

B.A.(P) SEM—VII DSE-2025 Paper- Psychology in Sanskrit Tradition

3	Unit I Foundation of Bhartiya Manovijnana	01 credit	August	Psychological concepts in the Vedas and Upanishadas -Mind , intellect and Consciousness -Theories of personality and Self in Sanskrit texts -Concept of happiness and suffering - Role of Dharma, Artha, Kama and Moksha in mental well-being
	Unit II Psychological theories in classical Indian Philosophy	01 credit	September	Sankhya yoga : Theories of mind and cognition. -Nyaya –Vaisheshika –Perception, Inference and Logical thinking - Vedanta and Advaita : <ul style="list-style-type: none">. Theories of Self and awareness. -Bhagvadgita and its psychological insights. -Budhist and Jain contribution to Psychology
	Unit III Therapeutic and meditative traditions	01 Credit	October	Ayurveda and mental health <ul style="list-style-type: none">. Concepts from Charaka and Sushruta Samhita.. Yoga and meditation as psychological tools.. Concept of Trigunas and Personality Traits. - Emotional regulations and mindfulness in Sanskrit Tradition. -Traditional healing practices and their relevance today

	Unit IV Comparative Analysis and contemporary relevance	01 Credit	November	<p>Comparison of Bhartiya Manovijnana with Western Psychology</p> <ul style="list-style-type: none"> -Modern Application of Sanskrit Based psychological concepts -Role of Indian Psychology in positive Psychology and well-being -Psychological counseling and spiritual therapy in Sanskrit Tradition -Relevance of Bhartiya Manovijnana in stress management and mental health.
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