

A Course Proposal

on

Introduction to Indian Psychology

(for BTech. As HSS Breath)

Submitted By

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- **Course Name**

Introduction to Indian Psychology (L-T-P: 3-0-0, CRD: 3)

- **Proposed Course Instructors**

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- **Semester in which Course will be offered**

Spring and Autumn Semester

- **Justification for Introducing the New Course**

Indian psychology (IP) is a distinct psychological tradition that is rooted in the Indian ethos and thought, including the variety of psychological practices that exist in the country. Classical Indian Philosophy is very rich in its psychological content which has not yet been fully examined and explored as such, in the mainstream discourse on psychology. Furthermore, the culture of the sub-continent has also given rise to a variety of practices like yoga that are benefitting millions of people across the globe today and have thereby established their relevance all the way from stress-reduction to self-realization. Rich in content, sophisticated in its methods and valuable in its applied aspects, IP is pregnant with possibilities for the birth of new models in psychology that would have relevance not only to India but also to psychology in general.

This course on Introduction to Indian Psychology is designed to help students appreciate different worldviews and understand their implications for the psychological systems that emerge therein. Its objective is besides to provide alternative narratives of human nature based on the Indian ethos that can offer time-tested techniques to achieve greater degrees of self-awareness, self-management and self-development.

- **Description**

The course seeks to introduce the students to the philosophical and theoretical underpinnings as well as the practical application of Indian Psychology (IP) along with the ability to situate them in the context of mainstream psychology. It will first take into consideration certain salient characteristics of some important schools of modern psychology and then provide a foundation of the basic concepts and theories from IP related to Consciousness, the nature of the Self, identity etc. It will also discuss issues

related to knowledge and different modes of acquiring it as well as different methods of research adopted in IP. Furthermore, besides giving students a theoretical understanding of the subject, this course will highlight the practical aspects of this approach to psychology in one's daily life and lay emphasis on the scope for research in these areas.

Course Syllabus

1. Paradigms of Psychology: East and West

- 1.1 Schools of Western Psychology
- 1.2 Systems of Indian Philosophy
- 1.3 Comparative study of the underlying worldviews

2. Self and Identity

- 2.1 Examining the question 'Who am I?'
- 2.2 The structure of personality
- 2.3 The centre of identity
- 2.4 The nature of Consciousness

3. Pathways of Knowledge

- 3.1 Understanding the mind
- 3.2 Types of knowledge
- 3.2 Ways of acquiring knowledge
- 3.3 Methods of improving knowledge

4. Research in Indian Psychology

- 4.1 Different Research Methodologies in psychology
- 4.2 Techniques of 'Rigorous subjectivity'
- 4.3 Key ideas and practices of Masters of Indian Psychology

5. Applications of Indian Psychology

- 5.1 Emotions and Attitudes
- 5.2 Desires and Motivations
- 5.3 Relationships
- 5.4 Health and Well-being

- **References**

Coster, G. (1998). *Yoga and Western Psychology*. Delhi: Motilal Banarsi Dass Publishers Pvt. Ltd.

Dalal, A. S. (Ed.) (2001). *Our many selves*. Pondicherry, India: Sri Aurobindo Ashram Trust.

Joshi, K., & Cornelissen, R. M. M. (Eds.) (2004). *Consciousness, Indian psychology and yoga*. New Delhi, India: Centre for Studies in Civilizations.

Misra, G., & Mohanty, A. K. (Eds.) (2002). *Perspectives on indigenous psychology*. New Delhi, India: Concept Publishing Company.

Paranjpe, A. C. (1998). *Self and identity in modern psychology and Indian thought*. New York: Plenum Press.

Rao, K. R., & Marwaha, S. B. (Eds.) (2005). *Towards a spiritual psychology: Essays in Indian psychology*. New Delhi, India: Samvad India Foundation.

Rao, K. R., Paranjpe, A. C., & Dalal, A. K. (Eds.) (2008). *Handbook of Indian psychology*. New Delhi, India: Cambridge University Press.

Safaya, R. (1975). *Indian Psychology: A critical and historical analysis of the psychological speculations in Indian philosophical literature*. New Delhi: Munshiram Manoharlal Publishers Pvt. Ltd.

Saraswati, S. S. (2006). *Four Chapters on Freedom: Commentaries on the Yoga Sutras of Patanjali*. Munger: Bihar School of Yoga.

Srivastava, S. P. (2001). *Systematic Survey of Indian Psychology*. Bahadurgarah: Adhyatma Vijanana Prakashan.

Yogananda, P. (1998). *Autobiography of a Yogi*. Ranchi: Yogoda Satsanga Society of India.

Cornelissen, R. M. M. (Expected: 2017). *Infinity in a drop: An introduction to integral Indian psychology*. Retrieved on August 14, 2016 from <http://www.ipi.org.in/infinity/infinity-outline.php>

- **Text Book**

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Aurobindo, Sri. (2010). *The synthesis of yoga*. Pondicherry, India: Sri Aurobindo Ashram Trust. Retrieved on August 14, 2016 from <http://www.sriarobindoashram.org/ashram/sriauero/writings.php>

Salagame, K. K. (2008). *Indian thought and tradition: A psychohistorical perspective*. Retrieved on August 14, 2016 from www.ipi.org.in/texts/kirankumar/kk-ip-history.php

- **Lecture Distribution**

Themes/sub-themes	No. of lectures
1. Paradigms of Psychology : East and West	(TOTAL - 6)
1.1 Schools of Western Psychology	2
1.2 Systems of Indian Philosophy	2
1.3 Comparative study of the underlying worldviews	2
2. Self and Identity	(TOTAL - 6)
2.1 Examining the question 'Who am I?'	2
2.2 The structure of personality	2
2.3 The centre of identity	1
2.4 The nature of Consciousness	1
3. Pathways of Knowledge	(TOTAL - 9)
3.1 Understanding the mind	3
3.2 Types of knowledge	2
3.2 Ways of acquiring knowledge	2
3.3 Methods of improving knowledge	2
4. Research in Indian Psychology	(TOTAL - 8)
4.1 Different Research Methodologies in psychology	2
4.2 Techniques of 'Rigorous subjectivity'	3
4.3 Key ideas and practices of Masters of Indian Psychology	3
5. Applications of Indian Psychology	(TOTAL - 9)
5.1 Emotions and Attitudes	3
5.2 Desires and Motivations	2
5.3 Relationship	2
5.4 Health and Well-being	2
Total number of lectures	38

Short Description of Course for ERP

The course seeks to introduce the students to the philosophical and theoretical underpinnings as well as the applications of Indian Psychology (IP) along with the need to situate them in the context of mainstream psychology. It will first take into consideration certain salient characteristics of some important schools of modern psychology and then provide a foundation of the basic concepts and theories related to Consciousness, the nature of the Self, identity etc. It will also discuss issues related to knowledge and different modes of acquiring it as well as different methods of research adopted in IP. Furthermore, besides giving them a theoretical understanding of the subject, this course will include an applied component as well to highlight the practical aspects of this approach to psychology in one's daily life and lay emphasis on the scope for research in these areas.