

DEPARTMENT OF HISTORY  
POST GRADUATE - SEMESTER--II  
HISTORY-HARD CORE---HC--201  
CULTURAL HERITAGE OF INDIA

UNIT-I

1. SOURCES- Archaeological, Literary, Foreign Accounts.
2. First Urbanization- Harappan Culture.
3. Vedic Age- Literature, Religion.

UNIT--II

1. Later Vedic Age—Literatures, Religion and Society
2. Epic literature- Ramayana, Mahabharata.
3. Purana- Literatures and Religious Values.

UNIT-III

1. The Second Urbanization- Cultural life with Jainism and Buddhism.
2. Mauryan Empire-Cultural Life, Ashoka's Dhamma and Propagation in Asia.
3. Gupta Age- Developments of Literatures, Science, Technology.

UNIT-IV

1. Sangam Age- Literature and Architecture.
2. Delhi Sultanate- Sufi Movement, Bhakti Movement.
3. Mughal Age-Taj Mahal, Red Fort, Qutub Minar.

UNIT-V

1. Socio- religious Movements- Brahma Samaja, Theosophical Society.
2. Swami Vivekananda and Ramakrishna Paramahansa.
3. Aligarh Movement and Syed Ahmed Khan.

Reading Materials

1. A.L Basheon (ed), cultural History of India, OUP, New Delhi 2011.
2. Allchew.B.R, The birth of Indian Civilization 1968
3. Auboy E.J, Daily life in Ancient India, 1965.
4. The cultural Heritage of India. Bhartiya Vidyabhusana series, Volume-- 1 - IV
5. J. Dora, Sakta Movement of odisha, A study of Art, Architecture and iconography, Bharatiya Kala Prakarana, New Delhi -2010
6. Meenakshi Karana, Cultural Heritage of Medieval India, Social science, Press-2007.
7. Romila Thapper, The Cultural past.
8. Rpmila Thapper, Ancient- Indian Social History, Orient Long pvt. Ltd 2010.
9. The History of Culture Of Indian People, vol.i ii Bharatiya Vidya Bhusan seris, Mumbai.

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26/7/22

POST GRADUATE SEMESTER--II  
HISTORY—HARD CORE---HC--202  
CULTURAL HERITAGE OF ODISHA

UNIT-I

1. The meaning , Nature and classification of Cultural Heritage.
2. Heritage Of Buddhism and Jainism
3. Heritage of Saivism and Vaishnavism

UNIT-II

1. The cult of Jagannath -Origin and Development
2. Mahima Dharma- Impact on socio-cultural life
3. Panchasakha and their Literature

UNIT-III

1. Sarala Mahabharata
2. Modern odian Literature- Fakir Mohan Senapati, Gangadhar Meher
3. Rock cut sculpture in Odisha- Khandagiri and Udayagiri

UNIT-IV

1. Temples of upper Mahanadi valley- 64 Yogini temple of Ranipur Jharial Bolangir, and Samleswari temple of Sambalpur.
2. Fair and Festivals- Blijatara, Dhanujatara
3. Performing Art and music---- Paika dance and Odissi dance and Tribal dances.

UNIT-V

1. Evolution of Kalingan style- Sun temple of Konark
2. Jagannatha temple- Architecture
3. Asokan art and architecture at Ratnagiri

Reading Materials

1. A.B. Mohanty, Mandalapanji
2. Dora, asakta amaovements of Odisha study of Art,Architcture and Iconography,Delhi 2009
3. K.C. Jagannath culture.
4. M.Manasingha, History of Odia literature,Sahitya academy, New delhi
5. M.N. Das(ed),Slides lights on History and culture of Orisa.
6. N.K. Bose, Cannons of Orissa Architecture
7. N.K.Sahu, Buddhim in Orissa
8. P.K.Mishra(ed)Comprehensive history and culture of Orissa,VOL-I,PT.II
9. S.PRADHAN,Rock art in Odisha
- 10.T.E. Donaldson, Hindu emple Art of Odisha

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## OPEN ELECTIVE- 201

### COURSE OBJECTIVES:

1. To practice mental hygiene.
2. To progress emotional stability.

COURSE CODE	COURSE NAME	MARKS	CREDITS
OE-201	<b>YOGA FOR PERSONALITY DEVELOPMENT ANDSTRESS MANAGEMENT</b>	50 End- Sem	4
Unit-I	Concept of Yoga- meaning and Definition,Types and Techniques of Yoga, One long question-07 One short question- 03	10	
Unit-II	Personality Development through Yoga, Yogic Techniques to develop Attention, Memory andConcentration, One long question-07 One short question- 03	10	
Unit-III	Concept of Stress according to Indian andWestern Psychology and its Impact. One long question-07 One short question- 03	10	
Unit-IV	Stress management through Yogic Techniques-Pranayama, Dhyana, Chanting of Mantra, Yoganidra etc. One long question-07 One short question- 03	10	
Unit-V	Yogic way of Life with Special Reference to <i>Srimadbhagavadgita</i> One long question-07 One short question- 03	10	

### Books recommended:

1. Swami Satyananda, Asana, Pranayama, Mudra and Bandha, Bihar Yoga Bharati, Bihar
2. Elizabeth B. Hurlock, Personality Development
3. Travis Bradberry, Jean Greaves and Patrick Lencioni, Emotional Intelligence
4. Marilyn Gordon, The Wise Mind: The Brilliant Key to Life Transformation andHealing
5. Cannon, W. (1939). The Wisdom of the Body, 2nd ed., NY: Norton Pubs.
6. George Feuerstein, The Yoga Tradition (its history, literature, philosophy and practice)
7. Sri Ananda, The Complete Book of Yoga Harmony of Body and Mind, Orient Paperbacks: Vision Books Pvt. Ltd, 1982
8. Selye, H (1950). "Stress and the general adaptation Syndrome". Br. Med. J. 1 (4667):1383-92. PMC 2038162.
9. Lazarus, R.S., & Folkman, S. (1984). Stress, Appraisal and Coping. New York:Springer.
10. Mills, R.C. (1995). Realizing Mental Health: Toward a new Psychology of Resiliency. Sulberger & Graham Publishing, Ltd.
11. Lehrer, Paul M. and David H. (FRW) Barlow, Robert L. Woolfolk, Wesley E. Sime (2007).

**Core Course- XIII**  
**ĀYURVEDA & VRKSĀYURVEDA**

1. *Ayurveda* (Carakasamhita- Sūtrasthāna, dhīrgham jīvitīyādhyāya)  
(Verses from 51 upto the end)

2. *Vrksayurveda* (*Vrksāyurvedādhyaya of Brhatsamhitā*)

**1. Ayurveda**

Unit I, II & III - (*Carakasamhita*, *Sutrasthana*, *dhirgham jivitiyadhyaya*)

**2. Vrksayurveda)**

Unit-IV: Vrksāyurvedādhyāya of Brhatsamhitā.

**Core Readings:**

1. *Carakasamhita*, Brahmananda Tripathy, Chawkhamba Surabharati Prakasan, Varanasi.
2. *Brhatsamhita of Barahmihira*, Ed. Sudhakar Dwivedi, Sampurnanda Samskrita  
Viswavidyalaya, Varanasi

**Suggested Readings:**

1. *Sanskrita Vanmayaka brhata itihās* (Vol.17) Ayurved ka itihās Uttarpradesh Samskrit  
Sansthan, Lukhnow, 2006
2. *Ayurved ka Brhat Itihās*, Atridev Vidyalankar, Chawkhamba, Delhi
3. *Carakachintanam*, Priyabrata Sharma, Chawkhamba, Delhi
4. *Vrksayurveda*, Ed. Dr. Narayana Prasad Dash, Vidyapuri, Cuttack.







