



Binod Bihari Mahto Koyalanchal University, Dhanbad

Syllabus for Four Years Undergraduate Program

MINOR FROM VOCATIONAL

Effective from 2024

Basic on 'Learning Outcomes based Curriculum Framework' (LOCF) released by UGC

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BINOD BIHARI MAHTO KOYALANCHAL UNIVERSITY, DHANBAD

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BBMKU FYUGP Syllabus: MN/MDCPHILOSOPHY

Detailed course content of minor from vocational for Philosophy major students

MINOR WITH CREDITS: VOCATIONA				
Year	Semester	Paper	Paper Titles	Credits and Classes per Week
1	II	MN 2A	YOGA PHILOSOPHY	04
2	IV	MN 2B	Basic Elements of Yoga	04
3	VI	MN 2C	Diseased, Yoga and Yoga Nidra	04
4	VIII	MN 2D	Environmental Ethics	04

Detailed Distribution of Marks:

Full Marks: 100

Credits: 4

Written Test:

Question format for 75 Marks:

F.M. = 75	Subject/ Code Time=3hrs.	Exam Year
General Instructions:		
i. Group A carries very short answer type compulsory questions.		
ii. Answer 4 out of 6 subjective/ descriptive questions given in Group B.		
iii. Answer in your own words as far as practicable.		
iv. Answer all sub parts of a question at one place.		
v. Numbers in right indicate full marks of the questions.		
Group A		
1.	i.	[5x1=5]
	ii.	
	iii.	
	iv.	
	v.	
2.	[5]
3.	[5]
Group B		
4.	[15]
5.	[15]
6.	[15]
7.	[15]
8.	[15]
9.	[15]
Note: There may be subdivisions in each question asked in Theory Examination.		

Viva Voce / Demonstration / Skill Test: 25 Marks

SEMESTER :- 2

MINOR FROM VOCATIONAL PAPER 2A

YOGA PHILOSOPHY

TOTAL:- 04 CREDITS

Suggested Topics:

Units	Topics	Credits
Unit I:	<p>➤ Introduction</p> <ul style="list-style-type: none"> • Concept of Yoga • Definition of Yoga • History and Development of Yoga Philosophy. 	01 Credit
Unit II:	<p>➤ Citta</p> <ul style="list-style-type: none"> • cittabhūmi • cittavṛtti • cittavṛttinirodha. 	01 Credit
Unit III:	<p>➤ Astāṅgayoga</p> <ul style="list-style-type: none"> • Meaning of the sutra on astāṅgayoga (Yogasūtra 2/29) <p>➤ Yama</p> <ul style="list-style-type: none"> • Importance of the five practices of yama in daily life • Meaning of the sutras on Yama (Yogasūtra 2/30, 35-39) • Relevance of yama in social interactions. 	01 Credit

Unit IV:	<p>➤ Niyama</p> <ul style="list-style-type: none"> • Importance of the five practices of niyama in daily life • Meaning of the sutras on niyama (Yogasūtra 2/32, 40-45) • Relevance of niyama in social interactions • yama and niyama- the foundation and preparation for higher steps of yoga <p>➤ Āsana</p> <ul style="list-style-type: none"> • Definition of asana • Meaning of the sutra on āsana (Yogasūtra 2/46) • Differences between asana and exercises • āsana as a spiritual practice 	01 Credit
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Recommended Texts:

- Patanjali: Yogasūtra with Yogasūtrabhāṣya of Vyasa
- Complete Works of Swami Vivekananda (Volume-1)

References:

- S.N. Dasgupta: A History of Indian philosophy, Vols. I to V, Motilal Banarsidass, Delhi, 1988
- S. C. Chatterjee & D. M. Dutta: An Introduction to Indian Philosophy, Calcutta University Press, Kolkata, 2004
- C. D. Sharma: A Critical Survey of Indian Philosophy, Motilal Banarsidass Publishers Private Limited, Delhi, 2009

- J. N. Mohanty : Classical Indian Philosophy, Oxford University Press, New Delhi, 2000
- M. Hiriyanna: Outlines of Indian Philosophy, Motilal Banarsidass, Delhi, 2009
- S. Radhakrishnan: Indian Philosophy. Vol. I. New York: The Macmillan Co., London, George Allen & Unwin Ltd. 1923

SEMESTER :- 4

MINOR FROM VOCATIONAL PAPER 2B**BASIC ELEMENTS OF YOGA**

TOTAL:- 04 CREDITS

FULL MARKS : 100

Suggested Topics:

Units	Topics	Credits
Unit I:	<p>➤ Various Yoga Methods (Yoga) Yoga: Meaning and Concept; Origin and Development; Yoga in Vedas; Upanishads and Gita</p>	01 Credit
Unit II:	<p>➤ Patanjali Yoga (i) The Nature of Yoga; Chitta- Vritti and the means of Nirodha; Nature of God (ii) Kriya- Yoga, Kleshas, Eight- Fold path of Yoga, Sanyam, Kaivalya.</p>	01 Credit
Unit III:	<p>➤ Shaiva Yoga • Philosophical Basis, types and levels of Sadhana, requirements of Sadhana, Qualifications of the seeker and level of Sadhana.</p>	01 Credit
Unit IV:	<p>➤ Patanjali Yoga Sutra • Samadhipada • Sadhanapada • Vibhutipada • Kaivalyapada</p>	01 Credit

References:

- Kriyalamak Yoga:- Swami Satyanand Saraswati,
- Patanjali Astangik Yog:- Swami Ramesh Chandra Shukla,
- Complete book of Yoga:- Swami Vivekananda,
- Kriya Yoga:- Prof. Ramashankar Mishra,
- Bhartiya Darshan:- H.P.Sinha.

SEMESTER :- 6

MINOR FROM VOCATIONAL PAPER 2C**DISEASED, YOGA AND YOGA NIDRA****TOTAL:- 04 CREDITS****FULL MARKS : 100****Suggested Topics:**

Units	Topics	Credits
Unit I:	<p>➤ Disease and Yoga</p> <p>a) Head and Neck;</p> <p>b) Heart and Circulatory System;</p> <p>c) Respiratory System;</p>	01 Credit
Unit II:	<p>➤ Disease and Yoga</p> <p>a) Digestive System;</p> <p>b) Skeletal System and Joints;</p> <p>c) Urinary and Reproductive System</p>	01 Credit
Unit III:	<p>➤ Yoga Nidra</p> <p>a) Introduction;</p> <p>b) Yoga Nidra Practice;</p> <p>c) First Stage;</p> <p>d) Second Stage;</p>	01 Credit
Unit IV:	<p>➤ Yoga Nidra</p> <p>a) Third Stage;</p> <p>b) Fourth Stage;</p> <p>c) Yoga Nidra for Children;</p> <p>d) Effect of Yoga Nidra on the Body.</p>	01 Credit

Suggested Readings:

- Yog Chikitsa ke Siddhant- Dr. Sarswati Kala;
- Hatha yoga Pradipika- Swami Muktibodhananda;
- Patanjali Yoga Sutras- Swami Vivekananda;
- Yoga Nidra- Swami Satyanand Sarswati;
- Patanjali Yog Darshan- Gitapress.

SEMESTER :- 8**MINOR FROM VOCATIONAL PAPER 2D****ENVIRONMENTAL ETHICS****TOTAL:- 04 CREDITS****FULL MARKS : 100****Suggested Topics:**

Units	Topics	Credits
Unit I:	Nature and scope of Environmental Ethics; Basic concepts and issues	01 Credit
Unit II:	Nature, Man and Society : A Plea for Non- Anthropocentrism; Climate change: Meaning: Causes and Preventions.	01 Credit
Unit III:	Plant Philosophy: Concept of plant philosophy. Outdoor and Indoor plants. Caring for indoor and outdoor plants. Their importance in the environment.	01 Credit
Unit IV:	Garden Philosophy: Concept of garden Philosophy. Types of garden : Terrace ; Hanging, green wall, Ladder shelving etc. Environmental impact of garden.	01 Credit

Suggested Readings:

- Peter Singer: Practical Ethics Cambridge; Cambridge; University Press 2011.
- Singer, Peter. "Environmental Values", the oxford Book of Travel stories, Ed. Ian Marsh, Mel Bourne, Australis: Longman Chesire, 1991.
- Baylan, Michael (ed.), Environmental Ethics, New Jersey: Prentice Hall, 2001.
- Carson, Rachel, Silent Spring, Boston: Houghton Mifflin, 1962.
- Paryavaran Nitishastra – N.P. Tiwary.