

Kurukshetra University, Kurukshetra
(Established by the State Legislature Act-XII of 1956)
("A++" Grade, NAAC Accredited)



**Revised Scheme of Examination (inclusion of CC-HM-1 & CC-HM2 in the 7th & 8th Semesters) and Syllabus for UG
Multidisciplinary Degree Programme
Subject: Philosophy
As per National Education Policy (NEP)-2020
w.e.f. 2025-26
Scheme of Examination
Semester Ist to VIIIth**

With effect from the session 2025-26 (in phased manner)

**DEPARTMENT OF PHILOSOPHY
KURUKSHETRA UNIVERSITY, KURUKSHETRA-136119**

**Revised Scheme of Examination (inclusion of CC-HM-1 & CC-HM2 in the 7th & 8th Semesters) and Syllabus for UG
Multidisciplinary Degree Programme
Subject: Philosophy
As per National Education Policy (NEP)-2020
w.e.f. 2025-26
Scheme of Examination
Semester Ist to VIIIth**

Semester	Course	Paper	Nomenclature of Paper	Contact Hours		Credits		Internal Marks	External Marks	Total	Time
				Theory teaching hours	Tutorial/ Practical	Theory	T/P				
I	CC-1/ MCC-1	B23-PHI-101	Introduction to Indian Philosophy	3	1	3	1	30	70	100	3
	MCC-2	B23-PHI-102	Contemporary Indian Philosophy	3	1	3	1	30	70	100	3
	CC-M1	B23-PHI-103	Fundamentals of Indian Philosophy	2	0	2	0	15	35	50	3
	MDC-1	B23-PHI-104	Philosophical Concepts-I	2	2	2	1	20=(15(T) +5(P))	55=(35 (T) +20(P))	75	3

II	CC-2/ MCC-3	B23-PHI-201	Introduction to Western Philosophy	3	1	3	1	30	70	100	3
	CC-M2	B23-PHI-202	Fundamentals of Western Philosophy	2	0	2	0	15	35	50	3
	DSEC-1	B23-PHI-203	Logical Reasoning	3	1	3	1	30	70	100	3
	MDC-2	B23-PHI-204	Philosophical Concepts-II	2	2	2	1	20=(15(T) +5(P)	55=(35 (T) +20(P)	75	3
Internship of 4 credits of 4-6 weeks duration after 2nd semester											
III	CC-3/ MCC-4	B23-PHI-301	Introduction to Ethics	3	1	3	1	30	70	100	3
	MCC-5	B23-PHI-302	Social Philosophy	3	1	3	1	30	70	100	3
	MDC-3	B23-PHI-303	Philosophical Concept-III	2	2	2	1	20=(15(T) +5(P)	55=(35 (T) +20(P)	75	3
IV	CC-4/ MCC-6	B23-PHI-401	History of Ethics	3	1	3	1	30	70	100	3
	MCC-7	B23-PHI-402	Contemporary Western Philosophy	3	1	3	1	30	70	100	3
	MCC-8	B23-PHI-403	Political Philosophy	3	1	3	1	30	70	100	3
	DSE-1 (Choose any one)	B23-PHI-404	Philosophy of Mind	3	1	3	1	30	70	100	3
		B23-PHI-405	Phenomenology and Existentialism	3	1	3	1	30	70	100	3

Internship of 4 credits of 4-6 weeks duration after 4th semester

V	CC-5/ MCC -9	B23-PHI-501	Principles of Reasoning- I	3	1	3	1	30	70	100	3
	MCC -10	B23-PHI-502	Bahiranga Yoga	3	1	3	1	30	70	100	3
	DSE – 2 (Choose any one)	B23-PHI-503	Philosophy of Religion-I	3	1	3	1	30	70	100	3
		B23-PHI-504	Philosophical Counseling- I	3	1	3	1	30	70	100	3
	DSE – 3 (Choose any one)	B23-PHI-505	Buddhism	3	1	3	1	30	70	100	3
		B23-PHI-506	Sikhism	3	1	3	1	30	70	100	3
VI	CC-6/ MCC -11	B23-PHI-601	Principles of Reasoning- II	3	1	3	1	30	70	100	3
	MCC-12	B23-PHI-602	Antaranga Yoga	3	1	3	1	30	70	100	3
	DSE-4 (Choose any one)	B23-PHI-603	Philosophy of Religion-II	3	1	3	1	30	70	100	3
		B23-PHI-604	Philosophical Counseling- II	3	1	3	1	30	70	100	3

	DSE-5 (Choose any one)	B23-PHI-605	Hinduism	3	1	3	1	30	70	100	3
		B23-PHI-606	Jainism	3	1	3	1	30	70	100	3
VII	CC-H1	B23-PHI-701	Bhagvadgita- I	3	1	3	1	30	70	100	3
	CC-H2	B23-PHI-702	Research Methodology-I	3	1	3	1	30	70	100	3
	CC-H3	B23-PHI-703	Philosophy of Vivekananda	3	1	3	1	30	70	100	3
	DSE-6 (Choose any one)	B23-PHI-704	Nyaya Philosophy	3	1	3	1	30	70	100	3
		B23-PHI-705	Mimansa Philosophy	3	1	3	1	30	70	100	3
	PC-H1	B23-PHI-706	Hathyoga-I	3	1	3	1	30	70	100	3
	CC-HM-1(4Credits)		<i>From the available course as per ordinance</i>								
VIII	CC-H4	B23-PHI-801	Bhagvadgita- II	3	1	3	1	30	70	100	3
	CC-H5	B23-PHI-802	Research Methodology-II	3	1	3	1	30	70	100	3
	CC-H6	B23-PHI-803	Philosophy of Gandhi	3	1	3	1	30	70	100	3

	DSE-7 (Choose any one)	B23-PHI-804	Vaisheshik Philosophy	3	1	3	1	30	70	100	3
		B23-PHI-805	Vedanta Philosophy	3	1	3	1	30	70	100	3
	PC-H2	B23-PHI-806	Hathyoga-II	3	1	3	1	30	70	100	1
	CC-HM-2(4 Credits)		<i>From the available course as per ordinance</i>								

OR

	CC-H4	B23-PHI-801	Bhagvadgita- II	3	1	3	1	30	70	100	3
	CC-H5	B23-PHI-802	Research Methodology-II	3	1	3	1	30	70	100	3
		B23-PHI-807	Dissertation/Project	12					300	300	

Programme Outcomes (PO) of Bachelor of Arts (General)
CBCS Programmes/Courses in the Institute of Integrated and Honours Studies,
Kurukshetra University, Kurukshetra

- PO 1: Demonstrate a detailed knowledge and understanding of selected fields of study in core disciplines in the humanities, social sciences and languages;
- PO 2: Apply critical and analytical skills and methods to the identification and resolution of problems within complex changing social contexts.
- PO 3: Demonstrate a general understanding of the concepts and principles of selected areas of study outside core disciplines of the humanities, social sciences and languages;
- PO 4: Apply an independent approach to knowledge that uses rigorous methods of inquiry and appropriate theories;
- PO 5: Articulate the relationship between diverse forms of knowledge and the social, historical and cultural contexts that produced them;
- PO 6: Communicate effectively and show ability to read, write, listen to and speak in a chosen language/s with fluency;
- PO 7: Act as informed and critically discerning participants within the community of scholars, as citizens and in the work force;
- PO 8: Work with independence, self-reflection and creativity to meet goals and challenges in the workplace and personal life.

PSO (Program Specific Outcome) for UG Program, Course: Philosophy

1. Enhancement of Ancient Indian Wisdom.
2. Development of the ability of critical, analytical & logical reasoning of the students.
3. Inculcation of ethical, cultural and social values for a better society.
4. Uplifting of the physical, mental and spiritual aspects of the students through Yoga and Meditation.

CC-H1 Session:2025-26	
Part A–Introduction	
Subject	Philosophy
Semester	VII
Name of the Course	Bhagavadgita-I
Course Code	B23-PHI-701
Course Type:(CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC-H1
Level of the course (As per Annexure-I	400-499
Pre-requisite for the course(if any)	N.A

Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 701.1 understand about the basics of Bhagavad-Gita. 701.2 understand the spiritual background of Bhagavad-Gita. 701.3 answer questions regarding different ethical teachings of the Gita. 701.4 understand the different Yogic teaching of Bhagavad-Gita.
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	Theory	Tutorial	Total
Credits	03	01	04
Contact Hours	03	01	04
Max. Marks:-100		Time:-3hrs.	
Internal Assessment Marks:-30			
End Term Exam Marks:-70			
Part B-Contents of the Course			
<u>Instructions for Paper- Setter-</u> The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (7x2) without any choice equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
	Topics		Contact Hours
I	Bhagavad-Gita: Meaning, Origin, History and Context; Contemporary Relevance of Bhagavad-Gita.		12

II	Spiritual Background of Bhagavad-Gita: Parmatman; Atman; Prakrti; Concept of Kshetra and Kshetrajya.	11
III	Ethical Teachings of Bhagavad-Gita: Yajna Vichar-Sattvika,Rajasika and Tamasika; Karma, Vikarama and Akarma; Concept of Nishkama Karma; Concept of Jyanayoga, Karmayoga and Bhaktiyoga;	11

IV	Yogic Teachings of Bhagavad-Gita: Samatva Yoga Uchyate; Yogstha Kuru, Karmani; Yogah Karmasu Kausalam; Sthitprajna.	11
	<i>Tutorial</i>	15
Suggested Evaluation Methods		
Internal Assessment: > Theory - Class Participation: 5 - Seminar/presentation/assignment/quiz/classstestetc.:5+5 - Mid-Term Exam:15 > Practicum - Class Participation: - Seminar/Demonstration/Viva-voce/Lab records etc.: - Mid-Term Exam:		End Term Examination: 70
Part C-Learning Resources		
Recommended Books/e-resources/LMS: Shri Aurobindo - <i>Essays on Gita.</i> B.G. Tilak - <i>Srimadbhagvadgita Bhashya</i> Osho Rajneesh - <i>Gita Darshana</i> R.S. Garg - <i>Gita for Success in Modern Life</i> Vinoba Bhave - <i>Gita Pravachan</i>		

CC-H2**Session: 2025-26****Part A–Introduction**

Subject	Philosophy
Semester	VII
Name of the Course	Research Methodology- I
Course Code	B23-PHI-702
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC-H2
Level of the course (As per Annexure-I)	400-499
Pre-requisite for the course(if any)	N.A

Course Learning Outcomes(CLO):		After completing this course, the learner will be able to know/understand: 702.1. The nature of Philosophical Research 702.2. The role of Ethics in doing Research. 702.3. The details of publication Ethics. 702.4. The various online sources to do research..	
	Theory	Tutorial	Total
Credits	03	01	04
Contact Hours	03	01	04
Max. Marks:-100 Theory :70 Internal Assessment Marks:-30		Time:-3hrs.	
Part B- Contents of the Course			
<u>Instructions for Paper-Setter</u> The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (7x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours
I	What is Research? Types of Research; Philosophy as a subject of research; Distinction between philosophical and scientific research;		12

II	Ethics with respect to Science and Research Intellectual honesty and Research integrity Scientific misconduct: falsification, fabrication and plagiarism (FFP) Redundant Publication: Duplicate and Overlapping publications, salami slicing Selective Reporting and Misrepresentation of Data	11
III	Publication Ethics: Definition, Introduction and Importance Best Practices/ Standards setting initiatives and guidelines COPE, WAME, etc. Conflicts of Interest Publication misconduct: Definition, Concept, Problems that lead to unethical behavior and Vice versa, type Violation of Publication Ethics, Authorship and Contributorship Identification of Publication Misconduct, Complaints and Appeals Predatory Publishers and Journals	11
IV	Open access publications and Initiatives SHERPA/ROMEO online resource to check publisher copyright and self archiving policies Software tool to Identify Predatory publications developed by SPPU Journal finder/journal suggestion tools vi2, JANE, Elsevier Journal finder, Springer Journal suggested, etc.	11
	<i>Tutorial</i>	15
Suggested Evaluation Methods		
Internal Assessment: ➤ Theory • Class Participation: 5 • Seminar/presentation/assignment/quiz/classstestetc.:5+5 • Mid-Term Exam:15 •		End Term Examination: 70

Part C-Learning Resources
1. <i>Business Research Methods</i> – Donald Cooper & Pamela Schindler, TMGH, 9th edition 2. <i>Business Research Methods</i> – Alan Bryman & Emma Bell, Oxford University Press. 3. <i>Research Methodology</i> – C.R. Kothari

CC-H3**Session: 2025-26****Part A–Introduction**

Subject	Philosophy
Semester	VII
Name of the Course	Philosophy of Vivekananda
Course Code	B23-PHI-703
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC-H3
Level of the course (As per Annexure-I	400-499
Pre-requisite for the course (if any)	N.A
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 703.1. Understand the socio-cultural context of Vivekananda's thoughts 703.2. Analyze Vivekananda's reinterpretation of Vedanta for modern life 703.3. Comprehend Vivekananda's ideal of holistic education and self-empowerment 703.4. Explore how Vivekananda shaped modern India

	Theory	Tutorial	Total
Credits	03	01	04
Contact Hours	03	01	04
Max.Marks:-100 Internal Assessment Marks:-30 End TermExamMarks:-70		Time:-3hrs	
Part B-Contents of the Course			
<u>Instructions for Paper-Setter</u> The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (7x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours
I	Life and teachings of Swami Vivekananda Influences: Ramakrishna Paramahamsa, Upanishads, Vedanta, Western philosophy Key philosophical foundations: Advaita Vedanta, practical Vedanta Concept of the divine and human potential		12
II	Interpretation of Advaita Vedanta and the idea of universal religion Unity of existence and oneness of the soul Religious tolerance and acceptance God-realization through service and self-discipline		11
III	"Man-making" philosophy and human development Education as a tool for self-realization Service to humanity as worship (Shiva Jnane Jiva Seva) Views on caste, women, youth, and social upliftment		11

IV	Swami Vivekananda's role in Indian nationalism Spiritual nationalism and cultural pride East-West synthesis and global vision Relevance of Vivekananda's philosophy in the 21st century	11
	<i>Tutorial</i>	15
Suggested Evaluation Methods		
Internal Assessment: ➤ Theory - Class Participation: 5 - Seminar/presentation/assignment/quiz/class test etc.: 5+5 - Mid-Term Exam: 15 ➤ Practicum - Class Participation: - Seminar/Demonstration/Viva-voce/Lab records etc.: - Mid-Term Exam:		End Term Examination 70
Part C-Learning Resources		
Recommended Books/e-resources/LMS: <i>The Life of Swami Vivekananda</i> – Eastern and Western Disciples (selected chapters) <i>My Master</i> – Swami Vivekananda <i>Jnana Yoga</i> – Swami Vivekananda (selected lectures) <i>The Complete Works of Swami Vivekananda</i> – Vol. 2: Lectures on Religion <i>Karma Yoga</i> – Swami Vivekananda (selected lectures) - Swami Ranganathananda – <i>The Message of Vivekananda</i>		

DSE-6

Session: 2025-26	
Part A–Introduction	
Subject	Philosophy
Semester	VII
Name of the Course	Nyāya Philosophy
Course Code	B23-PHI-704
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE-6
Level of the course (As per Annexure-I)	400-499
Pre-requisite for the course(if any)	N.A
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: 704.1.Understand the historical context and goals of Nyāya 704.2.Identify key Nyāya thinkers and texts 704.3. Analyze Nyāya’s rigorous epistemological framework 704.4.Compare its theory of knowledge with other Indian systems

		Theory	Practical	Total
	Credits	03	01	04
Contact Hours		03	01	04
Max. Marks:-100 Theory : Internal Assessment Marks:-30 End Term Exam Marks:-70			Time:-3hrs.	
Part B-Contents of the Course				
<u>Instructions for Paper-Setter</u> The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (7x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.				
Unit	Topics			Contact Hours
I	Origins and development of Nyāya Akṣapāda Gautama and the <i>Nyāya Sūtras</i> Relation with Vaisheshika Purpose of Nyāya: removal of suffering through true knowledge			12
II	Four valid means of knowledge (<i>Pramāṇas</i>): Pratyakṣa (perception) Anumāna (inference) Upamāna (comparison) Śabda (testimony) Criteria for valid knowledge (<i>Pramā</i>) vs. error			11

III	Structure of inference: <i>Hetu, Pakṣa, Sādhya</i> The five-member syllogism (<i>Pañcāvayava</i>) Fallacies (<i>Hetvābhāsa</i>) and debate techniques	11
IV	Categories of reality: Self, body, mind, senses, objects Theory of self (<i>Ātman</i>) and soul's liberation Karma, rebirth, and the role of God (<i>Īśvara</i>) Goal of Nyāya: attaining <i>mokṣa</i> through right knowledge	11
	<i>Tutorial</i>	15
Suggested Evaluation Methods		
Internal Assessment: ➤ Theory • Class Participation: 5 • Seminar/presentation/assignment/quiz/class test etc.: 5+5 • Mid-Term Exam: 15 ➤ Practicum • Class Participation: • Seminar/Demonstration/Viva-voce/Lab records etc.: • Mid-Term Exam:		End Term Examination: 70

Part C-Learning Resources

Recommended Books/e-resources/LMS:

C.D. Sharma	: <i>A Critical Survey of Indian Philosophy</i> (Hindi version also available).
D.M. Datta & S.C. Chatterjee	: <i>Introduction to Indian Philosophy</i> . (Hindi version also available).
H.P. Sinha	: <i>Bhartiya Darshan ke Rooprekha</i> .
Jadunath Sinha	: <i>Bhartiya Darshan</i> (English version also available).
S.N. Dasgupta	: <i>A History of Indian Philosophy</i> , Vols. I to V (Hindi version also available)
S. Radhakrishnan	: <i>Indian Philosophy</i> , Vols. I to II (Hindi version also available)
Daya Krishna	: <i>Paschatya Darshanka Itihas, Bhag I & II</i> .
I.M. Copi	: <i>Introduction to Logic</i> (Sixth edition)

DSE-6

Session:2025-26	
Part A–Introduction	
Subject	Philosophy
Semester	VII
Name of the Course	Mimansa Philosophy
Course Code	B23-PHI-705
Course Type:(CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE-6
Level of the course (As per Annexure-I	400-499
Pre-requisite for the course(if any)	N.A
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 705.1 Understand the historical development of the Mīmāṃsā school 705.2 Analyze Mīmāṃsā's theory of knowledge and language 705.3 Understand Mīmāṃsā's unique conception of dharma and ritual 705.4 Compare and contrast Bhāṭṭa and Prābhākara views.

	Theory	Tutorial	Total
Credits	03	01	04
Contact Hours	03	01	04
Max. Marks:-100		Time:-3hrs.	
Internal Assessment Marks:-30			
End Term Exam Marks:-70			
Part B-Contents of the Course			
<u>Instructions for Paper- Setter-</u> The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (7x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
	Topics		Contact Hours
I	Origins and development of Mīmāṃsā Key figures: Jaimini (Pūrva Mīmāṃsā), Śabara, Kumārila Bhaṭṭa, Prabhākara Division into Pūrva Mīmāṃsā and Uttara Mīmāṃsā (Vedānta)		12
II	Pramāṇa (means of knowledge) in Mīmāṃsā: especially Śabda (verbal testimony) Validity and eternality of the Vedas Theory of intrinsic validity (Svataḥ-prāmāṇya) Principles of textual interpretation: ākāṅkṣā (expectancy), yogyatā (fitness), sannidhi (proximity), tātparya (intended meaning)		11
III	Concept of Dharma as central to Mīmāṃsā Vedic ritualism and duty: <i>niyoga</i> (injunctions) Karma theory and ritual efficacy (<i>Apūrva</i>) Rejection of a creator God (non-theism)		11

IV	Two major sub-schools: Bhāṭṭa School (Kumārila Bhaṭṭa) Prābhākara School (Prabhākara Miśra) Differences in epistemology, interpretation, and ethics Relevance and legacy of Mīmāṃsā in Indian jurisprudence and ritual studies	11
	<i>Tutorial</i>	15
Suggested Evaluation Methods		
Internal Assessment: ➤ Theory - Class Participation: 5 - Seminar/presentation/assignment/quiz/class test etc.: 5+5 - Mid-Term Exam: 15 ➤ Practicum - Class Participation: - Seminar/Demonstration/Viva-voce/Lab records etc.: - Mid-Term Exam:		End Term Examination: 70
Part C-Learning Resources		
Recommended Books/e-resources/LMS: Jaimini – <i>Mīmāṃsā Sūtras</i> (selected aphorisms) S. Radhakrishnan – <i>Indian Philosophy</i> , Vol. 2 (Chapters on Mīmāṃsā) J.N. Mohanty – <i>Classical Indian Philosophy</i> (sections on Mīmāṃsā epistemology) Kumārila Bhaṭṭa – <i>Tantravārttika</i> (selected excerpts) Nand Kishor Devraja - <i>Bhartiya Darshan</i> . Jadunath Sinha - <i>Bhartiya Darshan</i> (English version also available). S.N. Dasgupta - <i>A History of Indian Philosophy</i> , Vols. I to V (Hindi version also available). S. Radhakrishnan - <i>Indian Philosophy</i> , Vols. I to II (Hindi version also available)		

PC-H1**Session:2025-26****Part A–Introduction**

Subject	Philosophy
Semester	VII
Name of the Course	Hathyoga-I
Course Code	B23-PHI-706
Course Type:(CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	PC-H1
Level of the course (As per Annexure-I	400-499
Pre-requisite for the course(if any)	N.A
Course LearningOutcomes(CLO):	After completing this course, the learner will be able to: 706.1. Learn the basics of Hathayoga. 706.2. Learn different Asanas. 706.3. Learn different Kriyas. 706.4. Learn different Dhyana Methods.

	Theory	Tutorial	Total
Credits	03	01	04
Contact Hours	03	01	04
Max. Marks:-100 Internal Assessment Marks:-30 End Term Exam Marks:-70		Time:-3hrs.	
Part B-Contents of the Course			
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Unit	Topics		Contact Hours
I	Hathyoga: Meaning ,Definition, Aims and Objectives ; Discipline and Precautions for Practice of Hathyoga; Hathyoga literature; Relevance of Hathyoga in daily life.		30
II	Do's and Don'ts in Hathyoga; Yama and Niyama in Hathyoga; Concepts of Asanas in <i>Hathyoga Pradipika</i> and <i>Gherand Samhita</i> ; Meaning , Definition, Objectives and Classification of Pranayama in <i>Hathyoga Pradipika</i> and <i>Gherand Samhita</i>		30
III	Shodhan Kriyas in Hathyoga and their techniques ,benefits and precautions; Classification of Bandha in Hathyoga; Concept of Mudras; Concept of Chakras in <i>Shadchakranirupanam</i>		30
IV	Concept of Dharna in <i>Vijjyanbhairav</i> ; Concept of Pratyahara,Dhyana and Samadhi in Hathyoga; Concept of Kundalini in Hathyoga.		30

Suggested Evaluation Methods	
Internal Assessment: ➤ Theory - Class Participation: 5 - Seminar/presentation/assignment/quiz/class test etc.:5+5 - Mid-TermExam:15 ➤ Practicum - Class Participation: - Seminar/Demonstration/Viva-voce/Lab records etc.: Mid-Term Exam:	End Term Examination: 70
Part C-Learning Resources	
Recommended Books/e-resources/LMS: 1. <i>Yog Darshna</i> (Vol. 1-4),Osho 2. <i>Yog Pradeep</i>, Swami Omananda Thirtha 3. <i>Yog darshana</i>, Swami Adgadananda 4. <i>Yogsutra Vidyodyabhasya</i>, Acharya Udayavir 5. <i>Yog Sadhna</i>, Shri Anandmurti 6. <i>Yog Darshanam</i>, Hariharananda Arnaya 7. <i>Sanatna Bhartiya Yog Sadhana Evam Uski Vividh Dhyana Vidhiyan</i>, Acharya Shilak Ram 8. <i>Goraksha Padhti</i>, Gorkshanath 9. <i>Atma Vijyan</i>, Swami Yogeshwarananda 10. <i>Visheshank</i>, Gita Press,Gorakhpur 11. <i>Yog: Samnya Prichaya</i>, Acharya Shilak Ram 12. <i>Gherand Samhinta</i>, Maharashi Gherand 13. <i>Tantra Sutra</i> (vol.1-6), Osho. 14. <i>Vedon Mein Yogvidhya</i>, Swami Divyananda 15. <i>Yoga Psychology</i>, Shri Anandamurti	

CC-H4 Session:2025-26	
Part A–Introduction	
Subject	Philosophy
Semester	VIII
Name of the Course	Bhagavadgita-II
Course Code	B23-PHI-801
Course Type:(CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC-H4
Level of the course (As per Annexure-I)	400-499
Pre-requisite for the course(if any)	N.A
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to: 801.1 understand the basic Background of Bhagavad-Gita. 801.2 understand the basic concepts of Sociological Background of Bhagavad-Gita. 801.3 understand the basic concepts of Psychological Teachings of Bhagavad-Gita. 801.4 understand the basic concepts of Political and Educational Teachings of Bhagavad-Gita. 70

	Theory	Tutorial	Total
Credits	03	01	04
Contact Hours	03	01	04
Max. Marks:-100		Time:-3hrs.	
Internal Assessment Marks:-30			
End Term Exam Marks:-70			
Part B-Contents of the Course			
<u>Instructions for Paper- Setter</u> The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (7x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
	Topics		Contact Hours
I	Philosophical Background of Bhagavad-Gita: Kshara, Akshara and Purushottam; Concept of Atman; Concept of Trigunatmaka Prakriti; Concept of Mokhsa.		12
II	Sociological Background of Bhagavad-Gita: Concept of Varna; Concept of Karma – Sattvik, Rajasika and Tamasika; Concept of Universal Dharma; Daivi Sampad and Asuri Sampad; Concept of Svadharma.		11
III	Psychological Teachings of Bhagavad-Gita: Contemporary Man, Mental Diseases and Bhagavad-Gita; Yuddha Dharma and Bhagavad-Gita; Atankvada and Bhagavad-Gita; Sri Krishna – The First Psychologist of Known History.		11

IV	Political and Educational Teachings of Bhagavad-Gita: Concept of Rajarshi and Comparison with Plato's Concept of Philosopher King. Necessity of Bhagavad-Gita in Educational Institutions; Concept of Yoga of Bhagavad-Gita for the Benefits of Students, Politicians and Security Forces.	11
	<i>Tutorial</i>	15
Suggested Evaluation Methods		
Internal Assessment: ➤ Theory - Class Participation: 5 - Seminar/presentation/assignment/quiz/class test etc.: 5+5 - Mid-Term Exam: 15 ➤ Practicum - Class Participation: - Seminar/Demonstration/Viva-voce/Lab records etc.: - Mid-Term Exam:		End Term Examination: 70
Part C-Learning Resources		
Recommended Books/e-resources/LMS: Shri Aurobindo - <i>Essays on Gita</i> . B.G. Tilak - <i>Srimadbhagavadgita Bhashya</i> Osho Rajneesh - <i>Gita Darshana</i> R.S. Garg - <i>Gita for Success in Modern Life</i> Vinoba Bhave - <i>Gita Pravachan</i>		

CC-H5**Session:2025-26****Part A–Introduction**

Subject	Philosophy
Semester	VIII
Name of the Course	Research Methodology- II
Course Code	B23-PHI-802
Course Type:(CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC-H5
Level of the course (As per Annexure-I	400-499
Pre-requisite for the course (if any)	N.A
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to get: 802.1. The basics of Research. 802.2. To learn about to identify problems in Research. 802.3. To learn about various Research designs. 802.4. To learn about different kind of Researches

	Theory	Tutorial	Total
Credits	03	01	04
Contact Hours	03	01	04
Max.Marks:-100		Time:-3hrs.	
Internal Assessment Marks:-30			
End Term Exam Marks:-70			
Part B-Contents of the Course			
<u>Instructions for Paper- Setter</u>			
The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (7x2) without any choice equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours
I	Foundations of Research: Meaning, Objectives, Motivation, Utility. Concept of theory, empiricism, deductive and inductive theory. Characteristics of scientific method – Understanding the language of research – Concept, Construct, Definition, Variable. Research Process		12
II	Problem Identification & Formulation – Research Question – Investigation Question – Measurement Issues – Hypothesis – Qualities of a good Hypothesis –Null Hypothesis & Alternative Hypothesis. Hypothesis Testing – Logic & Importance		11
III	Research Design: Concept and Importance in Research – Features of a good research design – Exploratory Research Design – concept, types and uses, Descriptive Research Designs – concept, types and uses. Experimental Design: Concept of Independent & Dependent variables.		11

IV	Qualitative and Quantitative Research: Qualitative research – Quantitative research – Concept of measurement, causality, generalization, replication. Merging the two approaches	11
	<i>Tutorial</i>	15

Suggested Evaluation Methods	
Internal Assessment: ➤ Theory • Class Participation: 5 • Seminar/presentation/assignment/quiz/class test etc.: 5+5 • Mid-Term Exam: 15 ➤ Practicum • Class Participation: • Seminar/Demonstration/Viva-voce/Lab records etc.: • Mid-Term Exam:	End Term Examination: 70
Part C-Learning Resources	
Recommended Books/e-resources/LMS:. 1. <i>Business Research Methods</i> – Donald Cooper & Pamela Schindler, TMGH, 9th edition 2. <i>Business Research Methods</i> – Alan Bryman & Emma Bell, Oxford University Press. 3. <i>Research Methodology</i> – C.R.Kothari	

CC-H6 Session:2025-26			
Part A-Introduction			
Subject	Philosophy		
Semester	VIII		
Name of the Course	Philosophy of Gandhi		
Course Code	B23-PHI-803		
Course Type:(CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	CC-H6		
Level of the course (As per Annexure-I)	400-499		
Pre-requisite for the course (if any)	N.A		
Course Learning Outcomes (CLO):	After completing this course ,the learner will be able to: 803.1 Understand Gandhi's early life and formative influences 803.2 Analyze Gandhi's approach to political resistance and governance 803.3 Examine Gandhi's vision for an equitable and self-reliant economy 803.4 Evaluate Gandhi's global impact and legacy		
	Theory	Tutorial	Total
Credits	03	01	04
Contact Hours	03	01	04
Max. Marks:-100 Internal Assessment Marks:-30 End Term Exam Marks:-70		Time:-3hrs.	

Part B-Contents of the Course		
<u>Instructions for Paper-Setter</u> The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (07x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.		
Unit	Topics	Contact Hours
I	Biographical sketch of Mohandas Karamchand Gandhi Influences on Gandhi: Hinduism, Jainism, Christianity, Islam, and Western thinkers (e.g., Tolstoy, Ruskin, Thoreau) Concept of Truth (Satya) Concept of Non-violence (Ahimsa)	12
II	Satyagraha: Philosophy and practice Swaraj: Self-rule and inner freedom Sarvodaya: Welfare of all Views on the State, democracy, and decentralization	11
III	Gandhian critique of modern industrialization Trusteeship model of economics Village economy and sustainable living Relevance to environmental ethics and degrowth movements	11
IV	Gandhi's influence on global movements: Civil Rights (Martin Luther King Jr.), anti-apartheid (Nelson Mandela), nonviolent protests Critiques of Gandhian Philosophy (e.g., Ambedkar, Marxists) Relevance in contemporary India and global peace movements Gandhian approaches to conflict resolution and development	11
	<i>Tutorial</i>	15

Suggested Evaluation Methods	
Internal Assessment: > Theory - Class Participation: 5 - Seminar/presentation/assignment/quiz/class test etc.:5+5 - Mid-TermExam:15 > Practicum - Class Participation: - Seminar/Demonstration/Viva-voce/ Mid-Term Exam:	End Term Examination: 70
Part C-Learning Resources	
Recommended Books/e-resources/LMS: M.K. Gandhi – <i>Hind Swaraj</i> M.K. Gandhi – <i>My Experiments with Truth</i> M.K. Gandhi – <i>Gram Swaraj</i> BK Lal- <i>Contemporary Indian Philosophy</i> (also available in Hindi) Raghvan Iyer – <i>The Moral and Political Thought of Mahatma Gandhi</i> Judith Brown – <i>Gandhi: Prisoner of Hope</i> (selections) B.R. Ambedkar – <i>Annihilation of Caste</i> (selected passages for contrast)	

DSE-7

Session: 2025-26			
Part A–Introduction			
Subject	Philosophy		
Semester	VIII		
Name of the Course	Vaisheshik Philosophy		
Course Code	B23-PHI-804		
Course Type: (CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE-7		
Level of the course (As per Annexure-I	400-499		
Pre-requisite for the course(if any)	N.A		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to : 804.1 Understand the origins and historical context of Vaisheshik philosophy 804.2. Identify and explain the six fundamental categories of reality in Vaisheshik 804.3 Understand Vaisheshik’s pioneering ideas on atomism and cosmology 804.4 Analyze Vaisheshik’s theory of knowledge and method of inference		
	Theory	Tutorial	Total
Credits	03	01	04
Contact Hours	03	01	04

Max.Marks:-100 Internal Assessment Marks:-30 End Term Exam Marks:-70		Time:-3hrs.
Part B-Contents of the Course		
<u>Instructions for Paper-Setter</u> The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (7x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.		
Unit	Topics	Contact Hours
I	Origin and historical development of Vaisheshik Kanada and the <i>Vaisheshik Sutras</i> Relationship with the Nyāya system (Nyāya–Vaisheshik duality)	12
II	Definition and significance of <i>Padārtha</i> The six categories: 1. Dravya (substance) 2. Guna (quality) 3. Karma (motion) 4. Sāmānya (universal) 5. Viśeṣa (particularity) 6. Samavāya (inherence)	11
III	Atomic theory (<i>Anu-vāda</i>): nature, types, and combination of atoms Creation and dissolution of the universe Concept of Time, Space, Ether, and Mind as eternal substances Doctrine of causation (<i>Arambhavāda</i>)	11

DSE-7 Session: 2025-26			
Part A–Introduction			
Subject	Philosophy		
Semester	VIII		
Name of the Course	Vedānta Philosophy		
Course Code	B23-PHI-805		
Course Type:(CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	DSE-7		
Level of the course (As per Annexure-I)	400-499		
Pre-requisite for the course(if any)	N.A		
Course Learning Out comes (CLO):	After completing this course, the learner will be able to: 805.1. Identify Vedānta’s textual foundations and schools 805.2. Understand the common philosophical concerns across sub-schools 805.3. Understand Advaita’s interpretation of reality and illusion 805.4. Examine Śaṅkara’s approach to mokṣa through knowledge (<i>jñāna</i>)		
	Theory	Tutorial	Total
Credits	03	01	04
Contact Hours	03	01	04

Max. Marks:-100 Internal Assessment Marks:-30 End Term Exam Marks:-70		Time:-3hrs.
Part B-Contents of the Course		
<u>Instructions for Paper- Setter</u> The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (7x2) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.		
Unit	Topics	Contact Hours
I	Etymology and meaning of Vedānta Primary sources: Upaniṣads, Bhagavad Gītā, Brahma Sūtras Early commentators: Śaṅkara, Rāmānuja, Madhva Core Concepts: Brahman, Ātman, Mokṣa	12
II	Non-dualism (Advaita): Brahman as nirguṇa Maya and illusion Self (Ātman) and liberation Jīva-Brahma aikya (identity of the individual self and absolute)	11
III	Rāmānuja's Viśiṣṭādvaita: qualified non-dualism, <i>saguṇa Brahman</i> Madhva's Dvaita: dualism between God and souls Bhakti and grace as paths to liberation Concept of Īśvara and the role of devotion	11
IV	Commonalities and debates among Vedānta schools Influence on Indian spirituality and nationalism (e.g., Vivekananda) Vedānta in modern philosophy, science, and psychology Relevance in global interfaith dialogue and non-dual spirituality	11
	<i>Tutorial</i>	15

Suggested Evaluation Methods	
Internal Assessment: ➤ Theory - Class Participation: 5 - Seminar/presentation/assignment/quiz/class test etc.:5+5 - Mid-TermExam:15 ➤ Practicum - Class Participation: - Seminar/Demonstration/Viva-voce/Lab records etc.: - Mid-Term Exam:	End Term Examination: 70
Part C-Learning Resources	
Recommended Books/e-resources/LMS: <i>Brahma Sūtras</i> (selected aphorisms) - Radhakrishnan – <i>Indian Philosophy</i>, Vol. 2 <i>Vivekachūḍāmaṇi</i> – Śaṅkara (selections) - Eliot Deutsch – <i>Advaita Vedānta: A Philosophical Reconstruction</i> <i>Śrībhāṣya</i> (selections) – Rāmānuja - B.N.K. Sharma – <i>Philosophy of Śrī Madhvācārya</i>	

Part A–Introduction			
Subject	Philosophy		
Semester	VIII		
Name of the Course	Hathyoga-II		
Course Code	B23-PHI- 806		
Course Type:(CC/MCC/MDC/CC-M/DSEC/VOC/DSE/PC/AEC/VAC)	PC-H2		
Level of the course (As per Annexure-I	400-499		
Pre-requisite for the course(if any)	N.A		
Course Learning Out comes(CLO):	After completing this course, the learner will be able to know/understand: 806.1. the basics of Hathayoga and different kriyas 806.2. techniques and benefits of tratak, kapalbhati, and nyoli kriyas etc. 806.3. the nuances of dharnas, dhyanas, and samadhi 806.4. the concepts of kundlini and chakra		
	Theory	Tutorial	Total
Credits	03	01	04
Contact Hours	03	01	04

Max. Marks:-100 Internal Assessment Marks:30 End Term Exam Marks:-70		Time:-3hrs.
Part B-Contents of the Course		
Unit	Topics	Contact Hours
I	Shodhan Kriyas in Hathayoga; Techniques , Kinds and Benefits of Neti kriya in Hathayoga; Techniques,Kinds and Benefits of Dhuti Kriya; Techniques, Kinds and Benefits of Basti Kriya	30
II	Techniques, Kinds and benefits of Tratak in Hathayoga; Techniques, Kinds and Benefit of Kapalbhathi; Techniques, Kinds and Benefits of Nyoli Kriya; Classification of Bandh in Hathayoga	30
III	Dharna in Vijjyanbhairav; Pratyahara , Dhyana and Samadhi in Hathayoga	30
IV	Kundilini in Hathayoga; Chakras in <i>Shadchakranirupanam</i> . Mudras in Hathayoga	30

Suggested Evaluation Methods

Internal Assessment: ➤ Theory • Class Participation: 5 • Seminar/presentation/assignment/quiz/class test etc.:5+5 • Mid-TermExam:15 ➤ Practicum • Class Participation: • Seminar/Demonstration/Viva-voce/Lab records etc.: • Mid-Term Exam:	End Term Examination: 70
Part C-Learning Resources	
Recommended Books/e-resources/LMS: 1. <i>Yog Darshna</i> (Vol. 1-4),Osho 2. <i>Yog Pradeep</i>, Swami Omananda Thirtha 3. <i>Yog Darshana</i>, Swami Adgadananda 4. <i>Yogsutra Vidyadyabhasya</i>, Acharya Udayavir 5. <i>Yog Sadhna</i>, Shri Anandmurti 6. <i>Yog Darshanam</i>, Hariharananda Arnaya 7. <i>Sanatna Bhartiya Yog Sadhana Evam Uski Vividh Dhyan Vidhiyan</i>, Acharya Shilak Ram 8. <i>Goraksha Padhti</i>, Gorkshanath 9. <i>Atma Vijyan</i>, Swami Yogeshwarananda 10. <i>Visheshank</i>, Gita Press,Gorakhpur 11. <i>Yog: Samnya Prichaya</i>, Acharya Shilak Ram 12. <i>Gherand Samhinta</i>, Maharashi Gherand 13. <i>Tantra Sutra</i> (vol.1-6), Osho. 14. <i>Vedon Mein Yogvidhya</i>, Swami Divyananda 15. <i>Yoga Psychology</i>, Shri Anandamurti	

Dissertation /Project Work

Session: 2025-26			
Part A - Introduction			
Subject	Philosophy		
Semester	VIII		
Name of the Course	Dissertation /Project Work		
Course Code	B23-PHI- 807		
Course Type: (CC/MCC/MDC/CCM/ DSEC/VOC/DSE/PC/AEC/VAC)			
Level of the course (As per Annexure-I)	400-499		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO):			
	Theory	Practical	Total
Credits	12	0	12
Teaching Hours per week			
Internal Assessment Marks			
End Term Exam Marks			
Maximum Marks	300		300
Examination Time			
Part B-Contents of the Course			
Suggested Evaluation Methods:- As per university norms			
Internal Assessment: > Theory - Class Participation: - Seminar/presentation/assignment/quiz/class test etc.: - Mid-Term Exam:			End Term Examination:

Part C-Learning Resources

Department of Philosophy
Kurukshetra University Kurukshetra
Scheme of Examination and Syllabus for
UG Multidisciplinary Degree Programme
Subject: Philosophy
As per National Education Policy (NEP)-2020
w.e.f. 2025-26
Semester- IIIrd & Vth and VIth Semester

Semester	Course	Paper	Nomenclature of Paper	Contact Hours		Credits		Internal Marks	External Marks	Total	Time
				Teaching Theory Hours	Practical	Theory	Practical				
IIIrd & Vth	VOC	B23-VOC-139	Philosophical Counseling	2	4	2	2	30 (15(T)+15 (P))	70 (35 (T) + 35 (P))	100	3 Hrs
VI	VOC	B23-VOC-338	Dhyana Yoga	2	4	2	2	30 (15(T)+15 (P))	70 (35 (T) + 35 (P))	100	3 Hrs

Syllabi of the Courses
VOC

Session: 2025-26			
Part A – Introduction			
Subject	Philosophy		
Semester	IIIrd & V th Semester		
Name of the Course	Philosophical Counseling		
Course Code	B23-VOC-139		
Course Type: (CC/MCC/MDC/CCM/ DSEC/VOC/DSE/PC/AEC/VAC)	VOC		
Level of the course (As per Annexure-I)	100-199 (as no pre requisite for the course)		
Pre-requisite for the course (if any)			
Course Learning Outcomes (CLO):	After completion of the course the student will be able to understand/learn: 139.1the basic concepts of Philosophical Counseling. 139.2 the nature of philosophical dialogue, authenticity, and freedom. 139.3 the concept of Morality and Immorality & also the concept of Circumference and Transcendence 139.4 the Case Studies Techniques. 139.5 the practical aspects of Conduct Counseling Sessions.		
	Theory	Practical	Total
Credits	2	2	4
Contact Hours	2	4	6
Max. Marks:-100 Internal Assessment Marks:-30 (15(T)+15(P)) End Term Exam Marks:-70 (35(T)+35(P))		Time:-3 hrs.	
Part B-Contents of the Course			
<u>Instructions for Paper- Setter</u> The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (07x1) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to			

attempt **Five** questions in all, selecting one question from each unit. All questions carry equal marks.

Unit	Topics	Contact Hours
I	Philosophical Counseling: Meaning, Nature & Goals. Difference from Psychological Counseling. Skills Needed for a Philosophical Counsellor.	7
II	Nature of Philosophical Dialogue. Understanding the Concepts of Authenticity and Freedom. Analysing the issues related to Meaning of Life and Questions Concerning Good & Evil.	8
III	Understanding the Concept of Morality and Immorality Understanding Circumference and Transcendence. From Patterns to Conceptualization.	7
IV	Case Studies: The Connection between Self and Others.	8
V*	Practical: Conducting Counselling Sessions With The Students and By The Students To Explore, Analyse and Solve Their Life Issues	60

Suggested Evaluation Methods

Internal Assessment: > Theory • Class Participation: 4 • Seminar/presentation/assignment/quiz/class test etc.: 4 • Mid-Term Exam: 7 > Practicum • Class Participation: 5 • Seminar/Demonstration/Viva-voce/Lab records etc.: 10	End Term Examination: 35+35
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Part C-Learning Resources

Recommended Books/e-resources/LMS:

- Prof. K.L. Sharma: *Paridhi Ke Pare : Darshnik Prabodhanki Nirdeshika*
- Prof. K.L. Sharma: *Manviya Yatharthake Swar*
- Deurzen, E. van : *Existential Counseling and Psychotherapy in Practice*
- Deurzen, E. van : *Dialogue as therapy*
- LeBon, T. : *Wise Therapy*
- Ran Lahav: 'What is Philosophical in Philosophical Counseling?' *Journal of Applied Philosophy*, Vol. 13, No. 3 (1996), pp. 259-278 (20 pages)

VOC Session: 2025-26			
Part A – Introduction			
Subject	Philosophy		
Semester	VIth		
Name of the Course	Dhyana Yoga		
Course Code	B23-VOC-338		
Course Type: (CC/MCC/MDC/CCM/ DSEC/VOC/DSE/PC/AEC/VAC)	VOC		
Level of the course (As per Annexure-I	100-199 (as no pre requisite for the course)		
Pre-requisite for the course (if any)	N.A		
Course Learning Outcomes(CLO):	After completing this course, the learner will be able to know/learn: 338.1 the basic concepts of Dharna. 338.2 the concept of Antrayas, and difference between Dharna and Dhyana. 338.3 the basics and methods of Dhyana. 338.4 about the kinds of Dhyana. 338.5* to Practices of all the seven kinds of Dhyana.		
	Theory	Practical	Total
Credits	02	02	04
Contact Hours	02	04	06
Max. Marks:-100 Internal Assessment Marks:-30 (15(T)+15(P)) End Term Exam Marks:-70 (35(T)+35(P))		Time:-3 hrs.	
Part B-Contents of the Course			
<u>Instructions for Paper- Setter</u> The paper-setter is requested to set Nine questions in all i.e., One Compulsory Objective Type Question (07x1) without any choice, equitably distributed over the whole syllabi and Two Questions from Each Unit equitably spread over the concerned unit. The examinees will have to attempt Five questions in all, selecting one question from each unit. All questions carry equal marks.			
Unit	Topics		Contact Hours

I	Dharna: Meaning, Definition and Concept of Dharna; Kinds of Dharna: PrakritiDharna, Brahma Dharna; Methods and Practise of Dharna; Benefits of Dharna	8
II	Antrayas: Meaning, Definition, and Kinds. Antrayas: Their Nivritti in Yoga. Difference between Dharna and Dhyana. Difference between Dhyana and Samadhi.	7
III	Meaning, Definition, Kinds and Methods of Dhyana. Concept of Dhyata, Dhyana, and Dhyeya. Dhyana and Ekagrata. Need for Dhyana: Psychological, Social and Spiritual.	8
IV	Kinds of Dhyana- Method, Precautions and Benefits: VippassanaDhyana. PrekshaDhyana . Brahamnad Dhyana. Chakra Dhyana. Aman Dhyana(No Mind).	7
V*	Practical— Practice of Dhyana: Vippassana Dhyana, Preksha Dhyana , Brahamnad Dhyana, , Chakra Dhyana, Aman Dhyana (No Mind),	60
Suggested Evaluation Methods		
Internal Assessment: ➤ Theory - Class Participation: 4 - Seminar/presentation/assignment/quiz/class test etc.: 4 - Mid-Term Exam: 7 ➤ Practicum - Class Participation: 5 - Seminar/Demonstration/Viva-voce/Lab records etc.: 10		End Term Examination: 35+35
Part C-Learning Resources		
Recommended Books/e-resources/LMS: <i>Dhyana Sadhna</i>, BhartiyaYog Sansthan. - Dr. Vimla: <i>Vyakhyakaron Ki Darishti Mein Patanjali Yoga Darshan</i> - Vedvart Acharya: <i>Asana , Pranayama, Bandhaaur Mudra</i>		