

## DISCIPLINE SPECIFIC ELECTIVE COURSE -19

### 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 19 Psychology of Spirituality</b>	<b>4</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>Class XII Passed</b>	<b>NIL</b>

#### Learning Objectives

- To develop an understanding of Spirituality, its relationship with psychology & the impact of spiritual practices on the structure & function of the brain.
- To study the traditional & contemporary perspectives of spiritual practices in relation to mental health.
- To understand the spiritual practices that enhance well-being & build resilience in an individual.

#### Learning outcomes

- Have an in-depth understanding of Spirituality, its relationship with Psychology & the impact of spiritual practices.
- Develop thorough knowledge on the mental health of an individual in relation to the traditional & contemporary perspectives of spiritual practices.
- Acquire a holistic understanding of the various spiritual practices and their real life applications.

### SYLLABUS OF DSE- 19

#### UNIT I: Introduction

**(12 hours)**

Understanding Spirituality, Relationship between Psychology and Spirituality, Difference between Spirituality and Religion, Impact of Spiritual Practices on Structure and Function of the Brain.

#### UNIT II : Traditional Perspectives

**(12 hours)**

Traditional Perspectives on Mental Health in light of Spiritual Practices (Hinduism, Buddhism, Christianity, Sikhism)

#### UNIT III: Contemporary perspectives

**(12 hours)**

Contemporary perspectives on Mental Health in light of Spiritual Practices (Sri Aurobindo (Integral yoga), Jung, Frankl.

#### UNIT IV: Uses

**(9 hours)**

Using spiritual practices to enhance Well Being and build Resilience (Prayer, meditation, chanting, mindfulness).

**Practical component (if any) – NIL**

**Suggested Tutorial Activities**

- Community outreach program: Visiting spiritual and religious places to understand the philosophy and spiritual practices.
- Debates (role of spirituality in promoting mental well-being).
- Reflective Writing Exercises on Personal Spiritual Growth.
- Book reviews.
- Presentations on Traditional Perspectives in Different faiths.
- Presentation on the neurobiological basis of spirituality and its implications for mental health.
- Interactive meditation sessions (chanting, prayers).
- Comparative analysis essay on the spiritual practices of two different traditions.
- Practicing Mindfulness through journaling.
- Design guided meditation script tailored for a specific psychological well-being outcome.

**Essential/recommended readings**

- Arthur, A. Frankl's Logotherapy: Spirituality and Search for Meaning. Retrieved from [https://scholar.google.com/scholar?hl=en&as\\_sdt=0%2C5&q=Frankl%E2%80%99s+Logotherapy%3A+Spirituality+and+Search+for+Meaning+Anne+Arthur&btnG=](https://scholar.google.com/scholar?hl=en&as_sdt=0%2C5&q=Frankl%E2%80%99s+Logotherapy%3A+Spirituality+and+Search+for+Meaning+Anne+Arthur&btnG=)
- Bhawuk, D. (2011). Spirituality and Indian psychology: lessons from the Bhagavad-Gita. Springer Science & Business Media.
- Jhutti-Johal, J. (2012). Sikhism and mental illness: negotiating competing cultures. In Religion and the Body (pp. 235-255). Brill.
- Lazaridou, A., & Pentaris, P. (2016). Mindfulness and spirituality: therapeutic perspectives. Person-Centered & Experiential Psychotherapies, 15(3), 235-244.
- Moanungsang (2014). Sri Aurobindo's Integral Yoga . Christian world imprints. New Delhi. India.
- Mohandas E. (2008). Neurobiology of spirituality. Mens sana monographs, 6(1), 63–80. <https://doi.org/10.4103/0973-1229.33001>
- Nelson, J. M. (2009). Psychology, religion, and spirituality. Springer Science & Business Media.
- Rao, K. R., & Marwaha, S. B. (Eds.). (2005). Towards a spiritual psychology: Essays in Indian psychology. Samvad India Foundation.

**Suggestive readings**

- Chowdhury, M. S., Kochar, M. K. (2020). A study of spiritual values in Sikhism to immune the mental health for joyful living. GHG Journal of sixth thought, 7.
- Paloutzian, R. F., & Park, C. L. (Eds.). (2014). Handbook of the psychology of religion and spirituality. Guilford Publications.
- Rama, S. (2000). Perennial psychology of the Bhagwat Gita. Himalayan Institute Press.
- Tseng, A. A. (2022). Scientific Evidence of Health Benefits by Practising Mantra Meditation: Narrative Review. International Journal of Yoga, 15(2), 89.
- Villani, D., Sorgente, A., Iannello, P., & Antonietti, A. (2019). The role of spirituality and religiosity in subjective well-being of individuals with different religious status. Frontiers in psychology, 10, 1525.

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