AC: 02.06.2025 ITEM NO: 17.3

Deccan Education Society's

# Kirti M. Doongursee College of Arts, Science and Commerce (AUTONOMOUS)





Affiliated to

## UNIVERSITY OF MUMBAI

Syllabus for

Program: Bachelor of Arts

Course: T.Y.B.A. Philosophy

Subject: Philosophy

Choice Based Credit System (CBCS) with effect from Academic Year 2025-2026 (NEP)

## Deccan Education Society's Kirti M. Doongursee College

## PROGRAM OUTCOMES

PO	Description
A studen	t completing Bachelor's Degree in <b>Philosophy</b> Program will be able to
P01	Disciplinary Knowledge:
	Demonstrate a blend of conventional discipline knowledge and its applications to the modern world. Execute strong theoretical and practical understanding generated from the chosen program.
PO2	Critical Thinking and Problem solving:
	Exhibit the skill of critical thinking and use higher order cognitive skills to approach problems situated in their social environment, propose feasible solutions and help in its implementation.
P03	Social competence:
	Express oneself clearly and precisely to build good interpersonal relationships in personal and professional life. Make effective use of linguistic competencies to express themselves effectively in real and virtual media. Demonstrate multicultural sensitivity in group settings.
PO4	Research-Related Skills:
	Seeks opportunity for research and higher academic achievements in the chosen field and allied subjects and is aware about research ethics, intellectual property rights and issues of plagiarism. Demonstrate a sense of inquiry and capability for asking relevant/appropriate questions; ability to plan, execute and report the results of a research project be it in field or otherwise under supervision.
P05	Personal and professional competence:
	Equip with strong work attitudes and professional skills that will enable them to work independently as well as collaboratively in a team environment.
P06	Effective Citizenship and Ethics:
	Demonstrate empathetic social concern and equity centered national development; ability to act with an informed awareness of moral and ethical issues and commit to professional ethics and responsibility.
P07	Environment and Sustainability:
	Understand the impact of the scientific solutions insocietal and environmental contexts and demonstrate the knowledge of and need for sustainable development.
P08	Self-directed and Life-long learning:
	Acquire the ability to engage in independent and life-long learning in the broadest context of socio-technological changes.

### PHILOSOPHY for 2025-26

Semeste	Course Code	Course Title	Verticals	Credit
r				
5	25PHIMJ511	Classical Indian Philosophy	Major 1	4
	25PHIMJ512	Logic	Major 2	4
	25PHIMJ513	Philosophy of Bhagwad Gita	Major 3	4
	25PHIMR521	Philosophy of Yoga	Minor	4
	25PHIVC541	Critical Thinking	VSC	2
	25PHIKS551	Epistemology	IKS	2
6	25PHIMJ611	Western Philosophy	Major 1	4
	25PHIMJ612	Logic	Major 2	4
	25PHIMJ613	Philosophy of Bhagwad Gita	Major 3	4
	25PHIMR621	Philosophy of Yoga	Minor	4
	25PHIVC641	Critical Thinking	VSC	2
	25PHIOE651	Introduction to Yoga	OE	2

Course Code	SEM - V - Course Title	Credits	Lecture/Week
25PHIMJ511	Classical Indian Philosophy	04	04

- CO1- To introduce students to the nature of philosophical questions and thinking present in classical Indian thought.
- CO2 To provide a systematic and rational interpretation of philosophical issues addressed in classical Indian thought.
- CO3 To trace the development of philosophical ideas in different schools so as to evaluate their contribution to philosophical knowledge.

CO4 – To discover the philosophical thoughts of early Indian philosophers.

Unit	Topics	No of Lectures
I	Nyaya & Vaisesika  a) Epistemology: Sources of knowledge Perception, Inference, Comparison and Verbal testimony in Nyaya  b) Vaisesika –seven categories of reality, c) Vaisesika theory of atomism	15
II	Samkhya and Yoga  a) Purusha and prakriti: Characteristics and Satkaryavada (theory of causation) b) Prakritiparinamvada (theory of creation) c) Eight-fold path of Yoga (to achieve Samadhi)	15
III	Purva Mimamsa  a) Metaphysics: Nature of Self b) Epistemology: Sources of Valid Knowledge (Praman), Theory of Error (khyativada) c) Nature of Concept of God & liberation (Kaivalya) of Soul (Atman)	15
IV	a) Philosophy of Sankaracharya – Nature of Maya, Vivarta & Nature of World. Vivartavada (Theory of Causation) b) Philosophy of Ramanujacharya – Nature of Daivatavada (Visistadvaita concept of Brahmin & Critic of Maya), Nature of Atman & Nature of World c) Philosophy of Vallabacharya – Nature of concept of Shuddhaditavada, Nature of Brahim, Atman & World.	15

#### Reference Book:

A History of Indian Philosophy, Vol- I and II, Jadunath Sinha (JatindranathSen, Central BookAgency, Calcutta, 1952)

Outlines of Indian Philosophy, M. Hiriyanna, (Motilal Banarsidass Publishers, Delhi, 1993)

Complete works of Swami Vivekananda, Advaita Ashrama, Kolkata 1989, Vol. VII, P 162

Ramachandran K.K., Life Times and Miracles of Sree Narayana Guru, D.K. Printworld Pvt. Ltd. (1 January 2017); D.K. Print world Pvt. Ltd., Vedasri F-395, Sudarshan Park, New Delhi, ISBN-10: 9788124608876. ISBN-13: 978- 8124608876

Swami Muni Narayana Prasad, Philosophy of Narayan Guru, D.K. Print World Ltd; 1st edition (30 April 2004) ISBN-10: 9788124602362, ISBN-13: 978-

#### 8124602362

A History of Indian Philosophy, Vol –I and II Surendranath Dasgupta (Motilal Banarsidass Indological Publishers and Booksellers, Delhi, 1975)

Nataraja Guru, The word of Guru: The life and teachings of Narayan Guru, D.K. Print World Ltd; 1st edition (30 September 2008), ISBN-10: 9788124608876 ISBN-13: 978-8124608876

Course Code	SEM - V - Course Title	Credits	Lecture/Week
25PHIMJ512	Traditional Logic	04	04

- CO 1 To introduce various techniques involved in traditional and modern logic.
- CO 2 To acquaint the learners with the theory underlying these techniques CO 3 To equip the student with science of reasoning
- CO 4 To assist the learner to appear for any competitive examination involving logic.

Unit	Topics	No of Lectures
I	a) Logic as the study of Inferences – Nature and definition of logic; Formal inference / Deductive reasoning and Non – formal inference / Inductive reasoning. Relation between truth and validity and exercise involving identifying Inductive and Deductive arguments. b) Basic unit of an Inference – Definition of Proposition and Sentence, Explain the following with appropriate examples and exercise based on: (i) Argument, (ii) Valid and Invalid argument, (iii) Sound and Unsound argument, (iv) Premise Indicators and Conclusion Indicators, (v) Sentence and Proposition. c) Traditional classification of propositions – The Fourfold Classification of Proposition (A, E, I, O) and Distribution of Terms in a Categorical Proposition.	15
II	<ul> <li>Immediate Inference</li> <li>a) Nature and definition of Immediate Inference.</li> <li>b) Opposition of Proposition and Inference based on it. (Theory and Exercise)</li> <li>c) Eduction, Conversion, Obversion, Contraposition (Partial and Full) (Theory and Exercise – Testing the validity of arguments)</li> </ul>	15
III	<ul> <li>Mediate Inference - Syllogism</li> <li>a) Nature and types of Syllogism - Conditional, Disjunctive and Categorical.</li> <li>b) General rules governing Categorical Syllogistic Arguments, Special rules of four figures.</li> <li>c) Exercises to spot Formal Fallacies committed in the Syllogism.</li> </ul>	15

	Mediate Inference - Venn Diagrams	
	a) Venn Diagrams concept.	
IV	b) Venn Diagrams as a technique for testing syllogism.	15
1 4	c) Exercises.	13

#### Reference Books -

Copi, Irving Symbolic Logic (5Th edn) (Colleier Macmillan Publishers, London, Macmillan Publishing Co., Inc., New York)

Copi, Irving & Cohen Carl Introduction to Logic (9Th edn) (Prentice Hall: New Delhi, 1996)

Hunter, Geoffrey Metalogic: An – Introduction to the Metatheroy of Standard First order Logic (Macmillan & Co., London and Basingatoke).

Latta, Robert & Macbeath, Alexander The Elements of Logic (Macmillan & Co. Ltd.)

Das, Ramprasad Logic of truth functions- An Introduction to Symbolic Logic (Firma K.LMokhopadhyay, Calcutta, 1964)

Hughes G.E and Londey D.G The elements of Formal Logic (B.I Publications, Bombay, 1965)

Jetli P & Prabhakar, M. Logic (Pearson: Delhi, Chennai and Chandigarh 2012)

Course Code	SEM - V- Course Title	Credits	Lecture/Week
	oks Philosophy of Bhagwad Gita	04	04
В	hagavad Gita translated by Dr. S. Ra	adhakrishi	nan

Course Outcomed: Gangadhar Lokmanya Tilak's Gita Rahasya

- CO 1 To achieve abyunderstanding of the owerely structure, purpose and contents of the Bhagavad-Gita. Shrimad Bhagavad Gita commentary by Swami
- CO2 To Explore and intelpret philosophical ideas of the Gila through reading of the text.
- CO 3- To relate the social, political, and ethical ideas of the Gita to the contemporary context. CO 4 Use efficiently the knowledge and teachings of Bhagwad Gita verses to resolve ethical dilemmas in day-to-day life.

Unit	Topics	No of Lectures
I	Introduction  a) Gita as a Prasthana Trayi - Relation between Upanishad and Gita b) Vishad Yoga and Shri Krishna's Reply c) Samkhya Buddhi and Yoga Buddhi	15
II	Nature of God  a) God as Transcendent b) God as Immanent c) Concept of Avatar	15
III	a) Karma, Akarma, Vikarma b) Nishkama Karma Yoga c) Swadharma and Varnashramadharma	15
IV	God and the World  a) Cosmic evolution. b) Ashwatha Vriksha (As a Metaphor) c) Kshetra- Kshetrajnya (Purusha-Prakruti)	15

Course Code	SEM - V - Course Title	Credits	Lecture/Week
25PHIMR521	Philosophy of Yoga	04	04

CO 1 - To eradicate misconceptions and misunderstandings about Yoga. CO 2 - To acquaint students with the tenets of Patanjali-Yoga.

CO 3 - To provide the theoretical structure for the practice of Yoga. CO 4 - To explore various applications of Yoga.

Unit	Topics	No of Lectures
I	Introduction to Yoga  a) Conception & Misconceptions of Yoga. b) Upanishadic concept of Yoga. c) Jnana-Yoga, Karma-Yoga, and Bhakti-Yoga.	15
II	The metaphysical basis of Yoga  a) Samkhya metaphysics, (Purusha Prakriti dualism and distinction) b) Nature of Triguna (sattva, rajas, tamas). c) The concept of Ishvara in Patanjali yoga	15
III	Patanjali-Yoga  a) Nature of Chitta (Yogash-chitta-vrutti-nirodha) b) Types of chitta vruttis c) Ashtangayoga	15
IV	Application of yoga  a) Yoga and councelling b) Yoga for students (concentration enhancement) c) Yoga for day-to day life	15

#### Reference Books -

Yardi, M.R., The Yoga of Patanjali, Bhandarkar Oriental Research Institute, Pune, 1979.

Bipin Joshi, "Yoga and Personality Development," Indian Journal of Traditional

Knowledge, Vol. 5(4), October 2006, pp. 445-449.

Desikachar TKV, The Heart of Yoga: Developing a Personal

Practice, (Inner Traditions International, Vermont), 1995

Maheshananda, S., Bera, T. K., Gore, M. M., Bhogal, R. S., Kulkarni, D. D., Oak,

J. P., Shete, S.

U., & Thakur, G. S. (2012), "Management of suicidal tendency through

amongst adolescent students", Yoga-Mimamsa, 44(3), 162-179.

Menon, P., Doddoli, S., Singh, S., & Bhogal, R. S. (2014), "Personality correlates of mindfulness: A study in an Indian setting", Yoga Mimamsa, 46, 29-36.

P.J. Saher, Zen-Yoga: A Creative Psychotherapy to Self-Integration, Motilal Banarsidass, Delhi, 2015.

Course Code	SEM - V - Course Title	Credits	Lecture/Week
25PHIVC541	Critical Thinking	02	02

CO 1 - To define the concepts in Critical Thinking and adopt its methodology. CO 2 - To compare between opinions and facts, subjective and objective beliefs.

CO 3 - To summarize and support arguments with the most suitable evidence and proofs and identify flaws in argument presented to them.

ritical Thinking	
nking: definitions, uses,  ts of CT: beliefs and ppinions, issues and  Critical Thinking	
nony, reputable sources, etc. g flaws in arguments: false	
n	es, selecting the best evidence, mony, reputable sources, etc. ag flaws in arguments: false eve generalizations, emotive

#### Reference Books -

Bowell and Kemp. Critical Thinking: A Concise Guide. Routledge, 2010. Fisher, Alec. Critical Thinking. Cambridge University Press, 2011.

Moore and Parker. Critical Thinking. Mc-Graw Hill, 1986 (original year of publishing)

Allen, Matthew. Smart Thinking: Skills for Critical Understanding and Writing. Oxford University Press, 1997 (original year of publishing).

Course Code	SEM - V - Course Title	Credits	Lecture/Week
25PHIKS551	Upanishads – Philosophy and Knowledge	02	02

- CO 1 To provide an overview of the Indian Knowledge System.
- CO 2 To acquaint students with the vast and the diverse knowledge that has been developed in India throughout history.
- CO 3 To show how this knowledge remains relevant in the modern era and to inspire students to delve deeper into their own studies.

Unit	Topics	No of Lectures
I	Origins of Upanishads  a) Introduction to the term Upanishads – Definition and Etymology of Upanishads.  b) Historical backdrop of Upanishads, Number of Upanishads, Relation between Upanishads and Vedas.  c) Purpose of Upanishads.	15
II	<ul> <li>Major Upanishads and Their Teachings</li> <li>a) Teachings and Philosophies of Isha Upanishad and Kena Upanishad focus on any stanza in Isha or Kena Upanishad.</li> <li>b) Teachings and Philosophies of Katha Upanishad and Mandukya Upanishad focus on any stanza in Katha or Mandukya</li> <li>c) Philosophical insights from Chandogya Upanishad focus on any stanza in Chandogya.</li> </ul>	15

#### Reference Books -

The Philosophy of Upanishads by Paul Deussen and Rev A. S. Geden – Publisher Motilal Baransidas

The Principal Upanishads by S. Radhakrishnan – Publisher HarperCollins Latest Edition – (20 March 2006) ISBN – 13 978-8172231248

The Upanishads by Valerie Roebuck, Publishing House – The Penguin

Revised Edition - 1 May 2004 ISBN-13: 978-0140447491

A Constructive Survey of Upanishadic Philosophy: Being a Systematic Introduction to Indian Metaphysics by R. D. Ranade – Gyan Publishing House (1 January 2024) New Delhi.

Course Code	SEM – VI – Course Title	Credits	Lecture/Week
25PHIMJ611	Western Philosophy	04	04

- CO 1. Outline and discuss the fundamental nature and scope of various philosophers of the west.
- CO 2. Explain the epistemological and metaphysical theories of western philosophy.
- CO 3. Recognize the differences and similarities in all schools of western thought for a comparative analysis.
- CO 4. Develop new perspective for the pursuit of knowledge based on western philosophy.

Unit	Topics	No of Lectures
Ĭ	Rationalist Metaphysics  a) Rene Descartes: (i) Method of doubt (ii) nature of 'self' and not-self in terms of substance (substance dualism).  b) Baruch Spinoza: (i) concept of substance monism.  c) G.W. Leibniz: (i) basic constituent of reality (monads)	15
II	Empiricist Epistemology  a) John Locke: (i) Rejection of innate ideas (ii) Classification of Ideas (iii) representative theory of perception.  b) George Berkeley: (i) critique of Locke's representative theory (ii) esse est percipi (to be is to perceive)  c) David Hume: (i) Theory of knowledge (ii) rejection of self as substance and (iii) theory of causation.	15
III	Critical Philosophy: Immanuel Kant  a) Copernican revolution b) Distinctions (i.) Analytic-Synthetic propositions (ii.) apriori-aposteriori propositions c) Reconciliation of rationalism and empiricism.	15

	Later Philosophical Disciplines	
	a) F. H. Bradley: Absolute Idealism: the	
IV	theory of Internal Relations.	15
	b) Pragmatism: C. S. Peirce:	10
	(i) four methods of establishing	
	beliefs	
	(ii) Meaning of 'as involved	
	pragmatic solving 'practical	
	consequences.	
	c) Logical positivism:	
	(i) A. J. Ayer- verification principle	
	(ii) Rudolf Carnap-elimination of	
	metaphysics through linguistic	
	analysis	
	(iii) critical appraisal.	

#### Reference Books -

- 1. Kurt Brandhorst, Descartes' Meditations on First Philosophy
- 2. Gary Hatfield, The Routledge Guidebook to Descartes' Meditations, chapters 3-5Benedict Spinoza
- 3. Charles Jarrett, Spinoza: A Guide for the Perplexed, chapter 4 and 5
- 4. Beth Lord, Spinoza's Ethics, pp.15-48
- 5. Nicholas Jolley, Leibniz chapters 2 and 3
- 6. Franklin Perkins, Leibniz A Guide for the Perplexed, chapters 2 and 3
- 7. D J O'Connor, John Locke, chapters 1 and 2
- 8. G.J. Warnock, Berkeley, chapter 5
- 9. Harold Noonan, Routledge Guidebook to Hume on Knowledge
- 10. D. M. Datta, Current Trends in Contemporary Philosophy
- 11. James Allard, The Logical Foundations of Bradley's Metaphysics
- 12. Michael Bacon, Pragmatism: An Introduction, chapter 1
- 13. Robert Talisse & Scott Aikin, Pragmatism: A Guide for the Perplexed,
- 14. chapter 2 & 3
- 15. Sami Pihlstrom (ed.) The Continuum Companion to Pragmatism,
- 16. chapter 5 Logical Positivism
- 17. A.J. Ayer, Language, Truth and Logic, chapter 1
- 18. A.J. Ayer (ed.) Logical Positivism
- 19. Milton Munitz, Contemporary Analytic Philosophy
- 20. Richard Schacht, Classical Modern Philosophers
- 21. John Shand, Philosophy and Philosophers
- 22. S. E. Stumpf, Socrates to Sartre: A History of Philosophy
- 23. Frederick Copleston, A History of Philosophy, vol. 4, 5 and 6
- 24. W.T. Jones, A History of Western Philosophy, vol. 3 and
- 25. F.W. Garforth: The Scope of Philosophy
- 26. W.K. Wright, A History of Modern Philosophy

Course Code	SEM – VI – Course Title	Credits	Lecture/Week
25PHIMJ612	Modern Logic	04	04

- CO 1 To introduce various techniques involved in traditional and modern logic.
- CO 2 To acquaint the learners with the theory underlying these techniques
- CO 3 To equip the student with science of reasoning
- CO 4 To assist the learner to appear for any competitive examination involving logic.

Unit	Topics	No of Lectures
I	a) Modern Classification of Proposition: Simple And Compound Proposition; b) Truth Conditions of Compound Propositions c) Shorter truth-table Method: To determine the Statement forms to be tautologies or not Tautologies, symbolizing arguments and finding their validity.	15
II	Methods of Deduction Understanding argument, nuts and bolts of arguments, soundness, and validity Formal proof of validity; nine rules of Inference and ten logical equivalences constituting the Rules of Replacement and Testing the validity of arguments through the 19 rules. Rule of Conditional Proof; testing the validity of arguments. Rule of Indirect proof; testing the validity of arguments.	15
III	Predicate Logic (Quantification theory)  a) Basic Concepts in predicate logic:     individual constant, individual     variable, free variable, bound     variable, propositional function,     existential quantifier, universal     quantifier, instantiation,     generalization.  b) Symbolizing/quantification of     propositions (singular and general).  c) Quantification rules of UG, EG, UI and     EI (theory and exercise proving     validity).	15
IV	Informal Fallacies  a) Fallacy of Ambiguity b) Fallacy of Relevance c) Fallacy of Presumption	15

#### Reference Books -

Copi, Irving Symbolic Logic (5Th edn) (Colleier Macmillan Publishers, London, Macmillan Publishing Co., Inc., New York)

Copi, Irving & Cohen Carl Introduction to Logic (9Th edn) (Prentice Hall: New Delhi, 1996)

Hunter, Geoffrey Metalogic: An – Introduction to the Metatheroy of Standard First order Logic (Macmillan & Co., London and Basingatoke).

Latta, Robert & Macbeath, Alexander The Elements of Logic (Macmillan & Co. Ltd.)

Das, Ramprasad Logic of truth functions- An Introduction to Symbolic Logic (Firma K.LMokhopadhyay, Calcutta, 1964)

Hughes G.E and Londey D.G The elements of Formal Logic (B.I Publications, Bombay, 1965)

Jetli P & Prabhakar, M. Logic (Pearson: Delhi, Chennai and Chandigarh 2012)

Course Code	SEM - VI - Course Title	Credits	Lecture/Week
25PHIMJ613	Philosophy of Bhagwad Gita	04	04

- CO 1 To achieve an understanding of the overall structure, purpose and contents of the Bhagavad-Gita.
- CO2 To explore and interpret philosophical ideas of the Gita through reading of the text.
- CO 3- To relate the social, political, and ethical ideas of the Gita to the contemporary context.
- CO 4 Use efficiently the knowledge and teachings of Bhagwad Gita verses to resolve ethical dilemmas in day-to-day life.

Unit	Topics	No of Lectures
	Paths of Liberation	
I	a) Jnyana Yoga	15
	b) Bhakti Yoga (Sharanagati)	
	c) Sthitaprajnya, GunatitaBhakta (Characteristics),	
	Prapanna (Sharanagati)	
	Modern commentaries on Bhagwad Gita	15
	a) B.G. Tilak(activism, Karma yoga as the Rahasya of Gita	15
	b) M.K.Gandhi (Anasakti yoga and Ahimsa)	
II	c) Dr. B.R. Ambedkar (Arguments against the Varna	
	system)	
	Relevance of Gita	
	a) Gita and Mind control (Meditation, Mindfulness)	45
***	b) Lokasamgraha, Lokahita, Corporate Social	15
III	Responsibility	
	c) Gita and Everyday living (Practical application)	
	Values highlighted in Gita	
IV	a) Daivi Asuri Sampat	15
	b) Faith as a positive force	
	c) Peace, Harmony and Equality (Jnyaneswari-	
	Pasaydana)	

#### Reference Books -

Bhagavad Gita translated by Dr. S. Radhakrishnan Bal Gangadhar Lokmanya Tilak's Gita Rahasya Holy Gita by Swami Chinmayananda Shrimad Bhagavad Gita commentary by Swami

Tapasyananada, Sri Ramakrishna mission Publication.

Course Code	SEM - VI - Course Title	Credits	Lecture/Week
25PHIMR621	Philosophy of Yoga	04	04

- CO 1 To eradicate misconceptions and misunderstandings about Yoga. CO 2 To acquaint students with the tenets of Patanjali-Yoga.
- CO 3 To provide the theoretical structure for the practice of Yoga. CO 4 To explore various applications of Yoga.

Unit	Topics	No of Lectures  15	
I	Bahiranga-sadhana (External discipline) a) Yamas-Niyamas and their ethicospiritual significance. b) Techniques of Asana and Pranayama. c) Results and benefits of Pratyahara		
II	Antaranga-sadhana (Inner discipline)  a) Dharana – Definitions, Nature and Importance  b) Dhyana – Definitions, Nature and Importance.  c) Samadhi – Definition, types and Significance.	15	
III	a) Siddhis/Vibhutis as obstacles to Samadhi. b) The Ideal of Kaivalya (Samadhi). c) God and Pranava (The primordial sound Aum)	15	
IV	Contemporary interpretations of yoga  a) Aurobindo: Integral yoga  b) Tilak: Karma Yoga in Gita Rahasya  c) Vivekanada: Rajayoga	15	

#### Reference Books -

M.R.Yardi The Yoga of Patanjali (Bhandarkar Oriental Research Institute, Pune, 1979) Swami Satya Prakash Saraswati- Patanjali Raja Yoga (S. Chand & Co. -N. Delhi-1984) Aviyogi Suren-Cyclopedia of YogaVol.I&II-(Saru Publishing House-Meerut,1992)

Karel Werner- Yoga and Indian Philosophy-(MLBD-Delhi,1977)

Iyengar B. K. S. Light on Yogasutras of Patanjali

Iyengar B. K. S. Light on Yoga

Swami Rajarshi. Yoga the Ultimate Attainment (Jaico Pub. House. 1995.)

I.K.Taimni-The Science of Yoga-(amazon.co. uk)

B.G. Tilak –Srimat Bhagavad Gita-Rahasya or Karmayogashastra-(Tilak Brothers, Pune

Babasaheb Kale Yogasana for Tejasvi Life (SIDHIGIRI GULKUL FOUNDATION KOLAHAPUR.) Year---2007

K.K. Kolhatkar Bharatiya Manasashastra athava sartha aani savivarana Patanjali Yogadarshana (Dhayle Prakashan, Mumbai.)

Course Code	SEM – VI – Course Title	Credits	Lecture/Week
25PHIVC641	Critical Thinking	02	02

CO 1 - To explain various sources and rate their credibility.

CO 2 - To identify persuasion in any content and successfully learn to counter-argue with people

CO 3 - To describe and use problem-solving, decision-making, and goalsetting skills in their lives and analyze and manage emotions effectively.

Unit	Topics	No of Lectures
I	Judging information critically  a) Judging credibility of sources: claim and personal observations, expertise, background check, vested interests, etc. b) Techniques of persuasion: loaded terms, loaded questions, vague terms, false confidence, misleading stats, appeal to guilt and pity, etc. c) How to argue back: counterexamples, explaining weak argument, absurd examples, counter-arguments, etc.	15
II	Critical Thinking and individual development	15
	a) CT and problem-solving: working backward, heuristics, etc.	
	b) Decision making and goal setting: Decision-making models and SMART goal setting.	
	c) Practical/ CT and emotional management.	

#### Reference Books -

Bowell and Kemp. Critical Thinking: A Concise Guide. Routledge, 2010.

Fisher, Alec. Critical Thinking. Cambridge University Press, 2011. Moore and Parker. Critical Thinking. Mc-Graw Hill, 1986

(original year of publishing)
Allen, Matthew. Smart Thinking: Skills for Critical
Understanding and Writing. Oxford University Press, 1997
(original year of publishing)

Course Code	SEM - VI - Course Title	Credits	Lecture/Week
25PHIOE651	Introduction to Yoga	02	02

- CO 1 To provide an overview of the Indian Knowledge System.
- CO 2 To acquaint students with the vast and the diverse knowledge that has been developed in India throughout history.
- CO 3 To show how this knowledge remains relevant in the modern era and to inspire students to delve deeper into their own studies.

Unit	Topics	No of Lectures	
I	Introduction to Yoga  a) Definition, Nature, and Scope of Yoga Philosophy. b) Patanjali's Ashtanga Marg. c) Misconceptions of Yoga	15	
II	Practical approach and Benefits of the practice  a) Yoga for Health and Integrated development.  b) Corporate Yoga c) Yogic Counselling	15	

#### Reference Books -

Iyengar B. K. S. Light on Yogasutras of Patanjali

Iyengar B. K. S. Light on Yoga

B.G. Tilak -Srimat Bhagavad Gita-Rahasya or Karmayogashastra-(Tilak Brothers, Pune 1921.)

Babasaheb Kale Yogasana for Tejasvi Life (SIDHIGIRI GULKUL FOUNDATION KOLAHAPUR.) Year---

K.K. Kolhatkar Bharatiya Manasashastra athava sartha aani savivarana Patanjali

Yogadarshana (Dhavle Prakashan, Mumbai.)

#### **Evaluation Scheme for Third Year (UG) under NEP (4 Credits)**

#### I. <u>Internal Evaluation for Theory Courses - 40 Marks.</u>

- A. Continuous Internal Assessment (CIA) (Assignment) 20 Marks
- B. Continuous Internal Assessment (CIA) (Online Unit Test) 20 Marks.

#### II. External Evaluation for Theory Courses - 60 Marks.

Duration – 2 hours.

Theory question paper pattern -

Questions	Based on	Marks
Q1	Unit 1	15
Q2	Unit 2	15
Q3	Unit 3	15
Q4	Unit 4	15

- All questions shall be compulsory with internal choice within the question.
- Each question will be sub divided into sub questions as a,b,c,d, ...etc. and the allocation of marks will depend on the weightage of the topic.

Note – To pass the examination, the attendance is compulsory in both the Internal as well as the External examination.

#### **Evaluation Scheme for Third Year (UG) under NEP (2 Credits)**

I. <u>Internal Evaluation for Theory Courses (VSC) – 50 Marks.</u>

20 Marks Assignment + 20 Marks Presentation + 10 Marks Viva = 50 Marks

- II. <u>Internal Evaluation for (IKS) 50 Marks Project</u>
- 20 Marks Assignment + 20 Marks Presentation + 10 Marks Viva = 50 Marks
- III. <u>Internal Evaluation for (OE) –</u> 50 Marks Objectives.