

Texts, Delhi. ISBN 9789354794391

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- Luthans, F, Brett C. Luthans, Kyle W. (2015). Organizational behaviour: An evidence based approach,13th Edition. McGraw Hill(Chapter: Positive organizational behavior and Psychological Capital).
- Sarafino, P, E (1998). Health Psychology: Biopsychosocial Interactions (third edition). John Wiley & Sons, Inc. (Unit 1: Chapter 3, Chapter 4; Unit 2: Chapter 5).
- Seaward, B.L. (2018).*Managing Stress: Principles and Strategies for Health and Well-Being* (9th Edition). Burlington, MA: Jones & Bartlett Learning.
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- Weiten, W. & Lloyd, M.A (2007).*Psychology Applied to Modern life*. Thomson Detmar learning.(Unit 1: Chapter 3; Unit 2: Chapter 4)

GENERIC ELECTIVE- 4

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Course Title & Code	Total Credits	Credit distribution of the course			Eligibility Criteria/ Prerequisite	Pre-requisite of the course, if any
		Lecture	Tutorial	Practical		
Understanding Human Mind	4	3	1	0	Class XII Passed	Nil

Course Learning Outcomes:

- To introduce students to the various perspectives of studying the mind with special emphasis on sensitizing with the Indian models.
- To acquaint the students with the discipline of Psychology which involves studying important social-cognitive skills
- To discuss the scope and methodological challenges involved in studying the human mind
- To introduce students to the practical aspects of cognitive psychology in understanding human behavior.

Unit 1: Introduction: Perspectives of studying the mind: Eastern- Advait Vedanta, Sāmkhya Yoga, Buddhism, Sri Aurobindo's theory of mind. Western-Wilhelm Wundt Structuralism, William James functionalism, Freudian three levels of mind, cognitive- information processing model.

(12 Hours)

Unit 2: Methods and Scope of studying mind: Methods-Experimental, Case study, Introspection, Observation, Phenomenology Scope-Cognitive neuroscience, Artificial Intelligence, Psychotherapy and preventive measures. **(16 Hours)**

Unit 3: Perception and Attention: Nature, factors and automatic and controlled processes, Perception: Perceptual processes, perceptual organization, role of attention in perception. Indian Perspective on attention and perception- Advait Vedanta- *chitta, vritti*; Sāṃkhya Yoga- *buddhi, ahankara, manas*. **(16 Hours)**

Unit 4: Thinking and Problem Solving: Mental images, concepts and prototypes; Problem solving approaches – Algorithm; heuristics, means-end analysis, insight. Concept of Thinking in Indian perspective. **(16 Hours)**

References:

- Vivekananda, S. (2003). *Raja Yoga*. Advaita Ashrama.
- Galotti, K. M. (2018). *Cognitive Psychology In and out of the laboratory*(4th ed.). Thomson Wadsworth.
- Rao, K.R., &Paranjpe, A.C. (2016). *Scope, Substance, and Methods of Study*. In: *Psychology in the Indian Tradition* (pp-1-35).Springer: New Delhi.
- Rao, K.R.,&Paranjpe, A.C. (2016). *Mind–Body Complex*. In: *Psychology in the Indian Tradition* (pp- 95-128) (102-105 Advait Vedanta, Sāṃkhya Yoga-102). Springer: New Delhi.
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- Stenberg & Stenberg (2012). *Cognitive Psychology*. (6th ed.).
- Watson, J.L. (2020). *Ayurvedic and Bionian Theories of Thinking: Mental Digestion and the Truth Instinct*.