



Department of Sanskrit
University of Delhi
Under Graduate Course for Sanskrit
B.A. Honours & Programme Under UGCF-22

Generic Elective Courses



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GE 18: Ancient Indian Psychology

Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit distribution of the course			Pre-requisite of the course	Department Offering the Course
		Lecture	Tutorial	Practical/Practice		
Ancient Indian Psychology	04	3	1	0	Nil	Sanskrit

Learning Objectives

- To enable students to have a general understanding of ancient Indian psychological theories and ideas.
- To impart knowledge of human faculties of cognition and emotions as reflected in Indian thought systems.
- To make students familiar with psychologically significant classical texts and thinkers.
- To make students aware with practical and applied aspect of psychological thoughts.

Learning outcomes

- Students will be able to understand the general feature of ancient Indian psychology.
- Students will be familiar with the prominent texts and thinkers who contributed to ancient Indian psychology.
- Students will be acquainted with psychological aspect of Pātañjala Yoga.
- Students will be able to appreciate ancient Indian psychological thought in bringing up mental health and well-being.

Detailed Syllabus

Unit 1-	Vedic Psychology Shiva Sankalpa Sukta	1 Credit
Unit 2-	Psychological Dimensions in Bhagwadgita Credit Thought Process, Sthitaprajna, Yoga – Karma, Jnana, Bhakti	1
Unit 3-	Yoga Psychology Mind and its modifications (Citta and Cittavṛtti) Five Types of Cittavṛtti, Pancaklesa Dhyāna as a way to mental health and well-being	1 Credit
Unit 4-	Idea of emotions in Bharata Muni's Nātyaśāstra	1 Credit



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Types of bhāvas and their transformation in Rasas

Essential Readings

8. Dvivedi, Kapil Dev. **वैदिक मनोविज्ञान**, Vishv Bharti Anusandhan Parishad, 2014
9. Jaiswal, Sita Ram. Bharatiya Manovigyan. Arya Book Depot, New Delhi, 1992
10. भारतीय मनोविज्ञान – डॉ० आर० सी० पाठक, दिल्ली, राधा पब्लिकेशंस, 2020
11. राजयोग- स्वामी विवेकानन्द , नागपुर, श्रीरामकृष्ण आश्रम
12. Handbook to Indian Psychology, Rao, Paranjape, Dalal (Eds.), Cambridge University Press, 2008
13. Indian Psychology, (3 vol.) Jadunath Sinha, Delhi, Motilal Banarsi Das, 2017

Recommended Readings

1. भारतीय दर्शन: आलोचन और अनुशीलन, चन्द्रधर शर्मा, मोतीलाल बनारसीदास, वाराणसी, 2013
2. Yoga Psychology, Swami Abhedananda, Kolkata, Vedanta Math
3. Indian Philosophy, Vol. (I –II) S. Radhakrishnan, Delhi, Oxford University Press, 2008
4. Emotions in Indian Thought-systems, Purushottam Bilimoria, Aleksandra Wenta (Eds.) Routledge Publications, 2015.