

Govt. Polytechnic Hamirpur (H.P.)

Lesson Planning (Theory)

Branch : ELECTRICAL ENGG

Subject : Essence Of Indian Knowledge Tradition

Teacher: Vibha Sharma

Semester: 4th

Session: Jan- May, 2026

Class Room: L7

S.No	No. of Lectures	Chapter/ Unit Description	Detail of Contents	Reference Resources	Remarks
1	1-7	Indian Knowledge System (IKS)	Introduction and Function of Indian Knowledge System (IKS). The Basic Structure of Indian Knowledge System(IKS) (only Introduction) . The 4 Vedas, Namly ऋग्वेद (Rigveda) ,यजुर्वेद (Yajurveda), सामवेद (Samaveda) , अथर्ववेद (Atharvaveda), The 4 UpVedas, Namely आयुर्वेद (Ayurveda (health-care)), धनुर्वेद (Dhanurveda (archery)), गंधर्ववेद (Gandharva-veda (dance, music etc.)) and स्थापत्यवेद (Sthapatyaveda (architecture)), The 6 Vedagangs, namely Shiksha (शिक्षा), Kalpa (कल्प), Vyakaraṇa (व्याकरण), Chhandas छंदस), Nirukta (निरुक्त), and Jyotisha(ज्योतष). Itihasa (इतिहास) (Ramayana रामायण and Mahabharata महाभारत) and Purana पुराण (Vishnupurana ववष्णुपुराण, Bhagavata Purana (भागवत पुराण) etc.). Dharmashatra धर्मशास्त्र (Manusmriti मुस्मन्त, Yajnavalkya-smriti याज्ञवल्क्य, स्मन्त etc.). Darshan दर्शन (आस्तक तथा िस्तक). Nyaya न्याय (Logic तर्क शास्त्र and Epistemology ज्ञानिमांसा).	R1,R2	
2	8-12	Modern Science	Modern science: Introduction, Characteristics, importance and Example. Difference between modern Science and Indian knowledge system. Role of IKS in modern science	R1,R2	
3	13-16	Traditional knowledge	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	R1,R2	
4	17-23	Yoga and Holistic Health Care	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,R2	
5	24-28	Himachal Pradesh: A Basic Information	History, Culture, Heritage/ Tradition, Customs & Manners. Regional Knowledge, Geographical Features, Constitutional History. Tourism Place & Scope. Festivals and Fairs	R1,R2	

REFERENCE RESOURCES

R1- Cultural Heritage of India-Course Material by V. SivaramakrishnaBharatiya, VidyaBhavan, Mumbai, 5th Edition, 2014

R2- Himachal Pradesh History, Culture & Economy by Mian Goverdhan Singh & Prof. Dr. C.L. Gupta

Signature of Teacher with Date

Signature of H.O.D