

Course Code	Course Title	L	T	P	C
BHUM234L	Indian Psychology	3	0	0	3
Pre-requisite	NIL	Syllabus version			
		1.0			
Course Objectives					
Indian psychology is a branch of psychology that explores the unique cultural, philosophical, and spiritual dimensions of the Indian subcontinent. It draws from the rich traditions and ancient wisdom found in Indian philosophy, religious texts, and practices. Indian psychology seeks to understand the human mind and behavior in the context of Indian culture, emphasizing concepts such as dharma (duty/righteousness), karma (action and its consequences), and moksha (liberation).					
Course Outcomes					
<ol style="list-style-type: none"> 1: Differentiate between Indian Psychology and Western Psychology 2: Describes the underlying psychological concept of Upanishads 3: Analyze the principles of Advaita Vedanta 4: Appreciate the psychological principles of Visistadvaita 5: Evaluate the cognitive functions based on Indian psychology 6: Integrate the principles of ancient Indian medicines 7: Apply the principles of Jnana, Bhakthi and Karma Yoga 					
Module:1	Introduction				6 hours
Psychology - Indian approach - Western Approach - Limitation of Western psychology - Limitation of Western philosophy. Nature of Indian Psychology, Fundamental assumptions of Indian Psychology, Mind-body complex,					
Module:2	Psychology In Upanishads				6 hours
Philosophical doctrines of Upanishads - State of Consciousness - Mental functions - Factors of personality.					
Module:3	Psychology In Advaita Vedanta				6 hours
Introduction to Advaita philosophy - Advaita metaphysics - Human personality - the state of consciousness - functions of mind.					
Module:4	Psychology in Visistadvaita				6 hours
Introduction to Ramanuja's Philosophy - nature of consciousness - factor of personality - function of mind.					
Module:5	Mental Functions as described in Indian Philosophy				6 hours
Cognition - perception - Illusory perception - ESP - memory - Attention - Reasoning - Therapy and Mental health - Self-analysis - control of mental activity.					
Module:6	Ancient Indian Medical Systems				6 hours
Ayurveda: ancient system of medicine – dhoshas – principles of naturopathy – yogic philosophy – koshas – mental well-being					
Module:7	Applying Indian Psychology				6 hours
Jnana – bhakthi – karma yoga – application of bhagawad gita in art of management – personality – counselling – thirukkural and thirumandhiram in well-being					
Module:8	Review and Integration				3 hours
Issues in applying Indian Psychological principles					
Total Lecture hours:					45 hours
Text Book(s)					

1	Safaya, R. (1975). Indian Psychology. New Delhi: Munshiram Manoharlal Publishers
2	Kutumbiah (1999). Ancient Indian medicine, Orient BlackSwan publications.
Reference Books	
1	Vidyanath R (1990). Illustrated Charaka Samihitha, Saraswathi publishers
2	Dalal, A.S. (Ed.) (2011). A greater psychology: An introduction to the psychological thought of Sri Aurobindo . New York: Penguin Putnam Inc.
3	Rao, K.R. & Paranjpe, A.C. (2016). Psychology in the Indian tradition: New Delhi: India: Springer Pvt. Ltd.
4	Kuppuswamy, B. (1990). Elements of ancient Indian psychology. Delhi: Konark Publishers PVT Ltd.
5	Rao, K., Paranjpe, A. C., & Dalal, A. K. (2008). Handbook of Indian psychology. Chennai, India: Cambridge University Press India/Foundation Books.
Mode of Evaluation: CAT / Written assignment / FAT / Project / Seminar / Group discussion	
Recommended by Board of Studies	21-02-2024
Approved by Academic Council	No. 73 Date 14-03-2024