



<b>Effective from Session: 2024-25</b>							
Course Code	A050101T/ HH107	Title of the Course	Ancient & Early Medieval India (Till 1206 A.D.)	L	T	P	C
Year	I	Semester	I	5	1	0	6
Pre-Requisite	10+2 (any discipline)	Co-requisite	None				
Course Objectives	It is aimed to be a foundation course on Ancient & Early Medieval India (Till 1206 A.D.). The broad objective of this course is to equip the students with every aspect of Ancient & Early Medieval India specially about the sources, Indus valley civilization, golden Age of Ancient India. In Addition, it equips student with society and culture of Ancient and early medieval India.						

Course Outcomes	
CO1	To develop understanding about the Sources of Ancient India.
CO2	To understand about the rise of Indus Valley Civilization and Vedic and later Vedic period
CO3	To study about the establishment of Mauryan rule and political condition of North India in 6th century
CO4	To acquire knowledge about the Golden Era of Gupta period and development of art and architecture during the period.
CO5	To acquire knowledge about the Establishment of Harsh Vardhan's rule and Rise of Rajput States.
CO6	To develop knowledge about the rise of Feudalism in Ancient India.
CO7	To understand process of Customs, rituals and beliefs of Hindus and Social structure of the society.
CO8	To acquire knowledge about the foreign invasion in India and establishment of Delhi sultanate. in India.

Unit No.	Title of Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Sources of Ancient India	Introduction to Ancient History, Sources, (A) Literary (B) Numismatics (C) Foreign Accounts, (D) (Epigraphy) Culture & Tradition, Historians of Ancient India, Indian Knowledge System, brief History of Pre-Historic age; Paleolithic, Mesolithic, Neolithic.	8	CO1
2	Ancient Civilization	Indus Valley Civilization; Major sites, extent, salient features, decline, debate about the original home of the Aryans, Vedic and later Vedic period; extent, major Characteristics, Buddhism & Jainism: an overview.	7	CO2
3	India in 6 <sup>th</sup> c.	Political condition of North India in 6 <sup>th</sup> century, Rise of Janapadas & Mahajanpadas, Rise of Magadh Empire and Maurya Dynasty- Chandragupt, Bindusar and Ashok the Great, Kautilya and his Arthshastra, Shunga & Kushana Dynasty.	7	CO3
4	Age of Gupta	Gupta Dynasty – Chandragupt, Samudragupt , Chandragupt 'Vikramaditya' , Golden Era of Ancient India; Art & Architecture.	8	CO4
5	Age of Harsha	Age of Harsh Vardhan and Rise of Rajput States - Pratihar , chalukya, Parmar and Chauhan. The tripartite struggle. Pala, Pratihara & Rashtrakuta.	8	CO5
6	Feudalism	Rise of Feudalism in India; salient features, society & economy during the period.	7	CO6
7	Customs and rituals	Customs, rituals and beliefs of Hindus. Social structure of the society, Varna, Jati Ashram, Samskara, Manu & codification of Jati & varna system.	8	CO7
8	Foreign Invasion.	Advent of Islam: Invasion of Mahmood Ghaznabi, Turkish conquest of North India. Muhammad Ghor and Prithvi Raj Chauhan; Battle of Tarain.	7	CO8

**Reference Books:**

Jha D.N., Ancient India an Introductory Outline. Basham, A.L., The Wonder that was India  
 Lunia, B.N. – Evolution of Indian Culture. Chopra, P.N. & Puri, V.N., Das, M.N. – Social, Economic & Cultural History of India , Vols I, II & III  
 Majumdar, R.C. –Ancient Indian (Hindi and English)  
 Thapar, Romila, History of India, Majumdar, R.C. – History and Culture of Indian People

**e-Learning Source:**  
<https://swavam.gov.in/>  
<http://ignou.ac.in/>

Course Articulation Matrix: (Mapping of COs with POs and PSOs)															
PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	
	CO1	2	2	2	2	2	2	2	2	2	2	2	2	2	2
CO2	2	2	2	2	2	2	3	2	2	2	2	2	2	2	
CO3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
CO4	2	2	2	2	2	2	3	3	2	2	2	2	2	2	
CO5	2	2	2	2	2	2	2	2	2	2	2	2	2	2	

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

<b>Name &amp; Sign of Program Coordinator</b>	<b>Sign &amp; Seal of HoD</b>
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<b>Effective from Session: 2024-25</b>							
Course Code	A050102T/HH108	Title of the Course	History of India (1200-1526 AD)	L	T	P	C
Year	I	Semester	I	5	1	0	6
Pre-Requisite	10+2 (any discipline)	Co-requisite	None				
Course Objectives	Acquaintance with rise and fall of dynasties of the Delhi Sultanate. It is aimed to be a foundation course on history of India (1200-1526 AD). The broad objective of this course is to equip the students with every aspect of Delhi Sultanate specially about the administrative structure of the Delhi Sultanate, Vijayanagar and Bahmani Empires. In Addition, it equips student with salient features of monuments of different dynasties of the Delhi Sultanate and the philosophy of peaceful co-existence, universal love and moral values from Bhakti and Sufi ideas.						

Course Outcomes	
CO1	To develop understanding about the invasion of Ghoris and establishment of Delhi Sultanate
CO2	To understand about the Rise of Balban and his kingship.
CO3	To study about the Establishment of the Khalji's dynasty & Khalji Revolution.
CO4	To understand policies of Alauddin Khalji.
CO5	To acquire knowledge about the Establishment of Tughlaq dynasty.
CO6	To develop knowledge about Babur and his India.
CO7	To understand process of centralization of administration under Delhi Sultanate.
CO8	To acquire knowledge about the Bhakti Movement and Sufism in India.

Unit No.	Title of Unit	Content of Unit	Contact Hrs.	Mapped CO
1	<b>Delhi Sultanate</b>	Causes of the success of the Ghorids: Technological, Military, Political and social. Establishment of the Delhi Sultanate: Qutbuddin Aibek; Iltutmish: His military and administrative achievements	8	CO1
2	<b>Rise of Balban</b>	Ghiyasuddin Balban: Rise of Balban; Balban as Sultan: His Theory of Kingship; Consolidation of Power.	7	CO2
3	<b>Khilji dynasty</b>	Establishment of the Khalji's dynasty: Khalji Revolution; Jalaluddin Khalji; Alauddin Khalji: Agrarian Policy; Price-Control	7	CO3
4	<b>Mongol Invasion</b>	Mongol Policy of Alauddin Khalji: Mongol Invasions during the reign of Alauddin Khalji; His counter measures against the Mongols.	8	CO4
5	<b>Tughlaq's</b>	Establishment of the Tughluq dynasty: Ghiyasuddin Tughluq: His administrative measures; Muhammad bin Tughluq: Revolts against Muhammad bin Tughluq; Transfer of Capital and Token Currency projects of Muhammad bin Tughluq; Firuz Tughluq: His public works; The Lodis: Afghan Despotis'.	8	CO5
6	<b>Arrival of Babar</b>	India on the eve of Babur's arrival; Mughal Afghan conflict: Battle of Panipat and its consequences.	7	CO6
7	<b>Administration under Sultans</b>	Administration under the Sultans of Delhi; Administration of the Vijayanagar and Bahmani Empire; Sultanate Architecture: Development of Architecture under the Sultans of Delhi.	8	CO7
8	<b>Sufi &amp; Bhakti</b>	Bhakti Movement and Sufism in India: Kabir and Nanak; Teachings of early Chishti and Suhrawardi saints.	7	CO8

<b>Reference Books:</b>	RC Majumdar, ed. : History & Culture of the Indian people, Vol. V (Selected Chapters), Bharatiya Vidya Bhavan, Mumbai, 2001. RP Tripathi : Some Aspects of Muslim Administration, Indian Press, Allahabad, 1936. RP Tripathi : Some Aspects of Muslim Administration, Central Book Depot, Allahabad, 1959. Irfan Habib : Economic History of India, 1206-1526: The Period of the Delhi Sultanate and the Vijayanagar Empire, Aligarh Historians Society, Aligarh, 2016. Tara Chand : Influence of Islam on Indian Culture, Nabu Press, Charleston SC, 2011.m K.A. Nizami : Religion & Politics in India during the 13th century, Idarah-i Adabiyat-i Delhi, Delhi, 1974.
<b>e-Learning Source:</b>	<a href="https://swayam.gov.in/">https://swayam.gov.in/</a> <a href="http://ignou.ac.in/">http://ignou.ac.in/</a>

Course Articulation Matrix: (Mapping of COs with POs and PSOs)															
PO-PSO-CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8		PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
	CO1	2	2	2	2	2	2	2		2		2	2	2	2
CO2	2	2	2	2	2	2	3	2		2	2	2	2	2	2
CO3	2	2	2	2	2	2	2	2		2	2	2	2	2	2
CO4	2	2	2	2	2	2	3	3		2	2	2	2	2	2
CO5	2	2	2	2	2	2	2	2		2	2	2	2	2	2

**1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation**

<b>Name &amp; Sign of Program Coordinator</b>	<b>Sign &amp; Seal of HoD</b>
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**Integral University, Lucknow**  
**Department of Environmental Science**

Effective from Session:2023-2024																		
Course Code	I150106T/ES131		Title of the Course	Introduction to Natural Hazard and Disaster Management					L	2	T	1	P	0	C	3		
Year	1st		Semester	I					2	1	0	3						
Pre-Requisite	Basic science		Co-requisite	NIL														
Course Objectives	1. To impart basic knowledge of concept of Hazard, risk and vulnerability. 2. To understand types of hazards, its causes and impact. 3. Assessment of risk and vulnerability. 4. Acquiring knowledge about mitigation and preparedness to combat disaster. 5. To aware about role of government bodies in disaster management.																	
Course Outcomes																		
CO1	Gain basic knowledge of concept of Hazard, risk and vulnerability.																	
CO2	Acquired knowledge of hazards its impact.																	
CO3	Understand about Assessment of risk and vulnerability related to disaster.																	
CO4	Formulate, organize and assess disaster Risk reduction activities																	
CO5	Demonstrate and practice Disaster Management.																	
Unit No.	Title of the Unit	Content of Unit											Contact Hrs.	Mapped CO				
1	Concept of Disaster and Vulnerability	Hazard and disaster -Concept; risk and vulnerability; Types of hazards-Natural hazards: hydrological, atmospheric & geological hazards, Causes of Earthquake, floods, cyclone, tsunami, landslides, and drought.											10	CO1				
2	Impact of Disaster	Global and National Perspective. Disaster profile of India, Case studies from Disasters, Large Hydro projects and its risks-Uttarakhand Dsisaster-2013.											10	CO2 CO3				
3	Disaster Management	Component of Disaster Management-Preparedness and Mitigation, Phases of Disaster Management. Compensation and Insurance.											10	CO4 CO5				
4	Intervention of technologies	Application of geoinformatics in hazard, risk & vulnerability assessment. Early warning System; PTWS & IMD.											10	CO5				
5	Disaster Risk Reduction	Approaches to Disaster risk Reduction (DRR)- Role of public, education and media in DRR. Community Based DRR,International/National Humanitarian aid.											10	CO4				
6	Disaster Act. And Policies	National Acts and policies for mitigating Disasters (Disaster Management Act 2005, National Policy for Disaster Management-2009, Institutional Framework for disaster management (NDMA, SDMA, SDMA &NIDM).											10	CO5				
Reference Books:																		
1-Coppola D. P. 2007. Introduction to International Disaster Management. Butterworth Heinemann.																		
2-Cutter, S.L. 2012. Hazards Vulnerability and Environmental Justice. EarthScan, Routledge Press.																		
3-Keller, E. A. 2012. Introduction to Environmental Geology. Prentice Hall, Upper Saddle River, New Jersey.																		
4-Pine, J.C. 2009. Natural Hazards Analysis: Reducing the Impact of Disasters. CRC Press, Taylor and Francis Group.																		
5-Schneid, T.D. & Collins, L. 2001. Disaster Management and Preparedness. Lewis Publishers, New York, NY.																		
6-Smith, K. 2001. Environmental Hazards: Assessing Risk and Reducing Disaster. Routledge Press.																		
7-Wallace, J.M. & Hobbs, P.V. 1977. Atmospheric Science: An Introductory Survey. Academic Press, New York.																		
e-Learning Source:																		
<a href="https://www.researchgate.net/publication/323794760_Natural_Hazards_and_Disaster_Management">https://www.researchgate.net/publication/323794760_Natural_Hazards_and_Disaster_Management</a>																		
<a href="https://link.springer.com/article/10.1007/s11069-019-03677-2">https://link.springer.com/article/10.1007/s11069-019-03677-2</a>																		
<a href="https://ndmindia.mha.gov.in/images/public-awareness/Primer%20for%20Parliamentarians.pdf">https://ndmindia.mha.gov.in/images/public-awareness/Primer%20for%20Parliamentarians.pdf</a>																		
SWAYAM MOOC, e-Skill India, Coursera, Udemy,NPTEL																		
Course Articulation Matrix: (Mapping of COs with POs and PSOs)																		
PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4	PSO5	PS O6
CO1						2	2		-	-	-	-	3	2	2	1	1	-
CO2			2			2			-	-	-	-	2	2	3	1	1	-
CO3			2			2			-	-	-	-	1	3	2	1	1	-
CO4		3				2			-	-	-	-	1	3	1	3	3	-
CO5		2	2			2	2		-	-	-	-	1	1	3	3	3	-

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

<b>Name &amp; Sign of Program Coordinator</b>	<b>Sign &amp; Seal of HoD</b>
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**Integral University, Lucknow**

<b>Effective from Session: 2024-25</b>							
<b>Course Code</b>	I090103/HS111	<b>Title of the Course</b>	<b>Psychology of Health and Wellbeing</b>	<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>
<b>Year</b>	<b>I</b>	<b>Semester</b>	<b>I</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>3</b>
<b>Pre-Requisite</b>	Intermediate	<b>Co-requisite</b>	None				
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>To develop the concept and definition of health, explain the perspectives of health and Knowledge about psychological health.</li> <li>Basic concept of structures and functions and process to describe the psychology of health - Illness, well-being of varied perspectives, and will be able to apply them in their own and in others' lives.</li> <li>Provide Insights to the learner a clear understanding of the concepts like health, illness, Physical and mental health.</li> <li>Structuring the goals to describe, explain, predict and change the behavior.</li> </ul>						

<b>Course Outcomes</b>	
<b>CO1</b>	Basic Understanding, Perspective & dimensions of Physical and Mental Health, health, Concept & facets of Wellbeing and Relation between health and well-being.
<b>CO2</b>	Basic knowledge of structural and functional, Concept of holistic health, its principles and importance, Misconceptions about holistic health approach. Indian, Western & Eastern Perspective on Health.
<b>CO3</b>	Basic tools of Medical, Holistic, Biopsychosocial, Social model of Health and Illness. Enriching Wellbeing. Advantages and disadvantages of Biopsychosocial model, Biomedical model v/s Bio-Psychosocial model.
<b>CO4</b>	Enhancement of mental health and Identification of Physical and Mental Health Physical Illness Experiences, Illnesses Related to Food, Diet, Obesity. Problems Related to Sexual Health. Acute and Chronic Pain, Chronic Illnesses, Depression. Anxiety. Psychosomatic Illnesses, Substance Use

<b>Unit No.</b>	<b>Title of the Unit</b>	<b>Content of Unit</b>	<b>Contact Hrs.</b>	<b>Mapped CO</b>
1	Introduction to Health and Wellbeing:	Concept and Definition of Health (Physical and Mental Health), dimensions of health, Historical Perspective of Mental Health, Cross-cultural Perspectives of Health, Concept of well-being, Various facets of well-being, Relation between health and well-being.	8	CO1
2	Cross-Cultural Perspectives On Health:	Concept of holistic health, its principles and importance, Misconceptions about holistic health, approach. , Western Perspective, Eastern Perspective on Health, Indian Perspective on Health	10	CO2
3	Models of Health and Illness:	Illness: Medical Model of Health and Illness. Holistic Model of Health, Biopsychosocial Model, Social Model of Health, Concept of Wellbeing. Advantages and disadvantages of Bio psychosocial model, Biomedical model v/s Bio-Psychosocial model.	10	CO3
4	Identification of Physical and Mental Health:	Physical Illness Experiences, Illnesses Related to Food, Diet, Obesity. Problems Related to Sexual Health. Acute and Chronic Pain, Chronic Illnesses, Depression. Anxiety. Psychosomatic Illnesses, Substance Use.	12	CO4

**Reference Books:**

- Brockovich, E. (1993). Health and illness-related cognitions among Brazilian students: a cross-cultural contribution (Doctoral dissertation, University of Southern California).
- Hahn, D. B., Payne, W. A., & Mauer, E. (1991). Focus on health. Mosby Year Book.
- Ojha, S., Srivastava, U.R., Joshi, S. (2010). Health and Well-Being Emerging Trends: New Delhi, first edition: Global Vision publishing Co. Pvt. Ltd.
- Silva, P. (2005). An introduction to Buddhist psychology. Springer.
- Beauchamp, T., Childress J., (1979) Principles of Biomedical Ethics. New York, Oxford University Press
- Galotti, K.M. (2014). Cognitive Psychology: In and Out of the Laboratory (5th ed.). New Delhi: Sage.
- Suggestive digital platforms web links-<http://heecontent.upsdc.gov.in/Home.aspx> <http://www.apa.org>

**e-Learning Source:** Suggestive digital platforms web links- EGYANKOSH, NCERT

<b>PO- PSO CO</b>	PO1	PO2	PO3	PO4	PSO1	PSO2	PSO3	PSO4
	<b>CO1</b>	2	3	3	2	3	2	2
<b>CO2</b>	3	2	2	3	2	3	2	3
<b>CO3</b>	3	2	2	2	2	3	2	2
<b>CO4</b>	2	2	3	2	3	2	3	3

**1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation**

<b>Name &amp; Sign of Program Coordinator</b>	<b>Sign &amp; Seal of HoD</b>
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Effective from Session:2024-25							
Course Code	HM101	Title of the Course	RASHTRA GAURAV	L	T	P	C
Year	I	Semester	I	2	0	0	2
Pre-Requisite	Intermediate (Any Stream)	Co-requisite	None				
Course Objectives	The objective of the course on "Rashtra Gaurav" is to explore and critically analyze the multifaceted dimensions of national pride and glory, as depicted in the paper. Participants will delve into the historical, cultural, social, and political aspects that contribute to the concept of "Rashtra Gaurav" (National Pride) in the context of the specific themes and perspectives presented in the paper. Through in-depth discussions, readings, and interactive sessions, participants will gain a comprehensive understanding of the factors that shape and define a nation's sense of pride, and how these factors influence individual and collective identities. The course aims to foster a nuanced appreciation for the significance of "Rashtra Gaurav" in contemporary society, encouraging participants to critically evaluate its implications and applications within diverse global contexts.						

Course Outcomes	
CO1	To understand the basics of Indian Society and culture.
CO2	To understand the literature, science and astrology.
CO3	To understand Indian heritage.
CO4	To examine the philosophical and spiritual developments in India.
CO5	To evaluate the contributions of Major National Characters and Personalities.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Indian Society & Culture	<ul style="list-style-type: none"> <li>Unity in Diversity: Cultural &amp; Religious Harmony</li> <li>Indian Diaspora</li> <li>Ancient Indian Civilization.</li> <li>National and International Awards &amp; Awardees</li> </ul>	05	01
2	Literature, Science, Astrology	<ul style="list-style-type: none"> <li>Indian Epics: Ramayan &amp; Mahabharata</li> <li>Prominent litterateur: Shudrak, Kalidas, Amir Khusru,</li> <li>Kautilya's Arthashastra</li> <li>Panini's Ashtadhyayi</li> </ul>	05	02
3	Indian Heritage	<ul style="list-style-type: none"> <li>Cultural Heritage in India: Buddhist Monuments at Sanchi, Ajanta &amp; Ellora Caves, Khajuraho, Taj Mahal</li> <li>Tourist Places in India: Red Fort, Ambar Palace, Kaziranga National Park</li> </ul>	04	03
4	Philosophical and Spiritual Developments	<ul style="list-style-type: none"> <li>Sufism &amp; Bhakti Movement: Bulleh Shah, Data Ganj Baksh, Khwaja Moinuddin Chishti, and Nizamuddin Auliya. Tulsidas, Surdas, Meera, Nanak &amp; Kabir</li> <li>Jainism: Mahavir's Biography and Education</li> <li>Buddhism: The life of Buddha, Contributions of Buddhism to India's Culture</li> </ul>	05	04
5	Major National Characters And Personalities	<ul style="list-style-type: none"> <li>Ashoka the Great and His Dhamma</li> <li>Raja Ram Mohan Roy &amp; Brahma Samaj</li> <li>Swami Vivekanand and his philosophies</li> <li>Mahatma Gandhi: Role of Gandhi in Indian National Movement</li> <li>Dr. Bhimrao Ambedkar: A Chief architect of the Indian Constitution</li> </ul>	06	05

Reference Books:
Jawaharlal Nehru - "The Discovery of India"
B.R. Ambedkar - "Annihilation of Caste"
Ramachandra Guha - "India After Gandhi: The History of the World's Largest Democracy"
Mahatma Gandhi - "My Experiment with Truth"
S C Dubey- "Indian Society"
Nadeem Hasnain - "Indian Society and Culture"
G Shah- "Social Movements in India"

Course Articulation Matrix: (Mapping of COs with POs and PSOs)										
PO-PSO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	2	1	3	3	2	2	3	2	1	2
CO2	3	2	2	3	1	2	3	1	2	1
CO3	1	2	2	2	2	3	2	3	3	2
CO4	1	3	2	3	2	3	2	3	1	3
CO5	2	3	1	2	2	3	1	3	2	1

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator	Sign and seal of HoD
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