

UNIVERSITY OF MADRAS
M.A. DEGREE PROGRAMME IN PHILOSOPHY
SYLLABUS WITH EFFECT FROM 2023-2024

| Subject Code | Subject Name | Category | L | T | P | S | Credits | Inst. Hours | Marks | | |
|--------------|--|---|---|---|---|---|---------|-------------|-------|----------|-------|
| | | | | | | | | | CIA | External | Total |
| 507E4A | Philosophical Counseling for Managerial Person (20% Theory 80% Practical) | Elective – VI (Industrial/ Entrepreneurship) | Y | - | - | - | 3 | 4 | 25 | 75 | 100 |

Learning Objective

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| 1 | To embark on an inquiry into life |
| 2 | To understand Core beliefs and truths of dialectical method |
| 3 | To recognize that not all life-problems are medical in nature |
| 4 | To understand the holistic focus of yoga therapy which encourages the integration of mind, body, and spirit |
| 5 | To understand Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing |

UNIT **Details**

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| 1 | What is Counseling? Nature and Scope of Philosophical Counseling, Distinction between Psychological and Philosophical Counseling. |
| 2 | Philosophical Attitudes - Courageous- Open -Assertive -Caring-Grateful. Philosophical Methods-Method of Doubt – Argument-Dialectic. |
| 3 | Varieties of Philosophical Counseling – Logo Therapy-its basic principles – Man’s search for meaning of Life. Existential Therapy – The Inner conflict of man – Existential Givens-Inevitability of death, freedom and responsibility- Alienation and Meaninglessness) |
| 4 | Therapeutic Counseling: Yoga as a way of Philosophical Counseling –Chittabhumis and the method of Self-analysis –Practical ways to attain mental balance – Pranayama and Dhyana. Buddhist principles of Philosophical Counseling –Vipassana and Samatha- Zen – Zazen – Mindfulness |
| 5 | Nature and scope of philosophy of management- Managerial effectiveness: a model based on Indian ethics-Wisdom worker-The psycho-philosophical model -Self – management- concentration without any anxiety for results-Develop an appropriate mental attitude. SKILLS FOR MANAGING FEELINGS: Anger management – Dealing with grief and anxiety – Coping skills for dealing with loss, abuse, trauma: SKILLS FOR MANAGING STRESS: Time management Positive thinking – Relaxation techniques |

Course Outcomes

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| CO | On completion of this course, students will |
| 1 | The student will ably deal with life events in an effective manner. |
| 2 | In life, skills like Courageous- Open -Assertive -Caring-Grateful will one to take calculated risk and refined over time |
| 3 | Will have insights of inevitable end of human life which is unavoidable |
| 4 | Yoga therapy is used to treat mental and physical health issues |
| 5 | Able to understand Mindfulness-based interventions, will be relieving symptoms of stress, mental |

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| | |
|------------------------|---|
| | health concerns, and physical pain. |
| Text Book | |
| 1 | Nelson Jones, Richard - <u>Theory and Practice of Counseling and Therapy</u> |
| 2 | Peter B. Raabe, <u>Philosophical Counseling: Theory and Practice</u> |
| 3 | Schuster, S. - <u>Philosophical Practice: An Alternative to Counseling and Psychology</u> |
| 4 | Kapleau, Phillip - <u>The Three Pillars of Zen: Teaching, Practice and Enlightenment</u> |
| 5 | Shaw, Sarah - <u>Buddhist meditation: an anthology of texts from the Pâli canon</u> |
| Reference Books | |
| 1. | Schuster, S. - <u>Philosophical Practice: An Alternative to Counseling and Psychology</u> |
| 2. | Raabe, Peter - <u>Philosophical Counseling,</u> |
| 3. | Hadot, Pierre - <u>Philosophy as a way of Life</u> |
| 4. | Nelson Jones, Richard - <u>Theory and Practice of Counseling and Therapy</u> |
| 5. | Peter B. Raabe, <u>Philosophical Counseling: Theory and Practice</u> |
| Web Resources | |
| 1. | https://www.academia.edu/42328434/Introduction_to_Philosophical_Counseling |
| 2. | https://peterraabe.ca/books4.html |

Mapping with Programme Outcomes:

| | PO 1 | PO 2 | PO 3 | PO 4 | PO 5 | PO 6 | PO 7 | PO 8 | PO 9 | PO 10 |
|-------------|------|------|------|------|------|------|------|------|------|-------|
| CO 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 1 |
| CO 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| CO 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 |
| CO 4 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 |
| CO 5 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 |

Strong (3) Medium (2) Low (1)

Mapping with Programme Specific Outcomes:

| | PO 1 | PO 2 | PO 3 | PO 4 | PO 5 | PO6 | PO7 | PO8 | PO9 | PO10 |
|--|------|------|------|------|------|-----|-----|-----|-----|------|
| CO 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| CO 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| CO 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| CO 5 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| Weightage | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 |
| Weighted percentage of course contribution to POS | 5-0 | 5-0 | 5-0 | 5-0 | 5-0 | 5-0 | 5-0 | 5-0 | 5-0 | 5-0 |

Strong (3) Medium (2) Low (1)