

RASTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR

SYLLABUS AS PER NEW EDUCATION POLICY

**For BA Indian Knowledge System Course
For PSYCHOLOGY as Major Subject
(SEM 1)**

(TO BE IMPLEMENTED FROM THE SESSION 2024-25)

RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR

SYLLABUS FOR

IKS Course for Major Subject PSYCHOLOGY (NEP 2020) SEM 1

TO BE IMPLEMENTED FROM THE SESSION 2024-25

COURSE TITLE: Human Behaviour from IKS Perspective

(Subject Code- BAPSYIKS)

(Credit – 02, Total Teaching Hours- 30, Teaching Hours per week – 02)

COURSE OUTCOMES:

1. To know the Nature of Indian Psychology and concept of personality & development of Individual
2. To understand how one's Mental Health could be achieved through Indian Perspective

UNIT 1 – INTRODUCTION TO INDIAN PSYCHOLOGY

- Meaning, Nature & Scope of Indian Psychology
- Sources & Development of Indian Psychology
- Difference between Western and Indian Psychology
- Indian Psychology & Positive Psychology

UNIT 2 - DIFFERENCES IN THE WORLDVIEW

- Triguna Theory and Personality Development
- Concept of Panchkosh
- Patanjali's Ashtangyog
- The Goals and Values of Life - Purushārtha
- Achieving Mental Health through Indian Perspective (Practising Pranayam, Yog & Meditation, Practising Mindfulness, Ayurveda for Mental Health)

Books –

- Cornelissen, M., Misra, G., & Varma, S. (2011a). Foundations of Indian Psychology: Theory. New Delhi: Pearson Education. (Volume 1).
- Cornelissen, M. Misra, G. & Varma, S. (2011b). Foundations of Indian Psychology: Application. New Delhi: Pearson Education. (Volume 2).
- Misra, G & Mohanty A. K. (2002) (Eds.), Perspectives on Indigenous Psychology (PP. 79-108) New Delhi: Concept Publication Company.
- Rao, K. R., Paranjpe, A.C. & Dalal, A. K. (Eds.) (2008). Handbook of Indian Psychology. New Delhi: Cambridge University Press of India.
- Rao, K.R., & Paranjpe, A.C. (2016). Psychology in the Indian tradition. New Delhi: Springer.
- Rao, S. K. R. (1962). Development of psychological thought in India. Mysore: Kavyalya Publishers
- Safaya, R. (1975). Indian psychology: A critical and historical analysis of the psychological speculations in Indian philosophical literature. Delhi: Munshiram Manoharlal Publishers Pvt. Ltd.

- Salagame, K. K. K. (2011a). Indian indigenous perspectives and concepts: Developments and future possibilities. In G. Misra (Ed.), *Psychology in India Volume IV: Theoretical and Methodological Developments* (pp. 93-172). New Delhi: Pearson Education.
- Srivastava, S. P. (2001). *Systematic survey of Indian Psychology*. Bahadurgarh, Haryana: Adhyatma Vijnana Prakashan.
