

Department of Philosophy
Kurukshetra University Kurukshetra
Scheme of Examination and Syllabus of Certificate Program in Moral & Spiritual Counseling

Credit Based System w.e.f. 2025-26

Semester	Paper No.	Nomenclature of paper	Contact Hours	Credits	Internal marks	External Marks	Total	Minimum Pass Marks	Duration of exam
I	N101	Moral Counseling (Theory)	4	4	50	50	100	40	3 Hrs
I	N102	Moral Counseling (Practical)	8	4	50 (Practical)	25+25=50 (Project Report+Vi va-Voce)	100	40	2 Hrs
II	N201	Spiritual Counseling (Theory)	4	4	50	50	100	40	3 Hrs
II	N202	Spiritual Counseling (Practical)	8	4	50(Practical)	25+25=50 (Project Report+Vi va-Voce)	100	40	2Hrs

- ***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
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**DEPARTMENT OF PHILOSOPHY
KURUKSHETRA UNIVERSITY KURUKSHETRA**

Certificate Program in Moral & Spiritual Counseling

Total Marks: 100

Theory: 50

Internal Assessment : 50

Credit: 04

Time: 3 Hrs

Semester – I

Course- N101: Moral Counseling (Theory)

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 learn about Counseling and its principles. CO-101.2 The Second Unit will create an understanding of the existential issues CO-101.3 The Third Unit will explore various kinds of values and its relation to ethics. CO-101.4 After studying the Fourth Unit, the students will become aware about some Indian moral/ethical concepts.

Unit-I Counseling: Meaning, Definition and Kinds; Principles of Counseling; Skills of the Counselor and Stages of Counseling.

Unit- II Existential Exploration: Life Values; Inferiority and Superiority Complex; Loneliness and Solitude; Anxiety and Stress.

Unit-III Understanding Skills and Values their respective significance in life; Classification of Values: Instrumental and Terminal Values; Personal Values, Social Values, Moral Values and Spiritual Values.

Unit-IV Ethical Discipline (Yama); Ethical Discipline (Niyama); Ethical Discipline (Brahmavihara); Tri-Rtna (Jainism).

Suggested Books and Articles:-

1. *परधिकेपरे* : Dr.K. L. Sharma, Society for Philosophical Praxis Counselling and Spiritual Healing Society, Jaipur.
2. Counseling and Guidance: Dr. Bharti, Dr. Manisha, Dr. Monika, Bookman Publisher Delhi.
3. 'The Philosophy, Psychology and Practice of Yoga: Swami Krishnananda, Shivanada Ashram, Rishikesh.
4. Psychology in the Indian Tradition: K. Ramakrishna Rao Anand C. Paranjpe, Springer, New Delhi 2016, (pp. 57 – 67)

**DEPARTMENT OF PHILOSOPHY
KURUKSHETRA UNIVERSITY KURUKSHETRA**

Certificate Program in Moral & Spiritual Counseling

**Total Marks: 100
Practical: 50
Project Report. : 25
Viva-voce: 25
Credit: 04
Time: 2 Hrs.**

Semester – I

Course-N 102: Moral Counseling (Practical)

- I. **Practical** -
1. Aum Chanting
 2. Surya Namaskar
 3. NasagraDhyan
 4. BhrumadhyaDhyan
 5. Chakra Dhyan
 6. Methods for right questioning
 7. Awareness & Mindfulness
 8. Breathing Technique
 9. Visualization
 10. Nyasa Technique
- II. **Project Report**
- III. **Viva-voce**

Suggested Books& articles:-

1. *Counseling and Guidance* - Dr. Bharti, Dr. Manisha, Dr. Monika,
Bookman Publisher Delhi.
2. *Counseling and Therapy* - Richard Nelson JonasSage Publication, South Asia
3. *'Key Concepts in Philosophical Counseling'* : BlankaŠulavíková, DOI:
10.2478/s13374-014-0250-9
4. *Indian Approaches to Counseling'*: Dr. Navin Kumar, Department Of Psychology,
Dr B R Ambedkar College, University Of Delhi, Delhi.

**DEPARTMENT OF PHILOSOPHY
KURUKSHETRA UNIVERSITY KURUKSHETRA**

Certificate Program in Moral & Spiritual Counseling

Total Marks: 100

Theory: 50

Internal Assessment: 50

Credit: 04

Time: 3 Hrs.

Semester- II

Course- N201: Spiritual Counseling(Theory)

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 learn about the concept of personality from Indian perspective. CO-201.2 The Second Unit will make students understand the nature of Suffering and well-being. CO-201.3 After studying the Third Unit, the students will be able to understand different concepts of Yoga Philosophy. CO-201.4 The study of the Fourth Unit will explore different approaches of counselling developed in the Indian thought system.

- Unit – I** Concept of Personality (Indian Perspective): The Concept of Svabhava; Levels of Consciousness; Trigun Theory of Personality.
- Unit – II** Concept of Human Suffering [Dukkha and Samudaya (Buddhism)]; Concept of Human Well-being [(Nirodha & Marga (Buddhism))]
- Unit – III** The Layers of Mind; Five Kinds of Chittabhumiyan; Five kinds of Chittvrittis; Self-Transformation through yoga.
- Unit-IV** Concepts of Prakriti- Purusha Viveka (Samkhya); The Integrative Approach of PanchKosh Model; Swadharma-Paradharma (Gita); Choiceless Awareness.

Suggested Books and Articles:-

1. *परधिकेपरे* : Dr. K. L. Sharma, Society for Philosophical Praxis Counselling and Spiritual Healing Society, Jaipur.
- 2.
3. *Spiritual Counseling*: Skyler Nallete, Individual Publisher.
4. *Spirituality and Spiritual Counseling in the 21st Century*: Ramond Phanor, Xulon Publisher.
5. *Raj yoga*: Swami Vivekananda

6. 'Philosophical Counseling and Self-Transformation': Ran Lahav, Philosophy, Counseling, and Psychotherapy (ed. by Elliot D. Cohen and Samuel Zinaich, Jr.) Cambridge Scholars Publishing (pp. 82-99)
7. 'Concept of personality: Indian perspective': Kalpana Srivastava, Industrial Psychiatrist Journal, 2012 Jul-Dec; 2192:89-93
8. 'The Philosophy, Psychology and Practice of Yoga: Swami Krishnananda, Shivanada Ashram, Rishikesh.

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Viva-voce: 25
Credit: 04
Time: 2 Hrs.

Semester –II

Course- N202: Spiritual Counseling (Practical)

• **Practical -**

1. Different kinds of Pranayama: Bhastrika, Kapalbhati,
2. Nadi-Shudhi, Anulom-VilomaPranapana
3. Purak-Rechak
4. bahyabhyantervishyapeshapi
5. PrekshaDhyan, SakshiBhavaDhyan
6. Vipassana
7. YogNidra.
8. Partipakshabhava (yogic way of cognitive restructuring)

II Project Report

III Viva-voce

Suggested Books:-

- | | | | |
|---|--|---|--------------------------------------|
| 1 | Spiritual Counseling | - | SkylerNallete, Individual Publisher. |
| 2 | Spirituality and Spiritual
Counseling in the 21 st Century | - | RamondPhanor, Xulon Publisher. |