



UNIVERSITY OF JAMMU

(NAAC ACCREDITED 'A ++' GRADE' UNIVERSITY)
Baba Sahib Ambedkar Road, Jammu-180006 (J&K)

Academic Section

Email: academicsectionju14@gmail.com

NOTIFICATION (25/August/Adp./34)

It is hereby notified for the information of all concerned that the Vice-Chancellor, in anticipation of the approval of the Academic Council, is pleased to authorize the adoption of the revised syllabus and Courses of studies of the subject of **Philosophy (Skill Enhancement Course)** for semester I, II and III for **Four Year Undergraduate Programme** as per Nep-2020 (as given in annexure) for the **Regular Candidates** for the examinations to be held in the years as per the details given below:-

Subject	Semester	Existing Code Course	New Code Course	For the examinations to be held in the year
Philosophy	Semester-I	USEPHT-104	USEPHT-111 (SEC)	Dec. 2025, 2026 and 2027
	Semester-II	USEPHT-204	USEPHT-211 (SEC)	May 2026, 2027 and 2028
	Semester-III	USEPHT-305	USEPHT-311 (SEC)	Dec. 2026, 2027 and 2028

The Syllabi of the courses is also available on the University website:
www.jammuuniversity.ac.in

Anju Bhasu
DEAN ACADEMIC AFFAIRS

No. F. Acd/II/25/6553-82

Dated: 25/8/25

Copy for information and necessary action to:

1. Dean, Faculty of Social Science
2. HOD/Convener, Board of Studies in **Philosophy**
3. All members of the Board of Studies
4. Sr. P.A. to the Controller of Examinations
5. Director, Centre for IT Enabled services and Management, University of Jammu for information and for uploading on University Website.
6. C.A. to the Controller of Examinations
7. Director, Computer Centre, University of Jammu.
8. Deputy Registrar/Asst. Registrar (Conf./Exam UG/Exam. Non Prof.)

Shreya
14/8/25

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13/8/25

UNIVERSITY OF JAMMU
DEPARTMENT OF PHILOSOPHY
SYLLABUS FOR UNDERGRADUATE PROGRAMME IN PHILOSOPHY
(4-YEAR U.G. COURSE) AS PER NATIONAL EDUCATION POLICY (NEP 2020)
B.A. PHILOSOPHY, 1ST SEMESTER

(Detailed Syllabus for examination to be held in Dec 2025, 2026 & 2027)

Course Title: Philosophy of Yoga - I
Course Code: USEPHT111
Course Type: Skill Enhancement
Total No. of Lectures Theory: 30 Hours
Credits: 03

Maximum Marks: 50 marks
Mid Semester Test: 10 marks
End Semester Test: 40 marks
Duration of Examination: 2.5 Hours

Objectives: This paper aims to familiarize the students with the varied understandings of the concept of Yoga as well as the basic theoretical framework of the Yoga school of Indian Philosophy founded by Patanjali. The paper offers a glimpse into the Yogic understanding of the mind, its constituents and its states, enabling the students to comprehend and analyse their own mental faculties and to cultivate self-awareness.

Unit 1 Yoga – A General Introduction

- a) Yoga – Meaning and Essence
- b) Types of Yoga (Jnana, Bhakti, Karma)

Unit 2 Chitta-vritti-nirodha - I

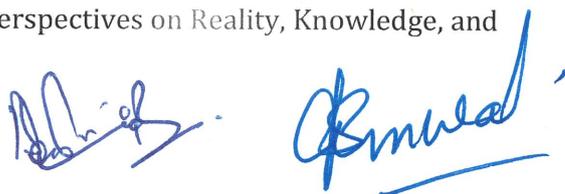
- a) Patanjali's Definition of Yoga
- b) The five Vrittis

Unit 3 Chitta-vritti-nirodha - II

- a) The five Kleshas
- b) The five Bhumis

Recommended Books:

- Essence of Yoga – Swami Sivananda
- The Essentials of Hinduism (A Comprehensive Overview of the World's Oldest Religion) - Swami Bhaskarananda
- A Student's Guide to the History and Philosophy of Yoga – Peter Connolly
- The Inner Tradition of Yoga (A Guide to Yoga Philosophy for the Contemporary Practitioner) – Michael Stone
- An Introduction to Indian Philosophy (Perspectives on Reality, Knowledge, and Freedom) – Bina Gupta



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B.A. PHILOSOPHY, 2ND SEMESTER
(Detailed Syllabus for examination to be held in May 2026, 2027 & 2028)

Course Title: Philosophy of Yoga - II

Course Code: USEPHT211

Course Type: Skill Enhancement

Total No. of Lectures Theory: 30 Hours

Credits: 03

Maximum Marks: 50 marks

Mid Semester Test: 10 marks

End Semester Test: 40 marks

Duration of Examination: 2.5 Hours

Objectives: This paper focuses on the fundamentals of Ashtanga Yoga as codified by Patanjali in his Yoga Sutras. The eight limbs of Yoga are discussed independently and the students are expected to imbibe the tenets and practices given herein to their own lives to imbibe and inculcate positive values as well as to improve focus and concentration.

Unit 1 Bahiranga Sadhana - I

- a) Yama
- b) Niyama

Unit 2 Bahiranga Sadhana - II

- a) Asana
- b) Pranayama
- c) Pratyahara

Unit 3 Antaranga Sadhana

- a) Dharana
- b) Dhyana
- c) Samadhi

Recommended Books:

- Essence of Yoga – Swami Sivananda
- Roots of Yoga – James Mallinson, Mark Singleton
- A Student's Guide to the History and Philosophy of Yoga – Peter Connolly
- The Inner Tradition of Yoga (A Guide to Yoga Philosophy for the Contemporary Practitioner) – Michael Stone
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B.A. PHILOSOPHY, 2ND SEMESTER
(Detailed Syllabus for examination to be held in May 2026, 2027 & 2028)

Note for Paper Setting (For Skill Course):

Note for Paper Setter (For Mid Term Examination Part 1)

The question paper will be of **25** marks. There shall be **02** Sections in the question paper with pattern as follows:

Section A shall comprise of **04 short** answer type questions (of **2.5** marks each) covering all 03 units with at least one question from each Unit. The students have to attempt all the four question from section A.

Section B shall comprise of a total of **06** questions with **02** questions selected from each Unit. Each Unit shall be of **05 marks**. The students' have to attempt three questions selecting only one question from each Unit.

EVALUATION OF SKILLS: Final Examination part two

The Evaluation of skills will be internal. The Examination of skills shall be of 50 marks. The Evaluation of skills will be done internally through the board of three members (including the trainer of the Course).



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(4-YEAR U.G. COURSE) AS PER NATIONAL EDUCATION POLICY (NEP 2020)
B.A. PHILOSOPHY, 3rd SEMESTER
(Detailed Syllabus for examination to be held in Dec 2026, 2027 & 2028)

Course Title: Philosophy of Yoga - III
Course Code: USEPHT311
Course Type: Skill Enhancement
Total No. of Lectures Theory: 30 Hours
Credits: 03

Maximum Marks: 50 marks
Mid Semester Test: 10 marks
End Semester Test: 40 marks
Duration of Examination: 2.5 Hours

Objectives: In this paper, the heterodox schools of Yoga viz. Buddhism and Jainism are discussed independently as well as in contrast to the orthodox school of Yoga. The students are expected to imbibe the tenets and practices given herein to inculcate positive values as well as to improve focus and concentration in their own lives.

Unit 1 Yoga in Bhagavad Gita

- a) Jnana Yoga
- b) Bhakti Yoga
- c) Karma Yoga

Unit 2 Yoga in Buddhism

- a) Similarities between Buddhism and Patanjali's Yoga
- b) Differences between Buddhism and Patanjali's Yoga
- c) The Practice of Naljor

Unit 3 Yoga in Jainism

- a) Similarities between Jainism and Patanjali's Yoga
- b) Differences between Jainism and Patanjali's Yoga
- c) The Four Types of Dhyana

Recommended Books:

- Essence of Yoga – Swami Sivananda
- A Student's Guide to the History and Philosophy of Yoga – Peter Connolly
- Yoga Philosophy in Relation to Other Systems of Indian Thought – Dasgupta
- Buddhist Yoga: A Comprehensive Course –T. Cleary
- Outlines of Jainism – S. Gopalan



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B.A. PHILOSOPHY, 3rd SEMESTER
(Detailed Syllabus for examination to be held in Dec 2026, 2027 & 2028)

Note for Paper Setting (For Skill Course):

Note for Paper Setter (For Mid Term Examination Part 1)

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Section B shall comprise of a total of **06** questions with **02** questions selected from each Unit. Each Unit shall be of **05 marks**. The students' have to attempt three questions selecting only one question from each Unit.

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B.A. PHILOSOPHY, 1ST SEMESTER
(Detailed Syllabus for examination to be held in Dec 2025, 2026 & 2027)

Note for Paper Setting (for Skill Course):

Note for Paper Setter (For Mid Term Examination Part 1)

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EVALUATION OF SKILLS: Final Examination part two

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