

# Sant Gadge Baba Amravati University, Amravati

NEP – 2026-27

**Faculty: Humanities**

**Sub.: Philosophy (649)**

**SEC (SKILL)**

| Class                      | Semester   | Credits  | Course Code   | Course Name                                          | Teaching Hrs. | Exam Duration | Max. Mark                 |
|----------------------------|------------|----------|---------------|------------------------------------------------------|---------------|---------------|---------------------------|
| <b>1<sup>st</sup> Year</b> | <b>I</b>   | <b>2</b> | <b>649276</b> | <b>Skill (Philosophy) - I<br/>Yoga Training</b>      | <b>30</b>     | <b>2Hrs.</b>  | <b>Th. 30<br/>Int. 20</b> |
|                            | <b>II</b>  | <b>2</b> | <b>649277</b> | <b>Skill (Philosophy) - II<br/>Stress Management</b> | <b>30</b>     | <b>2Hrs.</b>  | <b>Th. 30<br/>Int. 20</b> |
|                            |            |          |               |                                                      |               |               |                           |
| <b>2<sup>nd</sup> Year</b> | <b>III</b> | <b>0</b> | <b>--</b>     | <b>--</b>                                            | <b>--</b>     | <b>--</b>     | <b>--</b>                 |
|                            | <b>IV</b>  | <b>0</b> | <b>--</b>     | <b>--</b>                                            | <b>--</b>     | <b>--</b>     | <b>--</b>                 |
|                            |            |          |               |                                                      |               |               |                           |
| <b>3<sup>rd</sup> Year</b> | <b>V</b>   | <b>2</b> | <b>649278</b> | <b>Skill (Philosophy) - III<br/>Argument Skill</b>   | <b>30</b>     | <b>2Hrs.</b>  | <b>Th. 30<br/>Int. 20</b> |
|                            | <b>VI</b>  | <b>0</b> | <b>--</b>     | <b>--</b>                                            | <b>--</b>     | <b>--</b>     | <b>--</b>                 |

## Examination & Evaluation (PHILOSOPHY)

| Course                           | Mode                 | Marks | Number & Mark of Question /                                                                                                                                                                                                                                                                              |
|----------------------------------|----------------------|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SEC / SKILL<br/>02 Credit</b> | Theory papers        | 30    | 1) Long answers 02 Question on any 01 Unit.<br>(07 Marks×2 Que. =14 Marks)<br>2) Short answers 04 Question on any 01 Unit.<br>(4 Marks× 4 Que. = 16 Marks)                                                                                                                                               |
|                                  | Internal Examination | 20    | Assignment /Seminar/ Unit Test/Paper Writing/GD/Participation in Philosophy Conference/ Participation in Departmental Activity/ Deliver the speech on any Philosopher or His Philosophy in Society/Moral Attitude /Yoga Practice<br><b>(Department / College choose Any Two for Internal Evaluation)</b> |

**Sant Gadge Baba Amravati University, Amravati**

**NEP –2026-27**

**B.A. Part I (Semester – I)**

**Philosophy (649)**

| <b>Code</b>                          | <b>Title</b>         | <b>Credit</b> | <b>Teaching<br/>Hrs.</b> | <b>Mark</b>     |
|--------------------------------------|----------------------|---------------|--------------------------|-----------------|
| <b>Skill- (Phil.) - I<br/>649276</b> | <b>Yoga Training</b> | <b>02</b>     | <b>30</b>                | <b>30+20=50</b> |

**Objectives:**

1. To know the actual meaning of Yoga.
2. To know that Yoga is a key of stress management.

**Course Outcomes (Cos) :**

- 1) To differentiate between types of Samadhi.
- 2) To know and practice the Bahirang : Yama, Niyama, Asana, Pranayam, pratyahar etc. in day to day life.
- 3) To know and practice the Antarang: Dharna, Dhyana, Samadhi etc. in day to day life.
- 4) To paraphrase the nature of chitta in her/his own words.
- 5) To know and criticize various commentaries on Yogasutra.

| <b>Unit</b> | <b>Content</b>                                                                                                                                               | <b>Period</b> |
|-------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| <b>1</b>    | <b>Nature of Yoga</b><br>A) Meaning of Yoga<br>B) Characteristic of Yoga<br>C) Types of Yoga<br>D) Benefits of Yoga                                          | <b>07</b>     |
| <b>2</b>    | A) Problem of Chitta.<br>B) Techniques for destroying Vrutti & Klesh<br>C) Techniques for Development in Abhyas<br>D) Techniques for Development in Vairagya | <b>07</b>     |
| <b>3</b>    | A) Practice of Yama<br>B) Practice of Niyama<br>C) Practice of Asana<br>D) Practice of Pranayama                                                             | <b>08</b>     |
| <b>4</b>    | A) Practice of Pratyahar<br>B) Practice of Dharna<br>C) Practice of Dhyana<br>D) Use of Samadhi                                                              | <b>08</b>     |

## Reference Books

- 1) योगसूत्र - पतंजली
- 2) योगसूत्र - महर्षिव्यासभाष्य
- 3) योगदर्शन (योगसूत्र) -अनु. डा. उदय कुमठेकर, प्रसादप्रकाशन, पूणे
- 4) योग एक वरदान, डॉ. विजया गोसावी, सुमेरू प्रकाशन डोंबिवली, 2013
- 5) प्राणायाम रहस्य, स्वामी रामदेव, दिव्य प्रकाशन पतंजली योगपीठ हरिद्वार, 2009
- 6) जीवन उपयोगी योगदर्शन, भास्कर कुलकर्णी, इंडिया इंटरनॅशनल मल्टीव्हर्सिटी प्रकाशन पुणे, 2020
- 7) जीवन उपयोगी ध्यान, ऋषी प्रकाशन लातूर, 2020
- 8) भारतीय तत्त्वज्ञान, डॉ. वेदप्रकाश डोणगावकर, मैत्री प्रकाशन लातूर, 2020
- 9) योगिक सिद्धीया एक विवेचनात्मक अध्ययन, जयपाल शर्मा, डिसेंट बुक्स नई दिल्ली, 2008
- 10) ध्यान के कमल, आचार्य रजनीश, ओशो मीडिया इंटरनॅशनल, पुणे, 1999
- 11) योग भाष्यकारांचे तत्त्वचिंतन, डॉ. विजय मोरे, युगंधरा प्रकाशन, छ. संभाजीनगर, 2026

**Sant Gadge Baba Amravati University, Amravati**  
**NEP –2026-27**  
**B.A. Part I (Semester – II)**  
**Philosophy (649)**

| Code                          | Title             | Credit | Teaching Hrs. | Mark     |
|-------------------------------|-------------------|--------|---------------|----------|
| Skill- (Phil.) - II<br>649277 | Stress Management | 02     | 30            | 30+20=50 |

**Objectives:**

1. To know the actual nature of Stress.
2. To know that techniques of stress management.

**Course Outcomes (Cos) :**

- 1) To know the cause of stress.
- 2) To know and practice regarding stress management.

| Unit | Content                                                                                                                                                                                                                    | Period |
|------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| 1    | <b>Nature of Stress :</b><br>A) Meaning of stress<br>B) Physical Symptoms of stress<br>C) Mental Symptoms of stress<br>D) Effects of stress                                                                                | 07     |
| 2    | <b>Stress Management Techniques - I :</b><br>A) Acceptance to our Stress<br>B) Find the Cause of Stress<br>C) Criticize the Cause of Stress<br>D) Think about free from Stress                                             | 08     |
| 3    | <b>Stress Management Techniques - II :</b><br>A) Know Thyself<br>B) Set life Goals<br>C) Set the tools of life Goals<br>D) Time management for Goals                                                                       | 07     |
| 4    | <b>Stress Management Techniques - III :</b><br>A) Physical Exercises (Aasnas)<br>B) Breathing Exercises (Pranayama)<br>C) Mental Exercises (Pratyahara, Dharana, Dhyan)<br>D) Change the Behavior (Live Peacefully, Happy) | 08     |

**Reference Books**

- 1) योगसूत्र - पतंजली
- 2) प्राणायाम रहस्य, स्वामी रामदेव, दिव्य प्रकाशन पतंजली योगपीठ हरिद्वार, 2009
- 3) भारतीय तत्त्वज्ञान, डॉ. वेदप्रकाश डोणगावकर, मैत्री प्रकाशन लातूर, 2020
- 4) पाश्चात्य तत्त्वज्ञान, डॉ. वेदप्रकाश डोणगावकर, श्री प्रकाशन वाशीम, 2023
- 5) योग भाष्यकारांचे तत्त्वचिंतन, डॉ. विजय मोरे, युगंधरा प्रकाशन, छ. संभाजीनगर, 2026

**Sant Gadge Baba Amravati University, Amravati**  
**NEP –2026-27**  
**B.A. Part III (Semester – V)**  
**Philosophy (649)**

| Code                                         | Title                 | Credit    | Teaching Hrs. | Mark            |
|----------------------------------------------|-----------------------|-----------|---------------|-----------------|
| <b>Skill- (Phil.) - III</b><br><b>649278</b> | <b>Argument Skill</b> | <b>02</b> | <b>30</b>     | <b>30+20=50</b> |

**Objectives:**

**Course Outcomes (Cos) :**

| Unit | Content                                                                                                                                                                            | Period    |
|------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| 1    | <b>Nature of argument</b><br>A) Meaning of argument<br>B) Tools of argument<br>C) Kinds of argument<br>D) Use of argument                                                          | <b>07</b> |
| 2    | <b>Nature of Fallacies</b><br>A) Meaning of Fallacies<br>B) Meaning formal Fallacies<br>C) Meaning Non formal Fallacies<br>D) Importance: Study of Fallacies                       | <b>07</b> |
| 3    | <b>Types of Non Formal Fallacies</b><br>A) Fallacy of Composition<br>B) Fallacy of Division<br>C) Fallacy of Accident<br>D) Converse Fallacy of Accident                           | <b>08</b> |
| 4    | Theory of Arguments & Example<br>A) Dialectic method of Zeno<br>B) Dialogue method of Socrates<br>C) Krushna & Arjun<br>D) Sidharth Gautam & Senapati (Bhuddha & His Dhamm 1.1.14) | <b>08</b> |

**Reference Books :**

[1] I.M.Copi : Introduction to Logic

[2] I.M.Copi : Symbolic Logic

[३] बी.एम.ठाकरे : तर्कशास्त्र

4) दि.य.देशपांडे व डॉ सुनीती देव : सांकेतिक तर्कशास्त्र व उद्गमन

- 5) दि. य. देशपांडे, सांकेतिक तर्कशास्त्र, विद्या प्रकाशन, नागपुर
- 6) तर्कशास्त्र, डॉ. संतोष ठाकरे, कुम्भ प्रकाशन, अमरवाती
- 7) तर्कविद्या १ व २, बी. आर. जोशी. कुलकर्णी, मठवाले, स्वाति प्रकाशन, पुर्णा
- 8) सुगम तर्कविचार, माधवी कवी, ई. आर. मठवाले, विद्या प्रकाशन, नागपुर, 2008