

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
FYMA	I	RPAPHI.O501	Greek and Hellenistic Philosophy	4
	I	RPAPHI.O502	Theory of Logic-Based Therapy	4
	I	RPAPHI.O503	Basics of Counseling	4
	I	RPAPHI.O504	Philosophy in Practice	2
	I	RPAPHI.O505	Research Methodology	4
	I	RPAPHI.O506	Critical Thinking	4
FYMA	II	RPAPHI.E511	Practice of Logic-Based Therapy	4
	II	RPAPHI.E512	Contemporary Indian Philosophers-I	4
	II	RPAPHI.E513	Contemporary Western Philosophers	4
	II	RPAPHI.E514	Foundations in Indian Philosophy	2
	II	RPAPHI.E515	On-the-job Training	4
	II	RPAPHI.E516	Psychology of Adjustment	4



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.O501

Course Title: Greek and Hellenistic Philosophy

Academic year 2024-2025

COURSE OUTCOMES:

COURSE OUTCOME	DESCRIPTION
CO 1	To explain Greek and Hellenistic philosophies
CO 2	To summarize the therapeutic insights from Greek and Hellenistic traditions
CO 3	To explain the contribution of Greek and Hellenistic philosophy to Philosophical Counseling
CO 4	To compare and contrast the ideological differences between the philosophical traditions



DETAILED SYLLABUS

Course Code/ Unit	Unit	Course/ Unit Title	Credits/ Lectures
RPAPHI.O501		Greek and Hellenistic Philosophy	4
	I	Socrates and the Sophists	15
		a) Protagoras and Georgias (Relativity of knowledge and focus on rhetoric) b) Socrates (objective knowledge, virtues, intellectual midwifery and elenchus, care of the soul)	
	II	Plato and Aristotle	15
		a) Introduction to Plato's philosophy (Allegory of the cave and forms and ideas) b) Plato's virtues: fulfilment of actions, problems of teachability c) Aristotle's Nicomachean ethics (friendship, akrasia, eudaimonia)	
	III	Stoicism	15
		a) Epictetus (rationality, emotional adjustment, and self-cultivation) b) Seneca (Analysis of virtue, emotions, and therapy) c) Marcus Aurelius (Understanding Meditations and living a stoic life)	
	IV	Epicureanism	15
		a) Epicurus' concept of mind b) Working on anxiety (freedom from death and God, and taking responsibility) c) Concept of happiness (hedonism, desires and pleasure)	

References:

1. Barnes, Jonathan. Early Greek philosophy. Penguin Classics, 2001.
2. Shields, Christopher. Classical philosophy: a contemporary introduction. Routledge, 2003.
3. Moore, Terence. The Cambridge Companion to Early Greek Philosophy. Cambridge University Press, 1999.
4. Fink, Jakob Leth, ed. The development of dialectic from Plato to Aristotle. Cambridge University Press, 2012.



5. Barnes, Jonathan, ed. The Cambridge Companion to Aristotle. Cambridge University Press, 1995.
6. Aurelius, Marcus. 2003. Meditations: Living, Dying and the Good Life. London: Weidenfeld and Nicolson
7. Cicero, Markus Tullius. 1960 Selected Works London: Penguin
8. Guthrie, W. K. C., 1975, 1978. A History of Greek Philosophy, Vols. IV and V, Cambridge: Cambridge University Press.
9. Hamilton Edith and Huntington Cairns (eds.), 1989 The Collected Dialogues of Plato, Princeton, University Press.
10. Long, A. A., 1986, Hellenistic Philosophy: Stoics, Epicureans, Skeptics, 2nd edition, London: Duckworth.
11. Sedley, David. 2003 The Cambridge Companion to Greek and Roman Philosophy, Cambridge University Press



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.O502

Course Title: Theory of Logic-Based Therapy

Academic year 2024-2025

COURSE OUTCOMES:

COURSE OUTCOME	DESCRIPTION
CO 1	To explain Logic-Based Therapy (LBT) as a modality of Philosophical Counseling
CO 2	To compare the connection of LBT to various counselling modalities in Philosophy and Psychology
CO 3	To explain various thinking errors and identifying them in counselling sessions
CO 4	To describe different fallacies, their nature, and refutations.



DETAILED SYLLABUS

Course Code/ Unit	Unit	Course/ Unit Title	Credits/ Lectures
RPAPHI.O502		Theory of Logic-Based Therapy	4
	I	Introduction to Logic-Based Therapy	15
		a) What is LBT? Similarities and differences with other modalities of Philosophical Counselling. b) LBT and REBT and Psychotherapy: Similarities and differences c) LBT practitioner (Counsellor and consultant), eligibility of clients, practice areas and boundaries, making referrals.	
	II	Nuts and bolts of LBT	15
		a) What are emotions (doctrine of intentionality, analysis of emotions, objects of emotions, and ratings) b) Relationship between thoughts, feelings, and actions (Deducing actions from thought processes, emotional reasoning, and bodily response to thought process) c) Cognitive dissonance and willpower muscle.	
	III	Cardinal fallacies in Logic-Based Therapy	15
		a) What are fallacies? b) Demanding perfection, awfulizing, can'tstipation, damnation c) Dutiful worrying, manipulation, WRAM, Bandwagon reasoning.	
	IV	Fallacies and their refutations	15
		a) What is a fallacy syndrome? b) Fallacies of report: Oversimplifying reality, distorting probabilities, and blind conjecture. c) Cardinal fallacies: Discussing case studies	

References:

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



4. Cohen, Elliot., *What Would Aristotle Do? Self-Control through the Power of Reason*, Prometheus Publication, 2003.
5. Cohen, Elliot., *Cognitive Behaviour Interventions for Self-Defeating Thoughts: Helping Clients to Overcome the Tyranny of "I Can't"*, Routledge Publishers, 2021.
6. Cohen, Elliot., *Making Peace with Imperfections: Discover Your Perfectionism Type, End the Cycle of Criticism, and Embrace Self-Acceptance*, Impact Publishers, 2019.
7. Cohen, Elliot., *The Dutiful Worrier: How to Stop Compulsive Worry Without Feeling Guilty*. New Harbinger Publications, 2011.
8. Cohen, Elliot., *Critical Thinking Unleashed*, Rowman and Littlefield Publishers, 2009.
9. Cohen, Elliot, and Cohen, Gale, *The Virtuous Therapist*, Brooks/Cole, 1998.
10. Cohen, Elliot., *Theory and Practice of Logic-Based Therapy: Integrating Critical Thinking and Philosophy into Psychotherapy*, Cambridge Scholars Publishing, 2013.
11. Cohen, Elliot., *Philosophy, Counselling, and Psychotherapy*. Cambridge Scholars Publishing, 20



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.O503
Course Title: Basics of Counseling
Academic year 2024-2025

COURSE OUTCOMES:

COURSE OUTCOME	DESCRIPTION
CO 1	To explain the fundamentals of Counseling and Counseling skills
CO 2	To describe various practical Counseling skills
CO 3	To summarize the fundamental ethical framework in Counseling
CO 4	To explain the problems of diverse populations

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DETAILED SYLLABUS

Course Code/ Unit	Unit	Course/ Unit Title	Credits/ Lectures
RPAPHI.O503		Basics of Counseling	4
	I	Introduction to Counseling	15
		<ul style="list-style-type: none"> a) Definition of counselling and difference between guidance, therapist, psychologists, psychotherapists, etc. b) Personality and background of the counsellor (negative motivators, qualities of a counsellor, maintaining effectiveness, etc) c) Professional aspect and credentials of a counsellor (helping specialities and levels, education of a counsellor, certification and license, etc) 	
	II	The process of Counseling	15
		<ul style="list-style-type: none"> a) Skills possessed by the Counsellor (empathy, confrontation, rehearsal, changing perception, listening, etc) b) Interviews (types of initial interviews and conducting an initial interview) c) The counsellor-counselee relationship (closing a relationship, counsellor-initiated closing, timings, issues of closing, resistance to closing, etc) 	
	III	Ethics in Counseling	15
		<ul style="list-style-type: none"> a) Definition and need for ethics in counselling (professional code of conduct and its limitations) b) Making ethical decisions in counselling and guidelines for acting ethically c) Legal aspects of counselling relationships and client rights. 	
	IV	Counseling for diverse population	15
		<ul style="list-style-type: none"> a) Counseling in a multicultural environment (history and difficulties) b) Counseling aged population; counselling men and women (needs, concerns, and issues) c) Counseling the LGBTQ community (needs, concerns, and problems) 	



References:

1. Gladding, S. T. (2018). *Counseling: A Comprehensive Profession. (8th Ed.)*. Pearson Education. New Delhi: Indian subcontinent version by Dorling Kindersley India Pvt Ltd.
2. Arulmani, G., & Nag-Arulmani, S. (2004). *Career Counseling—a handbook*. New Delhi: Tata McGraw-Hill
3. Capuzzi, D., & Gross, D. R. (2007). *Counseling and Psychotherapy: Theories and Interventions. (4th ed.)*. Pearson Prentice Hall. First Indian reprint 2008 by Dorling Kindersley India pvt Ltd.
4. Capuzzi, D., & Gross, D. R. (2009). *Introduction to the Counseling Profession. (5th edition.)*. New Jersey: Pearson Education
5. Corey, G. (2015). *Theory and Practice of Counseling and Psychotherapy (10th edition.)*. Stamford, CT: Brooks/Cole
6. Finlay, L. (2019). *Practical Ethics in Counselling and Psychotherapy: A Relational Approach*. Sage Publication
7. Kealy, D & Ogradniczuk, J. S. (2019). *Contemporary Psychodynamic Psychotherapy: Evolving Clinical Practice*. Academic Press
8. Spalek B. & Spalek M. (2019). *Integrative Counselling and Psychotherapy: A textbook*. New York: Routledge
9. Rogers, Carl. *On Becoming A Person*. Robinson Publication, 2004.
10. Rogers, Carl. *Client Centred Therapy (new ed.)*. Robinson Publishing, 2003.



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.O504

Course Title: Philosophy in Practice

Academic year 2024-2025

COURSE OUTCOMES:

COURSE OUTCOME	DESCRIPTION
CO 1	To describe the core principles in Classical Indian Philosophy
CO 2	To summarize diverse philosophical themes in the Vedas
CO 3	To explain the value system in Indian philosophical thought
CO 4	To explain to students the use of these concepts in philosophical counselling sessions

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DETAILED SYLLABUS

Course Code/ Unit	Unit	Course/ Unit Title	Credits/ Lectures
RPAPHI.O504		Philosophy in Practice	2
	I	Philosophy literature and Logic-Based Therapy	15
		a. Reading about the connections between Philosophy and LBT b. Writing entries for IJPP and other platforms c. Writing blogs/social media posts to promote PC	
	II	Philosophical Counseling for everyday life	15
		d. Identifying group problems through the lens of Philosophical Counseling and Logic-Based Therapy e. Creating a plan of action to address issues f. Advertising the plan of action through social media and mentoring	

References:

- Prasad, Rajendra. *Karma, Causation and Retributive Morality, Conceptual Essays in Ethics and Metaethics*. ICPR, New Delhi, 1989.
- Hiriyanna, M. *The Quest After Perfection*, Kavyalaya Publishers. Mysore, 1982.
- Ranade, R.D., *Pathway to God-realisation*.
- Radhakrishnan. *Hindu View of Life*. George Allen and Unwin, 34 Bombay, 1971.
- Maitra. S. K., *The Ethics of the Hindus*. University of Calcutta, 1956.
- Bhelke, S.E. and Gokhale, P. P. (eds.). *Indian Moral Philosophy: Problems, Concepts and Perspectives*, IPQ Publication, Pune, 2002.
- Tiwari, Kedarnath. *Classical Indian Ethical Thought*. Motilal Banarsidass, Delhi, 1998.
- Barlingay, S. S. *A Modern Introduction to Indian Ethics*. Penman Publications, Delhi 1998.
- Kane, P.V. *History of Dharmasastra, Vol. I and II*. BORI, Pune, 1968.
- *Purusartha (anthology)*, Datta-Laxmi Trust, Pune, 1995.



Modality of Assessment: Department Specific Course (2 Credit Theory Course for MA)

A) Internal Assessment- 40%- 20 Marks

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

B) External Examination (Semester End)- 60%- 30 Marks

Semester End Theory Examination:

1. Duration – The duration for these examinations shall be of **1.15 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
	TOTAL	30	



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.O506

Course Title: Critical Thinking

Academic year 2024-2025

COURSE OUTCOMES:

COURSE OUTCOME	DESCRIPTION
CO 1	To summarize the basics of Critical Thinking and Reasoning
CO 2	To explain the development of skills in forming arguments
CO 3	To describe the types of reasoning and their relevance in Logic-Based Therapy
CO 4	To explain logical fallacies in arguments

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DETAILED SYLLABUS

Course Code/ Unit	Unit	Course/ Unit Title	Credits/ Lectures
RPAPHI.O506		Critical Thinking	4
	I	Introduction to Critical Thinking	15
		<ul style="list-style-type: none"> a) What is Critical Thinking? (Definition and use) b) Basics of arguments (structure of an argument, premise, conclusion, etc) c) Reasoning, logical strength, soundness. 	
	II	Practicing argument reconstruction	15
		<ul style="list-style-type: none"> a) Clarification of content and language (extraneous material and diffusing the rhetorics) b) Establishing connections (implicit and explicit premises, connecting premises, logical streamlining) c) Removing ambiguity and vagueness (covering generalizations, removing ambiguity and vagueness) 	
	III	Inductive and deductive reasoning	15
		<ul style="list-style-type: none"> a) Deductive reasoning (nature, validity, forms) b) Inductive reasoning (nature, generalization) c) Inductive and deductive reasoning in emotional reasoning 	
	IV	Factors in assessing arguments and fallacies	15
		<ul style="list-style-type: none"> a) Assessing the acceptability of premises (begging the question, inconsistency, equivocation, false dichotomy) b) Assessing relevance (criterion of relevance, ad hominem, straw man, tu queue) c) Assessing adequacy (criterion of adequacy, appeal to authority, appeal to ignorance, slippery slope, common cause) 	



References:

- Bowell and Kemp. *Critical Thinking: A Concise Guide*. Routledge, 2010.
- Fisher, Alec. *Critical Thinking*. Cambridge University Press, 2011.
- Moore and Parker. *Critical Thinking*. Mc-Graw Hill.
- Allen, Matthew. *Smart Thinking: Skills for Critical Understanding and Writing*. Oxford University Press.
- Cohen, Elliot. *Critical Thinking Unleashed*. Rowman and Littlefield Publications, 2009.
- Cottrell, Stella. *Critical Thinking Skills: Developing Effective Analysis and Arguments*. Palgrave Macmillan, 2005
- Costa, A. L. (ed.) (2001). *Developing minds: A resource book for teaching thinking*. 3rd ed. Alexandria, Va.: Association for Supervision and Curriculum Development.
- Elbow, P. *Methodological doubting and believing: Contraries in inquiry. Embracing Contraries*. New York, Oxford University Press
- R. Paul. *Critical Thinking: What Every Student Needs to Survive in A Rapidly Changing World*. Dillon Beach, CA, Foundation for Critical Thinking
- Hayes, Christopher. *The Art of Critical Thinking*. M & M Limitless Online Inc. 2019.



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.E511

Course Title: Practice of Logic-Based Therapy

Academic year 2024-2025

COURSE OUTCOMES:

COURSE OUTCOME	DESCRIPTION
CO 1	To explain emotional reasoning and refute fallacious thinking patterns
CO 2	To describe guiding virtues to the fallacies of rule and report
CO 3	To explain simple behavioural exercises used in logic-Based Therapy
CO 4	To summarize the six-step format of LBT through case-based study



DETAILED SYLLABUS

Course Code/ Unit	Unit	Course/ Unit Title	Credits/ Lectures
RPAPHI.E511		Practice of Logic-Based Therapy	4
	I	Refuting erroneous thinking	15
		<ul style="list-style-type: none"> a) Forming your emotional reasoning template (identifying conclusions, identifying suppressed rules, filling your report) b) Refuting faulty thinking patterns (Counter-examples, Checking pieces of evidence) c) Refuting faulty thinking patterns (self-defeating consequences, reductio-ad absurdum, double standard) 	
	II	Guiding Virtues for the Fallacies of rule	15
		<ul style="list-style-type: none"> a) What are guiding virtues? b) Metaphysical security, courage, temperance/self-control, respect c) Prudence, empowerment, empathy, authenticity. 	
	III	Guiding Virtues for the Fallacies of report	15
		<ul style="list-style-type: none"> a) Objectivity, foresightedness, scientificity. b) Discussing case studies 	
	IV	Uplifting philosophies and behavioural plan	15
		<ul style="list-style-type: none"> a) What are uplifting philosophies (eligibility for a philosophical thought to be considered as UP and examples) b) Behavioural plans (interoceptive imagery, In vivo practice, bibliotherapy, shame-attacking, and risk-taking exercises, etc) c) Six-steps of Logic-Based Therapy (Case-based approach) 	



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:

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.E512

Course Title: Contemporary Indian Philosophers- I

Academic year 2024-2025

COURSE OUTCOMES:

COURSE OUTCOME	DESCRIPTION
CO 1	To summarize and describe the important contemporary philosophers
CO 2	To compare and contrast diverse contemporary Indian philosophies
CO 3	To explain the connection between contemporary Indian philosophies and Philosophical Counseling

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DETAILED SYLLABUS

Course Code/ Unit	Unit	Course/ Unit Title	Credits/ Lectures
RPAPHI.E512		Contemporary Indian Philosophers- I	4
	I	Jiddu Krishnamurti	15
		a) Root cause of suffering (nature of man, conflict in the world, inevitability of suffering) b) Choiceless awareness c) Truth and freedom	
	II	Rabindranath Tagore	15
		a) Basic philosophical standpoints (reality and God, proof's for God's existence) b) Nature of man and world c) Uplifting philosophies in his poems	
	III	Sri Aurobindo	15
		a) The idea of Satchidananda (pure existence, consciousness force, the delight of existence, etc) b) Analysis of ignorance (definition, its origin and sevenfold types) c) The mind and the Supermind (the triple status of supermind, the triple transformation, etc)	
	IV	Mahatma Gandhi	15
		a) Basic philosophical tenets b) Satyagraha (techniques and nature of a satyagrahi) c) Insights from the Bhagavad Gita	

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.
- Sharma, Nilima. *Twentieth Century Philosophy*. Motilal Banarasidas, 1999.
- Iyer, Raghavan (ed.), *The Moral and Political Writings of Mahatma Gandhi (Vol. I, II, III)*, Clarendon Press, Oxford 1986.
- Richards, Glyn, *The Philosophy of Gandhi: A study of his Basic Ideas*, Conzen Press, 1982.
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- Tagore, Rabindranath. 1913 (2000) *Sadhana: The Realisation of Life*. Macmillan: Delhi, Chennai, and Mumbai
- Lederle, Mathew. *Philosophical Trends in Modern Maharashtra*. Popular Prakashan.
- Krishnamurti, Jiddu. *Freedom From The Known*. Rider & Co, 2010. Aurobindo. *The Life Divine*. Lotus Press, 1942.

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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.E513

Course Title: Contemporary Western Philosophers

Academic year 2024-2025

COURSE OUTCOMES:

COURSE OUTCOME	DESCRIPTION
CO 1	To describe the philosophical trends in contemporary western philosophy
CO 2	To compare and contrast different philosophical ideologies
CO 3	To explain the connection of contemporary western philosophy to philosophical counselling

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DETAILED SYLLABUS

Course Code/ Unit	Unit	Course/ Unit Title	Credits/ Lectures
RPAPHI.E513		Contemporary Western Philosophers	4
	I	Analytic Philosophy	15
		(a) Frege: Sense and reference (b) Russell: Logical atomism (c) Strawson: On referring	
	II	Logical empiricism	15
		a) Carnap: Unity of science statement, internal and external questions, etc. b) Schlick: Meaning and verification c) Dummett: Justificatory statements	
	III	Phenomenology	15
		a) What is phenomenology? b) Brentano: Critique of psychologism, Intentionality, primary and secondary objects. c) Husserl: Intentionality, method.	
	IV	Hermeneutics	15
		a) Schleiermacher: Authorial Intention b) Dilthey (Historical Reconstruction) c) Gadamer: Understanding, prejudice, traditions, etc.	

References:

- Frege Gottlob (1891). *Function and Concept*. Edited by Michael Beaney, Oxford: Blackwell Publishing, 1997.
- Frege Gottlob (1892), *On Sinn and Bedeutung*, Edited by Michael Beaney, Oxford: Blackwell Publishing, 1997.
- Frege Gottlob (1893). *On Concept and Object*. Edited by Michael Beaney, Oxford: Blackwell Publishing, 1997.
- Russell Bertrand (1959) *Problems of Philosophy*. London: Oxford University Press.
- Russell B (1918). *The Philosophy of Logical Atomism*. Logic and Knowledge: Essays 1901-1950, London: Routledge.
- Dummett M., *The Logical Basis of Metaphysics.*, Cambridge, Massachusetts: Harvard University Press, 1991.



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- Hans Georg Gadamer 1975. *Truth and Method.*, New York: Seabury Press.
- Thompson J.B. (ed) 1981. *Hermeneutics and the Human Sciences*. Cambridge: CUP
- Kearney, Richard & Mara Rainwater. 1996. *The Continental Philosophy Reader*. London: Routledge

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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.E514

Course Title: Foundations in Indian Philosophy

Academic year 2024-2025

COURSE OUTCOMES:

COURSE OUTCOME	DESCRIPTION
CO 1	To describe the important doctrines of heterodox and orthodox schools of Indian philosophy
CO 2	To summarize the perspectives of Indian schools of philosophy on way of life
CO 3	To explain the connection between philosophical wisdom from Indian philosophy and Philosophical Counseling



DETAILED SYLLABUS

Course Code/ Unit	Unit	Course/ Unit Title	Credits/ Lectures
RPAPHI.E514		Foundations in Indian Philosophy	2
	I	Life, Rebirth, and Moksha	15
		a) The doctrines of Karma and Rebirth; The conceptions of Bandha (bondage) and Moksha (liberation). b) Analysis of suffering according to Saṃkhya and Buddhism. c) Various conceptions of Moksha: Nirvāṇa, Kaivalya, Brahmābhāva, Jivamukti, Videhamukti.	
	II	Ways of Good Life	15
		a) Patanjali: Aṣṭanga-Yoga. b) Jainism: Triratna. c) Buddhism: Ārya-Aṣṭangika-Mārga.	

References:

- Prasad, Rajendra. *Karma, Causation and Retributive Morality, Conceptual Essays in Ethics and Metaethics*. ICPR, New Delhi, 1989.
- Hiriyanna, M. *The Quest After Perfection*, Kavyalaya Publishers. Mysore, 1982.
- Ranade, R.D., *Pathway to God-realisation*.
- Radhakrishnan. *Hindu View of Life*. George Allen and Unwin, 34 Bombay, 1971.
- Maitra. S. K., *The Ethics of the Hindus*. University of Calcutta, 1956.
- Bhelke, S.E. and Gokhale, P. P. (eds.). *Indian Moral Philosophy: Problems, Concepts and Perspectives*, IPQ Publication, Pune, 2002.
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- Barlingay, S. S. *A Modern Introduction to Indian Ethics*. Penman Publications, Delhi 1998.
- Kane, P.V. *History of Dharmasastra, Vol. I and II*. BORI, Pune, 1968.
- *Purusartha (anthology)*, Datta-Laxmi Trust, Pune, 1995.



Modality of Assessment: Department Specific Course (2 Credit Theory Course for MA)

A) Internal Assessment- 40%- 20 Marks

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

B) External Examination (Semester End)- 60%- 30 Marks

Semester End Theory Examination:

1. Duration – The duration for these examinations shall be of **1.15 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
	TOTAL	30	



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.E516

Course Title: Psychology of Adjustment

Academic year 2024-2025

COURSE OUTCOMES:

COURSE OUTCOME	DESCRIPTION
CO 1	To describe the basic concepts in Psychology of Adjustment
CO 2	To explain Psychology of Adjustment as a field of study and research
CO 3	To explain the practical applications of the various concepts in Psychology of Adjustment in the Indian context



DETAILED SYLLABUS

Course Code/ Unit	Unit	Course/ Unit Title	Credits/ Lectures
RPAPHI.E516		Psychology of Adjustment	4
	I	Towards better health	15
		a) Body image b) Psychology factors and Physical illnesses c) Coping with Illness and promoting wellness	
	II	Sexuality, Love and Commitment	15
		a) Men and Women; Sexual responsiveness and practical issues b) Love and Intimacy; Commitment; Adjustment to intimate relationships c) Divorce and its consequences	
	III	Understanding Mental Disorder	15
		a) Psychological disorder b) Anxiety disorder and mood disorders c) Other common disorders	
	IV	Therapy and Treatment	15
		a) Insight Therapies b) Cognitive-behavioural theories and approaches to treatment c) How well does therapy work	

References:

- Abascal, J. R., Brucato, D., Brucato, L., & Chauhan, D. (2001). Stress Mastery: The Art of Coping Gracefully. Indian subcontinent adaptation 2012, New Delhi: Dorling Kindersley India pvt ltd
- Bam, B. P. (2008). Winning Habits: Techniques for Excellence in Sports. New Delhi: Pearson Power, Dorling Kindersley India pvt ltd
- Baumgardner, S. & Crothers, M. (2009). Positive Psychology. Pearson Education
- Brannon, L. & Feist J. (2007). Introduction to Health Psychology. Thomson Wadworth. New Delhi: Indian edition
- Duffy, K.G., & Atwater, E. (2005). Psychology for Living – Adjustment, Growth, and Behaviour Today. (8 th ed.). New Delhi: Pearson, Indian reprint 2008



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