

SEMESTER-III		CODE: MPY -E317	PAPER TITLE: INDIGENOUS PSYCHOLOGY	
Credit	Time	Internal Assessment	End Semester Examination	Total Marks
05	03 Hours	20+10=30 Marks	70 Marks	30+70=100 Marks
LEARNING OUTCOMES: <ol style="list-style-type: none"> 1. Develop an appreciation of the need to have alternative perspectives in psychology and to contextualise the relevance and potentials of Indian psychological thought. 2. Develop insights into the sense of self and personality and their various facets in accordance with Indian thoughts 3. Explain Indian concepts of psychological functioning 				
UNIT-I	Introduction	<ul style="list-style-type: none"> • Indian psychology a myth or reality • Origins of Sruti and Smriti • Assumptions of Indian Psychology • Methods of study • Psychological thoughts in Ancient India • Implications of Indian Psychology 		
UNIT-II	Indian thoughts and traditions	<ul style="list-style-type: none"> • Assumptions of <ul style="list-style-type: none"> ○ Upanishads, ○ Samkhya-Yoga, ○ Nayaya-Vaisesika, ○ Bhagwat Gita 		
UNIT-III	Vedic Thoughts	<ul style="list-style-type: none"> • Manas, Ahamkara, Buddhi and Chitta • Thinking • Emotions • Perception • Personality • Identity 		
UNIT-IV	Psychology of Yoga	<ul style="list-style-type: none"> • Patanjali Yoga sutras • Application of Yoga in mental and Physical Health 		
UNIT-V	Contribution of Arya Samaj	<ul style="list-style-type: none"> • Educational initiatives and Social reforms • Yajna and its psychological effects 		
Books Recommended: <ol style="list-style-type: none"> 1. Matthijs Cornelissen (2013) Foundations and Applications of Indian Psychology Pearson Education ISBN-13 : 978-9332526365 2. Manishkumar Detroja (2019) Elements of Ancient Indian Psychology Vista Publishers ISBN-13 : 978-8193973899 3. B. Kuppaswamy (1990) Elements of Ancient Indian Psychology Konark Publishers ISBN-13 : 978-8122001662 4. Jadunath Sinha (2017) Indian Psychology (3 Vols.) Motilal Banarsidass ISBN-13 : 978-8120801653 5. Anand C. Paranjpe K. Ramakrishna Rao (2017) Psychology in the Indian Tradition D.K. Printworld Pvt. Ltd ISBN-13 : 978-8124608852 6. Durganand Sinha, Girishwar Misra, Ajit K Dalal (2020) Psychology for India SAGE Publications ISBN-13 : 978-9353289904 7. K.R. Rao, Anand C. Paranjpe and Ajit K. Dalal (2008) Cambridge University Press India Handbook of Indian Psychology ISBN-13 : 978-8175966024 				
Pattern of Theory Question Paper: The theory paper will consist of two sections. Section-A will be of 30 marks in which 10 short answer type questions will be asked and the student will have choice to answer any five questions, each question will carry 06 marks. The Section-B shall be of 40 marks and will contain 08 questions of long answer type and the student will have a choice to answer any four questions. Each question will carry 10 marks. The examiner will be required to set up a question paper covering the entire syllabus uniformly.				