



Sangam Therapy

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Sangam

Sangam literature, sangam
also spelled

1. **cankam,**
2. **chankam, or**
3. **shangam**





Palm leaf manuscript of Sangam poem

Sangam Poetry = Oral bardic literature belonging to time period 200 BC to 300 AD

What is Sangam Literature?

The Sangam literature historically known as 'the poetry of the noble ones' connotes the ancient Tamil literature and is the earliest known literature of South India. [Wikipedia](#)

Sangam Literature

Sangam Literature is the earliest writings in the [Tamil language](#), thought to have been produced in **three *chankams***, or literary academies, in [Madurai](#), [India](#), from the 1st to the 4th century CE.



Palm Leaf Manuscript of
Sangam Literature

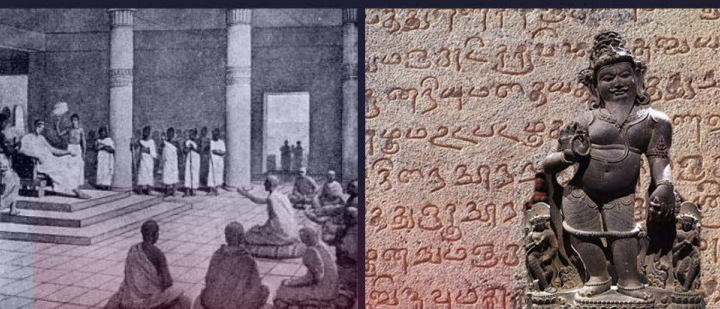
Muchchangam

- According to the Tamil legends, there were three Sangams (Academy of Tamil poets) held in the ancient South India popularly called **Muchchangam**.
- The **First Sangam**, is believed to be held at **Madurai**, attended by gods and legendary sages. No literary work of this Sangam is available.
- The **Second Sangam** was held at **Kapadapuram**, only Tolkappiyam survives from this.
- The **Third Sangam** was also held at **Madurai**. A few of these Tamil literary works have survived and are a useful source to reconstruct the history of the Sangam period.



"SANGAM PERIOD "

TORY OF "TAMIL LITERATU



Sangam Literature

- The [Tolkappiyam](#), a book of [grammar](#) and [rhetoric](#), and eight anthologies (*Ettuttokai*) of poetry were compiled—
- *Ainkurunuru*, *Kuruntokai*, *Narrinai*, *Akananuru*, *Kalittokai*, *Patirruppattu*, *Purananuru*, and *Paripatal*.
- A ninth anthology, *Pattupattu*, consists of 10 idylls that present a picture of early Tamil life.

TAMIL



Among world's
oldest languages.

TOLKAPPIYAM



Oldest known text.
About 2300 years old.



I - Sangam Literature (300 BC-200 CE)



10
Long Poems

8
Anthologies

2381
Poems

Poems divided into 2 categories

AKAM
The Interior Landscape
About love, loss, affection and separation.

PURAM
The External World
About kings, wars, valour and conquests.

Sangam Literature - Classification

- **Sangam literature** is divided into two categories: akam and puram.
- **Akam poetry** is concerned with **emotions and sentiments** in the context of **romantic love, sexual connection, and sensuality**.
- **Puram poetry** is concerned with **exploits and heroic achievements** in the setting of battle and public life.



TOLKAPIYAM

The Knowledge of 'Ilakanam'



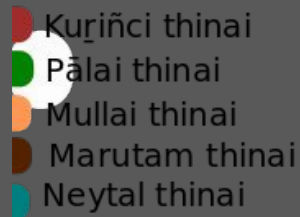
Akam and Puram

1. The poems are concerned with two main topics:
 - a. those of the first five collections are on love (*akam*), and
 - b. those of the next two are on heroism (*puram*), including the praise of kings and their deeds.
 - c. *Paripatal*, the eighth collection, contains poems of both types.

Tinai

Sangam literature is divided into five minor genres known as **tinai**.

1. **Kurinci** refers to mountainous regions;
2. **mullai** refers to pastoral woods;
3. **marutam** refers to riverine agricultural land;
4. **neytal** coastal regions; and
5. **palai** refers to arid regions.



Thinai

Srilanka

Tinais

In addition to landscape-based **tinais**,

1. **ain-tinai** (well-matched, mutual love),
2. **kaikilai** (ill-matched, one-sided), and
3. **perunthinai** (unsuited, big genre) categories are employed for akam poetry.

Theme of Poem

Many of the poems, especially on **heroism**, display great **freshness and vigour** and are singularly free from the literary conceits of much of the other early and medieval literatures of India.



Sangam Literature - Significance

- During this period, there were three major Tamil kingdoms: the Cheras, the Cholas, and the Pandyas.
- While little evidence exists for the first and second mythological Sangams, the surviving literature attests to a group of intellectuals based on ancient Madurai (Maturai) who affected the "literary, academic, cultural, and linguistic life of ancient Tamil Nadu."
- The **Sangam literature** provides insight into various aspects of ancient Tamil society, secular and religious ideas, and individuals.
- Sangam poetry is concerned with culture and people.
- Except for the odd reference of Hindu gods and more major allusions of numerous gods in the shorter poems, it is virtually exclusively **non-religious**.

A decorative border made of repeating pink triangles with white outlines, arranged in a larger triangular pattern.

Theory to Therapy

Theories to Therapy

Theories	Therapy
Behaviour Theory - J B Watson	Behaviour Therapy - B.F. Skinner and Joseph Wolpe
Gestalt - Max Wertheimer	Gestalt Therapy - Frederick (“Fritz”) S. Perls
Attachment Theory - John Bowlby	Attachment Based Therapy - Guy Diamond, Suzanne Levy, and Gary Diamond
Sangam Literature - Tolkappiyar, Thiruvalluvar and many more	Sangam Therapy - D.Srinivasan, M.Suresh Kumar, Subasree, Veenavani, Praveena

What is Therapy?

Therapy is treatment for the illness, disorder or disability of an individual





What is Sangam Therapy?

Sangam therapy is proposed by team of ethuciasists from behavioural sciences. It applies sangam literature in to therapeutics strategies for physical, mental, emotional, social and cognitive wellbeing of an individual.

Studies in
Tamil
Literature
and History



V.R. Ramachandra Dikshitar

Why?

Sangam Therapy pave a way to adopt old wine in a new bottle.

It helps the people in

- Better relationship
- Self regulation, Self Confident, Self Control
- Experiencing more positive Emotion
- Building resilience
- Practicing goodness
- Practice wellbeing
- Forgive others
- Understanding the reality etc



Common Approaches and Therapies:

Approach	Humanistic approach	Psychodynamic approach	Behavioural approach	Cognitive approach
Pure Therapies	Person centered therapy	Psychoanalytic therapy	Behaviour therapy	Cognitive therapy
	Existential therapy	Adlerian therapy	Applied Behaviour analysis (Behaviour modification)	Rational therapy
Integrated therapies	Gestalt therapy		Rational Emotive Behaviour therapy	
	Transactional Analysis		Cognitive Behaviour therapy	
Eclectic therapies	Multimodal Therapy			
	Neuro Linguistic Programming			

Sangam Therapy = ???

Therapeutic Techniques

1. Humanistic Approach

- a. Client Centred therapy
 - i. Unconditional positive regards
 - ii. Congruence
 - iii. Empathetic understanding
 - iv. Reflective listening
- b. Existential Therapy
 - i. Empathy
 - ii. Self awareness
 - iii. Mindfulness
 - iv. Open dialogue
 - v. Encouraging new ideas and experiences
 - vi. Treating the negative feelings and inner conflicts

2. GESTALT TECHNIQUES :

- Here and now
- Top dog and under dog
- Empty chair
- Dream work
- Stay with the feeling
- Talking to part of oneself
- Word and language
- Body language
- Exaggeration
- Paradoxical change
- Creative arts
- Location emotion
- Establishing control over action
- Quantum release of emotions

3. TECHNIQUES IN BEHAVIOURAL THERAPY

- Systematic desensitisation
- Flooding
- Therapeutic graded exposure
- Participant modelling
- Assertiveness training
- Social skills training
- Aversion therapy
- Shaping
- Pre Mack principle
- Extinction
- Token economy
- Contingency contracting
- Over sensitization
- Covert sensitization
- Time out
- Reciprocal inhibition
- Behavioural rehearsal
- Environment planning
- Implosive therapy
- Relaxation method
- Cognitive restructuring
- Coaching
- Reinforcement
- Breathing training
- Coping cards
- Exposure and response prevention
- Activity and pleasant event scheduling
- Self monitoring
- Tailoring
- Role playing
- Punishment
- Restitutional /overcorrection



4. COGNITIVE THERAPEUTIC TECHNIQUES:

- Activity scheduling
- Weighing pros cons
- Exposure, focusing
- Settings and managing
- Listing advantages or disadvantages
- Self instruction or coaching
- Rehearsal and journaling
- Questioning the evidence
- Self compassion, acceptance
- Thought stopping
- Labelling distortions
- Mindfulness practices
- Cognitive restructuring
- Emotion regulation techniques
- Investigating thoughts
- Examining information processing and logical errors

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எட்டுத்தொகை	பத்துப்பாட்டு	பதினெண்கீழ்க்கணக்கு	
1. நற்றிணை	1. திருமுருகாற்றுப்படை	1. நாலடியார்	11. கார்நாற்பது
2. குறுந்தொகை	2. பொருநராற்றுப்படை	2. திருக்குறள்	12. ஐந்திணை
3. பதிற்றுப்பத்து	3. சிறுபாணாற்றுப்படை	3. பழமொழி நானூறு	ஐம்பது
4. பரிபாடல்	4. பெரும்பாணாற்றுப்படை	4. ஆசாரக்கோவை	13. சிறுபஞ்சமூலம்
5. கலித்தொகை	5. கூத்தராற்றுப்படை	5. முதுமொழிக்காஞ்சி	14. திணைமொழி
6. அகநானூறு	6. மதுரைக்காஞ்சி	6. இன்னாநாற்பது	ஐம்பது
7. புறநானூறு	7. பட்டினப்பாலை	7. இனியவை நாற்பது	14. ஐந்திணை
8. ஐங்குறுநூறு	8. குறிஞ்சிப்பாட்டு	8. திரிகடுகம்	எழுபது
	9. முல்லைப்பாட்டு	9. நான்மணிக்கடிகை	15. திணைமாலை
	10. நெடுநல்வாடை	10. களவழி நாற்பது	நூற்றைம்பது