

Course Type	Course Code	Name of Course	L	T	P	Credit
DE	NHSD518	Indian Psychology and its Applications	3	0	0	3

Course Objective

To explore the key concepts in Indian Psychology to develop an understanding of human nature and the world through those concepts

Learning Outcomes

Upon successful completion of this course, students should:

- Be able to understand the basic concepts of Indian Psychology
- Be able to understand the applications of Indian psychology concepts across life situations and varied contexts

Unit No.	Topics to be Covered	Lecture Hours	Learning Outcome
1	Introduction Concepts, Nature and scope of Indian Psychology	10	Understanding the key concepts of Indian psychology
2	Different schools of thought Teachings of Advaita Vedanta Upanishads, Bhagawad Gita, Buddhism	11	Exploring different schools of thought to understand the key concepts of each
3	Perspectives on Human nature Self, Identity, Personality, Emotions and Motivation	11	Understanding the perspective on human nature by having a detailed understanding of self and related concepts
4	Application of Indian Psychology Health and Well-being, Self-growth, Psychotherapy, Organizational settings Current debates	10	Exploring the applications of Indian psychology across various contexts
Total Lecture Hours		42	

Text books:

1. *Foundations of Indian Psychology, Volume , Concepts and Theories* by R. M. Matthijs Cornelissen, Girishwar Misra, Suneet Varma
2. *Foundations of Indian Psychology, Volume2, Practical Applications*, by R. M. Matthijs Cornelissen, Girishwar Misra, Suneet Varma

Reference book:

1. *Handbook of Indian Psychology* by K. Ramakrishna Rao, Anand C. Paranjpe, Ajit K. Dalal