

SWAMI VIVEKANANDA ADHYAYAN PEETH
SYLLABI
FOR
BASIC CERTIFICATE COURSE (3 MONTHS)
ADVANCED CERTIFICATE COURSES (6 MONTHS)
AND
PG DIPLOMA COURSE (ONE YEAR) IN VIVEKANANDA STUDIES

I. BASIC CERTIFICATE COURSE IN VIVEKANANDA STUDIES (3 Months)

Eligibility and Minimum Qualification: Any citizen of India having passed 10+2 or equivalent exam can join the course. The course can be pursued simultaneously along with any other course.

SYLLABUS

Paper I (Marks 75) Written examination will be conducted by the University.

UNIT – I

1. Life of Swami Vivekananda - as a boy and as a wandering monk
2. Sri Ramakrishna and his impact on Swami Vivekananda

UNIT – II

3. Parliament of religions; his travels in India and abroad, his return and activities for National regeneration.
4. Vivekananda and Contemporary India

UNIT – III

5. An introduction to the System of Vedanta
6. Vivekananda's Practical Vedanta.

UNIT – IV

7. Vivekananda and Yogic Methods: Raj yoga, Bhakti Yoga, Karma Yoga and Jnana Yoga
8. Harmony between Education, Science and different Religions

UNIT – V

9. Swami Vivekananda's views on : Caste, Society , Politics , Art , Literature and Man-making Education
10. The Message of Swami Vivekananda for the upliftment of masses, women and youth.

Suggested Readings

Rolland, R. (2001). Life of Ramakrishna. Kolkata: Advaita Ashrama.

Godman, D. (1985). Be as You Are: The teachings of Sri Raman Maharishi. Delhi: Penguin Books.

Gambhirananda, S. (2004). Ma Sri Sarada Devi. Calcutta: Advaita Ashrama.

Pandit , M. P. (1959). The Teachings of Sri Aurobindo. Kolkata: Sri Aurobindo Study Circle.

Further Readings

Mukerjee, B. (1997).Life and Teachings of Sri Ma Anandamayi, Sri SatguruPublication, Division of Indian Books Centre, Delhi, 1997.

Purnatmananda, S. (Ed.) &Gupta, M. S. (tr.). (2004)Reminiscences of SriSarada Devi Compiled in Bengali. Kolkata: AdvaitaAshrama.

Osborne, A. (2002).The teachings of Raman Maharshi in His own words.Tiruvannamalai : Sri Ramanasram.

Paper II (Marks 100)

Practical examination will be conducted by the University.

Candidates are required to take up practical Yoga Sessions. Practical Sessions on Basic Yogic Asanas, Meditation and Pranayama involving an Introduction to Basic Yogic Asanas, Meditation andPranayama.

The students will attend Practical – sessions duringPersonal contact Programme. Atleast 75% attendance is compulsory.

II. ADVANCED CERTIFICATE COURSE IN VIVEKANANDA STUDIES (6 Months)

Eligibility and Minimum Qualification: Any Citizen of India having passed 10+2 or equivalent exam can join the course. The course can be pursued simultaneously along with any other course.

SYLLABUS

Paper I: Life and Works of Swami Vivekananda (LWSV). Examination will be conducted by the University. Max. Marks: 75

UNIT – I

1. Life of Swami Vivekananda – his travels in India and abroad, his return and activities for National regeneration.

UNIT – II

2. Vedanta- An introduction

UNIT – III

3. Swami Vivekananda's vision of:

- a. Harmony of Religions
- b. Divinity of Man

UNIT – IV

4. Swami Vivekananda's views on:

- a. Caste, Society and Politics
- b. The Message of Swami Vivekananda for the upliftment of masses, women and youth.

READINGS:

Tapasyananda, S. (2005). *Four Yogas of Swami Vivekananda*, Condensed and Retold Kolkata: Advaita Ashrama.

Avinashilingam, T. S. (2004). *Education*, compiled from the speeches and writings of Swami Vivekananda. Madras: Sri Ramakrishna Math, Mylapore.

Vivekananda, S. (2000). A Compilation *Vivekananda-The Great Spiritual Teacher*. Kolkata: Advaita Ashrama.

Vivekananda, S. (2005). *Lectures from Colombo to Almora*. Kolkata: Advaita Ashrama.

Vivekananda, S. (2005). *Our Women*. Kolkata: Advaita Ashrama.

Vivekananda, S. (2005). *To the Youth of India*, Kolkata: Advaita Ashrama.

Tapasyananda, S. (2013). *Swami Vivekananda, His life and Legacy*. Chennai: Sri Ramakrishna Math.

Narasimhananda, S. (Ed.). (2013). *Vivekananda Reader*. Kolkata: Advaita Ashrama.

Paper II (Parts A & B):

PART A (75 Marks) Written Examination will be conducted by the University

Sages of Modern India

UNIT – I

Sri Ramakrishna

Ma Sri Sharada.

UNIT – II

Sri Aurobindo.

Sri Raman Maharishi.

Gurudev Rabindranath Tagore

Readings

Rolland, R. (2001). *Life of Ramakrishna*. Kolkata: Advaita Ashrama.

Godman, D. (1985). *Be as You Are: The teachings of Sri Raman Maharishi*. Delhi: Penguin Books.

Gambhirananda, S. (2004). *Ma Sri Sarada Devi*. Calcutta: Advaita Ashrama.

Pandit, M. P. (1959). *The Teachings of Sri Aurobindo*. Kolkata: Sri Aurobindo Study Circle.

Mukerjee, B. (1997). *Life and Teachings of Sri Ma Anandamayi*, Sri Satguru Publication, Division of Indian Books Centre, Delhi, 1997.

Purnatmananda, S. (Ed.) & Gupta, M. S. (tr.). (2004) *Reminiscences of Sri Sarada Devi Compiled in Bengali*. Kolkata: Advaita Ashrama.

Osborne, A. (2002). *The teachings of Raman Maharshi in His own words*. Tiruvannamalai : Sri Ramanasram.

Part-B: Project Work and Practical Sessions (Max. Marks- 100)

Candidates are required to take up Project Work and Practical Yoga Sessions

Note:

- (i) Under the supervision of the Co-ordinator of the Centre/Course, the candidates will take up a **Project-work** on any important aspect of Swami Vivekananda's thought or the missionary activities initiated by him.
and,
- (ii) Practical Sessions on Basic Yogic Asanas, Meditation and Pranayama involving an Introduction to Basic Yogic Asanas, Meditation and Pranayama. The students will attend Practical – sessions during Personal contact Programme. At least 75% attendance is compulsory.
- (iii) The evaluation of this component is based on the participation of students during these sessions and a written Project Report based on Practical.

**III. ADVANCED CERTIFICATE COURSE ON SPIRITUAL LEGACY OF THE
UTTARAKHAND HIMALAYAS**

(6 Months)

Eligibility and Minimum Qualification: Any Citizen of India having passed 10+2 or equivalent exam can join the course. The course can be pursued simultaneously along with any other course.

SYLLABUS

Paper I: Spiritualism in the Himalayas : A journey through time (Max. Marks : 75)

UNIT – I

SRI ADI SHANKARACHARYA

UNIT – II

SWAMI VIVEKANANDA

UNIT – III

GURUDEV RABINDRANATH TAGORE

SRI NIMKARORI MAHARAJ

UNIT – V

SWAMI YOGANANDA PARAMHANSA

SWAMI RAMDEV

UNIT – VI

THE DALAI LAMA

Paper II (100 marks)

Spirituality, Yoga and Meditation for Health

Project Work and Practical Sessions

Candidates are required to take up Project Work and Practical Yoga Sessions

Note:

- (iv) Under the supervision of the Coordinator of the Centre/Course, the candidates will take up a **Project-work** on any important aspect of the thought of the great spiritual masters or the missionary activities initiated by them.

and,

- (v) Practical Sessions on Basic Yogic Asanas, Meditation and Pranayama involving an Introduction to Basic Yogic Asanas, Meditation and Pranayama. The students will attend Practical – sessions during Personal contact Programme. At least 75% attendance is compulsory.
- (vi) The evaluation of this component is based on the participation of students during these sessions and a written Project Report based on Practical.

IV. P.G. DIPLOMA COURSE IN SWAMI VIVEKANANDA STUDIES

(One Year Course: 2 Semesters)

Eligibility and Minimum Qualification: Any Citizen of India having passed 10+2+3 or equivalent exam can join the course. The course can be pursued simultaneously along with any other course.

Statement of the objectives of the Course

1. To acquaint students with the eternal values of Indian culture as lived and propagated by exemplary personalities like Swami Vivekananda and some other modern Indian sages such as Sri Ramakrishna, Ma Sarada, ShriAurobindo and ShriRamana Maharishi. To acquaint students with the context and the historical development of Ramakrishna-Vivekananda Movement.
2. To apprise students with the basic philosophy, path breaking ideas and discussions of human upliftment as envisioned in the writings and works of Swami Vivekananda. To initiate students in furthering Man Making Mission of Swami Vivekananda ahead.
3. To build a strong foundation of Vedantic philosophy, with a special focus on Practical Vedanta of Swami Vivekananda.
4. To highlight the significance of our traditional values for generating peace, universal love, acceptance, tolerance and harmony in our real life. To sensitize students to the values of service, sacrifice, self control, selflessness and moral courage and highlight the significance of character building and spirituality in their self development.
5. To awaken the inherent spiritual strengths through yogic asanas, pranayam and meditation. To equip students with the skills of yogic asanas, pranayama and meditation and train them to manage their day to day stress and work pressures and maintain their well-being.
6. To impart practical lessons on Positive Self Development and to encourage learners to undertake critical appraisal of their conceptual understanding and polish their original thinking and writing skills.

Syllabus

SEMESTER 1: PAPER-1

VIVEKANANDA AND RENASCENT MOVEMENTS (Max. MARKS 75)

UNIT-1 : Brahma Samaj - Raja Ram Mohan Ray as a Social Reformer -
Introduction of English Education.

UNIT-2 :AryaSamaj - DayanandaSaraswathi's revival of Vedas -Vedic Teaching to all castes - Status of Women.

UNIT-3 :PrarthanaSamaj - MahadevaGovindaRanade

UNIT-4 : Theosophical Movement - Madam Blavatsky, Colonel Alcot and Annie Beasant- Emphasis on Occultism.

UNIT-5 : (a)Ramakrishna Movement - a Brief biography - spirit of reconciliation at philosophical and religious level.

(b) Swamy Vivekananda – a Brief biography – Influence of Ramakrishna on Vivekananda – Parliament of Religions – Establishment of Ramakrishna mission.

Readings

Hinduism through the Ages - D.S. Sharma

The Renascent Hinduism - D.S. Sharma

Indian Social Reform - C.Y.Chintamani

Raja Ram Mohan Roy and

Progressive Movements in India - J.K.Kumar

History of Brahma Samaj - SivanathSastri

Life and Times of LokamanyaTilak - N.C. Kelkar

The AryaSamaj - LalaLajpathRai

Modern Religious Movements in India - J.Farquhar

Renaissance in India - G.F.Andrews

Hindu Social Progress - M.Subba Row Pantulu

Wake up India - Annie Beasant

Tapasyananda, S. (2005).*Four Yogas of Swami Vivekananda*, Condensed and Retold Kolkata: AdvaitaAshrama.

Avinashilingam, T. S. (2004). *Education*, compiled from the speeches and writings of Swami Vivekananda. Madras: Sri Ramakrishna Math, Mylapore.

Vivekananda, S. (2000). A Compilation *Vivekananda-The Great Spiritual Teacher*.Kolkata :AdvaitaAshrama.

Vivekananda, S. (2005).*Lectures from Colombo to Almora*.Kolkata :Advaita Ashrama.

Vivekananda, S. (2005). *Our Women*. Kolkata: Advaita Ashrama.
Vivekananda, S. (2005). *To the Youth of India*, Kolkata: Advaita Ashrama.
Tapasyananda, S. (2013). *Swami Vivekananda, His life and Legacy*. Chennai:
Sri Ramakrishna Math.
Narasimhananda, S. (Ed.). (2013). *Vivekananda Reader*. Kolkata: Advaita
Ashrama.

SEMESTER 1-PAPER 2

VIVEKANANDA'S PRACTICAL VEDANTA (MARKS 75)

UNIT-1 : Vedas and Upanisads – An introduction

UNIT-2 : Basic tenets of three schools of Vedanta – Advaita, Visistadvaita and
Dvaita.

UNIT-3 : Characteristic of Practical Vedanta

- (a) Universality
- (b) Impersonality
- (c) Rationality
- (d) Catholicity

UNIT-4 : Philosophy of Swamy Vivekananda

- (a) Nature of Reality
- (b) Nature of Self
- (c) Nature of the universe – The doctrine of maya
- (d) Identity of Self and God

UNIT-5 : Sadhana and Moksha – Knowledge as the means of Moksha –
Jivanmukti – Social concern.

Readings

The Complete Works of Swami Vivekananda Vols 1 to 8 Relevant
Chapters.

Brahma Sutras: Published by Ramakrishna Mission

Brahma Sutra: By Dr.S.Radhakrishnan

Hindu Social Progress - M.Subba Row Pantulu

Wake up India - Annie Beasant

Tapasyananda, S. (2005). *Four Yogas of Swami Vivekananda*, Condensed and Retold Kolkata: Advaita Ashrama.

Avinashilingam, T. S. (2004). *Education*, compiled from the speeches and writings of Swami Vivekananda. Madras: Sri Ramakrishna Math, Mylapore.

SEMESTER 1- PAPER 3

VIVEKANANDA ON UNIVERSAL RELIGION (MAX MARKS 75)

UNIT-1 : Definition of Religion – Religion as ancestor worship and nature worship – Religion as realization – Relationship between religion and science.

UNIT-2 : Vivekananda views on Religious Conversion

UNIT-3 : His observations on major religions of the world

(a) Hinduism

(b) Christianity

(c) Islam

UNIT-4 : The concept of Universal Religion and its characteristics – Fundamental unity of all religions – acceptance and not tolerance is the principle.

UNIT-5 : Swami Vivekananda's observation on Buddhism.

Readings

The complete works of Swami Vivekananda (in 8 Volumes)

Jnana Yoga - Swami Vivekananda

The Biography of Swami Vivekananda. Cultural Heritage of India

Natural Religion - Max Muller

Eastern Religious and Western Thought – Dr. S.Radhakrishnan

Hindu View of Life - Dr.S.Radhakrishnan

Religion and Society - Dr. S.Radhakrishnan

SEMESTER 1- PAPER 4

PROJECT WORK & BASIC YOGA PRACTICALS (PART A)(MAX MARKS- 100)

Note:

(vii) Under the supervision of the Co-ordinator of the Centre/Course, the candidates will take up a **Project-work** on any important aspect of Swami Vivekananda's thought or the missionary activities initiated by him.

and,

(viii) Practical Sessions on Basic Yogic Asanas, Meditation and Pranayama involving an Introduction to Basic Yogic Asanas, Meditation and Pranayama. The students will attend Practical – sessions during Personal contact Programme. At least 75% attendance is compulsory.

(ix) The evaluation of this component is based on the participation of students during these sessions and a written Project Report based on Practical.

SEMESTER II- PAPER 1 (Max. Marks 75)

VIVEKANANDA AND YOGIC METHODS

UNIT-1 :Definition of term Yoga - Different meanings of term – The four Yogas namely viz. Karma, Bhakti, Jnana and Rajayoga

UNIT-2 :Karmayoga – Karma and Samskaras – Role of Karma in shaping human character – Niskama Karma Yoga – Pravritti and Nivritti.

UNIT-3 :Bhaktiyoga – Bhakti as love – Apra Bhakti and Para Bhakti – Place of Symbols and images in Bhaktiyoga – Pratheeka and Pratheema – The need for Guru – Qualifications of Guru and Shisya – Five forms of Bhakti – Shantabhava, Dasyabhava, Sakhyabhava, Vatsalyabhava and Madhurabhava – The triangle of love – Parabhakti or Jnana.

UNIT-4 :Jnanayoga – The real nature of man as Sat, Chit and Ananda – man as immortal - Jnana as the direct means of Moksha.

UNIT-5 :Rajayoga – The control of Vrittis – Five kinds of Vrittis – Klesas – Abhyasa and Vairagya – The eight steps of Yoga – Siddhis as obstacles to yoga – Nature of Samadhi.

Readings

Jnana Yoga - Swamy Vivekananda.

Karma Yoga - Swamy Vivekananda

Bhakti Yoga - Swamy Vivekananda

Raja Yoga - Swamy Vivekananda

Yoga Sustras - Patanjali

Synthesis of Yoga - Sri Aurobindo

Lights of Yoga - Sri Aurobindo

The Complete works of Swamy Vivekananda Vols 1 to 8 relevant chapters.

SEMESTER II- PAPER 2 (Max. Marks 75)

VIVEKANANDA AND MODERN INDIA

UNIT-1 : Vivekananda and Nationalism – The message of patriotism – spirituality as the basis of patriotism

UNIT-2 : Sociological views of Vivekananda – His views on caste and untouchability - status of women – His views on Education – Swamy Vivekananda’s concept of Vedantic Socialism

UNIT-3 : Vivekananda’s his Economic Ideas – Economic thinking in 19th Century – Vivekananda and Karl Marx – Material Development not ignore – emphasis on technological revolution

UNIT-4 : Vivekananda’s Political Ideas – His analysis of Democracy and Communism.

Reference Books

The Complete Works of Swamy Vivekananda Vol. 1 to 8 Relevant Chapters.

Great Women of India Published by Ramakrishna Mission.

Avinashilingam, T. S. (2004). *Education*, compiled from the speeches and writings of Swami Vivekananda. Madras: Sri Ramakrishna Math, Mylapore.

Vivekananda, S. (2000). A Compilation *Vivekananda-The Great Spiritual Teacher*. Kolkata :AdvaitaAshrama.

Vivekananda, S. (2005). *Lectures from Colombo to Almora*. Kolkata :AdvaitaAshrama.

Vivekananda, S. (2005). *Our Women*. Kolkata: AdvaitaAshrama.

Vivekananda, S. (2005). *To the Youth of India*, Kolkata: AdvaitaAshrama.

Tapasyananda, S. (2013). *Swami Vivekananda, His life and Legacy*. Chennai: Sri Ramakrishna Math.

Narasimhananda, S. (Ed.). (2013). *Vivekananda Reader*. Kolkata: AdvaitaAshrama.

SEMESTER II- PAPER 3

SWAMI VIVEKANANDA’S THOUGHTS – APPLICATIONS FOR CONTEMPORARY RELEVANCE (MAX MARKS 75)

1. Women Empowerment
2. Education of the Masses
3. Environmental Education and Management
4. National Integration
5. International Understanding

6. Towards Wellness Lifestyle – through Health, Hygiene and Yoga (Swachh Bharat Abhiyan, and International Day of Yoga)

Readings

Avinashilingam, T. S. (2004). *Education*, compiled from the speeches and writings of Swami Vivekananda. Madras: Sri Ramakrishna Math, Mylapore.

Vivekananda, S. (2000). A Compilation *Vivekananda-The Great Spiritual Teacher*. Kolkata :Advaita Ashrama.

Vivekananda, S. (2005). *Lectures from Colombo to Almora*. Kolkata :Advaita Ashrama.

Vivekananda, S. (2005). *Our Women*. Kolkata: Advaita Ashrama.

Vivekananda, S. (2005). *To the Youth of India*, Kolkata: Advaita Ashrama.

7. Tapasyananda, S. (2013). *Swami Vivekananda, His life and Legacy*. Chennai:

8. Sri Ramakrishna Math.

9. Narasimhananda, S. (Ed.). (2013). *Vivekananda Reader*. Kolkata: Advaita Ashrama.

SEMESTER II- PAPER 4

PROJECT WORK & ADVANCED YOGA PRACTICALS (Part B) (MAX MARKS- 100)

Note:

(x) Under the supervision of the Co-ordinator of the Centre/Course, the candidates will take up a **Project-work** on any important aspect of Swami Vivekananda's thought or the missionary activities initiated by him.

and,

(xi) Practical Sessions on Advanced Yogic Asanas, Meditation and Pranayama involving an introduction to Advanced Yogic Asanas, Meditation and Pranayama. The students will attend Practical – sessions during Personal contact Programme. At least 75% attendance is compulsory.

(xii) The evaluation of this component is based on the participation of students during these sessions and a written Project Report based on Practical.