



Hindi Vidya Prachar Samiti's

**Ramniranjan Jhunjhunwala College**

**of Arts, Science & Commerce**

**(Autonomous College)**

**Affiliated to**

**UNIVERSITY OF MUMBAI**

**Syllabus for the T.Y.B.A.**

**(CBCS 2021-22)**

**2018-2019**

**2019-2020**

**2020-2021**

**Program: B. A. PHILOSOPHY**

**Paper IV, V, VI, VII, VIII, IX**

**Program Code: RJAUPHI501-506**

**RJAUPHI601-606**

**T.Y.B.A PHILOSOPHY Syllabus Semester V & VI****DISTRIBUTION OF TOPICS AND CREDITS****T.Y.B.A. PHILOSOPHY SEMESTER V**

Course	Nomenclature	Credits	Topics
RJAUPHI501	Indian Philosophy (Advanced)	4	Unit I Nyaya & Vaisesika Unit II Samkhya and Yoga Unit III Purva & Uttara Mimamsa Unit IV Contemporary Thinkers
RJAUPHI502	Philosophy of Religion	4	Unit I: Introduction to Philosophy of Religion Unit II Theories of existence of God Unit III: Religious Language Unit IV Religious Experience
RJAUPHI503	Living Ethical Issues	4	Unit I: Religious attitude toward the Environment Unit II: Environmental Ethics Unit III: Some Living Ethical Debates Unit IV: Freedom of Expression and Media (Print and electronic news)
RJAUPHI504	Philosophy of Bhagavad Gita	4	Unit I: Introduction to Gita Unit II: Samkhya Yoga Unit III: Concept of God Unit IV: Karma Yoga
RJAUPHI505	Formal Logic	4	Unit I: Traditional Classification of Proposition Unit II: Immediate inference Unit III: Syllogism Unit IV: Venn Diagram

**T.Y.B.A PHILOSOPHY Syllabus Semester V & VI**

RJAUPHI506	Philosophy of Yoga	4	Unit I Introduction to Yoga Unit II: Kinds of Yoga Unit III Patanjala-Yoga Unit IV: Bahirangasadhana (external discipline)
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**T.Y.B.A. PHILOSOPHY SEMESTER VI**

Course	Nomenclature	Credits	Topics
RJAUPHI601	Western Philosophy (Advanced)	4	Unit 1 Rationalism Unit 2 Empiricism Unit 3 Critical Philosophy: Immanuel Kant Unit 4 Strands of Contemporary philosophy
RJAUPHI602	Philosophy of Religion	4	Unit I: Existential approach to Religion Unit II: Challenges to Religion Unit III: Immortality of Soul Unit IV Question of Evil
RJAUPHI603	Living Ethical Issues	4	Unit I: Bio ethical Issues Unit II: Ethical Issues in Reproductive Technologies Unit III: Ethical Issues in Experimentation Unit IV: Sexual Ethics
RJAUPHI604	Philosophy of Bhagavad Gita	4	Unit I: Freedom of Will Unit II: Creation and Evolution Unit III: Liberation Unit IV: Relevance of Gita
RJAUPHI605	Formal Logic	4	Unit I: Propositional Calculus Unit II: The Methods of Deduction Unit III: Predicate Calculus – Quantification Unit IV: Relational Logic

**T.Y.B.A PHILOSOPHY Syllabus Semester V & VI**

RJAUPHI606	Philosophy of Yoga	4	Unit I: Antarangasadhana (Inner discipline) Unit II: Transcendental / Psycho-spiritual Yoga Unit III: Yoga and Health Unit IV: Applications of Yoga
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### Course Outcome and Learning Outcome

## Paper IV

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<b>SEMESTER V</b>		<b>L</b>	<b>Cr</b>
<b>Paper-IV: Indian Philosophy (Advanced)</b>	<b>Paper Code: RJAUPHI501</b>	60	4
<b>UNIT I</b>		15	
<b>Nyaya &amp; Vaisesika</b>			
1	Pratyaksa - types		
2	Inference & Verbal Testimony		
3	Vaisesika – Atomism; (Sapta Padarthas - focus on Visesa and introductory remarks on Realism)		
<b>UNIT II</b>		15	
<b>Samkhya and Yoga</b>			
1	Prakriti & Purusa and Samkhya theory of Evolution		
2	Satkarya vada (against Nyaya's Asatkaryavada)		
3	Bahiranga Yoga (Yama, Niyama, Asana, Pranayama & Pratyahara)		
<b>UNIT III</b>		15	
<b>Purva &amp; Uttara Mimamsa</b>			
1	Mimamsa- Seven Principles of interpreting text		
2	Advaita Vedanta – Mayavada, three levels of reality (Sattatraya) & Vivartavada		

**T.Y.B.A PHILOSOPHY Syllabus Semester V & VI**

3	Ramanuja - Vishishtha Advaita - Concept of Brahman, Critique of Maya		
<b>UNIT IV</b>		15	
<b>Contemporary Thinkers</b>			
1	J. Krishnamurthy – Freedom, Truth as Pathless Land		
2	Rabindranath Tagore – 3 tier freedom (cognitive, conative, affective) and the concept of man		
3	Mohammad Iqbal: Concept of Self		

**Internal Assessment Topics:****Topic for 1<sup>st</sup> Internal:**

Dharana, Dhyana and Samadhi (Written Test)

**Topic for 2<sup>nd</sup> Internal:**

The notion of Liberation in Nyaya, Samkhya &amp; Vedanta (PPT Presentation)

<b>SEMESTER IV</b>		<b>L</b>	<b>Cr</b>
<b>Paper-IV</b> Western Philosophy (Advanced)	<b>Paper Code: RJAUPHI601</b>	60	4
<b>UNIT I</b>		15	
<b>Rationalism</b>			

**T.Y.B.A PHILOSOPHY Syllabus Semester V & VI**

1	Rene Descartes: i. Methodic doubt (features of 'constructive'), ii. Cogita Ergo Sum/Dubito Ergo Sum		
2	Baruch Spinoza: i. Metaphysics: definition and meaning of substance,		
	ii. How it leads to Monism		
3	G.W. Leibniz: i. Metaphysics: the concept of monads as simple substances: Monadology, ii. how it involves Pluralism		
<b>UNIT II</b>		15	
<b>Empiricism</b>			
1	John Locke: i. Rejection of innate ideas ii. Objective Idealism		
2	George Berkeley: i. Critique of Objective Idealism ii. Subjective idealism		
3.	David Hume: i. Hume as Sceptic (by proposing the theory of Sensation-ism) ii. Causal relation as 'constant conjunction' between two events.		
<b>UNIT III</b>		15	
<b>Critical Philosophy: Immanuel Kant</b>			
1	Copernican Revolution and Reconciliation of rationalism and empiricism		
2	Judgment - A- priori and A - posterior		
3	Causation: (to reply to Hume's view) 'necessary relation between two events		
<b>UNIT IV</b>		15	



<b>T.Y.B.A PHILOSOPHY Syllabus Semester V &amp; VI</b> <b>Strands of Contemporary philosophy</b>		
1	Logical positivism: elimination of metaphysics through verification principle and the problems associated with it	
2	Ordinary Language Philosophy with special reference to later Wittgenstein: language as a source of philosophical confusions and philosophy as a therapeutic activity	
3	Introduction to Phenomenology	

**Topic for 1<sup>st</sup> Internal**

Mind Body problem: Rene Descartes, Baruch Spinoza and Gottfried Leibniz's view.  
(Written Test)

**Topic for 2<sup>nd</sup> Internal**

Philosophy of Pragmatism: Trace the origin and development of pragmatism from C.S. Peirce through William James to John Dewey. (PPT Presentation)

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- Wright, W.K. *A History of Modern Philosophy* (New York: The Macmillan Company, 1941).
- Stanford Encyclopedia of Philosophy.

**Course Outcome and Learning Outcome**

**Paper V**

TYBA	SEMESTER V
<p><b>PAPER V</b>  <b>Name: Philosophy of Religion</b></p> <p><b>Paper Code:</b>  <b>RJAUPHI501</b>  <b>&amp;</b>  <b>RJAUPHI601</b></p>	<p><b>Course Outcome</b></p> <ol style="list-style-type: none"> <li>1. To familiarize the students with philosophical aspects and issues that arises in philosophy of religion.</li> <li>2. To encourage and develop in students an analytical and critical attitude in assessing theories in the philosophy of religion.</li> <li>3. To acquaint the students of the important approaches and challenges to religion.</li> <li>4. To make a critical review of philosophically relevant questions in religion.</li> </ol> <p><b>Learning Outcome</b></p> <ol style="list-style-type: none"> <li>1. It will familiarize students with common philosophical concepts in world religions which will help them to develop the attitude of unity in diversity, communal harmony and peace.</li> <li>2. It will develop a philosophical framework within students fraternity with the help of which religious pluralism and the possibility/impossibility of Universal religion that can be explored.</li> </ol>

SEMESTER V		L	Cr
<b>Paper-V: Philosophy of Religion</b>	<b>Paper Code: RJAUPHI502</b>	60	4
<b>UNIT I</b>		15	
<b>Introduction to Philosophy of Religion</b>			
1	Religion and Philosophy of religion		

2	Philosophy of Religion and Theology		
3	Concept of Creation: Deism, Pantheism and Theism (with critique)		
<b>UNIT II</b>		15	
<b>Theories of existence of God</b>			
1	Ontological argument for existence of God (Anselm, Descartes and Kant)		
2	Causal Cosmological argument for existence of God (Aquinas, Leibniz and Hume)		
3	Teleological argument for existence of God (Aquinas, Paley and Kant)		
<b>UNIT III</b>		15	
<b>Religious Language</b>			
1	Analogical function of religious language (Thomas Aquinas)		
2	Symbolic function of religious language (Paul Tillich)		
3	Non-Cognitive: R. R. Randall (Jr.) – Religious language as functional (cultural, artistic, social and religious) and symbolic; R. B. Braithwaite – Religious language from Linguistic perspective (emotive, ethical and prescriptive)		
<b>UNIT IV</b>		15	
<b>Religious Experience</b>			
1	William James (variety of religious experience)		

2	Mysticism: Jnaneshwar, Laleshwari and John of the Cross		
3	I and Thou: Martin Buber		

<b>Internal Assessment Topics:</b>  <b>Topic for 1<sup>st</sup> Internal:</b> Metaphysical and Moral attributes of God in a philosophical context (Written Test)
<b>Topic for 2<sup>nd</sup> Internal:</b> Mysticism and Social Reformation (Kabir, Dadu, Guru Nanak) (PPT Presentation)

SEMESTER VI		L	Cr
<b>Paper-V Philosophy of Religion</b>	<b>Paper Code: RJAUPHI602</b>	60	4
<b>UNIT I</b>		15	
<b>Existential approach to Religion</b>			
1	Soren Kierkegaard (three stages of existence: aesthetics, ethical and religious)		
2	Fredrich Nietzsche (critique of slave morality in favor of transvaluation of values)		
3	Jaspers: Dialogical Communication, Existenz to Existenz		
<b>UNIT II</b>		15	
<b>Challenges to Religion</b>			
1	The Marxist Challenge		
2	The Freudian Challenge		

3.	M. N. Roy's Radical Humanism as a challenge		
	<b>Film Text: August Diehl's The Young Karl Marx (2017)</b>		
<b>UNIT III</b>		15	
<b>Immortality of Soul</b>			
1	Plato (the arguments contained in the dialogue <i>Phaedo</i> ) and Kant (immortality as a postulate of morality)		
2	The concepts of Resurrection		
3	Reincarnation and Transmigration		
<b>UNIT IV</b>		15	
<b>Question of Evil:</b>			
1	Problem of evil		
2	St. Augustine's account of the problem and solution		
3	Shankaracharya's view on evil		

<p><b>Topic for 1<sup>st</sup> Internal</b></p> <p>Sufism in the philosophy of Rabia and Rumi (Written Test)</p>
<p><b>Topic for 2<sup>nd</sup> Internal</b></p> <p>a. Religious Pluralism – a philosophical framework.</p> <p>b. Future possibility of a Universal Religion. (PPT Presentation)</p>

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**Course Outcome and Learning Outcome**  
**Paper VI**

TYBA	SEMESTER V
<p align="center"><b>PAPER V</b>  <b>Name: Living Ethical Issues</b></p> <p align="center"><b>Paper Code:</b>  <b>RJAUPHI503</b>  <b>&amp;</b>  <b>RJAUPHI603</b></p>	<p><b>Course Outcome:</b></p> <ol style="list-style-type: none"> <li>1. To introduce students to identify ethical issues that arises in contemporary society in the area of health, medical technology, marginalized and sexuality.</li> <li>2. To learn by examining critically and analytically the philosophical arguments for and against different positions in these areas. Provide students with an ethical framework for taking moral decisions in different areas of life like usage of technology and media.</li> <li>3. To acquaint students with the different religious and secular approaches to the environment; and understand the underlying principles and implications of the different approaches for making decisions about the environment.</li> </ol> <p><b>Learning Outcome:</b></p> <ol style="list-style-type: none"> <li>1. It will develop students' competency for ethical reflection based on rational arguments in case of Bio medical issues and social environmental.</li> <li>2. Inculcate among students a sense of morality based on analytical reasoning rather than dogmatic assertion.</li> </ol>

SEMESTER V		L	Cr
Paper-VI Living Ethical Issues		45	3
Paper Code: RJAUPHI503			
<b>UNIT I</b>		12	
<b>Religious attitude toward the Environment</b>			
1	Vedic Puranic View.		
2	Judeo-Christian View.		
<b>UNIT II</b>		11	

<b>Environmental Ethics</b>			
1	Shallow and Deep ecology models of sustainable development.		
2	Eco-feminism and sustainable development.		
<b>UNIT III</b>		11	
<b>Some Living Ethical Debates</b>			
1	Obligations to future generations.		
2	Ethical issues with Artificial Intelligence		
<b>UNIT IV</b>		11	
<b>Freedom of Expression and Media (Print and electronic news)</b>			
1	Nature of Media Ethics; Nature and role of media in democracy; Privacy and Censorship in media.		
2	Media and Sex, Media and Violence; Need for Code of Conduct		

**Internal Assessment Topics:**

**1. Topic for 1<sup>st</sup> Internal (20 marks)**

J.S. Mill's view on Freedom of Thought and Discussion (Written Test)

**2. Topic for 2<sup>nd</sup> Internal (20 marks)**

Ethics of Mass Media (Case Studies): (PPT Presentation)

<b>SEMESTER VI</b>		<b>L</b>	<b>Cr</b>
<b>Paper-VI</b>	<b>Paper Code: RJAUPHI603</b>	<b>45</b>	<b>3</b>

<b>UNIT I</b>		12	
<b>Bioethical Issues</b>			
1	Abortion: the abortion debate: pro-choice (abortionists) versus pro-life (anti- abortionists); the moral and legal justification of abortion: pros and cons		
2	Euthanasia: the moral issue: conflict between duty to prolong life versus duty to relieve pain; forms of euthanasia: voluntary/non-voluntary and active/passive; moral and legal justification of euthanasia: pros and cons		
<b>UNIT II</b>		11	
<b>Ethical Issues in Reproductive Technologies</b>			
1	Surrogate motherhood: nature of surrogate arrangements (will include ways in which the surrogate is inseminated, and altruistic and commercial surrogacy); redefining the notion of 'mother' – genetic, biological and social; advantages and critique of surrogate arrangements.		
2	Ethics of Human Cloning: what is human cloning? Issues that make human cloning attractive; ethical dangers involved in human cloning.		
<b>UNIT III</b>		11	
<b>Ethical Issues in Experimentation</b>			
1	Ethical issues in human research: the principles of respect for autonomy of persons, beneficence and justice		

2	Ethical issues in animal research: arguments for and against animal rights; ethical issues in scientific research on animals.		
<b>UNIT IV</b>		11	
<b>Sexual Ethics</b>			
1	Pornography and censorship: pornography and obscenity; arguments for and against pornography; is censorship of pornographic material justified?		
2	Homosexuality: arguments for and against homosexuality (including feminist arguments); is the State interference in individuals' sexual preferences justified?		

#### Internal Assessment

##### 1. Topic on 1<sup>st</sup> Internal (20 marks)

Racism and Sexism (Written Test)

##### 2. Topic for 2<sup>nd</sup> Internal (20marks)

Cinema as an engaged Ethics: Marginalized Issues: Film Texts – i. Arakshan (*Directed by Prakash Jha*) [Reservation issue in India] or Meghe Dhaka Tara (*Directed by Ritwik Ghatak*) [Refugees' issue in India] (PPT Presentation)

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**Course Outcome and Learning Outcome**  
**Paper VII**

TYBA	SEMESTER V
<p align="center"><b>PAPER VIII</b></p>          <p align="center"><b>Name: Philosophy of Bhagvad Gita</b></p>          <p align="center"><b>Paper Code: RJAUPHI504 &amp; RJAUPHI604</b></p>	<p><b>Course Outcome:</b></p> <ol style="list-style-type: none"> <li>1. To achieve an understanding of the overall structure, purpose and content of the Bhagavad Gita.</li> <li>2. To explore and interpret philosophical ideas of Gita through reading of the text.</li> </ol> <p><b>Learning Outcome:</b></p> <ol style="list-style-type: none"> <li>1. The text is compared with other religious scriptures, that the students the essence of all religious scriptures remains same; and that is the Ethics.</li> <li>2. It will help the students to relate Gita's social, political, managerial and ethical ideas within a contemporary context.</li> </ol>

SEMESTER V		L	Cr
<b>Paper-VII: Philosophy of Bhagavad Gita</b>		<b>Paper Code: RJAUPHI504</b>	
		60	4
<b>UNIT I</b>		15	
<b>Introduction to Gita</b>			
1	Relationship between the Upanishads and the Bhagavad Gita.		
2	Vishaad Yoga		



3	Krishna's reply		
<b>UNIT II</b>		15	
<b>Samkhya Yoga</b>			
1	Bhagwad Gita and Yoga		
2	Samkhya Buddhi		
3	Yoga Buddhi		
<b>UNIT III</b>		15	
<b>Concept of God</b>			
1	Personal Aspect		
2	Impersonal Aspect		
3	Avatar		
<b>UNIT IV</b>		15	
<b>Karma Yoga</b>			
1	Karma, Akarma and Vikarma		
2	Nishkamakarmayoga		
3	Yajna		

<b>Internal Assessment Topics:</b>  <b>Topic for 1<sup>st</sup> Internal:</b> B.G. Tilak's <i>Gita Rahasya</i> . (Written test)
<b>Topic for 2<sup>nd</sup> Internal:</b> Prakriti, Purusha and its relations

SEMESTER IV		L	Cr	
Paper-VII Philosophy of Bhagvad Gita		Paper Code: RJAUPHI604	60	4
UNIT I		15		
Freedom of Will				
1	Concept of Atman			
2	Swadharma			
3	Varnashramadharma			
UNIT II		15		
Creation and Evolution				
1	God and the world			
2	Cosmic evolution			
3.	Vibhuti Yoga			
UNIT III		15		
Liberation				
1	Jnanayoga			
2	Bhaktiyoga			
3	Saranagati			
UNIT IV		15		
Relevance of Gita				
1	Reconciliation of paths, idea of harmony and peace			

2	Values highlighted in the Gita i. Daivi-Asuri Sampat ii. Lokasamgraha		
3	Gunatita and Sthitaprajna		

<b>Internal Assessment Topics:</b> <b>Topic for 1<sup>st</sup> Internal:</b> Jnaneshwari- its significance and relevance (Written test)
<b>Topic for 2<sup>nd</sup> Internal:</b> Field and the field-knower

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**Course Outcome and Learning Outcome**  
**Paper VIII**

<b>TYBA</b>	<b>SEMESTER V</b>
<p align="center"><b>PAPER VIII</b></p>       <p><b>Name: Formal Logic</b></p>       <p><b>Paper Code:</b> <b>RJAUPHI505</b> <b>&amp;</b> <b>RJAUPHI605</b></p>	<p><b>Course Outcome:</b></p> <ol style="list-style-type: none"> <li>1. Logic plays an important role in all competitive exams and helps to give excellent performance in any career that the student espouses.</li> <li>2. To introduce various techniques involved in traditional and formal logic.</li> <li>3. To master the theory underlying these techniques</li> </ol> <p><b>Learning Outcome:</b></p> <ol style="list-style-type: none"> <li>1. Inculcate among the students the analytical and critically reasoning rather than dogmatic assertion.</li> <li>2. Provide students a critical/rational thinking framework for taking decisions in different walks of life.</li> <li>3. It will equip the student with knowledge while enabling him/her to appear for any competitive examination involving logic.</li> <li>4. It will help in profession of Law practice, journalism, administration for rational/critical thinking.</li> </ol>

SEMESTER V		L	Cr
Paper-VIII	Paper Code: RJAUPHI505	60	4
UNIT I		15	

<b>Traditional Classification of Proposition</b>			
1	Nature and Scope of Logic		
2	The Four-fold classification of Proposition (A, E, I, O), Distribution of Terms in a Categorical Proposition		
3	Definition Types: Stipulative, Lexical, Theoretical, Precising and Persuasive (Theory and Exercise)		
<b>UNIT II</b>		15	
<b>Immediate inference</b>			
1	Opposition of Propositions and Inference based on it (Theory & Exercises)		
2	Eduction: Conversion, Obversion, Obverted Converse, Contrapositive (Partial and Full) and Inversion (Partial and Full)		
3	Exercises: Testing the validity of arguments		
<b>UNIT III</b>		15	
<b>Syllogism</b>			
1	Nature of types of Syllogism		
2	General and Special Rules governing Categorical Syllogistic Arguments		
3	Exercises on Syllogism		
<b>UNIT IV</b>		15	
<b>Venn Diagram</b>			
1	Venn Diagram Technique for testing categorical propositions		
2	Venn Diagram techniques - testing Venn Diagram		



3.	Exercises		
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<b>Internal Assessment Topics:</b>  <b>1. Topic for 1<sup>st</sup> Internal (20 marks)</b>  Relation between truth and validity; concepts of inductive and deductive reasoning and exercises involving identifying inductive and deductive arguments (Written Test)
<b>2. Topic for 2<sup>nd</sup> Internal (20 marks)</b>  Case Studies- Critical thinking (Group Case-Studies)

SEMESTER VI		L	Cr
Paper-VIII	Paper Code: RJAUPHI605	60	4
<b>UNIT I</b>		15	
<b>Propositional Calculus</b>			
1	Modern Classification of Proposition: Simple and Compound Proposition		
2	Truth Conditions of Compound Propositions		
3	Shorter truth-table Method: To determine the statement forms to be tautologies or not tautologies.		
<b>UNIT II</b>		15	
<b>The Methods of Deduction</b>			
1	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.		

2	Rules of Conditional Proof/Indirect proof		
3	Exercises		
<b>UNIT III</b>		15	
<b>Predicate Calculus – Quantification</b>			
1	Quantification of Singular and General Proposition, Propositional Function		
2	Rules governing Quantifiers: U.I, U.G., E.I., E.G. (Preliminary version)		
3	Proving the Validity of arguments in Quantificational Logic through the above rules.		
<b>UNIT IV</b>		15	
<b>Relational Logic</b>			
1	Theory: Types of Relation		
2	Symbolization of Relational Proposition		
3.	Testing the validity of Relational Arguments		

**Internal Assessment Topics:**

**1. Topic for 1<sup>st</sup> Internal (20 marks)**

Exercise in Non-formal Fallacies (to define & identify fallacies in passages) (i) Equivocation (ii) amphiboly (iii) Division (iv) Composition (v) Accident (vi) Converse fallacy of accident (vii) Begging the question (viii) False cause (ix) Complex question (x) *Ignoratio elenchi* (6 fallacies: *ad baculum, ad hominem, ad misericordiam, ad populum, ad verecundiam and ad ignoratiam*)

**2. Topic for 2<sup>nd</sup> Internal (20 marks)**

Indian Logic (Project and PPT Presentation)

**References:**

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- Hughes G.E and Londey D.G *The elements of Formal Logic* (B.I Publications, Bombay, 1965)
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<b>TYBA</b>	<b>SEMESTER V</b>
<p align="center"><b>PAPER IX</b></p>       <p><b>Name: Philosophy of Yoga</b></p>       <p><b>Paper Code: RJAUPHI506 &amp; RJAUPHI606</b></p>	<p><b>Course Outcome:</b></p> <ol style="list-style-type: none"> <li>1. To eradicate misconceptions and misunderstandings about Yoga</li> <li>2. To acquaint students with the tenets of Patanjala-Yoga</li> <li>3. To provide the theoretical structure for the practice of Yoga</li> <li>4. To develop ethico-spiritual perspective among learners</li> </ol> <p><b>Learning Outcome:</b></p> <ol style="list-style-type: none"> <li>1. It will help students to explore various applications of Yoga for overcoming stress related issues.</li> <li>2. Yoga plays an important role in all walks of life through pranayama (breathing technique) and asanas one can lead healthy, happy and stress-free life. This will help perform in excellent manner in any career that the student espouses.</li> <li>3. It will sensitize the learners about the advantages of taking up Yoga and to bring out how yoga enables to lead quality-life of purity and integrity.</li> </ol>

SEMESTER V		L	Cr
Paper-IX	Paper Code: RJAUPHI506	45	3
UNIT I		11	
Introduction to Yoga			
1	Upanishadic concept of Yoga and Misconceptions of Yoga		
2	Definition and Meaning of Yoga in Bhagavadgita- “Samattvam Yoga Uchyate” (equanimity is yoga ) and “Yogah Karmasu Kaushalam”		

	(dexterity in action is yoga)		
<b>UNIT II</b>		11	
<b>Kinds of Yoga</b>			
1	Mantra Yoga and Japa Yoga		
2	Hatha Yoga and KundaliniYoga.		
<b>UNIT III</b>		11	
<b>Patanjala-Yoga</b>			
1	Chitta and Chitta Vruttis (mental modifications)		
2	Klishta – Aklishta (painful & nonpainful) and Five kinds of Kleshas (Afflictions)		
<b>UNIT IV</b>		12	
<b>Bahirangasadhana : (external discipline)</b>			
1	Yamas-Niyamas and their ethico-spiritualsignificance		
2	Techniques of Asana, Pranayama - results and benefits: Pratyahara		

**Internal Assessment Topics:**

**1. Topic for 1<sup>st</sup> Internal (20 marks)**

Pratipakshabhavana (Contrary Meditation) and Chittabhumi (the levels of mind) (Written Test)

**2. Topic for 2<sup>nd</sup> Internal (20 marks)**

Schools of Yoga, Vivekananda on Rajayoga (Project and PPT Presentation)

SEMESTER VI		L	Cr
Paper-IX	Paper Code: RJAUPHI606	45	3
<b>UNIT I</b>		11	
<b>Antarangasadhana (Inner discipline)</b>			
1	Dharana and Dhyana – Definition, Nature and Importance		
2	Samadhi and Siddhis – Definition, Types and Significance. (dexterity in action is yoga)		
<b>UNIT II</b>		11	
<b>Transcendental / Psycho-spiritual Yoga</b>			
1	The Ideal of Kaivalya.		
2	God and Pranava- “tasya vacakah Pranavah.” (The primordial sound Om)		
<b>UNIT III</b>		11	
<b>Yoga and Health</b>			
1	Yoga and integrated development		
2	Yoga for stress management		
<b>UNIT IV</b>		12	
<b>Applications of Yoga</b>			
1	Yoga and Ayurveda		

2	Yogic Counseling		

**Internal Assessment Topics:**

**1. Topic for 1<sup>st</sup> Internal (20 marks)**

Meditative techniques (Written Test)

**2. Topic for 2<sup>nd</sup> Internal (20 marks)**

Yoga and Buddhism, Yoga and Tantra (Project and PPT Presentation)

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