

S. P. Mandali's
Ramnarain Ruia Autonomous College
(Affiliated to University of Mumbai)



Program: M.A.

Program Code: Philosophy (RPAPHI)

(Credit Based Semester and Grading System
for academic year 2024–2025)



GRADUATE ATTRIBUTES

GA	GA Description
	A student completing Master's Degree in Arts program will be able to:
GA 1	Demonstrate understanding and skills of application of knowledge of historical and contemporary issues in the social and linguistic settings with a transdisciplinary perspective to make an informed judgement.
GA 2	Analyse and evaluate theories of individual and social behaviour in the familiar contexts and extrapolate to unfamiliar contexts in order to resolve contemporary issues.
GA 3	Effectively and ethically use concepts, vocabularies, methods and modern technologies in human sciences to make meaningful contribution in creation of information and its effective dissemination
GA 4	Explore critical issues, ideas, phenomena and debates to define problems or to formulate hypotheses; as well as analyse evidences to formulate an opinion, identify strategies, evaluate outcomes, draw conclusions and/or develop and implement solutions.
GA 5	Demonstrate oral and written proficiency to analyse and synthesise information and apply a set of cognitive, affective, and behavioural skills to work individually and with diverse groups to foster personal growth and better appreciate the diverse social world in which we live.
GA 6	Develop a clear understanding of social institutional structures, systems, procedures, and policies existing across cultures, and interpret, compare and contrast ideas in diverse social- cultural contexts, to engage reasonably with diverse groups.
GA 7	React thoughtfully with emotional and moral competence to forms of expressive direct action and apply social strategies toward eradicating threats to a democratic society and a healthy planet.
GA 8	Articulate and apply values, principles, and ideals to the current societal challenges by integrating management and leadership skills to enhance the quality of life in the civic community through actions that enrich individual lives and benefit the community.



PROGRAM OUTCOMES

PO	PO Description
	A student completing Master's Degree in Arts program in the subject of Philosophy will be able to:
PO 1	To familiarize students to a comprehensive understanding of major philosophical traditions and to the contributions of various philosophers to the subject.
PO 2	To help students understand the relationship between Philosophical Counseling, Psychotherapy, and other techniques.
PO 3	To introduce students to Philosophical Counseling as an emerging approach in Philosophy and to acquaint them to the modalities in Philosophical Counseling.
PO 4	To facilitate the understanding of Logic-Based (LBT) Therapy as a modality of Philosophical Counseling.
PO 5	To equip students with a wide range of Philosophical Counseling techniques and strategies to help client analyse their thinking patterns, beliefs, and assumptions.
PO 6	To foster empathy and effective listening skills to develop trust and a supportive relationship with their clients.
PO 7	To nurture students, contribute in the field of research and creating awareness about Philosophical Counseling through relevant mediums.
PO 8	To understand the ethical code of conduct as prescribed by NPCA and to help imbibe it in practice.



PROGRAM OUTLINE

YEAR	SEM	COURSE CODE	COURSE TITLE	CREDITS
SYMA	III	RPAPHI.O601	Perfectionism in everyday life	4
	III	RPAPHI.O602	Contemporary Indian Philosophers-II	4
	III	RPAPHI.O603	Philosophy of Existentialism	4
	III	RPAPHI.O604	Philosophy of Consciousness	4
	III	RPAPHI.O605	Research Project	6
SYMA	IV	RPAPHI.E611	LBT and everyday issues	4
	IV	RPAPHI.E612	Therapeutic techniques in Indian Philosophy	4
	IV	RPAPHI.E613	Abnormal Psychology	4
	IV	RPAPHI.E614	Dissertation	10



Credit structure for MA

Semester	Mandatory	Elective	R M	OJT/F P	RP/ Internship	Credit s
1	14	4	4	0	0	22
2	14	4	0	4 FP	0	22
3	12	4	0	0	6 RP	22
4	8	4	0		10 OJT	22
Total CREDITS	48	16	4	4	16	88



Course Code: RPAPHI.O601

Course Title: Perfectionism in everyday life

Academic year 2024-2025

COURSE OUTCOMES:

COURSE OUTCOME	DESCRIPTION
CO 1	To define the intricacies of perfectionism as a logical fallacy
CO 2	To describe perfectionism and its types
CO 3	To identify perfectionism in reasoning
CO 4	To summarize and work on perfectionist tendencies



DETAILED SYLLABUS

Course Code/ Unit	Unit	Course/ Unit Title	Credits/ Lectures
RPAPHI.O601		Perfectionism in everyday life	4
	I	Introduction to demanding perfection/perfectionism	15
		a) What is perfectionism? (thinking pattern, emotional, and behavioural consequences) b) Perfectionism as a root cause of common fallacies (awfulizing, can'tstipation, WRAM, etc) c) Categories of perfectionism	
	II	Achievement and Approval Perfectionism	15
		a) Definition and common problems associated b) Identifying and refuting perfectionist tendencies c) Guiding virtue and uplifting philosophies	
	III	Control and Ego-centric Perfectionism	15
		a) Definition and common problems associated b) Identifying and refuting perfectionist tendencies c) Guiding virtue and uplifting philosophies	
	IV	Treatment and Existential Perfectionism	15
		a) Definition and common problems associated b) Identifying and refuting perfectionist tendencies c) Guiding virtue and uplifting philosophies	

References:

- Cohen, Elliot., *The New Rational Therapy*, Rowman and Littlefield, 2006.
- Cohen, Elliot., *Logic-Based Therapy and Everyday Emotions.*, Lexington Books, 2017.
- Cohen, Elliot., *Cognitive Behaviour Therapy for Those Who Say They Can't: A Workbook for Overcoming Your Self-Defeating Thoughts*, Routledge, 2022.
- Cohen, Elliot., *What Would Aristotle Do? Self-Control through the Power of Reason*, Prometheus Publication, 2003.
- Cohen, Elliot., *Cognitive Behaviour Interventions for Self-Defeating Thoughts: Helping Clients to Overcome the Tyranny of "I Can't"*, Routledge Publishers, 2021.
- Cohen, Elliot., *Making Peace with Imperfections: Discover Your Perfectionism Type, End the Cycle of Criticism, and Embrace Self-Acceptance*, Impact Publishers, 2019.



- Cohen, Elliot., *The Dutiful Worrier: How to Stop Compulsive Worry Without Feeling Guilty*. New Harbinger Publications, 2011.
- Cohen, Elliot., *Critical Thinking Unleashed*, Rowman and Littlefield Publishers, 2009.
- Cohen, Elliot, and Cohen, Gale, *The Virtuous Therapist*, Brooks/Cole, 1998.
- Cohen, Elliot., *Theory and Practice of Logic-Based Therapy: Integrating Critical Thinking and Philosophy into Psychotherapy*, Cambridge Scholars Publishing, 2013.
- Cohen, Elliot., *Philosophy, Counselling, and Psychotherapy*. Cambridge Scholars Publishing, 2013.

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Modality of Assessment: Department Specific Course (4 Credit Theory Course for MA)

A) Internal Assessment- 40%- 40 Marks

Sr No	Evaluation type	Marks
1	Class Test/ Project / Assignment / Presentation	20
2	Class Test/ Project / Assignment / Presentation	20
	TOTAL	40

B) External Examination (Semester End)- 60%- 60 Marks

Semester End Theory Examination:

1. Duration – The duration for these examinations shall be of **Two Hours**.
2. Theory question paper pattern:

Paper Pattern:

Question	Options	Marks	Questions Based on
1	A or B	15	Unit I
2	A or B	15	Unit II
3	A or B	15	Unit III
4	A or B	15	Unit IV
	TOTAL	60	



Sr. No.	No. of Credits	Total Marks	Internal Assessment Marks	Internal Assessment Pattern	Sem End Exam Marks	Sem End Exam Pattern	Sem End Exam Duration
1.	4	100	40	a)1 Class Test of 20 Marks b)1 Assignment of 20 Marks	60	Four Questions of 15 Marks Each	2 hours
2.	2	50	20	Class Test/Assignment/ Open Book Test	30	Two Questions of 15 marks each/3 Questions of 10 Marks each	1.15 hours



Course Code: RPAPHI.O602

Course Title: Contemporary Indian Philosophers-II

Academic year 2024-2025

COURSE OUTCOMES:

COURSE OUTCOME	DESCRIPTION
CO 1	To summarize and describe different contemporary Philosophers
CO 2	To compare and contrast diverse contemporary Indian philosophies
CO 3	To explain and use insights from these philosophies in our lives



DETAILED SYLLABUS

Course Code/ Unit	Unit	Course/ Unit Title	Credits/ Lectures
RPAPHI.O602		Contemporary Indian Philosophers-II	4
	I	Swami Vivekanand	15
		a) Practical Vedanta b) Universal religion c) Raja Yoga	
	II	Radhakrishnan	15
		a) Advaita Vedanta: a reinterpretation b) Finite and infinite aspect of man, intuition, and intellect c) Idealistic way of life	
	III	Critique of tradition	10
		a) Pandita Ramabai: Social reform and gender, the issue of conversion b) Jyotiba Phule: a critique of tradition and promotion of universal humanism	
	IV	Political reforms	15
		a) Lokmanya Tilak: Gita Rahasya (analysis of karma yoga) b) Gopal Ganesh Agarkar: Critique of Hinduism, reformist position, and agnosticism.	

References:

- Lal, B. K. *Contemporary Indian Philosophy*. Motilal Banarasidas, 2017.
- Sharma, R. N. *Contemporary Indian Philosophy*. 2021
- Chatterjee, Margaret. *Contemporary Indian Philosophy*. Motilal Banarasidas, 1998.
- *The Complete works of Swami Vivekananda*. Advaita Ashrama, Calcutta.
- Sharma, Nilima. *Twentieth Century Philosophy*. Motilal Banarasidas, 1999.
- Laxman Shastri Joshi (1996) *Jotirao Phule*. New Delhi: National Book Trust



- Deshpande, G.P. (2002) *Selected Writing of Jotirao Phule*, edited with annotations and introduction. New Delhi: Left word books.
- Ramabai, Pandita. *The High-Caste Hindu Woman (1887) in Pandita Ramabai through her own Words: Selected Works*, ed. Meera Kosambi, 129-180. Oxford University Press: New Delhi, 2000
- Ganachari Arvind, (2005) *Gopal Ganesh Agarkar: The Secular Rationalist Reformer*. Popular Prakashan, Pune.
- Tilak, Lokmanya, *Geetarahasya*
- Nalini Bhushan and Jay L. Garfield (eds.) *Indian Philosophy in English: From Renaissance to Independence*. Oxford University Press, 2011

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Modality of Assessment: Department Specific Course (4 Credit Theory Course for MA)

A) Internal Assessment- 40%- 40 Marks

Sr No	Evaluation type	Marks
1	Class Test/ Project / Assignment / Presentation	20
2	Class Test/ Project / Assignment / Presentation	20
	TOTAL	40

B) External Examination (Semester End)- 60%- 60 Marks

Semester End Theory Examination:

1. Duration – The duration for these examinations shall be of **Two Hours**.
2. Theory question paper pattern:

Paper Pattern:

Question	Options	Marks	Questions Based on
1	A or B	15	Unit I
2	A or B	15	Unit II
3	A or B	15	Unit III
4	A or B	15	Unit IV
	TOTAL	60	



Sr. No.	No. of Credits	Total Marks	Internal Assessment Marks	Internal Assessment Pattern	Sem End Exam Marks	Sem End Exam Pattern	Sem End Exam Duration
1.	4	100	40	a)1 Class Test of 20 Marks b)1 Assignment of 20 Marks	60	Four Questions of 15 Marks Each	2 hours
2.	2	50	20	Class Test/Assignment/ Open Book Test	30	Two Questions of 15 marks each/3 Questions of 10 Marks each	1.15 hours



Course Code: RPAPHI.O603

Course Title: Philosophy of Existentialism

Academic year 2024-2025

COURSE OUTCOMES:

COURSE OUTCOME	DESCRIPTION
CO 1	To summarize the basic concepts in Existentialism
CO 2	To compare and contrast between different existentialist philosophies
CO 3	To explain the connection between Existentialism and Philosophical Counselling

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DETAILED SYLLABUS 1

Course Code/ Unit	Unit	Course/ Unit Title	Credits/ Lectures
RPAPHI.O603		Philosophy of Existentialism	4
	I	Nietzsche	15
		a) Critique of religion and morality b) Recreation of human values (power, affirmation, honesty, artistry, and autonomy) c) The eternal recurrence of the same and the concept of Ubermach	
	II	Heidegger	15
		a) Existential phenomenology (divergence from Husserl and Brentano) b) The ontology of Being (Dasein and Dasman, facticity, thrownness, authenticity, etc) c) Death and temporality	
	III	Karl Jaspers	15
		a) Boundary situation b) Concept of existence (dasein, geist) c) Existential communication	
	IV	Sartre	15
		a) Sartre's existential phenomenology (concept of ego, comparison with Heidegger) b) Being-in-itself and Being-for-itself c) Being and its relationship with others	

References:

- Blackham, H.J. *Six Existentialist Thinkers*
- Macquarrie J. *Existentialism*, Penguin, 1980.
- Bhadra M.K. *A Critical Survey of Phenomenology and Existentialism*, ICPR in association with Allied Publishers, New Delhi, 1990.
- Yalom, Irvin. *Existential Psychotherapy*. Basic Books, 1980.
- Embree L., Behnke E, Carr David & Others (eds.) *Encyclopaedia of Phenomenology*. Kluwer Academic Publishers, Dordrecht, 1997.



- Heidegger M. *Being and Time*, tr. By Macquarrie J. and Robinson, D.S. Harper, 1962.
- Sartre J.P. *Being and Nothingness*, tr. By Bornes M, Philosophical library, 1956.
- Warnock, Mary (1965) *The Philosophy of Sartre*, Hutchison University Press London.
- Jaspers, Karl (1963) *Philosophy and the world*. Washington D.C. Regnery Gateway.
- Critchley, Simon, and William R. Schroeder (Ed) (1998) *A Companion to Continental Philosophy*, Malden & Oxford: Blackwell.
- Baret, William (1961) *The Irrational Man* London: Heinemann.

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Modality of Assessment: Department Specific Course (4 Credit Theory Course for MA)

A) Internal Assessment- 40%- 40 Marks

Sr No	Evaluation type	Marks
1	Class Test/ Project / Assignment / Presentation	20
2	Class Test/ Project / Assignment / Presentation	20
	TOTAL	40

B) External Examination (Semester End)- 60%- 60 Marks

Semester End Theory Examination:

1. Duration – The duration for these examinations shall be of **Two Hours**.
2. Theory question paper pattern:

Paper Pattern:

Question	Options	Marks	Questions Based on
1	A or B	15	Unit I
2	A or B	15	Unit II
3	A or B	15	Unit III
4	A or B	15	Unit IV
	TOTAL	60	



Sr. No.	No. of Credits	Total Marks	Internal Assessment Marks	Internal Assessment Pattern	Sem End Exam Marks	Sem End Exam Pattern	Sem End Exam Duration
1.	4	100	40	a)1 Class Test of 20 Marks b)1 Assignment of 20 Marks	60	Four Questions of 15 Marks Each	2 hours
2.	2	50	20	Class Test/Assignment/ Open Book Test	30	Two Questions of 15 marks each/3 Questions of 10 Marks each	1.15 hours



Course Code: RPAPHI.O604

Course Title: Philosophy of Consciousness (Indian and Western)

Academic year 2024-2025

COURSE OUTCOMES:

COURSE OUTCOME	DESCRIPTION
CO 1	To explain the Philosophical views on consciousness
CO 2	To compare and contrast Indian and Western views on consciousness
CO 3	To explain and use the perspectives on consciousness in the field of Philosophical Counseling

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DETAILED SYLLABUS

Course Code/ Unit	Unit	Course/ Unit Title	Credits/ Lectures
RPAPHI.O604		Philosophy of Consciousness (Indian and Western)	4
	I	Classical view on consciousness	15
		a) Upanishadic and Vedantic views of consciousness; Psychological analysis of waking, dream, deep sleep and Turiya states b) Samkhya-Yoga view: Purusa as drsta, citta, citta vritti, citta bhumi, nirvikalapa Samadhi c) Nyaya-Vaisesika: Status of Consciousness	
	II	Heterodox school's views on consciousness	15
		a) Jainism: Status of Jiva and lesya b) Materialist (Carvaka) view of consciousness. c) Buddhist view of consciousness and the denial of Soul Section	
	III	The problems of consciousness	15
		a) The Problem of Consciousness: Aristotelian and the Cartesian paradigm b) Spinozian interventions c) The Mind-Body problem and the linguistic solution: Ryle and Later- Wittgenstein	
	IV	Contemporary views on Mind-body problems	15
		a) The Mind-Body problem restated: The 'hard' problem of consciousness and the notion of an 'explanatory gap' b) Theories of Consciousness: Identity theories (reductive and non-reductive), Eliminativism c) Computational model of mind, Artificial Intelligence and Functionalism	

References:

- Aristotle's *De Anima*, Hamlyn DW, Oxford Clarendon, 1968.
- Descartes's Meditations and Principles of Philosophy in *Philosophical Writings of Descartes* (Vol I and 2) CUP, 1985.
- Ryle Gilbert, *Concept of Mind*, University of Chicago Press, 1949.



- Wittgenstein L (1949) — *Philosophical Investigations* — Translated by G.E.M. Anscombe, Oxford: Blackwell Publishers, 1953.
- David Chalmers — *Philosophy of Mind: Classical and Contemporary Readings* - Oxford University Press, New York, Delhi, 2002 (Anthology).
- Heil J, *Philosophy of Mind, A Guide and Anthology*, Clarendon, Oxford, 2004.
- Dennett D, *Consciousness Explained*, Penguin, 1991.
- Searle, John. *Minds Brains and Science*, 1984 Reith lectures.
- Searle John., *Mystery of Consciousness*, NYRB, 1997.
- McGinn C., *Problem of Consciousness*, Blackwell, 1991, 1993.
- S. Guttenplan, *A Companion to Philosophy of Mind*, Oxford: Blackwell, 1994.
- Stephen P. Stich and Ted A. Warfield (eds.) - *The Blackwell Guide to Philosophy of Mind* — Oxford: Blackwell, 1993.
- Smith and Jones (Eds), *An Introduction to Philosophy of Mind*, CUP, 1986.
- Heil J, *Philosophy of Mind: A Contemporary Introduction*, Routledge, 2004.
- Boden Margaret, *The Philosophy of Artificial Intelligence*, OUP, 1990.



Modality of Assessment: Department Specific Course (4 Credit Theory Course for MA)

A) Internal Assessment- 40%- 40 Marks

Sr No	Evaluation type	Marks
1	Class Test/ Project / Assignment / Presentation	20
2	Class Test/ Project / Assignment / Presentation	20
	TOTAL	40

B) External Examination (Semester End)- 60%- 60 Marks

Semester End Theory Examination:

3. Duration – The duration for these examinations shall be of **Two Hours**.
4. Theory question paper pattern:

Paper Pattern:

Question	Options	Marks	Questions Based on
1	A or B	15	Unit I
2	A or B	15	Unit II
3	A or B	15	Unit III
4	A or B	15	Unit IV
	TOTAL	60	



Sr. No.	No. of Credits	Total Marks	Internal Assessment Marks	Internal Assessment Pattern	Sem End Exam Marks	Sem End Exam Pattern	Sem End Exam Duration
1.	4	100	40	a)1 Class Test of 20 Marks b)1 Assignment of 20 Marks	60	Four Questions of 15 Marks Each	2 hours
2.	2	50	20	Class Test/Assignment/ Open Book Test	30	Two Questions of 15 marks each/3 Questions of 10 Marks each	1.15 hours



Course Code: RPAPHI.E611

Course Title: Logic-Based Therapy and everyday issues

Academic year 2024-2025

COURSE OUTCOMES:

COURSE OUTCOME	DESCRIPTION
CO 1	To describe everyday issues through the lens of Logic-Based Therapy
CO 2	To explain the causes of daily emotional problems through the lens of fallacies in Logic-Based Therapy
CO 3	To define and explain techniques from Logic-Based Therapy to deal with our everyday problems

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DETAILED SYLLABUS

Course Code/ Unit	Unit	Course/ Unit Title	Credits/ Lectures
RPAPHI.E611		Logic-Based Therapy and everyday issues	4
	I	Introduction to Can'tstipation	15
		a) Can'tstipation - definition and nature b) Types of can'tstipation c) The relationship between language and emotions	
	II	Overcoming risk aversive and low frustrative tendencies	15
		a) Definition, types, and analysis of risk-avoidant and low-frustrative tendencies b) Syllogistic chains and six-step analysis c) Exercises and behavioural plans to overcome risk-avoidant and low-frustrative tendencies	
	III	Dependent tendencies	15
		a) Definition and analysis b) Syllogistic chains and six-step analysis c) Exercises and behavioural plans to overcome dependent tendencies	
	IV	Obsessive thinking and hyper-egoic thinking tendencies	15
		a) Definition and analysis b) Syllogistic chains and six-step analysis c) Exercises and behavioural plans to overcome obsessive and hyper-egoic tendencies	

References:

- Cohen, Elliot., *The New Rational Therapy*, Rowman and Littlefield, 2006.
- Cohen, Elliot., *Logic-Based Therapy and Everyday Emotions.*, Lexington Books, 2017.
- Cohen, Elliot., *Cognitive Behaviour Therapy for Those Who Say They Can't: A Workbook for Overcoming Your Self-Defeating Thoughts*, Routledge, 2022.



- Cohen, Elliot., *What Would Aristotle Do? Self-Control through the Power of Reason*, Prometheus Publication, 2003.
- Cohen, Elliot., *Cognitive Behaviour Interventions for Self-Defeating Thoughts: Helping Clients to Overcome the Tyranny of "I Can't"*, Routledge Publishers, 2021.
- Cohen, Elliot., *Making Peace with Imperfections: Discover Your Perfectionism Type, End the Cycle of Criticism, and Embrace Self-Acceptance*, Impact Publishers, 2019.
- Cohen, Elliot., *The Dutiful Worrier: How to Stop Compulsive Worry Without Feeling Guilty*. New Harbinger Publications, 2011.
- Cohen, Elliot., *Critical Thinking Unleashed*, Rowman and Littlefield Publishers, 2009.
- Cohen, Elliot, and Cohen, Gale, *The Virtuous Therapist*, Brooks/Cole, 1998.
- Cohen, Elliot., *Theory and Practice of Logic-Based Therapy: Integrating Critical Thinking and Philosophy into Psychotherapy*, Cambridge Scholars Publishing, 2013.
- Cohen, Elliot., *Philosophy, Counselling, and Psychotherapy*. Cambridge Scholars Publishing, 2013.



Modality of Assessment: Department Specific Course (4 Credit Theory Course for MA)

A) Internal Assessment- 40%- 40 Marks

Sr No	Evaluation type	Marks
1	Class Test/ Project / Assignment / Presentation	20
2	Class Test/ Project / Assignment / Presentation	20
	TOTAL	40

B) External Examination (Semester End)- 60%- 60 Marks

Semester End Theory Examination:

5. Duration – The duration for these examinations shall be of **Two Hours**.
6. Theory question paper pattern:

Paper Pattern:

Question	Options	Marks	Questions Based on
1	A or B	15	Unit I
2	A or B	15	Unit II
3	A or B	15	Unit III
4	A or B	15	Unit IV
	TOTAL	60	



Sr. No.	No. of Credits	Total Marks	Internal Assessment Marks	Internal Assessment Pattern	Sem End Exam Marks	Sem End Exam Pattern	Sem End Exam Duration
1.	4	100	40	a)1 Class Test of 20 Marks b)1 Assignment of 20 Marks	60	Four Questions of 15 Marks Each	2 hours
2.	2	50	20	Class Test/Assignment/ Open Book Test	30	Two Questions of 15 marks each/3 Questions of 10 Marks each	1.15 hours



Course Code: RPAPHI.E612

Course Title: Therapeutic techniques in Indian Philosophy

Academic year 2024-2025

COURSE OUTCOMES:

COURSE OUTCOME	DESCRIPTION
CO 1	To explain the diverse philosophical questions in the Bhagavad-Gita and the Upanishads
CO 2	To describe practical techniques and concepts from Jainism, Buddhism, Yoga and Vedanta
CO 3	To compare and contrast the applicability of Yogic and Vedantic techniques
CO 4	To summarize philosophical techniques in the framework of Philosophical Counseling



DETAILED SYLLABUS

Course Code/ Unit	Unit	Course/ Unit Title	Credits/ Lectures
RPAPHI.E612		Therapeutic techniques in Indian Philosophy	4
	I	The Bhagavad-Gita and The Upanishads	15
		a) Inquiry into oneself in the Upanishads b) Nature of dialogue in the Upanishads and the Bhagavad-Gita c) Knowledge of the self in the Upanishads and the Bhagavad-Gita	
	II	Buddhism and Jainism	15
		a) Buddhist analysis of reality and suffering (pratyutsamuttpada and kshanikvada) b) Jaina analysis of reality (anekantavada and syavada) c) Jaina and Bauddha concept of meditation (Vipassana and prekshadhyana)	
	III	Techniques from Yoga	15
		a) Yoga analysis of mind (chitta, vrutti, and chittabhumi) b) Meditation Techniques in Yoga c) Behavioural exercises to manage everyday problems (Asana, pranayama, shuddhikriyas, mudras, etc)	
	IV	Insights from Vedanta	15
		a) Levels of reality in Advaita Vedanta (sattatraya) b) Problem of Evil in Advaita Vedanta c) Jnana and Bhakti as solutions to problem of life	

References:

- Radhakrishnan, Sarvepalli. *Indian Philosophy: Volume 1 and 2*. Oxford Publications, 2008
- Dasgupta, S.N., *A History of Indian Philosophy*, Cambridge University Press, London, 1940, (Relevant volumes and chapters).
- Hirianna, M., *Outlines of Indian Philosophy*, George Allen and Unwin, London 1918.
- Mohanty, J.N., *Reason and Tradition in Indian Thought*, Clarendon Press, Oxford 1992, (Relevant sections).



- Murti, T.R.V., *The Central Philosophy of Buddhism*, George Allen and Unwin, London, 1955.
- Chincore Mangala R. *Buddhist Conceptions of Man and Human Emancipation: A Critical Investigation*; New Bharatiya Book Corporation; Delhi; 2007
- Radhakrishnan S., *The Bhagavadgītā*, Blackie & Sons Pvt. Ltd., Bombay, 1983
- More S.S. - *Gītā as Theory of action*, Satguru Publication, New Delhi
- Mehta, M.L *Jaina Philosophy*. P.V. Research institute, Varanasi, 1971.
- Barlingay, S. S., *Re-understanding Indian Philosophy: Some Glimpses*, D. K. Printworld, New Delhi, 1998.

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Modality of Assessment: Department Specific Course (4 Credit Theory Course for MA)

A) Internal Assessment- 40%- 40 Marks

Sr No	Evaluation type	Marks
1	Class Test/ Project / Assignment / Presentation	20
2	Class Test/ Project / Assignment / Presentation	20
	TOTAL	40

B) External Examination (Semester End)- 60%- 60 Marks

Semester End Theory Examination:

7. Duration – The duration for these examinations shall be of **Two Hours**.
8. Theory question paper pattern:

Paper Pattern:

Question	Options	Marks	Questions Based on
1	A or B	15	Unit I
2	A or B	15	Unit II
3	A or B	15	Unit III
4	A or B	15	Unit IV
	TOTAL	60	



Sr. No.	No. of Credits	Total Marks	Internal Assessment Marks	Internal Assessment Pattern	Sem End Exam Marks	Sem End Exam Pattern	Sem End Exam Duration
1.	4	100	40	a)1 Class Test of 20 Marks b)1 Assignment of 20 Marks	60	Four Questions of 15 Marks Each	2 hours
2.	2	50	20	Class Test/Assignment/ Open Book Test	30	Two Questions of 15 marks each/3 Questions of 10 Marks each	1.15 hours



Course Code: RPAPHI.E613
Course Title: Abnormal Psychology
Academic year 2024-2025

COURSE OUTCOMES:

COURSE OUTCOME	DESCRIPTION
CO 1	To define and describe Abnormal behaviour
CO 2	To explain various clinically diagnosed disorders
CO 3	To explain the use of Abnormal psychology in Philosophical Counselling

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DETAILED SYLLABUS

Course Code/ Unit	Unit	Course/ Unit Title	Credits/ Lectures
RPAPHI.E613		ABNORMAL PSYCHOLOGY	4
	I	Introduction to Abnormal behaviour	15
		a) What is abnormal behaviour? (its analysis and social impact) b) Causes of abnormal behaviour (biological, psychological, and sociocultural) c) Approaches to abnormal behaviour (spiritual, humanitarian, and scientific)	
	II	Anxiety and trauma disorders	15
		a) Anxiety disorders (Social anxiety disorder, GAD, Panic disorder) b) Obsessive-compulsive disorder c) Trauma and stress-related disorders	
	III	Mood disorders and suicide	15
		a) Depressive disorders (definition and types) b) Bipolar disorders c) Suicide	
	IV	Personality disorders	15
		a) Paranoid, schizoid, and schizotypal disorder b) Borderline, narcissistic, schizotypal disorder c) Avoidant personality, obsessive-compulsive, and dependent personality disorder.	

References:

- Sadock, B. J., Sadock V. A. & Ruiz P. (2021). *Kaplan & Sadock's Synopsis of Psychiatry*. (11 th ed.). Walter's Kluwer
- Nevid JS & Rathus SA & Greene B (2018) *Abnormal Psychology in Changing World*, Pearson, India
- Butcher, Hooley & Mineka (2019) *Abnormal Psychology* (17 th Edition) Pearson India
- Barlow, D.H., & Durand, V.M. (2005). *Abnormal Psychology: An Integrative Approach*. (4 th ed.). New Delhi: Wadsworth Cengage Learning



- Beidel, D. C., Bulik, C. M., & Stanley, M.A. (2010). *Abnormal Psychology*. New Jersey: Pearson Prentice Hall
- Bennet, P. (2003). *Abnormal and Clinical Psychology: An Introductory Textbook*. Open University Press
- Butcher, J. N., Hooley, J. M., & Mineka, S., (2014). *Abnormal Psychology*. (16th ed.). Pearson education
- Dhanda, Amita. (2000). *Legal Order and Mental Disorder*. New Delhi, Sage publications pvt. ltd
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Modality of Assessment: Department Specific Course (4 Credit Theory Course for MA)

A) Internal Assessment- 40%- 40 Marks

Sr No	Evaluation type	Marks
1	Class Test/ Project / Assignment / Presentation	20
2	Class Test/ Project / Assignment / Presentation	20
	TOTAL	40

B) External Examination (Semester End)- 60%- 60 Marks

Semester End Theory Examination:

9. Duration – The duration for these examinations shall be of **Two Hours**.
10. Theory question paper pattern:

Paper Pattern:

Question	Options	Marks	Questions Based on
1	A or B	15	Unit I
2	A or B	15	Unit II
3	A or B	15	Unit III
4	A or B	15	Unit IV
	TOTAL	60	



Sr. No.	No. of Credits	Total Marks	Internal Assessment Marks	Internal Assessment Pattern	Sem End Exam Marks	Sem End Exam Pattern	Sem End Exam Duration
1.	4	100	40	a)1 Class Test of 20 Marks b)1 Assignment of 20 Marks	60	Four Questions of 15 Marks Each	2 hours
2.	2	50	20	Class Test/Assignment/ Open Book Test	30	Two Questions of 15 marks each/3 Questions of 10 Marks each	1.15 hours