

Govt. Polytechnic Hamirpur (H.P.)

Lecture Planning (Theory)

Branch : Information Technology

Semester : 4th

Subject : EIKT

Session: Jan-June 2026

Teacher: Vijay Pathania

Laboratory : _____

Sr. No.	No. of Lectures Planned	Chapter/ Unit Description	Detail of Contents	Reference Resources	Remarks
1.	8	Introduction and Function of Indian Knowledge System(IKS).	<p>Introduction and Function of Indian Knowledge System(IKS).</p> <ul style="list-style-type: none"> • The Basic Structure of Indian Knowledge System(IKS) (only Introduction) 1. The 4 Vedas, Namly ऋग्वेद (Rigveda), यजुर्वेद (Yajurveda), सामवेद (Samaveda), अथर्ववेद (Atharvaveda). 2. The 4 UpVedas, Namely आयुर्वेद (Ayurveda (health-care)), धनुर्वेद (Dhanurveda (archery)), गंधर्ववेद (Gandharva-veda (dance, music etc.)) and स्थापत्यवेद (Sthapatya Veda (architecture)). 3. The 6 Vedagangs, namely Shiksha (शिक्षा), Kalpa (कल्प), Vykarana (व्याकरण), Chhandas छंदस, Nirukta (निरुक्त), and Jyotisha (ज्योतिष). 4. Itihasa (इतिहास) (Ramayana रामायण and Mahabharata महाभारत) and Purana पुराण (Vishnupurana (विष्णुपुराण), Bhagavata Purana (भागवत पुराण) etc.). 5. Dharmashatra धर्मशास्त्र (Manusmriti मनुस्मृति, Yajnavalkya-smriti याज्ञवल्क्य स्मृति, etc.). 6. Darshan दर्शन (आस्तिक तथा नास्तिक). 7. Nyaya न्याय (Logic तर्कशास्त्र and Epistemology ज्ञानमीमांसा). 	R1,R2	
2.	6	Modern Science	<p>Modern science: Introduction, Characteristics, importance and Example • Difference between modern Science and Indian knowledge system • Role of IKS in modern science</p>	R1,R3	
3.	5	Traditional Knowledge	<p>Traditional knowledge: Definition, nature, characteristics, scope and importance • Indigenous Knowledge (IK): characteristics • Traditional knowledge vis-a-vis Indigenous knowledge • Traditional knowledge Vs western knowledge • The need for protecting traditional knowledge</p>	R1,R2,R4, R5	

4.	8	Yoga and Holistic Health	Yoga: Meaning and Importance of Yoga • Yoga and physical health, Yoga and psychological health, Yoga and intellectual health, Yoga and spiritual health, Yoga and social approach. • Introduction to Ashtanga Yoga, Yogic Kriyas (Shat Karma) • Pranayama and its types; Active lifestyle and stress management through Yoga • Physical Fitness, Health and wellness: Meaning and Importance of Wellness, • Components of Wellness, Health and physical Fitness; • Traditional sports & Regional Games for promoting wellness; • Leadership through Physical Activity and Sports; Introduction to First Aid.	R1,R4	
5.	5	Himachal Pradesh: A Basic Information	History, Culture, Heritage/ Tradition, Customs & Manners • Regional Knowledge, Geographical Features, Constitutional History • Tourism Place & Scope • Festivals and Fairs	R7	

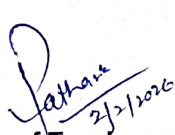
Teaching Resources:


- R1 .Cultural Heritage of India-Course Material by V. Sivaramakrishna Bharatiya, Vidya Bhavan, Mumbai, 5th Edition, 2014
- R2. Modern Physics and Vedant by Swami JitatmanandBharatiya, VidyaBhavan
- R3. The wave of Life by Fritz of Capra
- R4. Tao of Physics Fritz of Capra
- R5. Tarkasangraha of Annam Bhatta, International by V N Jha, Chinmaya Foundation, Velliarnad, Ernakulam
- R6. Science of Consciousness Psychotherapy and Yoga Practices by RN Jha, Vidyanidhi Prakashan, Delhi, 2016
- R7. Himachal Pradesh History, Culture & Economy by Mian Goverdhan Singh & Prof. Dr. C.L. Gupta.

Course Outcomes :

After completing this course the students will be able to:

- CO-1. Identify the concept of Indian Knowledge System (IKS).
- CO-2. Understand the need and importance of protecting traditional knowledge.
- CO-3. Compare the Indian traditional knowledge and modern science.
- CO-4. Understand the use of Yoga in stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep.
- CO-5. Aware of the general knowledge of Himachal Pradesh


Signature of Teacher with Date


Signature of H.O.D.