

**SES's L. S. RAHEJA COLLEGE OF ARTS AND  
COMMERCE  
(AUTONOMOUS)**



**Syllabus of Psychological Thought in Indian Knowledge System under NEP 2020  
vertical (Major) with effect from 2024- 25**

**Department of Psychology**

**HoD/Sr. Person of the Department: Neha Dalal**

**Date of approval by the BoS: 27/04/2024**

**Approved by the Academic Council on: 29/04/2024**

**Ratified by the Governing Body on: 06/05/2024**



<b>Programme: Bachelors of Arts</b>			<b>Semester: II</b>		
<b>Course: Psychological Thought in Indian Knowledge System</b>			<b>Code: UGBAIIPSYMJ224</b>		
<b>Academic Year: 2024-2025</b>			<b>Batch: 2024-2027</b>		
<b>Teaching Scheme</b>			<b>Evaluation Scheme</b>		
<b>Lectures</b>	<b>Practical</b>	<b>Tutorials</b>	<b>Credits</b>	<b>Internal Continuous Assessment (ICA) (weightage)</b>	<b>Term End Examinations (TEE) (weightage)</b>
30	Nil	Nil	2	20	30
<b>Particulars</b>				<b>Marks</b>	
Class tests				10	
Projects				5	
Viva Voce				5	

<b>Learning Objectives:</b>	<b>1.</b> Understand the philosophical, spiritual, and cultural foundations of Indian psychology and its implications for understanding human behavior and well-being.
<b>Learning Outcomes:</b>	<ol style="list-style-type: none"> <li><b>1)</b> Explain the significance of Indian philosophical traditions in shaping psychology and mental health.</li> <li><b>2)</b> evaluate the role of traditional healing methods such as Ayurveda, Siddha, and Unani in addressing psychological issues.</li> </ol>
<b>Pedagogy:</b>	Interactive lectures PowerPoint presentations

<b>Module</b>	<b>Module Content</b>	<b>Module Wise Pedagogy Used</b>	<b>Module Wise Duration</b>
I	<p><b>Understanding Indian Knowledge Systems and Concept of self in Indian Psychology</b></p> <ol style="list-style-type: none"> <li>a) Introduction to Indian philosophical traditions: Vedanta, Samkhya, Yoga, and Buddhism.</li> <li>b) Influence of Indian thought on psychology and mental health.</li> <li>c) Atman and Brahman: The concept of self in Indian philosophy.</li> <li>d) Implications for understanding identity, consciousness, and mental health.</li> </ol>	Interactive lectures PowerPoint presentations	15
II	<p><b>Applications of Indian Psychology</b></p> <ol style="list-style-type: none"> <li>a) Overview of Yoga philosophy and its psychological dimensions.</li> <li>b) Yoga practices for mental health promotion and therapy.</li> <li>c) Exploration of meditation techniques: Vipassana, Transcendental Meditation, and mindfulness.</li> <li>d) Effects of meditation on cognition, emotion, and well-being.</li> </ol>	Interactive lectures PowerPoint presentations	15

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|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
|  | e) Traditional healing methods: Ayurveda, Siddha, Unani, and folk remedies.<br>f) Integration of indigenous healing with modern psychological interventions, faith healing. |  |  |
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## REFERENCE BOOKS

Aurobindo, & Ghose, A. (1998). *The foundations of Indian culture*.

Chakraborty, A., & Singh, S. P. (Eds.). (2018). *Foundations of Indian Psychology* (Vol. 1). Sage Publications.

Chopra, D. (1999). *Perfect Health: The Complete Mind/Body Guide*. Harmony.

Ramakrishna Rao, K. (2013). *Consciousness Studies: Cross-Cultural Perspectives*. McFarland.

Kakar, S. (1991). *Shamans, mystics and doctors: A Psychological Inquiry Into India and Its Healing Traditions*. University of Chicago Press.

Kakar, S. (2008). *The inner world: A Psychoanalytic Study of Childhood and Society in India*. Oxford University Press, USA.

Rao, K. R. (2007). *Indian Psychology: Perception* (Vol. 1). Pearson Education India.

### QUESTION PAPER PATTERN (30 marks)

**Q1. Answer any one (15 marks)**

**A. Unit one**

**Or**

**B. Unit one**

**Q2. Answer any one (15 marks)**

**A. Unit two**

**Or**

**B. Unit two**



