Appendix "G" Item No.14

PHILOSOPHY AND RELIGIOUS STUDIES

CENTRE FOR PHILOSOPHICAL COUNSELLING AND RESEARCH

Subject : P.G. Diploma Course in Philosophical Counseling

AIM OF THE COURSE:

To develop and interpret the concepts of philosophy for finding a solution to the issues that everybody faces. The course attempts to develop the practical implications of philosophical methods to enable the students to develop their thinking skills. The study promotes all the positive thoughts and equip with the knowledge for supportive applications of philosophical theories and to offer good mental health. It helps the students to think critically and understand the reasoning capacity for the development of their behavior and personality.

OBJECTIVES:

* To guide the students to strengthen their will to face issues with strong will and mental equilibrium.
* To equip the participants for guiding and counseling.
* To familiarize the learners with the various concepts in Eastern and Western Philosophy
  * To make the learners capable of utilizing the philosophical teachings in both systems as the finger posts to self-management and self-realization.
  * To provide the learners for developing training in techniques of stress management, attitude modification and holistic harmonizing.
  * To develop awareness about latest counseling areas in Philosophy
  * To ensure their capability of thinking with reasoning

REGULATIONS

a) Duration of P.G. Diploma Course is of 1 year which comprises of Two Semesters with 350 hours of lectures 150 hours of practical.
   b) The course will be conducted once in a year from July/August to June/July
   c) There will be four papers in Semester I and Three papers in Semester II and practical.

Eligibility:

Graduation (Bachelor's degree) in any discipline with minimum 50% of marks (Preference to be given to Philosophy, Psychology, Sociology and Science graduates).
**Age**: No age limit
**No. of seats**: 30 (General-24, SC-5, ST-1)
**Application fee**: Rs. 100/-
**Course fee**: Rs. 20000/- (For SC/ST Candidates as per University rules).
**Refundable caution deposit**: Rs. 1000/- (In addition to the course fee)

### Structure of the Programme

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<thead>
<tr>
<th>No.</th>
<th>Name of Paper</th>
<th>Theory (Hrs.)</th>
<th>Practical (Hrs.)</th>
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<td>Introduction to Philosophical Counseling</td>
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<td>2</td>
<td>Philosophical Counseling – Eastern Systems</td>
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<td>4</td>
<td>Logical Reasoning and Critical Thinking</td>
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<td>5</td>
<td>Ethical Principles of Counseling</td>
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<td>6</td>
<td>Health: Psychological and Social Perspectives</td>
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<td>Counseling - Practical</td>
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### Scheme of Evaluation

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<th>Theory</th>
<th>Practical</th>
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<th>Projector</th>
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**REQUIREMENT FOR PASS**

A candidate shall be declared to have passed the examination if he/she secures not less than 50% of the maximum in each of the components.

### FACULTIES:

As the course of interdisciplinary nature experts from different areas are required. Guests faculties may be appointed for the conduct of classes. The panel of experts may be prepared by the Department and approved by the Departmental council at the time of starting of the course. Remuneration to the faculties may be paid as per the university authorities direction.

- Continuous Evaluation: 25 Marks
- Attendance: 5
- Assignment: 10
- Test paper: 10

### SCHEME OF EXAMINATION OF THEORY PAPERS

- The duration of the examination shall be three hours
- The Question paper shall consist of two types of questions: Essays and Short answers
- The question paper shall consist of
  1. Four essays of 15 marks each, of which the candidates have to answer any two in not more than 1000 words
  2. Nine short answer questions of 9 marks each, of which the candidates have to answer any five in not more than 250 words

### STRUCTURE OF REPORT WRITING AND COMPREHENSIVE VIVA

The marks allocation for Report Writing and research Relevance of the Topic 20
- Methodology 10
- Chapterisation and content 20
- Comprehensive Viva 100

### SCHEME AND SYLLABUS SEMESTER I

**PAPER I**

**INTRODUCTION TO PHILOSOPHICAL COUNSELLING**

(Total credits 2/week)

**Objectives:**

This course will introduce the basic concepts and principles of Philosophical Counseling. It tends to focus on individuals; what goes on within and between them. It focuses on the awareness of underlying philosophies with a broader perspective and a more tentative, questioning to our lives.
Module I

Module II
What is Philosophical Counseling? Early contributions. Features of Philosopher- Counselor, Philosophy-an activity, Philosophical Consultancy, Therapeutic Philosophy

Module III

Module IV
Cognitive Behavior Therapy- View of Emotional Disturbance, Therapeutic Process, Rational Emotive Behavior Therapy, Cognitive Methods, Behavioral Techniques; Person- centered Therapy- Functional Role, Reflection of Feelings, Crisis intervention, Creativity and Stimulating Experiences.

Module V
Narrative Therapy- personal construct therapy, externalizing the problem, alternative and positive narratives, theories in action, Family system Therapy, communication patterns in families, differentiation of self, family projection process, sibling position.

References

PAPER II
PHILOSOPHICAL COUNSELLING - EASTERN SYSTEMS
(Total credits 2/week)

Objectives:
The aim of the study is to develop philosophical wisdom, which is an enlightened life led with far sight, foresight and insight. It promotes truths of spirit and in the light of them actual life has to be refined. It emphasize the need of spiritual and practical realization of truth. It develops the knowledge of self which is essential for the knowledge of the whole universe.

Module I
Upanishads – Self-transcendence, Panchakośa theory, Four Grades of Consciousness (Jâgrat, Swapna, Susupti and Turîya), Analogy of chariot.

Module II
Bhagavat Gita - Emotional Stability, Ideal of Samatvam, Nîshkâmakarma; Jainism – Ânâkândavâda, Relativity theory; Buddhism – Analysis of mental suffering, Doctrine of Middle-path; Zen Buddhism- Self-realization; Taoism- inner freedom.

Module III
Nyâyavaisesika System –Theories of consciousness, Ultimate goal of life, Pleasure and Pain; Sâmkhya System - Triguna and Personality, Yoga and Meditation, Astângayoga, Cittavritti, Samadhi and levels of consciousness; Vedanta - Appearance and reality, Sankaracharya’s levels of reality, Abâdita, Cidabhâsa.

Module IV
Swami Vivekananda – Four yogas- Acceptance theory; Sri Aurobindo - Integral yoga; Gandhi - Practical non-violence; Dr Radhakrishnan - Intellect and Intuition; J Krishnamurthy - Total freedom.

Module V
Sri Ramana Maharshi - Method of self-inquiry; Sree Narayana Guru-Atmopadesa Satakam
**References**

6. Umesh Mishra, 2006; “Nyaya-Vaisesika conception of matter in Indian Philosophy”, Bharatiya Kala Prakashan, Delhi.

**PAPER III**

**PHILOSOPHICAL COUNSELLING - WESTERN SYSTEMS**

*(Total credits 2/week)*

**Objectives:**

The objective of the study is to explore the ideas of western thinkers which enables one to discover what kind of life is well- worth living. It examines the realities of universe and detect new symptoms and diagnose what it finds. It teaches about the true nature of the world and stimulate human environment.

**Module I**

Greek Philosophy: Pythagoras- Number theory; Heraclitus - Everything is Flux; Socrates- Unexamined life is not worth-living; Plato- Purpose of City-state; Aristotle- Happiness is an activity; Epicurus- Self-discipline and identity, Stoic – Maturity of Perception and self-control.

**Module II**

Medieval Philosophy: St. Augustine- Transmitter of divine love and insight; St. Thomas Aquinas- Faith and Reason.

**Module III**

Modern philosophy- Rationalist Thinkers: Rene Descartes- Cogito-ergosum, Interactionism; Benedict Spinoza-Parallelism; Leibnitz- Pre-established harmony.

**Module IV**


**Module V**

Jean Jacques Rousseau- Freedom and authenticity; Arthur Schopenhauer- Satisfaction as fleeting gratification; Jeremy Bentham- Utilitarianism; John Stuart Mill- Protected individual autonomy; Karl Marx- Identity and actions; Sigmund Freud- Theory of Unconscious, Ego and super ego.

**References**


**PAPER IV**

**LOGICAL REASONING AND CRITICAL THINKING**

*(Total credits 2/week)*

**Objectives:**

This course will introduce that thinking is a mental process or activity that results in having a thought whether it is positive or negative. It teaches that
through rational reflection philosophy offers a means of coming to an understanding of human kind, the world and our responsibilities in the world. It makes us to develop the capacity to think and the process of thinking is a purposeful mental activity. It develops critical thinking which brings conscious awareness, skills and standards to the process of observing, analyzing, reasoning, evaluating, reading and communicating.

**Module I**
- Introduction – Logical Reasoning; Reflective Thinking; Define Reasoning; Definition of Critical Thinking; Reasoning and Arguments

**Module II**
- Fundamental Measures - Observation Skills, Word Analysis, Facts and Reliability, Inference and Generalizations; Propositions and Arguments

**Module III**
- Categorical Syllogism-Hypothetical and Disjunctive Reasoning; Assumptions and Beliefs, Opinions and Arguments, Viewpoints and Recognizing.

**Module IV**
- Standards of Criteria, Reason and Judgments, Evidence and Sources; Language, Meaning and Definitions.

**Module V**

References
3. Harry J. Gensler, (2017); “Introduction to Logic”, Routledge, New York, U K.

**SEMESTER II**

**PAPER V**

**ETHICAL PRINCIPLES OF COUNSELLING**

(Total credits 2/week)

Objectives:
This paper give a general outline of the nature and scope of Ethics. It gives a brief account of different approaches to Ethics. It analyses various Ethical theories and their significance. The importance of rights and duties, theories of punishment and principles of justice are highlighted. It explores an overview of Environmental Ethics and its various dimensions. It also brings out the application of concepts of Ethics in Counselling.

**Module I**
- Definition of Ethics, Desire and Will, Character and Conduct; Ethical Approaches- Anthropocentric, Eco-centric; Bio-Centric approaches- Sustainability Dimensions; Ethical Relativism.

**Module II**
- Ethical Principles- Autonomy, Beneficence, Non- Maleficence, Justice; Classical Ethical Theories- Utilitarianism of Bentham and Mill; Immanuel Kant’s Theory of Duty, Good Will.

**Module III**
Module IV
Rights and Duties- Fundamental rights and human rights; Theories of Punishment.

Module V
Ethics for Counseling- Ethics and Responsibility, Ethics and Empathy; Individual Morality and Social Morality; Welfare and Social Justice; Principles of Distributive Justice; Gender Justice.

References

PAPER VI
HEALTH: PSYCHOLOGICAL AND SOCIAL PERSPECTIVES
(Total credits 2/week)

Objectives:
This course will introduce the basic psychological concepts and principles related to personality. It introduces the basic concepts of psychological reactions of a client and mental mechanisms. This explores the basic concepts of behavior modifications, substance abuse and personality styles. It expands the basic sociological concepts, principles and social processes. The important social institutions and various social factors affecting the family and community are highlighted. It gives an overview of social change, social control and social security.

Module I
Concept of Psychology-Definitions, sub-fields in psychology, Counseling Psychology, Psychological reaction of a client- egocentricity, hallucination, delusion, anger and hostility; Emotional needs and psychological factors of clients- psychological aspects of substance abuse (smoking, alcoholism and drug addiction)

Module II
Personality-Definition, Physical characteristics; Role of heredity; Basic concepts of Sigmund Freud- Psychoanalysis; Define the oral anal and phallic stages of personality development; Concept of learning proposed by Dollard and Miller; Personality assessment.

Module III
Defense Mechanisms- Definition- types -repression, identification, rationalization, projection, reaction formation, emotional insulation; Defense mechanisms and personality development

Module IV
Sociology and Health-Meaning of socialization- Socialization in rehabilitation patients; Family- influence of family on personality and individual's health-family and psycho- somatic diseases; Concepts of community- role of community in determining beliefs, practices and home remedies in treatment. Components of culture- impact of culture on human behavior.

Module V
Social Change- Factors of social changes- Social change and health; Social control- meaning of social control- Social control in the regulation of human behavior- social deviance and disease; Social security and social legislation in relation to health; Social worker-medical and public social workers; mental health and substance abuse social workers.

References
Objectives:
This course enables to develop the good understanding of method of research process, designing and quality of research. It helps the students to formulate hypothesis and independent research activity. It helps to identify interdisciplinary areas where students experience, the development and change.

Module I
Definition of Research, Research as an Activity, Methodology and Methods of Research in Philosophical Writing.

Module II
Research Preliminaries; Values of a researcher- Curiosity and skill for reasoning; Selection of research topic; Identifying the sources and materials for the study.

Module III
Types of Research Writing- Descriptive; Prescriptive; Analytical; Comparative; Historical and Expository.

Module IV
Strategies of Writing; Mechanics of Writing; Frame the questions that indicate the problems; Anticipate counter arguments if possible; Avoid plagiarism; Logical consistency and coherence in presentation.

Module V
Citations and Bibliography; Differences between MLA and APA style; MLA rules of citations and bibliographic entries.

References

**PAPER VIII COUNSELLING-PRACTICAL**

(Total credits 4/week)

Philosophical counselors help people in distress or confusion to evaluate worldviews of clients and reorient their emotional dispositions, without applying diagnostic labels or imposing clinical treatment programs. This can alleviate the sources of stress and anxiety more directly than courses of medication or programs of psychotherapy. For many people, this is a personal breakthrough. It is uniformly accepted that a sane person can do a philosophical counselor to address his problems. Others can talk to a psychologist or a psychiatrist. Therefore, it is proposed to conduct practical sessions with the help of students or other clients identified to have fundamental problems to be redressed.

Based on this candidate have to prepare a project based on research methodology. Area of the topics and its mode will be finalized by discussing with the supervising teacher.

**COMPREHENSIVE VIVA**

A comprehensive viva is proposed covering all areas of study including the project.