

Programme Information (U.G.)

Diploma in Reasoning

Department of Philosophy
Kurukshetra University Kurukshetra
Scheme of Exam and Syllabus of Diploma in Reasoning
Under NEP-2020
Credit Based System w.e.f. 2022-23

COURSE	Paper No.	Nomenclature of paper	Contact Hours	Credits (Theory)	Internal marks	External Marks	Total	Minimum Pass Marks	Duration of exam
Diploma in Reasoning	N101	Principles of Reasoning	4	4	50*	50	100	40	3 Hrs
Diploma in Reasoning	N102	Applied Reasoning	4	4	50*	50	100	40	3Hrs

- *Internal Assessment shall be based on clearly defined components of class participation(10%), midterm exam (25%) and assignment-presentation(15%) carrying 50 percent of the credit and the rest(50%)through end term examination*

Programme Outcome (P.O.) of the Faculty of Indic Studies.

1. Scientific and Logical knowledge of ancient Indian wisdom.
2. Enhancing knowledge of Indian art and cultural traditions.
3. Knowledge of Vedic, medieval and modern Philosophies.
4. Inculcation of nationalism and other moral values.
5. Enhancing mental relaxation and peace by adopting prayer, chanting, yoga and meditation.
6. Preservation of Indian arts and heritage by using modern technology.
7. To Impart knowledge of different sanskaras and philosophies.
8. Imparting knowledge of folk traditions in different disciplines of the faculty.
9. Developing aesthetics, creativity and skills like singing, painting, dancing.
10. Improving the emotional intelligence through the Gita

Programme Specific Outcome (P.S.O.)

1. **Enhancement of the skills of applied reasoning which is useful for different competitive examinations.**
2. **Helpful in increasing logical reasoning ability.**
3. **Increase in the decision making power.**
4. **Development of critical and analytic ability of the students**

**DEPARTMENT OF PHILOSOPHY
KURUKSHETRA UNIVERSITY KURUKSHETRA
Diploma- in -Reasoning**

Paper-N101: Principles of Reasoning

Maximum Marks: 100
Theory Marks: 50
Internal Assessment: 50
Maximum Time: 3 Hrs.
Credit:- 4

Instructions: Out of Four units, **Eight** questions are to be set. The examinees will have to attempt any **Five** questions. All questions will be of equal marks.

Course Outcome: After the completion of the course, the students will be able to:

101.1 Understand of the basic principles of Reasoning and Language.

101.2 Comprehend the basic concepts of different Sources of Knowledge.

101.3 Answers questions regarding various kinds of Propositions and Syllogism.

101.4 Understands the Classical Square of Opposition and Venn Diagrams.

Unit-I: Definition, Nature, Meaning and Significance of Reasoning; Uses of language;
Connotations and Denotations of Terms; Understanding the Structure of Arguments;
Argument Forms

Unit-II Indian Logic: Sources of knowledge (Pramanas): Pratyaksha (Perception), Anumana (Inference), Upamana (Comparison), Shabda (Verbal testimony), Arthapatti (Implication) and Anupalabdhi (Non-apprehension).

Unit-III Aristotelian Classification of Categorical Proposition; Structure of Categorical Propositions; Nature and Structure of Categorical Syllogism; Mood and Figure of Categorical Syllogism; Formal and Informal Fallacies,

Unit-IV Classical Square of Opposition; Immediate Inference—Conversion, Obversion and Contraposition; Evaluating and Distinguishing Deductive and Inductive Reasoning; Venn diagram: Simple and Multiple uses for Establishing Validity of Arguments.

Prescribed Books:

1. C.D. Sharma: *A Critical Survey of Indian Philosophy* (Hindi version also available)
2. D.M. Dutta & S.C. Chatterjee: *Introduction to Indian Philosophy*. (Hindi version also available)
3. H.P. Sinha: *Bharatiya Darshan ke Rooprekha*
4. B. L. Sharma, *Tarkashastra Parvesh*, Haryana Sahitya.
5. R.N. Sharma, *Tarkashastra*, Kedarnath Ramnath, Maurat.
6. Copi, Cohen, Jetli and Prabhkar, *Introduction to Logic*, Pearson Education (12th Edn.)
7. Krishna Jain, *Text Book of Logic*, Ajanta Books International, Delhi.
8. S.N. Gupta, *Tarkashastraki Rooprekha*

CO-PO mapping matrix for course 101 (Principles of Reasoning)

COS	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
101.1	3	1	2	3	-	-	-	-	1	-
101.2	3	3	2	1	-	-	-	-	1	-
101.3	2	2	2	-	-	-	-	-	-	-
101.4	3	2	2	-	-	-	-	-	-	-
Average	2.75	2	2	1	-	-	-	-	0.5	-

CO-PSO mapping matrix for course 101 (Principles of Reasoning)

COS	PSO1	PSO2	PSO3	PSO4
101.1	3	3	3	3
101.2	3	3	3	3
101.3	3	3	3	3
101.4	3	3	3	3
Average	3	3	3	3

DEPARTMENT OF PHILOSOPHY

KURUKSHETRA UNIVERSITY KURUKSHETRA

Diploma- in -Reasoning

Paper-N102: Applied Reasoning

Maximum Marks: 100

Theory Marks: 50

Internal Assessment: 50

Maximum Time: 3 Hrs.

Credit:-4

Instructions : Out of Four Units, **Eight** questions are to be set. Each of the **Eight** questions will contain at least **Four** items of practical exercises relating to the topics contained in the Unit concerned. The examinees will have to attempt any **Five** questions. All questions will be of equal marks.

Course Outcome: After the completion of the course, the students will be able to:

CO-102.1 Solve the practical type questions of Immediate and mediate Inference and also questions regarding Teaching and Research Aptitude.

CO-102.2 Comprehend the basics of arguments and will be able to answer different types of questions of applied reasoning.

CO-102.3 Answers questions regarding analogy, classification and other types of Verbal and Non-verbal Reasoning .

CO-102.4 Understand logical Venn diagrams and some more types of the Verbal and Non Verbal Reasoning.

Unit-I Practical Guidance for Solving Various Types of Exercises of Immediate and Mediate inference;

Teaching Aptitude; Research Aptitude.

Unit-II Force-fullness of Arguments; Discovering Implied Meaning of Propositions; Testing of Correct Deduction Based on Given Information; Discovering the Best Course of Action.

Unit-III Verbal Analogy (All Kinds); Classification (All Kinds); Series Completion: Number Series, Letter

Series; Direction Sense Test; Blood Relations; Analytical Reasoning; Non-Verbal Reasoning: Cube and

Dice Problem; Water Image and Mirror Image.

Unit-IV Logical Venn Diagrams; Analytical Reasoning: Verbal; Coding-Decoding: Letter Coding, Number

Coding, Substitutions Coding, Mixed Letter Coding Mixed Number Coding.

Books Recommended:

1. Ravi Chopra: *Reasoning N' Reasoning*, Galgotia Publications Pvt. Ltd., 5 Ansari Road, New Delhi-110002.
2. Edgor Thorpe : *A Course in Mental Ability and Quantitative Aptitude*, Tata McGraw Hill Company, 4/12 AsafAli Road, New Delhi-110002
3. K.K. Sharma: *Verbal Reasoning for Competitions*, Krishna Prakashan Media (P) Ltd, Meerut (U.P.).
4. R.S. Aggarwal: *A Modern Approach to Verbal & Non-Verbal Reasoning*, S. Chand & Company Ltd., Ram Nagar, New Delhi.
5. Sanjay Sinha: *Test of Reasoning (Verbal & Non-Verbal)*, Jawahar Publishers, New Delhi.

CO-PO mapping matrix for course 102(Applied Reasoning)

COS	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
102.1	3	3	1	-	-	-	2	2	3	-
102.2	3	3	1	-	-	-	1	-	3	-
102.3	3	2	2	-	-	-	1	-	3	-
102.4	3	2	2	-	-	-	1	-	3	-
Average	3	2.5	1	-	-	-	1.25	0.5	3	-

CO-PSO mapping matrix for course 102(Applied Reasoning)

COS	PSO1	PSO2	PSO3	PSO4
102.1	3	3	3	3
102.2	3	3	3	3
102.3	3	3	3	3
102.4	3	3	3	3
Average	3	3	3	3

Over all Mapping Matrix for Diploma in Reasoning

COS	PO1	PO 2	PO 3	PO 4	PO 5	PO 6	PO7	PO 8	PO 9	PO1 0	PSO 1	PSO 2	PSO 3	PSO 4
101	2.75	2	2	1	-	-	-	-	0.5	-	3	3	3	3
102	3	2.5	1	-	-	-	1.25	0.5	3	-	3	3	3	3
Average	2.875	2.2	1.5	0.5	-	-	0.625	0.2	1.7	-	3	3	3	3

Diploma in Yoga and Applied Philosophy

Department of Philosophy

Kurukshetra University Kurukshetra

Scheme of Examination and Syllabus

of

Diploma in Yoga and Applied Philosophy (One Year) Semester –I& II

Under credit based system w.e.f from the Academic Session: 2020-2021.

Scheme of Examination

Semester-I

Paper No.	Nomenclature of the Papers	Contact Hours(per week)	Credit (Theory+ Practical)	Minimum Pass Marks	Internal Assessment Marks	Theory Marks	Max . Marks	Duration of Exam (Hrs.)
DYAP-101	Yoga: Bahirangyoga	4	4	40	20	80	100	3Hrs.
DYAP-102	Yoga : Antarangyoga	4	4	40	20	80	100	3Hrs.
DYAP-103	Yoga: Hathyoga	4	4	40	20	80	100	3Hrs
DYAP-104	Applied Philosophy	4	4	40	20	80	100	3Hrs.
DYAP-105	Practical	4	4	40	Practical Copy-25 Marks	Practical - 50 Marks Viva-voce-25 Marks	100	As per Rules

Programme Outcome (P.O.) of the Faculty of Indic Studies.

- 1. Scientific and Logical knowledge of ancient Indian wisdom.**
- 2. Enhancing knowledge of Indian art and cultural traditions.**
- 3. Knowledge of Vedic, medieval and modern Philosophies.**
- 4. Inculcation of nationalism and other moral values.**
- 5. Enhancing mental relaxation and peace by adopting prayer, chanting, yoga and meditation.**
- 6. Preservation of Indian arts and heritage by using modern technology.**
- 7. To Impart knowledge of different sanskaras and philosophies.**
- 8. Imparting knowledge of folk traditions in different disciplines of the faculty.**

9. Developing aesthetics, creativity and skills like singing, painting, dancing.
10. Improving the emotional intelligence through the Gita

Programme Specific Outcome (P.S.O.)

4. Lead to scientific and logical understanding of Yoga and its Philosophy.
5. Holistic development of mind and body by learning different Kriyas of Hathyoga.

6. Study of Yama, Niyama, Pranayama, Dharna and Dhyana benefit the personal life of the students.

7. Understanding the basic of Applied Philosophy, Indian Ethics and Environment ethics lead to deep insight into the solution of the existing problems of the world.

PAPER NO. : DYAP – 101

Yoga: Bahirangyoga

Max. Marks : 100

Theory : 80 Marks

Int. Assessment : 20Marks

Time : 3 Hours

Credit:-4

Instructions: The paper-setter is requested to set **Nine** questions in all i.e., One Compulsory objective type question (8x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. Examinees will have to attempt **Five** questions in all, selecting one question from each unit and **One Objective Type Question**. All questions carry equal marks.

Course Outcome: After the completion of the course, the students will be able to:

CO-101. Understand the Yoga Philosophy and different kinds of Yoga. CO-101.2 Understand the kinds of Anumana. CO-101.3 Learn about the Essentials factor of Yoga. CO-101.4 Understand the Yama and its benefits in personal life.

Unit-I Yoga: Meaning, Definition and Origin; Philosophy of Yoga; Psychology of Yoga;
Kinds of Yoga: Ashtang Yoga, Hath Yoga

Unit-II Kinds of Yoga: Jyanayoga, Karmyoga, Bhaktiyoga and Dhyanayoga.

Unit - III Essential Factors of Yoga Practice: Place, Posture, Time, Dress, Discipline,
Diet, Prayerfulness and Mentality

Unit-IV Yama (Social Discipline): Meaning, Background, Definition and Kinds and its
Benefits in Social Life; Niyama(Personal Discipline):Meaning, Definition, Kinds
and its Benefits in Personal Life.

Suggested Books:

1. *Asana Pranayama*, Dr. Devvarta Acharya.
2. *Bahirangayoga*, Swami Yogeshwarananda.
3. *Yog Chikitsa*, Kuvalyananda.
4. *Asana Pranayama Mudra Bandha*, Bihar School of Yoga.
5. *Kundalini Yoga*, Bihar School of Yoga.

6. *Bachho Ke Liye Yoga Shiksha*, Bihar School of Yoga.
7. *Pran Pranayama Pranvidhya*, Bihar School of Yoga.
8. *Rog Aur Yog*, Bihar School of Yoga.
9. *Ayurvediya Kriya Sharir*, Vaidhya Ranjit Rai Dasai.
10. *Yog: Samanya Prichya*, Acharya Shilak Ram.
11. *Kundlini Yoga*, M. P. Pandit.
12. *Pranayama*, Ranjit Sen Gupta.

**CO-PO mapping matrix for course DYAP-101 (Yoga:
Bahirangyoga)**

COS	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
101.1	1	1	1	3	3	2	2	-	-	1
101.2	1	1	1	3	3	2	3	1	1	2
101.3	-	1	1	3	2	1	2	3	-	1
101.4	1	1	1	1	3	2	2	-	-	-
Average	0.75	1	1	2.5	2.75	1.75	2.25	0.25	0.25	1

**CO-PSO mapping matrix for course DYAP-101 (Yoga:
Bahirangyoga)**

COS	PSO1	PSO2	PSO3	PSO4
101.1	3	2	2	2
101.2	3	3	3	3
101.3	3	3	3	3
101.4	2	3	3	3

Average	2.75	2.75	2.75	2.75
---------	------	------	------	------

PAPER NO. : DYAP – 102

Yoga: Antarangyoga

Max. Marks: 100

Theory: 80 Marks

Int. Assessment: 20Marks

Time: 3 Hours

Credit:-4

Instructions: The paper-setter is requested to set **Nine** questions in all i.e., One Compulsory objective type question (8x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. Examinees will have to attempt **Five** questions in all, selecting one question from each unit and **One Objective Type Question**. All questions carry equal marks.

Course Outcome: After the completion of the course, the students will be able to: **CO-102.1 Understand the Dharna and its method CO-102.2 Understand the Antrayas and its Nivritti . CO-102.3 Learn about Dhyana. CO-102.4 Understand the various techniques of Dhyana.**

Unit-I Dharna: Meaning, Definition and Kinds of Dharna; Method and Practice of Dharna; Benefits of Dharna;

Unit-II Antrayas: Meaning, Definition, Kinds; Antrayas: Their Nivritti in Yoga, Difference between Dhyana and Dharna: Difference between Dharna and Smadhi

Unit-III Dhyana: Meaning, Definition, Kinds and Method of Dhyana; Concept of Dhyata, Dhyana and Dhyeya; Dhyana and Ekagrata

Unit-IV Various techniques of Dhyana: Pranva Dhyana(Yogsutra), Vipassana Dhyana(Goenka), Dynamic Dhyana(Osho), Awareness Dhyana(J.Krishnamurti)

Suggested Books :

1. *Yog Darshna* (Vol. 1-4),Osho
2. *Yog Pradeep*, Swami Omananda Thirtha
3. *Yog darshana*, Swami Adgadananda
4. *Yogsutra vidyodyabhasya*, Acharya Udayavir
5. *Yog Sadhna*, Shri Anandmurti
6. *Yog Darshanam*, Hariharananda Arnaya
7. *Sanatna Bhartiya Yog Sadhana Evam Uski Vividh Dhyan Vidhiyan*, Acharya Shilak Ram

8. *Goraksha Padhti*, Gorkshanath
9. *Atma Vijyan*, Swami Yogeshwarananda
10. *Yog Visheshank*, Gita Press
11. *Yog: Samnya Prichaya*, Acharya Shilak Ram.
12. *Gherand Samhinta*, Maharashi Gherand
13. *Tantra Sutra* (vol.1-6), Osho.
14. *Vedon Mein Yogvidhya*, Swami Divyananda
15. *Yoga Psychology*, Shri Anandamurty

CO-PO mapping matrix for course DYAP-102 (Yoga: Antarangyoga)

COS	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
102.1	1	1	1	3	3	1	2	-	-	1
102.2	1	1	1	2	3	1	2	-	-	-
102.3	1	1	1	2	3	1	2	-	-	1
102.4	1	1	1	2	3	1	2	-	-	1
Average	1	1	1	2.25	3	1	2	-	-	-

CO-PSO mapping matrix for course DYAP-102 (Yoga: Antarangyoga)

COS	PSO1	PSO2	PSO3	PSO4
102.1	3	3	3	1
102.2	3	3	3	1
102.3	3	3	3	1
102.4	3	3	2	1
Average	3	3	2.75	1

PAPER NO. : DYAP – 103

Yoga: Hathyoga

Max. Marks : 100

Theory : 80 Marks

Int. Assessment : 20Marks

Time : 3 Hours

Credit:-4

Instructions: The paper-setter is requested to set **Nine** questions in all i.e., One Compulsory objective type question (8x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. Examinees will have to attempt **Five** questions in all, selecting one question from each unit and **One Objective Type Question**. All questions carry equal marks.

Course Outcome: After the completion of the course, the students will be able to:

CO-103.1 Understand the basic of Hathyoga. CO-103.2 Learn about the Yogic food and Hath yoga. CO-103.3 Learn about the Do's or Don'ts in Hathyoga. CO-103.4 Understand the nature of Pranayama in Hathyoga.

Unit-I Hathyoga: Meaning and Definition, Hathyoga; Aims and Objectives; Discipline and Precautions for Practice of Hathyoga; Relevance of Hathyoga in daily life

Unit-II Concept of Yogic food in Hathyoga; Concept of Vighankark and Vridhikarak in Hathyoga; Difference between Panchkarma and Hathyoga; Hathyoga for Chronic Deceases

Unit-III Do's and Don'ts in Hathyoga; Concept of Ten Yamas in Hathyoga; Concept of Ten Niyama in Hathyoga; Concepts of Asanas in Hathyoga

Unit-IV Kinds of Kumbhak in Hathyoga; Concept of Purak and Rechak; Objectives and Classification of Pranayama in Hathyoga; Difference between Hathyoga and Rajyoga

Suggested Books:

1. *Yog Darshna* (Vol. 1-4), Osho
2. *Yog Pradeep*, Swami Omananda Thirtha
3. *Yog darshana*, Swami Adgadananda
4. *Yogsutra Vidyodyabhasya*, Acharya Udayavir

5. *Yog Sadhna*, Shri Anandmurti
6. *Yog Darshanam*, Hariharananda Arnaya
7. *Sanatna Bhartiya Yog Sadhana Evam Uski Vividh Dhyan Vidhiyan*, Acharya Shilak Ram
8. *Goraksha Padhti*, Gorkshanath
9. *Atma Vijyan*, Swami Yogeshwarananda
10. *Visheshank*, Gita Press, Gorakhpur
11. *Yog: Samnya Prichaya*, Acharya Shilak Ram
12. *Gherand Samhinta*, Maharashi Gherand
13. *Tantra Sutra* (vol.1-6), Osho.
14. *Vedon Mein Yogvidhya*, Swami Divyananda
15. *Yoga Psychology*, Shri Anandamurti

CO-PO mapping matrix for course DYAP-103 (Yoga: Hathyoga)

COS	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
103.1	2	1	1	2	3	1	2	-	-	-
103.2	1	1	1	2	3	1	1	-	-	-
103.3	1	1	1	2	2	1	1	-	-	-
103.4	1	1	1	2	3	1	1	-	-	-
Average	1.25	1	1	2	2.75	1	1.25	-	-	-

CO-PSO mapping matrix for course DYAP-103 (Yoga: Hathyoga)

COS	PSO1	PSO2	PSO3	PSO4
103.1	3	2	2	-
103.2	3	2	2	-
103.3	3	2	2	1
103.4	3	2	2	1

Average	3	2	2	0.5
---------	---	---	---	-----

PAPER NO. : DYAP – 104

Applied Philosophy

Max. Marks : 100

Theory : 80 Marks

Int. Assessment : 20Marks

Time : 3 Hours

Credit:-4

Instructions: The paper-setter is requested to set **Nine** questions in all i.e., One Compulsory objective type question (8x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. Examinees will have to attempt **Five** questions in all, selecting one question from each unit and **One Objective Type Question**. All questions carry equal marks.

Course Outcome: After the completion of the course, the students will be able to:

CO-104.1 Understand the basic of Applied Philosophy . **CO-104.2** Understand the different concepts of Indian Ethics . **CO-104.3** Learn about the different types of Ethics . **CO-104.4** Understand the Environment Ethics.

Unit-I Meaning, Definition and Nature of Philosophy; Meaning, Definition and Nature of Applied Philosophy; Importance of Applied Philosophy in Contemporary Times

Unit-II Sadharna Dharma, Varnashram Dharma, Purusartha Chatustya, Karma Niyam

Unit-III Business Ethics; Euthanasia; Capital Punishment and Human Rights; Medical Ethics

Unit-IV Environmental Ethics: Environmental Degradation and Global Warming; Anthropocentrism; Gaia Principal; Afforestation

Suggested Reading

1. *Anupryukt Darshanshastra*, Vijaykant Dubye.
2. *Anupryukt Nitishastra*, V.P.Verma.
3. *Nitishastra*, V.P.Verma.
4. *Anupryukt Darshanshastra avam Nitishastra ke Aayam*, J.Shankar and A.D.Sharma.
5. *Bhartiya Nitishastra*, Ram Nath Sharma.

6. *Paschatya Nitishastra*, Ram Nath Sharma.

CO-PO mapping matrix for course DYAP-104 (Applied Philosophy)

COS	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
101.1	3	1	2	3	-	-	-	-	1	-
101.2	3	3	2	1	-	-	-	-	1	-
101.3	2	2	2	-	-	-	-	-	-	-
101.4	3	2	2	-	-	-	-	-	-	-
Average	2.75	2	2	1	-	-	-	-	0.5	-

CO-PSO mapping matrix for course DYAP-104 (Applied Philosophy)

COS	PSO1	PSO2	PSO3	PSO4
101.1	3	3	3	3
101.2	3	3	3	3
101.3	3	3	3	3
101.4	3	3	3	3
Average	3	3	3	3

Paper No. 105- Practical

Practical – 50 Marks
Practical Copy – 25 Marks
Viva-Voce-

25 Marks

Total – 100 Marks
Credit:-4

Asanas:

Sukhasana
Sidhasana
Padmasana
Kamlasana
Vajrasana
Virasana
Gomukhasana
Yogasana
Gorakshasana
Pawanmuktasana
Chakrasana
Sashtang Dandvatasana
Mayurasana
Salbhasana
Kandhrasana
Makrasana
Markatasana
Sarpasana
Dhanurasana
Nokasana
Halasana
Karnpidasana
Sakndh Sanchalanasana
Ekpadasana

Mandukasana

Kukkutasana

B. Selected Pranayamas

Patanjali : Bahyavritti, Abhyantaravritti, Stambhvritti, Bahyabhyantara Vishyakshepi.

Hathyoga: Ujjayee, Bhastrika, Bhramari, Sheetlee, Suryabhedhi.

C. Selected Kriyas:

Jalneti

Sutraneti

D. Selected Mudras:

Mahamudra

Mahabandha Mudra

PAPER NO. : DYAP – 201

Yoga: Bahirangyoga

Max. Marks : 100

Theory : 80 Marks

Int. Assessment : 20Marks

Time : 3 Hours

Credit:-4

Instructions: The paper-setter is requested to set **Nine** questions in all i.e., One Compulsory objective type question (8x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. Examinees will have to attempt **Five** questions in all, selecting one question from each unit and **One Objective Type Question**. All questions carry equal marks.

Course Outcome: After the completion of the course, the students will be able to:

CO-201.1 Understand the basic of Asana. CO-201.2 Understand the Pranayama. CO-201.3 Learn about the Pratyahara. CO-201.4 Understand the theory of Chittvritirodh and Ekagrata.

Unit-I : Asana: Background, Meaning and Definition, Kinds of Asanas and their benefits;
Difference between Asana and Exercise; Asanas for Physical and Mental health

Unit-II: Pranayama: Background, Meaning and Definition;Kinds of Pranayama and its
Benefits; Difference between Pranayama and Deep Breathing; Pranayama for
Healthy Body, Mind and Spirit

Unit-III: Pratyahara: Background, Meaning and Definition; Kinds of Pratyahara and its
Benefits; Difference between Bahirangayoga and Antrangayoga; Kriyayoga in
Astangyoga

Unit-IV: Theory of Chittvritinirodh and Ekagrata; Pratyahara and Ekagrata for Students;
Pratyahara: Link between Bahirangyoga and Antrangayog; Similarity and
Dissimilarity between Ekagrta and Dharna

Suggested Books:

- 1 *Asana Pranayama*, Dr. Devvarta Acharya
- 2 *Bahirangayoga*, Swami Yogeshwarananda
- 3 *Yog Chikitsa*, Kuvalyananda
- 4 *Asana Pranayama Mudra Bandha*, Bihar School of Yoga
- 5 *Kundalini Yoga*, Bihar School of Yoga.
- 6 *Bachho Ke Liye Yoga Shiksha*, Bihar School of Yoga
- 7 *Pran Pranayama Pranvidhya*, Bihar School of Yoga
- 8 *Rog Aur Yog*, Bihar School of Yoga
- 9 *Ayurvediya Kriya Sharir*, Vaidhya Ranjit Rai Desai
- 10 *Yog: Samanya Prichya*, Acharya Shilak Ram
- 11 *Kundlini Yoga*, M. P. Pandit
- 12 *Pranayama*, Ranjit Sen Gupta

**CO-PO mapping matrix for course DYAP-201 (Yoga:
Bahirangyoga)**

COS	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
201.1	2	1	2	3	3	1	2	-	-	-
201.2	2	1	2	2	3	1	2	-	-	-
201.3	2	1	2	2	3	1	2	-	-	-
201.4	2	1	2	2	2	2	2	-	-	-
Average	2	1	2	2.25	2.75	1.25	2	-	-	-

**CO-PSO mapping matrix for course DYAP-201 (Yoga:
Bahirangyoga)**

COS	PSO1	PSO2	PSO3	PSO4
201.1	3	2	3	3
201.2	3	3	3	3
201.3	3	3	3	3
201.4	-	-	-	-
Average	2.25	2	2.25	2.25

PAPER NO. : DYAP – 202

Yoga: Antarangyoga

Max. Marks : 100

Theory : 80 Marks

Int. Assessment : 20Marks

Time : 3 Hours

Credit:-4

Instructions: The paper-setter is requested to set **Nine** questions in all i.e., One Compulsory objective type question (8x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. Examinees will have to attempt **Five** questions in all, selecting one question from each unit and **One Objective Type Question**. All questions carry equal marks.

Course Outcome: After the completion of the course, the students will be able to:

CO-202.1 Understand the basic of Samadhi . CO-202.2 Understand the different concepts of Ishwara and other different concept . CO-202.3 Learn about the Life and Contribution of different Contemporary Yogies . CO-202.4 Understand the concept of Vibhuties .

Unit-I Samadhi: Meaning, Definition and Kinds of Samadhi; Chittnivrittinirodh

Upaya: Abhayas and Vairagya; Concept of Sadhanpada in *Yogasutra* of Patanjali;

Theory of Chaturvyuha of Patanjali

Unit-II Concept of Ishwara in Patanjali Yogasutra; Concept of Jivatma in

Patanjali Yogasutra; Concept of Kailvya in Patanjali Yogasutra; Concept of Chitt-

Prasad in Patanjali Yogasutra

Unit- III Life and Contribution of Contemporary Yogis: Pramhansa Yoganand,

Osho, J.Krishnamurti, Iyanger, Sadguru Jaggi Vasudeva

Unit-IV Vibhuties: Meaning, Definition and Kinds of Vibhuties; Vibhuties in Yogsutra of

Patanjali; Patanjali Yoga for Physical Health; Yoga for Mental Health, Yoga for

Spiritual Growth

Suggested Books:

1. *Yog Darshna* (Vol. 1-5), Osho
2. *Yog Pradeep*, Swami Omananda Thirtha
3. *Yog Darshana*, Swami Adgadananda
4. *Yogsutra vidyodyabhasya*, Acharya Udayavir
5. *Yog Sadhna*, Shri Anandmurti
6. *Yog Darshanam*, Hariharananda Arnaya
7. *Sanatna Bhartiya Yog Sadhana Evam Uski Vividh Dhyan Vidhiyan*, Acharya Shilak Ram
8. *Goraksha Padhti*, Gorkshanath
9. *Atma Vijyan*, Swami Yogeshwarananda
10. *Yog Visheshank*, Gita Press
11. *Yog: Samnya Prichaya*, Acharya Shilak Ram.
12. *Gherand Samhinta*, Maharashi Gherand
13. *Tantra Sutra* (vol.1-6), Osho.

14. *Vedon Mein Yogvidhya*, Swami Divyananda

CO-PO mapping matrix for course DYAP-202 (Yoga: Antarangyoga)

COS	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
202.1	2	2	2	3	3	1	3	-	-	1
202.2	1	3	2	3	3	1	2	-	-	1
202.3	2	2	3	2	3	1	2	-	-	
202.4	2	2	-	2	3	1	2	-	-	1
Average	1.75	2.25	1.75	2.5	3	1	2.25	-	-	0.75

CO-PSO mapping matrix for course DYAP-202 (Yoga: Antarangyoga)

COS	PSO1	PSO2	PSO3	PSO4
202.1	3	3	3	-
202.2	2	2	3	1
202.3	2	2	2	1
202.4	3	2	2	1
Average	2.5	2.25	2.5	0.75

PAPER NO. : DYAP – 203

Yoga: Hathyoga

Max. Marks : 100

Theory : 80 Marks

Int. Assessment : 20Marks

Time : 3 Hours

Credit:-4

Instructions: The paper-setter is requested to set **Nine** questions in all i.e., One Compulsory objective type question (8x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. Examinees will have to attempt **Five** questions in all, selecting one question from each unit and **One Objective Type Question**. All questions carry equal marks.

Course Outcome: After the completion of the course, the students will be able to:

CO-203.1 Understand the different Shodhan Kriya. **CO-203.2** Understand the different concepts of Yoga . **CO-203.3** After studying the Third Unit, the students will able to learn about the concept of Dharna . **CO-203.4** The study of the Fourth Unit will help the students to understand the concept of Kundlini and other concepts.

Unit-I Concept of Shodhan Kriyas in Hathyoga; Techniques , Kinds and Benefits of Neti kriya in Hathyoga; Techniques,Kinds and Benefits of Dhoti Kriya; Techniques, Kinds and Benefits of Basti Kriya

Unit-II Techniques, Kinds and benefits of Tratak in Hathyoga; Techniques, Kinds and Benefit of Kapalbhathi; Techniques, Kinds and Benefits of Nyoli Kriya; Classification of Bandh in Hathyoga

Unit-III Concept of Dharna in *Vijjyanbhairav*; Concept of Pratyahara, Concept of Dhyana; Concept of Samadhi in Hathyoga

Unit-IV Concept of Kundilini in Hathyoga; Concept of Chakras in *Shadchakranirupanam*. Concept of Mudras in Hathyoga; Concept of Mukti

Suggested Books:

1. *Yog Darshna* (Vol. 1-4),Osho
2. *Yog Pradeep*, Swami Omananda Thirtha
3. *Yog Darshana*, Swami Adgadananda
4. *Yogsutra Vidyodyabhasya*, Acharya Udayavir
5. *Yog Sadhna*, Shri Anandmurti
6. *Yog Darshanam*, Hariharananda Arnaya
7. *Sanatna Bhartiya Yog Sadhana Evam Uski Vividh Dhyan Vidhiyan*, Acharya Shilak Ram
8. *Goraksha Padhti*, Gorkshanath
9. *Atma Vijyan*, Swami Yogeshwarananda
10. *Visheshank*, Gita Press,Gorakhpur
11. *Yog: Samnya Prichaya*, Acharya Shilak Ram

12. *Gherand Samhinta*, Maharashi Gherand
13. *Tantra Sutra* (vol.1-6), Osho.
14. *Vedon Mein Yogvidhya*, Swami Divyananda
15. *Yoga Psychology*, Shri Anandamurti

CO-PO mapping matrix for course DYAP-203 (Yoga: Hathyoga)

COS	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
203.1	2	2	2	1	3	1	2	-	-	-
203.2	2	2	2	1	3	1	2	-	-	-
203.3	2	2	2	1	2	1	1	-	-	-
203.4	2	2	2	1	3	1	1	-	-	-
Average	2	2	2	1	2.75	1	1.5	-	-	-

CO-PSO mapping matrix for course DYAP-203 (Yoga: Hathyoga)

COS	PSO1	PSO2	PSO3	PSO4
203.1	3	3	3	4
203.2	2	2	2	2
203.3	3	3	3	3
203.4	1	1	1	1
Average	2.25	2.25	2.25	2.5

PAPER NO. : DYAP – 204

Applied Philosophy

Max. Marks : 100

Theory : 80 Marks

Int. Assessment : 20Marks

Time : 3 Hours

Credit:-4

Instructions: The paper-setter is requested to set **Nine** questions in all i.e., One Compulsory objective type question (8x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. Examinees will have to attempt **Five** questions in all, selecting one question from each unit and **One Objective Type Question**. All questions carry equal marks.

Course Outcome: After the completion of the course, the students will be able to:

CO-204.1 Understand the basic of Applied Philosophy and its different concept . **CO-204.2** Understand the different ethical concept of Indian Philosophy. **CO-204.3** Learn about the different ethical concepts of Indian Ethics . **CO-204.4** Understand the social problems .

Unit-I: Process and Stages of Moral Development; Presuppositions of Morality; Intention and Action; Rights and Duties

Unit-II: Tri-ratna of Jainism; Brahmvihara of Buddhism; Four Noble Truths of Buddhism; Stithaprajya

Unit-III: Concept of Rna; Concept of Rta; Concept of Yajna, Concept of Nishkama Karma

Unit-IV: Sustainable Development; Gender Equality; Animal Rights; Problem of Suicide

Suggested Reading

1. *Anupryukt Darshanshastra*, Vijaykant Dubye.
2. *Anupryukt Nitishastra*, V.P.Verma.
3. *Nitishastra*, V.P.Verma.
4. *Anupryukt Nitishastra*: M. P. Chorasiya

5. *Bhartiya Nitishastra*, Ram Nath Sharma.
6. *Paschatya Nitishastra*, Ram Nath Sharma.
Nitishastra: Siddanta aur vyavahara: Nityananda Mishra

CO-PO mapping matrix for course DYAP-204 (Applied Philosophy)

COS	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
204.1	3	1	2	3	-	-	-	-	1	-
204.2	3	3	2	1	-	-	-	-	1	-
204.3	2	2	2	-	-	-	-	-	-	-
204.4	3	2	2	-	-	-	-	-	-	-
Average	2.75	2	2	1	-	-	-	-	0.5	-

CO-PSO mapping matrix for course DYAP-204 (Applied Philosophy)

COS	PSO1	PSO2	PSO3	PSO4
204.1	3	3	3	3
204.2	3	3	3	3
204.3	3	3	3	3
204.4	3	3	3	3

Average	3	3	3	3
---------	---	---	---	---

Paper No. 205 - Practical

Practical – 50 Marks

Practical Copy – 25 Marks

Viva-Voce- 25

Marks

Total – 100 Marks

Credit:-4

Asanas:

Ustrarasana

Padprasaran Sarwang Tulasana

Vistritpadhastparshasana

Suptvajrasana

Tulasana

Uthithastpadprasarasana

Dwihastktichakrasana

Griwa Chakrasana

Pravatasana

Trikonasana

Tadasana

Katichakrasana

Sarwngasana

Shirshasana

Girvachakrasana

Surya Namaskar

B. Selected Pranayamas

Traditional : Nadishudhi, Anulom-Vilom, Purak-Rechak, Triband Rechak, Kapalbhati.

C. Selected Kriyas:

Tratka

Agnisara

Kapalbhati

D. Selected Mudras:

Mahavedha Mudra

Vajroli Mudra

Asvini Mudra

E. Bandhas:

Mool Bandha

Jalandhar Bandha

Uddiyan Bandha

Over all Mapping Matrix for Diploma in Yoga and Applied Philosophy

COS	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PSO1	PSO2	PSO3	PSO4
101	0.75	1	1	2.5	2.75	1.75	2.25	0.25	0.25	1	2.75	2.75	2.75	2.75
102	1	1	1	2.25	3	1	2	-	-	-	3	3	2.75	1
103	1.25	1	1	2	2.75	1	1.25	-	-	-	3	2	2	0.5
104	2.75	2	2	1	-	-	-	-	0.5	-	3	3	3	3
201	2	1	2	2.25	2.75	1.25	2	-	-	-	2.25	2	2.25	2.25
202	1.75	2.25	1.75	2.5	3	1	2.25	-	-	0.75	2.5	2.25	2.5	0.75
203	2	2	2	1	2.75	1	1.5	-	-	-	2.25	2.25	2.25	2.5
204	2.75	2	2	1	-	-	-	-	-	0.5	3	3	3	3
Average	1.78	1.53	1.59	1.81	2.12	0.87	1.40	0.03	0.09	0.28	2.71	2.53	2.56	1.96

Certificate Course in Bhagavadgita

ANNEXURE-VII

Department of Philosophy

Kurukshetra University Kurukshetra

Scheme of Examination and Syllabus of Certificate Course in Bhagavadgita

Under NEP-2020

Credit Based System

w.e.f. 2022-23

Sem.	Paper	Nomenclature of paper	Credits (Theory /Practical)	Contact hours	Internal marks	External Marks	Total	Duration of Exam
I	N 101	Fundamental Concepts of Bhagavad-Gita-I	4	4	50**	50	100	3Hrs
I	N102*	Bhagavad-Gita & Art of Meditation-I	4	8	---	---	100	As per schedule decided by the Department
II	N201	Fundamental Concepts of Bhagavad-Gita-II	4	4	50**	50	100	3Hrs
II	N202*	Bhagavad-Gita & Art of Meditation-II	4	8	---	--	100	As per schedule decided by the Department

Note- *Paper No. 102 and 202 each contain Practical-50 Marks +Viva-voce

50Marks=100Marks

**** Internal Assessment shall be based on clearly defined components of class participation(10%), midterm exam (25%) and assignment-presentation(15%) carrying 50 percent of the credit and the rest(50%)through end term examination**

(Dr.Anamika Girdhar)

Professor&Chairperson,

Department of Philosophy

&

Undergraduate Board of Studies in
Philosophy, K.U.K.

Programme Outcome (P.O.) of the Faculty of Indic Studies.

- 1. Scientific and Logical knowledge of ancient Indian wisdom.**
- 2. Enhancing knowledge of Indian art and cultural traditions.**
- 3. Knowledge of Vedic, medieval and modern Philosophies.**
- 4. Inculcation of nationalism and other moral values.**
- 5. Enhancing mental relaxation and peace by adopting prayer, chanting, yoga and meditation.**
- 6. Preservation of Indian arts and heritage by using modern technology.**
- 7. To Impart knowledge of different sanskaras and philosophies.**
- 8. Imparting knowledge of folk traditions in different disciplines of the faculty.**
- 9. Developing aesthetics, creativity and skills like singing, painting, dancing.**
- 10. Improving the emotional intelligence through the Gita**

Programme Specific Outcome (P.S.O.)

- 1. Understanding the concepts, the techniques and different method of meditation and Yoga.**
- 2. Conceptual understanding of the karma (Action), Dharma (Duty), Bhakti(Devotion) and their relevance in modern times.**
- 3. Knowledge and understanding the different concepts of the Gita solves many psychic problems in the world.**
- 4. Understanding the nature of self (Purusa) and the world(Prakriti) leads to liberation.**

Paper No. N101: Fundamental Concepts of Bhagavad-Gita-I

Maximum Marks =100

Theory-50

Internal Assessment -50

Time: 3 Hours

Credit:-4

Instructions: The paper-setter is requested to set **Nine** questions in all i.e., One Compulsory objective type question (5X2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. Examinees will have to attempt **Five** questions in all, selecting one question from each unit and **One Objective Type Question**. All questions carry equal marks.

Course Outcome: CO-101.1 After studying the First Unit, the student will be able to understand the history, background of Gita . CO-101.2 The Second Unit will make students to understand the self and Sthitprajna as an ideal person. CO-101.3 After studying the Third Unit, the students will able to answers questions regarding Arjun Vishad. CO-101.4 The study of the Fourth Unit will help the students to understand the philosophy of Karma, Akarma and Vikrama.

Unit-I History and Background of Srimad-Bhagavadgita; The Gita and its Commentaries; Different Ways to attain Liberation: *Karmayoga, Jnana Yoga, Bhaktiyoga*.

Unit-II Understanding the Self and the Supreme; Characteristics of Individual Soul (*Jiva*). *Sthitaprajna* as an Ideal Person of the Gita; Concept of *Dharmakshetra Kurukshetra*.

Unit-III Meaning of *Arjun Vishad Yoga; Karma* and Kinds of *Karma*; Karmayoga and its Importance; Contemporary Relevance of *Karma Yoga; Sakama Karma* and *Nishkama Karma Yoga*.

Unit- IV Karmyogi as an Ideal Person of Gita; Divine and Demonic Qualities

(*Aasuri-sampad and daivi-sampad*); Concept of *Karma, Akarma and Vikrama*; Concept of *Swadharma*

Suggested Books:-

1. *Srimad-Bhagavadgita*: Original Text.
2. *Srimadbhagavatam* 10 Vols. A.C. Prabhupada, BBT, Bombay, NewYork.
3. *Bhagavadgita as it is – His Divine Grace*: A.C. Bhaktivedanta Swami
Prabhupada, Bhaktivedanta Book, Mumbai, 2009.
4. *Srimadbhagavadgita Sankara Bhasya* (Hindi), Gita Press, Gorakhpur.
5. *Srimadbhagavadgita Rahasya*: B.G. Tilak, Tilak Brothers Publication, Poona.

6. *Essays in the Gita*: Sri Aurobindo, Sri Aurobindo Ashram, Pandichery.
7. *The Gita in the Light of Modern Science*: R.B.Lal, Somaiya Publication, Bombay
8. *Gita Darshan*; OSHO (Vol. 1-8) Osho international foundation, Puna.
9. *Mai Shri Krishan Bol Raha Hu*. Acharya Shilak Ram. Vedic Yogashala,

CO-PO mapping matrix for course N101 (Fundamental Concepts of Bhagavad-Gita-I)

COS	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
101.1	2	2	3	2	3	-	2	-	-	3
101.2	2	1	3	2	2	-	2	-	-	3
101.3	3	2	2	3	3	-	2	-	-	3
101.4	3	2	2	3	3	-	2	-	-	3
Average	2.5	1.75	2.5	2.5	2.75	-	2	-	-	3

CO-PSO mapping matrix for course N101 (Fundamental Concepts of Bhagavad-Gita-I)

COS	PSO1	PSO2	PSO3	PSO4
101.1	2	3	3	3
101.2	2	3	3	3
101.3	2	3	3	3
101.4	2	3	2	3
Average	2	3	2.75	3

DEPARTMENT OF PHILOSOPHY
KURUKSHETRA UNIVERSITY KURUKSHETRA

Paper – N102: Bhagavad-Gita & Art of Meditation-I

Part - A: Practical - 50 Marks

Part - B: Viva-Voce - 50 Marks

Total - 100 Marks

Credit:-4

Instructions: There will be no written test in the Paper No.II. This paper is divided in

Two Parts i.e. Part-A & Part-B. Part- A: Practical - 50 Marks & Part – B: Viva-Voce-50 Marks

Course Outcome: CO-101.1 After studying the First Unit, the student will be able to understand about the Meditation. CO-101.2 The Second Unit will make students to know the way to gain knowledge. CO-101.3 After studying the Third Unit, the students will able to understand the different method of Yoga. CO-101.4 The study of the Fourth Unit will help the students to understand the concentration method.

Unit-I Meaning, Definition of the Concept of Meditation; Meditation and its Necessity in the Age of Globalization; Art of Meditation; Meditation and its kinds.

Unit-II Way to gain Knowledge; Role and Relevance of Sankirtana in Human Life; Ekagrtā and Meditation; Dharna and Meditation.

Unit-III Different Methods of Yoga: (i).Through control on mental modifications;
(ii).Through awareness of mental modifications; (iii). Through perfection in actions; (iv). Through equanimity of mind; (v); Through meditating on God and depending on God only;

Unit -IV Concentration Method; Concept of *yoga karmasu kaushalam*; Concept of *samtvam yoga uchayte*; Concept of *trividh tapa*.

Suggested Books:-

I. *Srimad-Bhagavadgita*: Original Text.

II. *Srimadbhagavatam* 10 Vols. A.C. Prabhupada, BBT, Bombay, NewYork.

III. *Bhagavadgita as it is – His Divine Grace*: A.C. Bhaktivedanta Swami Prabhupada, Bhaktivedanta Book, Mumbai, 2009.

IV. *Srimadbhagavadgita Sankara Bhasya* (Hindi), Gita Press, Gorakhpur.

V. *Srimadbhagavadgita Rahasya*: B.G. Tilak, Tilak Brothers Publication, Poona.

VI. *Essays in the Gita: Sri Aurobindo*, Sri Aurobindo Ashram, Pandichery.

VII. *Kant and Gita: K.M.P. Verma*, Classical Publication, New Delhi.

VIII. *Bhagavadgita for Executives: V. Ramanathan*, Bhartiya Vidya Bhavan, Bombay.

CO-PO mapping matrix for course N102 (Bhagavad-Gita and Art of Meditation-I)

COS	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
102.1	3	2	2	3	3	1	3	-	-	3
102.2	2	2	2	3	2	1	3	-	-	3
102.3	1	1	1	3	3	1	2	-	1	3
102.4	1	1	1	1	3	1	1	-	-	3
Average	1.75	1.5	1.5	2.5	2.75	1	2.25	-	0.25	3

CO-PSO mapping matrix for course N102 (Bhagavad-Gita and Art of Meditation-I)

COS	PSO1	PSO2	PSO3	PSO4
102.1	2	3	3	2
102.2	3	3	3	3
102.3	3	3	3	2
102.4	3	3	2	3
Average	2.75	3	2.75	2.5

DEPARTMENT OF PHILOSOPHY
KURUKSHETRA UNIVERSITY, KURUKSHETRA

Paper No. N201: Fundamental Concepts of Bhagavad-Gita-II

Maximum Marks :100

Theory:50

Internal Assessment:50

Time: 3 Hours

Credit-4

Instructions: The paper-setter is requested to set **Nine** questions in all i.e., One Compulsory objective type question (5x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. Examinees will have to attempt **Five** questions in all, selecting one question from each unit and **One Objective Type Question**. All questions carry equal marks.

Course Outcome: CO-201.1 After studying the First Unit, the student will be able to understand the Nature of Purush and Prakriti. CO-201.2 The Second Unit will make students to understand different Vichar of Gita. CO-201.3 After studying the Third Unit, the students will able to answers questions regarding Bhakti Yoga. CO-201.4 The study of the Fourth Unit will help the students to understand the different concept of Gita.

Unit – I. Nature of Purush(Self); Prakriti and its three modes; Time (Kala) and its Influence; Dhyana Yoga;. Science and ne-Science (Vidya and Avidya).

Unit-II Concept of Yajyarth Vichar; Kshetraajaya-Vichar; Nirguna-Saguna Vichar; Concept of Trigunatit; Concept of Sthitaprajya.

Unit-III Bhakti Yoga and its practices; Six qualities of God & realization of the Supreme Person (God); Relevance of Bhakti in modern times; Enlightenment (Liberation) as the Ultimate goal of Man's Life.

Unit-IV Concept of *Om tat sat*; Concept of *Divya Chakshu*; Concept of *mamaivansh*; *Yogabhrasht gati*; Concept of *Swadharma nidhnam shreya*.

Suggested Books:-

1. *Srimad-Bhagavadgita*: Original Text.
- 2.. *Srimadbhagavatam* 10 Vols.: A.C. Prabhupada, BBT, Bombay, NewYork.
3. *Bhagavadgita as it is – His Divine Grace*: A.C. Bhaktivedanta Swami Prabhupada, Bhaktivedanta Book, Mumbai, 2009.

4. *Srimadbhagavadgita Sankara Bhasya* (Hindi), Gita Press, Gorakhpur.
5. *Srimadbhagavadgita Rahasaya*: B.G. Tilak, Tilak Brothers Publication, Poona.
6. *Essays in the Gita*: Sri Aurobindo, Sri Aurobindo Ashram, Pandichery.
7. *The Gita in the Light of Modern Science*: R.B.Lal, Somaiya Publication, Bombay
8. *Gita Darshan*; OSHO (Vol. 1-8) Osho international foundation, Puna.
9. *Mai Shri Krishan Bol Raha Hu*. Acharya Shilak Ram. Vedic Yogashala, Kurukshetra

CO-PO mapping matrix for course N201 (Fundamental Concepts of Bhagavad-Gita-II)

COS	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
201.1	2	2	3	2	3	-	2	-	-	3
201.2	2	1	3	2	2	-	2	-	-	3
201.3	3	2	2	3	3	-	2	-	-	3
201.4	3	2	2	3	3	-	2	-	-	3
Average	2.5	1.75	2.5	2.5	2.75	-	2	-	-	3

CO-PSO mapping matrix for course N201 (Fundamental Concepts of Bhagavad-Gita-II)

COS	PSO1	PSO2	PSO3	PSO4
201.1	2	3	3	3
201.2	2	3	3	3
201.3	2	3	3	3
201.4	2	3	2	3
Average	2	3	2.75	3

DEPARTMENT OF PHILOSOPHY
KURUKSHETRA UNIVERSITY KURUKSHETRA

Certificate Course in Bhagavad-Gita

Paper – N202: Bhagavad-Gita & Art of Meditation-II

Part - A: Practical - 50 Marks

Part - B: Viva-Voce - 50 Marks

Total - 100 Marks

Credit-4

Instructions: There will be no written test in the Paper No. II .This paper is divided in Two Parts i.e. Part-A & Part-B .Part – A: Practical - 50 Marks & Part B:VivaVoce-50 Marks.

Course Outcome: CO-101.1 After studying the First Unit, the student will be able to understand the importance of Karma. CO-101.2 The Second Unit will make students to understand the about the duty. CO-101.3 After studying the Third Unit, the students will able to understand the benefits of Meditation. CO-101.4 The study of the Fourth Unit will help the students to understand about different psychic problems.

Unit-I Importance of Karma in life.Relevance of Inner Change; Importance of social service; Importance of doing one’s actions according to one’s capabilities; My station and its duties.

Unit-II Duty for the sake of World solidarity and its importance in Contemporary Times. Trividh Aahar-Vihar; *Yuktahar viharshas*; Concept of Trividha Shrdha; Concept of Trividh -Yajya

Unit-III Benefits of Meditation (Samadhi / Yoga): Benefits of Meditation in Mental Disorder, Memory-Loss, Psycho-Somatic Diseases, Mental-Stress

Unit-IV Anger and other Psychic Problems Suicide, Terrorism, Blind Faith, Rajrishi; Politician and Meditation

Suggested Books:-

I. *Srimad-Bhagavadgita*: Original Text.

II. *Srimadbhagavatam* 10 Vols.: A.C. Prabhupada, BBT, Bombay, NewYork.

III. *Bhagavadgita as it is – His Divine Grace*: A.C. Bhaktivedanta Swami Prabhupada, Bhaktivedanta Book, Mumbai, 2009.

IV. *Srimadbhagavadgita Sankara Bhasya* (Hindi), Gita Press, Gorakhpur.

V. *Srimadbhagavadgita Rahasaya*: B.G. Tilak, Tilak Brothers Publication, Poona.

VI. *Essays in the Gita*: Sri Aurobindo, Sri Aurobindo Ashram, Pandichery.

VII. *Kant and Gita*: K.M.P. Verma, Classical Publication, New Delhi.

VIII. *Bhagavadgita for Executives*: V. Ramanathan, Bhartiya Vidya Bhavan, Bombay.

CO-PO mapping matrix for course N202 (Bhagavad-Gita and Art of Meditation-II)

COS	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10
202.1	3	2	2	3	3	2	3	-	-	3
202.2	3	3	3	3	2	2	3	-	-	3
202.3	1	1	1	3	3	1	2	-	1	3
202.4	1	1	1	1	3	1	1	-	-	3
Average	2	1.75	1.75	2.5	2.75	2	2.25	-	0.25	3

CO-PSO mapping matrix for course N202 (Bhagavad-Gita and Art of Meditation-II)

COS	PSO1	PSO2	PSO3	PSO4
202.1	2	3	3	2
202.2	3	3	3	3
202.3	3	3	3	2
202.4	3	3	2	3
Average	2.75	3	2.75	2.5

Over all Mapping Matrix for Certificate Course in Bhagavadgita.

COS	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PSO1	PSO2	PSO3	PSO4
101	2.5	1.75	2.5	2.5	2.75	-	2	-	-	3	2	3	2.75	3
102	1.75	1.5	1.5	2.5	2.75	1	2.25	-	0.25	3	2.75	3	2.75	2.5
201	2.5	1.75	2.5	2.5	2.75	-	2	-	-	3	2	3	2.75	3
202	2	1.75	1.75	2.5	2.75	2	2.25	-	-	3	2.75	3	2.75	2.5
Average	2.18	1.68	2.06	2.5	2.75	0.75	2.12	-	0.06	3	2.37	3	2.75	2.75