

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



**LESSON PLAN**

Program Name	Civil Engg.
Subject Name	Essence of Indian Knowledge&Tradition
Subject Code	AU-202
Semester	4th
Subject Teacher Name	Anjna 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&Tradition	2	-	40	-	40	60	-	60
Reference Books		1.Cultural Heritage of India-Course Material by V. Sivaramakrishna Bhartiya, Vidya Bhavan, Mumbai, 5 <sup>th</sup> Edition, 2014 2.Modern Physics and Vedant by Swami Jitatmanand Bhartiya, Vidya Bhavan. 3.The Weave of Life by Frinzof capra 4. Tao of Physics Fringof Capra 5.Takasangraha of Annam Bhatta, International by V.N. Jha, Chinmay Foundation, Velliarnad, Emakulam. 6.Science of Consciousness Psychotherapy and Yoga Practices by RN Jha, Vidyanidhi Prakashan, Delhi, 2016 7.Himachal Pradesh History, Culture&Economy by Mian Goverdhan Singh&Prof.Dr. C.L. Gupta.							

**Course Outcomes (COs):** After completing this course the students will be able to:

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

**Teaching Plan**

	Name of Topic	Proposed Date	Actual Date
UNIT-I	Introduction and Function of Indian Knowledge system (IKS)	12-2-24	
	The Basic Structure of Indian Knowledge System (IKS)	14-2-24	
	1. The 4 Vedas, Namely Rigveda, Yajurveda, Samveda, Atharvaveda.	19-2-24	

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<b>Indian Knowledge System(IKS)</b>	2.The4Upvedas,NamelyAyurveda(healthcare),Dhanurveda(Archery),Gandharva-Veda(dance,music etc.and Sthapatyaveda(Architecture)	21-2-24	
	3.The 6Vedagangs,namely Shiksha,kalpa,Vyakarna,Chhandas,Niruktaand Jyotisha	26-2-24	
	4.Itihasa,Ramayna,and Mahabhartaand Purana ,Vishnupurana andBhagvata Purana etc.	28-2-24	
	5.Dharmashastra(Manusamriti,Yajnavalkya-Samriti etc.	4-3-24	
	6.Darshan(Aastik& Nastik)	6-3-24	
	7Nyaya(Logic andEpistemology)	11-3-24	
	<b>UNIT-II</b>	Modern Science:Introduction	13-3-24
<b>Modern SYSTEM</b>	Characteristics	18-3-24	
	Importance&Exemple	20-3-24	
	Difference between modern Science and Indian Knowledge System.	27-3-24	
	Role of IKS in modern science	1-4-24	
	<b>UNIT-III</b>	Traditional Knowledge	3-4-24
<b>Traditional Knowledge</b>	Traditional Knowledge:Definition,nature,characteristics,scope and importance.	8,10-4-24	
	Indigenous Knowledge (IK):characteristics	10-4-24	
	Traditional Knowledge vis-a-vis Indigenous Knowledge	22-4-24	
	Traditional Knowledge vs Western Knowledge.	22-4-24	
	The need for protecting Traditional Knowledge	24-4-24	
	<b>UNIT-IV</b>	Yoga: Meaning and Importance of Yoga	29-4-24
<b>Yoga and Holistic Health care</b>	Yoga and Physical Health,Yoga and psychological health,Yoga and intellectual health,yoga and spiritual health,Yoga and Social Approach.	29-4-24	
	Introduction to Ashtanga Yoga,Yogic Kriyas(Shat Karma)	1-5-24	
	Pranayam andits types:Active Life Style and stress management through Yoga.	1-5-24	
	Physical Fitness,Health and Wellness:Meaning and importance ofWellness	6-5-24	
	Components of wellness,Health andPhysical Fitness.	6-5-24	
	Traditional sports&Regional games for promoting wellness.	8-5-24	
	Leadership through Physical Activity and sports:	8-5-24	
	Introduction toFirst Aid.	8-5-24	
	<b>UNIT-V</b>	<b>Himachal Pradesh:A Basic Information</b>	
<b>Himachal Pradesh: A Basic Information</b>	History,Culture,Heritage/Tradition,Customs&Manners.	20-5-24	
	Regional Knowledge,Geographical Features,Constitutional History	22-5-24	
	Tourism Place&Scope	27-5-24	
	Festivals and Fairs	27,29-5-24	


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## Assignments

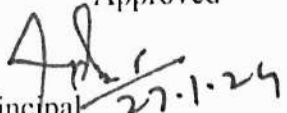
Assignment No	Contents of Syllabus Covered	Proposed Date	Actual Date	Remarks
A-1	Unit-1	last week of Feb.		
A-2	Unit-2	last week of March		
A-3	Unit-3	last week of April		

## House Test/Class Test

Name of test	Syllabus for Tests	Proposed Date	Actual Date	Remarks
Class Test -1	Unit-1	As per HPTSB Academic Schedule		
Class Test -2	Unit-2			
House Test - 1	Unit-1, Unit-2, Unit-3 and Unit-4			

  
(Signature of Teacher)

  
(Signature of HOD)

Approved  
  
Principal 27.1.24  
Govt. Polytechnic for Women  
Rehan Distt. Kangra (H.P.)