Paper III

CIKS3TIndian Knowledge System: Health, Wellness and Psychology

MAX. MARKS:100
EXTERNAL:70
INTERNAL:30
PASS:40%
Credits:06

Objectives: The course aims to provide an integrated understanding of Yoga, Ayurveda and selected spiritual–philosophical texts—namely the Yoga Sutras of Patanjali, the Sri Guru Granth Sahib and the Bhagavad Gita—in order to develop conceptual clarity about health, self-discipline, spiritual practice and the pursuit of inner freedom.

Course Outcomes

After completing this course, the learners will be able to:

1. Explain the origin, philosophical foundations and major schools of Yoga, and demonstrate a clear understanding of the theory and practice of Yogic discipline and self-realisation.
2. Describe the basic principles of Ayurvedic healing, including the concepts of *Prāṇa*, *Ojas*, *Tejas* and daily health practices such as *Dincharya*, and assess their relevance for balanced living.
3. Interpret key spiritual ideas and ethical teachings contained in Sikh and Indic philosophical traditions, including the concepts of *Panch Khand*, the path to realisation and their contemporary social and moral significance.
4. Apply classical concepts of inner development and liberation—such as *Samādhi*, *Sādhana*, *Kaivalya*, *Panchakosha* and *Tri-Guṇa*—to develop a reflective and holistic understanding of happiness, self-discipline and personal transformation**.**

Section A

Unit 1: Origin, Nature and Evolution of Yoga: Types and Schools of Yoga, Yoga Darshana, Theory and Practice of Yogasutra

Unit 2: History and Basic Principles of Ayurvedic Healing: Prana, Ojas, Tejas.

Unit 3: Balance and Routine in Ayurveda: Dincharya, Global Resurgence of Ayurveda

Section B

Unit 4: Sri Guru Granth Sahib: The text and context, Panch Khand in Japuji Sahib, Contemporary relevance of the Text.

Unit 5: Bhagwad Geeta: Setting and Background, The Path to Realization, Contemporary

relevance of the Text.

Unit 6: The Secret of Eternal Happiness: The Path of Freedom – Samadhi, Sadhana, Vibhuti and Kaivalya, Panchkosh Theory and Tri Gunna Theory.

Suggested Readings:

B. M. Hegde, Modern Medicine and Ancient Indian Wisdom, Manipal Academy of Higher Education, 2000.

V. K. Sarma, Ancient Indian Wisdom for Motivation,Ahmedabad Management Association and SankaraVidya Kendra, New Delhi, 1997.

Ram Singh, *Japuji de PanjKhand,* Publication Bureau, Punjabi University, Patiala.

Mehta, J M, Wisdom of the Geeta, V&S Publishers, 2012.