

DISCIPLINE SPECIFIC ELECTIVE (DSE) COURSES

Discipline Specific Elective (DSE) Courses for Semester VII:

DSE 7: Development of Indian Psychological Thought

DSE 8: Personality Psychology

DSE 9: Introduction to Psychology of Gender

DSE 10: School Psychology

DSE 11: Yoga Psychology

***DSE 4: Psychological Research – Paradigms, Approaches and Methods**

***(Same as Semester VI)**

DISCIPLINE SPECIFIC ELECTIVE COURSE – 7: DEVELOPMENT OF INDIAN PSYCHOLOGICAL THOUGHT

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE DSE-7 COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
DSE-7 Development of Indian Psychological Thought	4	3	1	0	Passed Class 12 th	Nil

Learning Objectives

The Learning Objectives of this course are as follows:

- To develop an understanding of the concepts of Indian psychological thought.
- To understand the process of self and personality from a developmental perspective and its involvement in health and healing.
- To facilitate an understanding into mapping selfhood in the context of relationships, motivation, action and agency.

Learning Outcomes

After completing this course, the student will be able to:

- To formulate strategies to address issues in therapeutic, educational and organizational settings from the Indian perspective.

SYLLABUS OF DSE-7

UNIT 1

(12 Hours)

Introduction

Core Components of Indian Psychological Thought, Consciousness, the Nature of the Self in Indian Psychology: *Upanishadic* perspective, *Atman* (the soul), *Brahman* (ultimate reality), and their psychological significance; Differences between Indian and Western views of the mind, holistic approaches to understanding human nature.

UNIT 2

(15 Hours)

Self-Development

Evolution of self through spiritual and psychological growth; Emotions and their transformation in Indian Psychology including practices such as mindfulness and meditation; Meaning and purpose in Life: Indian perspective.

UNIT 3

(9 Hours)

Karma Theory

Concept of Karma Yoga in the *Bhagavad Gita* in relation to *Jnana Yoga* (knowledge) and *Bhakti Yoga* (devotion), laws of karma and the interplay between free will and destiny.

UNIT 4

(9 Hours)

Applications of Indian Psychology

Counselling, education, health and organizations settings; stress management, and promoting well-being through ancient practices like Yoga and Ayurveda.

Tutorial component –

(15 Hours)

Suggestive Tutorial Activities:

- Literature review
- Yoga and meditative exercises
- Emotional regulation activities
- Experiential activities exploring the chakra system and its influence on mental and physical well-being
- Reflective journaling exercises on personal experiences with yoga practices and their psychological effects
- Visit to yoga and meditation centres to understand the underlying processes

Practical component - NIL

Essential/recommended readings

Bhawuk, D, (2011). *Spirituality and Indian Psychology: Lessons from the Bhagavad Gita*. New Delhi: Springer.

Cornelissen, M., Misra, G. & Varma, S. (2013). *Foundations and Applications of Indian Psychology*. New Delhi: Pearson.

Rao, K, R. & Paranjpe, A.C. (2017). *Psychology in the Indian Tradition*. New Delhi: D.K.

Printworld.

Rao, K. R., Paranjpe, A.C. & Dalal, A.K. (Eds.) (2008). *Handbook of Indian Psychology*. New Delhi: Cambridge University Press.

Rama, S. (2007). *Perennial Psychology of the Bhagad Gita*. New Delhi: Himalayan Institute Press.

Suggestive readings

Dalal, A. S. (Ed.) (2001). *Living Within*. Pondicherry: Sri Aurobindo Ashram Trust.

Hiriyanna, M. (2000). *The Essentials of Indian Philosophy*. New Delhi: Motilal Banarsidas Publishers.

Yogananda, P. (1946/2002). *Autobiography of a Yogi*. Bombay: Jaico.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.