

## Mind and Consciousness: Perspectives from Darśanas

Programme(s) in which it is offered: B.A Sanskrit, B Com, BBA & B.A. Applied Psychology

Course Category: Minor	Schedule of Offering: Odd/Even
Course Credit Structure: 3	Course Code: PS039
Total Number of Hours: 3	Contact Hours Per Week: 3
Lecture: 3	Tutorial: 0
Practical: 0	Medium of Instruction: English
Date of Revision:	Skill Focus: Life Skills
Short Name of the Course: MCD	Course Stream (Only for Minor Courses):
Grading Method: Regular	Repeatable: Credit
Course Level: Beginner	

### Course Description

This is a minor course for all Undergraduate students of CVV. This course aims at teaching the concepts of Mind (Manas) and Consciousness (Caitanyam) through the lens of Bhāratīya Darśanas.

### Course Introduction

Mind or Manas is one of the important components discussed in the Darśanas. It is considered as the organ playing an important role in the generation of knowledge, desire, potency, emotions, etc. Almost all Darśanas declare that in the pursuit of liberation or Mokṣa, the mind has to be either controlled or channelised. There are methods prescribed to control the mind. The Consciousness or Caitanyam is also one of the prominent components discussed in the Darśanas. In Vedānta, it is the central theme and in Sāṅkhyayoga and Nyāya darśanas, the nature of consciousness is discussed at a great length. In this course the students would be introduced to these concepts that are discussed in the Darśanas namely Nyāya, Sāṅkhya, Yoga and Vedānta. Even though other Darśanas also dealt with these concepts they will not be part of this course because of the time constraints.

### Course Objectives

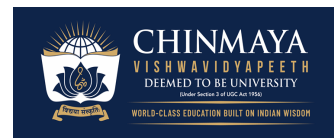
- To understand the basic concepts of Mind and its functions and properties mentioned in the Bhāratīya Darśanas
- To introduce the nature of Caitanyam and its significance
- To elucidate the relation between Mind and Consciousness as conceived in the Darśanas.

### Course Outcomes

At the end of the course the student will

- Have a good understanding of Mind and Consciousness
- Be able to differentiate the nature of Mind and Consciousness

Version No:  
Approval Date:



- Possess the required background to study advanced level courses in Mind and Consciousness related disciplines
- Get the required skills to apply the Darśanic concepts in contemporary areas that are dealing with Mind and consciousness studies..

## PO-CO Mapping

PO-CO Mapping Matrix

CO/PO Mapping	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO1								
CO2								
CO3								
CO4								

## Prerequisites and other constraints

As it is a minor course, there are no prerequisites. However, this course involves some texts related to Darśanas with translations. So a moderate level of comfort in Devanāgarī script would help.

## Pedagogy

The teaching methodology will be primarily lecture oriented. In class discussions, talks by experts and student presentations based on some related work will supplement the learning process. The assignments and group discussions will enhance the analytical skills of the students. Quizzes will be conducted on regular basis to develop better understanding of the concepts

## Suggested Reading:

There are no primary texts recommended for this course. Students can rely on the study material provided in the classroom by the teachers during the time of lectures. However, secondary readings on specific texts are recommended for preparing assignments, debates, etc.

- Bhāṣa Pariccheda with Siddhānta Muktāvalī, translated by Swami Mādhavānanda, Advaita Ashrama, Kolkata, 2004 - Chapters on Manas, Ātmā and Jñānam
- Sāmkhyakārikā of Īśvara Kṛṣṇa, translated by Swami Virupakshananda, Advaita Ashrama, Kolkata, 1995 - Chapters on Manas, Puruṣa and Buddhi
- Patanjali Yoga Sutras by Swami Prabhavananda, Ramakrishna Math, Chennai, 2001.
- Śrīmad Bhagvadgītā - Śloka related to Manas, Ātmā and Jñānam - [https://www.gitasupersite.iitk.ac.in/srimad?language=dv&field\\_chapter\\_value=1&field\\_nutra\\_value=1](https://www.gitasupersite.iitk.ac.in/srimad?language=dv&field_chapter_value=1&field_nutra_value=1)
- Vedānta Paribhāṣā of Dharmarājādhwarīndra translated by Swami Mādhavānanda, Published by Swami Vimuktananda, Secretary Ramakrishana Mission Sarada Peeth, Belur Math, Howrah - Topics related to Manas, Ātma and Indriya.
- Translation of Siddhānta Bindu by P.M. Modi - (<https://archive.org/details/in.ernet.dli.2015.188605/mode/2up>) , Published by Vohara Publishers and Distributors, Allahabad - Topics related to Manas, Ātma and Indriya.

- Yoga Philosophy of Patanjali by Swami Hariharananda Ārya published by State University of New York Press  
[-https://archive.org/details/YogaPhilosophyOfPatanjaliSwamiHariharanandaAranyak/page/n97/mode/2up?view=theater](https://archive.org/details/YogaPhilosophyOfPatanjaliSwamiHariharanandaAranyak/page/n97/mode/2up?view=theater)

## Evaluation Pattern

**Evaluation Matrix**

	Component Type	Weightage Percentage	Total Marks	Tentative Dates	Course Outcome Mapping
Continuous Internal Assessment (CIA) Components*	Module Assignment	10%	20	At the end of each module	1,2,3,4
	Class Participation	10%	10	A week before Mid term and End term	1,2,3,4
	Mid term exam	10%	50	As per University schedule	1,2
	CIA Marks	30%	80		
	ESE	70%	100	As per University schedule	1,2

## Module Sessions

### Module 1 : Introduction

**(6 sessions)**

This module provides a brief introduction to the Astika Darśanas that have given valuable insights about the mind and consciousness. The topics include overview of Darśanas, Spiritual and Physical world, concept of indriyam and introduction to self.

### Module 2 : Nature of Mind

**(6 sessions)**

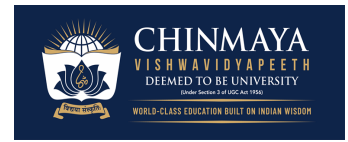
This module deals with the nature of mind proposed by the Darśanas. There are some similarities and differences among the Darśanas while defining the mind which will be presented to the students with a holistic approach. The topics include the nature of mind in Nyāyavaiśeṣika, Sāṅkhyayoga and Vedānta. The definitions of mind will be discussed on the basis of arguments put forth by the dārśanikas.

### Module - 3 : Properties of Mind

**(10 sessions)**

Once the nature of mind is defined it is imperative to explore the properties of Mind. This module is devoted to understanding the various properties and functionalities of mind as described in the Darśanas. It will also show some light on desire, potency, happiness, sorrow etc. The topics include properties, attributes, functions, utility of mind.

Version No:  
Approval Date:



#### **Module 4 : Consciousness and its relation to Mind (12 sessions)**

Consciousness or Caitanyam is an important concept in the Darśanas. The mind and consciousness will operate in tandem according to some darśanas. So knowing the nature of consciousness and its relation to mind are necessary to understand the inner self better. The topics include nature of consciousness and its relation to mind in prominent darśanas and importance of consciousness.

#### **Module 5: Control of Mind (9 sessions)**

Majority of the Darśanas advise that controlling the mind is the paramount in the pursuit of reaching the highest goal. They also provide methodology to control the mind and the benefits are also mentioned. This module will help the students to understand the ways and methods to control the mind. The topics include methods to control mind, samādhi and its types, cessation of mind and benefits of controlling the mind.

#### **Module 6: Conclusion (2 sessions)**

These will be the concluding sessions wherein the previously covered topics will be revised.