

RIK6F001 Essence of Indian Knowledge Tradition - I

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 is also important in modern society with rapid technological advancements and societal disruptions. The course focuses on introduction to Indian Knowledge System, Indian perspective of modern scientific world-view and basic principles of Yoga and holistic health care system.

Course Outcomes:

- Ability to understand, connect up and explain basics of Indian Traditional knowledge modern scientific perspective.

Course Content:

- Basic Structure of Indian Knowledge System (i) वेद, (ii) उपवेद (आयुर्वेद, धनुर्वेद, गन्धर्ववेद, रूपापत्य आदि) (iii) वेदांग (शिक्षा, कल्प, निरुत, व्याकरण, ज्योतिष छंद), (iv) उपाङ्ग (धर्म शास्त्र, मीमांसा, पुराण, तर्कशास्त्र)
- Modern Science and Indian Knowledge System
- Yoga and Holistic Health care
- Case Studies

Books:

1. V. Sivaramakrishna (Ed.), Cultural Heritage of India-Course Material, Bharatiya Vidya Bhavan, Mumbai, 5th Edition, 2014
2. Swami Jitatmanand, Modern Physics and Vedant, Bharatiya Vidya Bhavan
3. Fritzof Capra, Tao of Physics
4. Fritzof Capra, The wave of Life
5. V N Jha (Eng. Trans.), Tarkasangraha of Annam Bhatta, International Chinmay Foundation, Velliarnad, Amaku,am
6. Yoga Sutra of Patanjali, Ramakrishna Mission, Kolkatta
7. GN Jha (Eng. Trans.) Ed. R N Jha, Yoga-darshanam with Vyasa Bhashya, Vidyanidhi Prakasham, Delhi, 2016
8. RN Jha, Science of Consciousness Psychotherapy and Yoga Practices, Vidyanidhi Prakasham, Delhi, 2016
9. P R Sharma (English translation), Shodashang Hridayam