



Symbiosis College of Arts and Commerce
(An Autonomous College Affiliated to University of Pune)

Subject code	Semester											
	I	II	III	IV	V	VI	M.A.	I	II	III	IV	
M.A. – Sem IV - Indian Psychology												
Objectives	<ol style="list-style-type: none"> 1. Introducing students to the emerging field of Indian Psychology 2. Helping them explore the application of Indian Psychology for the field of Mental Health 3. Introduction to two different systems and methods of mental purification: Vipassana and Classical Yoga 4. Helping them to utilise this knowledge for their own development 											
Detailed syllabus												
Unit	Contents of the syllabus											Number of Lectures
1	<ul style="list-style-type: none"> • Title of the topic : Defining Indian Psychology 1.1 Indian Psychology-Psychology of Indian people-Psychology as taught in India 1.2 The Pondicherry Manifesto of Indian Psychology in 2002 1.3 Salient features of Indian Psychology 1.4 The stage of development of the field of Indian Psychology 1.5 Future directions of development 1.6 Indian Psychology as a precursor to different streams in Psychology 1.7 Humanistic Psychology 1.8 Transpersonal Psychology 1.9 Positive Psychology 2.0 The Mindfulness turn 											10
2	<p>Title of the topic - Research Methods</p> <ol style="list-style-type: none"> 2.1 Overview of existing quantitative and qualitative research methods (presumed that they already have one separate paper on Research Methods) 2.2 The First person-second person-third person research methods for research in Indian Psychology 2.3 Specific methods at every level <ul style="list-style-type: none"> First person: Introspection, Journal writing, Meditation as a research tool Second person: Heuristics, Focus group technique and other qualitative tools Third person: the quantitative methods 2.3 A look within the subjective world: Deciding a topic to investigate within 											10
3	<p>Title of the topic : Vipassana and Mental Health</p> <ol style="list-style-type: none"> 3.1 The Noble Eightfold path for eradication of suffering: 3.2 Sila-Samadhi-Pradnya and their psychological significance 											10



	3.3 The Samatha Bhavana (concentration meditation) and The Vipassana Bhavana (Insight Meditation) 3.4 Three levels of Knowledge: Heard-Intellectual-experiential 3.5 Vipassana, Mindfulness based therapies and other psychotherapies	
4	Title of the topic : Classical Yoga and Mental Health 4.1 Yogic view of human mind 4.2 Patanjali's Raja-Yoga or Ashtanga yoga 4.3 Yoga as a therapy and Yoga beyond therapy 4.4 Issues and Challenges while using Yoga as a tool for mental health 4.5 Bridging the gap between Yoga therapy and other Psychotherapies	10
	Total Number of Lectures	40
Suggested Reference Books: Dalal, A.K. (2010). A journey back to the roots: Psychology in India. In M. Cornelisson, G. Misra, & S. Varma. (Eds.) <i>Foundations of Indian psychology</i> (pp.27-56). New Delhi: Pearson. Dalal, AK. (2011). Indigenisation of Psychology in India. <i>Psychology Teaching Review</i> 17(2), 27-35 Rao R, Paranjape A, Dalal A. (2008). Handbook of Indian Psychology. Rao, K.R & Paranjape, A.C. (2017) Psychology in the Indian tradition. New Delhi: DK Printworld. Wallas., A. B. & Shapiro S. L. (2006). Mental balance and well-being; Building bridges between Buddhism and western Psychology. <i>American Psychologist</i> , 61 (7), 690-701. Walsh R., & Shapiro S.L. (2006). The meeting of meditative disciplines and western Psychology: A mutually enriching dialogue. <i>American Psychologist</i> , 61 (3), 227-239. Varela F.J. & Shear J. (1999). First person methodologies: What, why and how? <i>Journal of Consciousness studies</i> , 6 (2-3), 1-14.		
Suggested Journals 1. Indian Journal of Applied Psychology 2. Personality and Individual Differences		
Web sites : 1. Jstor.com 2. science direct.com		

