



**Atal Bihari Vajpayee Govt Institute of Engineering &
Technology**

DEPARTMENT OF MECHANICAL ENGINEERING

LESSON PLAN

Academic Year	JANUARY 2026 -JUNE 2026
Scheme	N-2022
Semester	FOURTH
Course Code	AU202
Course Name	Essence of Indian Knowledge & Tradition
Course Type	AU (Audit Course)
L-T-P	2-0-0
Name of Faculty	NIKHIL SHARMA
Semester Start & End Dates	27-01-2026 TO 27-05-2026

STUDY AND EVALUATION SCHEME

Sr. No.	Name of the Subject	Th.	Pr.	Internal Assessment			External Assessment					Total Marks	Credit
				Th.	Pr.	Total	Th.	Hrs.	Pr.	Hrs.	Total		
1	Essence of Indian Knowledge & Tradition	02	NA	40	NA	40	60	03	NA	NA	60	100	00

	Name of Book	Author Name	Publication
Prescribed Books	Cultural Heritage of India	Course Material by V. Sivarama Krishna Bharatiya,	VidyaBhavan, Mumbai, 5th Edition, 2014

On the successful completion of this course, students will be able to:

CO1	Identify the concept of Indian Knowledge System (IKS).
CO2	Understand the need and importance of protecting traditional knowledge.
CO3	Compare the Indian traditional knowledge and modern science.
CO4	Understand the use of Yoga in stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep.
CO5	Aware of the general knowledge of Himachal Pradesh

Teaching Plan:

Unit No	No. of Lect. Planned	Topic to be covered	Proposed date (as per time table)	Actual Date	Remarks
1. Indian Knowledge System (IKS)	1	Introduction and Function of Indian Knowledge System(IKS)	27.01.2026		
	2	The 4 Vedas, Namly ऋग्वेद (Rigveda), यजुर्वेद (Yajurveda), सामर्वेद (Samaveda), अथर्ववेद (Atharvaveda)	30.01.2026		
	3	The 4 UpVedas, Namely आयुर्वेद (Ayurveda (health-care)), धनुर्वेद (Dhanurveda (archery)), गंधर्ववेद (Gandharva-veda (dance, music etc.)) and स्थापत्यवेद (Sthapatyaveda (architecture)).	03.02.2026		
	4	The 6 Vedagangs ,namely Shiksha (शिक्षा), Kalpa (कल्प), Vyakarana (व्याकरण), Chhandas छंदस), Nirukta (शनरुक्त), and Jyotisha(ज्योशिष).	06.02.2026		
	5	Itihasa (इतिहास) (Ramayana रामायण and Mahabharata महाभारि) and Purana पुराण (Vishnupurana शर्वष्णुपुराण , Bhagavata Purana (भागर्वि पुराण) etc.)	10.02.2026		
	6	Dharmashatraधमविस्त्र (Manusmriti मनुस्मृशि, Yajnavalkya-smriti याज्ञर्वल्क्यस्मृशि, etc.)	13.02.2026		
	7	Darshan दिवन (आस्तिक िथा	17.02.2026		

		नास्तिक).			
	8	Nyaya न्याय (Logic िकव िास्त्र and Epistemology ज्ञानमीमांसा).	20.02.2026		
2. Modern Science	9	Modern science: Introduction, Characteristics, importance and Example	24.02.2026		
	10	Difference between modern Science and Indian knowledge system. Role of IKS in modern science	27.02.2026		
3. Traditional knowledge	11	Traditional knowledge: Definition, nature, characteristics, scope and importance	03.03.2026		
	12	Indigenous Knowledge (IK): characteristics	06.03.2026		
	13	Traditional knowledge vis-a-vis Indigenous knowledge	17.03.2026		
	14	Traditional knowledge Vs western knowledge	20.03.2026		
	15	The need for protecting traditional knowledge	24.03.2026		
4. Yoga and Holistic Health Care	16	Yoga: Meaning and Importance of Yoga	27.03.2026		
	17	Yoga and physical health, Yoga and psychological health, Yoga and intellectual health, Yoga and spiritual health, Yoga and social approach.	31.03.2026		
	18	Introduction to Ashtanga Yoga, Yogic Kriyas (Shat Karma)	17.04.2026		
	19	Pranayama and its types; Active lifestyle and stress management through Yoga	21.04.2026		
	20	Physical Fitness, Health and wellness: Meaning and Importance of Wellness, Components of Wellness, Health and physical Fitness;	24.04.2026		

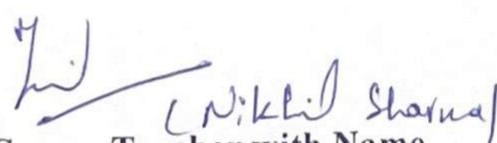
	21	Traditional sports & Regional Games for promoting wellness:	28.04.2026		
	22	Leadership through Physical Activity and Sports; Introduction to First Aid.	12.05.2026		
5 Himachal Pradesh: A Basic Information	23	History, Culture, Heritage/ Tradition, Customs & Manners,	15.05.2026		
	24	Regional Knowledge, Geographical Features, Constitutional History	19.05.2026		
	25	Tourism Place & Scope. Festivals and Fairs	22.05.2026		

Home Assignments

Ass. No	Contents of Syllabus Covered	Proposed date	Actual Date	Remarks
1	Unit-1&2	27.02.2026		
2	Unit-3&4	12.05.2026		
3				

Class /House Test

Name of Test	Syllabus Covered in Tests (Unit/Chapter Wise)	Proposed date	Actual Date	Remarks
Class Test-I	30% of whole syllabus	As per HPTSB Academic Calendar Schedule		
Class Test-II	60% of whole syllabus			
House Test	80% of whole syllabus			


 Signature of Course Teacher with Name

Approved by

Signature: _____

A handwritten signature in blue ink, consisting of a vertical line with a small hook at the top and a horizontal line extending to the right.A handwritten signature in blue ink, featuring a large, stylized 'S' shape with a vertical line extending upwards from the top curve.

OIC/HoD/Principal

Faculty Signature: _____