

**Course Description:**

- This course provides an outline of the Indian approach to psychology spread across different Vedic Shastras.

**Learning Objectives:**

1. To understand the psychological concepts in Vedic Shastras
2. To explore the possibilities of implementing Indian psychological concepts in a contemporary context.
3. To appreciate the Indian psychological principles and techniques for mainstreaming.

**Pedagogy:**

- Reflective and integrative
- Brainstorming, interactive

**Syllabus:**

- Psychology as a discipline – role and goals of psychology; modern vs Indian perspectives
- Jaina, Bauddha and Charvaka's points of view on psychology
- Six Darshanas – Purva Meemamsa, Uttara Meemamsa, Nyaya, Vaisheshika, Sankhya and Yoga
- Yoga as a basis of psychological discipline from a Vedic perspective
- Bhagavad Gita – a practical methodology for daily implementation
- Spectrum and reach of psychological concepts from Indian perspectives
- Ayurveda and other Shastras; relation and integration
- Practical guidelines for adopting Indian perspectives on psychology

**References:**

- Indian Knowledge Systems - Vol 1 & 2 by Avadhesh K. Singh, Kapil Kapoor
- Indian Psychology -Safaya, R. (1975). New Delhi: Munshiram Manoharlal Publishers
- Elements of ancient Indian psychology Kuppuswamy, B. (1990).. Delhi: Konark Publishers PVT Ltd.
- Birth of psychological thoughts in India. - S K Ramachandra Rao
- Indian Psychology – Jadunath Sinha

**Course Outcome:**

- CO1: Appreciate the psychological concepts from an Indian perspective
- CO2: Ability to extract the relevant psychological models from Shastras.

**Evaluation Pattern:**

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| • Assignments and quizzes | 30 |
| • concept map/mind map    | 30 |
| • Presentation and Viva   | 40 |