

GOVT. POLYTECHNIC, HAMIRPUR (H.P.)
Lesson Planning

Branch: Computer Engineering

Semester: 4th

Subject: Essence of Indian Knowledge & Tradition

Session: Jan 2024

Laboratory: NO


Teacher: Indu Bala

Sr. No.	No of Lectures	Chapter/Unit Description	Detailed contents	Reference Resources	Remarks
1	8	Indian Knowledge System (IKS)	<p>Introduction and Function of Indian Knowledge System(IKS). The Basic Structure of Indian Knowledge System(IKS) (only Introduction)</p> <ol style="list-style-type: none"> 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 थापवेद (Sthapatyaveda (architecture)). The 6 Vedagangs ,namely Shiksha (शिक्षा), Kalpa (कल्प), Chhandas छंदस्, Nirukta (निरुक्त), and Jyotisha (ज्योतिष), Vykarana (व्याकरण), और ितष). Itihasa (इतिहास) (Ramayana रामायण and Mahabharata महाभारत) and Purana पुराण (Vishnupurana विष्णु पुराण, Bhagavata Purana (भागवतपुराण) etc.) Dharmashatra धर्मशास्त्र (Manusmriti मनुस्मृति, Yajnavalkya-smriti याज्ञवल्क्यस्मृति, etc.). Darshan दर्शन (आदर्शन) Nyaya न्याय कतथाना (कथाना) ाय (Logic तर्कशास्त्र) क). and Epistemology (ज्ञानमीमांसा). 		
2	6	Modern Science	<p>Modern science: Introduction, Characteristics, importance and Example</p> <ul style="list-style-type: none"> Difference between modern Science and Indian knowledge system Role of IKS in modern science 		
3	8	Traditional knowledge	<p>Traditional knowledge: Definition, nature, characteristics, scope and importance</p> <ul style="list-style-type: none"> Indigenous Knowledge (IK): characteristics Traditional knowledge vis-a-vis 		

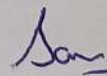
			<p>Indigenous knowledge</p> <ul style="list-style-type: none"> • Traditional knowledge Vs western knowledge • The need for protecting traditional knowledge 		
4	5	Yoga and Holistic Health Care	<p>Yoga: Meaning and Importance of Yoga 15 Marks</p> <ul style="list-style-type: none"> • Yoga and physical 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. 		
5	5	Himachal Pradesh: A Basic Information	<p>History, Culture, Heritage/ Tradition, Customs & Manners,</p> <ul style="list-style-type: none"> • Regional Knowledge, Geographical Features, Constitutional History • Tourism Place & Scope • Festivals and Fairs 		

Reference Books:

1. Cultural Heritage of India-Course Material by V. SivaramakrishnaBharatiya, VidyaBhavan,
2. Himachal Pradesh History, Culture & Economy by MianGoverdhan Singh & Prof. Dr. C.L. Gupta.
3. Modern Physics and Vedant by Swami JitatmanandBharatiya, VidyaBhavan

 (Indu Bala)

Signature of Teacher with Date



Signature of HOD