

DEPARTMENT OF PSYCHOLOGY

M.A. Psychology

Structure-I (2- Year PG Program)

GENERIC ELECTIVE COURSE

SEMESTER II

GE 201: EVOLUTION OF INDIAN PSYCHOLOGY

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Course Title & Code	Total Credits	Credit distribution of the course			Eligibility Criteria/ Prerequisite
		Lecture	Tutorial	Practical	
GE 201 Evolution of Indian Psychology	4	3	1	0	Graduation in any stream

Credit: 4 (Lectures + Internal Assessment + Practical)

Course Objectives:

1. To familiarize the student with the rich systems of psychology in India
2. To indicate the progressive movement - an evolution of consciousness, taking place in Indian psychology, over time
3. To demonstrate the inherent holism in Indian thought – the view of the person as a bio-psycho-social-spiritual entity
4. To demonstrate the explicit application-oriented nature of, if not all, most systems of Indian psychology
5. To elucidate that the movement of the world spirit (zeitgeist) is in the direction of Indian psychology and spirituality

Learning outcomes:

The successful completion of the course will enable the students to

1. Critically analyze and appreciate holism in Indian thought and rich systems of Psychology in India.
2. Demonstrate understanding of different movements in India and across globe, shaping the current realm of Indian Psychology

Course Contents:

Unit 1: The Psychology of the Vedas – traditional interpretations; views of Indic scholars; and Sri Aurobindo’s unique psycho-spiritual interpretation; The Upanishads: First synthesis of Psychology – the Principal Upanishads. **(10 Hours)**

Unit 2: Samkhya: Purusa and prakriti (triguna perspective – tamas, rajas, and sattva)- The classical Yoga System for self-realization – karma, gyana, and the bhakti marga; Patanjali’s ashtanga yoga **(10 Hours)**

Unit 3: The Gita: Second synthesis of Psychology – unique and unprecedented integration of Samkhya, Vedanta and Yoga, and the path to self-realization therein; Buddhist Psychology: Suffering and the eight-fold path of reducing/eliminating it. **(10 Hours)**

Unit 4: Bhakti and Sufism: The turn to Godward emotions leading to transformation in the inner psychic/emotional life of the aspirant; Integral Yoga: The third synthesis of Psychology – triple transformation (inward, ascent, and descent in consciousness); the significance of the postures of aspiration, rejection, and self-surrender. **(10 Hours)**

Essential Readings:

1. Ajaya Swami (1983). *Psychotherapy East and West: A Unifying Paradigm*. Honesdale, Pennsylvania: The Himalayan International Institute of Yoga Science and philosophy of the U.S.A.
2. Aurobindo Sri (2005). *Essays on the Gita*. (Collected Works of Sri Aurobindo, Vol. 20). Pondicherry: Sri Aurobindo Ashram Publication Department.
3. Aurobindo Sri (2005). *The Renaissance in India*. (Collected Works of Sri Aurobindo, Vol. 21). Pondicherry: Sri Aurobindo Ashram Publication Department.
4. Aurobindo, Sri. (1914/2003). *The Secret of the Veda*. Pondicherry: Sri Aurobindo Ashram Publication Department.
5. Aurobindo, Sri. (1972). *The Upanishads* (Sri Aurobindo Birth Centenary Library, Vol. 12). Pondicherry, India: Sri Aurobindo Ashram Press. (Original work published serially 1914-1919 and in book form 1939-1940)
6. Heehs, P. (Ed.) (2002). *Indian Religions: The spiritual traditions of South Asia*. Delhi: Permanent Black.