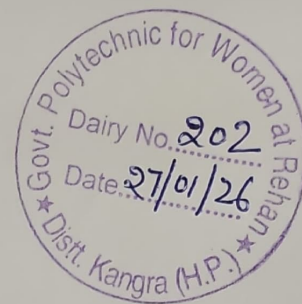


**Department of Civil Engineering**  
**Govt. Polytechnic for Women Rehan**  
**Distt. – Kangra (H.P.) - 176022**



**LESSON PLAN**

Program Name	Civil Engineering
Subject Name	Essence 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.	Essence 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**

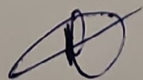
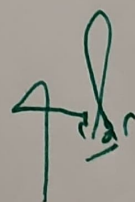
	Name of Topic	Proposed Date	Actual Date	Remarks
<b>UNIT-1</b>  <b>Indian Knowledge System (IKS)</b>	Introduction and Function of Indian Knowledge System (IKS).	29/01/2026		
	The Basic Structure of Indian Knowledge System (IKS) (only Introduction)	02/02/2026		
	The 4 Vedas, Namely (Rigveda), (Yajurveda), सामवेद (Samaveda), अथर्ववेद	05/02/2026		

	The 4 UpVedas, namely (Ayurveda (healthcare)), (Dhanurveda (archery)), गंधववेद	09/02/2026		
	The 6 Vedagangs, namely Shiksha ( ), Kalpa ( ), Vykarana ( ), Chhandas ), Nirukta ( ), and Jyotisha (ज्योतिष).	12/02/2026		
	The 6 Vedagangs, namely Shiksha ( ), Kalpa ( ), Vykarana ( ), Chhandas ), Nirukta ( ), and Jyotisha (ज्योतिष).	16/02/2026		
	Dharmashastra धर्मशास्त्र (Manusmriti मनुस्मृति, Yajnavalkya-smriti यज्ञवल्क्यस्मृति etc.).	19/02/2026		
	Darshan दशवन् ( िथा ).	23/02/2026		
	Nyaya (Logic िर्व शास्त्र) and Epistemology ).	26/02/2026		
<b>UNIT-II</b>				
<b>Modern science -</b>	Modern science: Introduction, Characteristics, importance and Example	02/03/2025 05/03/2026		
	Difference between modern Science and Indian knowledge system	09/03/2026		
	Class Test 1	12/03/2026		
	Role of IKS in modern science	16/03/2026		
<b>UNIT- III</b>				
<b>Traditional Knowledge -</b>	Traditional knowledge: Definition, nature, characteristics, scope and importance	19/03/2026		
	Indigenous Knowledge (IK): characteristics	23/03/2026		
	Traditional knowledge vis-a-vis Indigenous knowledge	30/03/2026		
	Traditional knowledge Vs western knowledge	02/04/2026		
	The need for protecting traditional knowledge.	06/04/2026		
	Class Test 2	09/04/2026		

<b>UNIT- IV</b>  <b>Yoga and Holistic Health care</b>	Yoga: Meaning and Importance of Yoga	13/04/2026		
	Yoga and physical health, Yoga and psychological health, Yoga and intellectual health, Yoga and spiritual health, Yoga and social approach.	16/04/2026		
	Introduction to Ashtanga Yoga, Yogic Kriyas (Shat Karma)	20/04/2026		
	Pranayama and its types; Active lifestyle and stress management through Yoga	23/04/2026		
	Physical Fitness, Health and wellness: Meaning and Importance of Wellness,	27/04/2026		
	Components of Wellness, Health and physical Fitness.	30/04/2026		
	Traditional sports & Regional Games for promoting wellness:	04/05/2026		
	Leadership through Physical Activity and Sports; Introduction to First Aid.	07/05/2026		
	<b>UNIT- V</b> <b>Himachal Pradesh: A Basic Information</b>	History, Culture, Heritage/ Tradition, Customs & Manners,	18/05/2026	
Regional Knowledge, Geographical Features, Constitutional History	21/05/2026			
Tourism Place & Scope Festivals and Fairs	25/05/2026			

#### Assignments

Assignment No	Contents of Syllabus Covered	Proposed Date	Actual Date	Remarks
A-1	Indian Knowledge System & Modern Science	16/03/2026		
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 HPTSB Academic Schedule		
Class Test -2	Next 30% of the syllabus			
House Test - 1	80% of the syllabus			



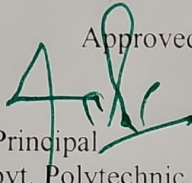
(Signature of Teacher)

Dr. Leena Kumari



(Signature of HOD)

Approved



Principal  
Govt. Polytechnic for Women  
Rehan Distt. Kangra (H.P.)