

**SYLLABI AND SCHEME OF EXAMINATIONS
FOR
MINOR COURSES FOR UNDER GRADUATE
PROGRAMS (SINGLE MAJOR / MULTIDISCIPLINARY
PROGRAMS) IN PHILOSOPHY**
(Based on Curriculum and Credit Framework for UG Programs under NEP)



**WITH EFFECT FROM
THE
SESSION 2024-25**

**MAHARSHI DAYANAND UNIVERSITY
ROHTAK (HARYANA)**

SYLLABI AND SCHEME OF EXAMINATIONS FOR MINOR COURSES FOR

UNDER GRADUATE SINGLE MAJOR/MULTIDISCIPLINARY PROGRAMS/ SINGLE MAJOR PROGRAM IN PHILOSOPHY AFTER 2nd SEMESTER OF MULTIDISCIPLINARY PROGRAM

Minor Courses (MIC)/ Minor (Vocational) Course MIC(VOC)	TYPE OF PROGRAM		Nomenclature of Course	Course Code	Credits Distribution			Total Credits	Workload			Total Workload	Marks				Total Marks
	SINGLE MAJOR PROGRAM	MULTIDISCIPLINARY PROGRAM / SINGLE MAJOR PROGRAM AFTER 2nd SEMESTER OF MULTIDISCIPLINARY PROGRAM			L	T	P		L	T	P		Theory	Practical	Internal	External	
	SEMESTER	SEMESTER											Internal	External	Internal	External	
MIC 1 @ 4 credits	1	1	Fundamentals of Indian Philosophy	24PHI401MI01	3	1	-	4	3	1	-		30	70			100
MIC 2 @ 4 credits	2	3	Introduction to Western Philosophy	24PHI402MI01	3	1	-	4	3	1	-	4	30	70			100

MIC 3 @ 4 credits	3	6	Applied Reasoning	25PHI403MI01	3	1	-	4	3	1	-	4	30	70			100
MIC 4 (VOC) @ 4 credits	4	4	Yoga – I (Asana)	25PHI404MV01	3	1	-	4	3	1	-	4	30	70			100
MIC 5 (VOC)/ MIC5 @ 4 credits	5	5	Yoga-II (Pranayama)	26PHI405M V01	3	1	-	4	3	1	-	4	30	70			100
MIC 6 (VOC) @ 4 credits	6	6	Yoga-III (Dhyan)	26PHI406M V01	3	1	-	4	3	1	-	4	30	70			100
MIC 7 (VOC) @ 4 credits	7	7	Philosophical Counselling-I	27PHI407MV01	3	1	-	4	3	1	-	4	30	70			100
MIC 8(VOC) @ 4 credits	8	8	Philosophical Counselling-II	27PHI408MV01	3	1	-	4	3	1	-	4	30	70			100

Syllabi for Under Graduate Minor Programme with Hons. in Philosophy

Semester- 1

Session: 2024-2025

Name of Program	Philosophy	Program Code	UMBA4
Name of the Course	Fundamentals of Indian Philosophy	Course Code	24PHI401MI01
Hours per Week	04	Credits	04
Maximum Marks	External Internal 70 30	Time of Examinations	3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO1 Understanding the basic knowledge of Indian Philosophy and its characteristics CLO-2 Understanding the Philosophy of Buddhism and Jainism. CLO-3 Understanding the basics of Yoga Darshan and Vaiseshika Darshan CLO-4 Understanding the basic concepts of Srimad Bhagwatgita			
Unit 1: Nature, Scope and Characteristics of Indian Philosophy; The Main Divisions of Indian Philosophy; Vedic Philosophy: Rta, Rna.			
Unit 2: Jainism: Tri –Rattna; Buddhism: Eight Fold Path;			

Nyaya Darshan: Theory of Perception.

Unit 3:

Yoga Darshan : Yama & Niyama;

Vaisesika Darshan : The Concept of Dravya (Substance).

Unit 4:

Srimad Bhagvadgita: Niskama Karma; Svadharma; Lok Sangrah.

Recommended Books:

1. Baldev, Upadhyaya: *Bharatiya Darshan*, Sharada Publication, Varanasi, 2016
2. H.P. Sinha: *Bharatiya Darshan ke Rooprekha*, Motilal Banarsidass, Delhi, 2018
3. M. Hiriyana: *Outlines of Indian Philosophy*, Motilal Banarsidass, Delhi, 1993
4. Jadunath Sinha: *Bharatiya Darshan*, Motilal Banarsidass, Delhi, 2014
5. Swami Adgadanand : *Srimad Bhagvad Gita Yatharth Gita*, Shree Paramhans Swami, 1983

Syllabi for Under Graduate Minor Programme with Hons. in Philosophy

Semester- II

Session: 2024-2025

Name of Program	Philosophy	Program Code	UMBA4
Name of the Course	Introduction to Western Philosophy	Course Code	24PHI402MI01
Hours per Week	04	Credits	4
Maximum Marks	External 70 Internal 30	Time of Examinations	3 Hours
Note: The Examiner will set <i>nine questions</i> and the candidates will be required to attempt <i>five questions</i> in all. Question number <i>one</i> will be compulsory containing short answer type questions from all units. Further, the examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO-1 Understanding the key concepts of Early Greek Philosophy CLO-2 Understanding Rationalism and its aspects CLO-3 Understanding the Ideas of Locke, Berkeley, Hume. CLO-4 Understanding the Philosophical ideas of Kant			
Unit 1: Greek Philosophy: Socrates' Method; Plato's Theory of Ideas; Aristotle's Theory of Causation.			
Unit 2: Rationalism: Descartes: Method of Doubt; Spinoza: Substance; Leibnitz: Nature and Characteristics of Monads.			
Unit 3: Empiricism: John Locke: Refutation of Innate Ideas; Berkeley: Subjective Idealism (<i>Esse est Percipi</i>); Hume:			

Impression and Ideas.

Unit 4:

Kant: Reconcile between Rationalism & Empiricism; Copernican Revolution; Possibility of Synthetic *a priori* Judgment.

Recommended Books:

- 1 Daya Krishan: *Paschimi Darshan ka Itihas*, Rajasthan Hindi Granth Academy, Jaipur, 1987
- 2 Daya Krihan: *Bharatiya Ewam Paschatya Darshanak Parampur*, Rajasthan University and Literary Circle, Jaipur, 2006
- 3 Frank Thilly: *Paschatya Darshan ka Itihas*, Anamika Publishers, 2018
- 4 W.T. Stace: *A Critical History of Greek Philosophy*, Khosla Publishing House, Delhi
- 5 Y. Masih: *A Critical History of Western Philosophy*, Motilal Banarsidass, Delhi, 1994
- 6 B.N. Singh: *Paschatya Darshan*, Student Friends and CO., Varanasi.

Syllabi for Under Graduate Minor Programme with Hons. in Philosophy

Semester- III

Session: 2025-2026

Name of Program	Philosophy		Program Code	UMBA4
Name of the Course	Applied Reasoning		Course Code	25PHI403MI01
Hours per Week	04		Credits	4
Maximum Marks	External	Internal	Time of Examinations	3 Hours
	70	30		
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.				
Course Learning Outcomes (CLO): CLO1 Understanding the different types of inferences and arguments CLO2 Understanding the number and letter series CLO3 Understanding the analogy and blood relations tests CLO4 Understanding coding and decoding				
Unit 1: Practical Guidance for solving of various types of exercises of Mediate and Immediate Inference; Logical Venn Diagram.				
Unit 2: Series Completion: Number Series; Letter Series; Classification: Choosing the Odd Pair; Numeral Pair				

Unit 3:

Analogy Test: Kinds of Relationship Simple Analogy;
Choosing the Analogous Pair;
Blood Relation

Unit 4:

Coding- Decoding: Number Coding; Letter Coding
Mixed Types Coding; Substitution

Recommended Books:

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 Asaf Ali 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

Syllabi for Under Graduate Minor Programme with Hons. in Philosophy

Semester- IV

Session: 2025-2026

Name of Program	Philosophy	Program Code	UMBA4
Name of the Course	Yoga – I (Asana)	Course Code	25PHI404MV01
Hours per Week	04	Credits	4
Maximum Marks	External 70	Internal 30	Time of Examinations 3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1 Understanding the basic concepts of Yoga CLO2 Understanding the concept of psychology of Yoga CLO3 Understanding Yama and Niyam CLO4 Understanding the practice of Asana and their effects			
Unit 1 : Philosophy of Yoga: Meaning, Definition and Significance of Yoga; Citta and Citta Vartti; Citta Vrtti Niirodha.			
Unit 2: Five Levels of Citta Bhumi; Different Kinds of Klesas; Yama And Niyam			
Unit 3 Essentials Factors about Yogic Practices: Discipline, Place, Dress, Diet, Time, Bathing, Prayerfulness;			

Unit-Basic Asanas: Methods and Benefits— Selected Asanas: Preparatory Asana and Warm Up Exercises; Padhastasana; Konasana; Trikonasana; Vrikshasana; Uttanpadasana; Makarasana; Salbhasana; Bhujagasana; Nokasana; Dhuanurasana; Paschimottanasana; Janusirsasana; Matsyendrasana; Shavasana.

Recommended Books:

Asan and Yog Vigyan, Bhartiya Yog Sansthan, Delhi

Swami Yogeswarananda, *Bhiranga Yoga*, YogNiketan Trust, Rishikesh, Uttrakhanda.

Swami Vivekananda, *Yoga Darshan*, Ramkrishan Muth, Nagpur.

N.K.Singh, *Yoga and Meditation Psychotherapy*, New Bhartiya Book Corporation, Delhi.

P.Mukherji, *Yoga Lessons for Developing Spiritual Conscience*, New Bhartiya Book Corporation, Delhi.

Syllabi for Under Graduate Minor Programme with Hons. in Philosophy

Semester- V

Session: 2026-2027

Name of Program	Philosophy	Program Code	UMBA4
Name of the Course	Yoga-II (Pranayama)	Course Code	26PHI405MV01
Hours per Week	04	Credits	4
Maximum Marks	External 70	Internal 30	Time of Examinations 3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO1 Understanding the basics of Panchkosh and Chakras CLO2 Understanding the basics of Pranayam CLO3 Understanding the practise of doing different kinds of Pranayam CLO4 Understanding the practise of doing different kinds of Pranayam			
Unit 1: Concept of Panchkosh; Understanding the Energy System (Urja Pranali) and different Nadis; Concept of Charkas.			
Unit 2: Nature and Definition of Pranayam; Significance and Effects of Praynama on Human Body, Mind, And Energy System			

Unit 3:

Different Kinds of Pranayam, Methods and Benefits: Nadi Shuddhi Pranayama; Bhrstritka Pranayam; Bhramari Pranayam; Anulom-Vilom Pranayam;

Unit 4:

Different Kinds of Pranayam, Methods and Benefits : Chanderbhedi Pranayam; Suryabhedi Pranayam; Shitkari Pranayam; Shitli Pranayam

Recommended Books:

Pranayam Vigyan, Bhartiya Yog Sansthan, Delhi

Asan and Yog Vigyan, Bhartiya Yog Sansthan, Delhi

Swami Yogeswarananda, *Bhiranga Yoga*, YogNiketan Trust, Rishikesh, Uttrakhand.

Swami Vivekananda, *Yoga Darshan*, Ramkrishnamuth, Nagpur.

N.K.Singh, *Yoga and Meditation Psychotherapy*, New Bhartiya Book Corporation, Delhi.

P.Mukherji, *Yoga Lessons for Developing Spiritual Conscience*, New Bhartiya Book Corporation, Delhi.

Syllabi for Under Graduate Minor Programme with Hons. In Philosophy

Semester-VI

Session: 2026-2027

Name of Program	Philosophy		Program Code	UMBA4
Name of the Course	Yoga- III (Dhyan)		Course Code	26PHI406MV01
Hours per Week	04		Credits	4
Maximum Marks	External	Internal	Time of Examinations	3 Hours
	70	30		
Note: The Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.				
Course Learning Outcomes (CLO): CLO1 Understanding the importance of Yoga for Social, Personal and Spiritual Development. CLO2 Understanding Dharna and the methods of the Practice of Dharna CLO3 Understanding the nature of Dhyan CLO4 Understanding the methods of the Practice of various kinds of Dhyan				
Unit 1: Yoga for Social, Personal and Spiritual Development; Historical Tradition of Yoga				
Unit 2: Meaning, Definition, Kinds and Practice of Dharna: Baihya Dharna; Abhayantr Dharna; Bhrumadhya Dharna; Jyoti Dharna; Murti Dharna;				

Unit 3: Meaning, Definition and Kinds of Dhyana; Concept of Dhyata-Dhyan-Dhyeya; Ekagarta and Dhyana
Unit 4: Practise of Various Kinds of Dhyana: Vipassana Dhyana; Bhava Dhyana; Chakra Dhyana; Shunya Dhyana; Yoga Nidra; Tratak Dhyana
Recommended Books: <ol style="list-style-type: none">1. Iyengar, B. K. S., “Yoga for Everyone”, Dorling Kindersley, Noida, 2018.2. Adityanath, Yogi, “Hathyoga: Swaroop and Sadhna”, Gorakhnath Mandir Math Trust, Gorakhpur, 2015.3. Patanjali Yogasutra4. Ramdev, Swami, “Yoga Sadhna evam Yoga Chikitsa Rahasya”, Divya Prakashan, Haridwar, 2004.5. Yog Dhara, Prof. Kanchan Joshi, Kitab Mahal, New Delhi6. Dhyana Sadhna, Bhartiya Yog Sanstha, Delhi

Syllabi for Under Graduate Minor Programme with Hons. in Philosophy

Semester- VII

Session: 2027-2028

Name of Program	Philosophy	Program Code	UMBA4
Name of the Course	Philosophical Counselling-I	Course Code	27PHI407MV01
Hours per Week	04	Credits	4
Maximum Marks	External 70	Internal 30	Time of Examinations 3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: The Students will be able to Practice of Philosophical dialogues. CLO2: The Student will be able to learn the necessary skills of philosophical counselling. CLO3 The Student will be able to learn the connection between self and others and conceptualization. CLO4: The Student will be able to learn the issues related to authenticity, freedom, morality and immorality.			
Unit 1: Practicing Dialogue in philosophical counselling: Socratic dialogue. Upanishadic dialogue. Krishnamurti dialogue.			
Unit 2: Counselling skills: Active listening. Paraphrasing.			

Interpreting.
Disputing (Questioning)
Unconditional Positive Regard

Unit 3:Understanding Self, Others and World:
Activity To Write a Journal on the Reflections During the Dialogue.

Unit 4:Analysing the issues related to Meaning of Life and Questions. Concerning Good & Evil.
Understanding the Concept of Morality and Immorality.

Recommended Books:

Prof. K.L. Sharma : *Paridhi Ke Pare :Darshnik Prabodhan ki Nirdeshika*

Prof. K.L. Sharma : *Manviya Yathartha ke Swar*

Deurzen, E. van (2002) : *Existential Counseling and Psychotherapy in Practice*

Deurzen, E. van (1992) : *Dialogue as therapy*

LeBon, T. (2001) : *Wise Therapy*

Ran Lahav (1996): *What is Philosophical in Philosophical Counseling? Journal of Applied Philosophy, Vol. 13, No. 3 (1996), pp. 259-278 (20 pages)*

Semester- VIII

Session: 2027-2028

Name of Program	Philosophy	Program Code	UMBA4
Name of the Course	Philosophical Counselling-II	Course Code	27PHI408MV01
Hours per Week	04	Credits	4
Maximum Marks	External 70	Internal 30	Time of Examinations 3 Hours
Note: Examiner will set nine questions and the candidates will be required to attempt five questions in all. Question number one will be compulsory containing short answer type questions from all units. Further, examiner will set two questions from each unit and the candidates will be required to attempt one question from each Unit. All questions will carry equal marks.			
Course Learning Outcomes (CLO): CLO 1: The Students will be able to understand others' world views. CLO2: The Student will be able to learn the nature of self-transformation in Krishnamurti's Philosophy and Yoga Philosophy. CLO3 The Student will be able to learn the the transformative aspects of Baudha Darshan.. CLO4: The Student will be able to learn the transformative aspects of Bhakti Marga.			
Unit 1: Understanding Other's World View: Identifying Philosophical World View. Role Play (Mock Counselling Sessions)			
Unit 2: Transformative Practices in Yoga Krishnamurti's Method of Self-Inquiry and Awareness.			
Unit 3: Transformative Practices of Baudha Darshan: Foundations of Mindfulness. Anapana Sati. Vipassana.			
Unit 4: Transformative Aspects of Bhakti:			

Emotional Transformation through Music and Bhajans.

Recommended Books:

Prof. K.L. Sharma(2024): Bhartiya Darshan ka Rupantarankari Svarup

Prof. K.L. Sharma: Manviya Yathartha ke Swar

Deurzen, E. van (2002) : Existential Counselling and Psychotherapy in Practice

Deurzen, E. van (1992): Dialogue as therapy

LeBon, T. (2001): Wise Therapy