

Understanding and Predicting Human Behaviour- An Indic Perspective

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Outline of the talk

- ❖ Understanding human mind and behaviour from Modern and Vedic viewpoint
- ❖ Meaning of most popular psychological terms used by a layman
- ❖ Human as a system- A Vedic Psychological Model
- ❖ Human emotions
- ❖ Levels of human experience

Activity

Complete the following lines

1. When I think about psychology I.....
2. According to me human behaviour is.....
3. The subject matter of psychology should be.....
4. The application of psychology.....
5. In my view happiness is.....
6. In my view pain is.....
7. When I think about counselling I usually.....
8. One of the most complex problem of a human is.....
9. When I think about Vedic psychology I.....

Scope of Psychology

- Mental processes- Attention, Sensation, Memory, Consciousness, Thinking
- Human behaviour- Problem solving, Decision making, Interpersonal relationships
- Human mental states- Motivation and Emotions, Personality, Flow
- Human predicaments- Mental disorders- Anxiety, depression, psychosomatic problems, personality disorders
- Psychological intervention- Psychotherapies (Psychoanalysis, REBT, CBT etc)

Popular Psychological Concepts

Anxiety- apprehension of future events and results

Depression- Dejection due to the past behaviour or outcome, results

Stress- Psychophysical tension due to disproportionate ratio of challenges and resources

Personality- an inner mechanism or constellation of human traits or characteristics determining almost all the the actions

Counselling- An empathetic dialogue aimed at finding solution and self-acceptance

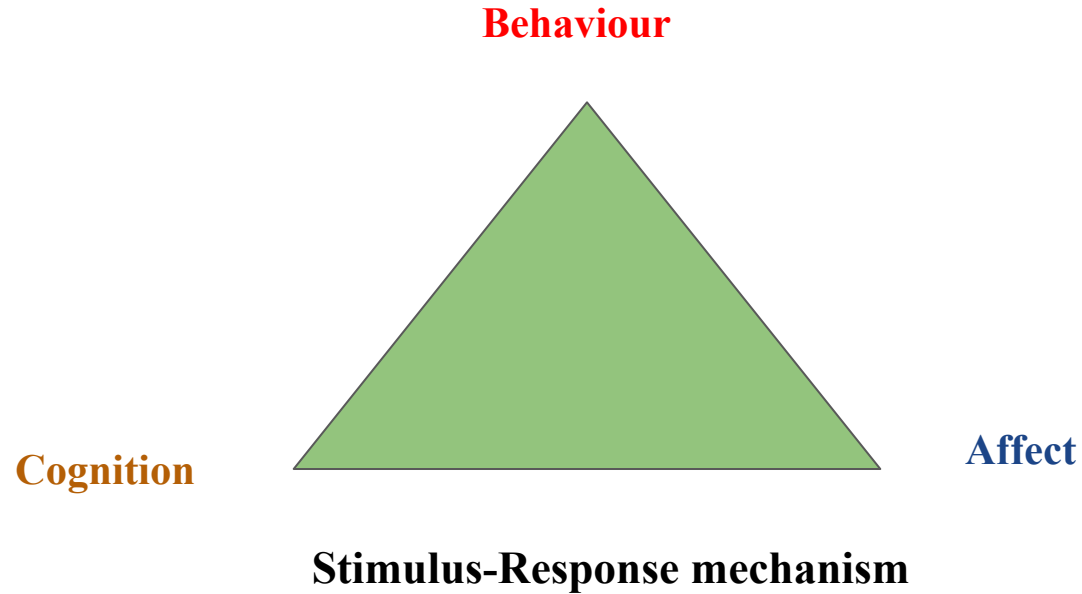
Psychology- Basic meaning

- A scientific study of human's mental processes and behaviour
 - Observation
 - Abstraction
 - Classification
 - Measurement
 - Control
 - Prediction
- An empirical science based on sensory data and verifiability with statistical control
- Influence of physics, biology and chemistry on psychology

Mind- Meaning and structure (Modern view)

- Question- Where is the mind? In the heart or in the brain?
- It is an abstraction which can be described biologically
- It is a network of millions of neurons firing, sending neurochemical and electrical messages and respond to a stimulus in a fairly synchronized manner
- Split between physical (Observable) and psychological (Sensory or experiential)

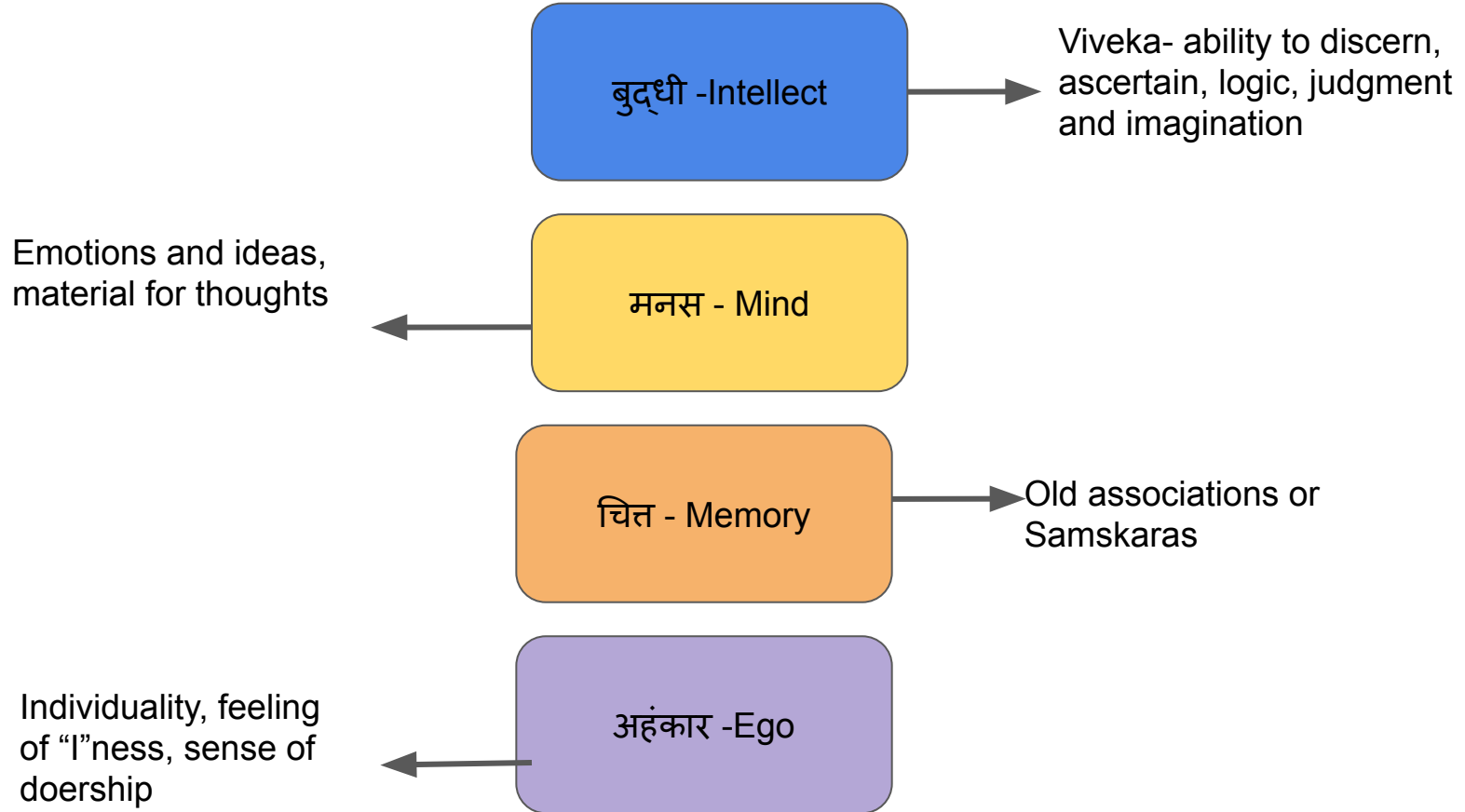
Human as a function



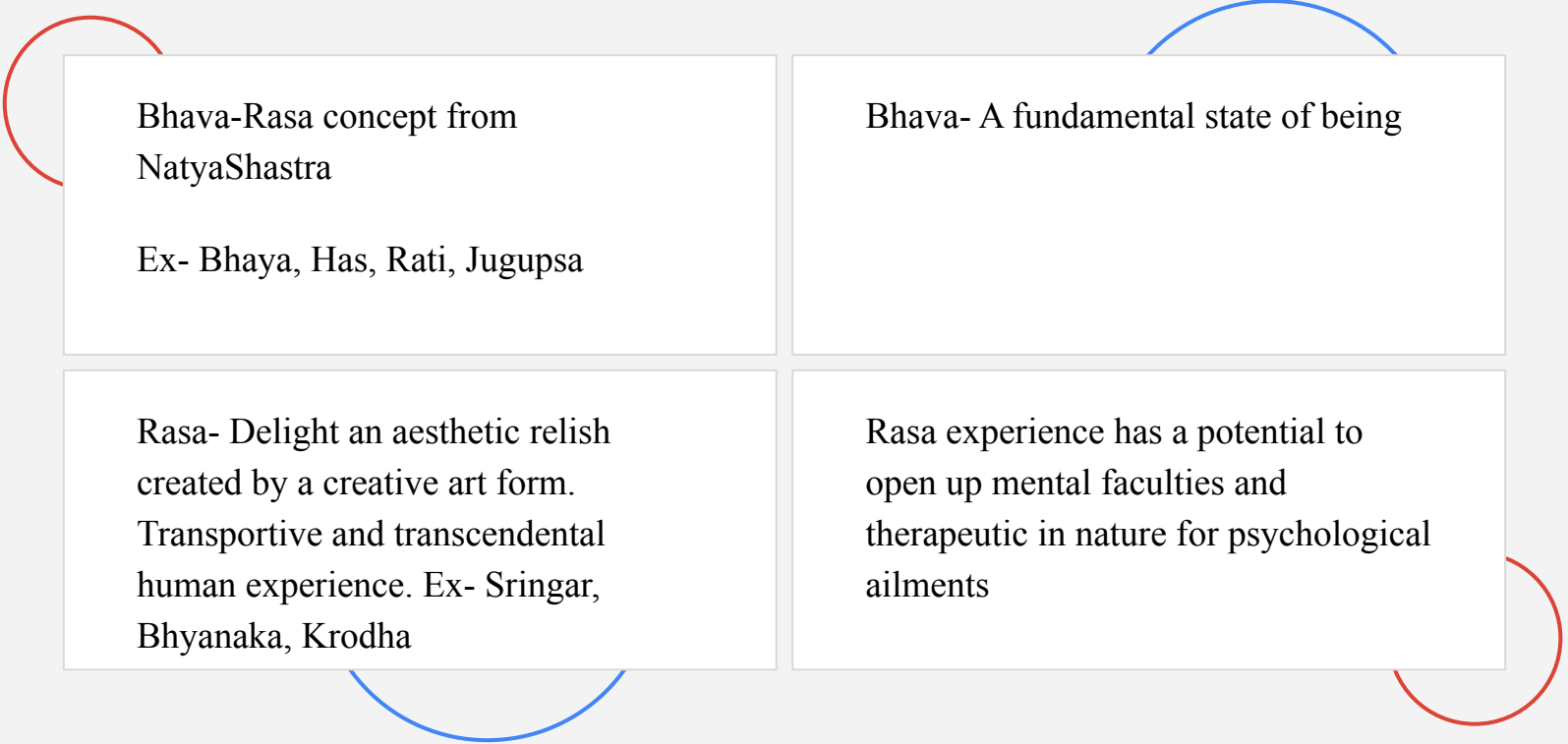
Limitations of Western psychology

- ❖ Lack of understanding of inner processes
- ❖ Overemphasis on outer observations and empirical obsession
- ❖ Unsatisfactory understanding of nuances of human behaviour
- ❖ Limited understanding of Self
- ❖ Oversimplification of human experience by making artificial categories
- ❖ Understanding of the interventions is at nascent stage

Mechanism of experience- Antahkarana



Emotions- A trigger to an action or change



Bhava-Rasa concept from
NatyaShastra

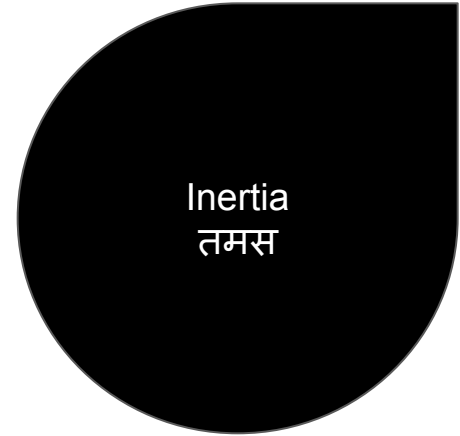
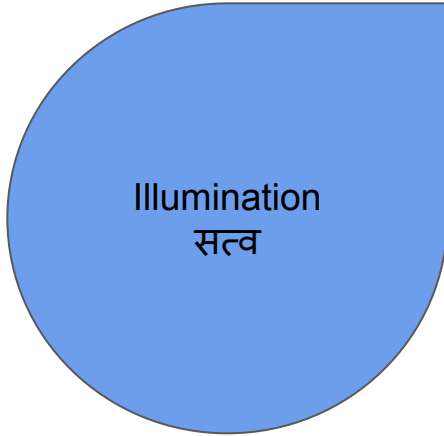
Ex- Bhaya, Has, Rati, Jugupsa

Bhava- A fundamental state of being

Rasa- Delight an aesthetic relish
created by a creative art form.
Transportive and transcendental
human experience. Ex- Sringar,
Bhyanaka, Krodha

Rasa experience has a potential to
open up mental faculties and
therapeutic in nature for psychological
ailments

Three levers of being (त्रिगुण)



Vedic Psychology- A science of human experience

**आनंद -
Delight**

No multiplicity. Expansion-Ananda and Contraction- Dukkha

**सत् - Awareness-
Thought and
sensation**



**Human
Experience
(Unification)**

**चित् -Manifestation
or behaviour**

पंचकोश- Levels of experience



Sophistication of Self and
deeper understanding

Q & A

धन्यवाद!