

**Department of Computer Engineering**  
**Govt. Polytechnic for Women Rehan**  
**Distt. – Kangra (H.P.) - 176022**

**LESSON PLAN**



Program Name	Computer Engineering
Subject Name	Essege of Indian Knowledge and Tradition
Subject Code	AU202
Semester	4th
Subject Teacher Name	Reena Kumari

**Evaluation Scheme**

Sr. No.	Subject Name	Study scheme (Hrs/Week)	Marks in Evaluation Scheme						
			Internal Assessment		External Assessment				
		Th	DCS	Th	Pr	Total	Th	Pr	Total
1.	Essege of Indian Knowledge and Tradition	2		40	-	40	60	-	60
Reference Books		(i) Modern Physics and Vedant by Swami Jitatanand Bharatiya, Vidya Bhavan (ii) The wave of Life by Fritz of Capra (iii) Himachal Pradesh History, Culture and Economy by Mian Goverdhan Singh and Dr. C.L. Gupta.							

**Course Outcomes (COs)**

CO – 1	To understand the students Identify the concept of Indian Knowledge System (IKS).
CO – 2	To Understand the need for and importance of protecting traditional knowledge..
CO – 3	The students are able to Compare the Indian traditional knowledge and modern science.
CO – 4	Aware of the general knowledge of Himachal Pradesh.

**Teaching Plan**

UNIT-1	Name of Topic	Proposed Date	Actual Date	Remarks
<b>Indian Knowledge System (IKS)</b>	Introduction and Function of Indian Knowledge System (IKS).	27/01/2026		
	The Basic Structure of Indian Knowledge System (IKS) (only Introduction)	30/01/2026		
	The 4 Vedas, Namely (Rigveda), (Yajurveda), सामवेद (Samaveda), अथर्ववेद	03/02/2026		

	The 4 UpVedas, namely (Ayurveda (healthcare)), (Dhanurveda (archery)), गंधर्ववेद The 6 Vedagangs, namely Shiksha ( ), Kalpa ( ), Vykarana ( ), Chhandas ), Nirukta ( ), and Jyotisha (ज्योतिष). The 6 Vedagangs, namely Shiksha ( ), Kalpa ( ), Vykarana ( ), Chhandas ), Nirukta ( ), and Jyotisha (ज्योतिष). Dharmashastra धर्मशास्त्र (Manusmriti मनुस्मृति, Yajnavalkya-smriti यज्ञवल्क्यस्मृति etc.). Darshan दर्शन ( िथा ). Nyaya (Logic िर्व शास्त्र) and Epistemology ).	06/02/2026		
	Modern science: Introduction, Characteristics, importance and Example Difference between modern Science and Indian knowledge system Role of IKS in modern science	27/02/2026		
<b>UNIT-II</b>	<b>Modern science -</b>			
	Traditional knowledge: Definition, nature, characteristics, scope and importance Class test - 1 Indigenous Knowledge (IK): characteristics Traditional knowledge vis-a-vis Indigenous knowledge Traditional knowledge Vs western knowledge The need for protecting traditional knowledge.	10/03/2026		
		06/03/2026		
		13/03/2026		
		17/03/2026		
		20/03/2026		
		24/03/2026		
		27/03/2026		
<b>UNIT- III</b>	<b>Traditional Knowledge -</b>			
		31/03/2026		
<b>UNIT- IV</b>	Yoga: Meaning and Importance of Yoga			



Yoga and Holistic Health care		Yoga and physical health, Yoga and psychological health, Yoga and intellectual health, Yoga and spiritual health, Yoga and social approach.	07/04/2026		
Class Test -II			10/04/2026		
Introduction to Ashtanga Yoga, Yogic Kriyas (Shat Karma)			17/04/2026		
Pranayama and its types; Active lifestyle and stress management through Yoga			21/04/2026		
Physical Fitness, Health and wellness: Meaning and Importance of Wellness,			24/04/2026		
Components of Wellness, Health and physical Fitness			28/04/2026		
Traditional sports & Regional Games for promoting wellness:			05/05/2026		
Leadership through Physical Activity and Sports; Introduction to First Aid.			08/05/2026		
House Test			18/05/2026 To 19/05/2026		
History, Culture, Heritage/ Tradition, Customs & Manners,			15/05/2026 19/05/2026		
Regional Knowledge, Geographical Features, Constitutional History			22/05/2026		
Tourism Place & Scope Festivals and Fairs			26/05/2026		
<b>UNIT- V</b> <b>Himachal Pradesh: A Basic Information</b>					

### Assignments

Assignment No	Contents of Syllabus Covered	Proposed Date	Actual Date	Remarks
A-1	Indian Knowledge System & Modern Science	10/03/2026		
A-2	Traditional Knowledge, Yoga and Holistic Health Care,	07/05/2026		

**House Test/Class Test**

Name of test	Syllabus for Tests	Proposed Date	Actual Date	Remarks
Class Test -1	30% of the syllabus	As per HP TSB Academic Schedule		
Class Test -2	Next 30% of the syllabus			
House Test - 1	80% of the syllabus			

(Signature of Teacher)

*Dr. Renee Kumari*

(Signature of HOD)

Approved

Principal  
Govt. Polytechnic for Women  
Rehah Distr. Kangra (H.P.)