



Department of Sanskrit
University of Delhi
Undergraduate Course for Sanskrit
Multidisciplinary Courses of Study B. A. (Prog.) with Sanskrit
Under UGCF-2022 based on NEP-2020

DSE 12: Psychology in Sanskrit Tradition

Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Pre-requisite of the course	Department Offering the Course
		Lecture	Tutorial	Practical/ Practice			
Psychology in Sanskrit Tradition	04	3	1	0	Class XII Pass	Nil	Sanskrit

Learning Objectives:

1. To introduce students to the psychological concepts found in Sanskrit literature.
2. To analyze the role of mind, consciousness, and emotions in ancient Indian thought.
3. To examine the therapeutic and meditative aspects of Bharatiya Manovijnana.
4. To compare traditional psychological theories with modern psychological thought.

Learning Outcome

- Understanding of Sanskrit-based psychological models and theories
- Critical analysis of ancient Indian perspectives on mind and consciousness
- Enhanced knowledge of traditional psychological therapy and meditation practices
- Development of interdisciplinary perspectives linking Sanskrit studies and psychology

Detailed Syllabus

Unit 1: Foundations of Bharatiya Manovijnana

1 Credit

- Psychological Concepts in the Vedas and Upanishads
- Mind (Manas), Intellect (Buddhi), and Consciousness (Chaitanya)
- Theories of Personality and Self (Atman) in Sanskrit Texts
- Concept of Happiness (Sukha) and Suffering (Duhkha)
- Role of Dharma, Artha, Kama, and Moksha in Mental Well-being

Unit 2: Psychological Theories in Classical Indian Philosophy

1 Credit

- Samkhya-Yoga: Theories of Mind and Cognition
- Nyaya-Vaisheshika: Perception, Inference, and Logical Thinking
- Vedanta and Advaita: Theories of Self and Awareness
- Bhagavad Gita and its Psychological Insights
- Buddhist and Jain Contributions to Psychology

Disclaimer: The syllabi are uploaded as provided by the Faculty concerned to the Academic Council. The same has been approved by the Academic Council on and Executive Council on



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Unit 3: Therapeutic and Meditative Traditions

1 Credit

- Ayurveda and Mental Health: Concepts from Charaka and Sushruta Samhitas
- Yoga and Meditation as Psychological Tools
- Concept of Trigunas (Sattva, Rajas, Tamas) and Personality Traits
- Emotional Regulation and Mindfulness in Sanskrit Tradition
- Traditional Healing Practices and Their Relevance Today

Unit 4: Comparative Analysis and Contemporary Relevance

1 Credit

- Comparison of Bharatiya Manovijnana with Western Psychological Theories
- Modern Applications of Sanskrit-based Psychological Concepts
- Role of Indian Psychology in Positive Psychology and Well-being
- Psychological Counseling and Spiritual Therapy in Sanskrit Tradition
- Relevance of Bharatiya Manovijnana in Stress Management and Mental Health

Recommended Readings:

1. S. Radhakrishnan, Indian Philosophy
2. Swami Vivekananda, Raja Yoga
3. B.K. Matilal, The Character of Logic in India
4. Kapil Kapoor, Indian Knowledge Systems
5. K.N. Upadhyaya, Early Buddhism and Indian Psychology
6. G.C. Pande, Foundations of Indian Culture