya and Apathya in diet according to Yogic texts; Guna and Ahara; Importance of Yogic Diet in Yog Sadhana; Yogic Diet and its role in healthy living.

Unit –2: Dietetics in Yoga [14 Hrs.]

Vegetarian vs Non-Vegetarian Diet, Classification of diet according to trigunas and panchabhuta; Relationships between rasa, guna, virya, Vipaka, prabhav. Botanical details with rasa, gunavirya, vipaka, prabhav of Kushmand, palandu, rason, narikel, haridra, tuvarak, vasa, lavang, yashtimadhu, pippali, dudhika, shunthi, dadim, chitrak, marich, jirak, ghritkumari, bilva, babul, tulsi, apamarg, sharpunkha, shatavari, ashwagandha, ashok, patha, punarnava, kulath, ela, haritki, amlaki, guduchi, amlaki, shali, Yava, Mugda, Ghrta, Kshira, Navanita, Sita, Gud, Madhu, Shunthi, Surana, on various systems of body.

Unit-3: Biomolecules [12 Hrs.]

Introduction to structure and function of biomolecules. Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and water in the body.

Unit-4: NUTRITION-BASICS [14 Hrs.]

Nutrients, proximate principles of diet, balanced diet concept; Carbohydrates, proteins, fats –sources, nutritive values, importance, requirements and deficiencies; Micro and Macro minerals their classification, sources, role, nutritative value, requirements and deficiencies, . Vitamins –sources, roles, requirements.

TEXT BOOKS:

Acharya Balkrishna: Ayurveda SidhhantRahasya: DivyaPrakashan, Haridwar, 2013

Acharya Balkrishna: JadibutiRahasya: DivyaPrakashan, Haridwar, 2013

Ramesh Bijlani : Eating Wisely and Well, Rupa Publication India Pvt. Ltd, 2012

Stanley Davidson & others : Human Nutrition & Dietetics , The English Language Book Society & Churchill Livings, Revised Edition

Swami Mangalteertham : Synthetic approach to Diet & Nutrition, Deogarh Nutan Publication, Deogarh, 2005.

REFERENCE BOOKS

Prof. Priyavritt Sharma: DravyagunaVijnana, Chaukhambha Bharti Academy, Varanasi.

SEC (Skill Enhancement)
Paper Name– Theory and Practical of Vocal and Instrumental Music
Paper Code-BY-SEC-601

Credit- 4

Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

UNIT- I Definitions: -Sangeet, Dhvani, Nada, Swara, Saptak, Alankar, Laya, Sama, Taal, Vadi, Samvadi, Vivadi, Anuvadi, Aroh, Avroh, Pakad, Khayal, Sthai, Antra, Thaata & its Names, Raag, Alaap, Jaati, Bhajan, Lokgeet, LakshanGeet, Thumri.

UNIT- II Origin of Sangeet, Origin of Sound, Twenty Alankars According to KramikPustak Malika, SwarlipiPaddhati of Vishnu Narayan Bhatkhande & Vishnu Digambar Palushkar, About Life & Music, UOP (Koolgeet, YagyaPrarthna), Five Swastivachan Mantra One Patriotic Song, Three Arya Samaj Bhajan.

UNIT- III Raga- Introduction of Yaman, Writing Skill of One chota khayal in Teental with Notation & Two Taan.

Biography of Musicians- Tansen, Pandit Vishnu Narayan Bhatkhande, Lata Mangeshkar.

UNIT- IV Practice of Seven Basic Swar & Five VikritSwar, Om chant In KharajSwar, Primary Stage of Meditation Techniques, Practice of Twenty Alankar According to KramikPustak Malika, Practice of One (Patriotic Song, Motivational Song, Hori, Lokgeet, Bhajan), Three Arya Samaj Bhajan, Practice of Five Swastivachan.

UNIT- V Practice of One chota Khayal in Teental Madhyalaya in Raga Yaman with Two Taan.

Recommended Books: -

1. Sangeet Rachna Ratnakar Part -1 - Rajkishor Prasad Sinha (Author)
2. Raag Parichaya Part -1 – Harishchandra Srivastava (Author)
3. Sangeet prasnottar Part-1
4. Taal Parichaya -1- Acharya Girish Chandra Shrivastava (Author)
5. Adarsh Tabla Prashnotari Part-1- Dr. Rubi Shrivastava
6. Sangeet Praveshika- Acharya Girish Chandra Shrivastava (Author)
7. Kramik Pushtak Mallika Part -1 – V. N. bhatkhande
8. Also Books Recommended by Teacher

Core Practical
Paper Name -Yoga Practicum-VI
Paper Code- BY-CP-601

4Credit
Final Exam (SEE)-70 Marks
Internal Assessment (CT+TA)-30Marks

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

- 1) State techniques, health benefits, applications, precautions and contraindications of undermentioned yogic practices; &
- 2) To demonstrate and instruct undermentioned yogic practices.

Yogasana (Advance- Purna)

Bhujang, matsyendra, pakshi, vrischik, padm-mayura, padm-shirsh, karnapeed. dhanur, goraksha, chakra, omkar, natraj, shalabha.

Dhyanatmak Asanas and Other Practices Leading to Meditation

Sukhasan, Siddhasan, Simhasan, Bhadrasan, Swastikasan, Gaurakshasan, Vajrasan, Pranay and Soham Japa; Yoga Nidra (1,2,3); Antarmauna; Ajapa Dharana (Stage 1, 2, 3)

Mudra

Kaki Mudra, Tadagi Mudra, VipareetKarni Mudra, Simha Mudra, Nasagra Mudra, Bhuchari Mudra, Ashwini Mudra, Mahavedha Mudra.

Shatkarma

VastraDhauti, Shankh-prakshalan

Practices Leading To Meditation

Ajapa Dharana (Stage 4,5,6), Yoga Nidra (4,5), Practices leading to Breath Meditation, Practices leading to Om Meditation

Continuous Evaluation by the Teachers