

2.3.1. Student centric methods, such as experiential learning, participative learning and problem solving methodologies are used for enhancing learning experiences

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Annexure- 1

HIMACHAL PRADESH UNIVERSITY

Courses of Study and Syllabi for M. Sc. Physics (Effective from the session 2009 onwards)

Semester-I

	Max. Marks
Course-PHYMS-I01 Mathematical Physics	80+ 20 I.A.
Course- PHYMS-I02 Classical Mechanics	80+ 20 I.A.
Course- PHYMS-I03 Electronics- I	80+ 20 I.A..
Course- PHYMS-I04 Computational Methods in Physics	80+ 20 I.A..
Course- PHYMS-I05 Laboratory	80+ 20 I.A..

Additional Optional Course I-PHYMS-I06

Computer Application in Physics Nodal Center based	80 (Theory 40 + Practical 40) + 20 I.A
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Semester-II

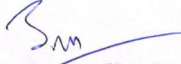
Course- PHYMS-201 Quantum Mechanics-I	80+ 20 I.A.
Course- PHYMS-202 Condensed Matter Physics	80+ 20 I.A..
Course- PHYMS-203 Statistical Physics	80+ 20 I.A..
Course- PHYMS-204 Electrodynamics	80+ 20 I.A..
Course- PHYMS-205 Laboratory	80+ 20 I.A..

Additional Optional Course-II - PHYMS-206

Computer Application in Physics Nodal Center based	80 (Theory 40 + Practical 40) + 20 I.A
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Semester-III

Course- PHYMS-301 Quantum Mechanics-II	80+ 20 I.A..
Course- PHYMS-302 Material Science	80+ 20 I.A..
Course- PHYMS-303 Nuclear Physics	80+ 20 I.A..


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Course- PHYMS-304 High Energy Physics	80+ 20 I.A..
Course- PHYMS-305 Laboratory	80+ 20 I.A.

Semester-IV

Course- PHYMS-401 Electronics –II	80+ 20 I.A.
Course- PHYMS-402 Elective Papers one of the following	80+ 20 I.A.
i) PHYMS-402 (a) Advanced High Energy Physics	80+ 20 I.A..
ii) PHYMS-402 (b) Nuclear & Particle Astrophysics	80+ 20 I.A..
iii) PHYMS-402 (c) Advanced Quantum Mechanics	80+ 20 I.A.
Course- PHYMS-403 Elective Papers one of the following	80+ 20 I.A..
i) PHYMS-403 (a) Nano Physics	80+ 20 I.A..
ii) PHYMS-403 (b) Mesoscopic Physics	80+ 20 I.A..
iii) PHYMS-403 (c) Advanced Computational Physics	80+ 20 I.A..
Course- PHYMS-404 Elective Papers one of the following	80+ 20 I.A.
i) PHYMS-404 (a) Advanced Nuclear Physics	80+ 20 I.A.
ii) PHYMS-404 (b) Nuclear Technology	80+ 20 I.A.
iii) PHYMS-404 (c) Opto – Electronics	80+ 20 I.A..

Course- PHYMS-405 Project	100
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 Department of Physics
 Himachal Pradesh University
 Shimla

Course Code	PHYMS-105		No. of hour per semester	180
Name of the course	Laboratory			
Duration of the Course	One Semester (13 Weeks)			
Semester End Examination	Total Maximum Marks = 100		Pass Marks	
	Theory	MM 80	32	
	Internal Assessment	MM 15	06	
	Attendance	MM 5	----	

Course V: LABORATORY

Note: Students are expected to do as many experiments as possible but not less than 10 experiments out of the following list doing 3 experiments from each of the sections A, B and C. Internal assessment for the laboratory course will be based on a seminar, number of experiments performed and checked after thorough viva based on the each experiment conducted by the concerned teacher/s during the semester and attendance. Marks will be posted in the copy and on the index of the copy. A record of the same will be kept in the laboratory also.

Section A

1. Kelvin double bridge: determination of low resistance.
2. Anderson bridge: determination of self-inductance.
3. Scherring bridge: determination of capacitance.
4. Study of integrating and differentiating circuits.
5. Study of clipping and clamping circuits.
6. Study of CRO.
7. Study of characteristics of semi-conductor devices (UJT, FET).
8. Study of regulated power supply.
9. Study of thyatron characteristics.

Section B

10. e/m of electron by helical method.
11. Plank's constant by photocell.
12. Millikan's oil drop experiment.
13. Cauchy's Constant.

14. Verification of Fresnel's amplitude relations.
15. Ultrasonic wave velocity in liquids by ultrasonic diffraction.
16. Constant Deviation Spectrometer
17. Determination of wavelength and difference in wavelengths of sodium lines, and thickness of mica sheet using Michelson Interferometer.

Section C

Computer based experiments using BASIC/ FORTRAN/C/C++:

18. Statistical and error analysis of (a) given data (b) error estimation in computation.
19. (a) Roots of a quadratic/ cubic equation (b) summation of a series.
20. Numerical differentiation and integration of simple functions.
21. Operations on a matrix (a) inversion (b) diagonalisation (3x3 matrix) (c) solution of simultaneous equations.
22. Plotting and interpolation of a function.
23. Finding the value of Pi using monte carlo method

M. Sc. PHYSICS (1st SEMESTER): LABORATORY/ PRACTICAL COURSE

1. Design of a Regulated Power Supply
2. Design of a Common Emitter Transistor Amplifier
3. Experiment on Bias Stability
4. Negative Feedback (Voltage series/shunt and current series/shunt)
5. Astable, Mono-stable and Bi-stable multivibrator.
6. Characteristics and application of Silicon Controlled Rectifier.
7. Testing goodness of fit of Poisson distribution to cosmic ray bursts by chi-square test.
8. Determination of Half Life of 'In'
9. Determination of range of Beta-rays from Ra and Cs.
10. X-ray diffraction by Telexometer.
11. Determination of Ionization potential of Lithium.
12. Determination of e/m of electron by Normal Zeeman Effect using Fabry-Perot Etalon.
13. Determination of Dissociation Energy of Iodine (I) Molecule by photographing the absorption bands of Iodine in the visible region.
 - (a) Measurement of wavelength of He-Ne Laser Light using ruler.
 - (b) Measurement of thickness of thin wire with laser.

M. Sc. Physics (1st Semester): Tutorial: Laboratory/ Practical Course

This is only a suggestive list, the faculty concerned can add more topics as per the need of the students

1. Network Analysis-Thevenin and Norton's equivalent circuits.
2. Basics of p-n junction: Diffusion current, Drift current, Junction width, forward and Reverse Biasing; Significance of Fermi level in stabilizing the junction.
3. Zener diode: Characteristics and voltage regulation.
4. Transistor biasing and stability
5. Wein's bridge and phase shift.

6. Solving Boolean expressions.
7. Mechanism and production of electrical pulse through absorption of nuclear radiation in medium.
8. Dead time efficiency, counting techniques, energy resolution.
9. Lattice extinctions in X-ray diffraction.
10. Atomic scattering power and geometrical structure factor.

Course Code	PHYMS-205	No. of hour per semester	180
Name of the course	Laboratory		
Duration of the Course	One Semester (13 Weeks)		
Semester End Examination	Total Maximum Marks = 100		Pass Marks
	Theory	MM 80	32
	Internal Assessment	MM 15	06
	Attendance	MM 5	----

Course X: LABORATORY

Note: Students are expected to do as many experiments as possible but not less than 10 experiments out of the following list doing 3 experiments from each of the sections A, B and C. Internal assessment for the laboratory course will be based on a seminar, number of experiments performed and checked after thorough viva based on the each experiment conducted by the concerned teacher/s during the semester and attendance. Marks will be posted in the copy and on the index of the copy. A record of the same will be kept in the laboratory also.

General

1. Susceptibility of a given salt by Quincke's method.
2. B-H curve of a given material and to determine its parameters.
3. Band gap of a semiconductor by Four Probe Method.
4. Ultrasonic wave velocity in liquids by interferometer method.
5. Stefan's constant.
6. Susceptibility by Gouy's method.
7. Solar cell characteristics.
8. Dielectric constant of a liquid by dipole meter.
9. Ionization potential of mercury/ neon.
10. Wave velocity and attenuation in solids by pulse method.
11. Determination of specific heat of graphic at different temperatures.
12. Study of variation of modulus of rigidity and internal friction of a specimen rod with temperature.
13. Study of tunnel diode and Zener diode.
14. Study of frequency response of amplifiers.
15. Study of Oscillator circuits

Computer based experiments

16. Semi classical quantization of molecular vibration.
17. Scattering by a central potential.
18. Solution of ordinary differential equation and application to order and Chaos in two dimensional motion.
19. Structure of white dwarf stars.

20. Particle motion in infinitely deep square well potential.
21. Scattering states in step potential and tunneling effect.
22. Study of ising model using monte carlo method

M.Sc. PHYSICS (2nd SEMESTER): LABORATORY / PRACTICAL COURSE

1. Experiment on FET and MOSFET characterization and application as an amplifier.
2. Experiment on Uni-Junction Transistor and its applications.
3. Digital I: Basic Logic Gates, TTL, NAND and NOR
4. Digital II : combinational Logic
5. Flip-Flops.
6. Operational Amplifier (741).
7. Differential Amplifier.
8. Measurement of resistivity of a semiconductor by four probe method at different temperatures and Determination of band gap.
9. Determination of Lande's factor of DPPH using Electron Spin Resonance (ESR) spectrometer.
10. Measurement of Hall coefficient of given semiconductor: Identification of type of semiconductor and estimation of charge carrier concentration.
11. To study the fluorescence spectrum of DCM dye and to determine the quantum yield of fluorescence maxima and full width at half maxima for this dye using monochromator.
12. To study Faraday effect using He-Ne-Laser.

M.Sc. Physics (2nd Semester): Tutorial : Laboratory / Practical Course

This is only a suggestive list, the faculty concerned can add more topics as per the need of the students

1. Effect of capacitance and load resistance on output of an amplifier.
2. Integrated circuit timer familiarization.
3. Op-amp differentiator.
4. Multiplexers and Demultiplexers.
5. Registers and Counters
6. Radiation level and activity measurement.
7. Shielding, mass absorption coefficient.
8. Coincidence circuits, counters, timers.
9. Coherence and its relevance in diffraction.
10. Identification of charge type by Hall voltage measurement.
11. How does four probe method solve the problem of contact resistance?

Course Code	PHYMS-206	No. of hour per semester	52
Name of the course	COMPUTER APPLICATIONS IN PHYSICS (Nodal Centre based course)		
Duration of the Course	One Semester (13 Weeks)		
Lectures to be Delivered	39 (13 X 3)		
Tutorial	13 (13 X 1)		
Semester End Examination	Total Maximum Marks = 100	Pass Marks	
	Theory	MM 40	15
	Practical	MM 40	15
	Internal Assessment	MM 20	06

Note: Internal Assessment on the basis of two house tests (one in the middle of the semester i.e. 7th week and the second at the closing of the semester i.e. 14th week)

Section A

Recent trends:

Multimedia and its applications. Essentials of a web page, HTML and its features Essentials of parallel computation and features of parallel programming.

Section B

Object Oriented Programming (C++):

OOP fundamentals: objects, classes, encapsulation, abstraction, inheritance, polymorphism, reusability, overloading.

Structure of a C++ program:

Variables, data types, identifiers, declaration of variables, scope of variables, initialization of variables, strings as non-numerical variables, constants. Operators. Basic input/output functions. Control structure: if and else, for, while, do while, break, continue, goto, exit, switch. Functions, scope of variable in a function, void, argument passing (by value, by reference) overloaded functions), void, inline function, recursivity, declaring functions. Arrays: initializing arrays, multidimensional arrays, arrays as parameters, character sequences: null terminated character sequences. Pointers: reference operator (&), de-reference operator (*), declaring variables of pointer types, pointers and arrays, pointer initialization, pointer arithmetic, pointers to pointers, void pointers, null pointers, pointers and

functions Data structures, pointers to structures, nesting structures, other data types (typedef, unions, enumerations)

Classes, function templates and preprocessor directives: Classes, constructors and destructors, overloading constructors, deconstructors, overloading constructor, default constructor, pointers to classes, classes defined with struct and union. Overloading operator, keyword this, static members Friendship function, friend classes, inheritance between classes, multiple inheritance. Polymorphism, pointers to base class, virtual member, abstract base classes, Function templates, class templates, template specialization, namespace alias, std, exceptions. Type casting. Preprocessor directives

Section C

Applications III:

Initial value and boundary value problems (2-dim), Matrix operations, inversion, eigen functions and Eigen values. Monte Carlo method: Basic strategy, generating random numbers, evaluation of two and three dimensional integrals.

Programming exercises (at least ten).

References:

1. Let Us C, Kanetkar.
2. Let Us C++ Kanetkar
3. The ANSI C Programming Language, Kernighan and Ritchie, Prentice Hall of India Ltd.
4. C by Example, Noel Kalicharan, Cambridge University Press.
5. Computer Oriented Numerical methods, V. Rajaraman
6. Elements of Parallel processing, V Rajaraman
7. Computational Physics: An Introduction, R.C. Verma, P.K. Ahluwalia, K.C. Sharma, New Age International Limited.

NOTE:- In all, 10 questions will be set. Question No.1 will cover the entire syllabus and will be of objective/ short answer type. The remaining 9 questions will be set taking three questions each from Sections A, B and C. The student will attempt 5 questions in all, including question No.1 (compulsory) and selecting at least one question from each section A, B and C.

Computer applications: Exercises (suggested) on COURSE II to be implemented in Nodal Center for Computer Applications

Developing following basic programs in C++

1. Inversion of matrix
2. Diagonalization, eigenvalue and eigen functions
3. Solution of oscillator (undamped and damped)problem
4. Motion of a projectile
5. Initial value problems Boundary value problems (2 and 3-dim)
6. MC method: generation of random numbers
7. Evaluation of two dimensional integral
8. Evaluation of three dimensional integrals.

9. Write a program to study the electromagnetic oscillations in an LCR circuit using Runge Kutta Method
10. To study phase trajectory of a chaotic pendulum
11. Use Monte Carlo method to study nuclear radioactivity and modifying it to include the case of an unstable daughter nuclei.
12. To study the motion of a satellite around earth under central force field.

Note on COURSE I, II on Computer Applications in Physics

1. Both these courses are pre-requisite to the main course.
2. Admission to these courses be made at the time of admission to M.Sc.
3. Exemption is allowed only to those students who have the requisite background.
4. Students in these courses be examined at the end of the year
5. These courses must be cleared by the students, marks scored in these will not be counted towards division.

Course Code	PHYMS-305	No. of hour per semester	180
Name of the course	Laboratory		
Duration of the Course	One Semester (13 Weeks)		
Semester End Examination	Total Maximum Marks = 100		Pass Marks
	Theory	MM 80	32
	Internal Assessment	MM 15	06
	Attendance	MM 5	----

Course XV Laboratory

Note: Students are expected to do as many experiments as possible but not less than 10 experiments out of the following list doing 3 experiments from each of the sections A, B and C. Internal assessment for the laboratory course will be based on a seminar, number of experiments performed and checked after thorough viva based on the each experiment conducted by the concerned teacher/s during the semester and attendance. Marks will be posted in the copy and on the index of the copy. A record of the same will be kept in the laboratory also.

Section A

1. Michelson Interferometer and thickness of mica sheet
2. Fabry-Perot Interferometer.
3. G. M. Counter (a) characteristics (b) dead time (c) statistical distribution of counting rate.
4. End point energy of beta spectrum.
5. Proportional counter and low energy gamma ray measurements.
6. Hall effect.
7. Lecher wire: dielectric constant of a solid and a liquid.
8. Magneto resistance.
9. Determination of specific heat of solids (metals and alloys).
10. Fourier analysis of a complex signal.
11. Simulation of lattice dynamics of a mono-atomic and diatomic lattice.
12. Determining the laser beam characteristics (power distribution, beam spot size, divergence of laser beam, depth of field, beam waist, quality of laser beam, spatial coherence of beam)
13. Fraunhofer diffraction (single slit, double slit, circular aperture)
14. Determining thickness of a thin wire by diffraction using laser beam
15. Measure the wave length of laser light with transmission grating.
16. Measurement of thread angle, pitch and diameter of screw using laser beam
17. Study reflection, laws of reflection, internal reflection, critical angle, index of refraction of glass, index of refraction of prism, multiple internal reflection in glass and interference

Section B

12. Characteristics of lumped transmission line.
13. Modulation and demodulation: A.M. and F.M.
14. Designing and study of OPAMP: characteristic and parameter measurements.
15. OPAMP as (a) an active filter and frequency response (b) basic mathematical operations using OPAMP.
16. Study of multi vibrators (a) a stable (b) bi-stable (c) mono-stable.
17. Study of polarization using laser beam (measurement of state of polarization of light wave, measurement of Brewster's angle of glass plate, verification of Malus's law)
18. To study magneto-optic rotation and magneto optic modulation.
19. To create hologram of a given object

Section C

(Computer based experiments)

17. Boundary value and eigen-value problems.
 - (a) stationary solution of one dimensional Schrodinger equation
 - (b) atomic structure in HF approximation.
18. Special functions and Gaussian quadrature: (a) partial wave solution of quantum scattering (b) Born and eikonal approximation in quantum scattering.
19. Plotting of radial eigen function of harmonic oscillator.
20. Fast Fourier transforms of some simple functions.
21. Simulation of an order disorder phase transition for a three states Potts model

UGC M.Sc. Physics (III Semester): Laboratory/Practical Course

(a) CONDENSED MATTER PHYSICS

1. Measurement of lattice parameters and indexing of powder photographs.
2. Interpretation of transmission Laue photographs.
3. Determination of orientation of a crystal by back reflection Laue method.
4. Rotation/oscillation photographs and their interpretation.
5. To study the modulus of rigidity and internal friction in metals as a function of temperature.
6. To measure the cleavage step height of crystal by Multiple Fizeau fringes.
7. To obtain Multiple beam Fringes of Equal Chromatic order. To determine crystal step height and study birefringence.
8. To determine magnetoresistance of a Bismuth crystal as a function of magnetic field.
9. To study hysteresis in the electrical Polarization of a TGS crystal and measure the Curie temperature.
10. To measure the dislocation density of a crystal by etching.

(a I) CONDENSED MATTER PHYSICS

1. Study of X-ray diffraction from liquid, amorphous materials.
2. Determination of dislocation density by Reflection X-ray topography.
3. To take Bragg Precession photograph of a crystal and index the reflections.

4. To measure the superconductivity transition temperature and transition width of high-temperature superconductors.
5. To determine the optical constants of a metal by reflection of light.
6. Model evaluation of dispersion curves of one-dimensional lattice.

(b1) ELECTRONICS

1. Pulse Amplitude Modulation/Demodulation
2. Pulse position/Pulse Width Modulation/Demodulation
3. FSK Modulation Demodulation using Timer/PLL
4. Microwave characterization and Measurement
5. PLL Circuits and applications
6. Fibre Optics communication
7. Design of Active filters
8. BCD to Seven Segment display
9. A/D and D/A conversion
10. Experiments using various types of memory elements
11. Addition, Subtraction, Multiplication & Division using 8085/8086
12. Wave form generation and storage oscilloscope
13. Frequency, Voltage, Temperature measurements
14. Motor Speed control., Temperature control using 8086.
15. Trouble shooting using signature analyzer.
16. Assemble language programming on PC.
17. Experiments based on computer Aided Design.

Setting up of new experiments will form tutorial for this laboratory course.

(C I) NUCLEAR AND PARTICLE PHYSICS

1. To determine the operating voltage, slope of the plateau and dead time of a G.M. counter.
2. Feathers' analysis using G.M. Counter.
3. To determine the operating voltage of a photomultiplier tube and to find the photopeak efficiency of a NaI (Tl) crystal of given dimensions for gamma rays of different energies.
4. To determine the energy resolution of a NaI(Tl) detector and to show that it is independent of the gain of the amplifier.
5. To calibrate a gamma ray spectrometer and to determine the energy of given gamma ray source.
6. To determine the mass attenuation coefficient of gamma rays in a given medium.
7. To study the Compton scattering using gamma rays of suitable energy.
8. To study the various modes in a multichannel analyzer and to calculate the energy resolution, energy of gamma ray.
9. To determine the beta ray spectrum of Cs-137 source and to calculate the binding energy of k- Shell electron of Cs-137.
10. To study the Rutherford scattering using aluminum as scatterer and Am-241 as a source.
11. To measure the efficiency and energy resolution of a HPGe detector.
12. Alpha spectroscopy with surface barrier detector – Energy analysis of an unknown gamma source.
13. Determination of the range and energy of alpha particles using spark counter.

14. The proportional counter and low energy X-ray measurements.
15. X-ray fluorescence with a proportional counter.
16. Neutron activation analysis.
17. Gamma – gamma coincidence studies.
18. Identification of particles by visual range in nuclear emulsion.
19. Construction and testing of a single channel analyzer circuit.
20. Decoding and display of the outputs from the IC – 7490.
21. To observe Mossbauer effect in a nonmagnetic and a magnetic environment and to deduce nuclear magnetic moments.

Text and Reference Books

S.S.Kapoor and V.,S. Ramamurthy, nuclear Radiation Detectors, Wiley Eastern Ltd, new Delhi, 1986.

R.M. Singru, Introduction to Experimental nuclear Physics, John Wiley & Sons 1974.

Alpha, Beta and gamma Ray Spectroscopy, K. Siegbah, North – Holland, Amsterdam, 1965.

W.H. Tait, Radiation Detection, Butterworths, London, 1980.

K. Sriram and Y.R.Waghmare, Introduction to Nuclear Science and Technology, A.M. Wheeler, 1991.

Nicholson, nuclear Instrumentation.

(e) NUCLEAR AND PARTICLE PHYSICS

1. Mounting a Scintillation Crystal to a Photomultiplier Tube.
2. Pulse Cable making
3. Pulse Shaping with an RC Circuit and to Display with an Oscilloscope.
4. Training in the Usage of oscilloscope and Electronic Meters – Sensitivity and Resolution Study.
5. Usage of Radiation Monitors.
6. Setting up the Gamma Ray spectrometer
7. Photoelectric Effect, Compton Effect, Pair Production and Back Scattering
8. Discriminators
9. Pulse height as a Function of Applied Voltage for Gas Counters
10. Proportional Counter Characteristics
11. Scintillation Process in Intrinsic and Extrinsic Inorganic Crystals and Organic Crystals
12. Signal Formation in Solid State Devices
13. Neutron Activation Analysis

Course Code	PHYMS-405	No. of hour per semester	180
Name of the course	Project		
Duration of the Course	One Semester (13 Weeks)		
Semester End Examination	Total Maximum Marks = 100	Pass Marks =40	

**M.Sc. IV Semester
PHYMS-405
Project**

All the M.Sc. Physics Students will do a supervised Physics Project in IV Semester. Department considers it an important culmination of training in Physics learning and research. This project shall be a supervised collaborative work in Theoretical Physics (Condensed Matter Physics, Nuclear Physics, Particle Physics), Experimental Physics, Computational Physics. The project will aim to introduce student to the basics and methodology of research in physics, which is done via theory, computation and experiments either all together or separately by one of these approaches. It is intended to give research exposure to students at M.Sc. level itself. Following will be the modalities:

- (i) Since lot of ground work including purchase of components/ equipments may be involved depending on the choice of the project, a strict schedule will be drawn and followed, to meet the deadline for submitting the project as laid down below.
- (ii) The students will be allotted M.Sc. IV Semester project in consultation with their supervisors well in advance but not later than middle of third semester i.e. 31st oct to give students ample time to work on the allotted topics in consultation with their supervisors. To develop team spirit and group learning, students will be allotted projects **in groups of three to four students but not more than four students in any case.**
- (iii) Students will be informed about their respective groups (three four students per group) which will be formed by inviting applications from the students who want to together as a group in the office of Physics Department, after due recommendation from the supervisor under whose supervision they wish to work along with a tentative title/topic by 30th of September.
- (iv) Students can choose topics from the following major fields or any other field decided from time to time for which department has the faculty and facilities
 - i) Particle Physics/ Nuclear Physics
 - ii) Condensed Matter Physics/ Material Sciences
 - iii) Computational Physics
 - iv) Electronics
 - v) Experimental Physics
- (v) Students will discuss the topic with the supervisors and submit a one page typed abstract giving the plan of the same by 31st November along with the list of components

etc. (for Experimental Project) needed for the project and start working on the project utilizing time for gathering resource material, references, setting up the experiments, understanding the theoretical frame work, and writing of the programs for computation if any. During the period of project students will have to give a seminar as per the schedule notified by the chairman. The plan of work should include information about.

- a) Gathering resource material
- b) Setting up of the experiment if any
- c) Understanding of the theoretical frame work.
- d) Writing of the program for computation if any
- e) References

- (vi) Group of students working on a particular topic will be required to give a presentation in the beginning of the IV semester i.e. February/ March about the progress made by them during vacations. The presentation should be preferably in the forms of a power point presentation.
- (vii) Ind presentation of the progress of the work will be held in April.
- (viii) A complete seminar on the project will be held in the month of June before submission of the project report.
- (ix) Three copies of the project report will be required to be submitted in the office of the Physics department for final evaluation by the external examiner.
- (x) A format of the project report as per the details given in below:

Title Page

M.Sc. Project Report

On

Title of the Project

Supervised by:

Submitted by:

Name of the Group

Name 1
Name 2
Name 3

Physics Department
Himachal Pradesh University
Summer Hill, Shimla-5
Session
Month Year

Himachal Pradesh University
Department of Physics
(NAAC Accredited 'A' Grade University)
Proposed Course of Study and Syllabi
M. Phil (Physics) and Ph.D. Course work (Physics)
{Effective from Academic Session 2018-19 onwards}

A. M. Phil (Physics) Programme {One year programme}

Semester-I

S. No.	Course code	Course	Marks
1.	PHYMPHIL-101	Research Methodology	100
2.	PHYMPHIL-102	Mathematical Physics	100
3.	PHYMPHIL-103	Elective-I	100
4.	PHYMPHIL-104	Seminar	Gradation

Semester-II

S. No.	Course code	Course	Marks
1.	PHYMPHIL-201	Seminar	Gradation
2.	PHYMPHIL-202	Dissertation	Gradation
		Viva-Voce	Gradation

B. Ph.D. Course work (Physics)

Semester -I

S. No.	Course code	Course	Marks
1.	PHYPHD-101	Research Methodology	100
2.	PHYPHD-102	Mathematical Physics	100
3.	PHYPHD-103	Elective-I	100
4.	PHYPHD-104	Seminar	Gradation

Semester-II

Proposed Research work plan for Research Degree Committee for approval

Note:

1. The candidates who have completed M.Phil as per the course given above shall be exempted from the Ph.D. Course work as defined under B.
2. The elective papers shall be offered by the Departmental Council with the consultation of teaching staff and students.
3. Dissertation work will be distributed over both semesters for M. Phil. Programme.

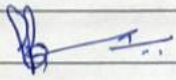
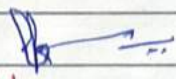
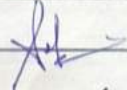
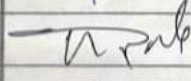
B. M.
 Department of Physics
 Himachal Pradesh University
 H. P. University
 Shimla - 171 004



PSYCHOLOGY PRACTICAL FILE

MS. NEHA BHATIA
M.A. PSYCHOLOGY

INDEX.

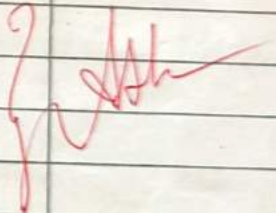
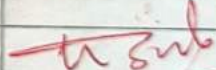
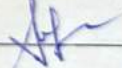
<u>SR. No.</u>	<u>Title</u>	<u>Date</u>	<u>Remarks</u>
1.	Embedded Figure Test.	07. 09. 2017.	
2.	Problem Solving	29. 09. 2017	
3.	Serial Positioning Effect.	09. 10. 17	
4.	Concept Formation	10. 10. 17	
5.	Retrospective Inhibition.	10. 11. 17	
6.	Probe Technique	25. 11. 17	
7.	STM as a function of retention interval.	28. 11. 17	

Practical-1.

- Title : Embedded Figure Test.
- Problem : To study the field dependence and field independence among male and female subjects through Embedded Figure Test (EFT).
- Introduction :

Human behaviour has been described as the response to the environmental stimuli. They act upon the human nervous system and arouse responses and simplest of such response is known as sensation. In formal terms, sensation is the activation of the sense organs by a source of physical energy. A stimulus is any passing source of physical energy that produces a response in a sense organ. Stimuli vary in both type and intensity. Different types of stimuli activate different sense organs. Sensation is the elementary form of mental activity and it arises only when a particular sense organ is stimulated. Sensations are primary knowledge of outside world. When we understand stimuli it does not remain sensation, but changes into perception.

JNDAL

S. No.	TOPIC / PRACTICAL	PAGE No.	REMARKS
1.	Standard Progressive Matrices (SPM)	1 - 18	
2.	Wechsler Adult Intelligence Scale (WASS)	18 - 33	
3.	16 PF	34 - 47	
4.	State-Trait Anxiety Inventory (STAG)	48 - 66	
5.	Altruism	67 - 84	
6.	Test Anxiety	85 - 102	
7.	Draw A Person Test	103 - 118	

DATE: _____
PAGE NO: 1

STANDARD PROGRESSIVE MATRICES

PROBLEM

To measure the intelligence level of the subject through Standard Progressive Matrices (SPM).

INTRODUCTION

"Intelligence is the capacity to learn from experience, using metacognitive processes to enhance learning, and the ability to adapt to the surrounding environment."

"Intelligence is the property of recombining our behaviour pattern so as to act better in a novel situation". - (Wells)

PRACTICAL FILE

SAMRITI
ROLL No.-
13080

INDEX

S. NO.	TITLE/EXPERIMENT	DATE	PAGE-NO.	REMARK
1	Filled and unfilled interval	7-11-2017	1-12	
2	Retinal rivalry and fusion	10-11-2017	13-22	
3.	Disfunction, reaction time	11-11-2017	23-30	
4.	Muller - lyer illusion	11-11-2017	31-40	
5.	Threshold of closure on per-ception	12-8-2017	41-51	
6.	Visual depth perception.	20-12-2017	52-63	
7.	Paired Comparison method	25-2-2018	64-70	

Signature

Remarks

Title → Filled and unfilled interval.

Problem → Does the estimation of time differ when the interval is filled with some activity from the interval which is unfilled?

INTRODUCTION

Perception →

Perception is an immediate comprehension of an object or situation affecting any or all the sense organs by way of sensation. Perception means our knowledge of objects. We sense not only the object but also the name them too. Sense organs when stimulated by the various changes within and outside an organism, send a barrage of nerve impulses to the various parts of our brain. And it is only when the pattern of sensory data are processed by our brain that we come to know what our senses are perceiving.

Perception is actually part of continuum of information processing by the central nervous system. The continuum begin with sensation, which blend into perception, which blend in to attention, which blend into working memory, which blend into thought.

Remarks

Psychology

Practical

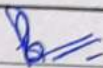
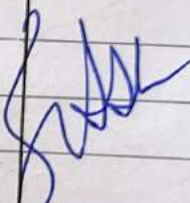
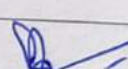
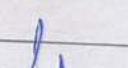
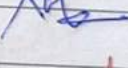
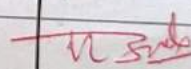
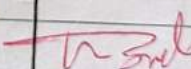
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Submitted by : Jayoti

Roll. No. : 13085

Sem : IVth

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Sr.No	Practical	Signature
1	PGI health questionnaire N-1	
2	Ecological attitude & cognitive scale	
3	Environmental Awareness (EAAM)	
4	CASE study	
5	Mechanical aptitude test	
6	The Value scale	
7	Guidance need inventory	

and
subject
scale N-1.

HO), it is
well being
infirmity.

Health is a organismic
body's constant adjustment and adaptation in response
to stresses and changes in the environment for
maintaining an equilibrium called homeostasis.

one health is
affected by many factors such as environment, the

Signature.....

P.G.I. HEALTH

QUESTIONNAIRE

N-1

PROBLEM

To study and compare physical and psychological health of male and female subject with ~~with~~ help of P.G.I. Health questionnaire N-1.

INTRODUCTION

Health as defined by world Health organization (WHO), it is a "state of complete physical, mental and social well being and not merely the absence of disease or infirmity."

"Health is a dynamic condition resulting from a body's constant adjustment and adaptation in response to stresses and changes in the environment for maintaining an equilibrium called homeostasis."

our health is affected by many factors such as environment, the

Signature.....

परीक्षा अभिवृत्ति प्रश्नावली

Test Anxiety Inventory (Hindi)

By

Prof. Ms. Anup Sud

&

Prerna Sud

Deptt. of Psychology

Himachal Pradesh University

Shimla-171005

नाम

himesh

आयु

कक्षा

स्त्री/पुरुष

निर्देश

निम्नलिखित हर कथन को ध्यानपूर्वक पढ़िये और आप आमतौर पर परीक्षाओं के बारे में कसा महसूस करते हैं, बताने के लिए दायीं तरफ दिये अंकों में से ऐसे अंक को घेरा लगा दें जिसे आप ठीक समझते हो । कोई भी उत्तर मूल रूप से सही या गलत नहीं है । किसी भी एक कथन पर अधिक समय न लगायें । केवल वही उत्तर दें जिससे यह पता चले कि आप आमतौर पर परीक्षा के बारे में कसा महसूस करते हैं ।

Published by :

Rupa Psychological Centre.

B.19/60B, Deoriabir, Bhelupur

Varanasi-221010 (U.P.)

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1. मैं बिना किसी तनाव के और आत्मविश्वास के राश परीक्षा देता/देती हूँ
2. वार्षिक परीक्षा देते समय मुझे बेचैनी और परेशानी महसूस होती है।
3. किसी विषय में मेरे कितने नम्बर आयेगे यह चिन्ता मेरी परीक्षा की तैयारी में रुकावट डालती है।
4. वार्षिक परीक्षाओं के दौरान घबराहट के कारण मेरा दिमाग काम करना बन्द कर देता है।
5. परीक्षा देते समय मैं यह सोचता/सोचती रहता/रहती हूँ कि क्या मैं कभी पास भी हो सकूँगा/सकूँगी या नहीं।
6. जितना अधिक मैं परीक्षा के लिए तैयारी करता/करती हूँ उन्नी ही उलझ जाता/जाती हूँ।
7. परीक्षा में अच्छा न कर पाने की चिन्ता मेरी एकाग्रता में बाधा डालती है।
8. महत्वपूर्ण परीक्षा देते समय मैं बेहद घबरा जाता/जाती हूँ।
9. चाहे परीक्षा के लिए मेरी अच्छी तैयारी हो फिर भी मैं इसके बारे में बहुत चिन्तित रहता/रहती हूँ।
10. परीक्षा की कापी वापिस मिलने से-से पहले से मैं बहुत बेचैनी महसूस करने लगता/लगती हूँ।
11. परीक्षा के दौरान मैं बहुत तनाव महसूस करता/करती हूँ।
12. काश! परीक्षाएं मुझे इतना अधिक परेशान न करनी।
13. महत्वपूर्ण परीक्षा के दौरान अधिक तनाव के कारण मेरे पेट में गड़बड़ हो जाती है।
14. मुझे लगता है कि महत्वपूर्ण परीक्षा में अपनी कमियों के कारण ही अच्छा नहीं कर पाता/पाती।
15. जब मैं महत्वपूर्ण परीक्षा देता/देती हूँ तो बहुत ही भयभीत हो जाता/जाती हूँ।
16. यदि मुझे कोई महत्वपूर्ण परीक्षा देनी हो तो इसके पहले मुझे भारी चिन्ता होगी।
17. परीक्षा के दौरान मैं यह सोचता/सोचती रहता/रहती हूँ कि अगर मैं फेल हो गया/गई तो क्या होगा।
18. महत्वपूर्ण परीक्षा के दौरान मेरे दिल की धड़कन तेज हो जाती है।
19. परीक्षा खत्म होते ही मैं इसके बारे में चिन्ता छोड़ने की कोशिश करता/करती हूँ पर ऐसा कर ही नहीं पाता/पाती
20. किसी विषय की परीक्षा के दौरान मैं इतना अधिक घबरा जाता/जाती हूँ कि जो तथ्य मुझे सचमुच में याद होते हैं उन्हें भी भूल जाता/जाती हूँ।

लगभग कभी नहीं	कभी-कभी	प्रायः अक्सर	लगभग सदा ही
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1	2	3	4

MECHANICAL APTITUDE TESTS BATTERY
Mechanical Knowledge Test
ANSWER SHEET

प्रत्येक प्रश्न का केवल एक ही ठीक उत्तर है ।
 ठीक उत्तर के क्रमांक पर X का निशान लगाइये ।
 यदि कोई उत्तर बदलना हो तो इस प्रकार ● काटिये ।

There is only one correct answer to a question.
 Put a X over the number of correct answer.
 If you want to change an answer, cut it like ●.

प्र० सं०
Q.No

- | | | | | | | |
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| 2 | 1 | 2 | 3 | 4 | 5 | 6 |
| 3 | 1 | 2 | 3 | 4 | 5 | 6 |
| 4 | 1 | 2 | 3 | 4 | 5 | 6 |
| 5 | 1 | 2 | 3 | 4 | 5 | 6 |
| 6 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 1 | 2 | 3 | 4 | 5 | 6 |
| 8 | 1 | 2 | 3 | 4 | 5 | 6 |
| 9 | 1 | 2 | 3 | 4 | 5 | 6 |
| 10 | 1 | 2 | 3 | 4 | 5 | 6 |
| 11 | 1 | 2 | 3 | 4 | 5 | 6 |
| 12 | 1 | 2 | 3 | 4 | 5 | 6 |
| 13 | 1 | 2 | 3 | 4 | 5 | 6 |
| 14 | 1 | 2 | 3 | 4 | 5 | 6 |
| 15 | 1 | 2 | 3 | 4 | 5 | 6 |

प्र० सं०
Q. No.

- | | | | | | | |
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| 16 | 1 | 2 | 3 | 4 | 5 | 6 |
| 17 | 1 | 2 | 3 | 4 | 5 | 6 |
| 18 | 1 | 2 | 3 | 4 | 5 | 6 |
| 19 | 1 | 2 | 3 | 4 | 5 | 6 |
| 20 | 1 | 2 | 3 | 4 | 5 | 6 |
| 21 | 1 | 2 | 3 | 4 | 5 | 6 |
| 22 | 1 | 2 | 3 | 4 | 5 | 6 |
| 23 | 1 | 2 | 3 | 4 | 5 | 6 |
| 24 | 1 | 2 | 3 | 4 | 5 | 6 |
| 25 | 1 | 2 | 3 | 4 | 5 | 6 |
| 26 | 1 | 2 | 3 | 4 | 5 | 6 |
| 27 | 1 | 2 | 3 | 4 | 5 | 6 |
| 28 | 1 | 2 | 3 | 4 | 5 | 6 |
| 29 | 1 | 2 | 3 | 4 | 5 | 6 |
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |

Smt. R. K. Sharma

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HIMACHAL PRADESH UNIVERSITY

SHIMLA

COURSES OF STUDY/SYLLABUS

FOR

MASTER OF ARTS

IN

PSYCHOLOGY

1. These M.A. courses of study in Psychology shall come into force from July 2003 onwards for M.A. Part-I (1st and 2nd semesters) and for M.A. Part-II (3rd and 4th semesters) from July 2004.
2. The evaluation system from 1st to 4th semesters shall continue to be same as being followed presently.
3. In each semester 4 theories and one practical course shall be offered and each course (theory or practical) will be of 60 marks.

The course requirements for the Master of Arts in Psychology are designed for various aims in view. Its basic objective is to provide theoretical orientation supplemented by practicals with respect to each field of psychology from 1st to 3rd semesters. The second major aim is to provide comprehensive training with research orientation in the specialized fields during the 4th semester, so that the student can apply the knowledge meaningfully for the well-being and development of society.

Semester-I

Course-I.

Foundations of Psychology

60 Marks

Course-II.	Research Methodology-I	60 Marks
Course-III.	Cognitive Processes	60 Marks
Course-IV.	Social Psychology	60 Marks
Course-V.	Practicals (experiments)	60 Marks

Semester-II

Course-VI.	Neurological Bases of Behaviour	60 Marks
Course-VII.	Research Methodology-II	60 Marks
Course-VIII.	Applied Social Psychology	60 Marks
Course-IX.	Personality Theories and Assessment	60 Marks
Course-X.	Practicals (tests)	60 Marks

Semester-III

Course-XI.	Psychopathology	60 Marks
Course-XII.	Research Methodology-III	60 Marks
Course-XIII.	Emotions	60 Marks
Course-XIV.	Cognitive Processes-II	60 Marks
Course-XV.	Practicals (experiments)	60 Marks

Semester-IV

Course-XVI.	Psychodiagnostics	60 Marks
Course-XVII.	Clinical and Community Interventions	60 Marks
Course-XVIII.	Practicals (tests)	60 Marks

Note: Select any two of the following courses (The availability of the courses will be decided by the Departmental Council).

Course-XIX.	Organizational Behaviour	60 Marks
Course-XX.	Organizational Change and Development	60 Marks
Course-XXI.	Psychology of Human Resources	60 Marks
Course-XXII.	Human Factor Engineering	60 Marks
Course-XXIII.	Environment and Behaviour	60 Marks
Course-XXIV.	Evolutionary Social Psychology	60 Marks
Course-XXV.	Stress, Coping and Health	60 Marks
Course-XXVI.	Cross-cultural Psychology	60 Marks

M.A. First Semester

Course-I: Foundations of Psychology

1. Psychology as a Science: The nature of science; Psychology's place in science; Psychology within the framework of science; Psychology's initial subject matter; Psychology's modern subject matter.
2. Structuralism: Wilhelm Wundt and Edward Bradford Titchener. Functionalism: John Dewey, William James, James Angell, Harvey Carr. Associationism: Edward Lee Thorndike, Ivan Petrovich Pavlov.
3. Early Behaviorism: John Broadus Watson. The Later Behaviorists: Edward Chace Tolman, Clark Leonard Hull, Edwin Ray Guthrie, Burrhus Fredric Skinner.
4. Gestalt Psychology: Max Wertheimer, Kurt Koffka and Wolfgang Kohler.
5. Psychoanalysis: Sigmund Freud, Alfred Adler and Carl Gustav Jung. Sociological school: Erik Erikson, Karen Horney, Erich Fromm, Harry Stack Sullivan.

Readings

Benjamin, Jr. L.T. (1988). *A History of Psychology: Original Sources and*

Contemporary Research. London: McGraw Hill.

Chaplin, J.P. & Kraweic, T. (1979). *Systems and Theories of Psychology*. New York: Holt, Rinehart & Winston

Helzen, H. & Baveus, W. (1964). *Contemporary approaches to Psychology*. New York: Van Nostrand Reinhold.

Hothersall, D. (1990). *History of Psychology* (2nd Ed). London: McGraw Hill.

Marx, M.H. & Cronan-Hillix, W.A. (1987). *Systems and Theories of Psychology* (4th Ed.). New York: McGraw Hill.

Rock, I. & Palmer, S. (1990). The legacy of Gestalt Psychology. *Vignan* (Scientific American, December).

Wolman, B.B. (1960). *Contemporary Theories and Systems in Psychology*. New York: Harper & Row.

Woodworth, R.S. & Sheehan, H.R. (1971). *Contemporary Schools in Psychology*. London: Methuen.

M.A. First Semester

Course-II: Research Methodology-I (Psychological Testing/Assessment)

1. Nature and theory of psychological tests.
2. Test construction; Item analysis: item difficulty and item discrimination.
3. Concept and types of reliability and validity. Factors affecting reliability and validity.
4. Descriptive Statistics: Measures of central tendency and variability;

Pearson's 'r', Spearman's 'rho' and rationale behind other correlation methods; Normal probability curve and its implications.

5. Inferential Statistics: t-test and F-test.

Readings

Anastasi, A. (1988). *Psychological Testing*. New York: McMillon.

Freeman, F.S. (1972). *Theory and Practice of Psychological Testing*. New Delhi: Oxford & IBH.

Guilford, J.P. (1954). *Psychometric Methods*. New Delhi: Tata-McGraw Hill.

Guilford, J.P. & Fruchter, B. (1973). *Fundamental Statistics in Psychology and Education*. London: McGraw Hill.

Jackson, D.N. (1967). *Problems in Human Assessment*. London: McGraw Hill,

Kulkarni, S.S.; & Puan, B.N. (1988). Psychological assessment: Its present and future. In J. Pandey (Ed.). *Psychology in India: The-State-of-The-Art* (Vol.1, pp. 19-91). New Delhi: Sage.

Minium, E.W.; King, B.M. & Bear, G. (1993). *Statistical Reasoning in Psychology and Education*. New York: John Wiley.

Nunnally, J.C. (1978). *Psychometric Theory*. New Delhi: Tata-McGraw Hill.

M. A. First Semester

Course-III: Cognitive Processes-I

1. Cognitive approaches to experimental psychology. Origin and current status of cognitive psychology.

2. Attentional and Memory Processes: Selective attention, Division of attention, Memory: Methodology, STM and LIM, factors affecting memory, Neural Network. Long term memory: Knowledge memory systems, Simple and stable associations (example: conditioning), Procedural Memories.
3. Conditioning. Time Relations schedules of reinforcement. Generalization. Extinction. Positive reinforcement, and Aversive Behaviour.
4. Problem solving and Creativity. Nature and stages of problem solving. Factors affecting creativity.
5. Decision making and logical reasoning. Inductive and deductive hypotheses and conditional reasoning. Artificial intelligence.

Readings

D'Amato, M.R. (1970). *Experimental Psychology, Methodology, Psychophysics and Learning*. London: McGraw Hill.

Galotti, K.M. (1999). *Cognitive Psychology in and Outside Laboratory*. Mumbai: Thomson Asia.

Kling, J.M.; & Riggs, L.A. (Eds.) (1971). *Woodworth and Schlosberg's Experimental Psychology* (3rd Ed.). Holt, Rinehart and Winston.

Matlin, M, W. (1995). *Cognituion* (IIIrd ed.). Bangalore: Prism Books.

Snodgrass, J. G. et. al. (1985). *Human Experimental Psychology*. New York: Oxford University Press.

Woodworth, R.S.; & Schlosberg, H. (1954). *Experimental Psychology*. New York: Holt Rinehart and Winston.

M. A. First Semester

Course-IV: Social Psychology

1. Background of social psychology. **Experimental methodology** in social psychology: (a) Advantages and disadvantages of experimental method. (b) Methodological issues and problems: **Experimenter bias and ethical problems of experimentation in social psychology.**
2. Social Influence on behaviour: Imitation and **observational learning** compliance, obedience, conformity – classical studies.
3. Attitude formation and change: (a) Concept of attitudes (b) Learning of attitudes (c) Communication and persuasion for attitude change (d) Cognitive dissonance and attitude change.
4. Social perception: (a) Person perception and social cognition (b) Forming impression of others (c) Attribution theories.
5. Group process: Human relationship, social motivation, social emotion (aggression). Group structure (status, roles, leadership); Communication network; **Group problem solving.**

Readings

Aronson, E. & Carlsmith, M.J. (1990). Experimentation in Social Psychology. In G. Lindzey, & E. Aronson (Eds.) *The Handbook of Social Psychology* (Vol.2). Amrind.

Aronson, E. (1975). The theory of cognitive dissonance: A current perspective. In L. Berkowitz (Ed.) *Advances in Experimental Social Psychology* (Vol.8). New York: Academic Press.

Bandura, A.; & Walters, R.H. (1963). *Social Learning and Personality Development*. New York: Holt, Rinehart & Winston,

Baron, R.A.; & Byrne, D. (1988). *Social Psychology*. London: Prentice-Hall.

Berkowitz, L. (1975). *A Survey of Social Psychology*. The Drudon Press.

Hoffman, L. (1975). Group problem solving . In L. Berkowitz, (Ed.) *Advances in Experimental Social Psychology* (Vol.4). New York: Academic Press.

Hollander, E.P. (1979). *Current Perspectives in Social Psychology*. New York: John Wiley,

Insko, C.A.; & Schopler, J. (1972). *Experimental Social Psychology*. New York: Academic Press.

Jaspers, J.; Fincham, F.D.' & Hewstone, M. (Eds.) (1983). *Attribution Theory and Research: Conceptual, Developmental and Social Dimensions*. New York: Academic Press.

Kelley, H. (1975). Group problem solving. In G. Lindzey & E. Aronson (Eds.) *The Handbook of Social Psychology* (Vol. IV). Amrind.

McClintock, C.G. (Ed.) (1972). *Experimental Social Psychology*. New York: Holt, Rinehart & Winston,

McGuire, J.W. (1975). The Nature of Attitudes and Attitude change. In G. Lindzey & E. Aronson (Eds.) *The Handbook of Social Psychology* (Vol.III). Amrind.

Pandey, J. (1988). Social Influence Processes. In J. Pandey (Ed). *Psychology in India: The State-of-the-Art* (Vol.II, pp. 55-93). New Delhi: Sage.

Triandis, H. (1995). *Cullture and Social Psychology*. New York: McGraw Hill.

Ward, D.C. (1970). *Laboratory Manual in Experimental Social Psychology*. New York: Holt, Rinehart & Winston.

M. A. First Semester

Course-V: Practicals (experiments)

1. Study of response meaningfulness and formation of associations.
2. Verification of Wylie's hypothesis concerning the direction of transfer.
3. Study of serial positioning effect in rote learning.
4. Short term memory as a function of retention intervals (distracter technique).
5. Study of retroactive inhibition as a function of similarity between original and interpolated learning.
6. Effect of mental set on problem solving behavior.
7. Study of interference in STM through probe technique.
8. Study of field-dependence-independence.
9. Study of development of concepts through discrimination learning.
10. Study of species differences (slides or photographs or naturalistic observation).

Note: References in respective manuals and the same as in Course-III. The student shall have to perform eight experiments during the semester.

Eccles, J. C. (1980). *The Human Psyche*. New York: Springer-Verlag.

Gazzaniga, M. S. (1992). *Nature's Mind. The Biological Roots of Thinking, Emotions, Sexuality, Language and Intelligence*. London: Penguin.

Kandel, E. (1968). Cellular neurophysiological approaches to the study of learning. *Physiological Review*, 48 (1): 65-134.

Rajan, M. A. S. (Ed.) (1988). *Consciousness*. Malkote: The Academy of Sanskrit Research.

Sharma, K. (1986). *Handedness, Cognitive Abilities and Hemisphericity*. Delhi: Mittal Publications.

Varela, F. J.; & Shear, J. (Eds.) (1999). *The View From Within: First-Person Approaches to the Study of Consciousness*. Thorverton, UK: Imprint Academic.

Weizkrantz, L. (1990). Problems of learning and memory: One or multiple memory systems. *Philosophical Transactions of the Royal Society of London*, 329: 99-108.

World Health Organization. (2001). *The World Health Report: 2001: Mental Health: New Understanding, New Hope*. Switzerland: WHO.

M. A. Second Semester

Course- VII: Research Methodology – II (Experimental Methods)

1. Experimentation in Psychology: Purpose, Nature of variables, Types of Experimental designs (techniques of manipulation), Types and control in experiment. Sources of bias, Ethical issues in psychological research.

2. Between Group designs: Randomized Group Design/Single Factor Design. Randomized Block Design. Factorial designs (pxq & pxqxr). Multiple comparison among means: Duncan's, Newman Keuls, and Tuckey.
3. Within-Group Design: Single factor repeated measure design and curve fitting.
4. Mixed Designs: Two factors mixed design (repeated measure on one factor).
5. Non Parametric Tests: Sign test; Wilcoxon matched pairs signed rank test; Mann Whitney U Test; Friedman's two-way ANOVA; Kruskal Wallis one way ANOVA; Chi Square.

Readings

Black, T.R. (1988). *Quantitative Research Designs for Social Sciences*. Thousand Oaks: Sage.

Broota, K.D. (1992). *Experimental Design in Behavioural Research*. New Delhi: Wiley Eastern.

Bruning, J.L. & Kintz, B.L. (1987). *Computational Handbook of Statistics*. London: Scott, Foresman and Company.

D'Amato, M.R. (1970). *Experimental Psychology, Methodology, Psychophysics and Learning*. New York: McGraw Hill.

Edwards, A.K. (1976). *Experimental Designs in Psychological Research*. New York: Holt Rinehart & Winston.

Newman, W.L. (1991). *Social Research Methods: Qualitative and Quantitative*. Boston: Allyn & Bacon.

Robinson, P.W. (1976). *Fundamentals of Experimental Psychology*. New Delhi: Prentice Hall,

Siegal, S. (1956). *Nonparametric Statistics for the Behavioural Sciences*. New York: McGraw Hill,

Winer, B.J. (1971). *Statistical Principles in Experimental Design*. New York: McGraw Hill.

Hjelle, L.A.; & Zeigler, D.J. (1991). *Personality Theories: Basic assumptions, research and applications*. London: McGraw Hill.

Kakar, S. (2001). *The essential writings of Sudhir Kakar*. New Delhi : Oxford.

Liebert, R.M.; & Spiegler, M.D. (1980). *Personality : Strategies and issues*. California: Brooks/Cole Publishing Company.

Magnusson, D.; & Endler, N.S. (1977). *Personality at Crossroads*. New Jersey, Hillsdale : Lawrence Erlbaum Associates.

Pervin, L.A. (1975). *Personality: Theory, assessment and research*. New York: John Wiley.

Ryckman, R.M. (1978). *Theories of personality*. New York: D. Van Nostrand Co.

Sahakian, W.S. (1965). *Psychology of personality: Readings in theory*. Chicago : Rand McNally College Publication Company.

M. A. Second Semester

Course X: Practicals (tests)

1. Personality .. E P I.
2. Personality .. 16 P F.
3. Draw-A-Man Test.
4. Anxiety .. S T A I.
5. Anxiety .. T A I.
6. Intelligence .. S P M.
7. Intelligence .. W A I S.
8. Intelligence .. W I S C.
9. Altruism.
10. Creativity.

Note: For reading material consult respective manuals of the tests. The student shall have to perform eight tests during the semester.

M.A. Third Semester

Course XI: Psychopathology

1. Concept of normality and abnormality. Different cultural perspectives.

Readings

Dunnette, M.D. (Ed.) (1976). *Handbook of Industrial and Organizational Psychology*. Chicago: Rand McNully.

French, W.L.; & Bell, C.H. Jr. (1980). *Organizational Development*. London: Prentice Hall.

Herbert, T.T. (1981). *Dimensions of Organizational Behavior*. London: MacMillan.

Khandwalla, P.N. (1988). Organizational effectiveness. In J. Pandey (Ed.) *Psychology in India: The State-of-the Art* (Vol.3, pp. 97-215). New Delhi: Sage.

Luthans, F. (1989). *Organizational Behaviour*. London: McGraw Hill.

Margulies, N.; & Raia, A.P. (1975). *Organizational Development: Values, process and technology*. New Delhi: Tata McGraw Hill,

McGill, M.E. (1977). *Organizational Development for Operating Managers*. AMACO (a division of American Management Association).

Pareek, U. & Rao, T.V. (1986). *Designing and Managing Human Resources Systems*. New Delhi: Oxford.

Rudrabasavaraj, M.N. (1977). *Executive Development in India*. New Delhi: Himalaya Publishing House.

Sharma, R.A. (1982). *Organizational Theory and Behaviour*. New Delhi: Tata McGraw Hill,

M. A. Fourth Semester

Course - XXI: Human Resources

1. Introduction: Development of industrial psychology. The role of Psychologist in Industry. Psychology of individual differences. The scope and premises of Industrial Psychology.
2. Principles of Personnel Testing: Testing and measurement in Industry. Characteristics of Tests. Test norms. Reliability and validity.
3. Personnel Selection: Types of Tests. Overview of intellectual, mechanical, spatial, perceptual-motor, personality and interest tests; & Multiple aptitude test batteries. The interview and other selection devices. Performance appraisal techniques; Uses of appraisal information.
4. Personnel Training: The nature of training, principles of learning, training design, learning curves. Type of training programmes, training needs, training methods and techniques, behaviour modelling. Updating and retraining programmes, evaluation of training.
5. Employee counseling: Personnel development. Career counseling, Career planning.

Readings

Bech, D.S. (1980). *Personnel*. London: McGraw Hill.

Blum, M.L.; Maylor, J.C. (1984). *Industrial Psychology: Its theoretical and Social Foundations*. Delhi: CBS Publishers.

Casico, W. (1982). *Applied Psychology in Personnel Management*. London: Prentice Hall.

Dunette, M. (1976). *Handbook of Industrial and Ogranizational Psychology*. Rand McNally.

Koreman, A.K. (1971). *Industrial and Organizational Psychology*. London: Prentice Hall.

Landy, F.J.; & Trumbo, D.A. (1980). *Psychology of Work Behaviour*. Dorsey Press.

McCormick, E.J.; & Ilgen, D. (1984). *Industrial Psychology*. London: Prentice Hall.

Mohanty, G. (1983). *Text Book in Industrial and Organizational Psychology*. New Delhi: Oxford & IBH,

Wexley, K.N.; & Yukul, G.A. (1973). *Organizational Behaviour and Industrial Psychology*. London: Oxford University Press.

M. A. Fourth Semester

Course - XXII: Human Factor Engineering

1. Human Engineering: Historical perspective, nature, need and scope.
2. Human Performance: Time and motion studies. Human movements: some simple principles. Need for allowances in time and motion study. Examples of continued inefficiencies. Breaking resistance. Work Study.
3. Designing Work for Humans: Awareness of human engineering problems. Identifying human engineering problems. The design of machine control. A model foreman-machine systems. Humans as sensing devices and processors of information. Solving human engineering problems. Realism in human engineering research. A programme of systems research.
4. The Physical Work Environment: Illumination, atmospheric conditions, sound and noise, noise and performance. Heat and cold. Stresses from environment. After-effects of stressors. The interaction of two or more stressors.
5. **Accidents-Prevention and Safety : Accident proneness principle, causes of accidents, predicting accidents. Situational and personal factors in accidents. Designs for safety. Industrial safety programmes.**

Readings

Barnes, R.M. (1980). *Motion and Time Study: Design and Measurement of Work*. New York: John Wiley.

Blum, M.C. (1980). *Industrial Psychology: Its Theoretical and Social Foundation*. Delhi: CBS.

Harrell, T.W. (1964). *Industrial Psychology*. New Delhi: Oxford and IBH.

Evans, G. W. Palsane, M. N. , Lepore, S. J. & Martin, T. (1989). Residential density and psychological health : The mediating effects of social support. **Journal of Personality and Social Psychology**, 57, 994-999.

Mishra, R. C. , Sinha, D. and Berry, J. W. (1996). **Ecology, Acculturation and Psychological Adaptation**. New Delhi : Sage Publications.

Stokols, D. and Altmann, I. (Eds.) (1987). **Handbook of Environmental Psychology**. New York : Wiley. Vol. I ; Vol. II.

Bonnes, M. and Secchiaroli, G. (1995). **Environmental Psychology : A Psychological introduction** . London : Sage Publications.

Goldsmith, E. (1991). **The Way** : The Ecological World-view. Boston : Shambahala.

Bunyard, P. (1996). **Gaia in Action**. Edinburgh ; Floris Books.

Dreze, J. and San, A. (1997). **Indian Development**. Delhi : Oxford University Press.

Gadgil, M. and Guha, B. (1995). **Ecology and Equity**. New Delhi : Penquin Books.

Singh, C. (1998). **Natural Premises**. Delhi : Oxford University Press.

Course-II (d) : Contemporary Research in Organizational Behaviour.

100 Marks

1. Role of Organizational Behaviour : Classical and modern Organizational theories. New challenges of organization. Behaviour in emerging organizations : Cross-cultural perspective And gender issues.
2. Leadership models and effectiveness. Personality and situational Effects on leader behaviour Contemporary issues in leadership.
3. Organization and Human Resources Development (HRD). Emerging HRD And organization development techniques. Assessing, managing and Implementing planned change in organizations .
4. Organizational stress and health well-being ; Methods of intervention. Organizational conflict management. Organizational culture.

Readings

Robbins, S. P. (1998). Organizational Behaviour : Concept controversies, applications. Prentice Hall.

French, W. L. And Bell, C. H. (1997). Organization development. Prentice Hall.

Hersey, P. And Blanchard, K. H. (1996). Management of Organizational Behaviour. Prentice Hall.

Luthans, F. (1996). **Organizational Behaviour**. McGraw Hill.

Harris, O. J. (1976). **Managing People at work : Concepts and cases in Interpersonal Behaviour**. John wiley.

- Davis, K. (1996). **Human Relations at work. The Dynamics of organizational Behaviour.** McGraw Hill.
- Landy, F. I. & Trumb, D. A. (1980). **Psychology of work Behaviour.** Dorsey Press.
- Wexley, K. N. & Yukul, G. A. (1975). **Organizational Behaviour and Industrial Psychology.** Oxford University Press.

Course-II (e) : Cognitive Psychology

100 Marks

1. The selection and processing of sensory information: selection of signals. Allocation of attention. Arousal and attention. Three components of attention: Visual, auditory and sensory information storage. Attention and sensory information processing.
2. Memory : Models of memory : The Atkinson Shiffrin model and levels of processing approach. Short-term memory size, code, retrieval and forgetting. Long-term memory : Accura Y, retrieval, motivation and forgetting. Semantic memory. Improving memory.
3. Concepts : How concept formation is studied : kinds of concept Formation tasks, measuring concept formation. Factors affecting Concept formation. Testing hypotheses. Natural categories.
4. **Problem Solving and Creativity. Understanding the problem-paying Attention and methods of representing the problem. Solving the problem Random and heuristic search strategies. Factors affecting problem solving. Solving ill-defined problems. Creativity : definitions and measurement, Discovering problems and encouraging creativity.**

Readings

- Reynolds, A.G. & Flag, R.W. (1977). Cognitive Psychology. Wintrop Publishers.
- Margaret Matlin (1983). Cognition. Holt, Finehart and Winston.
- Paul. (1986). **Applied Cognitive Psychology : An Information Processing Framework.** Methuen, London.
- Gay Claxton (1980). **Cognitive Psychology** : New directions. Routledge & Kagan Paul, London.
- Bourne, L.E. Dominowski, R.L. & Coftus, E. L. (1979). **Cognitive Process.** Prentice Hall, Delhi.
- Solso, R.L. (1974). **Theories of Cognitive Psychology : The Loyala Symposium.** Lawrence Erlbaum, New York.
- Maier, N.R.F. (1974). **Problem Solving and Creativity in groups.** Belkmont, California.
- Torrance, E. R. & Raina, M. K. (Ed.) (1980). **Creativity Research: International Perspective.** NCERT, New Delhi.

Syllabus for Post Graduate Diploma in Clinical Psychology w.e.f. the session

2007-08.

FIRST SEMESTER

Course-I:	Psychopathology	100 marks
Course-II:	Clinical Evaluation of Abnormal Behaviour and Psychotherapies	100 marks

SECOND SEMESTER

Course-III:	Health and community Psychology	100 marks
Course-IV:	Project report	100 marks

Course-I: Psychopathology

- i) Dynamics of clinical and abnormal Psychology. Its purpose and usefulness in daily life, myth and Misconception related to abnormal behaviour.
- ii) Anxiety disorder: Generalized anxiety disorder: Obsessive compulsive Disorder: Phobia: Post Traumatic Stress Disorders: Acute Stress Disorders.
- iii) Schizophrenia and Mood Disorders: etiology and treatment
- iv) Psychosomatic and somatoform disorders
- v) Personality Disorders
- vi) Early growth and social and emotional development: Perspective on early experiences. Behavioural problems of childhood.

REFERENCE BOOKS

- Davison, G. C. & Neale. I.M. Abnormal psychology. An experimental clinical Approach, Wiley. 1982.
- Millan. I. Theories of Psychopathology. Sunders. 1967.
- Kleinmuntz. B. Essentials of Abnormal Psychology. Harper & Pow. 1980.
- Adam. H. E. & Sutker. P.B. comprehensive Handbook of Psychopathology. Penguin Press. 1984.
- Szasz. T. The Myths of Mental illness. Hober-Harper. 1961.
- Korchin. Scheldon. J. Modern clinical psychology. CBS publishers & Distributors. 1986.
- Wolman. P.P.(Ed). Hand book of clinical Psychology. Mcgraw Hill. 1975.

Course-II Clinical Evaluation of Abnormal Behaviour and Psychotherapies

Strategies of community intervention: Crisis intervention and consultation

- iv) The non-professionals in community psychology, need, relevance and problems, strengthening community resources.
- v) The psychology of happiness. Personality patterns in Happy people.
- vi) Substance Abuse and HIV/AIDS: Counseling and Awareness.

REFERENCE BOOKS

Sheldon. S. J. Modern Clinical Psychology. CBS publishers and distributors. 1986.

Zax. M. & Spector. S.S. Introduction to community psychology. Wiley. 1974.

Goldberger. I. & Bernit. S. handbook of stress. The critical and clinical aspects. Free Press. 1985.

Proome. A.K. Health psychology. Process application. London. Chapman & hall 1989.

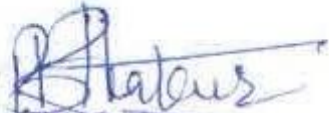
Dohrenwend. B. S. & Dohrenwend. B. P. Stressful life events. Their nature and effects. John Wiley. 1974.

COURSE-IV: **REPORT WRITING**

Teaching Learning and Evaluation
2.3.1. Student Centric Methods and Participative Learning

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Chairman
Department of Geography
H.P. University, Shimla-5

Department of Geography
Himachal Pradesh University
NAAC Accredited 'A' Grade University
Summerhill, Shimla 171005

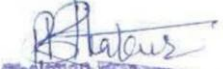
Date: 22-11-2021

Departmental Activities Execution Committee

The Department of Geography, Himachal Pradesh University, Summerhill, Shimla has constituted following **Departmental Activities Execution Committee** for the academic session of 2021-22. All the activities carried out at the department will be solely organized by these students in consultation with chairman of the department.

Committee Members

President	: Fatte Ram
Vice President	: Sudhanshu
Secretary	: Janhavi Thakur
Joint Secretary	: Ishika Awasthi
Cultural Coordinator	: Kritika Thakur & Kartik
Decoration Coordinator	: Jitender Kumar
Press Secretary	: Rohit Chauhan


Chairman
Department of Geography
H.P. University, Shimla-5

**M.A./ M.SC. (GEOGRAPHY)
SCHEME OF EXAMINATIONS
(July 2018 Onwards)**

Semester and Course No.	Nomenclature	Max. Marks	Hours of Teaching per week
SEMESTER-I			
GEOG-101	Geomorphology	100	6 Hours
GEOG-102	Climatology	100	6 Hours
GEOG-103	Human Geography	100	6 Hours
GEOG-104	Cartography	100	12 Hours
SEMESTER-II			
GEOG-201	Economic Geography	100	6 Hours
GEOG-202	Population Geography	100	6 Hours
GEOG-203	Bio-geography	100	6 Hours
GEOG-204	Fundamentals of Geographical Information System (GIS)	100	12 Hours
SEMESTER-III			
GEOG-301	Regional Planning	100	6 Hours
GEOG-302	Quantitative Techniques in Geography	100	6 Hours
GEOG-303	History of Geographical Thought	100	6 Hours
GEOG-304	Field Survey	100	12 Hours
SEMESTER-IV			
GEOG-401	Geography of Himachal Pradesh	100	6 Hours
GEOG-402	Cultural Geography	100	6 Hours
GEOG-403	Geography of Social Well-being	100	6 Hours
GEOG-404	Fundamentals of Remote Sensing	100	12 Hours
Total		1600	120 Hours


 Chairman
 Department of Geography
 H.P. University, Shimla-5

COURSE XII: FIELD SURVEY

Max. Marks 100

(Practical Paper)

Note: Students would be taught the following topics in the class in order to make them aware of the tools and techniques before going to the field:

UNIT-I**Geographic Field Methods and Techniques**

Role of Field methods and techniques in modern Geographical research (Physical & Socio-economic)

Historical development of Field investigation: Travelogue, sketches, photographs

The structure of Modern Field Research

Training in Field Geography

Geographic Field Instruction

UNIT-II**Maps and Instruments**

Base Map for Field Survey

Use topographic maps, Aerial photographs and Satellite Imageries for Field Survey

Use of Brunton Compass and Abney Level

Global Positioning System (GPS)

Selection of Mapping Techniques

UNIT-III**Procedures for Geographical Field Survey**

Methods of Data collection : Primary/ Secondary

Observation Method

Census and Sampling

Questionnaire Design, Inventory Design

Administration of the questionnaire

Tabulation of Data

UNIT-IV**Field Research Design & Report Writing**

Basic Phases of Field Research Design

The Problem Statement

Hypothesis Formulation

Project Timing and Management

Importance of Research Design

Mechanics of writing a report


Chairman
Department of Geography
H.P. University, Shimla-5

Writing of Field Report:

Field trip to the selected station (s) shall be compulsory to all the students. They will make study of physico-cultural milieu of the selected station (s) through personal observations and questionnaire/ schedule methods. On the basis of data collected from the field the students shall prepare a field report on the allotted subject/ topic and will make use of tables, figures and photo-plates.

Notes for paper setter and the students:

- (1) Maximum marks for the course paper would be 100 and pass marks would be 40% in written examination. The pass marks in internal assessment will also be 40%.
- (2) 100 marks for the course would be divided as follows:

(a) Written examination	50 marks
(b) Record book	20 marks
(c) Viva Voce	10 marks
(d) Internal assessment	20 marks
- (3) Written examination would be of 3 hours duration and would be conducted in the Department.
- (4) The question paper for the written examination shall be made by the external examiner in assistance with the internal examiner (who generally would be the course teacher). The question paper in this course will be divided into three parts. Part-I will consist of 20 multiple choice type/ true or false/ fill in the blanks type questions carrying 0.5 mark each. Part-II will consist of 10 short answer type questions of 2 marks each. The questions in Part-I and Part -II would be set from the entire syllabus of the course paper. Part- III will consist of 4 choice based descriptive (long answer type) questions each from all units and carrying 5 marks each. Students will have to answer 4 questions selecting 1 from each unit.
- (5) The evaluation of the report shall be jointly done by an external examiner and by an internal examiner who would generally be the course teacher. The external examiner will be appointed by the Vice-Chancellor out of a panel of FIVE experts submitted to him/her by the Chairperson of the Department.
- (6) Viva- voce would be conducted by the external examiner and would pertain to the complete contents of the syllabus.
- (7) Internal assessment would be given by the course teacher on the basis of lecture attendance and classroom performance.
- (8) Answer books would be evaluated jointly by external and internal examiners on the day of examination.

Suggested Readings:

1. Lunsbury J.F. and Aldrich, F.T (1979) Introduction to Geographic Field Methods and Techniques, Charles E. Merrell Publishing Company, Columbus.
2. Association of American Geographer (1965) Field Training in Geography, Technical Paper No.1.
3. Anderson, Janathan et.al (1970) Thesis and Assignment Writing, Wiley Eastern United, New Delhi.
4. Panneerselvam, R. (2004) Research Methodology, Prentice Hall of India Pvt. Limited, New Delhi.
5. Kothari, C.R. (2004) Research Methodology, New Age International (P) Limited Publishers, New Delhi.


 Chairperson
 Department of Geography
 H.P. University, Shimla-5

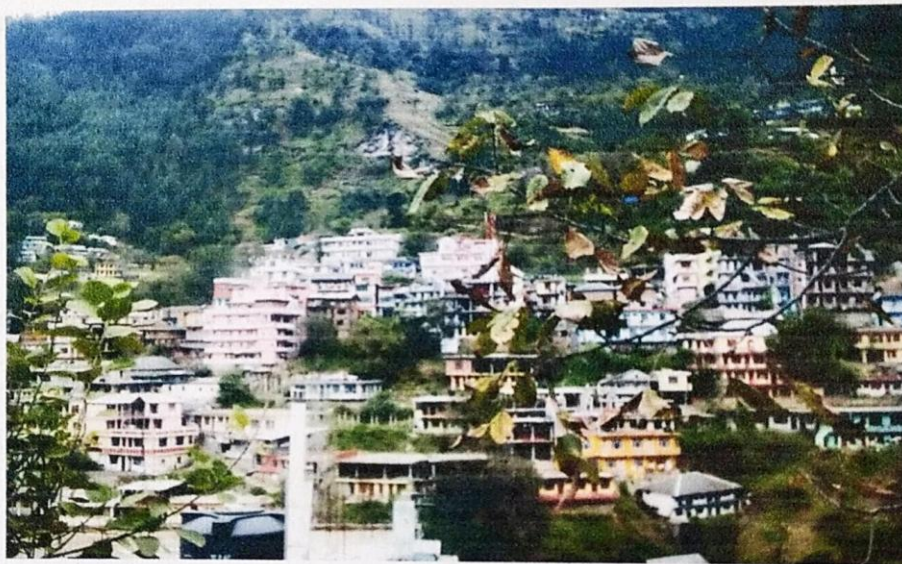
Highlights of Field Reports and Glimpses of Field Snaps

SOCIO-ECONOMIC STRUCTURE OF TEHSIL BANJAR, DISTRICT KULLU

A FIELD REPORT
(Physio-Socio-Economic Survey)

Submitted to the Department of Geography,
Himachal Pradesh University, Summer Hill, Shimla-5
In fulfillment of the requirement of Paper XII of

MASTER OF ARTS IN GEOGRAPHY



Submitted to:

Dr. D.D. Sharma
Chairman,
Deptt. of Geography,
H.P. University, Shimla

Submitted by :

Reenu Devi
Roll No. 5099
M.A. Geography
3rd Semester

**DEPARTMENT OF GEOGRAPHY
HIMACHAL PRADESH UNIVERSITY
SUMMER HILL, SHIMLA**

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	1.5 Scope and Limitations	4
	1.6 Need of Field Work	4
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Houses made by cement and wood in Banjar Tehsil of Kullu District (H.P.)



Refrigerator in a house showing the quality of life of people in Banjar tehsil of Kullu District (H.P.)



Quality of Houses in Tehsil Banjar of Himachal Pradesh

CHAPTER-5

SUMMARY, CONCLUSION AND SUGGESTIONS

Summary

The field survey was conducted in some villages of tehsil Banjar district Kullu to know the socio- economic structure. As this was the field survey so, most of the information had been collected by visiting the area personally.

People of the study area belongs to Hindu Community. Majority of people of this village are Rajputs. Agriculture is the main occupation of the village and agriculture is of subsistence nature. Some people are employed in Government and private sectors and few in business.

Some villages have health facilities. Bank and Post Office and also have public tap in some parts of study area.

Conclusion

The study area is hilly and mountainous area. People are engaged in agriculture. There is not much development in this area. Most of the families of study area are poor and few families have good economic conditions. The area needs good educational facilities, transport and communication facilities for the infrastructural development of the study area.

To sum up it can be said that the villages Goshani, Ghaidhar, Deori, Lund, Kharwali are not much developed . But peoples are more aware about the development of their area.

Suggestions

1. Government should provide proper educational facilities. There is need to educate the people about the rural development.
2. An intensive family welfare program must be introduced with family planning and population education people should be aware about the benefit of the family planning.
3. An increase in income as well as old age security needed.
4. There is need of mass education and more and more preference to the women education.
5. Educational institutions should be standard. Government should stand adult education program.

Schedule No. _____

QUESTIONNAIRE: SOCIO-ECONOMIC STRUCTURE OF THE VILLAGE

Village Name _____ Tehsil _____ District _____

State _____

1) PERSONAL PROFILE

Respondent's Name _____ Sex: Male/Female

a) Age _____ b) Marital Status _____ c) Occupation _____

d) Religion _____ e) Caste _____ f) Household Size _____

Sr. No.	NAME	SEX	AGE	MARITAL STATUS	EDUCATION	OCCUPATION
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						

3) STANDARD OF LIVING

2) Do you own the house? (Yes / No)

3) Type of House.

a) RCC b) Earth Material c) Stone and Wood d) Other

4) How many rooms are there in the house? _____

a) Size of the room _____

5) Is there toilet and bathroom in the house? (Yes / No)

If yes, how many _____

6) Is there electricity in the house? (Yes / No)

7) What is the main source of Drinking Water?

a) Well b) Natural Spring c) Government Supply d) Hand Pump

8) Type of fuel mostly used for cooking?

a) Firewood b) Coal/Charcoal c) Kerosene d) LPG e) Biogas f) Other

9) Items / Amenities owned by the Household:

Furniture: Type _____ Such as _____

Utensils: Type _____ Such as _____

Other Household Items:

T.V. (Black and White/Coloured) _____

Radio/Transistor/Stereo _____

Telephone/Cell phone _____

Conveyance _____

Refrigerator _____

Washing Machine _____

Computer/Laptop _____

Any other _____

C) FACILITIES

10) What are the facilities in your village?

Bank
P.C.O.

School(primary/secondary)
Health Centre

Road(metalled/unmetalled)
Street Light

P.O.
Public Tap

D) CUSTOMS AND TRADITIONS

11) Major Fares / Festivals celebrated?

12) Customs and Rituals performed?

a) Birth Ceremony _____

b) Mundan _____

c) Marriage Ceremony _____

Typical Food served _____

d) Cremation Ceremony _____

13) Traditional Dress of Male / Female

E) ECONOMY

14) Land Holdings

a) Land Ownership (Yes/No). If yes, Size of the land _____

b) Cultivated Area (Yes/No). If yes, Size of the area _____

15) Do you own any Livestock? (Yes/No). If yes, specify _____

16) Source of Income of the earning members:

Sr.No.	Agriculture/ Horticulture	Trade / Self employment	Government/ Private job	Rent	Transfer Income
1.					
2.					
3.					
4.					
5.					

17) Monthly Income of the household _____

18) Expenditure on Food Items (Monthly Basis)

FOOD ITEMS	QUANTITY CONSUMED	APPROX. PRICE(Rs.)	TOTAL VALUE
Cereal / Pulses			
Vegetable / Fruit			
Milk / Dairy Products			
Other			

19) Expenditure on Non-Food Items (Monthly Basis)

Fuel for cooking	
Electricity	
House Rent	
Transport	
Entertainment(Telephone/cable connection)	
Toiletries	

20) Other consumption expenditure

Clothing / Footwear	
Medical	
Repair/maintenance of house/vehicle	
Social events	
Education of children	

21) Have you taken loan from the bank? (Yes / No)

If yes, Purpose _____ Amount _____

F) PERCEPTIONS

22) What are your views on the role of education in the development of society?

23) What is your opinion about the relationship between caste system and development of society?

G) SUGGESTIONS

24) What facilities you would like to have for the better development of your village?

25) What suggestions should be made to the government to have an effective policy for socio – economic development of your village?

CONCLUSION AND SUGGESTIONS

Socio-Economic survey is a difficult task and it requires help from different individuals and institutions for its success. Socio-Economic survey of KOT GEHA and its surrounding areas was done through direct method and by informal interactions with the people of the study area.

It was observed that the study area is purely rural area having agricultural economic base. Majority of the people practice agriculture. Apart from agriculture, Floriculture is also equally important especially in Kufri village.

Socially, society is divided into upper castes and lower castes. But lower caste people enjoys the same status as is enjoyed by the upper caste. Study shows that there isn't any discrimination of the lower caste.

The literacy level of the people was quite weak and most of the people of the study area have completed only primary and secondary level education. There are only 14% people who have gone for higher education. But now, the proportion of the people going for professional courses are increasing and also the number of school going children are on the rise. Thus, there is a hope for increase in the education level of the people.

The study area is passing through developing stage. There are many important infrastructural facilities like regular supply of electricity, schools, hospital and roads connecting the region with Solan and Shimla city. Although, the condition of the roads are quite poor yet they play very important role in the transportation of the agricultural products.

Most of the people of the study area still use conventional sources of fuel such as fire wood for cooking purposes. But they live in harmony with nature. It is evident from the fact that rather than throwing solid waste to wild areas, they prefer to burn it.

People of the study area are very cooperative and friendly. They provide us their valuable time due to which this whole report could reach to its conclusion. This field survey provided us opportunity to interact with the villagers. Hence we got an opportunity to understand their socio economic structure.

Teaching Methodology

Student centred methods are an integral part of the pedagogy adopted by the faculty. The department has made serious efforts to shift from the traditional teacher-centric approach to a student-centric approach. Experimental learning, participative learning and problem solving methodologies are used for enhancing learning experiences.

Modern teaching aids are used by the faculty members so as to make the lectures more informative and understandable. The projectors have been installed in each and every classroom for power point presentations. The emphasis is laid on interaction of students at the end of lecture. Group discussions are carried out with students regularly. The expert lectures are arranged by the department for the welfare of students for which eminent speakers from national as well as international institutions are invited. The demonstration of practicals is also made through digital means where ever possible.

Following methods of teaching learning have been adopted by the department:

- Learner centred method
- Content focussed learning
- Interactive learning
- Participative learning
- Brainstorming sessions
- Group discussions
- Cooperative learning
- Problem based learning
- Motivational learning
- Competency based learning
- Interdisciplinary learning
- Guest Lectures/Invited Lectures by Industry Experts
- Workshops/Value added Courses
- Placement related training
- Industry visits
- Organizing seminars/Technical symposia
- Presentations by using LCD and Over Head Projectors (OHP)
- E-learning methods
- Delivery of lectures through Video Conference

The department has ample facilities to teach the students using various audio-visual aids. The creativity in teaching is the first and foremost task of all the faculty members as under:

- Expressive creativity: Encourage students for unique idea
- Technical creativity: Encourage students for creation of products with consummate skills
- Inventive creativity: Encourage students to develop new ways of learning
- Innovative creativity: Encourage students to develop fundamental principles and thoughts
- Emergent creativity: Encourage students to develop most realistic principle

All the faculty members adopted online teaching methodology using various online applications like ZOOM, Googlemeet and Cisco Webex etc. The student's group were created and lectures were delivered as well as study material was provided to the students.

For quality teaching to be performed, regular and qualified faculty from inside department as well as eminent faculty from many institutions of national and international repute used to deliver lectures and trained the students on various aspects of Biosciences/Life Sciences. Common courses have been inducted in the syllabi for interdisciplinary approach.

प्रो० श्री राम शर्मा (श्यामा प्रसाद मुखर्जी पीठ - हि० प्र० विश्वविद्यालय
शिमला)
विषय - हिन्दी साहित्य में मानव मूल्य
दिनांक - २१.१०.२०२१

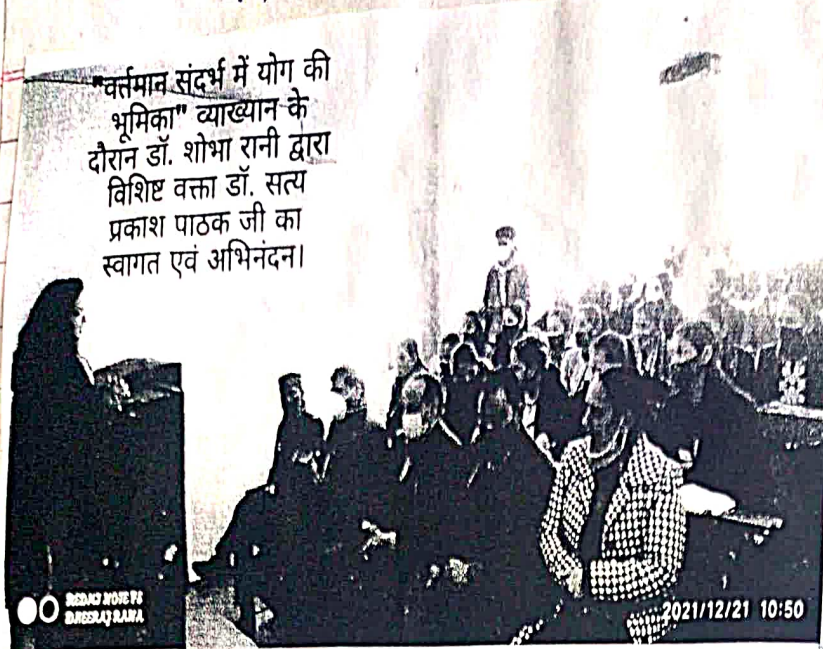


दिनांक २१ अक्टूबर, २०२१ को डॉ. श्यामा प्रसाद मुखर्जी के पीठाध्यक्ष, सेवानिवृत्त प्रोफ़ेसर एवं हिमाचल प्रदेश विश्वविद्यालय, शिमला के पूर्व छात्र प्रोफ़ेसर श्रीराम शर्मा जी विषय विशेषज्ञ के रूप में हिंदी साहित्य में मानव मूल्य विषय पर व्याख्यान और पूर्व छात्र के रूप में अपने जीवनानुभव साझा करते हुए।

प्रतिवेदन

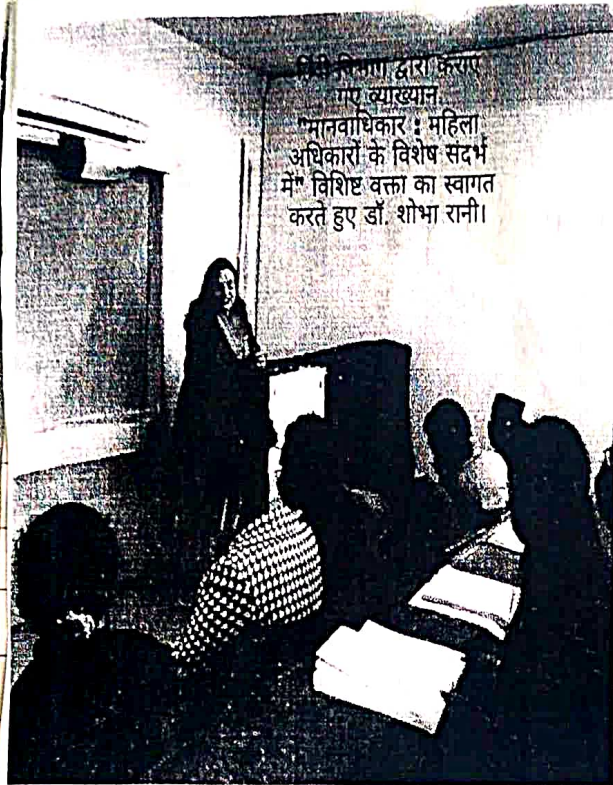
दिनांक 21.10.2021 को हिमानन्द प्रकाश विश्वविद्यालय के हिन्दी विभाग द्वारा 'हिन्दी साहित्य में मानव मूल्य' विषय पर विभागाध्यक्ष डा० पान सिंह की अध्यक्षता में व्याख्यान का आयोजन किया गया। इस विशेष व्याख्यान में विषय विशेषज्ञ के रूप में इयामाप्रसाद मुखर्जी पीठ के अध्यक्ष एवं हिन्दी विभाग के पूर्व दाआ और इसके साथ हिन्दी विभाग से सेवा निवृत्त हुए प्रो० सी राम उपस्थित हुए। सर्वप्रथम डा० सी डा० शोभा रानी ने प्रो० सी राम का परिचय प्रस्तुत किया इसके पश्चात विशेष विशेषज्ञ ने अपना व्याख्यान प्रारम्भ किया करते हुए कहा कि हिन्दी साहित्य का इतिहास के विश्व आत्यधिक प्राचीन होने के साथ-२ मानव मूल्य का संरक्षण एवं संवर्धन करता है। हिन्दी साहित्य की सबसे बड़ी विशेषता यह है कि जैसी-जैसी समाज की परिस्थितियाँ रही उन्हीं के अनुरूप ही साहित्य का सृजन होता रहा। प्रो० सी राम ने आधुनिक साहित्य से लेकर वर्तमान साहित्य पर साहित्य में प्रकाश डाला और उसे मानव जीवन से जोड़ने एवं मानव मूल्य का संवर्धन करने वाला साहित्य बताया। वर्तमान में समाज की इसी कोई समस्या नहीं है जिसका उल्लेख हिन्दी साहित्य में न हुआ हो और साहित्य में रहने ही समस्या के समाधान की भी प्रकाश गया है। विश्वविद्यालय के पूर्व विद्याध्यक्ष होने के नाते उन्होंने विद्याध्यक्षों को जीवन में सकल होने के लिए के परिश्रम, निष्ठा, समय के सदुपयोग जैसी बातें मन्त्र से भी अवगत कराया। अन्त में विभागाध्यक्ष डा० पान सिंह ने विषय विशेषज्ञ प्रो० सी राम का धन्यवाद ज्ञापित करते हुए विभिन्न विभाग के अन्य प्रख्यातों एवं गैर शिक्षक कमन्सारियों और विद्याध्यक्षों का धन्यवाद किया। इस कार्यक्रम में डा० हुसैना, डा० शोभा रानी, कुमारी पूनम पौडान, साप्रलय प्रभादी रमा कनौजिया जी उपस्थित रहे। अन्त में विद्याध्यक्षों ने अपनी जिज्ञासा को शान्त करने के लिए प्रो० सी राम से प्रश्न पूछे और प्रो० सी राम ने भी वही सहजता से विद्याध्यक्षों के जिज्ञासा भाव को शान्त किया।

विषय विशेषज्ञ - डॉ. सत्य प्रकाश पाठक
 विषय - वर्तमान संदर्भ में योग की भूमिका
 दिनांक - 6.12.2021

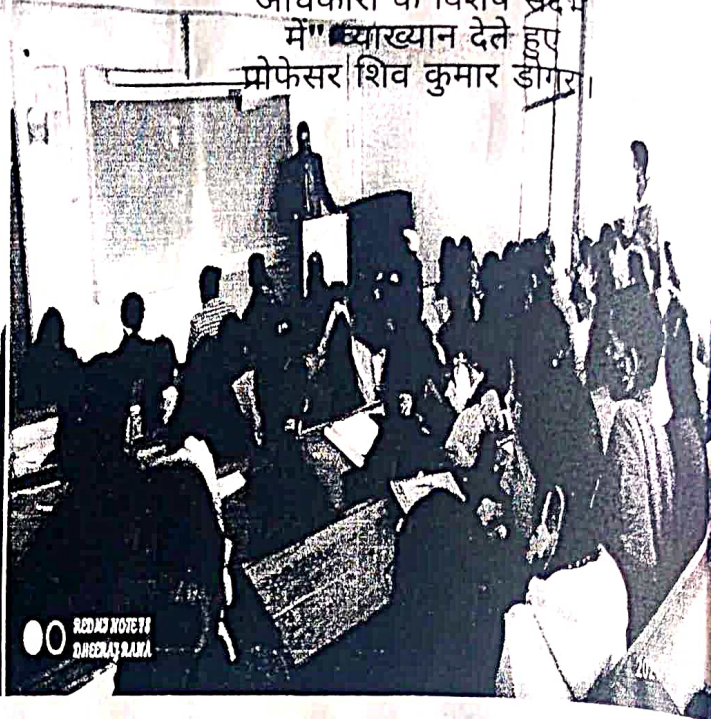


दिनांक 6.12.21 को दिमाचल प्रदेश विश्वविद्यालय के हिन्दी विभाग ने वतमान
संक्रम में योग की गुमिजा विषय पर विशेष व्याख्यान का आयोजन
किया। विषय विशेषज्ञ के रूप में डा. राज प्रकाश पाठक ने योग
की वतमान संक्रम में महत्व पर प्रकाश डाला। इसे यह व्याख्यान
इससे (Student Counselling Committee) के अंतर्गत कराया गया। सत्र प्रथम
इस कमेटी की समन्वयक डा. शोभा रानी ने मुख्य वक्ता
का स्वागत करते हुए योग की भारतीय परम्परा का आधार
बतया कि योग हमारी भारतीय परम्परा एवं संस्कृति
की पहचान है। इसके पश्चात् मुख्य वक्ता डा. पाठक ने
योग के ऐतिहासिक परिदृश्य पर चर्चा की और बताया कि
वाक्य काल से ही योग का प्रारम्भ हुआ और इसके संस्थापक
महात्मा परमात्मा थे। आज के समय में लोगों की जीवन
शैली में परिवर्तन हुआ है जिससे कारण हर तीसरे व्यक्ति
के स्वास्थ्य पर इसका प्रभाव पड़ा है। लेकिन योग एक
ऐसा माध्यम है जिससे हम अपनी जीवन शैली में परिवर्तन
करके बिना स्वस्थ जीवन व्यतीत कर सकते हैं।
हम योग में बहुत से ऐसे योगासन एवं प्रणामासना हैं जो
प्रत्येक व्यक्ति को अपनी दैनिक दिनचर्या में सम्मिलित करना
चाहिये। इससे डा. पाठक ने अपनी एक योग के
विद्यार्थी के द्वारा कुछ योगासनों का कर के दिखाया।
उनके प्रभावपूर्ण व्याख्यान से विभाग के समस्त प्रध्यापक एवं
विद्यार्थी लाभान्वित हुए। अन्त में विभागाध्यक्ष डा. पान
सिंह ने मुख्य वक्ता डा. पाठक की धन्यवाद ज्ञापन करते
हुए कहा कि स्वस्थ शरीर में स्वस्थ मन निवास करता
है और जो देश की उन्नति के लिए पीढ़ी पर निर्भर करता है
वही शिक्षा में प्रत्येक युवक को योग के द्वारा स्वस्थ
रखना आवश्यक है।

विषय विशेषज्ञ - प्रीत शिवकुमार डोंगरा (हिंदी विभाग, हिंदू विश्वविद्यालय)
 व्याख्यान का विषय - मानवाधिकार : महिला अधिकारों के विशेष संदर्भ में
 दिनांक - 21-12-2021



प्रो. शिवकुमार द्वारा कराए गए व्याख्यान
 "मानवाधिकार : महिला अधिकारों के विशेष संदर्भ में" विशेष वक्ता का स्वागत करते हुए डॉ. शोभा रानी।



हिन्दी विभाग में
 "मानवाधिकार : महिला अधिकारों के विशेष संदर्भ में" व्याख्यान देते हुए प्रो. शिव कुमार डोंगरा।

मानव अधिकारों पर व्याख्यान सुनते हुए हिंदी विभाग के प्राध्यापक, विद्यार्थी एवं शोधार्थी।



हिमाचल प्रदेश विश्वविद्यालय
(राष्ट्रीय मूल्यांकन एवं प्रत्यायन परिषद् 'ए' ग्रेड विश्वविद्यालय)
हिन्दी विभाग
समरहिल, शिमला-171005

दिनांक 21.12.2021 को हिमाचल प्रदेश विश्वविद्यालय के हिन्दी विभाग में "मानवाधिकार : महिला अधिकारों के विशेष संदर्भ में" विषय पर विशेष व्याख्यान का आयोजन किया गया। विषय विशेषज्ञ के रूप में प्रोफेसर शिव कुमार डोगरा, विधि विभाग, हिमाचल प्रदेश विश्वविद्यालय ने महिलाओं के अधिकारों पर प्रकाश डाला। सर्वप्रथम इस कमेटी की समन्वयक डॉ. शोभा रानी ने मुख्य वक्ता, हिन्दी विभाग के प्राध्यापकों एवं विद्यार्थियों का स्वगत किया तथा विषय पर प्रकाश डालते हुए कहा कि वैदिक काल में नारी की स्थिति अच्छी थी। उस काल में ऐसा माना जाता था जिस घर में महिला होती है वहाँ पर लक्ष्मी वास करती है परन्तु धीरे-धीरे नारी की स्थिति में बदलाव आया। नारी का अस्तित्व दूसरों के अधीन चला गया। समाज पुरुष प्रधान की ओर अग्रसर होता गया। यदि हम आधुनिक समय की बात करें, आज नारी की स्थिति में परिवर्तन आया है। महिला आत्मनिर्भर एवं स्वावलम्बी हुई है परन्तु मानसिक रूप से वह स्वतन्त्र नहीं हुई। इसके उपरान्त मुख्य वक्ता ने विषय पर अपना व्याख्यान दिया। उन्होंने कहा लॉर्ड मैकाले के अनुसार कानून लिखित होना चाहिए। नैतिकता के आधार पर नहीं होना चाहिए। महिला केवल परम्पराओं से जुड़ी रहे और वह आधुनिक न बने यह भारतीय समाज के नैतिकता के अन्तर्गत नहीं आता। महिला को स्वयं अपने मौलिक अधिकारों के प्रति सजग होना चाहिए। आधुनिक समय में ऐसा कोई क्षेत्र नहीं जहाँ महिला कार्यरत नहीं है। चाहे वह वायु सेना में सेवा देना तथा सीमा पर नैनात होना आदि संवेदनशील कार्यों में अपने कर्तव्य का निर्वहन कर रही है परन्तु आज भी भारतीय समाज में कुरीतियों के कारण जैसे महिला यौन शोषण, घरेलु हिंसा, बाल शोषण, भ्रूण हत्या आदि महिला की स्थिति में सुधार लाने हेतु हमारे संविधान में कड़े नियमों एवं कानून का प्रावधान किया है। उन्होंने मानवाधिकार एवं मौलिक अधिकारों में भी अन्तर स्पष्ट किया। अन्त में विभागाध्यक्ष डॉ. पान सिंह ने मुख्य वक्ता, प्राध्यापक एवं विद्यार्थियों का धन्यवाद ज्ञापित करते हुए कहा कि किसी भी देश का विकास नहीं हो सकता यदि उस देश की महिला की दशा में सुधार न हो। राष्ट्र के सम्मान एवं एकता के लिए महिला का विकास आवश्यक है।

डॉ. शोभा रानी
समन्वयक
स्टूडेंट काउंसिलिंग कमेटी

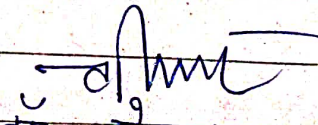
प्रतिवेदन

हिन्दी विभाग के द्वारा हिन्दी दिवस के अवसर में 'हिन्दी उत्सव' का ऑनलाइन आयोजन किया गया। कार्यक्रम के मुख्य आतिथि माननीय कुलपति प्रो. शिवन्दर कुमार जी थे। तथा कार्यक्रम के विशिष्ट वक्ता के रूप में प्रो. नरेश मिश्रा जी अतःपूर्व अध्यक्ष हिन्दी विभाग, महर्षि दयानंद विश्वविद्यालय रोहतक (हरियाणा) रहे थे। सर्वप्रथम हिन्दी विभागाध्यक्ष ने कुलपति महोदय, आधिष्ठाता भाषा संकाय तथा विशिष्ट वक्ता का स्वागत किया। इसके पश्चात् कुलपति महोदय ने अपने वक्तव्य में कहा हिन्दी केवल राजभाषा रुक्म राष्ट्रभाषा नहीं है अपितु यह जनमानस की भाषा है। हमारे लिए गौरव की बात है कि हिन्दी बोली के रूप में विकसित होकर राष्ट्र स्तर की भाषा बन गई है। कार्यक्रम की अध्यक्ष आधिष्ठाता भाषा संकाय प्रो. रेखा शर्मा जी ने हिन्दी भाषा के महत्व पर प्रकाश डाला। इसके उपरान्त विशिष्ट वक्ता ने कहा कि हमें हिन्दी को पूरी तरह से अपनाना होगा। हिन्दी को विभिन्न बोलियों तथा भाषाओं से जुड़ना होगा। हिन्दी की मात्राएं ऐसी व्यक्ति सुसज्जित करती हैं जैसे हम बोलते हैं वैसे ही लिखा जाता है। कार्यक्रम में काव्य पाठ तथा भाषण प्रतिस्पर्धा का आयोजन किया गया। भाषण प्रतिस्पर्धा में सम. फिल. की शौचार्थी दिव्या प्रथम, विन्नी प्रभात द्वितीय तथा सम. सं. चतुर्थ स्तर की विद्यार्थी सफा ने तृतीय स्थान प्राप्त किया। काव्य पाठ में सम. फिल. के शौचार्थी कमलेश वर्मा प्रथम स्थान, सम. चतुर्थ स्तर की दाना मनीषा ने द्वितीय स्थान तथा कपिल पंकर ने तृतीय स्थान प्राप्त किया। अन्त में कार्यक्रम की समन्वयक कुमारी पूनम चौहान ने मुख्य आतिथि, मुख्य वक्ता, कार्यक्रम अध्यक्ष, विभागाध्यक्ष तथा विभाग के सभी प्राध्यापक वी, कार्यलय अधिकारी, कार्यपाल का धन्यवाद दिया।

Signature
कुमारी पूनम चौहान
समन्वयक हिन्दी दिवस
14 सितम्बर 2021

आजादी के अमृत महोत्सव के अवसर पर
आयोजित स्वच्छता अभियान कार्यक्रम
दिनांक: 30 दिसम्बर, 2021

दिनांक 30 दिसम्बर 2021 को आजादी के अमृत महोत्सव कार्यक्रम के उपलक्ष्य में हिन्दी विभाग द्वारा विशेष स्वच्छता अभियान कार्यक्रम का आयोजन किया गया। विभागाध्यक्ष डॉ. पान सिंह जी द्वारा सर्वप्रथम सम्स्त प्राध्यापकों और विद्यार्थियों को पर्यावरण संरक्षण एवं स्वच्छता के सन्दर्भ में सम्बोधित किया। उन्होंने अपने सम्बोधन में बताया कि हमें अपने आसपास के वातावरण को स्वच्छ बनाये रखना चाहिये, इसी से हमारी प्रकृति सुरक्षित रहेगी। इसके पश्चात कार्यक्रम के समन्वयक डॉ. नरेश कुमार द्वारा भी विद्यार्थियों से पर्यावरण को साफ-सुथरा रखने का आग्रह किया गया। डॉ. नरेश ने विद्यार्थियों को बताया कि इस तरह के आयोजन पर्यावरण और प्रकृति को सुरक्षित रखने में महत्वपूर्ण भूमिका निभाते हैं और समाज में एक अच्छे नागरिक की भूमिका के रूप में हमारी उपयोगिता और महत्व को प्रस्तुत करते हैं। सम्बोधन के पश्चात प्राध्यापकों और विद्यार्थियों द्वारा हिन्दी विभाग और इसके साथ लगते विभागों और अम्बेडकर भवन के परिसर की साफ-सफाई की गई। इस विशेष अवसर पर विभागाध्यक्ष डॉ. पान सिंह, डॉ. भवानी सिंह, डॉ. सुनीता, कार्यपालक श्रीमती सीमा देवी, कार्यक्रम समन्वयक डॉ. नरेश कुमार तथा सहाय विद्यार्थी उपस्थित रहे।


डॉ. नरेश कुमार
स्वच्छता अभियान कार्यक्रम समन्वयक



दिनांक 30 दिसम्बर, 2021 को आजादी के अमृत-महोत्सव के उपलक्ष में हिंदी विभाग द्वारा आयोजित स्वच्छता कार्यक्रम में कक्षाओं की साफ-सफाई करते हुए प्राध्यापक एवं विद्यार्थी।



दिनांक 30 दिसम्बर, 2021 को आजादी के अमृत-महोत्सव के उपलक्ष में हिंदी विभाग द्वारा आयोजित स्वच्छता कार्यक्रम के अंतर्गत परिसर में साफ-सफाई करते प्राध्यापक एवं विद्यार्थी।

हिमाचल प्रदेश विश्वविद्यालय
(राष्ट्रीय मूल्यांकन एवं प्रत्यायन परिषद् 'ए' ग्रेड विश्वविद्यालय)
हिन्दी विभाग
समरहिल, शिमला-171005
जुलाई 2021

समय सारिणी एम0 ए0 हिन्दी, एम0 ए0 अनुवाद एवं एम0 फ़िल्म, पी-एच.डी (हिन्दी)

दिन- वार	एम0ए0हिन्दी पहला सत्र				एम0ए0हिन्दी तीसरा सत्र				अनुवाद पहला सत्र		एम.फ़िल्म, पी-एच.डी. कोर्स वर्क	
	10:15-11	11-11:45	12-12:45	12:45-1:30	10:15-11	11-11:45	12-12:45	12:45-1:30	10:15-11	11-11:45	2:00- 3:00	
सोमवार	हिन्दी साहित्य का इतिहास (सुनीता)	तुलसी (नरेश कुमार)	मैला आंचल (भवानी सिंह)	भाषा-विज्ञान (शोभा रानी)	जयशंकर प्रसाद (पान सिंह)	भारतीय काव्य शास्त्र (शोभा रानी)	अनुवाद (पूनम चौहान)	रंगभूमि (पान सिंह)	लोक साहित्य (भवानी सिंह)	पूनम चौहान	सुनीता	पान सिंह
मंगलवार	हिन्दी साहित्य का इतिहास (सुनीता)	तुलसी (नरेश कुमार)	मैला आंचल (भवानी सिंह)	भाषा-विज्ञान (शोभा रानी)	जयशंकर प्रसाद (पान सिंह)	भारतीय काव्य शास्त्र (शोभा रानी)	अनुवाद (पूनम चौहान)	रंगभूमि (नरेश कुमार)	लोक साहित्य (भवानी सिंह)	पूनम चौहान	पान सिंह	नरेश कुमार
बुधवार	हिन्दी साहित्य का इतिहास (सुनीता)	कबीर (नरेश कुमार)	स्कन्दगुप्त (भवानी सिंह)	भाषा-विज्ञान (शोभा रानी)	निराला (पान सिंह)	भारतीय काव्य शास्त्र (शोभा रानी)	अनुवाद (पूनम चौहान)	बलचनमा (पान सिंह)	लोक साहित्य (भवानी सिंह)	नरेश कुमार	सुनीता	शोभा रानी
वीरवार	हिन्दी साहित्य का इतिहास (सुनीता)	कबीर (नरेश कुमार)	आधे-अधूरे (भवानी सिंह)	भाषा-विज्ञान (शोभा रानी)	निराला (पान सिंह)	भारतीय काव्य शास्त्र (सुनीता)	अनुवाद (पूनम चौहान)	मृगनयनी (नरेश कुमार)	लोक साहित्य (पूनम चौहान)	शोभा रानी	पान सिंह	भवानी सिंह
शुक्रवार	हिन्दी साहित्य का इतिहास (सुनीता)	सूरदास (नरेश कुमार)	गोदान (भवानी सिंह)	भाषा-विज्ञान (शोभा रानी)	पंत (पान सिंह)	भारतीय काव्य शास्त्र (सुनीता)	अनुवाद (पूनम चौहान)	मृगनयनी (नरेश कुमार)	लोक साहित्य (पूनम चौहान)	शोभा रानी	भवानी सिंह	पूनम चौहान
शनिवार	हिन्दी साहित्य का इतिहास (सुनीता)/सेमिनार	सूरदास (नरेश कुमार)/सेमिनार	गोदान (भवानी सिंह)/सेमिनार	भाषा-विज्ञान (शोभा रानी)/सेमिनार	पंत (पान सिंह)/सेमिनार	भारतीय काव्य शास्त्र (सुनीता)/सेमिनार	अनुवाद (पूनम चौहान)/सेमिनार	बलचनमा (पान सिंह)/सेमिनार	लोक साहित्य (पूनम चौहान)/सेमिनार	नरेश कुमार	भवानी सिंह	सुनीता

पी-एच.डी. 3:00 से 5:00

नोट : विभागीय स्वच्छता कार्य (विभाग के सभी विद्यार्थियों तथा शोधार्थियों के लिए अनिवार्य) - प्रत्येक शनिवार - 1:30 से 2:30 तक

डॉ. पान सिंह	(12)
डॉ. भवानी सिंह	(12)
डॉ. शोभा रानी	(12)
डॉ. नरेश कुमार	(12)
कुमारी पूनम चौहान	(12)
डॉ. सुनीता	(12)


अध्यक्ष
हिन्दी विभाग

विश्वविद्यालय, शिमला-6

हिमाचल प्रदेश विश्वविद्यालय शिमला
हिन्दी विभाग

फरवरी/अप्रैल 2022

समय सारिणी एम0 ए0 हिन्दी, अनुवाद एवं एम0 फिल0 (हिन्दी)

दिन-वार	हिन्दी दूसरा सेमेस्टर				हिन्दी चौथा सेमेस्टर				अनुवाद दूसरा सत्र		एम0 फिल0/ पी-एच. डी. कोर्स वर्क	फी-एच.डी.	
	10:15-11	11-11:45	12-12:45	12:45-1:30	10:15-11	11-11:45	12-12:45	12:45-1:30	10:15-11	11-11:45	2:00 से 3:00		
सोमवार	आधुनिक गद्य साहित्य (भवानी सिंह)	हिन्दी साहित्य का इतिहास (सुनीता)	भाषा-विज्ञान (शोभा रानी)	भक्ति एवं रीति काव्य (भगानंद) (सुनीता देवी)	पाश्चात्य समीक्षा (मंजु पुरी)	अनुवाद विज्ञान (पूनम चौहान)	छायावादोत्तर काव्य(अज्ञेय) (पान सिंह)	उपन्यास तमस (नरेश कुमार)	लोक साहित्य (मंजु पुरी)	शोभा रानी	सुनीता देवी	डॉ. पान सिंह	3:00
मंगलवार	आधुनिक गद्य साहित्य (भवानी सिंह)	हिन्दी साहित्य का इतिहास (सुनीता)	भाषा-विज्ञान (शोभा रानी)	भगानंद (सुनीता देवी)	पाश्चात्य समीक्षा (मंजु पुरी)	अनुवाद विज्ञान (पूनम चौहान)	छायावादोत्तर काव्य(अज्ञेय) (पान सिंह)	तमस (नरेश कुमार)	लोक साहित्य (मंजु पुरी)	शोभा रानी	सुनीता देवी	डॉ. शोभा रानी	
बुधवार	आधुनिक गद्य साहित्य (भवानी सिंह)	हिन्दी साहित्य का इतिहास (सुनीता)	भाषा-विज्ञान (शोभा रानी)	विहारी (सुनीता देवी)	पाश्चात्य समीक्षा (मंजु पुरी)	अनुवाद विज्ञान (पूनम चौहान)	मुक्तिबोध (पान सिंह)	आपका बंदी (नरेश कुमार)	लोक साहित्य (मंजु पुरी)	पूनम चौहान	सुनीता देवी	डॉ. भवानी सिंह	
वीरवार	आधुनिक गद्य साहित्य (भवानी सिंह)	हिन्दी साहित्य का इतिहास (सुनीता)	भाषा-विज्ञान (शोभा रानी)	विहारी (सुनीता देवी)	पाश्चात्य समीक्षा (मंजु पुरी)	अनुवाद विज्ञान (पूनम चौहान)	मुक्तिबोध (पान सिंह)	आपका बंदी/ (नरेश कुमार)	लोक साहित्य (मंजु पुरी)	पूनम चौहान	सुनीता देवी	डॉ. सुनीता	5:00
शुक्रवार	आधुनिक गद्य साहित्य (भवानी सिंह)	हिन्दी साहित्य का इतिहास (सुनीता)	भाषा-विज्ञान (शोभा रानी)	जायसी (सुनीता देवी)	पाश्चात्य समीक्षा (मंजु पुरी)	अनुवाद विज्ञान (पूनम चौहान)	दिनकर (पान सिंह)	अपने अपने अजनबी (नरेश कुमार)	लोक साहित्य (भवानी सिंह)	सुनीता	नरेश कुमार	डॉ. नरेश कुमार	
शनिवार	आधुनिक गद्य साहित्य/ सेमिनार (भवानी सिंह)	हिन्दी साहित्य का इतिहास/ सेमिनार (सुनीता)	भाषा-विज्ञान / सेमिनार (शोभा रानी)	जायसी/ सेमिनार (सुनीता देवी)	पाश्चात्य समीक्षा/ सेमिनार (मंजु पुरी)	अनुवाद विज्ञान/ सेमिनार (पूनम चौहान)	दिनकर/ सेमिनार (पान सिंह)	अपने अपने अजनबी/ सेमिनार (नरेश कुमार)	लोक साहित्य/ सेमिनार (भवानी सिंह)	सुनीता	नरेश कुमार	पूनम चौहान	

नोट : दिभागीय स्वच्छता कार्य (विभाग के सभी विद्यार्थियों तथा श्रोषार्थियों के लिए अनिवार्य) - प्रत्येक शनिवार - 1:30 से 2:30 तक

डॉ. पान सिंह	(07)	डॉ. नरेश कुमार	(09)	डॉ. मंजु पुरी	(10)
डॉ. भवानी सिंह	(09)	कुमारी पूनम चौहान	(09)	डॉ. सुनीता देवी	(10)
डॉ. शोभा रानी	(09)	डॉ. सुनीता	(09)		


विभागाध्यक्ष
हिन्दी विभाग
हिमाचल प्रदेश विश्वविद्यालय, शिमला - 5

हिमाचल प्रदेश विश्वविद्यालय
(राष्ट्रीय मूल्यांकन एवं प्रत्यायन परिषद् 'ए' ग्रेड विश्वविद्यालय)
हिन्दी विभाग
समरहिल, शिमला-171005

दिनांक : 05.07.2022

सूचना

एम0ए0 हिन्दी दूसरे तथा चौथे सेमेस्टर 2021-22 के लिए आन्तरिक मूल्यांकन के लिए परीक्षा की डेटशीट निम्नवत् है -

समय : 11:00 से 12:00 तक

दूसरा सेमेस्टर

दिनांक	पेपर	पेपर का नाम
11.07.2022	V	भक्ति एवं रीति-काव्य
12.07.2022	VI	हिन्दी साहित्य का इतिहास (आधुनिक काल)
13.07.2022	VII	आधुनिक गद्य साहित्य
14.07.2022	VIII	हिन्दी भाषा एवं देवनागरी लिपि

चौथा सेमेस्टर

दिनांक	पेपर	पेपर का नाम
11.07.2022	XIII	छायावादोत्तर काव्य
12.07.2022	XIV	पाश्चात्य समीक्षा सिद्धांत
13.07.2022	XV	अनुवाद विज्ञान : व्यावहारिक पक्ष
14.07.2022	XVI	लोक साहित्य : प्रायोगिक आयाम (एक) अथवा समकालीन हिन्दी उपन्यास (दो)


अध्यक्ष
हिन्दी विभाग
हिन्दी विभाग
एम0 विश्वविद्यालय, शिमला - 5



School Observation Report

Submitted by:-

UAGRI TI

Class Roll.no 96

University Roll.no

200641220880009

Session:

2020 - 22.

Submitted to...

Dr. Chaman Lal
Banga.

Dept. of Education
Himachal Pradesh
University

H.P. U

DEPARTMENT
OF
EDUCATION
H.P. U

Report

On School

Management

4SSS

4i2LS

Lakkar Bazar

DEPARTMENT OF EDUCATION, HIMACHAL PRADESH UNIVERSITY
SUMMER HILL, SHIMLA- 171005



Session: 2020-2022

CERTIFICATE

This is to certify that Mr./Ms./Mrs.....JAGRITI..... Pupil
teacher of Himachal Pradesh University, Shimla under Class Roll no. 96..... and
University Roll no. 200641220880003..... has completed his/her Phase-1 of
internship of one month in Govt. (Girls) Sen. Sec. School, Lakkar Bazar.....,
where he/she has done assigned activities related to:

- (i) Report on management structure
- (ii) Report on School Organization
- (iii) Preparation of various school records
- (iv) Observation of lessons.

He/She has been able to present a good picture of the concerned works. The
information and findings in the report seems to be authentic.

..... possessed a good moral character and pleasing
personality. We wish him/her every success in future.

Signature of the

School principal/Head of School
G.G.S.S.S. Lakkar Bazar
Shimla-1 (H.P.)

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3.	• Report on procedure of Continuous and comprehensive evaluation (CCE)			
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COVID-19, SOPs for the School

The schools have to follow all the SOPs and covid-19 protocols seriously after the reopening of schools.

The Principals and headmasters are also authorised to implement plan within the school to maintain safety and standards within the premises.

- As per the SOPs, classes will be held at 50% capacity.
- Only one student will be allowed to sit on one desk and there will be a ban on activities like sports and morning assemblies.
- Arrival, lunch break and departure of the students will be in a staggered manner.
- Students will be allowed to enter the school only after thermal scanning and wearing masks would be mandatory for the teachers and students.
- Classes will be held in shifts and all necessary protocols including social distancing and proper sanitization of premises will have to be followed by schools.

ILEX-7

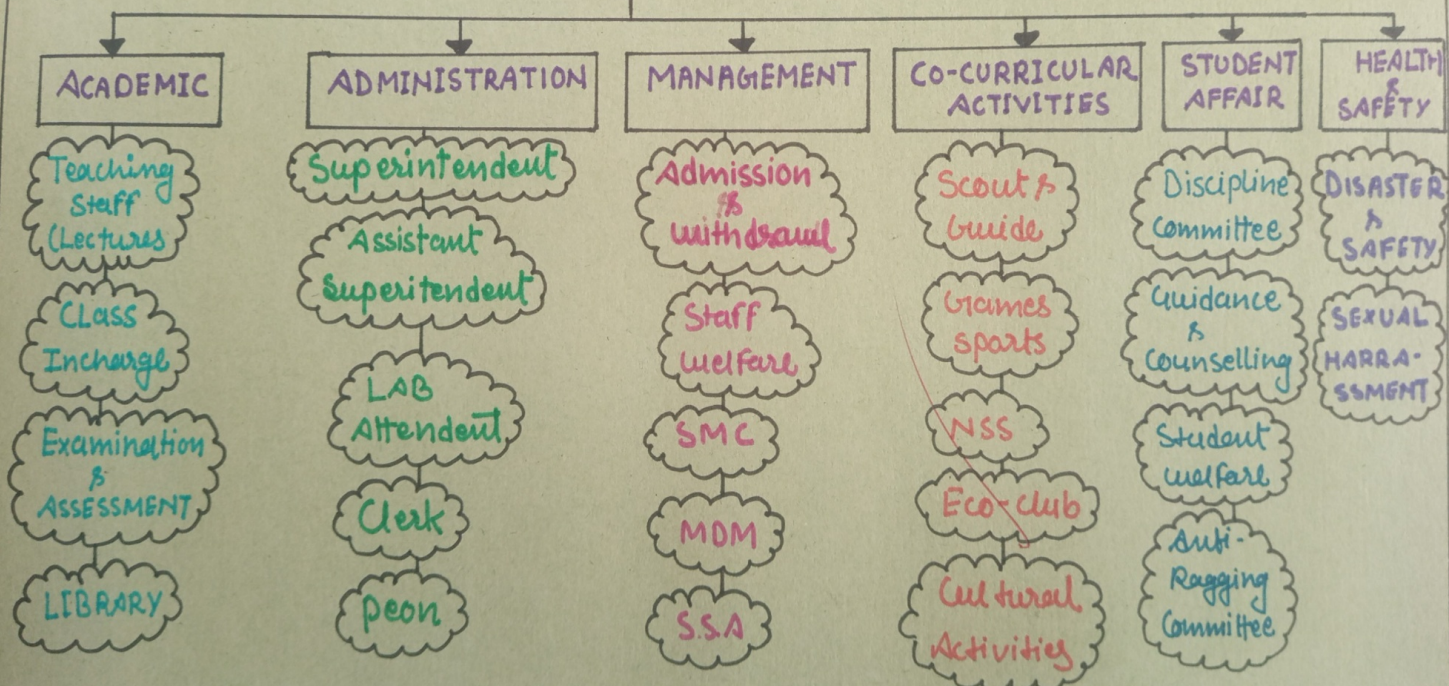
Duties Assigned to follow SOP for Covid-19
in P/O GSSSS, Lakkar Bazar for the
year 2021-22

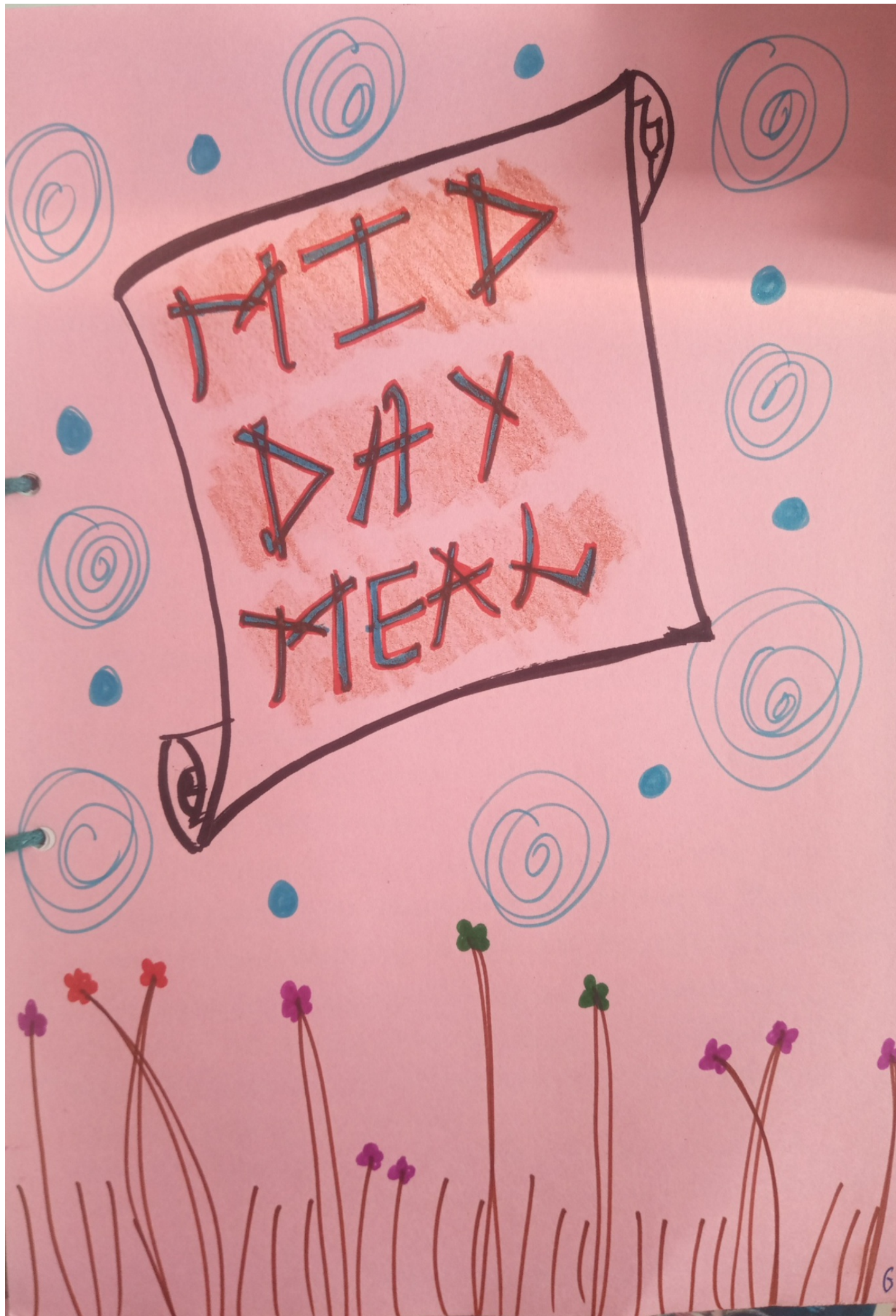
DAY		MORNING (AT GATE)	GROUNDS (MORNING)	LUNCH BREAK
MONDAY	1.	Sh. Rakesh	Smt. Bhawani	Sh. Sanjeev.
	2.	Sh. Rekha Deol	Sh. Sudershan	Smt. Manita.
TUESDAY	1.	Sh. Ruchi Sahni	Smt. Sushma	Smt. Jai Laxmi
	2.	Sh. Surender	Sh. Sanjeev.	Smt. Sandhya.
WEDNESDAY	1.	Smt. Rekha	Smt. Jai Malvi	Smt. Poonam
	2.	Sh. Dimple Rani	Smt. Sangeeta	Smt. Meera.
THURSDAY	1.	Smt. Dharmendra	Smt. Anita	Smt. Nishaan.
	2.	Sh. Lalit Rani Sharma	Smt. Meera	Smt. Ekta.
FRIDAY	1.	Smt. Bipul Sodhi	Smt. Anita	Sh. Ramesh.
	2.	Smt. Pratibha	Sh. Dev. Dutt.	Smt. Seema.
SATURDAY	1.	Smt. Poonam	Smt. Kanika	Sh. Sanjeev.
	2.	Smt. Sunita Prekash	Smt. Anika Dassi	Smt. Meena.

MANAGEMENT
STRUCTURE

MANAGEMENT STRUCTURE of GIGSSS Lakkari Bazar

PRINCIPAL
Mr. Bhupinder Singh





MDM TIME TABLE

FOOD MENU

S.No	Days	Particulars
1	MONDAY	Dal + Rice
2.	Tuesday	Sweet Rice / Pulao
3.	Wednesday	Dal + Rice
4.	Thursday	Veg + Pulao
5.	Friday	Dal + Rice
6	Saturday	Veg / Dal Pulao

This menu was made for the session 2021-22 but
Due to 'COVID-19 Pandemic', this table is not followed
by school. Therefore, 'Dry Ration' are provided to
students of 6th to 8th.



MID-DAY-MEAL
BEFORE COVID-19



MID-DAY-MEAL
AFTER COVID-19

Quantity of Items

Per student / Per Day

Calories

↓
700

Protein

↓
20 gm.

Rice/wheat

↓
150 gm.

Dal

↓
30 gm.

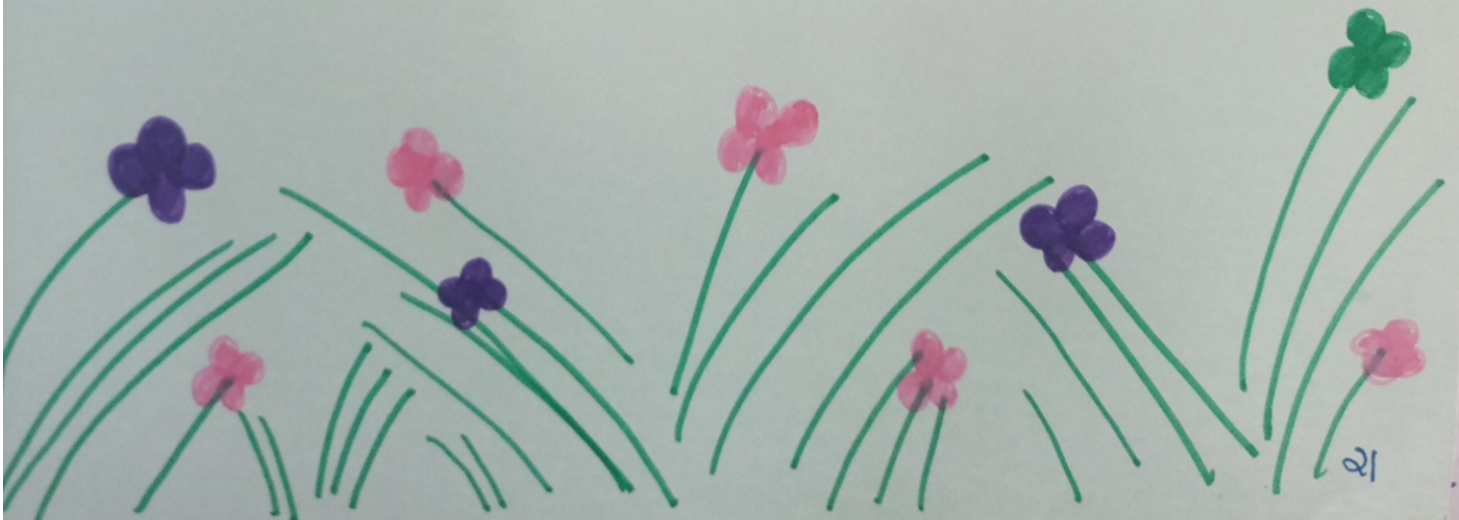
Vegetables

↓
75 gm.

Oil & fat

↓
7.5 gm.

School Organization





SCHOOL
BUILDING



Classrooms

Report on GSSS, Lakkur Bazar : —

A classroom is a learning space, a room in which both children and adults learn.

Classrooms of GSSS, Lakkur Bazar are spacious. Classrooms in the school ranges from small groups to big classrooms with hundreds of students. A few classroom in the school has complete labs which are used for IT lessons and for smart classes.

Each classroom of the school has been equipped by blackboard, desks, lights, Proper Ventilation. Many classrooms have maps, charts, projects for presenting information and images. In Secondary higher classes classroom has shelves which keeps the teaching material and books. Walls of the school classroom have quotations writing over it and also beautiful charts and noticeboard on it.

All the classrooms in the school ^{are} very cold and have no heating facility and also some of the classrooms have no proper natural lighting facility infact they are very dark and dull. Overall the cleanliness of the classroom are good but some of the



Classrooms



Smart Classrooms



Integrated
SCIENCE
Labs.



LIBRARY



MDM ROOM



Classrooms



Water Facilities



Toilets



ICT Lab



Hall



Teaching staff



Sports Activities



Cultural Activities





Morning
Assembly



NCC, NSS & SCOUTS CADETS



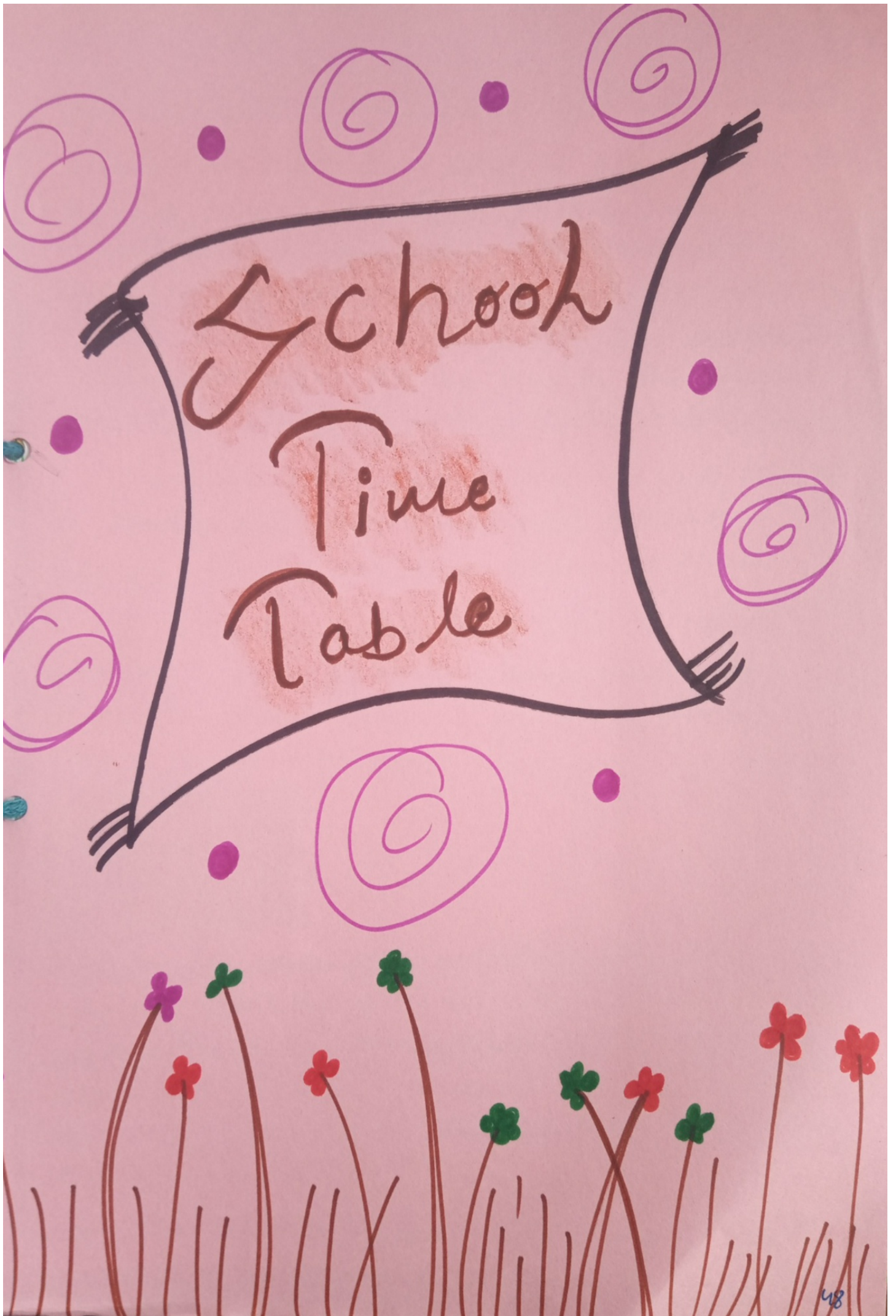


Teacher's diary has some
benefits also:-

TEACHER'S

DIARY

ent.



TIME TABLE IN RESPECT OF GUGGS LAKAR BAZAR SHIMLA (2021-22)

PERIOD CLASS	10:25 - 11:05	11:05 - 11:40	11:40 - 12:15	12:15 - 12:50	12:50 - 1:25	1:25 - 1:55	1:55 - 2:30	2:30 - 3:00	3:00 - 3:30	3:30 - 4:00
10 th	ENGLISH (1-6) Sh. Sanjeev Kumar	Maths (1-6) Sh. Sudashan Singh	Hindi (1-6) Smt. Kanakraj	Science (1-6) Smt. Manjita	Social Studies (1-6) Smt. Sangeeta Ja	SKT (1-6) Smt. Sandhya Tanti	English (1-6) Sh. Sanjeev Kumar	Groups (1-6) Geeta	Maths (1-3) Science (4-6)	
9 th	Science (1-6) Smt. Manjita	English (1-6) Smt. Rekha	Hindi (1-6) Smt. Meera	Groups (1-6) Smt. Geeta	Maths (1-6) Sh. Sudashan Singh	Social Studies (1-6) Sh. Sanjeev Kumar	English (1-6) Smt. Rekha	SKT (1-6) Smt. Sandhya Tanti	M.EDU (1-2) LIB (3-4) CCA (5-6) Smt. Ekta	
8 th	English (1-6) Smt. Rekha	Hindi (1-6) Smt. Kanakraj	Maths (1-6) Sh. Sudashan Singh	Social Studies (1-6) Smt. Sandhya Tanti	SKT (1-6) Smt. Sandhya Tanti	Science (1-6) Smt. Manjita	Groups (1-6) Geeta	YOGI Sanskrit (1-6) Smt. Meera	M.EDU (1-2) LIB (3-4) COM (5-6) Smt. Geeta	
7 th	English (1-6) Smt. Sandhya Tanti	Science (1-6) Smt. Manjita	SKT (1-6) Smt. Sandhya Tanti	Hindi (1-6) Smt. Meera	Social Studies (1-6) Smt. Rekha	Groups (1-6) Geeta	YOGI Sanskrit (1-6) Smt. Kanakraj	Maths (1-6) Sh. Sudashan Singh	M.EDU (1-2) LIB (3-4) COM (5-6) Smt. Sandhya Tanti	
6 th	Hindi (1-6) Smt. Meera	SKT (1-6) Smt. Sandhya Tanti	Groups (1-6) Geeta	YOGI Sanskrit (1-6) Smt. Rekha	Social Studies (1-6) Sh. Sanjeev Kumar	Maths (1-6) Sh. Sudashan Singh	Science (1-6) Smt. Manjita	English (1-6) Smt. Sangeeta Ja	M.EDU (1-3) LIB (3-4) COM (5-6) Smt. Kanakraj	

R E C E S S

HIMACHAL PRADESH UNIVERSITY
(A State Government University Accredited with 'A'
Grade by NAAC)

**A Report
on Earth Day Celebration**

22-04-2022



DEPARTMENT OF EDUCATION
HIMACHAL PRADESH UNIVERSITY
Summer Hill, Shimla – 171005

The Education Department of Himachal Pradesh University conducted a cleanliness drive in the city's tourist centre Potters Hill on World Earth Day. This program was organized in collaboration with the voluntary organization Healing Himalayas. In this year the theme of the Earth Day was "INVEST IN OUR PLANET". Total 102 students of the department collected more than 100 kg of garbage in this occasion.



Vice Chancellor Professor SP Bansal congratulated the department for this.

Professor Prabha Jishtu, Chairperson of the Education Department was the chief guest of this program and Chief Warden Professor Ajay Kumar Attri (Department of Education) presided over it.

It was the first of this kind program held at Potters Hill, Professor Prabha Jishtu said that the education department of the university prepares the teachers for the country. If the budding teachers themselves understand the importance of cleanliness and tell their future students also, then no corner of the earth can remain dirty. She said that planting a sapling on our birthday should be included in the rituals. She also added that, Our Mother Nature has a storehouse of things necessary to live our life, which we all have to preserve for our coming generation. That is why it is the duty of all of us to keep it clean and pure.

Chief Warden Professor Ajay Kumar Attri told the students that our earth is one and there is no alternative to it. So, it is our responsibility to save it. As a future teacher we must have the knowledge about the preventions and measures to ensure the safety and beauty of our mother earth. As a human being we must think about the ways to protect the earth from wastages of natural resources. He said that the education department of the university would soon organize a tree plantation programme.



(Students & Scholars enjoying cultural activities)



(Students during dance performance and skit on importance of saving Earth)

On this occasion, the students also perform various colourful cultural program in which Pahari Naati, Skit, and declamation were main attraction at HFRI's Amphi Theatre after collecting the garbage. The program's student-coordinators Mukesh Kumar and Sandeep Bodh told that

The students picked up more than one ton of garbage and handed it over to Healing Himalayas so that it could be managed scientifically.

HIMACHAL PRADESH UNIVERSITY
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Grade by NAAC)

A Report on Department Get Together

and

Cultural Events

'Gyan Sarovar'

09th May, 2022



DEPARTMENT OF EDUCATION
HIMACHAL PRADESH UNIVERSITY
Summer Hill, Shimla – 171005

The "Gyan Sarovar" cultural event was organized by the Department of Education on 9th May 2022, in the auditorium of Himachal Pradesh University.

Students of the education department participated in the cultural event with full enthusiasm and high spirit. The auditorium had been set up in a grandeur arrangement. Gyan Sarovar cultural event began with the lamp lightning and Kulgeet.



(Students performing Folk Dance)

The Chairperson of the department professor Prabha Jishtu who was the Chief Guest of the event addressed the gathering and also welcomed the newly appointed teachers in the department. Dean faculty of education professor Nain Singh who was the special guest of the event said that the role of the education department is to make the best teachers and establish new dimensions in the field of education. Chief Warden Himachal Pradesh University professor Ajay Kumar appreciated the students for organizing such a great event. Newly appointed faculty Dr. Chaman Lal Banga, Dr. Yudh Veer, Dr. Kanika Handa and Dr. Rakesh Kumar Sharma also addressed the Gathering.

The hosting of the event was done by Stanzin B.Ed 2nd Sem, Anjali Guleria M.Ed 1st Sem, Sachin Bhardwaj M.Ed. 4th Sem and Nitin B.Ed. 2nd Sem.

There were many kinds of cultural activities like Naati of Shimla, Chamba and Kinnaur. Bhangra and Gidda famous dances of Punjab were also part of cultural activities. Apart from different types of dance performance Songs and Skit was also presented by the students of the Department of Education



(Students Performing Chamba's Gaddi Dance & Solo Song)

HIMACHAL PRADESH UNIVERSITY
(A State Government University Accredited with 'A'
Grade by NAAC)

A Report on
MONO PLAY ON
“MAA MUJHE TAGORE BANADE”



8th June, 2022

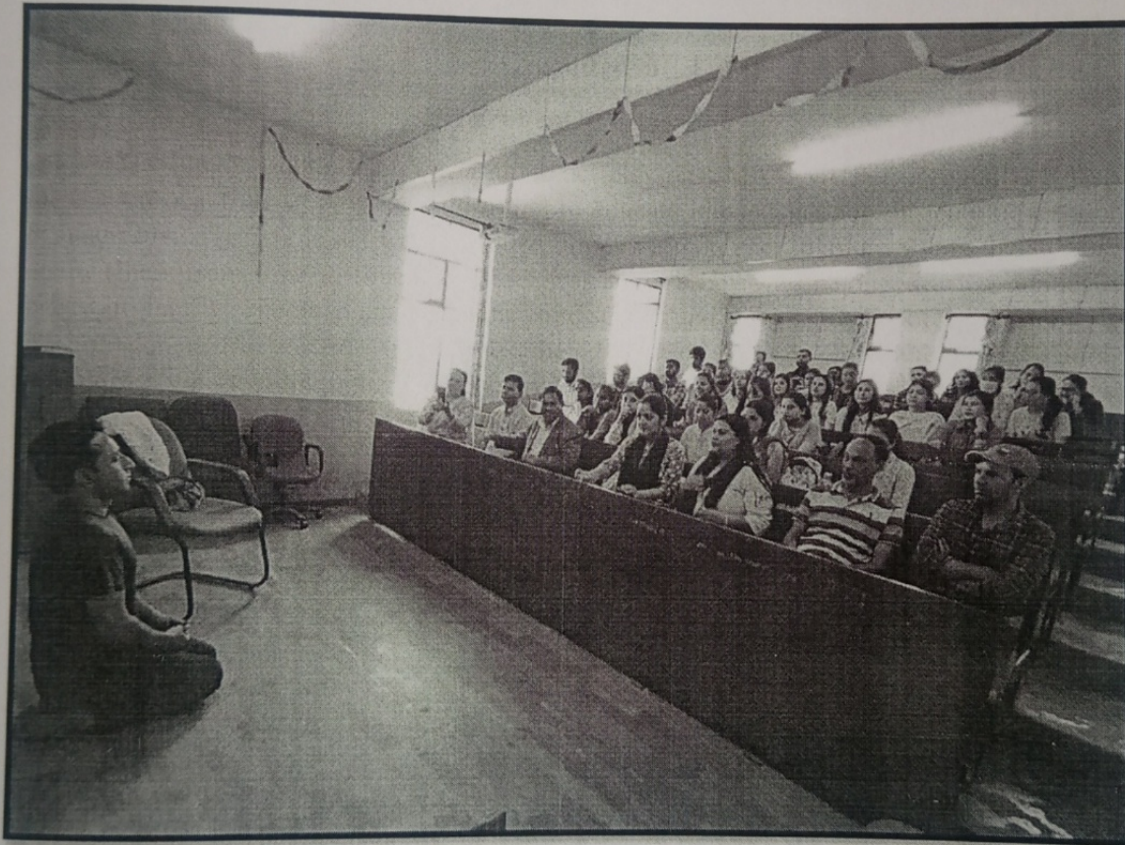
DEPARTMENT OF EDUCATION
HIMACHAL PRADESH UNIVERSITY
Summer Hill, Shimla – 171005

MONO PLAY ON "MAA MUJHE TAGORE BANADE" BY LUCKY GUPTA

Organized in

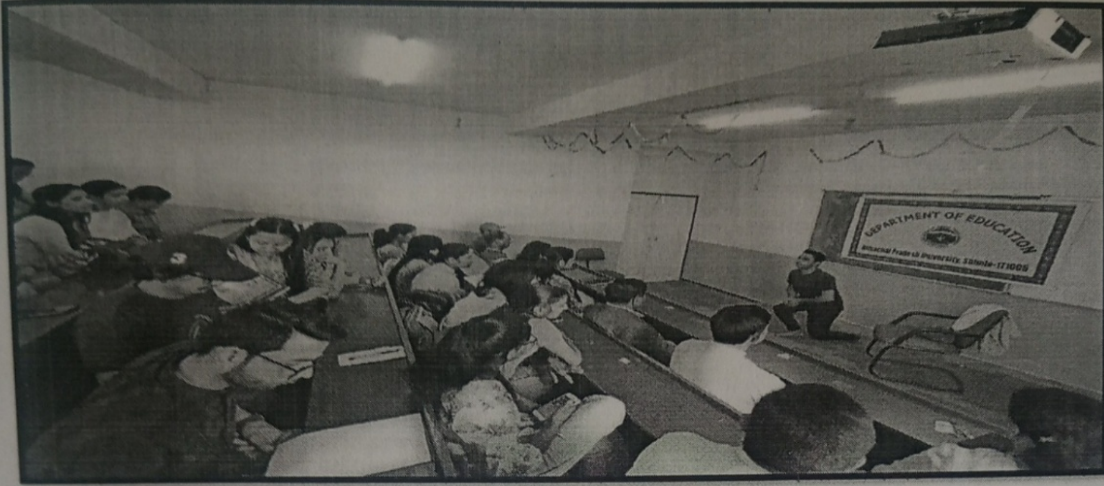
Department of Education

Mr. Lucky Gupta displayed a mono act play on "MAA MUJHE TAGORE BANADE" act a beautiful story of a child trying to educate himself in spite of acute poverty on 8th June 2022. The whole act was presented through a mono act play involving the students and teachers from time to time. The story was about a boy who belonged to economically backward family. The deep interest of the child studies and writing poems force his parents to let him pursue his career. At a time when boy was about to complete his education, unfortunately he lost his father due to extreme pressure of work in the brick kiln he used to work for.



(Teaching, Non-Teaching Staff and Students in Beginning of the act.)

The whole story of boy who was good in studies but due to lack of opportunities he failed to



achieve his dream. Mr. Lucky Gupta has beautifully made the children understand that the children are getting so many opportunities they should explore the getting so many opportunities they should explore the opportunities to achieve their dream.

“A thousand useless things happen day after day
and
why couldn't such a thing come true by chance?
It would be like a story in a book.”

Rabindranath Tagore

2.3.1_HPU_Social Science_Yoga Studies

2.3.1 Student centric methods, such as experiential learning, participative learning and problem solving methodologies are used for enhancing learning experiences

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SYLLABUS AND SCHEME OF EXAMINATION

**M.A. IN YOGA STUDIES
(w.e.f. 2016-2017)**



**Department of Yoga Studies
Faculty of Social science
Himachal Pradesh University
Summer Hill, Shimla-5**



Department of Yoga Studies
Himachal Pradesh University

M.A. in Yoga Studies

SYLLABUS (w. e. f. 2016-17)

S.No	Subject Code	Subject Title	Periods per week			Evaluation Scheme		Subject Total
			L	T	P	Int.ass. 20	Theory 80	100
Semester – I								
1	MYS - 101	Foundamentals of Yoga	3	1	0	20	80	100
2	MYS - 102	Foundations of Hathayoga	3	1	0	20	80	100
3	MYS - 103	Human Anatomy & Physiology	3	1	0	20	80	100
4	MYS - 104	Swasthavritta, Diet And Nutrition	3	1	0	20	80	100
5	MYS -105	Practical-1	0	0	12	20	80	100
6	MYS – 106	Practical-2	0	0	4	20	80	100
						TOTAL		600
Semester – II								
1	MYS - 201	Samkhya Darshan	3	1	0	20	80	100
2	MYS -202	Methods of Statistics	3	1	0	20	80	100
3	MYS -203	Principles of Naturopathy	3	1	0	20	80	100
4	MYS -204	Teaching Methdology In Yoga	3	1	0	20	80	100
5	MYS -205	Practical-1	0	0	12	20	80	100
6	MYS -206	Practical-2	0	0	4	20	80	100
						TOTAL		600



Semester – III								
1	MYS -301	Patanjalyoga Darshan	3	1	0	20	80	100
2	MYS -302	Alternative Therapy	3	1	0	20	80	100
3	MYS -303	Research Methodology	3	1	0	20	80	100
4	MYS -304	Yoga Education	3	1	0	20	80	100
5	MYS -305	Practical-1	0	0	12	20	80	100
6	MYS -306	Practical-2	0	0	4	20	80	100
							TOTAL	600
Semester – IV								
1	MYS - 401	Bhagavadgita	3	1	0	20	80	100
2	MYS - 402	Yoga Therapy	3	1	0	20	80	100
3	MYS - 403	Yoga and Sports Training	3	1	0	20	80	100
4	MYS - 404	Essay or Dissertation	3	1	0	20	80	100
5	MYS - 405	Practical-1	0	0	12	20	80	100
6	MYS - 406	Practical-2	0	0	4	20	80	100
							TOTAL	600
							GRAND TOTAL	2400

- L = Lectures

- T = Tutorials

- P = Practicals



**Department of Yoga Studies
Faculty of Social science
Himachal Pradesh University**

GENERAL RULES

(w.e.f. 2016-2017)

1. GENERAL

- A. There shall be M.A. course in Yoga Studies, The duration of the course shall be two academic years comprising four semesters.
- B. A candidate seeking admission to this course must have Graduation in any Academic discipline from any recognized University/ Institution by the U.G.C.Govt. of India.
- C. The written entrance for admission shall be prepared on the basis of marks obtained in graduation & other weightages as mentioned in Admission prospectos of the University.
- D. No candidate shall be deemed to have satisfied the examination requirement for the award of the M.A. degree in this course unless he/she fulfills the criteria for passing 1st, IInd, IIIrd and IVth Semester as per rules of the University.
- E. A candidate should be medically fit. A medical fitness Certificate in this regard issued from the Govt. Medical Officer should be submitted in the department. Candidate suffering from any chronic disease are advised not to seek admission to this course.

2. SEMESTER WISE PASSING CRITERIA

Each candidate shall be required to secure at least 36% eligible passing marks in each theory paper and Practical /Dissertation /Seminar.

The candidates shall be required to secure minimum 50% marks in aggregate. Once a candidate passes a course, he will not be allowed to reregister in that course.

Any candidate who once passes dissertation paper, shall not be allowed to undertake dissertation work again in any case and his dissertation marks will not be forward till he passes all the papers.

All the candidates taking re-examination shall have to abide by the rules of the University.



3. EXAMINATIONS

The pattern of the examinations will be as per University rule.

4. ESSAY OR DISSERTATION

- **Essay:** There will be 4 units and the students will select one question out of two from each unit. Each question will carry 20 marks.
- The dissertation work shall commence from IVth semester and will have to be submitted at the end of the IVth Semester. The topic of the dissertation may be allotted in the beginning of IVth semester and the student will carry the work throughout IVth semester. A Departmental committee will approve the subject/topic of dissertation. The topic of the dissertation shall be research oriented.
- The candidate will be required to maintain a diary showing the progress report of the dissertation, which will be submitted by Students for examination and evaluation. The diary should be countersigned periodically by the supervisor (s).
- The candidate shall be required to submit three copies of the report of the dissertation work with a certificate from the supervisor (s) that dissertation work is the authentic record of the work performed by students at the approved place duly countersigned by H.O.D.
- The report of the dissertation work shall be evaluated by the external examiner. The same external examiner shall hold the viva examination. In case the external examiner will not be able to come, due to unavoidable circumstances then H.O.D. will be authorized to take the decision.

5. ATTENDANCE

A. As per Himachal Pradesh University rules.



M.A. in Yoga studies		MYS -101					SEMESTER-I
		Fundamentals of Yoga					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

UNIT – I: INTRODUCTION TO YOGA

- 1.1 Brief introduction to origin of Yoga, Psychological and Hindu Mythological concepts about origin of Yoga, History and Development of Yoga.
- 1.2 Etymology and Definitions of Yoga, Aim and Objectives of Yoga, Misconceptions about Yoga, True Nature of Yoga.
- 1.3 Yoga in Vedic period and Yoga in Veda, Yoga in Ayurveda, Yoga in Principle Upanishads, Yoga in Yogopanishads.
- 1.4 General introduction to Agamas and Tantras, classification of Tantras, Concept of Yoga of in Agamas and Tantras.
- 1.5 Introduction to Puranas, Nature of Yoga in Bhagavat Purana, Introduction to Smritis and Yoga in Smritis

UNIT – II: BRIEF SURVEY OF YOGA TRADITIONS – I

- 2.1 Introduction to Epics, Yoga in Ramayana (The nature of Yoga in Adhyatma Ramayana) Yoga in Mahabharata.
- 2.2 Yoga in Yoga Vasishtha, Yoga in Medieval Literature, Bhakti Yoga of Medieval Saints, Yoga in Narada Bhakti Sutra.
- 2.3 Philosophy: Its meaning, definitions and scope, Branches of Indian Philosophy (Astika and Nastika Darshanas), Philosophy: Its distinction from Religion and Science.
- 2.4 General introduction to Shad-darshan, Yoga in Samkhya and Yoga, Yoga in Nyaya and Vaisheshika, Yoga in Vedanta with special reference to Shankara, Ramanuja, Madhva and Vallabha.
- 2.5 General introduction to Prasthanatrayee and Purushartha Chatushtaya.

UNIT – III: BRIEF SURVEY OF YOGA TRADITIONS – II

- 3.1 General Introduction to Non Vedic Schools of Indian Philosophy: Jainism, Buddhism, Suffism, Sikhism and etc.
- 3.2 Introduction to Jainism, Anekantavada (Syadvada), Concept of Tri-ratnas, Concept of Kayotsarga (Preksha-dhyana).
- 3.3 Introduction to Buddhism: Introduction to Buddhism, Skandha-vada, Concept of Arya-satya or Four Noble Truths, Arya-astangika-marga or Noble-eight-fold-path (Bouddha-Yoga).
- 3.4 Introduction to Sufism: Meaning and Characteristic features of Sufism, Elements of Yoga in Sufism, Sufi Meditation Techniques.
- 3.5 Concepts and practices of Yoga in other religion.



UNIT-IV: BRIEF SURVEY SCHOOLS OF YOGA

- 4.1 Jnanayoga: Meaning of Jñāna and Jñānayoga, Sadhana-chatushtaya.
- 4.2 Bhaktiyoga: Meaning of Bhakti and Bhakti-yoga, Stages of Bhakti, Types of Bhakti.
- 4.3 Karmayoga: Meaning of Karma and Karmayoga, Concept of Nishkama Karma, Means of Karma Yoga, Theory of Karma and Rebirth (Reincarnation).
- 4.4 Yoga in Modern Times: Yogic Traditions of Ramakrishna and Swami Vivekananda, Yoga of Maharishi Raman, Integral Yoga of Shri Aurobindo.
- 4.5 Yoga in Contemporary Times: Yoga of Sri T. Krishnamacharya, Yoga of Swami Shivanada, Contribution of Swami Yoganadaji, Swami Kuvalyananda,

BOOKS FOR REFERENCE

- | | | |
|--------------------------|---|---|
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| Dasgupta, S.N. | : | Yoga Philosophy in Relation to other Systems of Indian thought. University of Calcutta, 1924 |
| Dasgupta, S.N. | : | Hindu Mysticism, Motilal Banarsidass, Delhi 1927 |
| Fenerstein, George | : | The Yoga Tradition: It's History, Literature, Philosophy practice, Bhavana Books and Prints, 2002 |
| Goyandaka, Jayadayal | : | Shrimad Bhagavadgita Tattvavivechani, Geeta Press, Gorakhpur, 1961 |
| Karel Werner | : | Yoga and Indian Philosophy, Motilal Banarasidas, Delhi, 1979 |
| Pandit, M. P. | : | Introduction to Upanishads : Theosophical Society of India
Adyar, Madras, 1976 |
| Radhakrishnan | : | The Principal Upanishads, George Allen and Unwin, London, 1953 |
| Radhakrishnan, S. | : | Indian Philosophy (Vol. I & II). George Allen and Unwin, London, 1971 |
| Raja, Kunhan C. | : | Some Fundamental Problems in Indian Philosophy. Motilal Banarasidas, Delhi, 1974 |
| Sharma, Chandradhar | : | A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 2000 |
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| Stace, W.T. | : | Mysticism and Philosophy. Macmillan and Co. London, 1961 |



- Stephen Sturges : The Yoga Book. Motilal Banarsidass, Delhi, 2004
- Bhat, Krishna K. : The Power of Yoga: SuYoga Publications Mangalore, 2006
- Swami Adidevananda : Sri Ramanuja Gita Bhasya. Sri Ramakrishna Math, Madras, 1993
- Swami Anant Bharati : Yoga Darshan-Yoga Prabhakar (Hindi). Swami Keshwananda Yoga Sansthan, Delhi, 1982
- Swami Atmananda : Four Yogas. Bharatiya Vidya Bhavana, Bombay, 1966
- Swami Jnanananda : Philosophy of Yoga. Sri Ramakrishna Ashrama, Mysore.
- Swami Prabhavananda : Spiritual Heritage of India (English). Sri Ramkrishna Math, Madras, 2004
- Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga. Advaita Ashrama, Calcutta, 2000



M.A. in Yoga studies		MYS -102					SEMESTER-I	
		Foundations of Hathayoga						
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)	
60	100	3 Hrs.	3	1	0	20	80	

UNIT – I: GENERAL INTRODUCTION TO HATHAYOGA AND PRE-REQUISITES

- 1.1 Hathayoga: Origin, Meaning, Definition, Aim, Objectives and Misconceptions.
- 1.2 Hathayoga: It's Philosophy, History and development, Brief Introduction to eminent Hatha Yogis of Natha Cult and their contribution to Yoga.
- 1.3 General Introduction of Hathayogic texts, Siddhasiddhantapaddhati, Hathayogapradeepika, Gherandasamhita, Hatharathnavali, Shivasamhita, Goraksasatakam.
- 1.4 Concept of Matha, Concept of Badhakatattva (obstacles) and Sadhakatattva (facilitator factors) in Hathayoga, Types of aspirants in Hathayoga Sadhana.
- 1.5 Concept of Ahara and Mitahara, Pathya (conductive) and Apathya (non-conductive) in Hathayoga Sadhana, Hatha Siddhi lakshanam.

UNIT – II: CONCEPT OF GHATASHODANA ,ASANAS IN HATHAYOGA:

- 2.1 Introduction of Shodhanakriyas in Hathayogapradeepika, Gherandasamhita and Hatharathnavali.
- 2.2 **Shatkarma**- Techniques, Benefits, precautions, and contraindications (Dhauti, Basti, Neti. Nauli, Trataka and Kapalbhathi)
- 2.3 Importance of Shodhanakriyas in health, disease and Hathayoga Sadhana.
- 2.4 **Asanas**- Definition, concept and special features of Asanas in Hathayogapradeepika, Gherandasamhita and Hatharathnavali.
- 2.5 **Asanas**- Techniques, Benefits, precautions, and contraindications of Asanas, Importance of Asana in health, disease and Hathayoga Sadhana.

UNIT-III: HATHAYOGA PRACTICES: PRANAYAMA, BANDHA AND MUDRA

- 3.1 Introduction of Prana and Pranayama; Pre-requisites of Pranayama, Nadishodhana Pranayama, Importance of Nadishuddhi.
- 3.2 **Pranayama**- Techniques, Benefits, precautions, and contraindications, Pranayama and Ashtakumbhaka in Hathayogapradeepika Gherandasamhita and Hatharathnavali.
- 3.3 Importance of Pranayama in health, disease and Hathayoga Sadhana.
- 3.4 Introduction of Mudra (Bandha) Techniques, Benefits, precautions, and contraindications of in Hathayogapradeepika Gherandasamhita and Hatharathnavali.
- 3.5 Importance of Mudra (Bandha) in health, disease and Hathayoga Sadhana.



UNIT-IV: HATHAYOGA PRACTICES: PRATYAHARA, DHARANA, DHYANA

- 4.1 Concept of Kand, Nadi, Swas-prashwas or Swara, and Granthi.
- 4.2 Concept of Shatchakra and Kundalini prabodhan, Concept of Shiva and Shakti.
- 4.3 Concept of Pratyahara, Dharana, Dhyana and Samdhi in Gherandasamhita.
- 4.4 Concept of Nada and Nadanusandhana in Hathayogaradeepika.
- 4.5 Techniques, Benefits, precautions, and contraindications of Nadanusandhana, four stages of Nadanusandhan.

BOOKS FOR REFERENCE

- | | |
|--------------------------------------|--|
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| Burnier, Radha: | HathaYoga Pradipika of Svatmarama, The Adyar Library publications, Chennai. 2000

Hatharatnavali of Srinivasayogi, The Lonavla Yoga Institute, Lonavla, 2002 |
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| Dvivedi Hajariprasad : | Nath Sampradaya of Hatha Yoga, Dvivedi Publications, Hindustani Academy, Allahabad, Uttar Pradesh, 1950. |
| Swami Digambaraji and Pt: Raghunatha | Hathapradeepika of Svatmarama, Kaivalyadhama, S.M.Y.M.Samiti, Lonavla, 1998 |
| Swami Digambarji and Gharote M.L. | Gherandasamhita, Kaivalyadhama, S.M.Y. M. Samiti, Lonavla, 1978. |
| SwamiMaheshanandaji and Others | Shivasamhita, Kaivalyadhama, S.M.Y.M. Samiti, Lonavla, 1999 |
| Woodroffe, Sir John | The Serpent power, Ganesh & Company, Madras, 2000 |
| Sharma, Surendra | HathaYoga Eka Aitihasya Paripreksha evam..., Eastern Book Linkers, New Delhi. |
| | Hathapradipika of Swatmaramaji, (Jyotsana- tika), Adyar Library, Madras. |
| | Siddhasidhantpaddhati, Lonavla, Yoga Institute Lonavla |



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G.K. (Edi)

Gorakshasatkam, Kaivalyadhama, S.M.Y.M. Samiti,
Lonavla.

Swami Kuvalyananda
& Shukla, S.A.

Asana Pranayama & Mudra Bandha

Bihar School Of Yoga, Munger, 1969.

Saraswati, Swami
Satyananda

Hathayoga ke Adhar Avam Prayog, MDNIY, New delhi,
2011.

Bassavaraddi, I.V. &
Pathak, Satyaprakash

Therapeutic references in Traditional Yoga Texts,

Gharote, M.M. &
others

The Lonavla Institute, Lonavla, 2010.

Bassavaraddi, I.V. &
Pathak, Satyaprakash

Satkarma, A comprehensive description about the
cleansing process, MDNIY, New delhi 2009.



M.A. in Yoga studies		MYS -103					SEMESTER-I
		Human Anatomy & Physiology					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

UNIT – 1 Cell,Tissue.Skeletal and Muscular System

- 1.1 General Introduction to Cell,Tissue.
- 1.2 Skeletal and Muscular System - its structure and physiology and effect of Yogic practices on them.
- 1.3 Composition of Blood – Red Blood Cells,White Blood Cells,Platelets and Plasma.
- 1.4 Haemoglobin and its importance.
- 1.5 Blood coagulation,Blood Groups and its importance.

UNIT -2 Circulatory, Respiratory and Digestive System

- 1.1 Circulatory System-Structure and functions of Heart.
- 1.2 Physiology of Circulatory System and effect of Yogic practices on it.
- 1.3 Respiratory System- structure and functions.
- 1.4 Physiology of Respiratory System and effect of Yogic practices on it.
- 1.5 Digestive System- structure,physiology,functions and effect of Yogic practices on it.

UNIT-3 Excretory System and Endocrine Glands

- 1.1 General Introduction to Excretory System.
- 1.2 Structure and functions of Excretory System.
- 1.3 Physiology of Excretory system and effect of Yogic practices on it.
- 1.4 General Introduction to Endocrine Glands.
- 1.5 Structure,physiology,functions of Endocrine Glands and effect of Yogic practices on it.

UNIT - 4 Nervous System,Reproductive System and Sense Organs

- 1.1 General Introduction to Nervous System – structure and functions
- 1.2 Physiology of Nervous System and effect of Yogic practices on it.
- 1.3 General Introduction to Reproductive System – structure and functions
- 1.4 Physiology of Reproductive System and effect of Yogic practices on it.
- 1.5 General Introduction to Sense Organs. Sense Organs - structure,physiology,functions and effect of Yogic practices on them.`` ````



BOOKS FOR REFERENCE

1. Gore ,M.M – Anatomy and physiology of yogic practices
2. Evelyn,C.Peare – Anatomy and physiology for nurses.
3. Charu,Supriya – Sarir rachna,evam kriya vigyan.
4. Chatterjee,C.C – Human physiology.
5. Text book of Anatomy vol.1,11,111 – B.D Chaurasia
6. Human Embryology by Inder Bir Singh.
7. Histology by Chatterji
8. Human Anatomy by Datta.
9. Text book of Anatomy by Gray.
10. Text book of Anatomy by Hamilton.
11. Text book of Anatomy by Jemmisons.
12. Practical Anatomy by Cunningham's



M.A. inYoga studies		MYS -104					SEMESTER-I
		Swasthavritta, Diet And Nutrition					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

UNIT-1 INTRODUCTION TO SWASTHAVRITTA

- 1.1 General Introduction of Swasthavritta.
- 1.2 Concept and Definition of Health,symptoms of Healthy man.
- 1.3 Swasthavritta, Aim of swasthavritta.Concept of Trayaupsthambh(three pillars).
- 1.4 Dincharya-mukhshodhan,vyayaam-definition,types and benefits.
- 1.5 Snan and its types,abhyang(massage)-its meaning ,types and its importance.

UNIT -2 CONCEPT OF RATRICHARYA,RITUCHARYA,SADVIRTTA AND ACHAR - RASAYAN

- 1.1 Ratricharya-Nidra and Bhramacharya.
- 1.2 Ritucharya-Ritu vibhaajan,
- 1.3 Sanchaya,prakoop and prashaman of Doshas according to Ritu.
- 1.4 Sadvritta and Achar-Rasayan.
- 1.5 Dharniya and Adharniya Vega.

UNIT-3 INTRODUCTION TO DIET

- 1.1 General Introduction and Definition of Diet,Characterstics of Diet.
- 1.2 Diet- quantity,time and concept of Balanced Diet.
- 1.3 Doogdahaar(milk diet),falahaar(fruit diet),mitahaar,fasting.
- 1.4 Benefits of Vegetarian diet and disadvantages of Nonvegetarian diet.
- 1.5 Role of Diet inYogasadhana and Modern Time.

UNIT-4 INTRODUCTION TO NUTRITION AND FOOD ELEMENTS

- 1.1 Chemical Composition and functions of food elements in human body.
- 1.2 Protein,Carbohydrate,Fat,Vitamins,Mineral Salts,Water.
- 1.3 Yogic diet,diet planning.
- 1.4 Nutrition-concept of nutrition,Malnutrition-meaning,effect on human body.
- 1.5 Nutritious diet - importance in Yogasadhana and Modern Time.



Reference Books:

- 1.Principle of Nutrition – E.D Wilson
- 2.Swasthavritta vigyan – Dr. Ramharsha Singh
- 3.Secret of Ayurveda – Acharya Balkrishna
- 4.Aahaar evam Poshan – J.P Shelli
- 5.Dietics – Sri Lakshmi B



M.A. in Yoga studies		MYS -105					SEMESTER-I
		Practical -I Asana, Pranayama & Viva					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
50	100	12 Hrs.	0	0	6	20	80

1. Shukshma and Sthula Vyayam.

2. Suryanamaskar

10 Marks

3. Asana-s

30 Marks

A. In Standing Position:-

Tadasana, Kkonasana, Ashwathasana, Kati-Chakarsn, Vrikshasan(Dhruvasan), Mahavreerasan, Tittibhasan, Padaangushtasan.

B. In Sitting Position:

Padmasan, Swastikasan, Vajrasana, Mandukasan, Kurmasan, Simhasan, Utkatasan, Janu-Sirsasan, Paschimottanasan, Vakrasan, Ardha-Matsyendrasan, Bhadrasan(Badh-Konasan), Gomukhasan, Ughrasan(Bhunamanasan).

C. In laying on Back(Supine Position):

Shavasan(Mritasan), Uttanpadasan, Pawanmuktasan, Ardh-Halasan, Setubandhasan, Sarvangasan, Matsyasan.

D. In laying on abdomen(Prone Position):

Makrasan, Sarpasan, Dhanurasan.

4. Pranayama & Dhyan(Meditation)

20 Marks

- Preparatory aspects of prananyama: correct abdominal breathing in sawasana and meditative pose with 1:1 & 1:2 ratio
- Deep breathing- Abdominal & Diaphragmatic breathing
- Yogic breathing
- Nadishodhan pranayam
- Surya Bhedan Kumbhak
- Sheetali Kumbhak
- Sheetkari Kumbha

5. Viva :

20 Marks

Reference books

- Hath Yoga Pradipika- Kaivlyadham Lonavla
- Gheranda Sanhita- Kaivlyadham Lonavla
- Saral Yogasana- Dr. Ishwar Bharadwaj
- Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati
- Light on Yoga- BKS Iyengar
- Yogic Suksham Vyayam Evam Sthula Vyayam – I.V.Basvaraddi. & S.P.Pathak, MDNIY, New Delhi
- Shatkarma– I.V.Basvaraddi. & S.P.Pathak, MDNIY, New Delhi



M.A. in Yoga studies		MYS -106					SEMESTER-I
		Practical -II Kriya-s, Mudra, Dhyan & Viva					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
50	100	12 Hrs.	0	0	6	20	80

1. Kriyas: 20 Marks

Gajkarani(Kunjla), Jal Neti, Sutra-Neti, Grit-Neti,
Vatkarm Kapalbhati (20-50) Stroks & Agnisar.

2. Mudra: 20 Marks

Maha Mudra, Mahaved Mudra, Moolbandh Mudra,
Uddianbandh Mudra, Jalanderbandh Mudra & Vipreetkarni Mudra,
Hast Mudra – Gyan, Prana, Apan, Ling Mudra

3. Dhyan(Meditation): 10 Marks

Mantra-Uchharana (Recitation of Mantra-s)
Pranav(Oumkar) Japa
Gayatri Mantra
Yoga -Vandhna
Shanti Path.

4. Monograph 10Marks

5. Viva 20 Marks

BOOKS FOR REFERENCES

1. Hatha Yoga Pradipika- Kaivalyadham Lonavala
2. Ghedranda Samhita- Kaivalyadham Lonavala
3. Saral Yogasana-Dr. Ishwar Bharadwaj
4. SHATKARMA: A Comprehensive description about Cleansing Process, MDNIY New Delhi., Dr I.V Basavaraddi and Dr.Satyaprakash pathak
5. Yogic Pranayama, Oriental paper back, New Delhi, Joshi, K.S.
6. Pranayama, Kaivalyadhama, Lonavla, Swami Kuvalyananda
7. Science of Breath, The Himalayan International Institute, Pennselvenia, Swami
8. Rama.Prana, Pranayama & Pranvidya, Swami Niranjananand Saraswati



M.A. in Yoga studies		MYS -201					SEMESTER-II
		Samkhya Darshan					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

UNIT – I: INTRODUCTION TO SAMKHYAYOGA DARSHANA

- 1.1 Introduction to Samkhya Darshana (Philosophy).
- 1.2 History and development of Samkhya Darshana (Philosophy).
- 1.3 Introduction to Maharshi Kapila or Hiranyagarbha as Author Samkhyayoga).
- 1.4 Introduction to commentators of Samkhya (Asuri, Panchashikha, Vindhyavasa and Devala)
- 1.5 Introduction of traditional commentary of Samkhyayoga (Matharvrtti, Gaudhapadbhasya, Tattvakaumudi, Uktidipika and Jayamangalatika)

UNIT – II: METAPHYSICS OF SAMKHYA, PRAMANANIRUPANA

- 2.1 Introduction to Samkhyakarika and its author.
- 2.2 Metaphysics of Samkhya and its relationship with Yoga Darshana of Patanjali
- 2.3 Threefold affliction (Tapatrayas) according to Samkhya Darshana (Philosophy).
- 2.4 Introduction of Twenty-five Tattva (elements) according to Samkhya Darshana (Philosophy).
- 2.5 Concept of Pramana and its types, Pratyaksha, Anumana, Sabda in Samkhya Darshana (Philosophy).

UNIT – III: SATKARYAVADA, TRIGUNAS, PRAKRITI AND PURUSHA

- 3.1 Concept of Satkaryavada /Karyakaranavada or Parinamavada in Samkhyayoga.
- 3.2 Concept of Trigunas (sattva, rajas, tamas) and its Classification in Samkhyayoga.
- 3.3 Concept of Prakriti (Vaykta and Avyakta) in Samkhyayoga.
- 3.4 Concept of Purusha (Atma) or Drashta and Purush Bahutvavada in Samkhyayoga.
- 3.5 Concept of Prakriti and Purusha Samyoga in Samkhyayoga.

UNIT – IV: SARGA, SHARIRA, SIDDHI AND MOKSHA

- 4.1 Concept of Sarga and Pratisarga in Samkhyayoga.
- 4.2 Concept of Sukshma and Sthula Sharira.
- 4.3 Concept of Karanas and Anthkaranas (Mana, Ahankara and Bhudhi) in Samkhyayoga.
- 4.4 Concept of Ashtasiddhi and Navadha Tushti in Samkhyayoga.
- 4.5 Concept of Vivekakhyati and Apavarga (Moksha).



M.A. in Yoga studies		MYS -202					SEMESTER-II
		Methods of Statistics					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

UNIT-I FUNDAMENTALS OF STATISTICS

- 1.1 Meaning, Definition and Nature of Statistic
- 1.2 Importance of Application of statistics
- 1.3 Nature and methods of Measurements
- 1.4 Representation of data – Frequency Distribution
- 1.5 Graphic Representation of data- Frequency Polygon & Histograms.

UNIT-II: MEASURES OF CENTRAL TENDENCY

- 2.1 Evaluation of Grouped and Non-Grouped Data.
- 2.2 Meaning and calculation of Mean.
- 2.3 Meaning and calculation of Median
- 2.4 Meaning and calculation of Mode
- 2.5 Characteristics & Limitations of Central Tendency.

UNIT-III: VARIABILITY & NORMAL DISTRIBUTION

- 3.1 Meaning, Type and Importance of Variability.
- 3.2 Meaning and Calculation of Range, Quartile and Standard Deviation.
- 3.3 Meaning, Characteristics & Application of Normal Probability Curve.
- 3.4 Meaning & Methods of Calculation of Correlation.
- 3.5 Rank Difference Method & Product Moment Method.

UNIT-IV: REGRESSION & PREDICTION

- 5.1 Origin, Meaning & Nature of Regression.
- 5.2 Regression Equations & Prediction
- 5.3 The Significance of the Mean- Testing Significance of Difference between Means of Two Groups (Independent Group & Correlated Group)
- 5.4 Critical Ratio, t-test, Chi-square test.
- 5.5 Analysis of Variance (ANOVA):- One Way Analysis of Variance.

Reference of Books:

- 1 Foundation of Behavioural Sciences- Kerlinger
- 2 Statistics in Psychology and Education- Garret
- 3 Anusandhan Vidian- H.K. Kapil.



M.A. in Yoga studies		MYS -203					SEMESTER-II
		Principles of Naturopathy					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

UNIT- 1 INTRODUCTION TO NATUROPATHY

- 1.1 General introduction of Naturopathy.
- 1.2 Brief History of Naturopathy.
- 1.3 Ten basic principles of Naturopathy.
- 1.4 Concept of Vital Energy.
- 1.5 Concept of Panchamahabhoot.

UNIT-2 INTRODUCTION TO WATER THERAPY

- 1.1 Water therapy-meaning ,importance ,qualities of Water.
- 1.2 Effect of different temperatures on body.Principles of water therapy.Methods of using water.
- 1.3 Bath-Natural bath,hip bath,sitz bath,spine bath,steam bath.
- 1.4 Hot foot bath.Bandage-chest,throat,hands ,legs.
- 1.5 Sponge and Enema.

UNIT- 3 INTRODUCTION TO SUN AND MUD THERAPY

- 1.1 Sun rays therapy-Introduction,importance of sun rays.
- 1.2 Effect of different colors on diseases.Sun Bath.
- 1.3 Mud Therapy-introduction,importance of mud.
- 1.4 Types and qualities of Mud.
- 1.5 Mud bath and its importance.

UNIT-4 INTRODUCTION TO ETHER AND AIR THERAPY

- 1.1 Fasting-meaning,concept,principles
- 1.2 Importance of fasting in various diseases.
- 1.3 Rules and types of fast(13 types according to naturopathy).
- 1.4 Massage-definition,history,importance.methods of massage.
- 1.5 Air therapy – meaning,importance .air bath

Reference Books:

1. Philosophy of Nature Cure – Dr. Lindlahar
2. Prakartik Chikitsa – Dr. Kulranjan Mukerjee
3. My Water Therapy – Father Nip
4. Principles of Naturopathy – Jindal
5. My nature cure – M.K Gandhi



M.A. in Yoga studies		MYS -204					SEMESTER-II
		Teaching Methodology In Yoga					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

UNIT-I: Fundamentals of Yoga Education

- 1.1 Meaning, Definition & Objects of Yoga Education.
- 1.2 Importance of Yoga Education.
- 1.3 Different levels and Scope of Yoga Education.
- 1.4 Concept & Definition of Teaching Process
- 1.5 Need & Importance of Teaching Process

UNIT-II:- Fundamentals of Teaching Practices

- 2.1 Fundamental elements of Teaching.
- 2.2 Merits of good teaching Practices
- 2.3 Demerits of bad teaching practices
- 2.4 Brief information of Teaching Methods
- 2.5 Principles of Teaching Methods- Yama-Niyama

UNIT-III:- Different Teaching Methods

- 3.1 Principles of Shatkarmas
- 3.2 Principles of Asanas
- 3.3 Principles of Pranayamas
- 3.4 Principles of Mudra-Bandhas
- 3.5 Principles of Dhyan (Meditation)

UNIT-IV: Yoga Teaching Camp, Seminar-Workshop etc.

- 4.1 Planning & organization of Yoga Camp.
- 4.2 Planning & organization of Yoga Therapy Camp.
- 4.3 Planning & organization of Yoga Seminar..
- 4.4 Planning & organization of Yoga Workshop.
- 4.5 Planning & organization of Yoga Competition

Reference of Books:

1. Teaching Methods of Yogic Practices- Dr. M.L. Gherote & Dr.S.K. Ganguli
2. Pranayama-Swami Kuvelyananda
3. Asanas-Swami Kuvelyananda
4. Asan, Pranayama, Bandh, Mudra- Swami Satyanand Saraswati.



M.A. in Yoga studies		MYS -205					SEMESTER-II
		Practical -I Asana, Pranayama & Viva					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
50	100	12 Hrs.	0	0	6	20	80

1. Asanas:-**40 Marks****A. In Standing Position:-**

Urdhva-Hastotanasan (Triyak-Tadasan), Trikonasan, Garudasan, Vatayanasan, Sirshasan, Hastha-Psdaangushtasan, Viagrasan,

B. In Sitting Position:

Sidhasan, Marjariasan, Shashankasan, Kaagasan, Uttan-Kurmasan, Gorakshasan, Ushtrasan, Supta-Vajrasana, Tolaangulasan, Padam-Mayurasan, Myurasan,

C. In laying on Back(Supine position):

Padam-Sarvangasan, Chakrasan,

D. In laying on chest (Prone Position):

Bhujangasan, Shalbasan,

2. Asana as described in 1st, semester**3. Pranayama & Dhyan(Meditation):****20Marks**

A. Bhastrika and Bhramari.

B. Pranayama as described in 1st semester practical.

4. Viva :-**20 Marks****Reference book-**

1. Hath Yoga Pradipika- Kaivlyadham Lonavla
2. Gheranda Sanhita- Kaivlyadham Lonavla
3. Saral Yogasana- Dr. Ishwar Bharadwaj
4. Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati
5. Light on Yoga- BKS Iyengar



M.A. in Yoga studies		MYS -206					SEMESTER-II
		Practical -II Kriya-s, Mudra, Dhyan & Viva					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
50	100	12 Hrs.	0	0	6	20	80

1. Kriya-s:**20 Marks**

- A. Vyutkram Kapalbhathi
- B. Sheetkram Kapalbhathi
- C. Dugdh-Neti
- D. Baghi(Vaman)
- E. Danddhauti
- F. Naulikriya
- G. Kriya-s as described in 1st semester practical

2. Mudra:**20 Marks**

- A. Mahabandhmudra
- B. Kakimudra
- C. Shanmukhimudra,
- D. Hastmudra – Shankh, Hirday, Vayu, Varuni,
- E. Mudra-s as described in 1st semester practical

3. Assignments & Teaching Practice:**20 Marks**

Each student has to prepare and deliver 10 Lesson Plan

Five Asanas+Three Pranayamas+Three Shatkriyas)

4. Dhyan(Meditation):**10 Marks**

Mantochharanam (Recitation of Mantra-s)

5. Viva:**20 Marks****References Books:**

1. Hatha Yoga Pradipika- Kaivalyadham Lonavala
2. Ghedranda Samhita- Kaivalyadham Lonavala
3. Saral Yogasana-Dr. Ishwar Bharadwaj
4. Asan Pranayam Bandh Mudra- Swami Satyanand Sarasweati



M.A. in Yoga studies		MYS -301					SEMESTER-III
		Patanjalyoga Darshan					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

UNIT – I: INTRODUCTION TO YOGA DARSHANA

- 1.1 Introduction to Yoga Darshana and its author, History and development of Yoga Darshana.
- 1.2 Metaphysics of Yoga Darshana, Nature of Yoga according to Patanjali in light of Vyasabhasya, Tatvavasharadi and Yogavartika
- 1.3 Introduction of traditional commentary of Patanjalyogasutra (Vyasabhasya, Bhojavrtti, Tatvavasharadi and Yogavartika)
- 1.4 Introduction to commentators of Patanjalyogasutra (Bhoja, Vachaspati Mishra, Vijana Bhikshu and Narayantirtha)
- 1.5 Concept of Yoganushasanam, Yoga Lakshanam.

UNIT – II: SAMADHIPADA AND ITS APPLICATIONS

- 2.1 Concept of Citta (Mana, Bhudhi and Ahankar). Citta-Vrittis and its Classification.
- 2.2 Concept of Citta Bhoomis (Kshipta, Mood, Vekshipta, Ekagrara, Nirudha).
- 2.3 Citta-Vikshepas (Antarayas), Concept of Citta-prasadanam, Relevance of Citta-prasadanam in Yoga Sadhana.
- 2.4 Concept of Samadhi and Types of Samadh. Samprajnatah and Asamprajnatah Samadhi, Types of Samapatti.
- 2.5 Concept of Ishwar, Qualities of Ishwar, Ishwarapranidhana, and its relevance in Yogasadhana, Ritambhara-prajna and Adhyatma-prasadanam.

UNIT – III: SADHANPADA AND ITS APPLICATIONS

- 3.1 Concept of kriyayoga of Patanjali, theory of kleshes (Avidya, Ashmita, Raga, Dewesh, Abhinevesh)
- 3.2 Theory Karma, Concept of Dukhavada (Heya, Hetu, Drishta and Drisha-nirupanam Haana, Henopaya), Prakriti and Purusha Samyoga
- 3.3 Concept of Ashtangayoga (Yama and its Siddhis, Niyama and Its Siddhis, Asanas and its siddhis)
- 3.4 Concept of Pranayama and its siddhis (benefits)
- 3.5 Concept of pratyahara and its siddhis



UNIT – IV: VIBHUTIPADA, KAIVALYAPADA AND ITS APPLICATION

- 4.1 Introduction of Dharana, Dhyana and Samadhi, Samyama and its siddhis, three types of cittaprinama.
- 4.2 Bhootjaya, Indriyajaya and their siddhis, Satvapurushanyata Khayati and its siddhis, Vivek jnana nirupanam, kaivalya Nirvachan.
- 4.3 Five Types of Siddhis and jayatyantar parinamh, Concept of Nirman citta and four types of karmas.
- 4.4 Concept of Vasana and Bahaya Pradartha (external element) and its abilities.
- 4.5 Non self illumination of Buddhi and its function, Dharmaamegha Samadhi and infinite knowledge, Mutation of Guna, Karma, Pratiprasavah and Kaivalya.



M.A. in Yoga studies		MYS -302					SEMESTER-III
		Alternative Therapy					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

UNIT – 1 INTRODUCTION TO ALTERNATIVE THERAPY

- 1.1 Alternative Therapy-meaning,concept,areas,importance.
- 1.2 Relation between alternative therapy and yoga.
- 1.3 Accupressure-meaning,history,principles and method.
- 1.4 Equipments of acupressure,benefits of Accupressure ,
- 1.5 Introduction of different pressure points.

UNIT – 2 INTRODUCTION TO PRANIC HEALING

- 1.1 Pranic healing-meaning ,history
- 1.2 Principles of Pranic Healing.Meaning and concept of Prana
- 1.3 Introduction of energy centres.
- 1.4 Different methods pranic healing.
- 1.5 Effect of Pranic Healing in different diseases.

UNIT – 3 INTRODUCTION TO PANCHAKARMA

- 1.1 General Introduction to Panchakarama.
- 1.2 Poorva karma-Snehana,swedan their methods ,benefits and limitations.
- 1.3 Mookhya karma-Vaman,virechan,asthapan vasti,anuvasan vasti,sirovirechan their methods ,benefits and limitations.
- 1.4 Paschat karma-Rasayan and vaajikaran their methods,benefits and limitations.
- 1.5 Effect of Panchakarma on different diseases.

UNIT – 4 INTRODUCTION TO MAGNETIC THERAPY

- 1.1 General Introduction to Magnetic Therapy.
- 1.2 Magnetic Therapy – concept,limitations,principles.
- 1.3 Introduction to Magnets,Types of magnet.
- 1.4 Introduction to Magnetic Gadgets.
- 1.5 Effect of Magnet on different diseases.



Reference Books:

1. Accupressure – Dr. Attar Singh
2. Pranic Healing - Master Cho Kuk Sui
3. Magnetic Therapy – Dr. Chaudhary and Singh
4. Secret of Ayurveda – Acharya Balkrishna



M.A. in Yoga studies		MYS- 303					SEMESTER-III
		Research Methodology					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

UNIT-I: NATURE, METHODS & PROBLEM OF RESEARCH

- 1.1 Meaning, Definition & Nature of Research.
- 1.2 Method of Research- Literature research, Correlation Research & Experimental research.
- 1.3 Need & Importance of research in Yoga Studies.
- 1.4 Problem- Meaning, Nature, Source of Problem.
- 1.5 Classification and Characteristics of a Scientific Problem.

UNIT-II:- HYPOTHESIS & SAMPLING

- 2.1 Nature and types of Hypothesis
- 2.2 Classification of Hypothesis
- 2.3 Meaning & Importance of Sampling.
- 2.4 Essentials of good Sampling.
- 2.5 Methods of Sampling.

UNIT-III: VARIABLE, EXPERIMENTAL CONTROL & METHODS OF DATA CONTROL

- 3.1 Meaning & Types of Variable.
- 3.2 Control of Variable.
- 3.3 Meaning & Nature of Experimental Control.
- 3.4 Methods of data Collection- Observation & Experimental Methods
- 3.5 Methods of data Collection- Questionnaire & Interview Methods

UNIT-IV:-METHODS OF CONTROL, RESEARCH DESIGN & RESEARCH REPORT

- 4.1 Methods of Research Control.
- 4.2 Meaning & Aims of Research Design
- 4.3 Randomized two group Research Design
- 4.4 Single Group Research Design
- 4.5 Research Report- Method and style of research report.

Reference of Books:

1. Research Methods in Behavioral Sciences – H.K. Kapil.
2. Foundation of Behavioral Sciences – Kerlinger



M.A. in Yoga studies		MYS- 304					SEMESTER-III
		Yoga Education					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

UNIT – I: FUNDAMENTALS OF EDUCATION

- 1.1 Education: Meaning, Definition, Aim and Importance; Related Terms: Instruction, Teaching and Training. Components of Education: Teacher, Student and Curriculum; Forms of Education., Agencies of Education
- 1.2 Education in Indian and Western Perspective; Trends in Modern Education: Emphasis on Learning Outcomes, Emphasis on Activity, Recognizing the Student as an Individual, #
- 1.3 Emphasis on Developing Holistic Personality; Philosophical, Psychological, Sociological and Scientific Approaches of Education .
- 1.4 Communication: Role of Language, Voice, Fluency, Clarity and Body Language in Teaching; Audio-Visual Aids in Teaching.
- 1.5 Evaluation: Meaning, Purpose and Importance of Evaluation; Evaluation Devices: Examination, Interview, Group Discussion, Questionnaire; Evaluation of Students, Evaluation of Teacher and Evaluation of Programme

UNIT – II: -YOGA BASED EDUCATION

- 2.1 Yoga Education: Salient Features; Factors of Yoga Education: Teacher, Student and Teaching, Role of a Yoga Teacher in Value oriented Education; Guru-Shishya Parampara and its importance in Yoga Education; Concepts of Para and Aparavidya
- 2.2 Value-based Education: Meaning and Definition; Need and Aim of Value-based Education; Human Excellence through Value-based Education
- 2.3 Values: Meaning and Definition; Types of Values; Significance of Values; Kohlberg's Moral Judgment Theory; Process of Value Determination: Raths, Hermin & Simon Theory; Contribution of Yoga towards Development of Values
- 2.4 Principles of Yoga-Teaching; Requirements of Teaching Yoga: Preparing Lesson Plan, Class Management, Conducting Practical Classes, Indicating Precaution and Contraindication of Practices
- 2.5 Methods of Teaching Yoga: Lecture Method, Demonstration Method, Lecture cum Demonstration Method, Group- Discussion Method, Dramatization Method, Imitation Method, Project Method

UNIT – III: YOGA AND VALUE

- 3.1 Value-based Education: Meaning and Definition; Need and Aim of Value-based Education;
- 3.2 Human Excellence through Value-based Education
- 3.3 Values: Meaning and Definition; Types of Values; Significance of Values; Kohlberg's Moral Judgment Theory.
- 3.4 Process of Value Determination: Raths, Hermin & Simon Theory; Contribution of Yoga towards Development of Values
- 3.5 Principles of Yoga-Teaching; Requirements of Teaching Yoga: Preparing Lesson Plan, Class Management, Conducting Practical Classes, Indicating Precaution and Contraindication of Practices



UNIT-IV: YOGA FOR SOCIAL & SPIRITUAL EDUCATION

- 4.1 Applied Aspects of Yoga Education
- 4.2 Nature and Meaning of Society; Civic Sense; Contribution of Yoga Education towards Social Transformation
- 4.3 Nature and Meaning of National Integration; Patriotic urge; Role of Yoga Education in National Integration
- 4.4 Nature and Meaning of Spiritual Growth; Spiritual Urge; Role of Yoga Education in Spiritual Growth
- 4.5 Human and Universal Perspective of Yoga

BOOKS FOR REFERENCE

Basavaraddi, I.V. (Managing Editor)	Yoga Teachers' Manual for School Teachers; Morarji Desai National Institute of Yoga, New Delhi, 2010
Bhatia, Kamala & Bhatia, B. D.	The Principles and Methods of Teaching, Doaba House, Delhi, 2000.
Duggal, Satyapal	Teaching Yoga The Yoga Institute, Santacruz, Bombay, 1985.
Gavande, E. N.	Value Oriented Education: Vision for Better Living Sarup & Sons, New Delhi. 2002.
Gharote, M.L. & Ganguly, S. K.	Teaching Methods for Yogic Practices Kaivalyadhama, Lonavla, 2001
Ganguly S.K.	Yoga Applied to Physical Education Kaivalyadhama, Lonavla.
Iyengar, B.K.S. & Iyengar, S. Geeta	Basic Guidelines for Teachers of Yoga; Yog, Ramamanilyengar Memorial Yoga Institute, Pune, 2003.
Nagendra, H. R. & Others	Yoga in Education; V. K. Yogas, Bangalore, 1994
Srikrishna	Notes on Basic Principles and Methods of Teaching As Applied to Yogic Practices and A Ready Reckoner of Yogic Practices I.C.Y. Health Centre, Kaivalyadhama, 2009.
Ramkrishna Mission	Value Education



		Ramakrishna Mission, New Delhi, 2002.
	Subrahmanyam, K.	Education in Values Vivekananda Kendra Prakashana Trust, Madras, 2003.
	Saxena, N.R. Swaroop	Philosophical and Sociological Foundation of Education, R. Lall Book Depot, Meerut, 2011.



M.A. in Yoga studies		MYS -305					SEMESTER-III
		Practical -I Asana, Pranayama & Viva					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
50	100	12 Hrs.	0	0	6	20	80

1 Asanas:-**20 Marks****A. In Standing Position:-**

Utkatasan, Utthita-Padangusthasan, Sankatasan, Natrajasan, Padam-Sirshasan,

B. In Sitting Position:

Bakasan, Uttitha-Padamsaan, Badha- Padamsaan, Garbhasan, Kukkutasan, Udrakrshasan, Brahmacharyasan, Uttitha-Ekapada- Sirshasan, , Omkarasan(Pranavasan).

C. In laying on Back(Supine Position):

Naukasana, Suptakonasan,

D. In laying on chest(Prone Position):

Balasana, Purna- Dhanurasana,

2 Asana as described in 1st & 2nd semester**20 Marks****3 Pranayama:****20 Marks**

A. Bahyavritti (Rechaka)

B. Abhyantarvriti (Puraka)

C. Ujjayi kumbhak

D. Pranayama as described in 1st & 2nd semester practical**4 Viva :****20 Marks****Reference book-**

1. Hath Yoga Pradipika- Kaivlyadham Lonavla
2. Gheranda Sanhita- Kaivlyadham Lonavla
3. Saral Yogasana- Dr. Ishwar Bharadwaj
4. Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati
5. Light on Yoga- BKS Iyengar



M.A. in Yoga studies		MYS -306					SEMESTER-III
		Practical -II Kriya-s, Mudra, Dhyan & Viva					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
50	100	12 Hrs.	0	0	6	20	80

1. Kriya-s:**20 Marks**

- Trataka,
- Nauli Sanchalana,
- Vastra dhouti,
- Shankhprakashan,
- Mulshodan
- Kriya-s as described in 1st & 2nd semester practical

2. Mudra-s :**20 Marks**

- Tadagimudra,
- Shambhvimudra,
- Shektichalanmudra.
- Tadagimudra.
- Mudra-s as described in 1st & 2nd semester practical

3. Assignments & Teaching Practice :**20 Marks**

- Each student has to prepare and deliver 10 Lesson Plan
- (Five Asanas+Three Pranayamas+Three Shatkriyas)

4. Viva :**20 Marks****Reference book-**

- Hath Yoga Pradipika- Kaivlyadham Lonavla
- Gheranda Sanhita- Kaivlyadham Lonavla
- Saral Yogasana- Dr. Ishwar Bharadwaj
- Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati
- Light on Yoga- BKS Iyengar



M.A. in Yoga studies		MYS- 401					SEMESTER-IV
		Srimadbhagavadgita					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

UNIT I- GENERAL INTRODUCTION TO BHAGAVADGITA

- 1.1 Introduction to Bhagavadgita and Prasthanatryee.
- 1.2 Bhagavadgita and its different commentaries, their commentators.
- 1.3 Significance of Bhagavadgita as a synthesis of Yoga.
- 1.4 Different types of definitions of Yoga in Bhagavadgita
- 1.5 Bhagavadgita and their relevance in Yoga Sadhana

UNIT II- CONCEPT OF ATMAN, PARAMATMAN AND CHARACTERISTIC OF SITHITA PRAJNA

- 2.1 Concept of Samkhyayoga in Bhagavadgita.
- 2.2 Concept of Sithitaprajna, stages and characteristic of Sithitaprajna.
- 2.3 Concept of Atman (Purusha), Jivatman or individual soul.
- 2.4 Concept of Paramatman (Parmeshwar or Purushotam) their characteristic in Bhagavadgita
- 2.5 Concept of Jnana and Jnanayoga in Bhagavadgita, origin of the world as described in Bhagavadgita.

UNIT III- KARMAYOGA AND BHAKTIYOGA IN BHAGAVADGITA

- 3.1 Concept of karma and Karmayoga in Bhagavadgita.
- 3.2 Concept of Bhakti and Bhaktiyoga, concept of Shraddha and its relevance as described in Bhagavadgita.
- 3.3 Dhyana Yoga together with devotion as described in Bhagavadgita and Nature of Dhyana in Bhagavadgita
- 3.4 Concept of Triguna and the qualities of Sattva, Rajas, and Tamas, in the context of Bhagavadgita.
- 3.5 Concept of and classification of Knowledge, Action, Doer, Reason, Firmness and Joy according to the Triguna.

UNIT IV- ROLE OF BHAGAVADGITA IN HEALTHY LIVING

- 4.1 Role of Bhagavadgita in day to day life.
- 4.2 Concept and classification of Ahara as described in Bhagavadgita.
- 4.3 Ahara and its role in Yoga Sadhana described in Bhagavadgita.
- 4.4 Theory of Adjustment in healthy living as described in Bhagavadgita.
- 4.5 Theory of wisdom with real knowledge of manifest Divinity in Bhagavadgita.



M.A. in Yoga studies		MYS- 402					SEMESTER-IV
		Yoga Therapy					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

UNIT – 1 INTRODUCTION TO YOGA THERAPY

- 1.1 Yoga therapy-meaning, concept and areas.
- 1.2 Limitations, aim of Yoga Therapy.
- 1.3 Principles of Yoga Therapy.
- 1.4 Tools for Yoga Therapy- Yama, niyama, asana, pranayama, shatkarma, mudra-bandha, dhyana.
- 1.5 Importance of Yoga Therapy In modern times.

UNIT-2 CONCEPT OF PRANA, SHATCHAKRA, PANCHAKOSHA AND GENERAL RULES FOR THERAPIST

- 1.1 Concept of Pancha Prana, Shatchakra,
- 1.2 Concept of Panchakosha.
- 1.3 Rules and limitations of Yoga Therapy in different diseases.
- 1.4 Classification of Yoga classes, important rules for Yoga Therapist, rules for patient.
- 1.5 Relation between therapist – patient.

UNIT-3 YOGIC MANAGEMENT OF SOME COMMON DISORDERS-I

- 1.1 Causes, Symptoms and Yogic management for some common disorders
Respiratory disorders-asthma, influenza, sinusitis, cold.
- 1.2 Digestive disorders-constipation, indigestion, low digestive fire, gas.
- 1.3 Circulatory disorders-high blood pressure, low blood pressure, coronary heart disorders.
- 1.4 Skeletal system-arthritis, cervical spondylitis, backache.
- 1.5 Female Problems – problems related to menstruation, leucorrhoea, lower back pain.

UNIT-4 YOGIC MANAGEMENT OF SOME COMMON DISORDERS-II

- 1.1 Endocrine System-Diabetes, thyroidism, obesity.
- 1.2 Reproductive system-impotency and sterility.
- 1.3 Nervous system-anxiety, stress, insomnia.
- 1.4 Sense organs – weak eyes, hearing problem.
- 1.5 Male problems – Hydrocele, prolapse.



Reference Books:

1. Yogic managements of common disorders – Swami karmananda
2. Yoga Therapy:kaivayaladhaam,lonavala – swami Kuvalayanand S.L Vanikar.
3. Yoga Therapy- Shivananda Saraswati
4. Yoga Therapy series books:swami Vivekananda Yoga Prakashan,Bangalore(2000) – Nagarathna r and Nagendra H R



M.A. in Yoga studies		MYS- 403					SEMESTER-IV
		Yoga and Sports Training					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

UNIT – 1 INTRODUCTION OF PHYSICAL EDUCATION AND YOGA

- 1.1 Meaning ,Definition,aim of Physical Education.
- 1.2 History of Physical Education.
- 1.3 Difference and similarities between Asana and Exercise .
- 1.4 Importance of Physical Education in Modern Times.
- 1.5 Importance of Physical Education in Yoga.

UNIT-2 INTRODUCTION TO TRAINING ,ADAPTATION AND OVERLOAD

- 1.1 Training and Coaching- meaning,definition ,aim ,characterstics.
- 1.2 Principles of Sports Training and their importance in Yoga.
- 1.3 Philosophy of Training,qualities of coach ,abilities of coach.
- 1.4 Adaptation,Overload-meaning,definition,principles,causes,symptoms.
- 1.5 Method to overcome overload.Training load-meaning,definition,types and principles.

UNIT-3 INTRODUCTION TO PHYSICAL COMPONENTS

- 1.1 Components of Physical Fitness.
- 1.2 **Strength** – definition,types,characterstics.
- 1.3 **Endurance** – definition,types,characterstics.
- 1.4 **Flexibility** – definition,types,characterstics ,methods to develop flexibility.
- 1.5 **Speed** – definition,types,characterstics. **Coordinative-ability** – definition,type,characterstics.

UNIT-4 INTRODUCTION TO PLANNING AND PERIODISATION

- 1.1 Planning – meaning,principles,
- 1.2 Importance of planning.
- 1.3 Periodisation(preparation,competitive,rehabilitation)
- 1.4 Types of periodisation,
- 1.5 Warming up , cooling down.

Reference Books:

1. Methods and techniques of teaching – S.K Kochar
2. A hand book of education – A.G Sundarans
3. Principles of sports training – Dr.Hardayaal Singh
4. Sports Training – A.K Uppal
5. Sports officiating and Coaching – Dr. Reddy
6. Principles of Physical Education and sports – Dr. K.S Amatre



M.A. in Yoga studies		MYS- 404					SEMESTER-IV
		Essay or Dissertation					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
60	100	3 Hrs.	3	1	0	20	80

A. Dissertation :only those students will take the dissertation who secured 60 percent marks upto 3 semester of Mater in Yoga Studies.

B. Essay: There will be 4 units and the students will select one question from each unit. Each question will carry 20 marks.

- UNIT -1 Nature of Yoga in Indian Scriptures.**
- 1.1 Nature of Yoga in Indian Scriptures.
 - 1.2 Metaphysics of Yoga
 - 1.3 Concept of Moksha in Indian Yogic Scriptures.
 - 1.4 Importance of Yoga in Modern Era.
- UNIT-2 Samkhya, Mayavaad in Vedanta Philosophy, Ashtangyoga & Samdhi.**
- 2.1 Concept of Satkaryavaad /Parinamvaad/Karyakaranvaad.
 - 2.2 Concept of Mayavaad in Vedanta Philosophy
 - 2.3 Concept of Ashtangyoga in Yogasutra.
 - 2.4 Concept of Samdhi in Yogasutra.
- UNIT-3 Schools of Yoga**
- 3.1 Concept of Karmayoga
 - 3.2 Concept of Bhaktiyoga
 - 3.3. Concept of Jnanayoga
 - 3.4 Concept of Rajayoga
- UNIT-4 Shatkarma, Asana, Pranayamna & Yoga Therapy**
- 4.1 Concept of Shatkarma
 - 4.2 Concept of Asana
 - 4.3 Concept of Pranayamna
 - 4.4 Concept of Yoga Therapy



M.A. in Yoga studies		MYS -405					SEMESTER-IV
		Practical -I Asana, Pranayama & Viva					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
50	100	12 Hrs.	0	0	6	20	80

1. Asanas:-**20 Marks****A. In Standing Position:-**

B. Sirsha-Padangusthasan, Pakshiasan, Veerasan, Vipreet-Tittibhasan, Dimbhasan, Padam-Bakasan,

C. In Sitting Position:

D. Aakarna-Dhanurasan, Purvottanasan, Yogmudrasan, Eka-Pada- Rajakpotasan, Parvatasan, Kand-Pidasana, Vrishchikasan, Purna-Matsyendrasan, Padam-Bakasan, Uttitha-Dvipada- Sirshasan

E. In laying on Back(Supine Position):

Halasan, Karnpidasan,

F. In laying on chest(Prone Position) :

Poorna salabhasana, Poorna bhujangasana

2. Asana as described in 1st, 2nd, & 3rd semester**20 Marks****3. Pranayama & Dhyan(Meditation)****20 Marks**

pranayam as described in 1st, 2nd, & 3rd semester pract

4. Viva :**20 Marks****Reference book-**

1. Hath Yoga Pradipika- Kaivlyadham Lonavla
2. Gheranda Sanhita- Kaivlyadham Lonavla
3. Saral Yogasana- Dr. Ishwar Bharadwaj
4. Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati
5. Light on Yoga- BKS Iyengar

M.A. in Yoga studies		MYS -406					SEMESTER-IV
		Practical -II Kriya-s, Mudra, Dhyan & Viva					
Total Lectures	Maximum Marks (MM)	Time	L	T	P	Sessional	End Semester Exam (ESE)
50	100	12 Hrs.	0	0	6	20	80

1. **Kriya:** **20 Marks**
Kriya-s as described in 1st, 2nd, & 3rd semester practical

2. **Mudra:** **20 Marks**
Mudra-s as described in 1st, 2nd, & 3rd semester practical

3. **Seminar, Workshop and Yoga Comps:** **10 Marks**

4. **Yoga Camp:** **10 Marks**

5. **Viva :** **20 Marks**

Reference book-

1. Hath Yoga Pradipika- Kaivlyadham Lonavla
2. Gheranda Sanhita- Kaivlyadham Lonavla
3. Saral Yogasana- Dr. Ishwar Bharadwaj
4. Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati
5. Light on Yoga- BKS Iyengar.

OLD SYLLABUS OF M.A. IN YOGA STUDIES

No.6-38/2005(FSS)HPU(Acd)-
Himachal Pradesh University
Academic Branch-5

To

Dated: 14.07.2008

1. The Chairperson
Department of Yoga Studies, HPU, Shimla-5
2. The Dean
Faculty of Social Sciences, HPU, Shimla-5
3. The Controller of Examination, HPU, Shimla-5
4. The D.R.(Exams), HPU, Shimla-5
5. The A.R.(Eval./Re-eval./Conduct/Secy./Exams, HPU, Shimla-5
6. The Librarian, HPU, Shimla-5
7. The Section Officer, (Exams) Shimla-5

Subject: **SUPPLY OF SYLLABUS OF M.A YOGA STUDIES:**

Sir/Madam,

As per authorizations given to him by the AC/EC in its meeting held on 16.10.2006 & 19.10.2006 vide item no. 10 & 21 respectively, the Vice Chancellor on the recommendations of the BOS in Yoga of its meeting held on 24.09.2007 and further approved by the Faculty of Social Sciences of its meeting held on 15.10.2007 vide item no XII has approved the modified/revised syllabus of M.A in YOGA STUDIES for implementation from the Academic Session 2008-2009. A complimentary copy of the said syllabus is being sent herewith for implementation from the Academic Session 2008-2009.

You are therefore, requested to take further necessary action accordingly.

Yours faithfully,

[Signature]
Dy. Registrar (Academic)
H.P. University, Shimla-5.

Enc: As Above

ing on 18/7/2008
[Signature]
18/7/8
Pl. keep it in
the MA file
Sharma
19/7/08
[Signature]

M.A. I Year
(Yoga Studies)

<u>Code No.</u>	<u>Paper</u>	<u>Paper Name</u>	<u>Max. Marks</u>		<u>9A</u>
				<u>Theory</u>	
101	I	Fundamental of Yogic Science	100	80	20
102	II	Philosophical background of Yoga	100	80	20
103	III	Sadhana & Theory of Hathayoga	100	80	20
104	IV	Human Biology & Yoga	100	80	20
105	V	Practical - I	100	80 Pract.	20
106	VI	Practical - II	100	80 Pract.	20
Total Marks =			600	480	120

योग के आधारभूत तत्व एवं ग्रन्थ (Fundamental of Yogic Science)

Theory 80 + P.A 20 Total=100

- 1- योग का अर्थ, परिभाषाएं एवं परम्पराएं, इतिहास ।
विभिन्न शास्त्रों में योग का स्वस्म : वेद, उपनिषद्, गीता, पुराण तथा जैन दर्शन, बौद्धदर्शन, ब्रह्मदर्शन ।
- 2- योग की विभिन्न परम्पराएँ : भक्तियोग, ज्ञानयोग, कर्मयोग, मन्त्रयोग व लययोग का सामान्य परिचय ।
- 3- योग के आधारभूत ग्रंथ : पातञ्जल योग सूत्र, भगवद्गीता, हठ प्रदीपिका, घेरण्ड स्मृति ।
- 4- योगाभ्यास हेतु उपयुक्त स्थान, समय, वस्त्र, व आहार ।
योगाभ्यास के साधक व बाधक तत्व ।
- 5- विभिन्न योगियों की जीवन साधना एवं योग के क्षेत्र में योगदान-
स्वामी विवेकानन्द, रामकृष्ण परमहंस, बाबा बालकनाथ, स्वामी शिवानन्द, स्वामी रामतीर्थ एवं गोखला नाथ ।

संदर्भ ग्रन्थ :-

1	योग मनोविज्ञान	- सांख्यिकाशा आश्रय
2	वेदों में योग विद्या	- योगेन्द्र प्रह्लाद
3	कल्याण [योगीश्वर]	- गीता प्रेस गोरखपुर
4	उपनिषदों में ज्ञानयोग	- डॉ० ईश्वर भारद्वाज
5	कल्याण [योगतत्त्व]	- गीता प्रेस गोरखपुर
6	Basis of Yoga	- Sri Anrobindo
7	Essays on Yoga	- Shivanand

102] द्वितीय प्रश्न :- योग की दार्शनिक पृष्ठभूमि [गीता एवं सांख्य]

(Philosophical background of Yoga)

Theory 80 + P.A 20 Total= 100 अंक

- 1- सांख्यकारिका के अनुसार दुःख का त्रैविध्य, दुःखापघात के विभिन्न उपाय, प्रमाद का स्वस्म और भेद, पञ्चीस तत्त्वों की उत्पत्ति, सत्कार्यवाद, कुमलब्धि के कारण, व्यक्त-व्यक्त विवेचन ।
- 2- सांख्यकारिका के अनुसार गुणों का स्वस्म, पुरुष सिद्धि, प्रकृति की सिद्धि, पुरुष बहुत्व, बुद्धि के आठ धर्म, त्रयोदाश कारण, सूक्ष्मशरीर, बन्ध सिद्धि, मोक्ष ।

- 3- गीता के अनुसार आत्मा का स्वरूप, योग के विभिन्न लक्षण, स्थित प्रज्ञता § अध्याय 2§, कर्म सिद्धान्त, लोक संग्रह, धर्म का स्वरूप § अध्याय 3§, यज्ञ का स्वरूप, ज्ञान की अग्नि § अध्याय 4§ ।
- 4- गीता के अनुसार संन्यास का स्वरूप, मोक्ष में संन्यास की उपदेयता § अध्याय 5§, ज्ञान का उपाय § अध्याय 6§, अभ्यास और वैराग्य, ध्यान § अध्याय 6§, माया का स्वरूप § अध्याय 7§, ईश्वर की विभूतियाँ § अध्याय 10 § ।
- 5- गीता के अनुसार ईश्वर का विराट् स्वरूप, निष्काम कर्मयोग, भक्तियोग, ज्ञानयोग § अध्याय 12§, क्षेत्र एवं क्षेत्रज्ञ § अध्याय 13§, प्रवृत्ति एवं निवृत्ति § अध्याय 14§, त्रिविध श्रद्धा § अध्याय 17§ ।

सन्दर्भ ग्रन्थ :-

- | | | |
|----|------------------------|----------------------------|
| 1- | श्रीमद्भगवद्गीता | - व्यास |
| 2- | श्रीमद्भगवद्गीता भाष्य | - आचार्य शंकर |
| 3- | श्रीमद्भगवद्गीता भाष्य | - लोकमान्य तिलक |
| 4- | श्रीमद्भगवद्गीता भाष्य | - सत्यप्रत सिद्धान्तालंकार |
| 5- | सांख्यतत्त्व कौमुदी | - वाचस्पति मिश्र |
| 6- | सांख्य प्रवचन भाष्य | - विज्ञानभिक्षु |
| 7- | सांख्य कारिका | - ईश्वरकृष्ण विरचित |

§ 103§ तृतीय प्रश्नपत्र :- हठयोग : साधना व सिद्धान्त Theory - 80
 (Sadhana & Theory of Hathyoga) 1A - 20
 Total - 100

§क§ हठयोग प्रदीपिका

- 1- हठयोग की परिभाषा, अभ्यास हेतु उचित स्थान, ऋतु, काल । साधना में साधक व बाधक तत्त्व ।
- 2- हठयोग प्रदीपिका में वर्णित आसनो की विधि व लाभ । प्राणायाम की परिभाषा, प्रकार विधि व लाभ । प्राणायाम की उपयोगिता । बट्कर्म वर्णन - धौति, बस्ति, नेति, नौलि, ट्राटक व कापालभाति की विधि व लाभ ।
- 3- बन्ध-मुद्रा वर्णन-महामुद्रा, महाबन्ध, महावेध, खेचरी, उड्डीयान बन्ध, जालंधरबन्ध, मूलबन्ध, विपरीतकरणी, बज्रौली, शक्तिचालिनी । समाधि का वर्णन । नादानुसंधान । कुण्डलिनी का स्वरूप, जागरण के उपाय ।

४४४ घेरण्ड संहिता

- 4- सप्त साधन, घेरण्ड संहिता में वर्णित बट्कर्म - धौति, बस्ति, नेति, नौलि, श्राटक कपालभाति की विधि, तावधानियाँ व लाभ ।
- 5- घेरण्ड संहिता के आसन, प्राणायाम, मुद्राएँ, प्रत्याहार, ध्यान व समाधि का विवेचन ।

सन्दर्भ ग्रन्थ :-

- | | |
|------------------|-------------------------------|
| 1- हठप्रदीपिका | -प्रकाशक कैवल्यधाम, लोणावला । |
| 2- घेरण्डसंहिता | -प्रकाशक कैवल्यधाम, लोणावला । |
| 3- गोखलसंहिता | -गोखलनाथ |
| 4- भक्ति सागर | -स्वामी चरणदास |
| 5- उपनिषद्संग्रह | -प्रकाशक मोतीलाल बनारसीदास |
| 6- बहिरंगयोग | -स्वामी योगेश्वरानन्द |
| 7- योगासनविज्ञान | -स्वामी धीरेन्द्र ब्रह्मचारी |

१०४४ चतुर्थ प्रश्नपत्र :- मानव जीवविज्ञान एवं योग (Human Biology & Yoga)

Theory 80 + SA 20 = 100 अंक

- 1- शरीर की परिभाषा, अङ्गत्व । पुरुष के आधुर्वेदोक्त चार भेद -चेतनाधातु पुरुष, चतुर्विंशति तत्त्व, पुरुष, पञ्चविंशति तत्त्व पुरुष, षड्धातु पुरुष । मन का स्थान, मन के कर्म के सन्दर्भ में ध्यान-समन्वय ।
- 2- अस्थि व पेशी तन्त्र की रचना व क्रिया तथा उन पर योग का प्रभाव । प्राण की परिभाषा व भेद । श्वसनतन्त्र की रचना व क्रिया के परिप्रेक्ष्य में प्राणायाम का महत्त्व ।
- 3- रक्त परिवर्तन तन्त्र - रक्त, हृदय की रचना व क्रिया और उन पर योग का प्रभाव । पाचन एवं उत्सर्जन तन्त्र की रचना व क्रिया तथा मिताहार एवं बस्ति की उपादेयता ।
- 4- तन्त्रिका तन्त्र एवं ज्ञानेन्द्रियों की रचना तथा क्रिया मस्तिष्क, सुषुम्ना तथा ज्ञानेन्द्रियों के सन्दर्भ में भेतिक्रिया का महत्त्व । अन्तःप्राची ग्रन्थियों की रचना व क्रिया तथा उन पर योग का प्रभाव ।
- 5- त्रिदोष, सप्तधातु व मल के स्थान, गुण, कर्म के परिप्रेक्ष्य में प्रोक्तसर्वह संस्थान वर्णन । शरीर में बट्कर्म की स्थिति, क्रिया और उसका प्रथमहाभूतत्व ।

सुन्दर ग्रन्थ :-

- | | |
|-------------------------------|---------------------------|
| 1- सुष्ठु शरीर स्थानः | - गोविन्दभास्कर घाणेकर |
| 2- शरीर रचना विज्ञान | - डॉ० मुकुन्दस्वरूप वर्मा |
| 3- शरीर क्रिया विज्ञान | - डॉ० प्रियव्रत शर्मा |
| 4- शरीर रचना व क्रिया विज्ञान | - डॉ० एस.आर. वर्मा |

॥ 105 ॥ पंचम प्रश्नपत्र :- क्रियात्मक प्रथम (Practical -I)

100 अंक ॥ 80+20 ॥
Pract. + TA

॥ अ ॥ आसन :- 45 अंक

॥ क ॥ व्यायामात्मक आसन :-

॥ I ॥ लेटकर करने वाले आसन :- धनुः, सुप्तवज्र, मत्स्य, शलभ, भुजंग, चक्र, उत्तानपाद, नौका, सुप्तपवनमुक्त, सवांग, शव, बाल ।

॥ II ॥ बैठकर करने वाले आसन :- सिंह, गोमुख, अर्धमत्स्येन्द्र, मोरदा, पश्चिमोत्तान, काग, उत्कट, कूर्म, मण्डूक, वृक्ष, उत्थितमूढ, वक्र, वक्र, सुप्तवज्र उत्तान कूर्म, उत्तानमण्डूक, दण्ड ।

॥ III ॥ खड़े होकर करने वाले आसन :- उर्ध्वहस्तोत्तान, गरुड, कोण, आवत्थ, ताड, त्रिकोण, शीर्ष, पादहस्त, कटिचक्र, वातायन, हस्तपादागुण्ठ ।

॥ ख ॥ सूर्यनमस्कार

॥ ग ॥ ध्यानात्मक आसन :- सिंह, पद्म, वज्र, स्वस्तिक ।

॥ घ ॥ विश्रामात्मक आसन :- शव, मकर, शिथिल, शयन ।

॥ ब ॥ षट्कर्म :- 25 अंक

- | | |
|----------|------------------------|
| ॥ i ॥ | गजकरणी |
| ॥ ii ॥ | बाधी |
| ॥ iii ॥ | शंख प्रक्षालन |
| ॥ iv ॥ | जलनेति |
| ॥ v ॥ | सूत्रनेति |
| ॥ vi ॥ | दुग्धनेति |
| ॥ vii ॥ | घृतनेति |
| ॥ viii ॥ | गणेशक्रिया ॥ मूलशोधन ॥ |
| ॥ ix ॥ | नौलि |
| ॥ x ॥ | कंपालभाति |

॥ अ ॥ प्रश्नोत्तर :- 15 अं

- ॥ i ॥ नाडीशोधन
- ॥ ii ॥ अग्नि
- ॥ iii ॥ उज्जायी
- ॥ iv ॥ जीह्वारो
- ॥ v ॥ जीह्वी
- ॥ vi ॥ बाह्यशक्ति
- ॥ vii ॥ आन्तरिकशक्ति
- ॥ viii ॥ तन्त्रशक्ति

॥ द ॥ छान्दोग्य :- 10 अं

- ॥ i ॥ महाछान्दोग्य
- ॥ ii ॥ महाब्रह्म
- ॥ iii ॥ महाबोध
- ॥ iv ॥ उच्छ्वासान्द
- ॥ v ॥ ब्रह्मब्रह्म
- ॥ vi ॥ ब्रह्मब्रह्म
- ॥ vii ॥ विपरीतकारण
- ॥ viii ॥ तद्वागी
- ॥ ix ॥ शान्ति
- ॥ x ॥ कांटी

॥ घ ॥ ध्यान :- 5 अं

॥ 10 ॥ बन्धन :- द्वितीय, शिक्षण अभ्यास एवं मौखिकी
(Practical-II, Teaching Practice & Viva-Voce)

100 अं 100+20
Pract. + 1A

॥ व ॥ शिक्षण अभ्यास :- 40 अं

इसके अन्तर्गत छात्र को 15 पाठ योजना तैयार करनी होगी जिनमें 6 वाक्य, 3 प्रश्नोत्तर, 3 शोधप्रश्न तथा 1 मुद्रा होगी। बाह्य परीक्षा द्वारा छात्र की निश्चित व व्यावहारिक परीक्षा ली जाएगी।

॥ 3 ॥ मौखिकी :- 40 अं

M.A. II Year
(Yoga Studies)

<u>Code No.</u>	<u>Paper</u>	<u>Paper Name</u>	<u>Max. Marks</u>		
201	I	Patanjala yoga sutra	100	80	20
202	II	Yoga & Health	100	80	20
203	III	Research & Stastistical Methodology	100	80	20
204	IV	Dissertation/Essay	100	80	20
205	V	Practical- I (Higher Yogic Practices)	100	80	20
206	VI	Practical - II (Higher Yogic Practices and viva-voce)	100	80	20
Total Marks =			600	480	120

द्वितीय खण्ड : Part- II

12011 प्रश्न प्रश्नः - पातंजल योग सूत्र (Patanjala Yoga Sutra)

Theory 80 + 3A 20 = 100 अंक

1. योग की परिभाषा, चित्त की भूमिका, क्लेश की वृत्तियाँ, अभ्यास और वैराग्य, समाधि के भेद, ईश्वर व ईश्वर प्रणिधान, योगान्तराय, चित्तशुद्धि के उपाय, तन्त्राचार्य प्रश्न ।
2. क्रियायोग, पंचकलेश, कर्माशय, दुःख का स्वरूप, चतुर्वर्गवाद, विवेक उपाति, तत्पथा प्रश्न ।
3. योग के आठ अंग, यम-नियम महाव्रत का स्वरूप, चित्त विवेचन, यम सिद्धि का फल, नियम सिद्धि का फल, प्राणायाम का फल, प्रत्याहार का फल ।
4. धारणा, ध्यान और समाधि, संयम, चित्त का परिणाम, विभूति और उसके भेद, कैवल्य का स्वरूप ।
5. सिद्धि के पाँच भेद, निर्माण चित्त, कर्म के भेद, द्रष्टा और दृश्य, धर्ममेघ समाधि, इन्द्र का स्वरूप, स्वप्न प्रतिष्ठान ।

सन्दर्भ ग्रन्थ :-

- | | |
|-------------------------|--------------------|
| 1. योग सूत्र | - वाचस्पति मिश्र |
| 2. योगसूत्र योगवार्तिक | - विज्ञानभिक्षु |
| 3. योगसूत्र भास्वतीटीका | - हरिहरानन्द आरण्य |
| 4. योगसूत्र राजमार्तण्ड | - भोजराज |
| 5. पातंजल योग प्रदीप | - ओमानन्द तीर्थ |
| 6. पातंजल योग विमर्श | - विजयपाल शास्त्री |
| 7. ध्यानयोग प्रकाश | - लक्ष्मणानन्द |
| 8. योग दर्शन | - राजदीर शास्त्री |

Theory - 80
3 A. 20

12022 द्वितीय प्रश्नः - योग एवं स्वास्थ्य (Yoga & Health) Total = 100 अंक

1. स्वास्थ्य की परिभाषा । स्वास्थ्य पुष्टि के लक्षण । स्वास्थ्य का प्रयोजन । दिनचर्या- भोजनोद्योग, व्यायाम-व्यायाम की परिभाषा, योग्यायोग्य, प्रकार, लाभ । अभ्यास की उपयोगिता व प्रकार । स्नान के लाभ, ऋतु एवं दोष के अनुसार स्नान । संध्योपासना । योगाभ्यास । रात्रिचर्या-निद्रा एवं ब्रह्मचर्य । ऋतुचर्या - ऋतु विभाजन, ऋतु के अनुसार दोषों का संचय, प्रकोप व प्रशमन । सङ्कृत एवं आचार स्थापन ।
2. आहार की परिभाषा, आहार के गुण व कर्म । आहार के घटक द्रव्य- कार्बोज, कसा, प्रोटीन, अन्न पदार्थ, जीवनीय तत्व, जल । आहार की मात्रा व काल, संतुलित आहार । दुग्धाहार, क्साहार, अक्वाहार,

मिताहार, उपवास । शाकाहार के उप, मांसाहार के अलगुण ।
अशुभित आहार के लाभ, योगाभ्यासी के लिए निषिद्ध आहार ।

3. निम्नलिखित रोगों का लक्षण, कारण व यौगिक उपचार-अग्निमान्द्य, अजीर्ण, पीलिया, कोष्ठबद्धता, अम्लपित्त, ग्रहणी {कोलाइटिस}, दमा, उच्च व निम्न रक्तचाप, गृध्सी {साइटिका}, आगजात {अर्थराइटिस}, वातरक्त {गठिया} ।
4. नाभिटलना, चर्मरोग, प्रतिय्याय, कर्णबाधिर्य, नासाङ्गरुद्धि {पोलीपस}, वाल झड़ना, दृष्टिदोषिता, गर्दन दर्द {सर्वाइकल स्पोण्डोलाइटिस}, धातुदोर्बल्य, मधुमेह, बौनापन । स्त्रीरोग- कण्टार्तव, शतैतप्रदर, कटिथल ।
5. कतिपय मानसिक रोगों के यौगिक उपचार-अवसाद, उडिग्नता, तनाव, निराशा, अपराध भाव ।

सुन्दर्भ ग्रन्थ :-

- | | |
|-----------------------|----------------|
| 1. स्वस्थवृत्तविज्ञान | -रामहर्ष सिंह |
| 2. यौगिक चिकित्सा | - कुलपानन्द |
| 3. योग से आरोग्य | - कालिदास जोशी |

203 तृतीय प्रश्नपत्र :- योग एवं मानव चेतना हेतु अनुसंधान एवम् सांख्यिकीय विधियाँ

(Research and Statistical Methodology for Human Consciousness & Yoga Science)

Theory 80 + 20 = Total 100

1. अनुसंधान का स्वल्प, वैज्ञानिक विधि, योग में अनुसंधान का महत्त्व । समस्या- अर्थ एवं स्वल्प, परिकल्पना का स्वल्प एवं कथन । प्रतिदर्श - अर्थ एवं चयन विधियाँ ।
2. अनुसंधान विधियाँ - निरीक्षण - विधि, सह सम्बन्धात्मक विधि, प्रयोगात्मक विधि । नियन्त्रण -स्वल्प, स्वतन्त्र व आश्रित चर, नियन्त्रण विधियाँ । प्रायोगिक अनुसंधान विधियाँ - प्रायोगिक अभिकल्प, शोध अभिकल्प {दो यादृच्छिक अभिकल्प, कारकीय अभिकल्प} ।
3. सांख्यिकी का अर्थ एवं महत्त्व, अनुसंधान आँकड़ों का प्रस्तुतीकरण एवं वितरण- आवृत्ति वितरण, लेखाचिन्नीय बन । केन्द्रीय प्रवृत्ति के माप - व्यवस्थित व अव्यवस्थित आँकड़ों का मध्यमान, मध्यांक एवं बहुलॉक की गणना । विचलन के माप - प्रसार क्षेत्र, चतुर्थ और प्रामाणिक विचलन ।
4. सामान्य वक्र - अर्थ, महत्त्व और उपयोग । सहसम्बन्ध - अनुक्रम अन्तर और गुणन विभ्रमिबा । प्रतिगमन - प्रतिगमन समीकरण, विचलनस्य और प्रोप्तांक स्य, अनुमान की प्रामाणिक अटि । काई स्व्वायर परीक्षण ।

5. मध्यमान की सार्थकता, मध्यमानों के मध्य के अन्तर की सार्थकता, आलोचनात्मक अनुपात, टी. परिमाणन, एनोवा ।

सुन्दर ग्रन्थ :-

- | | |
|---|--------------------|
| 1. अनुसंधान विधियाँ | - एच. के. कपिल |
| 2. मनोविज्ञान एवं शिक्षा में सांख्यिकी | - गैरेट |
| 3. Foundation of Behavioural Research | - Kerlinger |
| 4. Research Methods in Behavioural Sciences | - Festinger & Katz |
| 5. Statistics in Psychology and Education | - Garrat |

204 चतुर्थ प्रश्नपत्र :- [क] लघु शोध प्रबन्ध (Dissertation)

Theory 80 + AA 20 = Total = 100 अंक

केवल वही छात्र लघु शोध प्रबन्ध ले सकेंगे जिनके प्रथम खण्ड के अंक [सैद्धान्तिक व क्रियात्मक] 55 प्रतिशत होंगे । यह प्रबन्ध 15 या उससे पूर्व जमा कराना होगा ।

अथवा

[ख] निबन्ध (Essay)

100 अंक

परीक्षण प्रत्येक इकाई से एक निबन्ध प्रश्नपत्र में देगे तथा केवल एक ही निबन्ध 20-25 पृष्ठों में परीक्षार्थी द्वारा लिखा जाएगा ।

इकाई- 1

1. भारतीय वाङ्मय में योग का स्वल्प
2. आधुनिक संदर्भ में योग की उपयोगिता
3. योगदर्शन की तत्त्वमीमांसा
4. भारतीय वाङ्मय में मोक्ष

इकाई -2

1. सत्कार्यवाद
2. मायावाद
3. योगिक विभूतियाँ
4. समाधि

इकाई-3

1. राजयोग
2. ज्ञानयोग
3. भक्तियोग
4. कर्मयोग

अध्याय - 4

1. स्वामी दयानन्द और उनकी योगसाधना
2. श्री अरविन्द एवं उनकी योगसाधना
3. स्वामी कुवलयानन्द और उनका योग के क्षेत्र में योगदान
4. स्वामी लक्ष्मणानन्द सरस्वती एवं उनका योग के प्रचार-प्रसार में योगदान

§ 205 § पंचम प्रश्नपत्र :- द्विषात्मक-प्रथम उच्चस्तरीय योगिक क्रियाएं
(Practical-I (Higher Yogic Practices)
100 अंक § 80+20 §
Pract + 9A

§ अ § आसन :- 45 अंक

व्यायामात्मक आसन :-

§ I § लेटकर करने वाले आसन :- हल उप्तवृश्चिक, तद्विषासन, प्रणव, कर्णपीड, बालासन ।

§ II I § बैठकर करने वाले आसन :- वृश्चिक, मत्स्येन्द्र, मयूर, कुक्कुट, ब. पद्म, योग, उन्द्र, धनमन, आकर्णधनुः, पर्वत, पादाङ्गुष्ठ, गर्भ, ब्रह्मचर्य, पद्मक, जानुश्रीर्ष, उदराकर्ष, तोलाङ्गुल, पद्ममयूर, कंदपीड, उत्थितद्विपादकधरासन ।

§ II II § खड़े होकर करने वाले आसन :- वीर, कृश, पक्षी, पादाङ्गुष्ठना-सास्पर्शासन, महावीर, झंकट, नटराज ।

उपरोक्त आसनों के अतिरिक्त प्रथम खण्ड में वर्णित आसन ।

§ ब § शोधन क्रियाएं :- 35 अंक

§ 1 § वस्त्रधोति

§ 11 § जलबस्ति

§ 111 § पवनबस्ति

§ 1v § नौलि जवाहन

§ v § दण्डधोति

§ v1 § श्राटक तथा प्रथम खण्ड में वर्णित शोधन क्रियाएं

§ 206 § द्विषात्मक द्वितीय - उच्चस्तरीय योगिक क्रियाएं एवं मौखिकी

§ स § प्राणायाम :- 20 अंक

100 अंक § 80+20 §

Pract. + 9A

§ 1 § भस्त्रिक

§ 11 § आमर

§ 111 § बाह्याभ्यन्तर विषयालोपी तथा प्रथम खण्ड में वर्णित प्राणायाम

SYLLABUS AND SCHEME OF EXAMINATION

For

M.Phil/Ph.D. Course Work and

Entrance Test Scheme

(w.e.f. 2016-2017)



Department of Yoga Studies
Faculty of Social Science
Himachal Pradesh University
Summer Hill, Shimla-171005

M. PHIL SYLLABUS IN YOGA STUDIES W.E.F. 2016-17 ONWARD

The M. Phil course will be one year duration divided into two semester caring total 300 marks.

SEMESTER-I

Course No. I	Name of the Papers	Marks
PYS-101	Area of Research in Yoga	75
	Seminar	25
PSY-102	Research Methodology & Statistics in Yoga	75
	Book Review	<u>25</u>
	TOTAL:	<u>200</u>

Note:-

1. Theory Paper: For regular students each theory paper will be of 75 marks and duration of theory paper will be 3 hours. In each theory paper 10 Questions are to be set and candidate has to attempt only 5 Questions. All questions will carry equal marks.
2. The seminars and one book review will be evaluated by the Department teachers/staff council.

SEMESTER-II

3	DISSERTATION	100
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The division of 100 marks will be as given below:

(i)	Dissertation Writing	75
(ii)	Dissertation viva-voce	<u>25</u>
	Total: -	<u>100</u>

M.PHIL - SEMESTER: 1st

COURSE NO.I AND II

PAPER-I: AREAS OF RESEARCH IN YOGA (As per Appendix-I)

PAPER-II: RESEARCH METHODOLOGY

& STATISTICS IN YOGA (As per Appendix-I)

M.PHIL - SEMESTER: 2nd - COURSE NO.III

COURSE NO-III DISSERTATION

MAXIMUM MARKS = 100

The division of 100 marks will be as given below:-

(i)	Dissertation Writing	75
(ii)	Dissertation viva-voce	<u>25</u>
	Total: -	<u>100</u>

M.Phil/Ph.D. COURSE WORK
Department of Yoga Studies

PYS-101: Paper-I, Areas of Research in Yoga

[Total Marks: 100= Theory: 75 + Seminar: 25]

Unit-1 Philosophical Areas-

Brief introduction of Vedas, Upanishads, Indian Philosophy, Puranas, Smritis, Sri Madbhagvad Gita, Mahabharata, Ramayana, Ayurveda and possible areas of their research with examples.

Unit-2 Literary Areas-

Brief introduction of Patanjali Yoga Sutras, Hathpradipika, Gherand Samhita, Charandaskrit Astangyoga , Shivswarodaya, Gorakhsatakam, and their possible yogic areas of research with examples.

Unit-3 Life Sketches and their contributory Areas-

Brief Life-sketches of Saint Raman Maharshi, Yogananda, Swami Charandas, Sri Aurobindo, Swami, Ramakrishna Paramhansh, Vivekanand, Swami Shivanand Saraswati, and Swami Kuvalayananda and their contribution in yogic field with respect to possible research areas.

Unit-4 Health and Therapeutic Areas-

Basic knowledge of Diet and Health based norms of Swara Yoga and possible areas of research, Yogic Therapy- its concepts, scope and principles. Possible areas of research with examples for therapeutic research on physiological, psychosomatic and psychological disorders. Relationship of Yogic therapy with some important Alternative therapies and possible areas of its research with examples.

Unit-5 Educational Areas-

Form, principles and methodology of Yogic education for primary, high/ higher education in schools and colleges, their possible areas of research. Essential elements for implementation of Yogic education in schools /colleges and their implications and their possible areas of research. Role of Yogic Education in Social problems, Administrative problems, Physical Education, Games & Sports and Moral Education; and their possible areas of research

M. Phil/Ph.D. COURSE WORK
DEPARTMENT OF YOGA STUDIES

Paper-II, Research Methodology & Statistics in Yoga
PYS-102 **[Total Marks: 100= Theory: 75 + Book Review: 25]**

UNIT-1: NATURE AND TYPES OF RESEARCH, PROBLEM, HYPOTHESIS AND SAMPLING

- Research: Purpose and Nature of Research, Basic Elements of Research (Selection of Research-Area and Subject, Formation of Outline, Collection of Research Material, Analysis and Method of Classification, Primary and Secondary Sources of Research), Types of Yoga Research: Literary Research and Empirical Research.
- Literary Research: Assumption of Literary Research, Elements and Theories of Literary Research, Types of Literary Research (Historical Research, Comparative Research, Explanatory Research and Critical Research), Need and Importance of Research in Yoga.
- Empirical Research: Observation, Correlation and Experimental Research.
- Problem: Nature, Sources and Types of Problem, Characteristics of a Scientific Problem, Considerations in Selection of Problem.
- Hypothesis: Nature and Types of Hypothesis (Null Hypothesis)
- Sampling: Meaning and Significance of Sampling, Techniques of Probability and Non-Probability Sampling

UNIT-2: TECHNIQUES OF DATA COLLECTION, VARIABLES, EXPERIMENTAL CONTROL, RESEARCH DESIGNS AND RESEARCH REPORT WRITING

- Techniques of Data Collection: Observation Method, Experimental Method, Questionnaire, Interview
- Variables: Meaning and Types of Variables, Manipulation of Independent and Dependent Variables
- Experimental Control: The Nature and Problem of Experimental Control, Techniques of Control: Elimination, Constancy of Conditions, Balancing, Counter Balancing, Randomization
- Research Designs: Meaning and Purpose of Research Design, Randomized Group Designs and Factorial Designs
- Research Report Writing: Method and Style of Research Report writing

UNIT-3: DESCRIPTIVE STATISTICS

- Basic Concepts: Meaning, Nature and Application of Statistics, Nature and Scales or levels of Measurement
- Graphical Representation of Data: Frequency Polygon and Histograms
- Measures of Central Tendency: Calculation of Mean, Median and Mode (Ungrouped Data and Grouped Data)
- Measures of Variability: Range, Quartile Deviation and Standard Deviation
- The Normal Distribution: Meaning, Properties and Applications of Normal Probability Curve (NPC)
- Correlation: Meaning, Calculation of Coefficient of Correlation: Product Moment Method and Rank-Difference Method

UNIT-4: PREDICTION AND INFERENCES

- Regression: Regression Equations and Prediction
- Significance of the Mean
- Significance of the difference between Means of Two Groups (Independent group and Correlated Group): Critical-Ratio test and t-test
- Chi-Square test
- Analysis of variance: One Way ANOVA

UNIT-5: PRACTICAL KNOWLEDGE OF COMPUTER

1. MS Office, M S-Word: Text formatting, M.S. Power Point: Creating presentations and adding effects.
2. Introduction to Internet. Usage of Webs as a tool for literature survey.
3. Use of E Journals,
4. Use of E- library.

SYLLABUS AND SCHEME OF EXAMINATION
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Faculty of Social Science
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Summer Hill, Shimla-171005

M.Phil/Ph.D. COURSE WORK
Department of Yoga Studies

PYS-101: Paper-I, Areas of Research in Yoga

[Total Marks: 100= Theory: 75 + Seminar: 25]

Unit-1 Philosophical Areas-

Brief introduction of Vedas, Upanishads, Indian Philosophy, Puranas, Smritis, Sri Madbhagavad Gita, Mahabharata, Ramayana, Ayurveda and possible areas of their research with examples.

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Brief introduction of Patanjali Yoga Sutras, Hathpradipika, Gherand Samhita, Charandaskrit Astangyoga, Shivswarodaya, Gorakhsatakam, and their possible yogic areas of research with examples.

Unit-3 Life Sketches and their contributory Areas-

Brief Life-sketches of Saint Raman Maharshi, Yogananda, Swami Charandas, Sri Aurobindo, Swami, Ramakrishna Paramhansa, Vivekananda, Swami Shivananda Saraswati, and Swami Kavalayananda and their contribution in yogic field with respect to possible research areas.

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Basic knowledge of Diet and Health based norms of Swara Yoga and possible areas of research, Yogic Therapy- its concepts, scope and principles. Possible areas of research with examples for therapeutic research on physiological, psychosomatic and psychological disorders. Relationship of Yogic therapy with some important Alternative therapies and possible areas of its research with examples.

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Form, principles and methodology of Yogic education for primary, high/ higher education in schools and colleges, their possible areas of research. Essential elements for implementation of Yogic education in schools /colleges and their implications and their possible areas of research. Role of Yogic Education in Social problems, Administrative problems, Physical Education, Games & Sports and Moral Education; and their possible areas of research

M. Phil/Ph.D. COURSE WORK
DEPARTMENT OF YOGA STUDIES

Paper-II, Research Methodology & Statistics in Yoga
PYS-102 [Total Marks: 100= Theory: 75 + Book Review: 25]

UNIT-1: NATURE AND TYPES OF RESEARCH, PROBLEM, HYPOTHESIS AND SAMPLING

- Research: Purpose and Nature of Research, Basic Elements of Research (Selection of Research-Area and Subject, Formation of Outline, Collection of Research Material, Analysis and Method of Classification, Primary and Secondary Sources of Research), Types of Yoga Research: Literary Research and Empirical Research.
- Literary Research: Assumption of Literary Research, Elements and Theories of Literary Research, Types of Literary Research (Historical Research, Comparative Research, Explanatory Research and Critical Research), Need and Importance of Research in Yoga.
- Empirical Research: Observation, Correlation and Experimental Research.
- Problem: Nature, Sources and Types of Problem, Characteristics of a Scientific Problem, Considerations in Selection of Problem.
- Hypothesis: Nature and Types of Hypothesis (Null Hypothesis)
- Sampling: Meaning and Significance of Sampling, Techniques of Probability and Non-Probability Sampling

UNIT-2: TECHNIQUES OF DATA COLLECTION, VARIABLES, EXPERIMENTAL CONTROL, RESEARCH DESIGNS AND RESEARCH REPORT WRITING

- Techniques of Data Collection: Observation Method, Experimental Method, Questionnaire, Interview
- Variables: Meaning and Types of Variables, Manipulation of Independent and Dependent Variables
- Experimental Control: The Nature and Problem of Experimental Control, Techniques of Control: Elimination, Constancy of Conditions, Balancing, Counter Balancing, Randomization
- Research Designs: Meaning and Purpose of Research Design, Randomized Group Designs and Factorial Designs
- Research Report Writing: Method and Style of Research Report writing

UNIT-3: DESCRIPTIVE STATISTICS

- Basic Concepts: Meaning, Nature and Application of Statistics, Nature and Scales or levels of Measurement
- Graphical Representation of Data: Frequency Polygon and Histograms
- Measures of Central Tendency: Calculation of Mean, Median and Mode (Ungrouped Data and Grouped Data)
- Measures of Variability: Range, Quartile Deviation and Standard Deviation
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- Correlation: Meaning, Calculation of Coefficient of Correlation: Product Moment Method and Rank-Difference Method

UNIT-4: PREDICTION AND INFERENCES

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- Significance of the Mean
- Significance of the difference between Means of Two Groups (Independent group and Correlated Group): Critical-Ratio test and t-test
- Chi-Square test
- Analysis of variance: One Way ANOVA

UNIT-5: PRACTICAL KNOWLEDGE OF COMPUTER

5. MS Office, M S-Word: Text formatting, M.S. Power Point: Creating presentations and adding effects.
6. Introduction to Internet. Usage of Webs as a tool for literature survey.
7. Use of E Journals,
8. Use of E- library.

SYLLABUS FOR DIPLOMA IN YOGA STUDIES
FOR
REGULAR STUDENTS

(w.e.f. 2016-2017)



Department of Yoga Studies
Faculty of Social science
Himachal Pradesh University
Summer Hill, Shimla-5

**SYLLABUS FOR DIPLOMA IN YOGA STUDIES
FOR
REGULAR STUDENTS**

**PAPER I
CONCEPT OF YOGA AND ITS TRADITIONAL ASPECTS**

DIPLOMA IN YOGA STUDIES		DYS-C 101		
Maximum Marks 100		Int.ass. 20	THEORY 80	Duration of exam 3 hrs.
1 2 3 4 5	Unit-1 Introduction of Yoga Etymology, Meaning and Misconceptions of Yoga. Objects/ importance and aims of Yoga. Importance of Time, place and season. Helpful and disturbing aspects of Yoga. Ethics of Yoga: Yama-s and Niyama-s according to Patanjalyogasutra.			
1 2 3 4 5	Unit-2 Classification and Sacred Text of Yoga Yoga in Veda-s, Upanishad-s, Purana-s, Yoga in Smrit-s Srimadbhagvadgeeta, Yoga in Nāth tradition and Āyurveda. Karmayoga, Bhaktiyoga, Jainyoga. Rajayoga. Hathyoga, Astangayoga			
1 2 3 4 5	Unit-3 Foundation of Yoga Twenty five elements of creation (according to Samkhya Shastra). Doctrine of threee Guna-s: Sattava, Rajas and Tamas, Prakriti, Purusha, Bandha and Moksha. Theory of Klesha, Chitta and its stages, various Vrittis. Various methods of Vritti control: Abhyas and vairagya and Ishwar-pranidhan etc.			
1 2 3 4 5	Unit-4 Revival of Yoga in recent times and its contributions Matsendranatha , Gorakshanatha. Parmahansa Ramkrishan, Swami Vivekanand Parmahansa Yoganandji, Shri Arvind. Swami Shivanand, Swami Satyanand Saraswati. Swami Kuvalyanand, T. Krishamancharya.,			

BOOKS FOR REFERENCE

- Acharya, Shri Ram : 108 Upanishads in three Volumes (Hindi) Shanti
Sharma Kunj, Haridwar, 1978
- Dasgupta, S.N. : Yoga Philosophy in Relation to other Systems of
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- Fenerstein, George : The Yoga Tradition: It's History, Literature,
Philosophy practice, Bhavana Books and Prints, 2002

- Goyandaka, Jayadayal : Shrimad Bhagavadgita Tattvavivechani, Geeta Press, Gorakhpur, 1961
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Adyar, Madras, 1976
- Radhakrishnan : The Principal Upanishads, George Allen and Unwin, London, 1953
- Radhakrishnan, S. : Indian Philosophy (Vol. I & II). George Allen and Unwin, London, 1971
- Raja, Kunhan C. : Some Fundamental Problems in Indian Philosophy. Motilal Banarasidas, Delhi, 1974
- Sharma, Chandradhar : A Critical Survey of Indian Philosophy. Motilal Banarasidas, Delhi, 2000
- Sing, Lalan Prasad : Tantra, Its Mystic and Scientific Bases. Concept Publishing Company, Delhi, 1976
- Stace, W.T. : Mysticism and Philosophy. Macmillan and Co. London, 1961
- Stephen Sturges : The Yoga Book. Motilal Banarsidass, Delhi, 2004
- Bhat, Krishna K. : The Power of Yoga: SuYoga Publications Mangalore, 2006
- Swami Adidevananda : Sri Ramanuja Gita Bhasya. Sri Ramakrishna Math, Madras, 1993
- Swami Anant Bharati : Yoga Darshan-Yoga Prabhakar (Hindi). Swami Keshwananda Yoga Sansthan, Delhi, 1982

PAPER:-2
FOUNDATIONS OF HATHAYOGA AND ITS PRACTICES

DIPLOMA IN YOGA STUDIES	DYS-C 102		
Maximum Marks 100	Int.ass. 20	THEORY 80	Duration of exam 3 hrs.

	Unit -1 Introduction of Hathayoga Sadhana
1	Hathayoga: Its Origin, Meaning, Definition, Aims and Objects, Importance in Modern era.
2	History and development of Hathayoga tradition.
3	General introduction of Hathayogic Texts.
4	Contribution of Nath Tradition in Hathayoga.
5	Mitahara, Pathya and Apathya, do and don't in Hathayoga Sadhna.
	Unit -2 Introduction of Shodhankriya-s and Asana-s
1	Dhauti: Its techniques, benefits, precautions, contraindications and classification, Practices of Dandadhauti, Vastradhauti, Vamandhauti, Agnisardhauti.
2	Basti, Neti ,Nauli : Its techniques ,benefits,precautions,contraindication and classification
3	Trataka,Kapalbhati: Its techniques ,benefits,precautions,contraindications and classification.
4	Asanas: Meaning and definition, principles, their techniques ,benefits,precautions,contraindications and classification.
5	Asanas according to Hathayogapradeepika and Ghrendasamhita.
	Unit-3 Introduction of Pranayama and Mudra
1	Pranayama: Its Meaning and Definition, Prana and its types.
2	Principles, classification of Pranayama according to Hathayogic texts.
3	Pranayama: Their techniques, benefits, precautions, contraindications and classification according to Hathayogapradeepika and Gheranda-samhita.
4	Mudra-s (Bandha): Meaning and Definition, Role of Mudra in Hathayoga sadhna .
5	Types of Mudra-s, benefits of Mudra-s: Mahamudra, Mahabandha, Vipreetkarni, Jalandarbandha, Uddiyanbandha, Moolbandha, Tadagimudra, Mandookimudra.
	Unit-4 Concept of Nadi,Chakra,Kundalini, Nadanushandhaan ,Dhyana and Samadhi
1	
2	Nadi-s: Meaning, Origin, Location, types, classification and its importance in Hathayoga Sadhna.
3	Chakra-s: Meaning, Location ,types and its importance in Hatha Yoga Sadhna.
4	Kundalini: Meaning, Synonyms, Location ,Method for awakening .
5	Nadanushandhaan: According to Hathayogapradeepika.
	Dhyana and Samadhi: According to Gherandasamhita.

BOOKS FOR REFERENCE

- | | |
|---|--|
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| Burnier, Radha: | HathaYoga Pradipika of Svatmarama, The Adyar Library publications, Chennai. 2000 |
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| Dvivedi Hajariprasad : | Nath Sampradaya of Hatha Yoga, Dvivedi Publications, Hindustani Academy, Allahabad, Uttar Pradesh, 1950. |
| Swami Digambaraji and Pt: Raghunatha | Hathapradeepika of Svatmarama, Kaivalyadhama, S.M.Y.M.Samiti, Lonavla, 1998 |
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| SwamiMaheshanandaji and Others | Shivasamhita, Kaivalyadhama, S.M.Y.M. Samiti, Lonavla,1999 |
| Woodroffe, Sir John | The Serpent power, Ganesh & Company, Madras, 2000 |
| Sharma, Surendra | HathaYoga Eka Aitihasika Paripreksya evam..., Eastern Book Linkers, New Delhi. |
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| Swami Kuvalyananda & Shukla, S.A. | Siddhasidhantpaddhati, Lonavla, Yoga Institute Lonavla 2005. |
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| Bassavaraddi, I.V. & Pathak, Satyaprakash | Asana Pranayama & Mudra Bandha Bihar School Of Yoga, Munger, 1969. |
| Gharote, M.M. & others | Hathayoga ke Adhar Avam Prayog, MDNIY, New delhi, 2011. |
| Bassavaraddi, I.V. & Pathak, Satyaprakash | Therapeutic references in Traditional Yoga Texts, The Lonavla Institute, Lonavla, 2010. |
| | Satkarma, A comprehensive description about the cleansing process, MDNIY, New delhi 2009. |

PAPER:-3

HUMAN ANATOMY, PHYSIOLOGY, DIET AND YOGA THERAPY

DIPLOMA IN YOGA STUDIES		DYS-C 103		
Maximum Marks 100		Int.ass. 20	THEORY 80	Duration of exam 3 hrs.
	Unit:-1 Introduction to Human Body			
1	Introduction to Human Body,Cell,Tissues.			
2	Introduction to Skeletal System and effect of Yogic Practices on it.			
3	Introduction to Muscular System and effect of Yogic Practices on it.			
4	Introduction to Digestive System and effect of Yogic Practices on it.			
5	Introduction to Excretory System and effect of Yogic Practices on it.			
	Unit:-2 Introduction to Human Systems			
1	Introduction to Circulatory System and effect of Yogic Practices on it.			
2	Introduction to Respiratory System and effect of Yogic Practices on it.			
3	Introduction to Nervous System and effect of Yogic Practices on it.			
4	Introduction to Endocrine Glands and effect of Yogic Practices on it.			
5	Introduction to Reproductive System and effect of Yogic Practices on it.			
	Unit:-3 Introduction of Health & Diet			
1	Health: Meaning,Definition .Swasthvirita: Meaning ,Definition,symptoms of healthy man,aim.			
2	Concept of Dincharya,Ritucharya,Raatricharya.			
3	Diet: Meaning,Definition,characterstics,quantity and time.			
4	Components of Diet:Carbohydrate,Fat,Proteins,Vitamins,Minerals,Water.			
5	Concept of diet:Balanced diet ,Yogic diet(mitahar).Advantages of Vegetarian diet and disadvantages of Non Vegetarian diet.			
	Unit:-4 Introduction to Yoga Therapy			
1	Yoga Therapy: Meaning,Areas,Limitations,aims and Principles.			
2	Tools forYogaTherapy:-Yama,Niyama,Asana,Pranayama,Shatkarma, Mudra, Bandha and,Dhyana.			
3	Causes,Symptoms and Yogic Treatment of following diseases- Digestive System:Constipation,Colitis,Acidity.			
4	Causes,Symptoms and Yogic Treatment of following diseases- Respiratory System:Asthma,Sinusitis,Cold.			
5	Causes,Symptoms and Yogic Treatment of following diseases- Skeletal System: Arthritis,Cervical Spondylitis, Backache.			

BOOKS FOR REFERENCE

13. Gore ,M.M – Anatomy and physiology of yogic practices
14. Evelyn,C.Peare – Anatomy and physiology for nurses.
15. Charu,Supriya – Sarir rachna,evam kriya vigyan.
16. Chatterjee,C.C – Human physiology.
17. Text book of Anatomy vol.1,11,111 – B.D Chaurasia
18. Human Embryology by Inder Bir Singh.
19. Histology by Chatterji
20. Human Anatomy by Datta.
21. Text book of Anatomy by Gray.
22. Text book of Anatomy by Hamilton.
23. Text book of Anatomy by Jemmisons.
24. Practical Anatomy by Cunningham's

SYLLABUS FOR DIPLOMA IN YOGA STUDIES REGULAR STUDENTS

PAPER- 4: PRACTICAL SHODHAN KRIYAS, ASANAS, PRANAYAMA, MUDRA-BANDHA MEDITATION AND VAIVA

DIPLOMA IN YOGA STUDIES		DYS-C 104	
Maximum Marks 100		Int.ass. 20	PRACTICAL 100
1.	SHODHANKRIYAS :- Jal Neti, Sutra Neti, Kunjal, Vastra Dhauti, Danda Dhauti, Sheetkarma Kapalbhati, Vyutkarma Kapalbhati, Vaatkarma Kapalbhati		20
2	SURYA NAMASKAR		10
3	ASANAS:- SITTING POSES -Padmasana, Swastikasana, Vajrasana, Bhadrasana, Gomukhasana, Simghasana. LYING DOWN POSES Spine Position-Utthanpadasana, Pawanmuktasana, Naukasana, Shavasana, Markatasana, Halasana, Sarvangasana, Matasyasana ,Setubandasana , Chakrasana LYING DOWN POSES Prone Position- Bhujangasana, Salabhasana, Dhanurasana, Vipreet Naukasana. STANDING POSES- Tadasana, Katichakrasana, Triektadasana, Vrikshasana, Veerbhadrasana, Garurasana, Trikondasana, Kondasana.		20
4.	MUDRA (BANDHA-S)– Moolabandha, Uddiyanbandha, Jalandarbandha, Mahamudra, Mahaveda, Mahabandha, Vipreetkarni, , Kakimudra, Tadagi, Shambhvi, Yoni, Bhujangi, Ashwani, Pashini.		20
5.	MEDITATION: - Recitation of Mantra Chanting.		10

Reference book-

1. Hath Yoga Pradipika- Kaivlyadham Lonavla
2. Gheranda Samhita- Kaivlyadham Lonavla
3. Saral Yogasana- Dr. Ishwar Bharadwaj
4. Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati
5. Light on Yoga- BKS Iyengar
6. Yogic Suksham Vyayam Evam Sthula Vyayam – I.V.Basvaraddi. & S.P.Pathak.
7. Hathayoga ke Adhar Evm Prayoga, I.V.Basvaraddi. & S.P.Pathak, MDNIY, New Delhi

**SYLLABUS FOR DIPLOMA IN YOGA STUDIES
REGULAR STUDENTS**

PAPER- 5: PRACTICAL

**YOGIC SUKSHMA AND STHOOL VYAYAM, PRANAYAMA,
MEDITATION AND VIVA**

DIPLOMA IN YOGA STUDIES		DYS-C 105	
Maximum Marks 100		Int.ass. 20	PRACTICAL 80
1.	Yogic Sukshma and Sthool Vyayam		20
2	Pranayama : Nadishodhan, Surya-Bhedhan, Bhramari, Ujjayi, Sheetali, Seetkari, Bhastrika		20
3	Meditation : Sthool, Sukshama, & Jyotirmaya Dhyana		20
4.	Viva – Voce		20

Reference book-

1. Hath Yoga Pradipika- Kaivlyadham Lonavla
2. Gheranda Samhita- Kaivlyadham Lonavla
3. Saral Yogasana- Dr. Ishwar Bharadwaj
4. Asana Prananyam Bandh Mudra- Swami Satyanand Saraswati
5. Light on Yoga- BKS Iyengar
6. Yogic Suksham Vyayam Evam Sthula Vyayam – I.V.Basvaraddi. & S.P.Pathak.
7. Hathayoga ke Adhar Evm Prayoga, I.V.Basvaraddi. & S.P.Pathak, MDNIY, New Delhi

SYLLABUS FOR THE DIPLOMA COURSE IN YOGA STUDIES FROM THE ACADEMIC SESSION 2005-06 ONWARDS

Paper 1 (Traditional and philosophical aspects of Yoga) Marks 100

- Unit-1 Meaning and aims of Yoga . Discription of yoga in Vedas, Upanishads, Geeta, Yoga Vashishta, Jain Sahitya, Budh Sahitya, Samkhya Darshan, Ayurveda and nath Sahitya.
- Unit-2 Revival of Yoga in recent times and its contributions
i) Patanjali ii) Ram Krishan Parmahansa iii) Vivekanand iv) Aurbindo v) yoganand and Shivanand
- Unit-3 Doctrine of three Gunas-Sattava, Rajas and Tamas, Prakriti, Purusha, Ishwara, Twenty five elements of creation (according to Samkhya Shastra). Theory of Klesha, Bondage and Libration.
- Unit-4 Classification of Yoga-Raj Yoga Karma Yoga, Bhakti Yoga, Jain Yoga , hath Yoga, Kriyayoga;
- Unit-5 Ethics of Yoga-role and importance of Yamas and Niyamas according to Patanjali and hathyoga.
- Unit-6 Psychology of Yoga-Chitta and its stages, Vrittis, various methods of vritti-control-Abhyas and vairagya, japa, Dhyana, Bhavana, ishwar-pranidhan.
- Unit-7 Basic requirements for the practice of Yoga according to Hathyogic, Literature and its applied aspect in modern life.
- Unit-8 General understanding of the concept of Samskar theory of Karma, its varieties, Bondages and libration.
- Unit-9 Mental Behaviour and attitudes, Control of emotions, Charactristics of a Sadhak and Jivan Mukta and attitudes towards life.
- Unit 10 Relevance of Yoga in modern times, problem of tension and mental stress and relieve them through yoga.

Paper II (Technical and health aspects of Yoga) Marks 100

- Unit-1 Asanas: Principles of their practice, their varieties and their cultural, physiological and theruptic effects (only those Asanas which are given in practical portion of syllabus).
- Unit-2 Relaxation principle and techniques-Shavasana, Makarasana, Yoganidra, Dhyana Pranayama, Nadi Shodhana, Shetli, Seetkari, Bhramari.
- Unit-3 Pranayama: Its varieties and techniques with their benefits according to Hathyoga Pradeepika and Gherand Samhita. Importance of Bandhas in Gherand Samhita. Importance of Bandhas in pranayama and their physiological and psychological implications.
- Unit-4 Shodhan Kriyas-Sutraneti, jalneti dugdhaneti, Ghrineti, Gajkarani(Kunjala) Shankha Prakshalana, Vastra Dhoiti, Dand dhoti, Jala Vasti, Pawan Vasti, Vyut Karam Sheet Karam.

- Unit-5 Dietetics-yogic Diet (Pathya-Apathya) according to Yogic mithar, Balanced diet according to modern science .
- Unit-6 Nadas, Chakras, Nadis and Vays-according to Bhaktisagar Swami Charandas0 Kundalini and its awakening.
- Unit-7 Role and importance of Mudras and Bandhas-Mahamudra Mahabandh, Mahavedha, Khecheri, Moolbandh, Uddyan Bandha, jalandhar bandh-Vipreet Karni; Vajroli, Shakti Chalini, Shambhavi, Tadagi, kaki, Ashwani.
- Unit-8 Anatomy and Physiology of various systems- Digenstive system Blood circulatory system, Respiratory system, Nerves system, Endocrine glands.
- Unit-9 Yoga therapy of the following disease-constipation, Acidity, Asthma, Synositis, Disorder of Naval system.
- Unit 10 Yoga therapy of the following diseases-Disabets, High and Low Blood Pressure, Arthritis, Scitica, Backache.

Practical marks 40

Practice of the following:

1. Kriyas -Sutraneti, JalNeti, Vastra Dhauti, Gajakarani (Kunjala) Shankha Prakshalana, Trataka, Naulli Kapal Bhati.
2. Asanas-m Sidha, Padama, Swastola. Vajra, Bhadra., Gomukha, Mancuka-Ardh-Matseyandra, uttam-Manduka, Sarvanga, Uttanpada, Halasana, Goraksha, Paschimottan, Bhujanga Shalabh, Nauka, Dhanur, Shashank, Mayur, Garbh, Vriksha, Sankat, Vakra, Tad, Kon, Trikon and Chakrasana.
3. Surya Namaskar- with twelve steps.
4. Pranayamas- Nadi Shodhan, Suryabhedan, Ujjai, Seetkari, Sheetali, Bhastrika, Bhramari.
5. Mudras and Bandhas-Mahamudra, Mahabandha, Mahavedha, Uddyan bandha, Moolbandha, Jalandhar Bandha, Veerpreet karni, Shambhavi, Tadagi, kaki, Ashwani, Shakti Chalini.
6. Dhyana-Concentration and meditation

Viva voce Marks 40

Sessional Evaluation marks 20

Based on regular attendance, punctuality, active participation in class activities and class work, Rpeport of Educational Tours and research work, if any.

Grand total 300 Marks.

Recommended books

1. Gherand Samhita
2. Hath yoga Pradeepiks
3. ShrimadBhagwad Gita (2nd, 3rd, 6th and 12th chapters only)
4. Asanas by Swami Kuvlyananda.
5. Rajayoga by Swami Kuvlyananda
6. Yogic culture & Modern Man-secteta of vital Health and happiness by R.C. Gupta
7. Cure yourself through yoga by Dr. K.S. Joshi and Shat Karma C.L. Kapoor

2.3.1 – STUDENT CENTRIC METHODS

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**LEADERSHIP DEVELOPMENT CAMP REPORT
ON
FOREIGN CLIMBING EXPEDITIONS IN
INDIAN HIMALAYAS**



Submitted by – Vedant Sharma

Roll no. – 1309

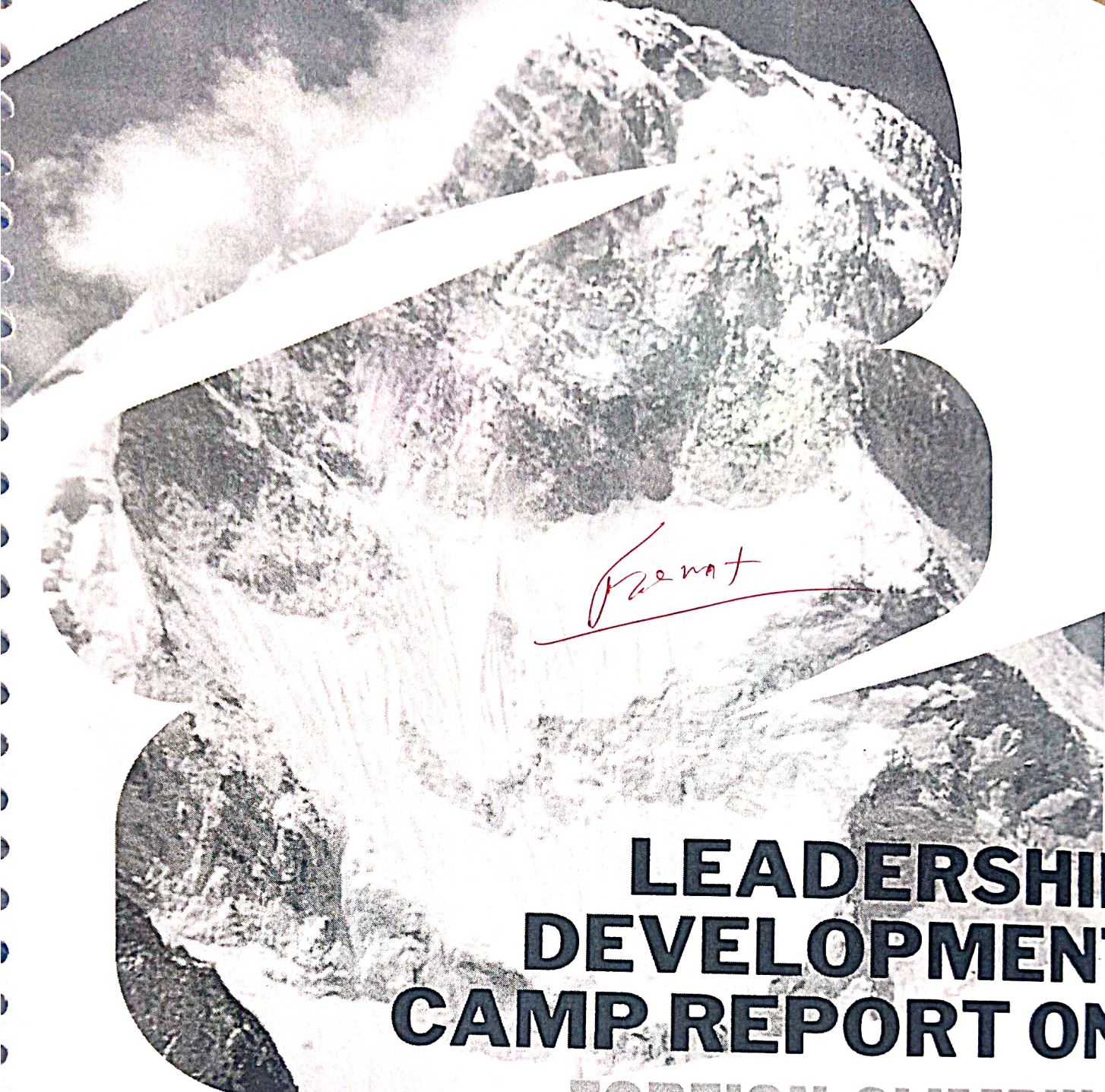
University no. -200741221220046

MTTM 3rd Semester

**Submitted To – I.V.S Department
Himachal Pradesh University**

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LEADERSHIP DEVELOPMENT CAMP REPORT ON FOREIGN CLIMBING EXPEPEDITIONS IN INDIAN HIMALAYAS

SUBMITTED BY - LAKSHAY SHANDIL
ROLL NO.-109
UNIVERSITY ROLL NO.-200741220023
FYICTTM 9TH SEMESTER

SUBMITTED TO - I.V.S
DEPARTMENT H.P.U

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**PROJECT REPORT ON ROAD MAP FOR DEVELOPING
TOURISM IN HIMACHAL PRADESH - MAKING
HIMACHAL AS DESTINATION BRAND**



**INSTITUTE OF VOCATIONAL STUDIES
MASTER'S IN TOURISM AND TRAVEL MANAGEMENT
HIMACHAL PRADESH UNIVERSITY SHIMLA**

Submitted to

Dr. Nitin Vyas

Assitant Professor

IVS

Submitted By

Vijay Chauhan

Roll No. 1322

Univ. 200741221220047

MTTM 4th Semester

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JOB TRAINING REPORT ON
HIMACHAL PRADESH TOURISM DEVELOPMENT
CORPORATION LIMITED



DEGREE IN MASTER IN TOURISM & TRAVEL
MANGEMENT

SUBMITTED TO :

Director I.V.S.

SUBMITTED BY:

Mukul Kapta

Roll No. 180741220024

MTTM 4TH SEM.









2.3.1. Student centric methods, such as experiential learning, participative learning and problem solving methodologies are used for enhancing learning experiences.

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GENERAL INSTRUCTIONS and COURSE CURRICULUM

FOR

M.Sc. BIOTECHNOLOGY **(PG Teaching Program in Biotechnology)**

(Effective from July, 2020)



DEPARTMENT OF BIOTECHNOLOGY
HIMACHAL PRADESH UNIVERSITY

(NAAC Accredited “A” Grade University)

SUMMERHILL – SHIMLA – 171005 (HP)
– India

www.hpuniv.ac.in/biotech

OUTLINE OF COURSES FOR M.Sc. BIOTECHNOLOGY

Course	Course Title	Marks			
		Theory	Practical	Int. Asst.	Total
Semester I					
MBT-101	Remedial course	80	-	20	100
	(1) Introductory Biology (for Non Biology students)				
	(2) Introductory Mathematics (for Biology students)				
MBT-102	Biochemistry (Common with M. Sc. Microbiology course: MMB-102)	80	40	30	150
MBT-103	Microbiology	80	40	30	150
MBT-104	Cell and Molecular Biology (Common with M. Sc. Microbiology course: MMB-104)	80	40	30	150
MBT-105	Instrumental methods of Analysis (Common with M. Sc. Microbiology course: MMB-105)	80	40	30	150
Total Marks in Semester I		400	160	140	700
Semester II					
MBT-201	Recombinant DNA Technology (Common with M. Sc. Microbiology course: MMB-201)	80	40	30	150
MBT-202	Immunology and Immunotechnology (Common with M. Sc. Microbiology course: MMB-202)	80	40	30	150
MBT-203	Plant Biotechnology	80	40	30	150
MBT-204	Animal Biotechnology	80	40	30	150
MBT-205	Biochemical Engineering	80	40	30	150
Total Marks in Semester II		400	200	150	750
Semester III					
MBT-301	Environmental Microbiology and Biotechnology (Common with M. Sc. Microbiology course: MMB-301)	80	40	30	150
MBT-302	Fermentation Technology	80	40	30	150
MBT-303	Computer and Bioinformatics (Common with M. Sc. Microbiology course: MMB-303)	80	40	30	150
MBT-304	Enzyme Technology (Common with M. Sc. Microbiology course: MMB-304)	80	40	30	150
Elective Paper (Any One)					
MBT-EL-301	Metabolic Engineering (Common with M. Sc. Microbiology course: MMB-EL-301)	80	-	20	100
MBT-EL-302	Biocatalysis and Biotransformation				
MBT-EL-303	Food Technology (Common with M. Sc. Microbiology course: MMB-EL-303)				
MBT-EL-304	Nano-biotechnology				
Total Marks in Semester III		400	160	140	700
Semester IV					
MBT-401	Dissertation	-	-	150	150
	Seminar and Viva-Voce	-	-	100	100
Total Marks in Semester IV		-	-	250	250
Grand Total (Semester I-IV)		1200	520	680	2400

COURSE No. : MBT-104	CELL AND MOLECULAR BIOLOGY
Maximum Marks: 80	Teaching hours: 45
Note: The Examiner will set a total of nine (9) questions covering all topics/ units of the prescribed course by setting at least two questions from each unit. Out of the nine questions, one question containing eight (8) short-answer type questions that will cover entire course will be compulsory. The candidate will attempt a total of five questions (one from each unit) including the compulsory question. All questions will carry equal marks	

UNIT I

12

Membrane structure and function. Structural organization and function of cell wall, nucleus, mitochondria, Golgi bodies, lysosomes, endoplasmic reticulum, peroxisomes, plastids, vacuoles, chloroplast, cytoskeleton. Structure and organization of DNA, genes, chromatin and chromosomes, superhelicity in DNA and its topological properties, DNA denaturation and renaturation, repetitive DNA, COT-curve, C-value paradox. Cell division and cell cycle (Mitosis and meiosis, their regulation, steps in cell cycle, regulation and control of cell cycle).

UNIT II

DNA replication (enzymes involved, replication origin and replication fork, fidelity of replication, DNA damage and repair mechanisms, genetic recombination (homologous and site-specific), transformation, conjugation and transduction. RNA synthesis and processing (transcription factors and machinery, formation of initiation complex, transcription activator and repressor, RNA polymerases, capping, elongation, and termination, RNA processing, RNA editing, splicing, and polyadenylation, structure and function of different types of RNA, RNA transport).

UNIT III

11

Basic features of the genetic code. Protein synthesis and processing (Ribosome, formation of initiation complex, initiation factors and their regulation, elongation and elongation factors, termination, aminoacylation of tRNA, tRNA-identity, aminoacyl tRNA synthetase, and translational proof-reading, translational inhibitors, Post- translational modification of proteins). Control of gene expression at transcription and translation level (regulating the expression of prokaryotic and eukaryotic genes, role of chromatin in gene expression and gene silencing). Operon concept, lac operon, tryptophan operon.

UNIT IV

11

Cell signaling Hormones and their receptors, cell surface receptor, signaling through G-protein coupled receptors, signal transduction pathways, second messengers, regulation of signaling pathways. General principles of cell communication, cell adhesion and roles of different adhesion molecules, gap junctions, extracellular matrix, integrins. Cancer genetic rearrangements in progenitor cells, oncogenes, tumor suppressor genes, cancer and the cell cycle, virus-induced cancer, metastasis, interaction of cancer cells with normal cells, apoptosis.

Suggested books [Latest edition]

1. Molecular Biology of Cell: Bruce Albert et. al. (Tylor and Francis Inc.)
2. Lewin Genes XIII: Jones and Barlett Publisher, Inc.
3. Molecular Cell Biology: Lodish et al. WH Freeman.
4. Karp's Cell and Molecular Biology: Gerald Karp, John Wiley Publications.
5. Molecular Biology of the Gene: James D. Watson, Pearson Education.

List of practicals

1. UV-absorbance of nucleic acids (hyper and hypo chromic effect) and quantification of nucleic acids and proteins.
2. To determine the melting temperature of DNA.
3. To study different stages of mitosis by onion root tip squash method.
4. To study different stages of meiosis using permanent slides.
5. To study multiple alleles in human (Blood Groups).
6. To study multiple alleles in plants (*Trifolium*).
7. To study cytoplasmic and nuclear inheritance on the basis of phenotypic characters.
8. Isolation of DNA from *E. coli*.
9. Extraction of DNA from plant
10. Extraction of DNA from human blood.
11. Induction of β -galactosidase strain of *E. coli*.
12. Effect of protein synthesis inhibitors on the activity of β -galactosidase.

COURSE No. : MBT-301	ENVIRONMENTAL MICROBIOLOGY & BIOTECHNOLOGY
Maximum Marks: 80	Teaching Hours: 45
Note: The Examiner will set a total of nine (9) questions covering all topics/ units of the prescribed course by setting at least two questions from each unit. Out of the nine questions, one question containing eight (8) short-answer type questions that will cover entire course will be compulsory. The candidate will attempt a total of five questions (one from each unit) including the compulsory question. All questions will carry equal marks	

UNIT I

12

Aerobiology: Brief account of air borne transmission of microbes – viruses – bacteria and fungi, their diseases and preventive measures. Assessment of air quality. **Aquatic microbiology:** Water ecosystems – fresh water and marine habitats. Potability of water – microbial assessment of water quality, brief account of major water borne diseases and their control measures. **Soil Microbiology:** Classification of soils – physical and chemical characteristics, microflora of soil, a brief account of microbial interactions symbiosis – mutualism – commensalism – competition – amensalism – synergism – parasitism – predation; Biogeochemical cycles (C, N, P & S).

UNIT II

11

Solid Waste treatment: Wastes–types, characterization, solid waste treatment, saccharification, gasification, composting, utilization of solid wastes, foods (SCP, mushroom, yeast); fuel (ethanol, methane) and , Biofertilizers, compost, vermicompost.

UNIT III

11

What is waste water? Waste water quality parameters, Objectives of waste water treatment, Aerobic treatment of waste water (Trickling Filters, Rotating Biological Contactors, Fluidized bed reactors, Activated Sludge, Oxidation Ponds), Anaerobic treatment of waste water (Anaerobic Contact Digesters, Packed Bed Reactors, Anaerobic Baffled Digesters, Up-flow Anaerobic Sludge Blanket Reactors), Advanced waste water treatment for removal of suspended solids, nutrients (N &P), oil and grease and dissolved inorganic substances, Emerging biotechnological and nanotechnological processes in waste water treatment.

UNIT IV

11

Air, Water, Soil, Noise and Thermal pollution. Ozone depletion, Green house effect and acid rain. Bioremediation and bioremediation of contaminated lands. Bioaccumulation and biosorption of metals and biodegradation of pesticides; biodeterioration of paper leather, wood and textiles. Microbial Leaching and biomining, Microbes in petroleum extraction, Microbial desulfurization of coal, Biodegradation of chlorinated hydrocarbons and xenobiotic compounds. Molecular approach to environmental management, degradative plasmids, genetic exchange in xenobiotic chemicals, GMO and their impact on environment.

Suggested books [Latest edition]

1. Microbial ecology: Alexander M; John Wiley and Sons, Inc., New York.
2. Pollution - Ecology and biotreatment: Longman Scientific Technical.
3. Advances in microbial ecology: S Ec Eldowney, DJ Hardman, S Waite S and KC Marshall.

List of practicals

1. Estimation of total solids in sewage samples.
2. Estimation of volatile matter and fixed residues in sewage samples.
3. Rapid detection of bacteriological quality of water with special reference to faecal Coliform.
4. Determination of dissolved oxygen in waste water samples.
5. Determination of BOD of waste water samples.
6. Determination of COD of waste water samples.
7. Determination of rate of decomposition of organic matter.
8. Determination of moisture content of soil sample.
9. Determination of microbial biodiversity in soil.
10. Determination of hardness of given water sample.
11. Transformation of waste in to valuable products.

Department of Computer Science

2.3.1

Student centric methods, such as experiential learning, participative learning and problem solving methodologies are used for enhancing learning experiences.

The teaching-learning process is one major objective and the strength of our department. Students are given a right blend of traditional and modern methods to make learning student-centric and a rewarding experience. Experiential learning, participative learning and problem solving methodologies are well adopted to ensure the holistic development of students and facilitate life-long learning and knowledge management.

Participative learning

- Project works involving latest technologies and use of advanced soft-wares are encouraged.
- Students attempt to develop solutions for complex computer programming problems and design system processes that meet the specified needs of real-time cases.
- Teachers create a central node on a Mind Map and provide students the freedom to expand and develop novel ideas.

Industry interaction and summer training

- Practical training / internship at Industry and/or renowned institutions are mandatory at present.
- Industry projects and collaborations are undertaken to enrich students with pre-employment training.
- Periodical Guest lectures on topics relevant to employment skills by personnel from respective organizations / industry.

Experiential learning

- Practical courses (laboratory) are made compulsory in the curriculum.
- Different learning methods viz. problem-based, case-based, project-based, computation-based, are implemented wherever feasible.

All academic activities are aimed at elevating the students' knowledge, skills and build confidence in them.

Department of Computer Science
MCA Batch: 2019-2022
System Development Project - (MCA-601)

SN.	Roll No.	Exam Roll No.	Name of Student	Supervisor Name
1	8001	190581221220001	ABHAY SINGH PATHANIA	Prof. Arvind Kalia
2	8002	190581221220002	ABHISHEK KUMAR	Prof. Amar Jeet Singh
3	8003	190581221220003	AJAY KUMAR	Prof. Manu Sood
4	8004	190581221220004	AJAY KUMAR	Prof. Kishori Lal Bansal
5	8005	190581221220005	AMAN THAKUR	Prof. Aman Kumar Sharma
6	8006	190581221220006	AMIT BHATIA	Prof. Jawahar Thakur
7	8007	190581221220007	AMIT KUMAR	Prof. Anita Ganpati
8	8008	190581221220008	AMIT KUMAR	Dr. Sumesh Sood
9	8010	190581221220011	ANJALI	Dr. Naveen Kumar
10	8011	190581221220010	ANJALI	Dr. Anshul Kalia
11	8012	190581221220012	ANKUSH KUMAR	Dr. Yogesh Mohan
12	8013	190581221220013	ANKUSH THAKUR	Prof. Arvind Kalia
13	8014	190581221220014	ANSHUL CHAUHAN	Prof. Amar Jeet Singh
14	8015	190581221220015	ANSHUL THAKUR	Prof. Manu Sood
15	8017	190581221220017	ASHISH NARWAL	Prof. Kishori Lal Bansal
16	8019	190581221220018	BAVITA	Prof. Aman Kumar Sharma
17	8020	190581221220019	DEVASHISH SHARMA	Prof. Jawahar Thakur
18	8021	190581221220020	DIKSHA	Prof. Anita Ganpati
19	8022	190581221220021	DIKSHA GULERIA	Dr. Sumesh Sood
20	8023	190581221220023	DIVYA SHARMA	Dr. Naveen Kumar
21	8024	190581221220024	GAURAV CHANDEL	Dr. Anshul Kalia
22	8025	190581221220025	GAURAV THAKUR	Dr. Yogesh Mohan
23	8026	190581221220026	HEM LATA	Prof. Arvind Kalia
24	8027	190581221220027	JATIN BALOURIA	Prof. Amar Jeet Singh
25	8028	190581221220028	JYOTI BALA	Prof. Manu Sood
26	8029	190581221220029	KALPANA KUMARI	Prof. Kishori Lal Bansal
27	8030	190581221220030	KANAV SHARMA	Prof. Aman Kumar Sharma
28	8031	190581221220031	KAPIL KUMAR	Prof. Jawahar Thakur
29	8032	190581221220032	KARTIKAY GANDHI	Prof. Anita Ganpati
30	8033	190581221220033	KETAN DOGRA	Dr. Sumesh Sood
31	8034	190581221220034	KIRAN PRABHA	Dr. Naveen Kumar
32	8035	190581221220035	KRITIKA THAKUR	Dr. Anshul Kalia

SN.	Roll No.	Exam Roll No.	Name of Student	Supervisor Name
33	8036	190581221220036	KUSUM	Dr. Yogesh Mohan
34	8037	190581221220037	MANISH CHAUDHARY	Prof. Arvind Kalia
35	8038	190581221220038	MANISH THAKUR	Prof. Amar Jeet Singh
36	8040	190581221220039	MEHAR SINGH	Prof. Manu Sood
37	8041	190581221220040	MINAKSHI RANA	Prof. Kishori Lal Bansal
38	8042	190581221220041	MOHIT RAAMOLA	Prof. Aman Kumar Sharma
39	8043	190581221220042	MUKESH	Prof. Jawahar Thakur
40	8044	190581221220043	MULKH RAJ	Prof. Anita Ganpati
41	8045	190581221220044	MUSKAN	Dr. Sumesh Sood
42	8046	190581221220045	NAMITA NEGI	Dr. Naveen Kumar
43	8048	190581221220046	NEHA SHARMA	Dr. Anshul Kalia
44	8049	190581221220047	NIKHIL SINGH THAKUR	Dr. Yogesh Mohan
45	8050	190581221220048	PALLVI SHARMA	Prof. Arvind Kalia
46	8051	190581221220049	PANKAJ	Prof. Amar Jeet Singh
47	8052	190581221220050	PANKAJ KUMAR	Prof. Manu Sood
48	8053	190581221220051	PARAS ABROL	Prof. Kishori Lal Bansal
49	8055	190581221220053	PRAKASH CHAND	Prof. Aman Kumar Sharma
50	8056	190581221220054	PRASHANT	Prof. Jawahar Thakur
51	8057	190581221220055	PRASHANT THAKUR	Prof. Anita Ganpati
52	8058	190581221220057	PRIYANKA SHARMA	Dr. Sumesh Sood
53	8059	190581221220058	PUSHAP RAJ SHARMA	Dr. Naveen Kumar
54	8060	190581221220059	RAGHAV THAKUR	Dr. Anshul Kalia
55	8061	190581221220060	RAJAT RESTA	Dr. Yogesh Mohan
56	8062	190581221220061	RAJEEV KUMAR	Prof. Arvind Kalia
57	8063	190581221220062	RAVEENA KUMARI	Prof. Amar Jeet Singh
58	8064	190581221220063	RHITIK JAMWAL	Prof. Manu Sood
59	8065	190581221220064	RINKESH KUMAR	Prof. Kishori Lal Bansal
60	8066	190581221220065	RISHABH	Prof. Aman Kumar Sharma
61	8067	190581221220066	RONIT RANA	Prof. Jawahar Thakur
62	8068	190581221220067	SACHIN KUMAR	Prof. Anita Ganpati
63	8069	190581221220068	SACHIN THAKUR	Dr. Sumesh Sood
64	8070	190581221220069	SAHIL THAKUR	Dr. Naveen Kumar
65	8071	190581221220070	SAMIKSHA BHIMTA	Dr. Anshul Kalia
66	8072	190581221220071	SANCHIT SHARMA	Dr. Yogesh Mohan
67	8073	190581221220072	SANJEEV KUMAR	Prof. Arvind Kalia
68	8074	190581221220073	SAURAV VERMA	Prof. Amar Jeet Singh

SN.	Roll No.	Exam Roll No.	Name of Student	Supervisor Name
69	8075	190581221220074	SHEETAL THAKUR	Prof. Manu Sood
70	8076	190581221220075	SHEETLA DEVI	Prof. Kishori Lal Bansal
71	8077	190581221220076	SHILPA THAKUR	Prof. Aman Kumar Sharma
72	8078	190581221220077	SHIWANI DHIMAN	Prof. Jawahar Thakur
73	8079	190581221220078	SHREYA GUPTA	Prof. Anita Ganpati
74	8080	190581221220080	SONALI	Dr. Sumesh Sood
75	8081	190581221220079	SONALI	Dr. Naveen Kumar
76	8082	190581221220081	SOURABH SHARMA	Dr. Anshul Kalia
77	8083	190581221220082	SOURAV SHARMA	Dr. Yogesh Mohan
78	8084	190581221220083	SRISHTI SHARMA	Prof. Arvind Kalia
79	8085	190581221220084	SUSHIL KUMAR JUSTA	Prof. Amar Jeet Singh
80	8086	190581221220085	TANVI	Prof. Manu Sood
81	8087	190581221220086	TANVI	Prof. Kishori Lal Bansal
82	8088	190581221220087	TANVI NEGI	Prof. Aman Kumar Sharma
83	8089	190581221220088	TANYA SHYAM	Prof. Jawahar Thakur
84	8090	190581221220089	URVASHI THAKUR	Prof. Anita Ganpati
85	8091	190581221220090	VAIBHAV SHARMA	Dr. Sumesh Sood
86	8092	190581221220091	VAISHALI THAKUR	Dr. Naveen Kumar
87	8093	190581221220092	VANEET KUMAR	Dr. Anshul Kalia
88	8094	190581221220093	VIKAS	Dr. Yogesh Mohan
89	8095	190581221220094	VIKAS SHARMA	Prof. Arvind Kalia
90	8096	190581221220095	VIKAS VERMA	Prof. Amar Jeet Singh
91	8097	190581221220096	VINAY KUMAR	Prof. Manu Sood
92	8098	190581221220097	VIPUL THAKUR	Prof. Kishori Lal Bansal
93	8099	190581221220098	VIVEK BHARDWAJ	Prof. Aman Kumar Sharma
94	8100	190581221220099	WANNI THAKUR	Prof. Jawahar Thakur
95	8102	190581221220056	PRIYANKA SHARMA	Prof. Anita Ganpati

Prof. Arvind Kalia

Dr. Yogesh Mohan

Project Co-ordinator(s)
MCA (Batch: 2019-2022)

	for a Better Tomorrow". Chief Guest for the event was His Excellency Governor of Himachal Pradesh Sh. Bandaru Dattatraya. The convenor of the webinar was Ms. Laxmudra from eduskills foundation.				
27.	Memorandum of understanding (MOU) was signed between eduskills and Himachal Pradesh University in the presence of His Excellency Governor Himachal Pradesh Sh. Bandaru Dattatraya the business partners of the MOU are			18/11/2020	Prof. Aman Sharma
①	Networking CLSC Academy				
②	AWS Academy				
③	Rel Hat Academy				
④	Palcoalto Academy				
⑤	Blueprint University				
	The MOU was signed by Prof. Aman Kumar Sharma, Chairman Computer Science department Himachal Pradesh University and by Sh. H.K. Sharma from eduskills foundation representing the five brands on 18/11/2020.				
28.	Live Webinar was held on 29/01/2021 1:15 pm onwards on Zoom. app. The speaker was Dr. Santosh Kumari on the topic " Software skills and success".			29/01/2021 1:15 PM onwards	Prof. Aman Sharma
29	Solo performance held on 13/09/2022 @ 12:00 PM on the Theme Maa Mujhe Tagore Bana De by Ms. Lucky Gupta from Jammu Lucky Gupta v, P.O Rajbarnali 8491891536 Jammu (J. K.) 8535257157 Luckyjee@gmail.com	MCA sem 1 (A) MCA sem 1 (B) MCA sem 3 (A) M.Tel sem 3	13/9/22 12:00 PM.		Prof. Anita Ganpati

Sl. No.
30.

PARTICULARS

Boot Camp organized by CodeQuotient Pvt. Ltd. SAS Nagar Mohali Punjab on from 19.10.2022 to 20.10.2022.
Contact Person - Mr. Amit Ghai
89014-82739
Mr. Manik Gupta
94192-84161

Students participated from Dept. of Computer Science and Dept. of Data Science & Artificial Intelligence.
→ 08 Students selected from Dept. of Comp. Sci. and 02 Students from DS & AI for placement and Internship.
07 Students from Dept. of Comp. Sci. for training.

No of Participants
130

Date of Event

19.10.2022
& 20.10.22

Teacher/Students
Prof. Jawahar
Thakur &
Dr. Naveen
Kumar

Remarks.

Active

31.

In the memory of HPU Alumni Shri Sukhinder Singh, a motivational lecture was organized to motivate the young generation to join the Defence Services

MCA-3rd All M.Tech Students

1.11.2022

Prof. Jawahar
Thakur &
Dr. Yogesh, Mangal

Remarks.

Active

32.

Placement drive Conducted in online mode by "Quark" Bestech Business Towers, Tower B, 6th floor, Sector 66, Mohali, Punjab, 160062, India. Two students selected from the department of Computer Science.
Contact Person: Monika Sharda
msharda@quark.com
+91-332-232-3003

MCA-3rd All MCA-5th Students

02/11/22 &
03/11/22

Prof. Arvind
Kalia
&
Dr. Naveen
Kumar

Remarks.

Active

2.3.1.

PARTICIPATIVE LEARNING

Sr. No.	Dcoument	Page No.
1.	Details of Time Table	1
2.	Images	2-8

Time Table w.e.f. 5 th July 2019 Day	M.A. I&III Semester	10:15 to 11:00 a.m.	11:00 to 11:45 a.m.	12:00 to 12:45 P.m.	12:45 to 1:30 p.m.	2:00 to 2:30 p.m.	2:30 to 3:30 p.m.	3:30 to 5:00p.m
Monday	I III	KY RS/RC	DV SS	SS DV	WS RK	Tutorials	M.Phil	Ph.D.
Tuesday	I III	KY RS/DR	DV SS	Seminar	Seminar			
Wednesday	I III	WS RS	DV NK	SS DV	RK ST			
Thursday	I III	RS/DR KY	DV NK	SS DV	RK SS			
Friday	I III	RS VPS	VPS SS	SS DV	ST WS			
Saturday	I III	RS/RC VPS	ST VPS	Screening of Films	Screening of Films			

Faculty of English:

RS (Dr. Rekha Sharma)

Sem I: Chaucer ("The Prologue", "The Nun's Priest's Tale"), Charles Dickens (*Hard Times*), Shakespeare (*The Tempest*)

Sem III: Bernard Shaw (*Arms and the Man*), V.S. Naipaul (*A House for Mr. Biswas*), Chinua Achebe (*Things Fall Apart*)

SS (Dr. Sanjana Shamsheery)

Sem I: History of English Literature: 1660-1800, Pope (*The Rape of the Lock*, *An Epistle to Dr. Arbuthnot*), Hardy (*Tess of the D'Urbervilles*)

Sem III: Walt Whitman (Select Poems), Margaret Atwood (*Surfacing*)

DV (Dr. Daisy Verma)

Sem I: History of English Literature: Chaucer to 1660, John Donne (Select Poems), Marlowe (*Dr. Faustus*)

Sem III: W.B. Yeats (Select Poems), John Arden (*Sergeant Musgrave's Dance*), Dostoevsky (*Crime and Punishment*)

Guest Faculty:

VPS (Prof. V.P. Sharma)

Sem I: George Eliot (*The Mill on the Floss*)

Sem III: Aristotle, Dryden, Coleridge, Arnold, Eliot as Critics

NK (Prof. Neelima Kanwar)

Sem III: T.S. Eliot (*Murder in the Cathedral*), T.S. Eliot (*The Waste Land*)

Research Scholars:

KY (Ms. Kesang Youdon)

Sem I: Milton (*Paradise Lost-I*, *Lycidas* & *L'Allegro*)

Sem III: W.H. Auden (Select Poems), Robert Frost (Select Poems)

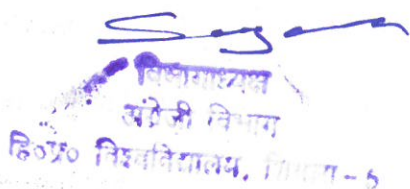
WS (Mr. Washim Sajjad)

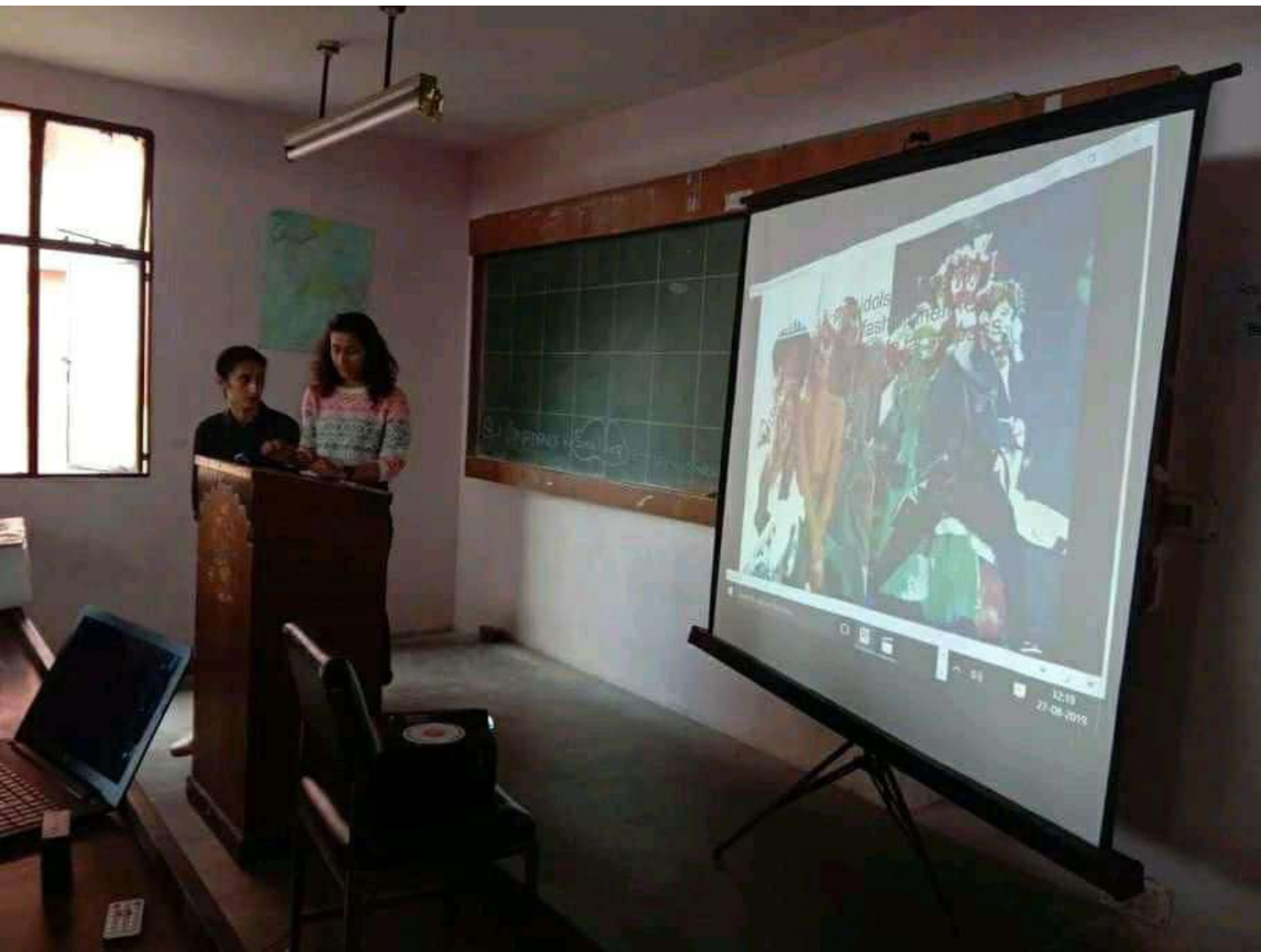
Sem I: Emily Bronte (*Wuthering Heights*)

Sem III: Hemingway (*The Old Man and the Sea*)

RS (Mr. Rohit Katoch)

Sem I: Shakespeare (*Twelfth Night*)


विश्वविद्यालय
संस्कृत विभाग
हिन्दी विश्वविद्यालय, दिल्ली-5



2.3.1: Experiential and Participative Learning



Problem Solving Methodologies: A student undertaking critical appreciation of texts

As a part of the Time-table, every Tuesday, the students participate in a seminar/presentation where critical appreciation of a prescribed text is done.



Problem Solving Methodologies: A student undertaking critical appreciation of texts



Student Centric Methods: Weekly Academic Presentation by students

As a part of the Time-table, every Tuesday, the students participate in a seminar/presentation where critical appreciation of a prescribed text is done.



Experiential Learning: Ph.D. students during a Workshop in the Department

Venue: Room No. 202, Department of English

A Creative writing Workshop was organized by the Department for the research scholars of the department. Former faculty was invited to impart hands-on training on "The process of writing" to the scholars.



Student Centric Methods: Oration of a play in the class



Problem Solving Methodologies: Stress management through Yoga

हिमाचल प्रदेश विश्वविद्यालय सांध्यकालीन अध्ययन विभाग तथा सौँझ-बाती के संयुक्त तत्वावधान में आयोजित

हिंदी समीक्षा केंद्रित स्वाध्याय कार्यशाला

आज का कार्यक्रम

- कार्यशाला की रूपरेखा
- उद्बोधन : प्रो. मीनाक्षी एफ़ पॉल
- कविता का प्रतिसंसार (व्याख्यान) : डॉ. आशुतोष कुमार
- धन्यवाद ज्ञापन : डॉ. शोभा मिश्र

दिनांक : 08/11/2020, दिन : रविवार, समय : सायं 8:30 से 9:30 तक।
स्थान : गूगल मीट प्लेटफॉर्म (लिंक के लिए ग्रुप सूचनाएँ देखिए)।

॥स्वाध्यायप्रवचनाभ्याम् न प्रमदितव्यम्॥

Do not neglect study and teaching.





हिमाचल प्रदेश विश्वविद्यालय

[राष्ट्रीय मूल्यांकन एवं प्रत्यायन परिषद द्वारा 'ए' ग्रेड प्रत्यायित विश्वविद्यालय]

सांध्यकालीन अध्ययन विभाग

शिमला-171001, भारत

हिंदी समीक्षा केंद्रित स्वाध्याय कार्यशाला आज का कार्यक्रम

साधो सबद साधना कीजै (व्याख्यान)

डॉ. आशुतोष कुमार

भेड़िये मिमिये तू निंगरी : एक समीक्षा

श्री निर्मल सिंह

अध्यक्षीय व्याख्यान

प्रो. मीनाक्षी एफ़. पॉल

सार-संक्षेप

डॉ. शोभा मिश्र

मुख्य अतिथि द्वारा आशीर्वचन

डॉ. अमिता तिवारी

साहित्यकार एवं अनुसंधाता

मैरीलैंड विश्वविद्यालय, अमेरिका

आज कार्यशाला का पाँचवाँ दिन

तथा समापन सत्र।

दिनांक - 12/11/2020, गुरुवार

समय - सायं 8:30 से

गूगल मीट लिंक के लिए कृपया

ग्रुप सूचनाएँ देखिए।

धन्यवाद ज्ञापन

आचार्य नीरा वालिया

विशेष सहयोग

सुश्री रितिका ठाकुर, सुश्री पल्लवी,

श्री हिमांशु वर्मा, श्री सन्नी सहित

समस्त 'साँझ-बाती' परिवार।

॥स्वाध्यायप्रवचनाभ्याम् न प्रमदितव्यम्॥ ● Do not neglect Study and teaching.

ईवनिंग स्टडीज विभाग में कार्यशाला आयोजित

शिमला। हिमाचल विश्वविद्यालय सांध्यकालीन अध्ययन विभाग और सांझ बाती के संयुक्त तत्वावधान में पांच दिवसीय हिंदी समीक्षा के स्वाध्याय कार्यशाला 'अंतर्दर्शन का आयोजन किया गया।

मैरीलैंड विवि अमेरिका के साहित्यकार एवं अनुसंधाता डॉ. अमिता तिवारी ने बतौर मुख्य अतिथि शिरकत की। उन्होंने मनुष्यता को आज की दुनिया में सबसे आवश्यक बताया। कहा कि हम साहित्य से क्या ग्रहण करते हैं, यह हमारी पात्रता और विवेक पर निर्भर करता है। अपने अध्यक्षीय भाषण में प्रोफेसर मीनाक्षी एफ पॉल ने शोध में मूल स्रोत और मूल पाठों के अध्ययन का महत्व बताया। डॉक्टर आशुतोष कुमार ने 'साधो शब्द साधना कीजै' विषय पर व्याख्यान दिया। निर्मल सिंह ने हिमाचली झूरी लोकगीत 'भेड़िए मिमिय तू निगरी' की समीक्षा प्रस्तुत की। संदीप कुमार ने 'धूमिल के काव्य में भारतीय समाज' पर व्याख्यान और डॉ. अभिज्ञान द्विवेदी ने साहित्य समीक्षा में भाषा विज्ञान की भूमिका पर विचार रखे। संक्षिप्त रिपोर्ट डॉ. शोभा मिश्रा ने प्रस्तुत की। (संवाद)

विंटर सी
पर्यटन व
की हैं उम

शिमला। राज
स्थलों पर नव
दौर शुरू होने
पर्यटन कारोब
की उम्मीद ज
बर्फबारी होने
काफी सैलानि
किया है। शह
मुताबिक विं
के बाद शुरू
त्योहारी सीज
अच्छा मुनाफ
दिवाली के तु
सीजन शुरू
सीजन भी अ
लगा रहे हैं।
को भी अच्छे
शिमला व्याप
सिंह का कह
से इस बार
बेहतर रहने

प्रो. मीनाक्षी पॉल ने की प्रदेश की लोक कथाओं के महत्व पर चर्चा 'हिमाचल के लोक साहित्य' पर एक सत्र का आयोजन

सोतन | बैलेस्ट्रिस्टिक शूलिनी लव्स
लिटरेचर सोसायटी की मेजबानी
अंग्रेजी विभाग, शूलिनी विवि ने
'हिमाचल लोक साहित्य' शीर्षक पर
एक सत्र का आयोजन किया। इसका
शीर्षक था, 'ब्रिजस अक्रॉस टाइम -
हिमाचल की लोक कल्पना।'

कार्यक्रम के वक्ताओं में
इंगलिश डिपार्टमेंट ऑफ़ ईवनिंग
स्टडीज की प्रो. मीनाक्षी एफ. पॉल,
एचपीयू के प्राचार्य और प्रोफेसर
सहित लेखक, फोटोग्राफर और
शिमला के क्यूरेटर सिद्धार्थ पांडे थे।
प्रो. मीनाक्षी पॉल ने अपनी बचपन की
कुछ यादों को साझा करके अपनी बात
शुरू की। उन्होंने लोक कथाओं के
महत्व और धार्मिक और धर्म निरपेक्ष
लोक साहित्य के एक-दूसरे के साथ
परस्पर संबंध बनाने पर चर्चा की।
उन्होंने हिमाचली लोक साहित्य से जुड़ी



कुछ कहानियाँ
भी सुनाई।
डॉ. सिद्धार्थ ने
हिमाचली लोक
साहित्य के बारे में
अपनी अंतर्दृष्टि

साझा की। कैसे ये किस्से हमें अपने
आप में एक आईना दिखाते हैं,
उन्होंने लोक साहित्य को प्रकृति और
परिदृश्य के महत्व के बारे में बताया।
उन्होंने अपनी पसंदीदा पुस्तकों में
से कुछ कहानियाँ भी साझा कीं।
इसके बाद एक बहुत ही जानकारीपूर्ण
चर्चा हुई जिसमें प्रो. मंजू जैदका, डॉ.
पूर्णमा, नीरज पिज्जार और साक्षी सुंदरम
ने भाग लिया। एक अंतर्राष्ट्रीय सम्मेलन
की घोषणा विभाग की प्रमुख प्रो. मंजू
जैदका द्वारा की गई। उन्होंने बताया कि
2 अक्टूबर की छुट्टी है इसलिए अब
अगली चर्चा 9 अक्टूबर को होगी।

एचपीयू में राष्ट्रीय संगोष्ठी आयोजित

शिमला। प्रदेश विवि के संध्याकालीन संस्कृत विभाग में एक दिवसीय राष्ट्रीय संगोष्ठी का आयोजन किया गया। जिसका विषय रामायण की प्रासंगिकता वर्तमान के परिप्रेक्ष्य में था। यहां मुख्य अतिथि के तौर पर कुलपति आचार्य सिकंदर कुमार उपस्थित रहे। इसके साथ ही आचार्य रेखा शर्मा अधिष्ठता भाषा संकाय एचपीयू, मुख्य वक्ता आचार्य सुरेंद्र कुमार महर्षि दयानंद विश्वविद्यालय रोहतक, मुख्य वक्ता आचार्य ललित कुमार गौड़ कुरुक्षेत्र विश्वविद्यालय हरियाणा उपस्थित रहे। इस दौरान कुलपति ने अपने वक्तव्य में रामायण केवल देश में ही नहीं अभी तो पूरे विश्व में महाकाव्य के रूप में प्रचलित है। रामायण पूरे विश्व में विभिन्न भाषाओं में प्रचलित हो चुका है, आज के समय में हर व्यक्ति को इसका अनुकरण करना अनिवार्य है। राम का चरित्र आज भी हमें भाईचारे की भावना रिश्ते को सहेजने की कला और समाज में प्रत्येक मानव का कल्याण किस प्रकार किया जाए।

एचपीयू में रामायण पर एक दिवसीय राष्ट्रीय संगोष्ठी आयोजित

शिमला, 3 अप्रैल (ब्यूरो) : हिमाचल प्रदेश विश्वविद्यालय के संध्याकालीन संस्कृत विभाग में एक दिवसीय राष्ट्रीय संगोष्ठी का आयोजन किया गया जिसका विषय रामायण की प्रासंगिकता वर्तमान के परिप्रेक्ष्य में था। इस अवसर पर कुलपति प्रो. सिकंदर बतौर मुख्यातिथि उपस्थित रहे। कुलपति ने अपने वक्तव्य में कहा कि रामायण केवल देश में ही नहीं पूरे विश्व में महाकाव्य के रूप में प्रचलित है। उन्होंने कहा कि आज के समय में हर व्यक्ति को इसका अनुकरण करना अनिवार्य है। राम का चरित्र आज भी हमें भाईचारे की भावना रिश्तों को सहेजने की कला और समाज में प्रत्येक मानव का कल्याण किस प्रकार किया जाए इसका श्रेष्ठतम उदाहरण है। मुख्य वक्ता प्रो. सुरेंद्र कुमार कुरुक्षेत्र विश्वविद्यालय हरियाणा ने कहा कि श्रेष्ठ

● **रामायण पूरे विश्व में
महाकाव्य के रूप में
प्रचलित : कुलपति**

मर्यादाओं का संस्थापक है रामायण जिससे हमें अपने व्यवहारिक जीवन में अपनाना चाहिए। मुख्य वक्ता प्रो. ललित कुमार गौड़ ने कहा कि संपूर्ण रामायण अत्यंत सरल और सारगर्भाधीन शब्दों की उपस्थिति है। इस अवसर पर आचार्य रेखा शर्मा अधिष्ठाता भाषा संकाय हिमाचल प्रदेश विश्वविद्यालय, मुख्य वक्ता आचार्य सुरेंद्र कुमार महर्षि दयानंद विश्वविद्यालय रोहतक, मुख्य वक्ता आचार्य ललित कुमार गौड़ कुरुक्षेत्र विश्वविद्यालय हरियाणा रहे। कार्यक्रम के मुख्य संयोजक डॉ. सपना चंदेल, सहायक आचार्य डॉ. सुनीता ठाकुर, डाक्टर पूनम ठाकुर थे।



हिमाचल प्रदेश विश्वविद्यालय

(राष्ट्रीय मूल्यांकन एवं प्रत्यायन परिषद् 'ए' ग्रेड विश्वविद्यालय)
सांध्यकालीन अध्ययन विभाग
द्वारा



संत कबीरदास जयन्ती के उपलक्ष्य में

विशेष व्याख्यान

मुख्य वक्ता



आचार्य योगेन्द्र नाथ शर्मा 'अरुण'
पूर्व प्राचार्य एवं सदस्य कार्यपरिषद्
अंतरराष्ट्रीय हिन्दी वि० वि० वर्धा

विषय

वर्तमान परिवेश में कबीर
चिन्तन की प्रासंगिकता

समय—सांयकाल 6:00 से 7:00 तक

अध्यक्ष



प्राचार्य, मीनाक्षी एफ० पॉल
सांध्यकालीन अध्ययन विभाग,
हि० प्र० वि० वि० शिमला

संयोजक



डॉ० सुनीता जसवाल डॉ० सपना वंदेल
सहायक आचार्य सांध्यकालीन अध्ययन विभाग,
हि० प्र० वि० वि० शिमला

धीरे-धीरे रे मना,
धीरे सब कुछ होय।
माली सींचे सौ घड़ा,
ऋतु आए फल होय॥



गूगल मीट लिंक—

<https://meet.google.com/rre-ajsq-pdf>

कोड— rre-ajsq-pdf

यहां क्लिक करके जुड़े



Centre for Women's Studies & Development

Himachal Pradesh University

is organising

A one day national webinar on the theme

"Gender Equality & Women's Rights"

In view of ongoing Covid-19

On 14th July 2020

11 am onwards



Patron

Prof. Sikander Kumar
Hon'ble Vice Chancellor
Himachal Pradesh University

Resource Persons



Prof. Meenakshi Faith Paul
Dept. of Evening Studies,
HPU



Dr. Runa Mehta
Dept. of Laws,
HPU



Dr. Kamayani Bisht
Dept. of English
Govt. College Sanjauli



Prof. Sushma Rewal Chugh
Director, Centre for Women
Studies & Development
HPU

Convener

Organising Committee

Dr. Seema Thakur
Project Officer
Centre for Women
Studies & Development
HPU

Mrs. Anju Devi
Research Fellow
Centre for Women
Studies & Development
HPU

e-Platform for the webinar: <https://meet.google.com/>

Participants will be given e-certificate for attending this webinar



Centre for Women's Studies & Development

Himachal Pradesh University
Is organising
A one day National Webinar on the theme

"Choose to Challenge"

On 8th March 2021
International Women's Day
11 am onwards



Patron

Prof. Sikander Kumar
Hon'ble Vice Chancellor
Himachal Pradesh University

Resource Persons



Prof. Mamta Mokta, Dept. of
Public
Administration
H.P.U.



Prof. C.M Parsheera
Director, Institute of
Tribal Studies, HPU



**Prof. Meenakshi
F. Paul**,
Principal, Dept. of
Evening Studies,
HPU



Dr. Ajai Srivastva
Nodal officer for
Disability Affairs,
HPU

Convener



Prof. Sushma Rewal Chugh
Director, CWSD, HPU

Organizing Secretary
Dr. Seema Thakur

Organizing Committee
Mrs. Anju Devi

e-Platform for the webinar: <https://meet.google.com/>
Participants will be given e-certificate for attending this webinar

WORKSHOP REPORT

The New You Etiquette, Communication, Image Management
(Under skill Enhancement Programme)



Prepared By:

Dr Shobha Misra

Assistant Professor (History)

Himachal Pradesh University Department of Evening Studies
The Mall, Shimla, 171001

On 30.10.2020 HPU Department of Evening Studies, Shimla and Amity Finishing School, Noida jointly conducted a one day workshop under skill enhancement programme. The workshop was conducted on an online platform through Google Meet.

The aim of conducting this session was to motivate the participants to aspire, achieve and transform. Amity organises different workshops, diploma and certified courses on personal transformation, international protocols, indian values , european etiquette at international and national level. These skill training makes candidates more confident, composed and emotionally intelligent in life which can help them excel in any situation..

Dr. Shobha Misra started the session with the welcome of chief guests, eminent Professor Minakshi F Paul ma'am and Miss Jaishree Chauhan ma'am. She then welcomed workshop committee members Professor Aarti Pandit Dhawan, Dr Eeshani Saraswat , Miss Karishma, Miss Ojasvi.

Dr. Shobha Misra then introduced the workshop committee to students starting with Miss Jaishree Chauhan ma'am, chairperson of Amity Finishing School. She is an international etiquette expert, a practising lawyer, an achiever, a believer, a die hard optimist and a torch bearer.

Dr. Eeshani Saraswat, Assistant Professor and Head of Department of Amity Finishing School. Her expertise lies in English Communication Skills and Business Communication, with an experience of over 12 years.

Miss Karishma is a certified etiquette trainer, faculty member, psychologist and counsellor.

Miss Ojasvi is an international etiquette coach, an avid trainer, content developer, faculty member and practising counselling psychologist.

Dr. Shobha Misra then invited Professor Aarti Pandit Dhawan of the Commerce Department to speak a few words. Professor Aarti addressed the session and talked about the importance of this workshop. She then invited Principal Minakshi F. Paul Ma'am to give her blessing for the workshop.

Principal Ma'am talked about the need and importance of vocational training courses, how they help everyone to shape their personality and how it is important in any given profession.

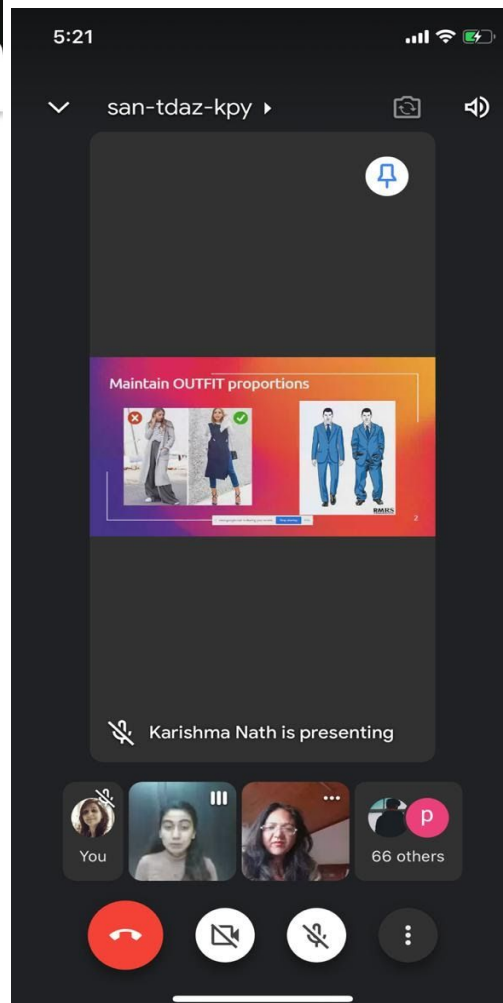
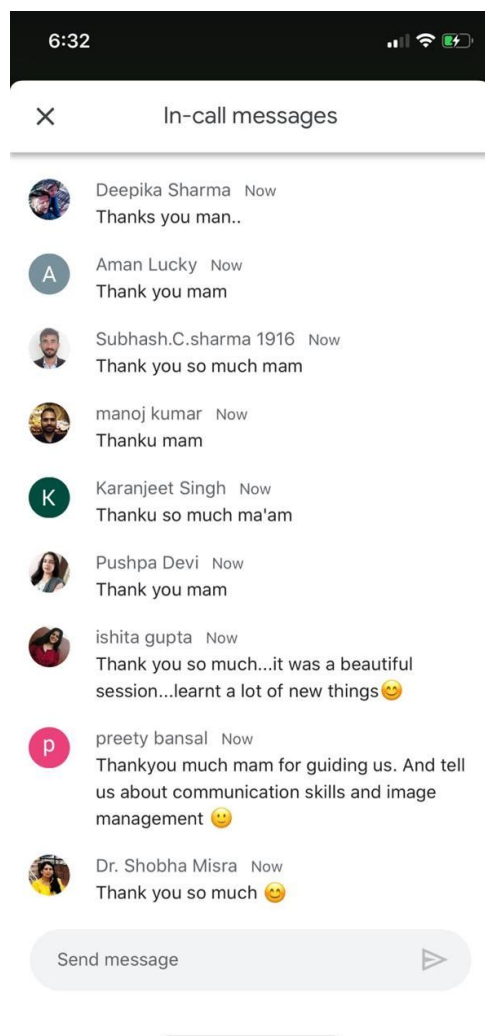
After Principal Ma'am's enlightening words Dr. Shobha Misra handed over to Dr. Eeshani to start their workshop.

Dr. Eeshani and her teammates Dr. Karishma and Dr. Ojasvi presented audio and video supplements to the participants. They talked about the importance of good communication skills, personality development, dressing sense, body postures, self confidence, how to maintain psychological pressure, emotional intelligence, importance of posture in terms of confidence, how we can correct our postures, how to appropriately dress up to appear and be more presentable and confident.

Through this workshops we can revive the long lost social graces and etiquette blending them with present day needs which are much needed in personality enhancement.

There was an overwhelming response from the participants. The session was very interactive and interesting as described by the attendees.

In the Q&A session the attendees participated actively and a wide array of questions were asked and answered. In the end Dr Eeshani presented a vote of thanks. Dr. Shobha then concluded and announced the end of the workshop. In the workshop an approx of 72 participants were present from varied regions of India.



58% 3:13 PM

←

इस कॉल के बारे में जानकारी

लोग

जानकारी

दूसरे लोगों को मीटिंग में जोड़ें

मीटिंग में शामिल होने की जानकारी शेयर करें

कॉल में

Mādhava Samvād (आप)

M

Mahendra Yadav

✖

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Meenakshi F. Paul

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...

Dr. Shobha Misra

✖

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A

Arti Dhawan

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S

Sanjeev K. Bragta

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Choosing correct hairstyles

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✖ Karishma Nath

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preety

63 और लोग

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