

SEMESTER VI

COURSE DETAILS – 1
SUBJECT NAME – VARIOUS HATHA YOGIC TEXTS-II
SHASTRA SMARAN
SUBJECT CODE – BAYSMJ - 601

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

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

- To introduce different Hatha yoga texts such as Yoga Vashistha, Goraksha Samhita and Vivekachudamani.
- Knowing about the Aadhi-Vyadhi, Panchakosha & Guna
- Classify Nadi, Mudra, Pranayama and Shatachakra as per Yogic texts.
- To introduce about the Human life, purpose of life, Jivanmukti etc.
- 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: YOGA VASHISTHA
UNIT-01	General introduction of Yoga Vashistha, concept of Aadhi-Vyadhi, Panchakosha relationship, 5 barriers of Yoga, 8 organs of meditation.
UNIT-02	Sapta Bhumi of knowledge, Sapta Bhumi of Yogabhyas. Development of Sattva Guna and 12 types of wisdom etc.
	BLOCK 2: GORAKSHA SAMHITA



UNIT-01	General introduction of Goraksha Samhita, nature of Yoga elements in Goraksha Samhita – six limbs of yoga, description of Asanas
UNIT-02	Goraksha Samhita – Shatachakra, Ten Nadi, Ten Vayu, Panch Mudra, Pranayama's description, meditation description etc.
BLOCK 3: VIVEKACHUDAMANI & SHASTRA SMARAN	
UNIT-01	The Purpose of Human Life, Sravana - Hearing the Truth, Manana - Reflection on the Teaching, Nididhyasana - The Theory, Nididhyasana - The Practice.
UNIT-02	Nirvikalpa Samadhi - Self-Realisation, Jivanmukti - Liberation While Living; and SHASTRA SMARAN.
BLOCK 4: SHASTRA SMARAN	

Reference Books:

- Yoga Vashistha - Khem Raj Sri Krishnadas, Geeta Press, Gorakhpur.
- Goraksha Samhita - Dr. Chaman Lal Gautam 3. Vivekachudamani- Geeta Press, Gorakhpur.

COURSE DETAILS – 2
SUBJECT NAME – YOGA PRACTICUM & LESSON PLAN
SUBJECT CODE – BAYSMJ- 602

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

BLOCK-1: PREPARATION OF 10 LESSON PLAN

Students have to prepare 10 lesson plans on prescribed format of various Yoga practices allotted by the Course coordinator.

BLOCK -2: APPLICATION OF PREPARED LESSON PLAN

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

Each student has to present lesson plans to be evaluated by Yoga Teachers/Instructors/ Assistant Professors.

BLOCK-4: SHIV SANKALP

To have a perception, memorization and recitation of Mantras

CONTINUOUS EVALUATION BY THE TEACHER

TEXT BOOKS

- Yogrishi Swami Ramdev; Yoga Manual for parents and Yoga Teachers, Divya Prakashan, Haridwar, 2010
- Dr. Gharote M L & Dr S K Ganguly: Teaching methods for Yogic practices, Kaivalyadhama, Lonavala, 2007



COURSE DETAILS – 3
SUBJECT NAME – PSYCHOLOGY OF PERSONALITY (ELECTIVE)
SUBJECT CODE – BSYSMN – 603(A)

CREDIT: 4	CA: 25	SEE: 75	MM: 100
	BLOCK-01: Introduction		
UNIT-01	Definition and nature of Personality		
UNIT-02	Theoretical approaches to personality: psychoanalytic, life span approach, type approach, trait approach, cognitive approach		
UNIT-03	Methodological viewpoints: idiographic and nomothetic		
UNIT-04	Data of personality psychology: life record data, observer data, test data, self-report data		
	BLOCK-02: Factors affecting Personality		
UNIT-01	Biological or Physical determinants		
UNIT-02	Psychological determinants		
UNIT-03	Environmental determinants: Social, Educational and Family Determinants		
UNIT-04	General conclusion about determinants of personality		
	BLOCK-03: Development of personality		
UNIT-01	Meaning of personality development		
UNIT-02	Process of personality development		
UNIT-03	Methods of studying personality developments		
UNIT-04	Theoretical explanation of personality development: Freud's view, piaget's view		
	BLOCK-04: Theories of personality		
UNIT-01	Trigun theory of Personality		

UNIT-02	Henry Murray-Need Theory of Personality
UNIT-03	Gordon All Port: Trait theory of Personality
UNIT-04	Eysenck Theory
BLOCK-05: Enhancing Individual's potential	
UNIT-01	Enhancing Cognitive Potential
UNIT-02	Self-Regulation
UNIT-03	Self enhancement
UNIT-04	Fostering creativity

Reference Books:

- Corsini&Marsella (1983). Personality Theories, Research and Assessment. F.E. Peacock.
- Burger, J. M. (2010). Personality (8th ed.). Belmont, CA: Wadsworth Publishing
- Engler, B. (2008). Personality Theories: An Introduction (8th ed.). Boston: Houghton Mifflin. Text Books
- Tripathi. R.B & Singh R.N. (2001). Psychology of Personality Varanasi: Gangasran and Grand Sons.
- Singh, A.K.& Singh, A.K. (2010). The Psychology of Personality.MotilalBanars

COURSE DETAILS – 3

SUBJECT NAME – HISTORY OF INDIA (1760 A.D. TO 1950A.D.)

SUBJECT CODE – BSYSMN – 603(B)

CREDIT: 4	CA: 25	SEE: 75	MM: 100
BLOCK-1	Establishment and Expansion of British Power in Bengal and India: From Plassey to Dalhousie		
UNIT-1	Rise of the British Power in Bengal: Plassey and Buxar		
UNIT-2	Clive's second govern ship of Bengal, Warren Hastings, Cornwallis, Wellesley, William Bentinck		
UNIT-3	Lord Dalhousie-Reforms and Doctrine of Lapse		



BLOCK-2	From Revolt to National Awakening: 1857 and the Growth of Indian Nationalism
UNIT-1	Revolt of 1857-Causes, Nature and its impact
UNIT-2	Indian National Congress from 1885-1905 Extremists and Monetarists
UNIT-3	Birth of Nationalism
BLOCK-3	Rise of Revolutionary Nationalism in India: From Swadeshi Movement to Azad Hind Fauj
UNIT-1	Partition of Bengal and Swadeshi Movement
UNIT-2	Revolutionary Movement-Causes of its emergence and main activities in India
UNIT-3	Ghadar Party- Formation and Activities
UNIT-4	Hindustan Socialist Republican Association-Bhagat Singh and BatukeshwarDutt, Subhash Chandra Bose and Azad Hind Fauj
BLOCK-4	National Movements in Colonial India: From Home Rule to Civil Disobedience
UNIT-1	Home Rule movement and Khilafat movement
UNIT-2	Gandhian Era
UNIT-3	Non-Co-Operation movement
UNIT-4	Simon Commission and Nehru Report. Civil-Disobedience movement
BLOCK-5	From Quit India to Partition: Decisive Years of Indian Independence
UNIT-1	Quit-India movement
UNIT-2	Cripps Mission
UNIT-3	Rise of Communalism Mountbatten's Plan & Partition
UNIT-4	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 Samajik Pristabhoomi)
- Ram Lakhan Shukla: Adhunik Bharat ka Itihas Satya Rao: Bharat mein Upnivesh vad 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 Renaissance (In Hindi: Bengal ka Navjagaran)

COURSE DETAILS – 3

SUBJECT NAME – INTERNATIONAL TRAVEL MANAGEMENT (ELECTIVE)

SUBJECT CODE – 603 (C)

CREDIT: 4	CA: 25	SEE: 75	MM: 100
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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 foreign travels.

	BLOCK-01: Preparing Passport
UNIT-01	Passport types, requirements, and checklists
UNIT-02	Application procedure (online application process), changes, Fees structure and Tatkal scheme
UNIT-03	Passport Act and penalties under Section 12(1)B
	BLOCK-02: Rules and Regulations for International Travel



UNIT-01	Eligibility criteria and documentation for traveling out of India
UNIT-02	Foreign Exchange Management Act (FEMA) and Basic Travel Quota
UNIT-03	Foreign exchange for business visits and travel insurance
UNIT-04	Regulations for traveling into India: Foreign and Indian currency, encashment process, and travel insurance
BLOCK-03: Obtaining Visas	
UNIT-01	Required documents for visa applications for major tourist destinations
UNIT-02	Types of visas and visa fees
UNIT-03	Health check documents and medical requirements
UNIT-04	Refused or pending visas and destination departure records
BLOCK-04: Visiting Tourist Destinations	
UNIT-01	Tourist visa process for New Zealand and Australia
UNIT-02	Tourist visa process for Europe
UNIT-03	Tourist visa process for the USA and Canada
BLOCK-05: Airport & Airline Codes	
UNIT-01	IATA city codes of India and the world
UNIT-02	IATA airport codes of India and the world
UNIT-03	IATA airline codes of India and the world

Reference:

- Websites of UK, USA, Canada and Australia
- Websites of Indian ministries and offices related to foreign exchange <http://passport.gov.in/pms/onlineRegistration.jsp>
- <http://passport.gov.in/>
- Galileo systems
- ABC & OAG Guide, TIM Air Tariff
- Visa formalities of different countries. (See websites of countries)

COURSE DETAILS -3
SUBJECT NAME – SANSKRITAM-VI (ELECTIVE)
SUBJECT CODE – BSYSMN – 603(D)

CREDIT: 4	CA: 25	SEE: 75	MM: 100
	BLOCK-01: कृदन्तप्रकरणम् एवं तद्धितप्रकरणम्		
UNIT-01	कृदन्तप्रकरणम् (वाक्यरचनाअनुवादश्च) - क्त, क्तवतु, शतृ, शानच्, क्तव्य, अनीयर, तुमुन्, क्त्वा, ल्यप् तद्धितप्रकरणम् (वाक्यरचनाअनुवादश्च) - मतुप्, वतुप्, तरप्, तमप्, मयट्, तल्, टाप्, डीप्		
	BLOCK-02: छान्दोग्योपनिषद् - नारदसनत्कुमारसंवादः		
UNIT-01	श्लोकव्याख्या, निबन्धात्मकप्रश्नाः		
	BLOCK-03: नीतिशतकम् (५१-१००)		
UNIT-01	(श्लोकस्मरणम्), श्लोकव्याख्या, निबन्धात्मकप्रश्नाः		
	BLOCK-04: अभिज्ञानशाकुन्तलम् - चतुर्थाङ्कः		
UNIT-01	श्लोकव्याख्या, निबन्धात्मकप्रश्नाः		
	BLOCK-05: भगवद्गीता – षोडशाध्यायः		
UNIT-01	श्लोकस्मरणम्, श्लोकव्याख्या, निबन्धात्मकप्रश्नाः		

निर्धारितग्रन्थाः

1. व्याकरणचन्द्रोदय (२) - डॉ० आचार्यसाध्वीदेवप्रिया, दिव्यप्रकाशन, हरिद्वारम्
2. एकादशोपनिषद् - डॉ० सत्यव्रतसिद्धान्तालङ्कार
3. नीतिशतकम् - भर्तृहरिः, चौखम्बाप्रकाशन, वाराणसी
4. अभिज्ञानशाकुन्तलम् - कालिदासः, श्रीकृष्णमणित्रिपाठी, चौखम्बाप्रकाशन, दिल्ली
5. भगवद्गीता - गीताप्रेस, गोरखपुर



COURSE DETAILS – 4
SUBJECT NAME – RESEARCH METHODOLOGY& CASE STUDY
SUBJECT CODE – BSYSMN – 604

CREDIT: 6	CA: 25	SEE: 75	MM: 100
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Learning 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.
- Feed and analyze the data.
- Organize the data and represent the data.

Learning Outcomes:

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

- Understand the meaning and definition of Research.
- Know the nature and different types of Hypothesis.
- Understand the scientific methods of Observations and Experiments.
- Define nature of Variable, Sampling and Research Design.
- Learn the Graphical representation of Research data.
- Become aware of measures of Central Tendency and Variability
- To Have a perception the report writing.

	BLOCK-01: INTRODUCTION TO RESEARCH METHODOLOGY
UNIT-01	Definition of research; Importance of Studying Research Methods: Evaluating Research Reports;
UNIT-02	Conducting Research, Thinking Critically about Research;
UNIT-03	Types of research Applied Research & Basic Research;
UNIT-04	Goals of Research: description, explanation, prediction, and control of behaviour;
UNIT-05	Ethics of research: Informed consent, Anonymity, Confidentiality, Plagiarism.
	BLOCK-02: INTRODUCTION TO RESEARCH PROCESS

UNIT-01	Research questions; Literature review; Different Sources of Information: Primary, Secondary, Tertiary source; Electronic Databases: Google Scholar, Pubmed & PsycINFO
UNIT-02	Hypothesis Sampling and Generalization - Population and Sample; Probability Sampling: Simple Random Sampling, Systematic Sampling, Stratified Sampling, Cluster Sampling; Sampling Bias and Non-probability Sampling: snowball sampling, convenience
UNIT-03	Types of Biological data (Scales of measurement) – nominal, ordinal, interval, ratio; Types of variables – Independent, dependent, confounding variable; Reliability & Validity.
BLOCK-03: INTRODUCTION TO RESEARCH DESIGN	
UNIT-01	Cross-sectional studies and its advantages and disadvantages
UNIT-02	Cohort studies and its advantages and disadvantages
UNIT-03	Randomized controlled trials and its advantages and disadvantages
UNIT-04	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 follow-up, Controls, Ethical issues, Issues of bias and confounding.
BLOCK-04: REPORTING RESEARCH	
UNIT-01	Parts and Order of Dissertation, Title Page, Abstract, Introduction, Method Section, Results Section, Discussion Section, Reference Section.

TEXT BOOKS:

- R. L. Bijlani. (2008). Medical Research: All You Wanted to Know But Did Not Know Who to Ask. Jaypee Brothers Medical Publishers Pvt. Ltd. New Delhi.
- Research Methodology in Yoga and Naturopathy, CCRYN, New Delhi
- Research Publications: Patanjali Research Foundation, Haridwar

REFERENCE BOOKS:

- C R Kothari. (2009). Research Methodology: Methods and Techniques. New Age International (P) Ltd. New Delhi.
- Zar, J. H., & Zar. (1999). Biostatistical Analysis. Pearson Education. New Delhi