

LESSON PLAN

Program Name	Diploma In Electrical Engg.
Course Title	Essence of Indian Knowledge & Tradition
Course Code	AU-202
Semester	4th
Course Teacher Name	Rajender Kumar

Evaluation Scheme

Sr. No.	Subject Code	Subject	Study Scheme			Total Study Hours	Credits	Evaluation Scheme										Total Marks
			Th	Pr	DCS			Internal Assessment			External Assessment							
								Th	Pr	Total	Th	Hrs	Pr	Hrs	Total			
1	AU-202	E.IKT	2	-		2	0	40	-	40	60	3	-	-	60	100		

References Books/ Study Material

Prescribed Books	Name of Book		Author Name
	Cultural Heritage of India -Course Material		V. Sivaramakrishna Bhartiya and google.com
	Essence of Indian Traditions		Dr. Om Prakash Mishra
	Cultural Heritage of India -Course Material		V. Sivaramakrishna Bhartiya
	Himachal Pradesh History, Culture & Economy		Mian Govardhan Singh & Prof. Dr. C.L. Gupta

Course Oitcomes (COS)

CO-1	To Identify the Concept of Indian Knowledge System.
CO-2	To understand the need and importance of protecting traditional Knowledge
CO-3	To compare the Indian traditional knowledge and modern Science.
CO-4	To understand the use of Yoga in stress management, Mental health, Mindfulness, Healthy eating, Weight loss and Quality sleep.
CO-5	To understand the Aware of General knowledge of Himachal Pradesh.

Unit No	No. of Lect. Planed	Topic to be covered	Proposed date (as per time table)	Actual Date	Remarks
1	1	Introduction and Function of Indian Knowledge System (IKS).	Day-1		
	2	The Basic Structure of Indian Knowledge System (IKS) (only Introduction) 1. The 4 Vedas, Namly (Rigveda) , (Yajurveda), (Samaveda) (Atharvaveda) .	Day-2		

1	3	The 4 Up Vedas, Namely (Ayurveda (health-care)), (Dhanurveda (archery)), (Gandharva-Veda (dance, music etc.)) and (Sthapatyaveda (architecture)).	Day-3			
	4	. The 6 Vedagangs, namely Shiksha Kalpa, Vyakarana ChhandasNirukta, and Jyotisha	Day-4			
	5	4. Itihasa (Ramayana and Mahabharata and Purana (Vishnu purana Bhagavata Purana etc.))	Day-5			
	6	. Dharmachakra (Manu smriti Yagnakaya-smriti etc.).	Day-6			
	7	6. Darshan	Day-7			
	8	Nyaya (Logic and Epistemology.	Day-8			
	2	9	Modern science: Introduction, Characteristics, importance and Example	Day-9		
		10	Difference between modern Science and Indian knowledge system	Day-10		
11		Role of IKS in modern science	Day-11			
12		revision	Day-12			
13		Class Test 1	Day-13			
3	14	Traditional knowledge: Definition, nature, characteristics, scope and importance	Day-14			
	15	Indigenous Knowledge (IK): characteristics	Day-15			
	16	Traditional knowledge vis-a-vis Indigenous knowledge Traditional knowledge Vs western knowledge	Day-16			
	17	The need for protecting traditional knowledge,	Day-17			
4	18	, Yoga: Meaning and Importance of Yoga Yoga and physical health	Day-18			
	19	Yoga and psychological health,	Day-19			
	20	Yoga and intellectual health, Yoga and	Day-20			
	21	spiritual health, Yoga and social approach.	Day-21			
	22	Revision & and Class Test 2	Day-22			
	23	, Introduction to Ashtanga Yoga, Yogic Kriyas (Shat Karma), Pranayama and its types; Active lifestyle and stress management through Yoga,	Day-23			
	24	Physical Fitness, Health and wellness: Meaning and Importance of Wellness, Components of Wellness, Health and physical Fitness;	Day-24			
5	25	Traditional sports & Regional Games for promoting wellness,	Day-25			

26	HOUSE TEST	Day-26		
27	Leadership through Physical Activity and Sports; Introduction to First Aid. History, Culture, Heritage/ Tradition, Customs & Manners, • Regional Knowledge, Geographical Features, Constitutional History of Himachal	Day-27		
28	• Tourism Place & Scope • Festivals and Fairs	Day-28		

Home Assignments

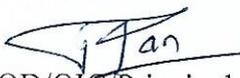
Ass. No	Contents of Syllabus Covered	Proposed date	Actual Date	Remarks
1	Unit-1&2	28.03.2026		
2	Unit-3&4	26.04.2026		
3	Unit-5	26.05.2026		

Class /House Test

Name of Test	Syllabus Covered in Tests (Unit/Chapter Wise)	Proposed date	Actual Date	Remarks
Class Test-I	Unit-1&2	As per HPTSB Academic Calendar Schedule		
Class Test-II	Unit-3& 4			
House Test	80% of whole syllabus			

Approved by

Signature of Course Teacher with Name
(Rajender Kumar)


HOD/OIC/Principal