SEMESTER V

COURSE DETAILS – 1
SUBJECT NAME – VARIOUS HATHA YOGIC TEXTS-I
SHASTRA SMARAN
SUBJECT CODE –BAYSMJ - 501

CREDIT: 6	CA: 25	SEE: 75	MM: 100

Learning Objectives:

- To introduce different Hatha yoga texts such as Siddha Siddhanta Paddhati (SSP), Hatha Tanavali (HR) and Siva Samhita (SS).
- To enrich the varieties of hatha yogic techniques in these texts

Learning Outcomes:

- By introducing Hatha Yoga, students shall be able to understand about pre- requisites, principles about Hatha Yoga practices.
- Understand different Hatha Yoga Techniques described in above Classical texts. And understand the therapeutic application of Yogic Techniques explained in these texts

	BLOCK 1: SIDDHA SIDDHANTA PADDHATI
UNIT-01	The origin and home of Natha yogis- Spiritual lineage and date of Goraksanath- works of Gorksanath
UNIT-02	Special features of Siddha Siddhanta Paddhati (SSP), Outlines of the SSP: Upadesha-I: origin of the body; Upadesha-II: discussion of the body.
UNIT-03	Upadesha-III: knowledge of the body. Outlines of the SSP: Upadesha-IV: the foundation of the body.
UNIT-04	Upadesha-V: the union of the body with the Supreme Reality; Upadesha-VI: the definition of an Avadhuta Yogi.
	BLOCK 2: HATHA RATNAVALI

UNIT-01	Date & authorship of Hatha Ratnavali (HR)- Yama and Niyamas of Srinivasabhatta-Philosophy and Theology in Hatha Ratnavali- concept of 'Hatha' – Ayurvedic thought in Hatha Ratnavali- Astakarmas- Tantra practices in Hatha Ratnavali.
UNIT-02	Outlines of chapters of Hatha Ratnavali: four yogas, eight purificatory techniques, eight/nine breathing techniques, ten mudras, names of Kundalini and naadis, names of eighty-four postures, Samadhi and Nada.
	BLOCK 3: SIVA SAMHITA I
UNIT-01	Introduction to Siva Samhita, Outlines of Shiva Samhita, Ch.I : Karma kanda, Jnana kanda, the spirit, Yoga maya, Definition of Paramahamsa, Absorption or Involution.
UNIT-02	Siva Samhita Ch.II: The microcosm, The nerve centers, the nerves, the pelvic region, the abdominal region, the jivatma.
	BLOCK 4: SIVA SAMHITA II & SHASTRA SMARAN
UNIT-01	Siva Samhita Ch,III: On yoga practice: The Vayuus, the Adhikari, the place, the pranayama, the four postures: Siddha, Padma, Ugra, and Svastika; and Ch. IV: Yoni mudra: the secrete drink of the Kaulas.
UNIT-02	Siva Samhita Ch. V: Bhoga (enjoyment), Dharma (Ritualism of religion) Jnana (Knowledge)- invocation of shadow (pratikopasan)- Raja yoga-various kinds of dharanas- the moon of mystery- the mystic mount kailas- the Raja yoga- the Rajadhiraja yoga; and SHASTRA SMARAN

COURSE DETAILS –2
SUBJECT NAME – YOGA PRACTICUM & LESSON PLAN
SUBJECT CODE – BAYSMJ - 502

CREDIT: 6	CA: 25	SEE: 75	MM: 100

Objectives:

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

- Sketch lesson plan for Yoga teaching

- Systematic arrangement of Yoga teaching

- Teach Yoga in the given class.

Learning outcomes:

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

- Develop to have a perception of different yogic techniques.

- Attain perfection to perform different yogic practices.

- Perform practically the Yoga session with lesson plan.

- Develop skill to conduct practical sessions.

Students will be required to prepare, present and submit at least 10 lesson plans on Yogic activities on prescribed format including 01 lesson plan on Mantra Chanting/Yajna.

Block-1: PREPARATION OF 10 LESSON PLAN [50 HRS.]
Students have to prepare 10 lesson plans on prescribed format of various Yoga practices allotted by the cause coordinator.
Block-2: APPLICATION OF PREPARED LESSON PLAN [20 HRS.]
Students have to teach the prepared lesson plan in previous semester Yoga Practice classes under supervision of Yoga Teachers/Instructors.
Block-3: PRESENTATION OF LESSON PLAN [10 HRS.]
Each student has to present lesson plans to be evaluated by Yoga Teachers/Instructors/ Assistant Professors.
Block-4: SWASTIVACHANA (1015 VERSES) [20 HRS]
To have a perception, memorization and recitation of Mantras
Block-5: CONTINUOUS EVALUATION BY THE TEACHER [20 HRS]

Text Books

1. Yogrishi Swami Ramdev; Yoga Manual for parents and Yoga Teachers, Divya Prakashan, Haridwar, 2010

2. Dr. Gharote K L & Dr S K Ganguly: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007

COURSE DETAILS – 3
SUBJECT NAME – CLINICAL PSYCHOLOGY (ELECTIVE)
SUBJECT CODE – BAYSMN – 503(A)

CREDIT: 6	CA: 25	SEE: 75	MM: 100

Learning 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.

	BLOCK-01: INTRODUCTION TO CLINICAL PSYCHOLOGY
UNIT-01	Meaning and Definition of Clinical Psychology
UNIT-02	Nature and Characteristics of Clinical Psychology
UNIT-03	Professional Issues – Roles and Ethics in Clinical Psychology
UNIT-04	Training and Qualifications of a Clinical Psychologist
	BLOCK-02: CLINICAL ASSESSMENT
UNIT-01	Importance and Scope of Clinical Assessment
UNIT-02	Case Study Method in Clinical Psychology
UNIT-03	Clinical Interview – Techniques and Applications
UNIT-04	Psychological Tests – MMPI and Rorschach Inkblot Test
	BLOCK-03: UNDERSTANDING STRESS
UNIT-01	Meaning, Definitions, and Types of Stress
UNIT-02	Factors Influencing Stress and Its Impact
UNIT-03	Concept of Psycho-Immunity – Psychological Resilience
UNIT-04	Stress Management – Techniques and Therapeutic Approaches

	BLOCK-04: THE PROFESSION OF CLINICAL PSYCHOLOGY IN INDIA
UNIT-01	Role of the Rehabilitation Council of India (RCI) in view of Central Institute of Psychiatry, Ranchi – Contributions and Programs National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore
UNIT-02	Future of Clinical Psychology – Emerging Trends and Career Prospects

Text Books:

- Sing, A.K. (2013.) UchatarNaidanicManovigyan, (Advanced Clinical Psychology) 7th revised edition.
- Khokhar. C.P. (2008) Stress Coping Behaviour, Meerut usandhanVidhiyan.

Reference Books:

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

COURSE DETAILS – 3
SUBJECT NAME – HISTORY OF INDIA (1206 A.D. TO 1739A.D.)
SUBJECT CODE – BAYSMN – 503(B)

CREDIT: 6	CA: 25	SEE: 75	MM: 100
BLOCK-1	Foundation and Growth of the Delhi Sultanate: Dynastic Rule, Administrative Policies, and External Invasions (1206–1526 CE)		
UNIT-1	Foundation and Consolidation of the Delhi Sultanate: Gulam Vans		
UNIT-2	Khiljis- Conquests, Administration and Deccan Policy		

UNIT-3	Tughlaqs-Mohammad-Bin-Tughlaq and FerozShah Tughlaq, Timor's invasion
UNIT-4	Lodi Vans: Sikandar Lodi, Ibrahim Lodi
BLOCK-2	**Rise and Conflict Among Medieval Indian Kingdoms: Vijayanagar, Bahmani, and Regional States**
UNIT-1	Vijayanagar Empire: its Foundation and Conflict with the Bahmani Kingdom
UNIT-2	Bahmani Kingdom; Its Expansion and Disintegration
UNIT-3	Struggle for Empire in North India: Eastern India_ Bengal, Assam and Orissa, Western India: Gujarat Malwa, Mewar, Northwest and North India, Kashmir
BLOCK-3	**From Invasion to Empire: The Mughal Dynasty under Babur to Aurangzeb**
UNIT-1	Babur's invasion of Indian territories, Humayun-His difficulties, Battle with Sher Shah and the Causes of his failure
UNIT-2	Sher shah- Administration and Reforms
UNIT-3	Akbar-Conquests and Religious Policy, Jahangir and Nurjahan's Supremacy on his administration
UNIT-4	ShahJahan- His reign represents the Golden age of Mughal History, Aurangzeb and his Policy: Deccan Policy, Rajput Policy and Religious Policy
BLOCK-4	**The Rise and Expansion of the Maratha Power: From Shivaji to the Third Battle of Panipat**
UNIT-1	The Rise of the Marathas: Shivaji- his achievements and Administration
UNIT-2	His successors- Balaji Vishwanath, Bajirao I,
UNIT-3	BALAJI BAJIRAO Third Battle of Panipat
BLOCK-5	**Popular Uprisings and the Decline of the Mughal Empire: Jats, Sikhs, Afghans, and the Invasion of Nadir Shah**

UNIT-1	Popular Revolts and movements for Regional Independence: Jat, Sikhs and Afghan
UNIT-2	Invasion of Nadir Shah
UNIT-3	Causes of the Downfall of the Mughal Empire

Recommended Books:

- A.L. Srivastava: Bharat ka Itihas (1000-1707). Shivlal Agarwal and Co. Agra, 1995
- Satish Chandra: Essays in Medieval Indian Economic History. New Delhi, 1987
- K.S. Lal: History of Khaljis. New Delhi, 1980
- L.P. Sharma: Madhyakalin Bharat
- Harbans Mukhia: Madhyakalin Bharat, Naya Aayam. Tr. by Nadim, Rajkamal Prakshan, Delhi S.B.P. Nigam: Nobility under the Delhi Sultannate. Delhi, 1968
- Hindi Grant Akadmi, Jaipur, 1986
- Madhyakalin Bharatiya Sanskiriti. Shivlal 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

COURSE DETAILS – 3
SUBJECT NAME – MAJOR TOURIST ATTRACTIONS OF WORLD (ELECTIVE)
SUBJECT CODE – BAYSMN – 503(C)

CREDIT: 6	CA: 25	SEE: 75	MM: 100

Learning Objective:

This course gives information of major Tourist places of World and its importance. It helps students to know the background elements of Cultural & Natural Tourism Resources from around the world.

	BLOCK-01: EUROPE (UK & FRANCE)
UNIT-01	To study the Eiffel Tower and Louvre, Museum of France. London Eye and the British Museum of UK
	BLOCK-02: ASIA (CHINA & SINGAPORE)
UNIT-01	A brief analysis of Great wall and Forbidden city of China and evaluating resource attraction of Singapore Zoo, bird Park and Sentosa Island
	BLOCK-03: AFRICA (SOUTH AFRICA & EGYPT)
UNIT-01	An exploratory study of Kruger National Park of South Africa & In-depth study of Pyramids of Gaza of Egypt.
	BLOCK-04: AMERICA (USA & BRAZIL)
UNIT-01	A brief analysis of Disney land, Lakes & waterfalls of USA and the Rainforest & Carnival of Brazil.
	BLOCK-05: Australia
UNIT-01	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, Oxfordpress.
- Singh, R.L. (ed) India: A Regional Geography National Geographical Society of India, Varanasi, 1989.
- Manorama Year Book
- Indian Year Book, Publication Division, Govt. of India, New Delhi
- Tourism Planner.
- Tour Brochures of related places.
- Lonely Planet-India and related destinations.
- Websites of related destinations.

COURSE DETAILS – 3
SUBJECT NAME – SANSKRITAM-V (ELECTIVE)
SUBJECT CODE – BAYSMN – 503(D)

CREDIT: 6	CA: 25	SEE: 75	MM: 100
	BLOCK-01: समासप्रकरणम् (समासविधायकसूत्रमात्रम्)		
UNIT-01	सूत्रव्याख्या, सूत्रस्मरणम्, समास-विग्रहकरणम्		
	BLOCK-02: केनोपनिषद्		
UNIT-01	श्लोकव्याख्या, श्लोकस्मरणम्, निबन्धात्मकप्रश्नाः		
	BLOCK-03: भगवद्गीता – द्वादशाध्यायः		
UNIT-01	श्लोकस्मरणम्, श्लोकव्याख्या, निबन्धात्मकप्रश्नाः		
	BLOCK-04: सत्यार्थप्रकाशः (द्वितीयसमुल्लासः)		
UNIT-01	श्लोक-मन्त्रव्याख्या, निबन्धात्मकप्रश्नाः		
	BLOCK-05: छन्दःपरिचयः (लक्षण-उदाहरणम्)		
UNIT-01	अनुष्टुप्, वसन्ततिलका, उपजातिः, शार्दूलविक्रीडितम्, शिखरिणी, मालिनी		

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (२) - डॉ०आचार्यासाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्

2. एकादशोपनिषद् - डॉ०सत्यव्रतसिद्धान्तालङ्कार

3. भगवद्गीता - गीताप्रेस, गोरखपुर

4. सत्यार्थप्रकाशः - महर्षिदयानन्दसरस्वती, आर्षसाहित्यप्रचारट्रस्ट्, ब्रजवासीआर्ट्, नोएडा

5. वृत्तरत्नाकरः – केदारभट्टः, चौखम्बाप्रकाशन, वाराणसी

COURSE DETAILS – 4
SUBJECT NAME – INTERNSHIP
SUBJECT CODE – BAYSSE-504

CREDIT: 6	CA: 25	SEE: 75	MM: 100