

॥ सा विद्या या विमुक्तये ॥



स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ, नांदेड

“ज्ञानतीर्थ” परिसर, विष्णुपुरी, नांदेड - ४३१६०६ (महाराष्ट्र)

SWAMI RAMANAND TEERTH MARATHWADA UNIVERSITY NANDED

“Dnyanteerth”, Vishnupuri, Nanded - 431606 Maharashtra State (INDIA)

Established on 17th September 1994 – Recognized by the UGC U/s 2(f) and 12(B), NAAC Re-accredited with 'A' Grade

ACADEMIC (1-BOARD OF STUDIES) SECTION

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संलग्नित महाविद्यालयांतील मानवविज्ञान विद्याशाखेतील पदवी स्तरावरील द्वितीय वर्षाचे CBCS Pattern नुसारचे अभ्यासक्रम शैक्षणिक वर्ष २०२०-२१ पासून लागू करण्याबाबत.

परिपत्रक

या परिपत्रकान्वये सर्व संबंधितांना कळविण्यात येते की, दिनांक २० जून २०२० रोजी संपन्न झालेल्या ४७व्या मा. विद्या परिषद बैठकीतील विषय क्र.१३/४७-२०२०च्या ठरावानुसार प्रस्तुत विद्यापीठाच्या संलग्नित महाविद्यालयांतील मानवविज्ञान विद्याशाखेतील पदवी स्तरावरील द्वितीय वर्षाचे खालील विषयांचे C.B.C.S. (Choice Based Credit System) Pattern नुसारचे अभ्यासक्रम शैक्षणिक वर्ष २०२०-२१ पासून लागू करण्यात येत आहेत.

- १) बी.ए./बी.एस्सी./बी.कॉम./बी.एस.डब्ल्यू./फाईन आर्ट्स-द्वितीय वर्ष-इंग्रजी (अनिवार्य, अतिरिक्त (द्वितीय भाषा), फंक्शनल इंग्रजी, ऐच्छिक)
- २) बी.ए./बी.एस्सी./बी.कॉम./बी.एस.डब्ल्यू./फाईन आर्ट्स-द्वितीय वर्ष-हिंदी (द्वितीय भाषा, ऐच्छिक)
- ३) बी.ए./बी.एस्सी./बी.कॉम./बी.एस.डब्ल्यू./फाईन आर्ट्स-द्वितीय वर्ष-कन्नड (द्वितीय भाषा, ऐच्छिक)
- ४) बी.ए./बी.एस्सी./बी.कॉम./बी.एस.डब्ल्यू./फाईन आर्ट्स-द्वितीय वर्ष-मराठी (द्वितीय भाषा, ऐच्छिक)
- ५) बी.ए./बी.एस्सी./बी.कॉम./बी.एस.डब्ल्यू./फाईन आर्ट्स-द्वितीय वर्ष-पाली (द्वितीय भाषा, ऐच्छिक)
- ६) बी.ए./बी.एस्सी./बी.कॉम./बी.एस.डब्ल्यू./फाईन आर्ट्स-द्वितीय-संस्कृत (द्वितीय भाषा, ऐच्छिक)
- ७) बी.ए./बी.एस्सी./बी.कॉम./बी.एस.डब्ल्यू./फाईन आर्ट्स-द्वितीय वर्ष-उर्दू (द्वितीय भाषा, ऐच्छिक)
- ८) बी.ए.-द्वितीय वर्ष-अर्थशास्त्र
- ९) बी.ए.-द्वितीय वर्ष-भूगोल
- १०) बी.ए.-द्वितीय वर्ष-इतिहास
- ११) बी.ए.-द्वितीय वर्ष-सैनिकशास्त्र
- १२) बी.ए.-द्वितीय वर्ष-तत्त्वज्ञान
- १३) बी.ए.-द्वितीय वर्ष-राज्यशास्त्र
- १४) बी.ए.-द्वितीय वर्ष-मानसशास्त्र
- १५) बी.ए.-द्वितीय वर्ष-लोकप्रशासन
- १६) बी.ए.-द्वितीय वर्ष-समाजशास्त्र
- १७) बी.ए.-द्वितीय वर्ष-अॅडमिनिस्ट्रेटिव्ह सर्व्हिस

सदरील परिपत्रक व अभ्यासक्रम प्रस्तुत विद्यापीठाच्या www.srtmun.ac.in या संकेतस्थळावर उपलब्ध आहेत. तरी सदरील बाब ही सर्व संबंधितांच्या निदर्शनास आणून द्यावी.

‘ज्ञानतीर्थ’ परिसर,
विष्णुपुरी, नांदेड - ४३१ ६०६.
जा.क्र.: शैक्षणिक-१/परिपत्रक/पदवी-सीबीसीएस अभ्यासक्रम/
२०२०-२१/२४९

दिनांक : ०८.०७.२०२०.

प्रत माहिती व पुढील कार्यवाहीस्तव :

- १) मा. कुलसचिव यांचे कार्यालय, प्रस्तुत विद्यापीठ.
- २) मा. संचालक, परीक्षा व मूल्यमापन मंडळ यांचे कार्यालय, प्रस्तुत विद्यापीठ.
- ३) प्राचार्य, सर्व संबंधित संलग्नित महाविद्यालये, प्रस्तुत विद्यापीठ.
- ४) साहाय्यक कुलसचिव, पदव्युत्तर विभाग, प्रस्तुत विद्यापीठ.
- ५) उपकुलसचिव, पात्रता विभाग, प्रस्तुत विद्यापीठ.
- ६) सिस्टम एक्सपर्ट, शैक्षणिक विभाग, प्रस्तुत विद्यापीठ.

स्वाक्षरित / -

उपकुलसचिव

शैक्षणिक (१-अभ्यासमंडळ) विभाग

Swami Ramanand Teerth Marathwada University, Nanded.

Choice based Credit System (CBCS) Course structure

Faculty : Humanities

Subject Philosophy

B.A Second Year Syllabus

Semester Pattern With effect from 2020-21

Semester	Core Course	Paper No	Name of Paper	Lectures per Week	Total No. of Lectures	CA	ESE	Total Marks	Credits
III	CCPHI-A	V	Inductive Logic	4	55	25	50	75	3
	CCPHI-B	VI	Greek Philosophy or Modern Indian Thoughts	4	55	25	50	75	3
	SEC	I	Yoga and Human Life	3	45	25	25	50	2
	Total			11	155	75	125	200	8
IV	CCPHI-A	VII	Research Methodology	4	55	25	50	75	3
	CCPHI-B	VIII	Modern Western Philosophy or Indian Ethics	4	55	25	50	75	3
	SEC	II	Yoga and Human Life	3	45	25	25	50	2
	Total			11	155	75	125	200	8
				22	310	150	250	400	16

CCPHI- Core Course Of Philosophy

SEC – Skill Enhancement Course

CA – Continuous Assessment

ESE- End of Semester Examinations

Swami Ramanand Teerth Marathwada University, Nanded.

CBCS paper pattern

Subject Philosophy

B.A Second Year

With effect from 2020-21

SEMESTER - III

Paper No.	Title of the paper	Internal Marks (CA)	End Semester Exam (ESE)	Total (CA+ESE)
V	Inductive Logic	25	50	75
VI	Greek Philosophy or Modern Indian Thoughts	25	50	75
SEC - I	Yoga and Human Life	25	25	50

SEMESTER- IV

Paper No.	Title of the paper	Internal Marks CA	End Semester Exam(ESE)	Total (CA+ESE)
VII	Research Methodology	25	50	75
VIII	Modern Western Philosophy or Indian Ethics	25	50	75
SEC - II	Yoga and Human Life	25	25	50

Examination Pattern:

1. Short answer question
OR Short answer question . **10Marks**
2. Short answer question
OR Short answer question . **10Marks**
3. Short answer question
OR Short answer question . **10Marks**
4. Short answer question
OR Short answer question . **10Marks**
5. Short answer question
OR Short answer question . **10Marks**

Swami Ramananand Teerth Marathwada University, Nanded.



B.A.II Year
Semester – III
Optional – Philosophy

CC- Paper V - Inductive Logic

Paper VI -Greek Philosophy

OR

Modern Indian Thoughts

SEC – I - Yoga and Human Life

(With effect from June 2020-21)

Swami Ramanand Teerth Marathwada University, Nanded.

Philosophy

B.A. Second Year

Semester III

Paper V - Inductive Logic

Credits 3	Periods 55	Marks 75
Course Objectives:		
1. To familiarize the students with basic concept of knowledge.		
2. To familiarize the students with the importance of logic in human life.		
3. To understand students how to prepare for discover new facts.		
4. To know preparatory process of systematic research.		
Chapter I : Sources of Human Knowledge	15	20
1) Direct Knowledge		
2) Indirect Knowledge		
3) Inference – kinds of inference, similarities and Differences between induction and deduction.		
Chapter II : What is Logic ?	10	15
1) Various definitions of logic.		
2) Nature and scope of logic		
3) Utility of logic		
Chapter III : Formal Grounds of Induction	15	20
1) Nature of grounds of Induction.		
2) Formal Grounds – a) Causation b) Uniformity of Nature.		
3) Principle of causation – Scientific and Popular cause		
4) Fallacies of Causation		
Chapter IV : Material Grounds of Induction :	15	20
1) Observation		
a) Characteristics , advantages and disadvantages.		
b) Fallacies of observation		
2) Experiment : Definition , Nature , advantages and disadvantages.		

Reference Books for reading:

- 1) Introduction to logic and Scientific method : M.R. Cochen and E. Nagel
- 2) Logic and scientific method : Belsare
- 3) Inductive Logic – Balkrishna Pandit
- 4) Probability and inductive logic : Keyberg H.E.
- 5) Text Book of Logic- Wolf A , London 1930
- 6) तर्कशास्त्र आणि वैज्ञानिक पध्दती - हुल्याळकर श्री.गो.,काळे श्री.वा.,कावळे श्री.र.,प्रकाशक, पुणे अनाथ विदयार्थी गृह पुणे.
- 7) वैज्ञानिक पध्दती: ज.रा.दाभोळे, फडके प्रकाशन , कोल्हापुर.
- 8) सुगम तर्क विचार - प्रा.माधवी कवि , प्रा. ई.आर. मठवाले, विद्या प्रकाशन , नागपूर.
- 9) तर्कशास्त्र आणि वैज्ञानिक पध्दती - प्रा.श्री.ह.दिक्षित
- 10) तर्कशास्त्र – वात्सायन, प्रकाशक: केदारनाथ रामनाथ, मेरठ.
- 11) तर्कशास्त्र की रुपरेखा - बद्रिनाथ सिंह, कु.अंजनी सिंह प्रकाशक: आशा प्रकाशन , वाराणसी
- 12) सरल आगमन तर्कशास्त्र - अशोक कुमार वर्मा प्रकाशक: मोतीलाल बनारसीदास , नई दिल्ली
- 13) तत्त्वज्ञानातील संशोधनाचे तंत्र व क्षेत्र - जपे वर्ष, गायधने सुरेंद्र, साळुंके सुनील (संपा)

Swami Ramananand Teerth Marathwada University, Nanded.

Philosophy

B.A. Second Year

Semester III

Paper VI –Greek Philosophy

Credits 3	Periods 55	Marks 75
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Course Objectives:

1. To familiarize the students with nature and basic concepts of Greek philosophy
2. To understand the way of thinking of philosophers about the world.
3. To understand how to analyze philosophical concepts

	Periods	Marks
Chapter 1 : Nature of Western Philosophy	10	15
1) Characteristics of western philosophy		
2) Difference between Indian and western philosophy		
3) A brief outline of Sophists philosophy		
Chapter 2 : Socrates	15	20
1) Philosophical method.		
2) Concept of Knowledge		
3) Ethical Views.		
Chapter 3 : Plato	15	20
1) Theory of knowledge.		
2) Theory of ideas.		
3) Theory of Good and its relation to God.		
Chapter 4 : Aristotle	15	20
1) Theory of matter and form.		
2) Theory of Causation.		
3) Concept of God.		

Books For Reading :

- 1) Thilly F.A. : History of Philosophy (Central Book Depot, Allahabad.)
- 2) Stace W.T. : A critical History of Greek Philosophy , (London , Macmillan)
- 3) Wright W.K. : A History of Modern Philosophy , (New York , Macmillan)
- 4) Titus Herold H. : Living Issues in Philosophy , (Euroasia Publishing House, P. Ltd.) , New Delhi
- 5) पाश्चात्य दर्शन का समिक्षात्मक इतिहास - याकुब मसीह
- 6) ग.ना.जोशी - पाश्चात्य तत्त्वज्ञानाचा इतिहास , खंड 1 व 2 , ;म.रा.वि. ग्रंथ निर्मिती मंडळ , नागपूर.
- 7) पी.डी. चैधरी - पाश्चात्य तत्त्वज्ञानाचा इतिहास
- 8) सुनील साळुंके . पाश्चात्य तत्त्वज्ञानातील द्रव्य संकल्पना
- 9) माधवी कवी, ई.आर मठवाले - पाश्चात्य तत्त्वज्ञानाची रूपरेषा

(OR)
Philosophy
B.A. Second Year
Semester III
Paper VI – Modern Indian Thoughts

Credits 3	Periods 55	Marks 75
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Course Objectives:

1. To familiarize the students with nature and basic concepts of some modern Indian philosophers.
2. To understand the way of thinking of philosophers about the world.
3. To understand how to analyze philosophical concepts

	Periods	Marks
Chapter – I : Vivekananda	15	20
1. The Concept of Man		
2. Practical Vedanta		
3. Universal Religion		
4. Ideas on Indian Woman		
Chapter – II : Rabindranath Tagore	10	15
1. Man and God		
2. Religion Of Man		
3. Ideas On Education		
Chapter – III : M. Gandhi	15	20
1. The concept of Truth		
2. The concept of Non –Violence		
3. Satyagraha		
4. Swaraj		
Chapter – IV : B.R. Ambedkar –	15	20
1. Views on Varna and the Caste System		
2. Views on Social Evils		
3. Concept of Education		
4. Dalit Movement		

Books for Reading and Reference :-

- 1) Contemporary Indian Philosophy - Basant Kumar Lal
- 2) Contemporary Indian Philosophers – Benay Gopal Ray
- 3) Modern Indian Thoughts – Naravane .V.S
- 4) Religion of Man – Rabindranath Tagore
- 5) Studies In Philosophy – K.C. Bhattacharya
- 6) Hind Swaraj – M. K. Gandhi
- 7) Writings & Speeches (Vol.1) – B.R. Ambedkar
- 8) Gandhi's Political Thoughts – Bhikhu Parekh
- 9) T.M.P. Mahadevan and C.V. Sarojan – contemporary Indian Philosophy, Madras 1985
- 10) Swami Vivekanand – Practical Vedanta 1964
- 11) Swami Vivekanand –Narayan Gadade

Philosophy
B.A.Second Year
Semester III
SKILL ENHANCEMENT COURSE
Unit I – Yoga and Human Life

Credits 2	Periods 45	Marks 50
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Course Objectives:

1. To familiarize the students with the concept of yoga as Indian way of life.
2. To understand the various types of Yoga and its application to real life.
3. To understand the stress management and Yoga as a tool of stress management.

	Periods	Marks
UNIT- I		
Chapter-I. The Concept of Yoga	15	10
Definition and Essence of Yoga		
Importance of Yoga		
Chapter-II. Yoga according to Bhagvad Gita	15	20
Jnana Yoga, Bhakti Yoga and Karma Yoga		
Chapter-III. Health and Yoga	15	20
Mental stress and Yoga		
Pranayama-Types of Pranayama		

Recommended Readings:

- 1) भारतीय तत्त्वज्ञान - श्री.ह. दिक्षीत
- 2) भारतीय तत्त्वज्ञानाचा इतिहास - पी.डी.चैधरी
- 3) भारतीय दर्शन - चंद्रधर शर्मा
- 4) भारतीय दर्शन - शोभा निगम
- 5) भारतीय तत्त्वज्ञान - वेदप्रकाश डोणगावकर
6. सामाजिक ताण तणाव आणि योग संस्कार – भागवत दळवी
7. Indian Philosophy and History – Vol II S.P. Dubey
- 8 New perspectives in self management: Yoga stress management- Dr.H.R.Nagendra
- 9 Yoga and stress management: The art of Gracious living import – Yatendra Pal
10. Yoga for Stress relief- Bharat Thakur
11. Yoga for Stress management- Sri Venkatkrishnan

Note: It is obligatory to conduct 45 periods in one semester for Skill Enhancement Course. Per week three periods- one for theory and two for practicles.

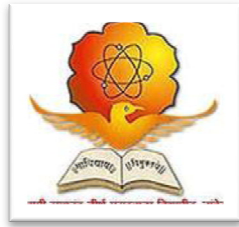
Internal Practical (25 Marks):

1. Write an assignment -10 marks
2. Concern teacher should take test of total 5 marks.
3. Concern teacher should take a practical on Pranayama- 10 marks.

External Practical (25 Marks):

External practical should be conducted by University at the end of semester.

Swami Ramanand Teerth Marathwada Unuversity, Nanded.



**B.A. II year
Philosophy
Semester IV**

CC -Paper VII - Research Methodology.

Paper VIII- Modern Western Philosophy

OR

Indian Ethics

SEC Unit 2 – Yoga and Human Life

(With Effect From June – 2020-21)

Swami Ramananand Teerth Marathwada University, Nanded.

Philosophy

B.A.Second Year

Semester IV

Paper VII - Research Methodology

Credits 3	Periods 55	Marks 75
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Course Objectives:

1. To familiarize the students with basic concept and importance of hypothesis in research.
2. To understand students how to solve social problems and needs through research.
3. To know the process of research methodology in social sciences.
4. To familiarize the students with basic methods of social research.

	Periods	Marks
Chapter I : Hypothesis	15	20
1) Nature of Hypothesis		
2) Types of Hypothesis .		
3) Conditions of Legitimate Hypothesis		
4) Verification and proof of hypothesis.		
Chapter II : Classification and definition	15	20
1) Classification – meaning , nature , kinds, uses		
2) Definition – meaning , rules, kinds		
Chapter III : Science and scientific method	10	15
1) Meaning and Characteristics of Science		
2) Scientific method : meaning and stages		
3) Research Methodology : Its nature and Importance.		
Chapter IV : Techniques of Social Research	15	20
1) Survey : Nature and types		
2) Interview : Nature , merits and demerits		
3) Questionnaire : Nature , merits and demerits.		

Reference Books for reading:

- 1) Introduction to logic and Scientific method : M.R. Cochen and E. Nagel
- 2) Logic and scientific method : Belsare
- 3) Inductive Logic – Balkrishna Pandit
- 4) Probability and inductive logic : Keyberg H.E.
- 5) Text Book of Logic- Wolf A , London 1930
- 6) Logic : Deductive and Inductive - Read C, Published at London 1998,
- 7) तर्कशास्त्र आणि वैज्ञानिक पध्दती - हुल्याळकर श्री.गो., काळे श्री.वा., कावळे श्री.र., प्रकाशक, पुणे अनाथ विद्यार्थी गृह पुणे.
- 8) वैज्ञानिक पध्दती: ज.रा.दाभोळे, फडके प्रकाशन , कोल्हापुर.
- 9) सुगम तर्क विचार - प्रा.माधवी कवि , प्रा. ई.आर. मठवाले, विद्या प्रकाशन , नागपूर.
- 10) तर्कशास्त्र आणि वैज्ञानिक पध्दती - प्रा.श्री.ह.दिक्षित
- 11) तर्कशास्त्र – वात्सायन, प्रकाशक: केदारनाथ रामनाथ, मेरठ.
- 12) तर्कशास्त्र की रुपरेखा - बद्रिनाथ सिंह, कु.अंजनी सिंह प्रकाशक: आशा प्रकाशन , वाराणसी
- 13) सरल आगमन तर्कशास्त्र - अशोक कुमार वर्मा प्रकाशक: मोतीलाल बनारसीदास , नई दिल्ली
- 14) तत्त्वज्ञानातील संशोधनाचे तंत्र व क्षेत्र - जपे वर्ष, गायधने सुरेंद्र, साळुंके सुनील (संपा)

Swami Ramananand Teerth Marathwada University, Nanded.

Philosophy

B.A.Second Year

Semester IV

Paper VIII - Modern Western Philosophy

Credits 3	Periods 55	Marks 75
Course Objectives:		
1. To familiarize the students with nature and basic concepts of Modern western philosophy.		
2. To understand the way of thinking of philosophers about the world.		
3. To understand how to analyze philosophical concepts		
	Periods	Marks
Chapter 1 : Descartes	15	20
1) Nature & Characteristic of Modern Philosophy		
2) Rationalism.		
3) Method of Doubt.		
4) Body – Mind Relationship.		
5) Argument for existence of God.		
Chapter 2 : Spinoza	10	15
1) Substance, Modes and attributes.		
2) Pantheism.		
3) Determinism.		
Chapter 3: Lock	15	20
1) Empiricism		
2) Theory of knowledge		
3) Refutation of Innate ideas		
4) The Concept of God		
Chapter 4 : Hume	15	20
1) Theory of knowledge		
2) Theory of Causation		
3) Skepticism		
4) The Concept of God		

Books For Reading :

- 1) Thilly F.A. : History of Philosophy (Central Book Depot, Allahabad.)
- 2) Stace W.T. : A critical History of Greek Philosophy , (London , Macmillan)
- 3) Wright W.K. : A History of Modern Philosophy , (New York , Macmillan)
- 4) Titus Herold H. : Living Issues in Philosophy , (Euroasia Publishing House, P. Ltd.) , New Delhi
- 5) पाश्चात्य दर्शन का समिक्षात्मक इतिहास - याकुब मसीह
- 6) ग.ना.जोशी - पाश्चिमात्य तत्त्वज्ञानाचा इतिहास , खंड 1 व 2 , ;म.रा.वि. ग्रंथ निर्मिती मंडळ , नागपूर.
- 7) पी.डी. चैधरी - पाश्चात्य तत्त्वज्ञानाचा इतिहास
- 8) सुनील साळुंके . पाश्चात्य तत्त्वज्ञानातील द्रव्य संकल्पना
- 9) माधवी कवी, प्रा.ई.आर मठवाले - पाश्चात्य तत्त्वज्ञानाची रूपरेषा

(OR)
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Philosophy
B.A. Second Year
Semester IV

Paper VIII - Indian Ethics

Credits 3	Periods 55	Marks 75
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Course Objectives:

1. To familiarize the students with nature of basic concepts in Indian ethics.
2. To understand its application to the real life.
3. To understand how to analyse philosophical concepts

	Periods	Marks
Chapter I : Basic Concepts in Indian moral Philosophy	15	20
1) Characteristics of Indian moral philosophy.		
2) Nature and types of purusharthas.		
3) Concept of Dharma.		
4) Concept of Moksha.		
Chapter II : Carvaka on morality	15	20
1) Carvaka's ethical Hedonism.		
2) Acceptance of two purusharthas : Karma and Artha.		
3) Rejection of Dharma.		
4) Rejection of Moksha.		
Chapter III : Jaina's Moral Philosophy	15	20
1) Code of Conduct : Anuvratas and Mahavratas		
2) Concept of Ahimsa.		
3) Aparigraha as basic ethical value.		
4) Nature and significance of Triratna		
Chapter- VI : Buddha's Moral Philosophy	10	15
1) Four Noble Truths		
2) Panchasheelas		
3) Nirvana		

Books for Reading and Reference :

- 1) Ethical philosophies of India – I.C.Sharma
- 2) Development of moral Philosophy in India – Surama Dasgupta
- 3) Ethics – W. Frankena
- 4) An introduction to ethics – W.Lillie
- 5) Introduction to ethics – J.D.Mabbot
- 6) भारतीय व पाश्चात्य नीतिशास्त्र - विद्या जोशी
- 7) भारतीय नीतिशास्त्र:- माधवी कवि
- 8) नीतिशास्त्र- सुनिल साळुंके
- 9) तत्त्वज्ञान: एक चिंतन - सुरेंद्र गायधने
- 10) नीतिमीमांसा- पी.डी.चैधरी
- 11) नीतिमीमांसा- श्री ह.दिक्षित
- 12) भारतीय नास्तिक दर्शनाचे नीतिशास्त्र - सुनीलदत्त गवरे

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Philosophy

B.A. Second Year

Semester IV

SKILL ENHANCEMENT COURSE

Unit II – Yoga and Human Life

Credits 2	Periods 45	Marks 50
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Course Objectives:

1. To familiarize the students with the concept of yoga as Indian way of life.
2. To understand the various types of Yoga and its application to real life.
3. To understand the stress management and Yoga as a tool of stress management.

	Periods	Marks
Chapter -1. Yoga in Jainism, Yoga in Buddhism (Vipassana) and Patanjali's Astangik Yoga	20	20
Chapter -2. Yoga and physical health	10	10
Chapter -3. Asanas in Yoga and their importance. Types of Asanas	15	20

Recommended Readings:

- 1) भारतीय तत्त्वज्ञान - श्री.ह. दिक्षीत
- 2) भारतीय तत्त्वज्ञान - वेदप्रकाश डोणगावकर
- 3) भारतीय दर्शन - चंद्रधर शर्मा
- 4) भारतीय दर्शन - शोभा निगम
5. योगासानामृतः योग व आरोग्य – बाजीराव.वि.पाटील
6. योग व आरोग्य – धनंजय गुंडे
7. आरोग्य योग – बी.के.एस.अय्यंगार
8. Indian Philosophy and History – Vol II S.P. Dubey
9. Health through yoga – Meera Mehata
10. Yoga for Healthy Feet: Practice from the Ground Up -Donald Moyer
11. The Science of Yoga: The Risks and the Rewards- William Broad
12. Yoga: The Path to Holistic Health- B.K.S. Ayengar

Note: It is obligatory to conduct 45 periods in one semester for Skill Enhancement Course. Per week three periods- one for theory and two for practical's.

Internal Practical (25 Marks):

1. Write an assignment -10 marks
2. Concern teacher should take test of total 5 marks.
3. Concern teacher should take a practical on Asanas- 10 marks.

External Practical (25 Marks):

External practical should be conducted by University at the end of semester.