

**APPLIED PSYCHOLOGY**  
**DISCIPLINE SPECIFIC ELECTIVE**

**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 (if any)
		Lecture	Tutorial	Practical/ Practice		
<b>DSE-2</b> <b>Introduction</b> <b>to Indian</b> <b>Psychology</b>	<b>4</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>Class</b> <b>12th Pass</b>	<b>Nil</b>

**Learning Objectives**

The Learning Objectives of this course are as follows:

- To acquaint the student with the nature and scope of Indian Psychology.
- To acquaint the student with significant schools of Indian Psychology and its applications.

**Learning Outcomes**

The Learning Outcomes of this course are as follows:

- Students will be able to apply the knowledge of Indian Psychology in making sense of lived experiences in India and understand the deeper psycho-spiritual significance of various customs and rituals.
- Students will be able to benefit personally from specific practices essential to Indian Psychology, such as meditation.
- Students will be able to apply principles of Indian Psychology in various fields such as Counseling, Organizational Behaviour, and Education

**Syllabus**

Unit – I Definition, nature and scope of Indian Psychology, Historical foundations and growth of

the discipline. (15 Hours)

Unit – II An overview to Three major schools of Indian Psychology: Yoga as a path to self transformation, Buddhism as a way out of suffering, and Sufism as a path of love and self transformation. (15 Hours)

Unit – III Indian Psychology in the folk tradition: Sant Kabir Das - Social critique, inclusiveness: equality & justice. *Bhakti*: love & healing. (15 Hours)

Unit – IV Some applications of Indian Psychology –Psychotherapy (mainstream as well as folk traditions, Organizational Behaviour, and Education (15 Hours)

### **Tutorial Component - 15 Hrs.**

- Psychological insight from alternative sources: text, songs, documentary, experiential, ancient sources
- Introducing Sufism through Music; Guided Meditation:
- Documentary by Shabnam Virmani- Had Anhad: Journeys of Ram and Kabir
- Discussion on cultural healing technique; Screening of Movie Crazy Wise showing Alternative ways of healing; Discussion on limitation of traditional teaching and move towards Integral Education

### **Practical component - Nil**

### **Essential/recommended readings**

Cornelissen, M., Misra, G. & Varma S. (Eds.) (2011). *Foundations of Indian Psychology*, Vol. 2: Practical Applications New Delhi: Pearson.

Cornelissen, M., Misra, G. & Varma S. (Eds.) (2014). *Introduction. Foundations and Applications of Indian Psychology*. New Delhi: Pearson.

Fragar, R. & Fadiman, J. (2013). *Personality and Personal Growth*. Pearson: Boston

Smith, Huston (1997). *The world's religions*. New Delhi: Harper Collins India

Varma S. (2017). Non-violent ways of relating: Love, healing, and beyond. In W. Shukla [Ed.],

### **Suggested Readings**

- Cornelissen, M. (2011). What is human knowledge? A reflection based on the work of Sri Aurobindo. In M. Cornelissen, G. Misra, & S. Varma (Eds.), *Foundations of Indian Psychology*, New Delhi: Springer.
- Hedayetullah, M. (2009). *Kabir: The apostle of Hindu-Muslim unity*. Delhi: Motilal Banarsidass.
- Paranjpe, A.C. (1998). *Self and identity in modern psychology and Indian thought*. New York: Plenum.
- Peck, Scott M. (1978). *The road less traveled*. London: Arrow Books.
- Rogers, C. R. (1961). *On becoming a person*. Boston: Houghton Mifflin.
- Shweder, R. A. & Haidt, J. (2000). The cultural psychology of emotions: Ancient and new. The cultural psychology of emotions. In M. Lewis & J. M. Haviland, (Eds.) *Handbook of emotions*. (pp. 397-414). Guilford Press.
- Sinha, J. (1961). *Indian psychology: Emotion and will* (vol. 3) Calcutta: Sinha Publishing
- Varma, S. (2005). From the self to the Self: An exposition on personality based on the works of Sri Aurobindo. In K. R. Rao & S. M. Bhatt (Eds.), *Towards a spiritual psychology*. Samvad.
- Virmani, S. (2010). *Walking with Kabir*. Seminar, January Issue, 605.
- Ziad, H., Rao, V. & Virmani, S. (2008). *In every body Kabir*. Bangalore: Shrishti.

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