

T.Y.B.A Syllabus Semester V



Hindi Vidya Prachar Samiti's

Ramniranjan Jhunjhunwala College

of Arts, Science & Commerce

(Empowered Autonomous College)

Affiliated to

UNIVERSITY OF MUMBAI

Syllabus for the T.Y.B.A.

Program: B. A. PHILOSOPHY

Program Code: RJDSCPHI, RJDSEPHI, RJVSCPHI

(CBCS 2025-26)

T.Y.B.A Syllabus Semester V

THE PREAMBLE

Why Philosophy?

Philosophy means LOVE OF WISDOM!

Philosophy makes us THINK!

Philosophy reveals the layers of an individual's EXISTENCE!

Philosophy teaches us what to learn and what to UNLEARN!

Philosophy teaches us to distinguish between belief, opinion, knowledge and WISDOM!

Philosophy digs deep into our existence to manifest our POTENTIALS!

Philosophy introduces YOU to YOURSELF!

Philosophy sharpens your ANALYTIC and INVESTIGATIVE thinking!

Philosophy teaches us that problems always come with a SOLUTION!

Philosophy teaches the WHY of existence!

What more is needed in life then PHILOSOPHY!

Philosophy means LOVE OF WISDOM. It answers the question why rather than how; and this is the vital ingredient of human life.

Why Philosophy at R J College?

The department of Philosophy of R J College is the department as old as the college itself. It started in 1963, the inception year of the college and since then has remained as the centre of academic activities for the subject. With a legacy of more than 6 decades, today the department offers both UG and PhD programs in the subject of Philosophy that is affiliated to the University of Mumbai. Philosophy makes an important contribution to pedagogy and the demand for understanding Human Existence in relation to the World. It is highly important to live a moral, dignified and philosophical life. Human beings need to question and pursue the questions that are metaphysical, epistemological and axiological in nature. The ontological question regarding my existence needs to be straightened out. Philosophy aids in learning critical, interpretive, and evaluative skills that, understood as a whole, is of greatest value. Students need to learn: General Problem-Solving Skills, Communication Skills, Persuasive and Cogent Powers, Writing Skills, Insightful Understanding of Other Disciplines and Development of Sound Methods of Critical Research and Analysis. Philosophy does it all.

Our Curriculum, Your Strength

The syllabus for Philosophy for the total twelve semesters in TYBA is meticulously designed so as to make

T.Y.B.A Syllabus Semester V

students understand the importance of Philosophy in our lives. Gaining knowledge of highly conceptual ideologies to its practical implementation is the main goal of the curriculum in TYBA Philosophy. Starting from advanced studies in Indian and Western Traditions in Philosophy to Philosophy of Religion to Living Ethical Issues, Formal Logic, Philosophy of Bhagavad Gita (as a Philosophical Text) and Philosophy of Yoga, the syllabus of all these variegated branches of philosophy will become students' strength to deal with many contemporary issues of human life and provide a firm basis for venturing in any profession of their choice. Ecological crisis and how to resolve the issue revolving around ecology is one of the main topics of discussion. In fact, the syllabus is a perfect amalgamation of theory and praxis, so 50%/50% theory and praxis are the highlight of current syllabus and we reiterate that this syllabus in fact becomes students' strength.

Hindi Vidya Prachar Samiti's

Ramniranjan Jhunjhunwala College

of Arts, Science & Commerce

(Empowered Autonomous College)

Affiliated to

UNIVERSITY OF MUMBAI

Syllabus for the T.Y.B.A.

Program: B. A. PHILOSOPHY

Program Code: RJDSCPHI, RJDSEPHI, RJVSCPHI

(CBCS 2025-26)

T.Y.B.A Syllabus Semester V

THE PREAMBLE

Why Philosophy?

Philosophy means LOVE OF WISDOM!

Philosophy makes us THINK!

Philosophy reveals the layers of an individual's EXISTENCE!

Philosophy teaches us what to learn and what to UNLEARN!

Philosophy teaches us to distinguish between belief, opinion, knowledge and WISDOM!

Philosophy digs deep into our existence to manifest our POTENTIALS!

Philosophy introduces YOU to YOURSELF!

Philosophy sharpens your ANALYTIC and INVESTIGATIVE thinking!

Philosophy teaches us that problems always come with a SOLUTION!

Philosophy teaches the WHY of existence!

What more is needed in life then PHILOSOPHY!

Philosophy means LOVE OF WISDOM. It answers the question why rather than how; and this is the vital ingredient of human life.

Why Philosophy at R J College?

The department of Philosophy of R J College is the department as old as the college itself. It started in 1963, the inception year of the college and since then has remained as the centre of academic activities for the subject. With a legacy of more than 6 decades, today the department offers both UG and PhD programs in the subject of Philosophy that is affiliated to the University of Mumbai. Philosophy makes an important contribution to pedagogy and the demand for understanding Human Existence in relation to the World. It is highly important to live a moral, dignified and philosophical life. Human beings need to question and pursue the questions that are metaphysical, epistemological and axiological in nature. The ontological question regarding my existence needs to be straightened out. Philosophy aids in learning critical, interpretive, and evaluative skills that, understood as a whole, is of greatest value. Students need to learn: General Problem-Solving Skills, Communication Skills, Persuasive and Cogent Powers, Writing Skills, Insightful Understanding of Other Disciplines and Development of Sound Methods of Critical Research and Analysis. Philosophy does it all.

T.Y.B.A Syllabus Semester V

Our Curriculum, Your Strength

The syllabus for Philosophy for the total twelve semesters in TYBA is meticulously designed so as to make students understand the importance of Philosophy in our lives. Gaining knowledge of highly conceptual ideologies to its practical implementation is the main goal of the curriculum in TYBA Philosophy. Starting from advanced studies in Indian and Western Traditions in Philosophy to Philosophy of Religion to Living Ethical Issues, Formal Logic, Philosophy of Bhagavad Gita (as a Philosophical Text) and Philosophy of Yoga, the syllabus of all these variegated branches of philosophy will become students' strength to deal with many contemporary issues of human life and provide a firm basis for venturing in any profession of their choice. Ecological crisis and how to resolve the issue revolving around ecology is one of the main topics of discussion. In fact, the syllabus is a perfect amalgamation of theory and praxis, so 50%/50% theory and praxis are the highlight of current syllabus and we reiterate that this syllabus in fact becomes students' strength.

DISTRIBUTION OF TOPICS AND CREDITS

T.Y.B.A. PHILOSOPHY SEMESTER V

Semester V	FP / CEP	2 Credits) (75 hours)	(50 Marks)
Field Project/ Community Engagement Project (Engagement with NGO or Yoga centers). Determine the area which will be covered by the survey. Engagement with NGOs like Centre for Study of Society and Secularism run by Advocate Irfan Engineer, Sevagram, Vardha, Hemalkasa or Yoga Centers like Manashakti Kendra, Kaivalyadham, Ambika Kutir Yoga etc. Structuring, classifying and analyzing data. Preparing project report, arriving at conclusion and providing solution to the problem detected. Presentation.			

T.Y.B.A Syllabus Semester V



Hindi Vidya Prachar Samiti's
RAMNIRANJAN JHUNJHUNWALA COLLEGE
of Arts, Science & Commerce
(Empowered Autonomous College)

Department of Philosophy

T.Y.B.A

Program: B.A

SUBJECT:

(Think Better Stress Less: Philosophy for Students Wellbeing)

Subject Code: RJFPPHI351

(2 Credits)

(CBCS 2025-26)

T.Y.B.A Syllabus Semester V

Field Project for TYBA Philosophy

Think better Stress less: Philosophy for students Well being

Preamble:

The growing academic pressure among students in classes 10 and 12 often leads to stress, anxiety, and confusion. In this crucial phase, the role of mental clarity and emotional stability becomes vital. Philosophy, as the art of thinking well, offers timeless tools to build inner strength and calm. This project aims to bring philosophical thinking into students' lives in a simple and engaging way. By introducing reflective practices and ethical reasoning, we seek to reduce stress and promote well-being. The field-based approach will include interactive sessions, discussions, and activities rooted in Indian wisdom. Students will explore questions of purpose, values, and choices through real-life situations. The project will also assess the impact of philosophy on their stress levels. Ultimately, it aims to empower young minds to think better, feel lighter, and live wiser. This initiative aspires to make philosophy a companion for life—not just a subject in books.

Objectives:

1. **To introduce students to basic philosophical thinking** as a tool to cope with academic and personal stress.
2. **To develop reflective and critical thinking skills** that help manage emotions, choices, and exam-related pressures.
3. **To explore practical philosophical insights** (e.g., from Bhagavad Gita, Buddha, Sant literature, Philosophy of Yoga, Socrates, Plato, Aristotle) relevant to teenage challenges.
4. **To provide a space for dialogue and expression** where students can openly share their thoughts, fears, and hopes.
5. **To equip students with life skills** rooted in value education, mindfulness, and rational thinking for better decision-making.
6. **To encourage ethical reflection** on competition, self-worth, success, and failure in the academic context.
7. **To enhance students' Emotional Quotient and Spiritual Quotient (EQ and SQ)** through philosophical methods like journaling, introspection, and dialogue.
8. **To evaluate the impact of philosophical thinking** on students' stress levels through pre- and post-assessment tools.

Course Outcomes:

1. **Improved self-awareness and emotional regulation** among students facing academic pressure.
2. **Better understanding of how philosophical ideas** can apply to everyday life challenges, including stress, anxiety, and peer pressure.
3. **Enhanced capacity for reflective and rational decision-making** under stressful conditions.
4. **Stronger values of empathy, self-discipline, and inner resilience** cultivated through exposure to Indian and global philosophical thought.
5. **Increased interest in philosophy as a life-guiding subject**, not just as an academic discipline.

T.Y.B.A Syllabus Semester V

6. **Reduction in reported stress levels** as measured through comparative analysis of feedback and questionnaires.
7. **Positive behavioural shifts** such as improved concentration, reduced exam anxiety, and healthier peer interactions.
8. **Creation of student-led philosophy clubs or circles** in schools as a follow-up initiative.

Project Outline

1: Introduction

- Orientation on “What is Stress?” and “How Philosophy Helps in all walks of life”
- Distribution of the **Awareness Questionnaire**
- Icebreaker activity: “What keeps you calm?”

2: Exploring Philosophies (Western Philosophy and Indian Philosophy)

- Interactive session: Yoga Philosophy, *Bhagavad Gita* – Karma Yoga, Detachment, Equanimity, Socrates Philosophy, Existential Philosophy,
- Group discussion: “Am I my marks?”
- Reflective journaling on: “What does success mean to me?”

3: Wisdom across Cultures

- World Philosophy: Stoicism (Marcus Aurelius), Buddhism (Mindfulness), Taoism (Flow)
- Activity: Quote Circle – Interpret and apply a philosophical quote
- Guided breathing or mindfulness meditation session

4: Integration and Reflection

- Poster-making or slogan competition: “Think Calm, Live Calm”
- Final sharing circle: Personal takeaways
- Post-program Questionnaire and Feedback
- Distribution of participation certificates

Questionnaire:

Part A: Personal Information

1. Name (Optional): _____
2. Age: _____
3. Gender: ☐ Male ☐ Female ☐ Other
4. Class/Grade/Year: _____
5. Institution Name: _____

◇ Part B: Awareness & Beliefs (Tick or Circle One)

1. Have you heard about subject call ‘Philosophy’ taught in Degree College?

☐ Yes ☐ No

T.Y.B.A Syllabus Semester V

1. What does the word "philosophy" mean to you?
 - ☐ Love of wisdom
 - ☐ Complex theories
 - ☐ Life guidance
 - ☐ Not sure
2. Which of the following have you heard of? (Tick all that apply)
 - ☐ Socrates
 - ☐ Buddha
 - ☐ Swami Vivekananda
 - ☐ Plato
 - ☐ Sant Jnanneshwara

 - ☐ Saint Kabir

 - ☐ Saint Mirabai

 - ☐ Sankaracharya
 - ☐ None of these
3. Are the above mention personalities Philosophers?
 - ☐ Yes ☐ No ☐ Maybe
4. Do you want to learn philosophy at Degree college?
 - ☐ Yes ☐ No ☐ Not Sure
5. Career options by doing Graduation in Philosophy?
 - ☐ Lawyer
 - ☐ Lecturer in Junior College
 - ☐ Professor at Degree College
 - ☐ Civil Servant
 - ☐ MBA
 - ☐ Teacher in School
 - ☐ Creative Artist
 - ☐ Politician
 - ☐ Judge
 - ☐ Fashion Designer
 - ☐ Entrepreneur/Businessman
 - ☐ All of above
6. Have you heard of any philosophical texts or ideas related to mental calmness?
Which of the following have you heard of? (Tick all that apply)
 - ☐ Bhagavad Gita

T.Y.B.A Syllabus Semester V

- ☐ Bible
- ☐ Quran
- ☐ Guru Grantha Sahib
- ☐ Vedas
- ☐ Buddhist teachings
- ☐ Stoic philosophy
- ☐ Jain principles
- ☐ Sufi or Taoist ideas
- ☐ None of these

7. Do you think philosophy is useful in daily life?

- ☐ Very useful
- ☐ Somewhat useful
- ☐ Not useful
- ☐ Don't know

8. Which areas do you think philosophy can help with? (Select all that apply)

- ☐ Managing emotions
- ☐ Decision-making
- ☐ Ethical living
- ☐ Leadership
- ☐ Stress and anxiety
- ☐ Understanding life's purpose

9. Do you think Philosophy teaches you 'Values'?

- ☐ Yes ☐ No ☐ Not Sure

10. If Yes, State the any one value.

11. Do you think philosophy can help you manage stress or life pressure?

- ☐ Yes ☐ No ☐ Not Sure

12. Is Yoga part of Philosophy?

- ☐ Yes ☐ No ☐ Not Sure

13. Does yoga help you to manage stress?

- ☐ Yes ☐ No ☐ Not Sure

14. Name any Asanas or Pranayama technique which reduce stress and give helps to lead balance life?

15. How do you feel about exams?

- ☐ Extremely stressed

T.Y.B.A Syllabus Semester V

- ☐ Nervous but manageable
- ☐ Neutral
- ☐ Confident and prepared

16. Which of the following do you use to cope with exam stress?

- ☐ Talking to friends/family
- ☐ Studying harder
- ☐ Yoga or meditation
- ☐ Avoiding the topic
- ☐ Philosophical or spiritual reflection

17. Do you believe stress affects your performance?

- ☐ Yes, significantly
- ☐ Yes, somewhat
- ☐ No
- ☐ Not sure

18. Have you ever practiced yoga or mindfulness techniques before exams?

- ☐ Regularly
- ☐ Occasionally
- ☐ Tried once or twice
- ☐ Never

19. Are you aware of philosophical teachings (e.g., Bhagavad Gita, Stoicism, Buddhism, Quran, Bible) that address stress and life balance?

- ☐ Yes, and I apply them
- ☐ Yes, but I haven't used them
- ☐ Somewhat familiar
- ☐ Not at all

◇ Part C: Self-Assessment Scale (1 = Strongly Disagree to 5 = Strongly Agree)

Statement	1	2	3	4	5
1. I am curious to learn more about philosophical thinkers.	☐	☐	☐	☐	☐
2. Philosophy seems too abstract and hard to understand.	☐	☐	☐	☐	☐
3. I believe philosophy can guide us in moral and ethical dilemmas.	☐	☐	☐	☐	☐
4. I want to see more philosophy in school or college life skills programs.	☐	☐	☐	☐	☐
5. Reading quotes from philosophers makes me reflect more deeply.	☐	☐	☐	☐	☐
6. Philosophy can contribute to building a better society.	☐	☐	☐	☐	☐
7. I want to learn more about Philosophy for stress free and successful life.	☐	☐	☐	☐	☐
8. I often feel mentally stressed or overwhelmed.	☐	☐	☐	☐	☐
10. I believe that focusing on my actions, not results, reduces stress.	☐	☐	☐	☐	☐

Part D: Open-Ended Questions for Interview

T.Y.B.A Syllabus Semester V

- What is one life question you've asked yourself that philosophy might answer?
 - Which quote or idea from a philosopher (if any) has impacted your thinking?
 - Would you be interested in learning philosophy through stories, films, or interactive sessions? Why?
 - What prevents people of your age from taking an interest in philosophy?
 - What causes you the most stress in your daily life or studies?
 - What is one idea or quote that has inspired or calmed you recently (if any)?
 - How do you define a stress-free or balanced life in your own words?
 - How do you usually calm yourself when you feel anxious or overwhelmed?
 - What would you like to learn more about when it comes to philosophy and mental peace?
-

T.Y.B.A Syllabus Semester V