

Semester IV**CORE COURSE: PPSS 11609- INDIAN PSYCHOLOGY****Course Learning Outcomes:**

- CO1** Understand Eastern approaches explaining human behavior.
- CO2** Understand the traditional Indian explanation on cognition, self and personality in terms of Buddhist, Jaina, Nyaya, Vaisesika, Sankhya and yoga theories.
- CO3** Apply practical aspects of meditation to help people.
- CO4** Understand psychological concepts and psychopathology in terms of Indian Vedic background.
- CO5** Understand the main streams of yoga.
- CO6** Apply pranayama and yoga asanas to help others to attain mental health.
- CO7** Understand the concepts of yoga as explained in Bhagawath Gita.

UNIT I: INTRODUCTION

Psychology – Indian approach and the western approach; limitations of western psychology; scope and methods of Indian psychology.

UNIT II: BASIC PSYCHOLOGICAL PROCESSES IN INDIAN CONCEPT

Sensation and perception: Upanishads on sensation and sense organs - Theories of perception - Buddhist theory, the Jaina theory, the Nyaya- Vaisesika theory; the Samkhya-Yoga theory - Illusions- Attention and distraction –Learning : Learning tradition in ancient India – Memory and self – Motivation – feelings and emotion – self and personality – thought and language.

UNIT III: CONSCIOUSNESS AND MEDITATION

The states of consciousness - the doctrine of Koshas - the two levels of self - Meditation, the means to realize - according to the Upanishads; the Gita - the Buddhist practice - Patanjali's Yoga sutra - effects of meditation.

UNIT IV: THE PSYCHOLOGICAL ASPECTS OF THE GITA

The eightfold Prakriti; Kshetra and Kshetranja; the theory of Gunas; two classes of human beings; five factors of action; attitude towards action; importance of aptitudes; the means of development of personality.



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UNIT V: PSYCHOPATHOLOGY

Psychopathology and Psychotherapy, Atharvaveda and Ayurveda; Atharva veda samhita; Ayurveda; yoga.

UNIT VI: INTRODUCTION TO YOGA

Yoga - Origin, definition - Pathanjali Yoga Sutras - Yoga Vasishta - Narada Bhakti Suthras - Vedantic concept of Yoga - Yoga concept in Bhagavat Gita.

UNIT VII: MAIN STREAMS OF YOGA

Raja yoga - royal path of will, Jnana yoga - the path of intellect, Bhakti yoga - the way of emotions, Karma yoga - the way through action.

UNIT VIII: PRACTICAL

Swasa vyayamam; Sithilikarana vyayamam; Visranda sakethani; Surya namaskaram; Asanas: Bandas; Mudras; Kriyas; Pranayama; Dhyanam.



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CORE COURSE: PPSS 11609- INDIAN PSYCHOLOGY

Credits: 4

CO	CO Statement	PO/PSO	CL	KC	Class Sessions/ Tutorial Hours	Lab/ Field Hours	Assessment
CO1	Understand Eastern approaches explaining human behavior.	PO1 PSO1	U	Conc	18	0	Assignment on eastern approaches in human behavior
CO2	Understand the traditional Indian explanation on cognition, self and personality in terms of Buddhist, Jaina, Nyaya, Vaiseshika, Sankhya and yoga theories.	PO1 PSO1	U	Conc	10	0	Assignment on cognitive processes in Indian psychology context
CO3	Apply practical aspects of meditation to help people.	PO3 PSO4	Ap	Proc	0	10	Tutorial-Reading article
CO4	Understand psychological concepts and psychopathology in terms of Indian Vedic background.	PO1 PSO1	U	Conc	8	0	Assignment on psychological concepts in Indian Vedic background
CO5	Understand the main streams of yoga.	PO1 PSO1	U	Conc	8	0	Assignment on streams of yoga
CO6	Apply pranayama and yoga asanas to help others to attain mental health.	PO3 PSO4	Ap	Proc	0	14	Tutorial-Reading article



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CO7	Understand the concepts of yoga as explained in Bhagawath Gita.	PO4 PSO4	U	Conc	4	0	Assignment on yoga in terms of Bhagawath Gita
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REFERENCES

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