

# Department of History & Culture

**Course Type (Please tick appropriate box):**

Major	<input type="checkbox"/>	Discipline Specific Core	<input type="checkbox"/>	Ability Enhancement	<input type="checkbox"/>
Minor	<input type="checkbox"/>	<b>Multidisciplinary</b>	<input checked="" type="checkbox"/>	Skill Enhancement	<input type="checkbox"/>
Value Added	<input type="checkbox"/>	Any other	<input type="checkbox"/>		<input type="checkbox"/>

**Course Title: HISTORY OF HAPPINESS: IDEAS AND PHILOSOPHIES**

**Semester: 1**

**Total Credits: 3**

**Maximum Marks: 100 No of seats: 60**

**Course Advisor's Name: Professor Farhat Nasreen**

**Course Advisor's Email: fnasreen@jmi.ac.in**

**Prerequisites: This course is a MULTIDISCIPLINARY COURSE only for the FYUGP students**

**Special Requirements (if any):NIL**

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**Expected Learning Outcomes:**

**Course Description:** This course delves into the history of conceptions and perspectives about happiness. It will analyze philosophies and narratives that explain what people believed would make them happy or unhappy. Being a multidisciplinary course based on history; it will draw insights from psychology and philosophies across timelines and spaces.

**Course Objectives:** It will teach the students about the evolution of ideas and philosophies around happiness/sorrow. The intervention of the state and religions in structuring the idea of happiness according to their own agenda will also be discussed. Since it also includes current studies as well, it will be able to project continuities and changes in psychological perceptions.

**Course Learning Outcome:** Besides teaching History per se the course will also teach the students how to be happier and less stressed. It will teach academic integrity and enthusiasm to the students. It will have a major contribution towards holistic learning.

**Course Syllabus (Unit wise):**

UNIT-1

## **History & evolution of Positive Psychology**

1. Concept of Happiness: Theories; Emotional state theory, Hedonism, Life satisfaction theory. Positive Psychology.
2. Constructs around the idea of happiness in state policies and religions.

### **UNIT-2**

#### **Perception of Happiness in the Indian knowledge system**

3. Indian Knowledge System: *Bhagvat Gita, Panchatantra, Kamasutra, Buddhist philosophy, Therigatha, Jatakas.*
4. Historical narratives: *Premakhyan; Layla Majnun, Heer-Ranjha, Shahar Ashob; Muhammad Rafi Sauda, Mir Taqi Mir.*

### **UNIT-3**

#### **Demystifying of Happiness**

5. Sufi narratives: *Gulistan, Kashful Mahjub, Fawaid-ul Fuad, Siyar-ul Auliya, Siyar ul Arifin, Mirat-ul Asrar, Akhbar-ul akhiyar.*
6. Concepts of attunement, endorsement and engagement: Fana/Baqa, love, forgiveness, gratitude and poverty

### **UNIT-4**

#### **Philosophies**

7. Philosophies of Plato, Marcus Aurelius, Ibn Sina, Rumi, Al-Farabi.
8. Modern researchers and their hypotheses: Freud, Anna Lembke, Ichiro Kishimi, Jonathan Haidt, Mark Manson, Robin Sharma.

#### **References Books:**

#### **SELECTED READINGS:**

1. Abu Nasr –al Farabi, *On the Perfect State*, Intro.,tr. and commentary by Richard Walzer, Kazi Publications Inc. Chicago, 1997.
2. Alan Carr: *Positive Psychology-The Science of Happiness and Human Strengths*, Brunner Routledge, Hove and New York, 2004.
3. Anna Lembke, *The Dopamine Nation: Balance in the Age of Indulgence*, Dutton, 2021.
4. Arthur W. Ryder, *The Panchatantra of Vishnu Sharma*, University of Chicago Press, Chicago, 1925.

5. Charak Samhita, PV Sharma ( translation), Chaukhambba Orientalia, Varanasi, 2005
6. C.R. Snyder-Shane J. Loopez (ed.) *Hand book of Positive Psychology*, OUP, 2002.
7. Chris Allen, *Happiness: The Empirical Science of Happiness and the Philosophy of Tibetan Buddhism*, Portland State University, 2020.
8. Daniel M. Haybron, *Happiness A Short Intoduction*, OUP, 2013, UK.
9. Firdausi Tusi, *The Shahnama of Firdausi*, Tr. Arthur George Warner and Edmond Warner, Impact Global Publishing, USA, 2013.
10. Ibn Sina, *Remarks & Admonition; Physics and Metaphysics, An Analysis and Annotated Translation*-Shams, C. Inati, Columbia University Press, 2014.
11. Ichiro Kishimi & Fumitake Koga, *The Courage To Be Disliked*, Allen & Unwin, 2018.
12. Ichiro Kishimi & Fumitake Koga, *The Courage to be Happy: Discover the Power of Positive Psychology and Choose Happiness Everyday*, Atria Books, New York, 2019.
13. Jalaluddin Rumi, *Rumi's Little Book of Life-The Garden of the Soul, the Head and the Spirit*, Tr. Narayan Mafi and Azima Melita Kolin, Amaryillis-An imprint of Manjul Publishing House, Bhopal, 2020.
14. Jalaluddin Rumi, *Rumi's Little book of Love & Laughter*, Coleman Barks-Amaryillis-An imprint of Manjul Publishing House, Bhopal, 2018.
15. Jonathan Haidt, *The Happiness Hypothesis*, Random House Business, New York, 2021.
16. Karen Armstrong, *Muhammad A Prophet for Our Time*, Harper One, UK., 2007.
17. Marcus Aurelius, *Meditations*, Fingerprint Publishing, 2017.
18. Mark Manson, *The Subtle Art of not Giving a F\*ck*, Harper Collins, 2017.
19. Paulo Coelho, *The Alchemist*, Harper, 2005.
20. Plato, *The Republic*, Fingerprint publications, 2015.
21. Robin Sharma, *The Monk Who Sold His Ferari*, Jaico Publishing House, Mumbai, 2003.
22. Saadi Shirazi, *The Bostan of Saadi*, Translation: G.S. Davie, Compiled by Reza Nazari & Somayeh Nazari, Create Space Independent Publications, 2016.
23. Saadi Shirazi, *The Gulistan of Saadi*, Translation: G.S. Davie, Compiled by Reza Nazari & Somayeh Nazari, Create Space Independent Publications, 2016.
24. Sigmund Freud, *Civilization and its Discontents*, Penguin Classics, 2002.
25. *The Bhagvat Gita*, Tr. R. R. Verma, Prakash Books, New Delhi, 2013.
26. *The Lalitvistsarsutra: The Voice of Buddha*, Dharma Publishing, US., 1983.
27. Yuval Noah Harari, *21 Lessons for the 21<sup>st</sup> Century*, Vintage Classics, 2000.

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Minor	<input type="checkbox"/>	Multidisciplinary	<input type="checkbox"/>	<b>Skill Enhancement</b>	<input checked="" type="checkbox"/>
Value Added	<input type="checkbox"/>	Any other	<input type="checkbox"/>		<input type="checkbox"/>

**Course Title:** Environmental History of India

**Semester:** I

**Total Credits:** 3

**Maximum Marks:** 75      **No of seats:** 60

**Course Advisor Name:** Dr. Mohd Kamran Khan

**Course Advisor's Email:** [g.mkhan1@jmi.ac.in](mailto:g.mkhan1@jmi.ac.in)

**Prerequisites:** FYUP .....

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**Special Requirements (if any):** NA.....

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**Expected Learning Outcomes:** After completing this course, students will be able to understand the historical methodologies and concepts to explain the environmental contexts of past social and cultural transformations. Develop a historical perspective on the complex relationship between society and nature from prehistory to the present in the context of the Indian subcontinent.

**Course Syllabus (Unit wise):**

**Unit I: Introduction to Environmental History**

1. Scope, Nature, and Purpose of Environmental History
2. Sources and Methods in Environmental History

3. Debate in Environmental History; Anthropocene, Capitalocene, and Marx on the Metabolic.

#### **Unit II: Environmental History of Early India**

4. Environment and Early Urban Societies: Harappa Civilization.
5. Environmental Ethics; Beliefs, Practices, and Natural Resources.
6. Socio-economic, political, and Cultural dimensions to the ecological history of Ancient India.

#### **Unit III: Geography, Ecology, and Culture in Medieval India**

7. State, Society, and Ecology.
8. Land, Forest, Pastures, Wild animals, Monsoon, and river system.
9. Irrigation and Canals.

#### **Unit IV: Ecological Transformation from Colonialism to Nehruvian Era**

10. Changing Land Use Pattern; Railways and Deforestation, water and Irrigation.
11. Resistance; Peasants, Tribal, and Pastoralists.
12. Economic Development; Cities, Dams, Displacement; Narmada and Tehri.
13. Health and Disease; Plague, Cholera, and Malaria.

#### **References Books:**

1. Hughes, Donald (2006), *What is Environmental History?* Cambridge: Polity Press, pp. 1-7 [Chapter 1; Defining Environmental History]
2. Mann, Michael (2013), "Environmental History and Historiography on South Asia: Context and some Recent Publications," *South Asia Chronicle*, Vol. 3, pp. 324-357.
3. Rangarajan, Mahesh (2015), *Nature and Nation: Essay on Environmental History*. Ranikhet: Permanent Black, pp. 1-45 [Chapter 1: "Introduction: Issues in the Writing of Environmental History"]
4. Mishra, V. N. (2008), "Climate, a Factor in the Rise and Fall of the Indus Civilization: Evidence from Rajasthan and Beyond," In Mahesh Rangarajan, ed., *Environmental Issues in India: A Reader*. Delhi: Pearson, pp. 7-16.
5. Allchin, Bridget (1998), "Early Man and Environment in South Asia," In Richard Grove, Vinita Damodaran, and Satpal Sangwan, *Nature and the Orient: The Environmental History of South and Southeast Asia*. Delhi: Oxford University Press, pp. 29-50.

6. Lal, Makkhan, "Iron Tools, Forest Clearance and Urbanization in the Gangetic Plains," In Mahesh Rangarajan, ed., *Environmental Issues in India: A Reader*. Delhi: Pearson, pp. 18-32.
7. Thapar, Romila (2008), "Forests and Settlements", In Mahesh Rangarajan, ed., *Environmental Issues in India: A Reader*. Delhi: Pearson, pp. 33-41.
8. Rangarajan, Mahesh (2008), "The Forest and the field in Ancient India," In Mahesh Rangarajan, ed., *Environmental Issues in India: A Reader*. Delhi: Pearson, pp. 42-48.
9. Chakravarti, Ranabir, "The Creation and Expansion of Settlements and Managements of Hydraulic Resources in Ancient India," In Richard Grove, et al, eds, *Nature and the Orient: The Environmental History of South and Southeast Asia*. Oxford: Oxford University Press, 1998, pp. 87-105.
10. Lahiri, Nayanjot (2002), ed. *The Decline and Fall of the Indus Civilization*, Ranikhet: Permanent Black.
11. Singh, Chetan (1995), "Forests, Pastoralists and Agrarian Society in Mughal India," In David Arnold & Ramachandra Guha, eds., *Nature, Culture, Imperialism: Essays on the Environmental History of South Asia*. Delhi: Oxford University Press, pp. 21- 48.
12. D'Souza, Rohan (2012), "Damming the Mahanadi River: The Emergence of Multi-Purpose River Valley Development in India (1943-946)," In Mahesh Rangarajan & K. Sivaramakrishnan, eds., *India's Environmental History: Colonialism, Modernity, and the Nation*. Ranikhet: Permanent Black, pp. 550-583.
13. Singh, Vipul (2018), *Speaking Rivers: Environmental History of a Mid-Ganga Flood Country, 1540-1885*. Delhi: Primus Books, pp. 122-158 [Chapter 6: "Decommonization of the River"].
14. Singh, Abha (2014), "Irrigating Haryana: The Pre-Modern History of the Western Yamuna Canal", in Habib, Irfan, *Medieval India 1: Researches in the History of India 1200-1750*, Delhi: Oxford University Press, pp.49-61.
15. Ali, Daud (2015) *Garden and Landscape Practices in Pre-colonial India: Histories from the Deccan*, Taylor & Francis.
16. Prasad, Archana (2004), 'Reinterpreting Tribal Survival: The Baiga of Central India' 1730-1900 in Shereen Ratnagar and Rudolph Heredia ed. 2004 *Mobile and Marginalised People*, Manohar, 2004.
17. David, Arnold and Ramachandra Guha (1996) (ed), *Nature, Culture, Imperialism: Essays on the Environmental History of South Asia*, OUP, New Delhi, 1996.
18. Whitecombe, Elizabeth (1995) *The Environmental Coast of Irrigation in British India: Waterlogging, Salinity and Malaria in* Arnold and Guha ed. *Nature, Culture, Imperialism*, pp. 237-259.
19. Gadgil Madhiv and Guha, Ramachandra (1995), *Ecology and Equity, the use and Abuse of Nature in Contemporary India*, Penguin Books, New Delhi.

20. Rangarajan Mahesh (1996), *Fencing the Forests; Conservation and Ecological Change in India's Central Provinces, 1860-1914*, Oxford University Press, New Delhi.
21. Bhattacharya, Neeladri (1995), 'Pastoralists in a Colonial World in David Arnold and R Guha ed. 1995 *Nature, Culture, Imperialism: Essay in the Environmental History of South Asia*, Oxford University Press, Delhi, pp. 49-56.
22. Arnold, David (Nov. 1986), 'Cholera and Colonialism in British India', *Past and Present*, pp. 119-51.
23. Klein, Ira (1994). 'Imperialism, Ecology and Disease: Cholera in India, 1850-1950'. *Indian Economic and Social History Review*, 31 (4), 491-518.
24. आर्नल्ड, डेविड 'देह पर दस्तदराज़ी : भारतीय प्लेग के परिप्रेक्ष्य, (1896-1900)', शाहिद अमीन, ज्ञानेंद्र पांडेय (सं), निम्नवर्गीय प्रसंग, खंड 2, राजकमल प्रकाशन, दिल्ली.
25. Chandavarkar, Raj (1992). 'Plague Panic and Epidemic Politics in India, 1896-1914'. In T. Ranger and P. Slack (Eds.) *Epidemics and Ideas: Essays on the Historical Perception of Pestilence* (pp. 203-40). Cambridge University Press.
26. Rai, Saurav Kuma (2024), *Ayurveda, Nation and Society: United Provinces, c. 1890-1950*, Orient BlackSawan.

**Suggested Readings:**

1. Sinha, Nandini Kapoor (2006), *Environmental History of Ancient India*, Oxford University Press.
2. Habib, Irfan (2009) *Environmental History of India*, Tulika Publication, New Delhi.
3. Bhargava, Meena (2017) ed. *Frontiers of Environment: Issues in Medieval and Early Modern India*, Orient BlackSwan, Delhi.
4. Rangarajan, Mahesh (2006), *Environmental Issues in India*, ed. Pearson, Delhi.

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Value Added	<input checked="" type="checkbox"/>	Any other	<input type="checkbox"/>		<input type="checkbox"/>

**Course Title:** Making of the Indian Constitution and its Values

**Semester:** I

**Total Credits:** 2

**Maximum Marks:** 100

**No of seats:** 60

**Course Advisor Name:** Dr Jawaid Alam

**Course Advisor's Email:** jalam@jmi.ac.in

**Prerequisites:** FYUGP

**Special Requirements (if any):** NIL

### Expected Learning Outcomes:

1. Developing understanding of the process which created the Constitution.
2. Imbibing values of the Constitution.
3. Safeguarding the rights of the citizens.

### Course Syllabus (Unit wise):

#### Unit-I

1. Evolution of the Constitution in India: Indian nationalist demands for constitutional reforms and the British response
2. Constitutional reforms initiatives undertaken by the British
3. Indian response and reactions to the British constitutional schemes

#### Unit-II

4. Genesis and growth of the idea of the Constituent Assembly
5. British announcement for the creation of constitution-making body and the formulation of the Constituent Assembly
6. Sessions of the Constituent Assembly; the Objective Resolution

#### Unit-III



7. Committees of the Constituent Assembly to prepare material and proposals for drafting the Constitution
8. Debates on the major provisions of the Constitution
9. Adoption of the Constitution

#### **Unit-IV**

10. Sources of the Indian Constitution
11. Basic philosophy and moving spirit of the Constitution
12. Secular, democratic and inclusive values of the Constitution

#### **References Books:**

1. Sir Maurice Gwyer and A. Appadurai (eds), *Speeches and Documents on Indian Constitution: 1921-47* (London, 1957)
2. Grandville Austin, *The Indian Constitution* (Oxford, reprint, 1999)
3. Gurmukh Nihal Singh, *Landmarks in Indian Constitutional and National Development*, Vol. I (Delhi, 1952)
4. S.L. Sikri, *A Constitutional History of India, 1600-1947* (Delhi, 1963)
5. D.D. Basu, *Introduction to the Constitution of India* (25<sup>th</sup> edition, Delhi, 2021)
6. B. Shiva Rao (ed.), *The Framing of India's Constitution*, vols 1-3 and study volume (Delhi, 1968)
7. Subhash C. Kashyap, 'The Framing of the Constitution and the Process of Institution Building', in B.N. Pande, general editor, *A Centenary History of Indian National Congress: Vol. IV 1947-1964*, editor, Iqbal Narain (New Delhi, 1990)