

SEMESTER – II

Paper – VI

SOCIAL –ECONOMIC HISTORY OF ANCIENT INDIA

- Unit I** : (i) Sources of the study of Social history of Ancient India.
(ii) Varna and Jati.
(iii) Daspratha – Slavery System.
(iv) Ashramvyavstha.
- Unit II** : (i) Origin of Family System: Joint family and its membership.
(ii) Kinds of Sons.
(iii) Position of Women (Property rights and Stridhana).
(iv) Samskaras.
(v) Marriage system – Kinds of marriage.
- Unit III** : Aims and Ideals of Ancient Education.
(i) Vedic Education system - Gurukulas.
(ii) Jaina Educational Ideals and Institutions.
(iii) Buddhist Educational Ideals and Institutions – Viharas.
(iv) Curriculum, Financer of Educational Institutions.
(v) Education and Social Changes.
- Unit IV** : (i) Sources for the study of economic history of Ancient India.
(ii) Varta.
(iii) Agriculture through the Ages.
(iv) Cattle – breeding.
(v) Forestry and Horticulture.
- Unit V** : (i) Industries.
(ii) Trade & Commerce.
(iii) Guilds – their role in Ancient Indian Economy.
(iv) Taxation.

Anita
27/3/19

19

Rush
Rush

132
25/03/19
Lamin

Paper - VI

Social-Economic History of Ancient India :-
Recommended Readings :

- 1) Sharma, R.S. Light on Early Indian Society and Economy
- 2) Dutt, N.K. Origin and Growth of Caste in India.
- 3) Kane, P. V. History of Dharmashastras.
- 4) Altekar, A.S. The Position of Women in Hindu Civilization.
- 5) Atekar, A .S. Education in Ancient India.
- 6) Majumdar, B. P. Socio-Economic History of Northern India.
- 7) Gopal L. The Economic Life in Northern India.
- 8) Bandopadhyay, N.C. Economic Life and Progress in Ancient India.
- 9) Bose A. N. Social and Rural Economy of Northern India
- 10) Lal, Achchhe, Prachin Bharat mein Krishi
- 11) Mishra, Jai Shankar, Prachin Bharat ka Samajik Itihas.
- 12) Pandey, R. B. Hindu Sanskaras

Anika

27.3.19

1502
27/03/19

Rish Anika Rish

Ram JK

14 A

Paper – VII

Political History of South – East Asia

Unit-1

- i) Funan & Kambuja – Source of Culture – Literary & Archaeological
- ii) Components of Culture in Ancient Kambodia
 - a) Literature
 - b) Art & Architecture
 - c) Religion & Philosophy

Unit-2

- i) Champa – Source of Culture – Literary & Archaeological
- ii) Components of Culture in Ancient Champa
 - a) Literature
 - b) Art & Architecture
 - c) Religion & Philosophy

Unit-3

- i) Thailand & Laos in Ancient Times – Source of Culture – Literary & Archaeological
- ii) Components of Culture in Ancient Times
 - a) Literature
 - b) Art & Architecture
 - c) Religion & Philosophy

Unit-4

- i) Indonesia & Malay Peninsula in Ancient Times – Source of Culture – Literary & Archaeological
- ii) Components of Culture in Ancient Times
 - a) Literature
 - b) Art & Architecture
 - c) Religion & Philosophy

Unit-5

- i) Ancient Burma – Source of Culture – Literary & Archaeological
- ii) Components of Culture in Ancient Burma
 - a) Literature
 - b) Art & Architecture
 - c) Religion & Philosophy

Ans. 1.1
27.3.19

Ans. 2.1
27.3.19

Ans. 3.1
27.3.19

Ans. 4.1
27.3.19

Ans. 5.1
27.3.19

Recommended Readings

1. LeMay, Reginald : The Culture of South -- East Asia
2. Wales, H.G.Q. : The Making of Greater India
3. Chatterji, B.R. : Indian Cultural Influence in Cambodia
4. Vidyalankar, Satyaketu : Dakshinpurvi Aur Dakshini Asia mein Bharatiya Sanskriti
5. Sharan, M.K. : Studies in Sanskrit inscriptions of ancient Cambodia
6. Bose, P. : Indian Colony of Siam
7. Bose, P. : Indian Colony of Campa
8. Thompson, V. : Thailand; The New Siam
9. Majumdar, R.C. : Ancient Indian Colonization in South East Asia
10. Sadananda, Swami : Pilgrimage to Greater India
11. Osborne, Milton E. : SouthEast Asia -- An Introductory History
12. Thompson, Peter A. : Siam -- An Account of the Country and The People
13. Wyatt, David : Thailand -- A Short History
14. Sahai, S. : The Ramajataka in Laos
15. Sahai, S. : Krishna saga in Laos
16. Puri, B.N. : Sudurpurva mein Bharatiya sanskriti aur Uska Itihas
17. Thakur, Upendra, : Some Aspects of Ancient Indian History and Culture (Ch.XXII)
18. Majumdar, R.C. : Suvarnadvipa
19. Coedes, George : The Indianized States of S.E. Asia
20. Harvey, G.E. : History of Burma
21. Ray, N. : Sanskrit Buddhism in Burma
22. Ray, N. : Bramanical Gods in Burma

Anil
27.3.19

Ved

Prish An Singh

Rush

Rash
25/03/19

SEMESTER – II

Paper – VIII

ANCIENT WORLD CIVILIZATION

- Unit I : Ancient Egypt –**
- (i) Egypt; The gift of Nile.
 - (ii) Hyksos invasion.
 - (iii) Thutmos III.
 - (iv) Amenhotep III.
 - (v) Amehnotep IV (I. Khanatam)
- Unit II : Ancient Mesopotamia**
- (i) Importance of Twin Rivers.
 - (ii) Sumerian Culture – Identity & Antiquity.
 - (iii) Babylonia: Hammuburabi and his law code
Tiglath Pileshar III
 - (iv) Assyria: Asurbanipal, Career and achievement, Causes of the fall of Assyrian civilization.
- Unit III : Ancient China**
- (i) History of Shang Dynasty.
 - (ii) History of Chou Dynasty.
 - (iii) History of Han Dynasty.
 - (iv) Philosophy of Confucious, Mencius and Lao-tse.
 - (v) Tang dynasty
- Unit IV : Ancient Iran**
- (i) History of Achaemanian dynasty, Cyrus, Darius.
 - (ii) Conquest of Persia by Alexander.
 - (iii) Life and teachings of Zoraster.
- Unit IV : Ancient Greece**
- (i) Homeric Age.
 - (ii) Contributions of Greece to the World Civilization.

Civilization
27.3.19

Shikha *Anshika* *Rishi*

602
25/03/19

Ram *Kul*

Paper - VIII

Recommended Readings :

- 1) Breasted, J.H. - History of Egypt.
- 2) Gurghde, W.G. - The legacy of Ancient World.
- 3) Cottrell, L - life under the pharaohs.
- 4) Smith, G.F. - The Ancient Egyptians and the origin of civilization.
- 5) Jastrow, M - The Civilization of Babylon is & Assyris.
- 6) King, W - The History of Babylon
- 7) King, W - The History of Sumer and Akkad.
- 8) Creel, H.G. - The Birth of Cluris.
- 9) Eberhard, W - A History of Climis.
- 10) Gamet, M. - Chhinese Civilization.
- 11) Latourette, K.S. - The chines - Their History and Culture
- 12) Olmstead, AT - The Histoyr of Persian Empire.
- 13) Dawson, M - The Ethical Religion of Joroaster.
- 14) Hammond, N.G.L. - History of Greece.
- 15) Kitto, H.D. - The Greeks
- 16) Living stone, R.W. - The legacy of Greece.
17. Trever, A.A - History of Ancient Civilization
18. Nehru, J.L. - Glimpses of world History
19. डा० सुशील माधव पाठक - विश्व की प्राचीन सभ्यताओं का इतिहास
20. श्रीराम गोयल - विश्व की प्राचीन सभ्यताएँ

Amalika
27/3/19

Rush
27/3/19

Rush

Rush
27/3/19

1/1

SEMESTER – II

Paper – IX

CONCEPT AND TECHNIQUE OF ARCHAEOLOGY, PRE AND PROTO HISTORY OF AFRICA & EXCAVATED ARCHAEOLOGY SITES

- Unit I** : (i) Archaeology, definition and relation with Science and History.
(ii) History of Archaeology – Dawn to the evolution of three age system.
(iii) Evolution of the Scientific methods of Archaeology.
(iv) Contributions of: (a) Schiliemann (b) Pitt Riverse and (c) Flinder Petrie.
(v) Methods of locating archaeological sites.
(vi) Methods of laying out of trenches.
(vii) Merits and demerits of Horizontal and Vertical Excavations.

- Unit II** : (i) Statigraphy.
(ii) Technique of excavating Ancient Structures.
(iii) Methods of Excavating Town Sites, and Burials mounds.
(iv) Methods of Excavating pre-historic Sites.
(v) Photography: Aerial Photography.
(vi) Methods of Dating – Carbon – 14, Thermolumiunescence.

- Unit III** : (i) Advent of Man in Africa.
(ii) Pre – History of East Africa – Olduvai gorge, Kanya-Capsian in detail.
(iii) Pre – History in South Africa,
(iv) Pre – History in North Africa.
(v) Badarian Culture, Amaratian Culture. Gerzian Culture. Egyptian Culture.

- Unit IV** : Details of Excavated Archaeological Sites:-
(i) Nalanda Mahavihara (ii) Vaishali (iii) Sonapur (iv) Chirand
(v) Kumrahar

- Unit V** : (i) Taxila (ii) Kalibangan (iii) Ahar
(iv) Brahmagiri (v) Arikamedu
(vi) Kaushambi Hastinapur

Handwritten signatures and dates:
C. S. ...
Rish ...
21/03/19

Sem-II, Paper - IX

Recommended Readings :

- 1) Singh, M.M. - Puratatva Ki Ruparekha (Hindi)
- 2) Pandey, J.N. Puratatva Biwarsha (Hindi)
- 3) Wheeler, M - Archaeology from the Earth.
- 4) Kenyon. K.M. - Beginning in Archaeology.
- 5) Das, S.R. - Indian Archaeology.
- 6) All clim F.R. - Birth of Indian Civilization.
- 7) Crawford, D.L.S. - Archaeology in the field.

Amila
27.3.19

22/03/19

Amila

Amila

SEMESTER – II

Paper – X

ANCIENT INDIAN ART, ARCHITECTURE AND ICONOGRAPHY

- Unit I** : (i) Mauryan Architecture:-
A. Ashokan Pillars
B. Barabar & Nagarjuni Caves.
(ii) Origin and development of the Stupa architecture.
(iii) Architectural features of the Sanchi, Bharhut and Amravati Stupa.
(iv) Cave architecture of Western India.
- Unit II** : (i) Origin and evolution of Hindu Temples
(ii) Temples of the Gupta Period.
(iii) Bodh Gaya Temple
(iii) Orissan Temple Architecture
(iv) Chalukya Temple Architecture
(v) Pallava Architecture –
a. Rock cut
b. Monolith Rathas.
c. Temples
(vi) Chola Temple architecture
- Unit III** : (i) Khajuraho Temples – Kandariya Mahadev
(ii) Jaina Temple at Mt. Abu
(iii) Kaisashnath Temple at Ellora
(iv) Architecture of Kashmir – Martand Temple
- Unit IV** : (i) Mauryan Sculptures.
(ii) Shunga and Satavahana Art.
(iii) Gandhara School of Art.
(iv) Mathura School of Art.
(v) Sarnatha School of Art.
(vi) Paintings – Ajanta & Bagh.

[Handwritten mark]

192
27.2.17

192

Ansul

192
25/03/19
Ansul

Unit V

: Development of Hindu Iconography

(i) Vishnu.

(ii) Shiva, Ganesha.

(iii) Durga.

Buddhist Iconography and Jaina Images

(iv) Dhyani Buddha and Bodhisattava

(v) Avlokitesvara, Manjusri.

(vi) Jaina Images.

Amir
27.3.19

Boz
27/3/19

Amir Amir Singh Rish Ramesh
Amir

Sem-II, Paper - X

Recommended Readings :

1. Brown - History of Indian Architecture
2. Fergusson - History of Indian and Eastern Architecture
3. Smith, V.A. - History of Fine Arts in India and Ceylon.
4. Sahay, S.N. - Mandir Sthapatis ka itihās.
5. Bajpai, K.B. - Mandir Sthapatis ka itihās.
6. Shukla - Prachin Bhartiya Sthapatiya.
7. Saraswati - A survey of Indian sculpture.
8. Brown, P - Indian Painting
7. Rao, Gopinath - Elements of Hindu Iconography
10. Banerjee - Elements of Hindu Iconography.

Amil
27.3.19

162
27/03/19

bedi → Shri Hr Singh Dash Ram

SEMESTER - II

Paper - XI

AEC-1 50+50=100 Marks

25/03/19
Cm/In
27.3.19

Arsh Arsh Arsh Arsh

PAPER - XI

Ability Enhancement Course (AEC)
Yogic Sciences

Unit - 1*

BASIC CONCEPT OF YOGA

1. Introduction to Yoga : Definitions of Yoga, Thinkers on yoga and their views - Patanjali, Gherand and; Goraksh; Karma Yoga, Bhakti Yoga and Gyan Yoga : Concept and Characteristics.
2. Raja Yoga : Eight steps of Yoga; Description and significance of Yamas and Niyamas.
3. Asanas and Pranayams : Methods, advantages and limitations; Concept of Prana and Nadis; The subtle body, Chakras.
4. Pratyahara and Dharana : Significance and techniques; Pratyahara and Dharana - Yoga Nidra, Antar Mouna, Ajapa Jap:
5. Hath Yoga : Shatkarmas- their methods, benefits and limitations
6. Body and Mind : Body-mind relation; the conscious, subconscious and unconscious; Psychosomatic disorders.

UNIT - 2

APPLICATIONS OF YOGA

1. Yogic Lifestyle and Health : Medical concept and definition of health, Causes of disease according to medical science and yoga; Basic instincts and their management through yoga;
2. Diet and Nutrition : Medical and Yogic concept of diet; the three Gunas in relation to diet.
3. Effect of Yoga on body systems : The Bones and Joints, Cardiovascular, Respiratory, Digestive, Nervous, Endocrinal and Excretory systems. Preventive, Promotive and curative effects of yoga.
4. Stress management : Concept and types of stress, Effects of stress on body and mind, Yogic management techniques.
5. Social Health management : Causes and effects of crime and substance abuse on society, Role of yoga as supporting and transforming agent.

Amalika
27.3.19

Shal

Law

24

25/03/19

UNIT - 3 (Practical)

- (i) *Pawanmuktasana* - Part I, II and III
- (ii) *Relaxation asanas* - Shawasana, Adwasana, Makarasana, Matsyakridasana.
- (iii) *Meditative Asanas* - Padmasana, Siddhasana, Siddhayoniasana, Sukhasana.
- (iv) *Standing Asanas* - Tadasana, Tiryaktadasana, Katichakrasana, Dwikonasana, Trikonasana.
- (v) *Vajrasana series* - Vajrasana, Suptavajrasana, Singhasana, Shashankasana, Ustrasana, Vyaghrasana.
- (vi) *Forward Bending Asanas* - Pashchimottanasana, Janushirasana.
- (vii) *Backward Bending Asanas* - Bhujangasana, Tiryakbhujangasana, Shalabhasana, Dhanurasana, Chakrasana, Gomukhasana, Kandhrasana

UNIT - 4 (Practical)

- (i) *Gatyatmak Asanas* - Suryanamaskar, Shankhprakhshalana Asanas.
- (ii) *Inverted Asanas* - Bhumipadmastasana, Sarwagasana, Halasana.
- (iii) *Pranayama* - Prepranayama Practices, Yogic Breathing, Nadishodhan upto stage III, Kapalbhata, Bhastrika, Bhramari
- (iv) *Mudras and Kriyas* - Gyan, Chin, Shambhawi, Nasikagra, Ashwini, Khechari, Agnisar
- (v) *Bandhas* - Jalandhar, Moola, Uddiyana, Mahabandha
- (vi) *Shatkarmas* - Kunjal, Jalneti, Laghooshankhprakhshalana, Trataka.
- (vii) *Pratyahara* -Yoganidra, Antarmauna, Ajapa.

UNIT - 5

Assignment/Vocational Training

(*1 unit = 1 credit)

Unit 1+2 = 2x10 = 20 hrs

Units 3+4 (Practicals) = 2x20 = 40 hrs

Unit 5 (Vocational Training) = 10x2 = 20 hours

Total Programme = 20+40+20 = 80 hours

C. S. S. S.

27.3.19

21B

1902
25/05/19