## ESSENCE OF INDIAN KNOWLEDGE TRADITION PART - I

**B.Tech. III Year I/II Semester**

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**Course Objective:** The course aims at imparting basic principles of thought process, reasoning and inferencing. Sustainability is at the core of Indian Traditional knowledge Systems connecting society and nature. Holistic life style of yogic science and wisdom capsules in Sanskrit literature are also important in modern society with rapid technological advancements and societal disruptions. Part-I focuses on introduction to Indian Knowledge Systems, Indian perspective of modern scientific world-view, and basic principles of Yoga and holistic health care system.

**Course Outcome:** Ability to understand, connect up and explain basics of Indian traditional knowledge in modern scientific perspective.

## Course Contents

- Basic structure of Indian Knowledge System: अ ◌ा ादिशिव4◌ा ा -४वा द,४उपवा द (आया व द, धनव द, गNव वा द, 3थापÆ िआद) ६वा दा ◌ा ग (िो◌ा शा¶◌ा ा, क¾, िो◌ा न7ª, ◌ा ाकरण, ¾◌ा िो◌ा तष, छा द) ४ उपाडा ग (धम शाा™, मीमा ◌ा सा, पा राण, तक शाा™)
- Modern Science and Indian Knowledge System
- Yoga and Holistic Health care
- Case studies

**REFERENCE BOOKS:**
1. Knowledge traditions and practices of India, CBSE Publication.
2. V. Sivaramakrishnan (Ed.), Cultural Heritage of India-course material, Bharatiya Vidya Bhavan, Mumbai. 5th Edition, 2014.
3. Swami Jitatmanand, Modern Physics and Vedantharatiya Vidya Bhavan.
4. Swami Jitatmanand, Holistic Science and Vedantharatiya Vidya Bhavan.
5. Fritzof Capra, Tao of Physics.
6. Fritzof Capra, The Wave of life.
7. VN Jha (Eng. Trans.), Tarkasangraha of Annam Bhatta, International Chinmay Foundation, Velliarnad, Arnakulam.
8. Yoga Sutra of Patanjali, Ramakrishna Mission, Kolkata.
9. GN Jha (Eng. Trans.), Ed. RN Jha, Yoga-darshanam with Vyasa Bhashya, Vidyanidhi Prakashan, Delhi 2016
10. RN Jha, Science of Consciousness Psychotherapy and Yoga Practices, Vidyanidhi Prakashan, Delhi 2016.
11. P B Sharma (English translation), Shodashang Hridayan

**Pedagogy:** Problem based learning, group discussions, collaborative mini projects.