

Department of Contemplative and Behavioural Sciences

Under the Faculty of Contemplative and Behavioural Sciences



**A PROGRAMMATIC
OVERVIEW**



- Gurudev Sri Sri Ravi Shankar

WISDOM FROM *THE FOUNDER* ELUCIDATING THE VISION

Human values should be universal and rational. Values are imbibed, not taught and the right environment can enable a student instill this within.

There is a need for ushering in value education. Only a human-values oriented approach in education can impart true intelligence. We need to integrate values of compassion, care and sharing in our education system. Education should not only be about getting good grades so that one can secure a good job later; instead it must lay the foundation for long-term prosperity of the society as a whole.

The need is for restoring the respect, honour and dignity that education has had historically. The need of the day is a broad-minded education system accompanied by a warm and caring heart.

Education should be holistic and should create opportunities that facilitate one's cognitive, physical, emotional, social, and spiritual growth. A good system of education must instill self-esteem,

life-skills and creativity in students. It must help nurture a free, un-obsessed, anger-free and relaxed mind. Such a well-rounded education system can also prevent fanaticism in young minds.

Education must explore

- ways to improve the emotional and happiness quotient of students and its impact on their careers
- methods to impart education based human values
- benefits of yoga and meditation in personality development and reduction of stress in students.

Education must not only instill in students an appreciation for the sciences but also reflect today's diverse cultural influences.

Teachers are the single most important resource to a student's learning, Therefore, education reform should include innovative strategies that empower teachers to improve student's outcomes and nurture their growth.

Teachers, local authorities and NGOs must join hands to create a classroom system wherein

a student learns to increase awareness and not just assimilates information.

It is education that makes us human, and if it does not, we need to look in to the causes.

It is the educationists who can help us in this effort. As teachers mentor thousands of youth, they can bring about a great transformation in society.





FACULTY OF CONTEMPLATIVE AND BEHAVIOURAL SCIENCES

[Academic Council has approved to change the name of the Faculty to School of Contemplative and Behavioural Sciences which will be implemented after due approval of other Statutory Bodies]



- Certificate Course in Human Development and Counselling ~ Vedic & Modern Perspectives
- BA (Hons.)/BSc (Hons.) in Psychology and Contemplative Studies
- MA/MSc in Psychology and Contemplative Studies
- Integrated Master in Psychology and Contemplative Studies (*with super specialisation*)
(BA (Hons.)/BSc (Hons.) + MA/MSc)
- Doctor of Philosophy (PhD)

FACULTY OF CONTEMPLATIVE AND BEHAVIOURAL SCIENCES



"Psychology and Contemplative Studies" is expected to address not only the gaps in the mainstream psychological science which is becoming predominantly objective and behaviour centric but help promoting emotional, intellectual, social and spiritual empowerment in the scholars - eventually extending to optimal engagements in collaboration and service"

Dr. Richa Chopra
Officiating HoD



Familiarisation

Psychology is the science of behaviour and cognitive processes. "Behaviour" encompasses all observable actions or reactions of living organisms that can be measured. "Cognitive processes" embrace every aspect of the working mind - thoughts, memories, mental images, reasoning, decision making and so on.

Progressive expansion of the Self is the central construct of Indian Psychology – an approach to Psychology based on ideas and practices embedded in ancient texts like the Vedas, Upanishads, Gita, Yoga Sutras - developed over thousands of years within the Indian subcontinent. One of its significant tenets direct us to the "Panchkosha," that is the five sheaths covering the gross, subtle and astral bodies of the individual Self – annamaya kosha (*body cell*), pranamaya kosha (*life cell*), manomaya kosha (*mind cell*), vighnamaya kosha (*knowledge cell*) and anandmaya kosha (*bliss cell*). And that Panchkosha embodies treasures of the human Self - attainment of which can remove deficiencies, complexities, stresses, worries, sufferings and agonies. The Chakras or meta-physical centres of energy in the body influencing the mind and human behavior is yet another very

important consideration in Indian Psychology. The Yoga Sutras of Patanjali delineate the five modulations of the human Mind with Yoga being the act of freeing the mind from the its clutches. This is a remarkable and unparalleled contribution to the science of behaviour.

"Contemplative inquiry" is a first person understanding of various cognitive and subtle dynamics that govern human behaviour. Such inquiry requires rigorous grounding in the epistemology and ontology of the system, since theories of mind and views of reality are intimately connected with how contemplative practices are structured, their relation to doctrines and expected outcomes for the practitioner. Therefore, Contemplative inquiry is set against a myriad of frameworks - traditions, texts, purposes, art, ritual, philosophy and embodied practices.

Further, "Contemplative Behaviour Studies" grounds itself on an inter and transdisciplinary approach, amalgamating principles from fields such as psychology, neurosciences, cross-cultural studies, Yoga, Vedanta, spirituality, theology, musicology, psychiatry, astrology, visual and creative arts, performing arts, current conversations with modern science - with an interest as to how these reveal, conceal, reflect, guide or otherwise engage the scholar's contemplative potential.

"Contemplative Behaviour Studies does not limit itself alone to what one thinks. Instead, it reflects what thinking itself is. This in turn invites a meta inquiry into how we come to an intelligent understanding of our own experiences and what kinds of development, training, and intelligence is intended in these practices - oriented to subjective expansion, awareness and stillness."

A cutting– edge discipline, having real world implications, "Psychology and Contemplative Studies" is an emerging articulation of a comprehensive approach to understand, explore and transform human psyche and behaviour with a focus on a reflective involvement with inner life and external engagements.

Though the action of looking into and interrogating the nature of the mind as it operates in broad and nuanced contexts of neuro-biology, existential considerations, theories of development and object relations is the mainstay of Psychology and Contemplative Studies, there is also a subtle emerging attempt to grasp the inherently psychological nature of the universe in terms of the relationship between the individual mind and the laws of cause and effect (*karma*).

Recent studies have shown that meditation and mindfulness practices - a part of Contemplative inquiry can alter brain structure, improve attention and focus, enhance athletic and artistic performance, decrease anxiety and depression and strengthen self-regulation and resilience.

"Psychology and Contemplative Studies" as a field of specialisation is being seen as an approach to incorporate insights and pedagogical approaches to holistically understand human development and provide insights to deal effectively with various issues in a way that promotes one's well-being and mental health.

“Psychology and Contemplative Studies” at our campus

A University is a scholarly hub where fundamentals of Contemplative inquiry ought to be nurtured. The contemplative way of learning can greatly complement the existing rational and scientific ways on which academics is largely based. In such environs, scholars can deepen their engagement with their subject matter through increased attention span - implying sustained learning and application of the domain. Further, decreased stress, brought in through a natural complex of reflective inquiry can foster compassionate understanding of intra and inter personal human dynamics thereby opening limitless possibilities to new ideas and discoveries in students.

Beholding the spirit of “Omnism” yet deeply embedded into the philosophy of “Yoga and Vedanta” that roots Sri Sri University, the Department of Contemplative and Behavioural Sciences (DCBS) pioneers amongst other higher education institutions across the globe - providing a natural ecosystem and a fertile ground towards contemplative inquiry and innovation.

Our vision

To build a critical mass of self-reflective practitioners and researchers – through scholarship, rigorous training and field practice – in the spirit of inter-disciplinary and global consciousness.

Our mission

- To develop knowledge and competencies in
- Core psychological processes, mental health and well being
 - Contemplative studies and spirituality
 - Understanding the contexts of engagement (*adversity, positive health*)
 - Research methodology, intervention techniques and inter-disciplinary orientation
 - Self-awareness, personal growth and social contribution.

This department is a precursor to a changed perspective on learning and teaching systems. The scholars across each of the Undergraduate, Postgraduate, Doctoral and Integrated programmes offered by *DCBS in addition to Certificate courses and Diplomas will be engaged in a groundbreaking exploration of Contemplative and Behavioural Science, uniquely integrative in scope. The departmental ecosystem permeates multiple traditions to infiltrate and to gradually weave psychological mindedness into theories of the esoteric, and bring out unique healing modalities from the Orient (East) – Occident (West) wisdom. Spirituality and psychology are inseparable yet are existing in the world today as two discrete identities - our programmes seek to bring a new vision of behavioural sciences to the world which will enhance a multidimensional insight in the individual and thus reduce human suffering.

Think of the Department of Contemplative and Behavioural Sciences as a 21st century wisdom gurukul (*traditional school*) for exploration and honest application of psychocontemplative principles internalised through research, rigorous study, critical self-reflection and embodied practices across all spheres of life.

Orientation And Pedagogy

“Psychology and Contemplative Studies” at Sri Sri University is organized around a scientific and an empirical approach, embedded within the framework of a Contemplative pedagogy for the examination of the full range of human experiences and behaviour in an effort to catalogue them, to understand their phenomenology and to comprehend their scientific basis.

The Department would explore intersections, ruptures and continuities – towards recalibrating an understanding of the discipline of Contemplative Psychology and acting as a catalyst for thinking through change and the emergence of newer perspectives. Because the study of consciousness is the centerpiece of this kind of study, the teaching methodology will balance traditional “third-person” perspectives with “critical first-person” perspectives. In addition, the emphasis will be towards a critical empiricism - central to fieldwork.

The program facilitated by distinguished scientists, humanists, artists and teachers of contemplation will include tracks from the Humanities, the Sciences, the Liberal Arts Creative and the Performing Arts etc.

The broad scope of studies would therefore blend three components i.e. basics of psychological science, textual understanding of yoga, meditation and inter-disciplinary contemplative traditions (e.g. *Buddhism, Vipasana, Sufi, Jainism, Raj Yoga, Ayurveda, Jyotisha*) apart from intensive training in contemplative practices.

Scholars will be working with a team of dedicated, motivated and passionate tutors - specialist in their own fields. The endeavor will be to enable the scholars to the exploration of diverse areas within the dynamic, diverse and ever-growing framework of this study.

“Psychology and Contemplative Studies” is oriented towards harnessing the following:

- critical, reflective & intuitive thinking
- domain knowledge integrated with technology and research
- appreciation & application of inter-disciplines through optimal collaboration
- critical awareness of changing values and practices and their importance in regulating one’s own lives and relationships with others.

Towards a major in Psychology and Contemplative Studies

A wide choice of courses is structured around four steps – that shall provide the scholars the entire depth and breadth of the discipline.

1. Pathway (Bridge) Courses: These are designed to fill the gap between each student’s current level of qualification and the knowledge required to be admitted to a particular programme. These foundational courses will also introduce students to various styles of thinking and also to inter and trans-disciplinary approaches.

e.g. “Introduction to Critical, Reflective & Intuitive Thought Processes”; “The Art of Journal Writing”, “Foundations of Sanskrit”, “The Art & Science of Communication”, “Birth Charts & Human Mind”

2. Fundamental Courses: These compulsory courses will serve as the basic structural units or the backbone of the overall programme.

e.g. “The Spectrum of Contemplative Studies”; “Basics of Behavioural Sciences”; “Statistical Methods for Psychological Research”

3. Core Courses: These compulsory courses will provide critical foundations to the various programmes. Core courses in “Psychology and Contemplative Studies” are mandatory in order to develop in-depth knowledge of the discipline.

e.g.: “Biopsychology”, “Cognitive Psychology”, “Developmental Psychology”, “Clinical Psychology”, “Social Psychology”, “Counselling Psychology”, “Indian Psychology”, “Contemplative Principles and Applications”

4. Elective Courses: All students will have the flexibility to choose multiple Electives, providing them the opportunity to discover their academic passion and enhancing their engagement in the learning process through the individualisation of their programme of study. Electives will be offered in the categories of “Discipline Specific”, “Generic Electives” and “Ability Enhancement Elective Course”

e.g. “Life-Span Development & Counselling ~ Modern Fundamentals”, “Child Development and Approaches to Children’s Psycho-Social Issues”, “Human Development: Techno –Social Perspectives”, “Jyotisha and Manusa: Planets and the Human Connect”, “The Holism of Yoga”, “Doctrines from Transpersonal Psychology ~ The Power of Spirituality”, “Forensic Psychology”, “Environmental Psychology”, “Research workshop in Social Psychology”, “Decision making and the Psychology of Possibility”, “Advanced Topics in Neuroscience”, “Musicology”, “Honours Thesis”, “Parallels between the mechanics and goals of Psychoanalysis and Yogasutras”

Towards a minor in Psychology and Contemplative Studies

Students pursuing other disciplines within or outside Sri Sri University will also have the provision to take a Minor in "Psychology and Contemplative Studies". They must successfully complete 6 courses towards earning a minor. These would include certain enlisted Fundamental Courses, a few from Group A (e.g. *Biological Psychology, Cognitive Psychology* etc) and a few from Group B Courses (e.g.: *Developmental Psychology, The Stratum of Contemplative Studies, Social Psychology*) in certain proportions.

Given the application based nature of "Psychology and Contemplative Studies", theoretical papers will be accompanied by a variety of robust practicum papers for training scholars in different forms of assessment and research. The academic rigour will be governed on the principles of Study, Reflection, Practice, Innovation and Integration.

Pedagogical techniques will emphasize the development of analytic and expressive skills (e.g., *research methods and statistics, writing and oral presentation*) that are the basis of investigation, critical thinking, and communication in the field. To top these, there will be field visits, case study analyses and extensive use of audio-visual mediums. In addition to the didactic modes of teaching through lectures, academic seminars, case discussions, group work and problem solving approach, aspects of self - study, cultivating attention, self-examination and training of contemplative practices, personal experiences and insights will hold prominence.

The component of Service will also be firmly founded in the pedagogy which shall involve students in active extension work. For e.g. extending free mental health services - be it structural, clinical, or both in neighboring communities. And this will invite onsite research wherein students will be encouraged to be inventive with regards to the projects they initiate.

Swadhaya (Self Study): e.g. by engaging students towards a deeper understanding of their own psyche by drawing analogies with their natal birth charts. Or enabling students participate in group therapy with one another to freely discuss their feelings, vent their stress if any, and use the therapy as a vehicle for deeper psychological understanding.

Training young students in the use of contemplative methods through their clinical practice, the programmes will thereby support them in developing their own skills for listening to patients and remaining calm and focused at the same time amidst challenging situations. Students will be mapped with mentors, using contemplative methods in their own practices or as researchers.

Involving key stakeholders in terms of generating and continuing work in terms of research, teaching and clinical practice along with creating resources, manpower and interest in the field among professionals will also be encouraged.

Collaborative learning, journal writing, portfolio and all the above delineated learning - teaching methods will facilitate a seamless movement between the classroom, research field, and the everyday.

Is this the right career for me?

A degree in "Psychology and Contemplative Studies" is a great starting point for a career in both science and the arts as it would equip scholars with a range of skills and opens up numerous opportunities. The inbuilt component of "Contemplative studies" will serve as the software enriching and widening the pragmatic skill-sets earned through the study of the entire program.

The way of describing the work of psychologists is to discuss some of the major sub fields of psychology:

- **Clinical Psychology:** studies diagnosis, causes and treatment of mental disorders.
- **Counseling Psychology:** assists individuals in dealing with many personal problems that do not involve psychological disorders.
- **Educational Psychology:** studies all aspects of the educational process.
- **Experimental and Physiological Psychology:** studies all basic psychological processes, including perception, learning and motivation.

- **Industrial and Organizational Psychology:** studies all aspects of behaviour in work settings.
- **Social Psychology:** studies all aspects of social behaviour and social thought.
- **Developmental Psychology:** studies how people change physically, cognitively and socially over the entire life span.
- **Cross cultural and cultural Psychology:** studies variability in behaviour among societies and cultural groups.
- **Health Psychology:** studies how psychological, behavioural, and cultural factors impact physical health and illness.
- **Forensic Psychology:** studies the way psychological knowledge can be applied to legal matters.
- **Sport Psychology:** addresses social and systemic aspects of sports participation and organizations.
- **Yoga Psychology:** grounds psychological knowledge in a yogic framework - in terms of an Ayurvedic as well as Vedic theoretical perspective.
- **Positive Psychology:** studies optimal human functioning with a focus on human virtues, conditions leading to flourishing, well-being and meaningful life.
- **Transpersonal / Spiritual Psychology:** integrates the spiritual and transcendent aspect of human experience within the framework of modern psychology.
- **Environmental Psychology:** studies the interplay between individuals with their surroundings and the role the natural environment plays in shaping the individual.
- **Biopsychology:** studies the biological and physiological aspects of psychology.
- **Indian Psychology:** an approach to psychology that is rooted in the Indian ethos and worldview, which could be described as consciousness-based and yogic, with an adherence to generally life-affirming spiritual principles.

Depending on the degree, psychologists can find themselves working as:

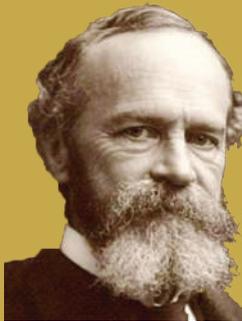


In a nutshell, Psychology majors are often seen as prospective employees by research foundations working with criminal justice system, public health and welfare systems, education sector, domestic and international law to name a few.

However, remember that many employers accept applications from graduates with any degree subject. The discipline has a far reaching nature and students can take advantage of this by choosing the direction of their "Psychology and Contemplative Studies" programme.

TRACING ROOTS

Psychology gradually emerged over the course of the nineteenth century. By the late nineteenth century, many philosophers had turned their attention to questions about the human mind. How do we perceive the world? Do people have free will or are their actions determined by events outside and inside their bodies. What is the link between mind and body – between the physical world and our thoughts, feelings and consciousness? In 1879, Wilhelm Wundt had founded the first formal laboratory for research in Psychology at the University of Leipzig.



“William James was the quintessential CONTEMPLATIVE SCIENTIST. He engaged with humanistic philosophical thinkers around enduring questions related to values, aesthetics and morality. He was an acute observer of the “INNER STUFF” of conscious experience via introspection. He took a strong, observational interest in contemplative religious experience. His scientific greatness and importance comes from the ways in which he leveraged these subtle, ineffable questions and experiences to demarcate the new science of psychology.”

- <https://www.brown.edu/academics/contemplative-studies/news>

William James (January 11, 1842 – August 27, 1910), labelled as “Father of American Psychology” was a philosopher and psychologist and the first educator to offer a psychology course in the United States.

India has a strong and variegated tradition of reflective scholarship with rich insights into human psyche and behaviour much before the advent of modern scientific psychology. The inner directed discipline to regulate self-processes and fostering harmony of mind, body and spirit seems central to most of the Indian accounts. The Vedic and Upanishadic knowledge argues for human identity as a form of impersonal and pervading reality. The Indian thought systems are quite diverse in their orientation. Thus the thought systems of Vedanta, Mimamsa, Samkhya, Yoga, Nyaya, Charvak, Buddhism, Jainism, Ayurveda and their various subsystems present a range of positions of human conditions, goals of life, nature of cognitive and affective process and mental health.

In India, in modern period, psychology was introduced as a discipline at Masters level at Calcutta University in 1916.

India always had a strong and variegated tradition of reflective scholarship with rich insights into human psyche and behaviour much before the advent of modern scientific psychology.



Bhagavad Gita is a classic example of crisis intervention psychotherapy

Upcoming Programmes In 2020-21

A. *Certificate Course in Human Development and Counselling ~ Vedic & Modern Perspectives

Embryologists, psychologists, sociologists, astrologers, Vedanta philosophers, practitioners of Ayurveda & Yoga, neuro-scientists, medical researchers - all share a common interest in unlocking the mysteries of human development; in existence meaningful. The study of Human Development is witnessing an exciting phase of growth; moving beyond the Euro - American theories and exploring culturally rooted perspectives.

The current study is a familiarization to Human Development - it's features, individual variations and it's nature. This path - breaking, multidisciplinary, innovative study will be a holistic amalgamation of the orient (Vedic) ~ occidental (Western) perspective to studying the 'HUMAN' - in totality integrating basic principles from the fields of Psychology, Philosophy, Embryology, Vedanta, Yoga, Ayurveda, Sociology, Physiotherapy, Political Science etc.

The study will introduce facets of counselling, encompassing a broad range of culturally sensitive practices that would enable people

improve their well-being, alleviate distress and maladjustments, resolve crises, and increases their ability to function better in their lives.

Witness a unique opportunity to learn from accomplished 'state of the scholars' and gain insights through a multi-pronged perspective.

Study dates:

- 4th January to 17th May, 2020
- 140+ hours
- Saturdays and Sundays (*barring university holidays*)
- Saturdays: 1600 hours to 2100 hours (*including 2 breaks of 15 minutes each*)
- Sundays: 1345 hours to 1845 hours (*including 2 breaks of 15 minutes each*)
- 6 lectures every weekend (1 lecture = 1.5 hrs.)

Study eligibility:

- 10+2 examination or equivalent from any stream from a recognized university with a minimum of 55 % score.

Fee:

- Rs 67,500/- (*includes Rs 5000/- refundable caution money*)

Selection criteria:

- Written Entrance Test, Psychometric Assessment and Interview
- Applications close on 21 Dec. 2019; 1730 hours

For detailed programmatic brochure:

- <https://tinyurl.com/y6dhwf5>

Applications Close
21st December '2019
17:30 hours

Certificate Course in HUMAN DEVELOPMENT AND COUNSELLING - Vedic & Modern Perspectives

4th January to 17th May '2020: Saturdays and Sundays



Learn Lead Serve

FACULTY LIST AND SESSION OUTLINE

 Dr. Jaymini Chouhan <i>"Embryology, Pediatric Growth & Development"</i> <small>MRCPCB - Royal College of Pediatrics and Child Health, UK.</small>	 Prof. Jagjwan Kaur <i>"Life-Span Development & Counselling ~ Modern Fundamentals"</i> <small>Former Faculty, Dept. of Human Development & Family Relations, Govt. Home Science College, Chandigarh.</small>	 Prof. Grishwar Misra <i>"Modern Psychology - The Basics"</i> <small>Former Head & Professor, Dept. of Psychology, University of Delhi.</small>	 Girin Govind <i>"Mind Management Manual - Philosophy from the Bhagwad Gita & Patanjali's Yoga Sutras"</i> <small>Director, Sri Sri School of Yoga, Bengaluru.</small>	 Prof. Shekhar P. Seshadri <i>"Child Development & Approaches to Children's Psycho-Social Issues"</i> <small>Senior Professor, Dept. of Child and Adolescent Psychiatry, NIMHANS, Bengaluru.</small>	 Prof. Anju Dhawan <i>"Preventing Addictions Through Counselling"</i> <small>National Drug Dependence Treatment Centre, AIIMS, Delhi.</small>	 Dr. Aswin Kumar Patel <i>"Ayurveda Philosophy"</i> <small>Chief Medical Officer at Sri Sri Tatva Panchkama, Bengaluru.</small>
 Prof. V.N. Rajasekharan Pillai <i>"Human Development: Techno-Social Perspectives"</i> <small>Former Chairman of the University Grants Commission, Govt. of India.</small>	 Sarvani Rath <i>"Jyotisa and Manusa: Planets and the Human Connect"</i> <small>Jaimini Scholar and Jyotisha Pandita, Devaguru Jyotishpati Centre, Delhi.</small>	 Prof. Ganesh Rao <i>"The Holism of Yoga"</i> <small>PhD Guide for Yoga & Philosophy</small>	 Dr. Neena Bansal <i>"The Politics of Human Development"</i> <small>Associate Professor, Dept. of Political Science, Kamala Nehru College, University of Delhi.</small>	 Dr. Richa Chopra <i>"Doctrines from Transpersonal Psychology"</i> <small>Founding Head - Dept. of Contemplative & Behavioural Sciences, Sri Sri University.</small>	 Prachee Shah Paandya <i>"Nitya-Bhav: Exploring the Heavenly Garden of Human Emotions"</i> <small>Actor & Kathak Expert, Mumbai.</small>	 Gulam Dabir <i>"Musicology & Human Development"</i> <small>Singer and Composer, Vadodara.</small>
 Anupama Bhagwat <i>"Musicology & Human Development"</i> <small>Sitar Musician, Doyen of the Imadakhari Gharana, Bengaluru.</small>	 Dr. Ayon Maharaj <i>"The Vedanta Outlook"</i> <small>Head - Dept. of Philosophy, RMVERI, Belur, Former Visiting Scholar at University of Oxford.</small>	 Dinesh Kashikar <i>"The Vedanta Outlook"</i> <small>Trustee - Valdie Dharma Samsthana, Bengaluru.</small>	 Prof. M. M. Goel <i>"Consumer Psychology with Neodonomics for Human Development"</i> <small>Former Chairman, Dept. of Economics, Kurukshetra University.</small>	 Dr. Surya Ramesh <i>"Food and Lifestyle ~ The Nature's Way"</i> <small>Former Head - Dept. of Naturopathy, Sri Sri Ayurveda Hospital, Bengaluru.</small>		

An Initiative of
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(Under the Faculty of Contemplative and Behavioural Sciences)
 Sri Sri, First Floor, Sri Sri University, Ward Number # 3, Bidyadharpur - Arlo,
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For Detailed Programmatic Brochure, visit - <https://tinyurl.com/y6dhwf5> | +91 9916120851 | +91 8360663573 | dcbs@sristiuniversity.edu.in | Written Entrance Exam: 28th December '2019

B. *Undergraduate Programme

Bachelor of Arts (Hons.) in Psychology and Contemplative Studies

Selection Criteria: Written Entrance Test, Psychometric Assessment & Interview

03 Years full time **30** Seats

Eligibility

- 10+2 examination or equivalent from any stream from a recognized university with a minimum of 50 % score

INR 1,15,000/-
Tuition Fee (per semester)

OR

Bachelor of Science (Hons.) in Psychology and Contemplative Studies

Selection Criteria: Written Entrance Test, Psychometric Assessment & Interview

03 Years full time **30** Seats

Eligibility

- 10+2 examination or equivalent from science stream with mathematics from a recognized university with a minimum of 50 % score

INR 1,15,000/-
Tuition Fee (per semester)

C. *Postgraduate Programme

a. Master of Arts in Psychology and Contemplative Studies

Selection Criteria: Written Entrance Test, Psychometric Assessment & Interview

02 Years **20** Seats

Eligibility

- BA examination or equivalent from any stream from a recognized University with a minimum of 50% score

Duration & Tuition Fee:

- 02 Years (without super specialization); **Rs. 1,30,000/-** (per semester)

OR

- 02 Years 6 months (with super specialization); **Rs. 6,50,000/-** (entire duration)

OR

Master of Science in Psychology and Contemplative Studies

Selection Criteria: Written Entrance Test, Psychometric Assessment & Interview

02 Years **20** Seats

Eligibility

- BSc examination or equivalent from any stream from a recognized University with a minimum of 50% score

Duration & Tuition Fee:

- 02 Years (without super specialization); **Rs. 1,30,000/-** (per semester)

OR

- 02 Years 6 months (with super specialization); **Rs. 6,50,000/-** (entire duration)

b. Integrated Master in Psychology and Contemplative Studies (with super specialisation)

(BA (Hons.)/BSc (Hons.) + MA/MSc)

Selection Criteria: Written Entrance Test, Psychometric Assessment & Interview

05 Years full time **20** Seats

Eligibility

10+2 examination or equivalent from any stream from a recognized university with a minimum of 50% score

OR

10+2 examination or equivalent from science stream with mathematics from a recognized university with a minimum of 50% score

INR 1,20,000/-
Tuition Fee (per semester)



D. *Doctor of Philosophy

Eligibility: Master's degree or equivalent in Psychology and allied disciplines. Applications from candidates with MBBS, B.Tech/BE will also be considered eligible. All candidates need a minimum of 50% score in their respective degrees. M.Phil/M.Tech entrants are also encouraged to apply.

Tuition Fee (per semester): Rs 50,000/-

Selection Criteria: Written Entrance Test, Psychometric Assessment & Interview

*Clauses apply and content subject to change.

Departmental Programmatic Brochure will be released on 15th December 2019. Contact dcbs@srisriuniversity for further details

THE TEAM

Department of Contemplate and Behavioural Sciences

Officiating Head

- Dr. Richa Chopra, MSc (Gold Medalist in Child Development), ADPSc, PhD

Academic Coordinator cum Counsellor

- Dr. Sukriti Banda (Clinical Psychology), PhD

Advisory Panel of Interdisciplinary Experts and Visiting Faculty

- Prof. V.N. Rajasekharan Pillai, Former Chairman of the University Grants Commission, Govt. of India
- Prof. Anand Paranjpe, Emeritus Professor of Psychology and Humanities, Simon Fraser University in Canada
- Prof. Girishwar Misra, Former Head - Dept. of Psychology, University of Delhi
- Prof. Nilanjana Sanyal, Former Head - Dept. of Psychology, University of Calcutta
- Prof. Jagjiwan Kaur, Former Faculty, Dept. of Human Development & Family Relations, Govt. Home Science College, Chandigarh
- Prof. Shekhar Seshadri, Senior Professor, Dept. of Child and Adolescent Psychiatry, NIMHANS, Bengaluru.
- Prof. Ganesh Rao, Technical Expert (Yoga) with Quality Council of India (QCI)
- Prof. Priyadarshai Patnaik, Head - Dept. of Humanities and Social Sciences, Indian Institute of Technology, Kharagpur
- Prof. Indranee Phookan Booroah, Head - Dept. of Psychology, Gauhati University
- Prof. Anju Dhawan, National Drug Dependence Treatment Centre, AIIMS, Delhi
- Dr. Neena Bansal, Associate Professor, Dept. of Political Science, Kamala Nehru College, Delhi University
- Sarbnai Rath, Certified Jaimini Scholar & Member of the Council of Vedic Astrologers (CVA)
- Dr. Ayon Maharaj, Head - Dept. of Philosophy, RMVERI, Belur & Former visiting scholar at University of Oxford
- Anupama Bhagwat, Sitar Musician, Doyen of the Imdadkhani Gharana, Bengaluru
- Prachee Shah Paandya, Actor & Kathak Expert, Mumbai
- Girin Govind, Director, Sri Sri School of Yoga, Bengaluru
- Pear Wilson, Psychoanalytic Psychotherapist in Private Practice, Los Angeles

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