

Resolution No.: BOS/31-05-2023

(As per NEP 2020 Guidelines)

## **Bharatiya Vidya Bhavan's**

M. M. College of Arts, N.M. Institute of Science, H.R.J. College of Commerce.

## **(Bhavan's College) Autonomous**

(Affiliated to the University of Mumbai)



## **Syllabus for: 3 YR UG**

**Program: B.A.**

**Program Code: BH.U**

**Course Code: BH.**



**Syllabus for Two credit or four credit Course under**

**Choice Based Credit System (CBCS)**

**with effect from the academic year 2023-24**

**Title of the Course: Indian Philosophy of Mind and Meditation I**

**Name of the Course:**

<b>Sr. No.</b>	<b>Heading</b>	<b>Particulars</b>
1	<b>Description the course : Including but not limited to :</b>	Introduction, relevance, Usefulness, Application, interest, connection with other courses, demand in the industry, job prospects etc.
2	<b>Vertical :</b>	Open Elective √
3	<b>Type :</b>	Theory
4	<b>Credit:</b>	2 credits
5	<b>Hours Allotted :</b>	30 Hours
6	<b>Marks Allotted:</b>	50 Marks
7	<b>Course Objectives:</b> ( List some of the course objectives ) 1. 2. 3.	
8	<b>Course Outcomes:</b> ( List some of the course outcomes ) 1. 2. 3.	

9	<b>Modules:-</b> Per credit One module can be created each for 15 hrs of teaching	<b>Credit</b>	<b>Lectures</b>
	<b>Module 1: Yoga School</b>	<b>01</b>	<b>15</b>
	<ol style="list-style-type: none"> <li>1. Introduction to Yoga School of Philosophy. (Prakriti, Purusa, ashtangayoga)</li> <li>2. Chittavrutti</li> <li>3. Yoga Technique of Meditation</li> <li>4. Modern applications of Yoga in mental health and well-being</li> </ol>		
	<b>Module 2: Buddhist School</b>	<b>01</b>	<b>15</b>
	<ol style="list-style-type: none"> <li>1. Buddhist concept of Mind.</li> <li>2. Understanding of suffering, dependent origination.</li> <li>3. Vipassana Meditation and Metta Bhavana</li> <li>4. Mindfulness in daily life</li> </ol>		
10	<b>Text Books:</b> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> </ol>		
11	<b>Reference Books:</b>		

**Title of the Course: Indian Philosophy of Mind and  
Meditation II Name of the Course:**

Sr. No.	Heading	Particulars
1	<b>Description the course : Including but not limited to :</b>	Introduction, relevance, Usefulness, Application, interest, connection with other courses, demand in the industry, job prospects, etc.
2	<b>Vertical :</b>	Open Elective ✓
3	<b>Type :</b>	Theory
4	<b>Credit:</b>	2 credits
5	<b>Hours Allotted :</b>	30 Hours
6	<b>Marks Allotted:</b>	50 Marks
7	<b>Course Objectives: ( List some of the course objectives )</b> 1. 2. 3.	
8	<b>Course Outcomes: ( List some of the course outcomes )</b> 1. 2. 3.	

9	<b>Modules:-</b> Per credit, One module can be created each for 15 hours of teaching	<b>Credit</b>	<b>Lectures</b>
	<b>Module 1: Jaina School</b>	<b>01</b>	<b>15</b>
	1. Three states of Mind in Jainism. (Bahiratma, antaratma & Paramatma) 2. Four Kinds of Meditation: Aarta Dhyana (Sorrowful Meditation), Raudra Dhyana (Wrathful Meditation), Dharma Dhyana (Righteous Meditation), Shukla Dhyana (Spiritual Meditation) 3. A holistic Technique of Meditation (Preksha Meditation)		
	<b>Module 2: Contemporary</b>	<b>01</b>	<b>15</b>
	1. J. Krishnamurti's concept of Mind. Examination of consciousness, meditation, and psychological liberation 2. Aurobindo's Integral Yoga: Evolution of consciousness and spiritual transformation 3. Vivekanand's concept of Mind, Vivekananda's teachings on mindfulness and self-awareness.		
10	<b>Text Books:</b> 1. 2. 3. 4		
11	<b>Reference Books:</b>		

12	<b>Internal Continuous Assessment: 0</b>	<b>Semester End Examination : 100%</b>
13	<b>Format of Question Paper:</b>	

14	Rubrics for evaluation of Co-Curricular course
----	--