

LESSON PLAN

Name of Faculty			Himani Sharma
Department			Mechanical Engg./Electrical Engg.
Semester			4th
Subject			Essence of Indian Knowledge and Tradition
Lesson Plan for the Duration			27th Jan 2026 to 27th May 2026
SR NO	No of Lectures	Chepter/Unit Discription	Details of contents
1	7	Indian Knowledge System	<p>: A Basic Information --Introduction and function of Indian Knowledge system (IKS).</p> <p>The Basic Structure of Indian Knowledge System (IKS) only Introduction The 4 Vedas, Namely (Rigveda), (Yajurveda), (Samaveda), (Atharvaveda) .</p> <p>2. The 4 UpVedas, namely (Ayurveda (healthcare), Dhanurveda (archery), Gandharva-veda (dance, music etc.) and Sthapatyaveda (architecture)).</p> <p>The 6 Vedagangs, namely Shiksha , Kalpa , Vyakaraṇa, Chhandas , Nirukta , and Jyotisha .</p> <p>4. Itihasa (Ramayana and Mahabharata and Purana (Vishnupurana , Bhagavata Purana etc.)</p> <p>Dharmashastra (Manusmriti , Yajnavalkya-smriti etc.). 6. Darshan . Nyaya (Logic and Epistemology) .</p>
2	5	Modern science -	<p>Modern science: Introduction, Characteristics, importance and Example</p> <p><input type="checkbox"/> Difference between modern Science and Indian knowledge system</p> <p><input type="checkbox"/> Role of IKS in modern science</p>
3	4	Traditional knowledge:	<p><input type="checkbox"/> Traditional knowledge: Definition, nature, characteristics, scope and importance <input type="checkbox"/> Indigenous Knowledge (IK): characteristics <input type="checkbox"/> Traditional knowledge vis-a-vis Indigenous knowledge <input type="checkbox"/> Traditional knowledge Vs western knowledge <input type="checkbox"/> The need for protecting traditional knowledge.</p>
4	6	Yoga and Holistic Health care	<p><input type="checkbox"/> Yoga: Meaning and Importance of Yoga <input type="checkbox"/> Yoga and physical health, Yoga and psychological health, Yoga and intellectual health, Yoga and spiritual health, Yoga and social approach. <input type="checkbox"/> Introduction to Ashtanga Yoga, Yogic Kriyas (Shat Karma) <input type="checkbox"/> Pranayama and its types; Active lifestyle and stress management through Yog</p> <p>Physical Fitness, Health and wellness: Meaning and Importance of Wellness, <input type="checkbox"/> Components of Wellness, Health and physical Fitness.</p> <p><input type="checkbox"/> Traditional sports & Regional Games for promoting wellness: <input type="checkbox"/> Leadership through Physical Activity and Sports; Introduction to First Aid.</p>
5	3	Himachal Pradesh	<p>5: Himachal Pradesh: A Basic Information History, Culture, Heritage/ Tradition, Customs & Manners,</p> <p><input type="checkbox"/> Regional Knowledge, Geographical Features, Constitutional History</p> <p>Tourism Place & Scope</p> <p>Festivals and Fairs</p>
6	2	Revision and doubt clearance	Revision and doubt clearance

Signature of Class Teacher

Signature of HOD/OIC

28/01/2026