

**RASTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR**

**SYLLABUS AS PER NEW EDUCATION POLICY**

**For BA Honors & BA Research Degree  
IKS Course for PSYCHOLOGY Major  
(From SEM 1)**

**(TO BE IMPLEMENTED FROM THE SESSION 2024-25)**

Pradichand

Zmmuta

Shruti

R. J. Gosavi

Mulki Babu

## SCHEME OF EXAMINATION for 2 Credit IKS Course

-Theory Paper- Max. Marks- 40

-Time- 2 Hours

- Distribution of Marks & Pattern of Questions – Theory Examination:

Q. 01- Short Answer Question (Any 6 out of 08) 30 Marks

Q. 02- 05 Very Short Answer Question (Compulsory) 10 Marks

### **DISTRIBUTION OF MARKS FOR THEORY INTERNAL ASSESSMENT - (Max. Marks- 10):**

|   |                       |         |
|---|-----------------------|---------|
| 1 | Classroom Attendance  | 5 Marks |
| 2 | Assignment / Activity | 5 marks |

*Richard*

*Zomita*

*Shud*

*Rajendra*

*Mullibabey*

RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR  
SYLLABUS FOR

**IKS Course for Major Subject PSYCHOLOGY (NEP 2020) SEM 1**

**TO BE IMPLEMENTED FROM THE SESSION 2024-25**

**COURSE TITLE: Human Behaviour from IKS Perspective**

**(Subject Code- BAPSYIKS)**

**(Credit – 02, Total Teaching Hours- 30, Teaching Hours per week – 02)**

**COURSE OUTCOMES:**

1. To know the Nature of Indian Psychology and concept of personality & development of Individual
2. To understand how one's Mental Health could be achieved through Indian Perspective

**UNIT 1 – INTRODUCTION TO INDIAN PSYCHOLOGY**

- Meaning, Nature & Scope of Indian Psychology
- Sources & Development of Indian Psychology
- Difference between Western and Indian Psychology
- Indian Psychology & Positive Psychology

**UNIT 2 - DIFFERENCES IN THE WORLDVIEW**

- Triguna Theory and Personality Development
- Concept of Panchkosh
- Patanjali's Ashtangyog
- The Goals and Values of Life - Purushārtha
- Achieving Mental Health through Indian Perspective (Practising Pranayam, Yog & Meditation, Practising Mindfulness, Ayurveda for Mental Health)

**Books –**

- Cornelissen, M., Misra, G., & Varma, S. (2011a). Foundations of Indian Psychology: Theory. New Delhi: Pearson Education. (Volume 1).
- Cornelissen, M. Misra, G. & Varma, S. (2011b). Foundations of Indian Psychology: Application. New Delhi: Pearson Education. (Volume 2).
- Misra, G & Mohanty A. K. (2002) (Eds.), Perspectives on Indigenous Psychology (PP. 79-108) New Delhi: Concept Publication Company.
- Rao, K. R., Paranjpe, A.C. & Dalal, A. K. (Eds.) (2008). Handbook of Indian Psychology. New Delhi: Cambridge University Press of India.
- Rao, K.R., & Paranjpe, A.C. (2016). Psychology in the Indian tradition. New Delhi: Springer.
- Rao, S. K. R. (1962). Development of psychological thought in India. Mysore: Kavyalya Publishers
- Safaya, R. (1975). Indian psychology: A critical and historical analysis of the psychological speculations in Indian philosophical literature. Delhi: Munshiram Manoharlal Publishers Pvt. Ltd.

*Mullikarjune*

*Zomudo*

*Shankar*

*Raj Gnan*

*Mullikarjune*

- Salagame, K. K. K. (2011a). Indian indigenous perspectives and concepts: Developments and future possibilities. In G. Misra (Ed.), Psychology in India Volume IV: Theoretical and Methodological Developments (pp. 93-172). New Delhi: Pearson Education.
- Srivastava, S. P. (2001). Systematic survey of Indian Psychology. Bahadurgarh, Haryana: Adhyatma Vijnana Prakashan.

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Pradip Khare

Zmuto

Shree

R. A. Anand

M. B. Babu