

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		
DSE 19 Psychology of Spirituality	4	3	1	0	Class XII Passed	NIL

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

Tutorial Component	(15 hours)
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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%20%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., Kochhar, 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.