

**UNIVERSITY OF MADRAS**  
**B.Sc. DEGREE COURSE IN PSYCHOLOGY**  
**SYLLABUS WITH EFFECT FROM 2020-2021**

**BPY-DSA01**

**ALLIED-I: INTRODUCTION TO INDIAN PSYCHOLOGY**

**Instr.Hrs.: 6**

**Credits : 5**

**Year : I**

**Semester: I**

**Course Learning Outcome**

After completion of the Introduction to Indian Psychology course, students will be able to:

1. Outline the fundamental concept of Indian Psychology in comparison with Western Psychology concepts
2. Examine various concepts of Indian Psychology on Personality and states of consciousness through Upanishads, Nyaya, Advaita Vedanta etc
3. Illustrate the ideas of Yoga and apply the knowledge for self-development
4. Analyzing various religious school of thought in explaining the concept of Mind
5. Apply the concept of Indian psychology in various fields like counselling, education, organizational behavior etc

**UNIT – I INTRODUCTION TO INDIAN PSYCHOLOGY**

Nature of Indian Psychology, Fundamental assumptions of Indian Psychology, Mind-body complex, Psychology: Eastern and Western Approach

**UNIT – II CONCEPTS OF INDIAN PSYCHOLOGY**

Upanishads – states of consciousness, factors of personality, mental functions, higher mental powers and Yoga. Nyaya – concept of personality, psychology of perception, states of consciousness, Vaiseshika – theory of consciousness, factors of personality, theory of perception. Mimamsa – factors of personality, psychophysical system, cognition, perception. Advaita Vedanta – Human personality, psychophysical apparatus, states of consciousness, functions of mind, Visista Advaita – Nature of consciousness, factors of personality, functions of mind.

**UNIT – III YOGA PSYCHOLOGY**

States of consciousness, factors of personality, functions of mind, path of yoga, super conscious state, Integral yoga – gunas of prakriti, self-ego and individuality, Manifest being-surface being, inner being, the outer being.

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**UNIT – IV PSYCHOLOGY OF BUDDHISM, JAINISM AND SUFI**

Buddhism – factors of personality, levels of consciousness, functioning of mind. Jainism – nature of consciousness – cognition, sense organs, non-verbal comprehension, verbal comprehension, extra sensory perception, affection, conation, mental activity. Sufi – Historical background and aim, basic concepts: spirit, views of the self and soul, sufism and the integration of man, Metaphysical concepts: attributes of God, freedom of will, beliefs and action, reason and revelation

**UNIT – V APPLYING INDIAN PSYCHOLOGY**

Counselling and therapy – vipassana and mindfulness, Hathayaoga based therapies: The Gita as guide. Education – Gandhi’s NaiTalim, Satyagraha- psychospiritual tool for conflict resolution: Tagore’s system of education; Sri Aurobindo’s integral education. Organizational behavior and community work – Gita-based approaches to Organizational behaviour. Life and Education – The Thirukkural approach

**REFERENCES**

1. Safaya, R. (1975). *Indian Psychology*. New Delhi: MunshiramManoharlal 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.

**WEB RESOURCES**

1. Soul Beliefs: Causes and Consequences – [www.coursera.org](http://www.coursera.org)
2. Psychology 101: Why we think, Feel & Act the way we do – Udemy.com