

Syllabus for Under Graduate studies under NEP-2020
Value Added Course
Indian Knowledge System
Total- 3 Credits
Total Marks-100

Unit-I

12 Hrs

Introduction to the Vedas and Upaniṣads: General structure of the Vedic Literature, Gurukul System of Vedic times (Aṣrama Dharma), General Introduction of Upaniṣadic Literature, Philosophical Ideas and Ethics in Upaniṣads, Ṛta, Ṛna, Puruṣārtha, Varṇa Dharma, Brahman and Ātman, Mokṣa.

Unit-II

12 Hrs

Essence of Indian Knowledge- Bhagavadgītā: Jñānayoga, Karmayoga and Bhaktiyoga, Ethics of Niskāma Karma, Law of Karma (Karma-phala) and Freedom of Will, Svadharma, Sādharana Dharma, Lokasamgraha, Sthitaprajña.

Unit-III

12 Hrs

Introduction to Indian Philosophical Systems, Scientific aspects of Indian Knowledge Systems: Characteristics of Indian Philosophy, Distinction between Darśana and Philosophy, Pramānas, General Introduction to Indian Philosophical systems, i.e. Orthodox and Heterodox, Glimpses of Ancient Indian Science and Technology.

Unit-IV

12 Hrs

Introduction to Yoga and Ayurveda: Origin and development of Patanjali Yoga, Ayurveda and its Relevance, Integrated Approach to Holistic Health Care.

Suggested Readings:

1. Chakravathy, G.N. *The Concept of Cosmic Harmony in the Rg-Veda*. Bangalore: Nagasri Book House, 2005.
2. Chande, M. B. *Indian Philosophy in Modern Times*. New Delhi: Atlantic Publishers, 2000.
3. Chatterjee, Satish Chandra & D.M Dutta. *An Introduction to Indian Philosophy*. Kolkata: Rupa and co., 2010.
4. Gambhirananda, Swami. *Bhagavad-Gita with the Commentary of Sankaracarya*. Advaita Ashrama, Kolkata, 2018.
5. Gambhirananda, Swami. *Eight Upanishads: With the Commentary of Shankaracharya*. Advaita Ashrama, Kolkata, 2010.
6. Panda, N. C. *Bhagavad Gita: A New Exposition in a Broader Spectrum*. New Delhi: D.K. Print world Ltd. 2009.
7. Radhakrishnan, S and J. H. Muirhead (ed.), *Contemporary Indian Philosophy*. George Allen & Unwin Ltd., 1952.
8. Radhakrishnan, S. *The Bhagavadgita*. USA: Harper Collins, 2011.
9. Radhakrishnan, S. *The Principal Upanishads*. USA: Harpercollins, 2006.
10. Vivekananda, Swami. *The Complete Works of Swami Vivekananda*. Kolkata: Advaita Ashrama, 2008.
11. Kapoor, Kapil, Avadesh Kr. Singh (eds.) *Indian Knowledge Systems (Two Vols)*, IIAS, Shimla, 2005.
12. Moore, Charles A.(ed.)*The Indian Mind: Essentials of Indian Philosophy and Culture*, University of Hawaii Press, Honolulu, 1967.