



# Indian Psychology

## Past, Present & Future

Facilitator: Suneet Varma, PhD | Format: Self-directed, Self-reflective | Code: IP  
Weeks 20 to 24 | Certificate in Applied Integral Studies (Postgraduate level) (optional)

### Course Brief

This course addresses these questions Through an examination of the Psychology of the Vedas, the Upanishads, the Gita, Tantra, Buddhism, Transpersonal approaches and Integral Yoga, this course answers questions such as: What is Indian Psychology and how is it different from Psychology as we know it? What are its major movements and how do they impact our thought and actions? What are the implications for counseling and personal growth?

### Course Overview:

Units	Week
1. The Psychology of the Vedas.	1-2
2. The Upanishads: First Synthesis of Psychology	3-4
3. Buddhism	5-6
4. The Gita: Second Synthesis of Psychology	7-8
5. Integral Yoga: the New Synthesis of Psychology	9-10
Minor Project *	11
6. Personal Growth - Reflections	12
7. Counseling – Psychological Healing	13-14
8. Transpersonal Approaches to Counseling and Personal Growth	15-16
9. Indian Approaches to Counseling and Personal Growth	17-18
10. The Integral Path to Counseling and Personal Growth	19-20
Major Project (Summative) (includes outline, first draft, final submission) *	21-24

\* Recommended

**SUNEET VARMA, PhD**, is Associate Professor at the Department of Psychology, University of Delhi. He has been teaching Psychology at the University since 1994, and has been instrumental in introducing Indian Psychology at the University.

Suneet completed MA in Applied Psychology from University of Delhi (1991). His PhD in Psychology focused on “The Scientific Paradigm in Psychology: Challenges and Possibilities”



from Barkatullah University (Bhopal). He is a life member of National Academy of Psychology.

Suneet's early work was in the area of Theoretical Psychology/Philosophy of Psychology. His more recent work focuses on Indian perspectives on Psychology, e.g. Vedanta, Yoga Psychology, Buddhist Psychology, and their links with Sri Aurobindo's Integral Psychology. Suneet's current work deals with spirituality and healing.

Suneet teaches onsite as well as online courses. He is also a published writer; his most recent writings are titled 'Non-violent Ways of Relating: Love, Healing, and Beyond' and 'Bhakti and Well-being: A Psychologist's Perspective'. Suneet was awarded the National Open Doctoral Fellowship by ICSSR (1993-94). He also teaches at Indian Psychology Institute (Puducherry). At The Gnostic Centre, Suneet teaches Indian Psychology and Psychology as a Science of Consciousness.