Course Description:
- This course provides an outline of the Indian approach to psychology spread across different Vedic Shastras.

Learning Objectives:
1. To understand the psychological concepts in Vedic Shastras
2. To explore the possibilities of implementing Indian psychological concepts in a contemporary context.
3. To appreciate the Indian psychological principles and techniques for mainstreaming.

Pedagogy:
- Reflective and integrative
- Brainstorming, interactive

Syllabus:
- Psychology as a discipline – role and goals of psychology; modern vs Indian perspectives
- Jaina, Bauddha and Charvaka’s points of view on psychology
- Six Darshanas – Purva Meemamsa, Uttara Meemamsa, Nyaya, Vaisheshika, Sankhya and Yoga
- Yoga as a basis of psychological discipline from a Vedic perspective
- Bhagavad Gita – a practical methodology for daily implementation
- Spectrum and reach of psychological concepts from Indian perspectives
- Ayurveda and other Shastras; relation and integration
- Practical guidelines for adopting Indian perspectives on psychology

References:
- Indian Knowledge Systems - Vol 1 & 2 by Avadhesh K. Singh, Kapil Kapoor
- Birth of psychological thoughts in India. - S K Ramachandra Rao
- Indian Psychology – Jadunath Sinha

Course Outcome:
- CO1: Appreciate the psychological concepts from an Indian perspective
- CO2: Ability to extract the relevant psychological models from Shastras.

Evaluation Pattern:
- Assignments and quizzes 30
- concept map/mind map 30
- Presentation and Viva 40