

Course Title	Credit	Minimum weeks per Week (15 hours)
Introduction to Indic Knowledge System - I	02	Course Category: VAC
Unit-1	<p><b>Introduction to IKS Introduction to IKS &amp; Its importance -</b>            -Introduction &amp; importance of IKS            Various IKS Systems            -Shashtra – Foundational Literature of Bharatvarsha            What is Shashtra?            -Importance of Shashtra            -Classification of Shashtra – Vaidic &amp; Avidic (with examples of imp. Literature)            -Base of IKS proliferation            -Bhartiya Education System and its philosophy            History of BES from Ancient to Modern            -Domains of Education: Gurukul, Pathshala, Vidyalay, Vishvavidyalay</p>	
Unit-2	<p><b>Contribution of IKS to the World</b>  <b>Mathematics &amp; Astronomy</b>            Number System Algebra &amp; Arithmetic Geometry            Trigonometry Planetary System Speed of Light Eclipse            Life sciences Physics Chemistry Botany            Metal Technology Mining Techniques Types of Metals            Tools &amp; Techniques for Metal Smelting with examples  <b>Town planning &amp; Temple Architecture</b>            Indigenous tools &amp; technologies for town planning &amp; Temple Architecture            Science of Architecture            Lothal, Mohan Jo Daro, Dholavira Angkorvat, Lepakshi Temple, Jagannath Puri Temple, Thanjavur Temple, Modhera and Konark Sun Temple, Hampi Temple Etc.  <b>Ayurveda</b>            Introduction of Ayurveda- Definition, Branches of Ayurveda, Books and Pioneers  <b>Concept of Tri Dosh and importance of its Balance in the body</b>  <b>Indic Medical Science Achievement: Tools &amp; Technology o Art &amp; Traditions History and Origin Skill Enhancement with 64 Kala Science behind our traditions and rituals</b></p>	



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### **Structure of Course Examination**

Evaluation for each course shall be done by a Continuous and Comprehensive Evaluation (CCE) by the concerned course teacher as well as by an end semester examination and will be consolidated at the end of the course. The components for continuous internal assessment are:

#### **Internal Evaluation System**

<b>Internal Tests</b>	<b>15 Marks</b>
Class participation / Case analysis and presentation/ assignment, tutorials/ slip tests (announced/ surprised),quizzes etc.	<b>10 Marks</b>
<b>Total</b>	<b>25 Marks</b>

Component, the end semester examination, which will be a written-type examination of at least 2:00 hours duration. , would also form an integral component to the evaluation. The ratio of marks to be allotted to Continuous and Comprehensive Evaluation (CCE) and to end semester examination is 50 : 50.

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| <ul style="list-style-type: none"><li>• Total Marks of University assessment are 25 : MCQ (1 marks each question)</li></ul> |
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Course Title	Credit	Minimum weeks per Week (15 hours)
Yoga and Health	02	Course Category: VAC
Unit-1	<p><b>Introduction To Yoga, Etymology</b>            Definitions Of Yoga According To Text.            Aim And Objectives Of Yoga., Misconceptions About Yoga.            Study Of Patanjali Yoga Sutras.(Pad : 1.2 To 14,Pad 1.30 &amp; 1.33)            Concept Of Chitta, Chitta Vritti, Abhyasa And Vairagya, Chitta Vikshepas,            Chitta Bhumis &amp; Chitta Prasadam.            Prayer, Concept And Recitation Of Pranava (Mantra Om)            Concept And Recitation Of Selected Prayers.            1. Shanti Mantra (Om sahana vavatu 2. Mahrshi Patanjali prayer.            3. Yog day prayer (sangachadvam...) 4. Om sarve bhavantu sukhinah....</p>	
Unit-2	<p>Sukshma Vyayama From Sitting Position. Padanguli Naman, Goolf Naman, Goolf Chakra, Janu Naman, Janu Falak Akarshan, Ardha Titli, Shroni Chakra Poorna Titli. Mushtika Bandana, Manibandha Naman, Manibandha Chakra, Khehuni Naman, Skandha Chakra, Greeva Sanchalana. Sukshma Vyayama From Standing Position. Neck Movement, Shoulder Movement Griva Shakti Vikasaka (1,2,3,4) Bhuja Balli Shakti Vikasaka. Purna Bhuja Shakti Vikasaka. Trunk Movement, Knee Movement Kati Shakti Vikasaka (1,2,3,4,&amp;5) Jangha Shakti Vikasaka., Janu Shakti Vikasaka. Ankle Movement, Pada Mula Shakti Vikasaka.</p>	
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Course Title	Credit	Minimum weeks per Week (15 hours)
Bhagavad Gita and Life Management	02	Course Category: VAC
Unit-1	<p><b>Need, Origin and impact of BhagavadGita</b>            Bhagavad Gita: Fundamental problems of human life and its answers in Bhagavad Gita; History: Mahabharat, Ved Vyasji (Introduction to Ved); Impact of Bhagavad Gita on successful people of different domains. Origin of Bhagavad Gita: Arjun-Duryodhan episode, Dhritrashtra Ved Vyas –episode, Kurukshetra battlefield</p>	
Unit-2	<p><b>Introduction to Bhagavad Gita –            A Psychological analysis of human mind and Life changing mantras from Bhagavad Gita</b>  <b>Basic Introduction of Bhagavad Gita</b>            Psychological Analysis of Arjuna’s mind set: An insight into human dilemma.            Address the person not the question: Bhagwan Shri Krishna’s initial response to Arjuna’s dilemma.            Arjun’s transformation: Characteristics of an ideal student. (2/7.8)            Selected (8)10 Life changing mantras from Bhagavad Gita form 10 mantras symbol / icon</p> <ol style="list-style-type: none"> <li>1. 1.“Na hanyate hanyamane sharire ” (Adhyay-2,Shlok –20)</li> <li>2. “Karmanyevadhikaraste” (Adhyay-2,Shlok –47)</li> <li>3. “Ma te sangotst akarmani” (Adhyay-2,Shlok –47)</li> <li>4. “Yogasthah kuru karmani” (Adhyay-2,Shlok –48)</li> <li>5. “Siddhya shddyoho samobhutva” (Adhyay -2,Shlok –48)</li> <li>6. “Buddhi nashat pranashyati” (Adhyay -2,Shlok –63)</li> <li>7. “Prasade sarva dukhanam hani” (Adhyay-2,Shlok –65)</li> <li>8. “Swadharme nidhanam shreyah” (Adhyay-3,Shlok–35)</li> <li>9. “Uddhredatmnatmanam natmanamvsadyet” (Adhyay -6,Shlok –5)</li> <li>10.“Na me bhaktah pranashyiti” (Adhyay -9,Shlok–31)</li> </ol>	
References:	<ol style="list-style-type: none"> <li>1. Bhagavad Gita with translation by Gita press Gorakhpur</li> <li>2. The Teachings of Bhagavad Gita by Swami Dayanand</li> <li>3. Bhagavad Gita by Swami Viditaatmaanand</li> </ol>	



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Course Title	Credit	Minimum weeks per Week (15 hours)
Environmental Science	02	Course Category: VAC
Unit-1	<p><b>Introduction To Environment Science</b></p> <ul style="list-style-type: none"> <li>● Introduction to Environment Science: Definition, Scope &amp; Carrier, Approaches, Relation to other branches of Science.</li> <li>● Past, Present &amp; Future Scenario, Various fields of Environment Science.</li> <li>● Structure and composition of atmosphere, hydrosphere, lithosphere and biosphere.</li> <li>● Meteorological parameters - pressure, temperature, precipitation, humidity, radiation. Laws of thermodynamics &amp; Heat transfer processes.</li> <li>● Environmental education and awareness. Environmental ethics.</li> </ul>	
Unit-2	<p><b>Atmosphere:</b> Composition, structure and functions of atmosphere, atmospheric chemistry, classification of elements, earth's energy budget, reactions in the lower and upper atmosphere, radioactivity in the atmosphere, atmospheric stability, inversions and mixing heights, wind roses</p> <p><b>Hydrosphere:</b> Structure and properties of water and their environmental significance, distribution of water in earth, fresh water and its chemistry, solubility of gases in water, role of water in environment</p> <p><b>Lithosphere:</b> Factors and processes of soil development, soil types and their formation, soil profiles, physical and chemical properties</p>	
References:	<ol style="list-style-type: none"> <li>1. Environmental Science by S C Santra</li> <li>2. Environmental Science by D D Chiras</li> <li>3. Text Book for Environmental Studies by UGC, New Delhi</li> <li>4. Environmental Chemistry by A K Dey</li> <li>5. Fundamental of Ecology by E P Odum</li> <li>6. Ecology and Environment by P D Sharma</li> </ol>	





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Course Title	Credit	Minimum weeks per Week (15 hours)
NSS/NCC	02	Course Category: VAC
Unit-1	Introduction of National service scheme History, philosophy, objective and goals of NSS Symbol, flag, motto and song of NSS Indian philosophy of service. National service scheme programmes and structure Organizational structure of NSS, Regular activities, special and one day camp, maintenance of activity diary	
Unit-2	Implementation of national service scheme programme Adoption process of activity area (Rural/ Urban slum) Coordination with various agencies (government and nongovernment) Financial management of NSS Understanding of development and welfare scheme Government scheme for youth development and welfare Government scheme for rural development and weaker section of society	
References:	VAC content should be as per the guidelines mentioned in the following link <a href="https://www.ugc.gov.in/pdfnews/3226446_Draft-Guidelines-for-Incorporating-Indian-Knowledge-System-in-Higher-Education-Curricula.pdf">https://www.ugc.gov.in/pdfnews/3226446_Draft-Guidelines-for-Incorporating-Indian-Knowledge-System-in-Higher-Education-Curricula.pdf</a> To design the courses, you may take following as reference only <a href="https://swayam.gov.in/">https://swayam.gov.in/</a>	

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