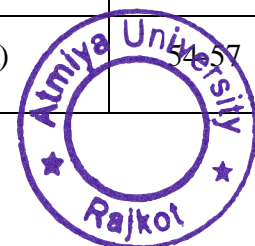




3.6.1	Outcomes of extension activities in the neighborhood community in terms of impact and sensitizing the students to social issues and holistic development, and awards received if any during the last five years (Showcase at least four case studies to the peer team)
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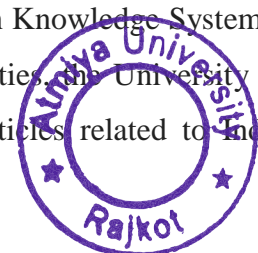




## **Indian Knowledge System (IKS) Initiatives at Atmiya University**

- Atmiya University has introduced a distinct faculty named Faculty of Transformative Education under which there are three functional schools viz. School of Indian Knowledge System, School of Consciousness Development & Value Education and School of Sustainability.
- Under the School of Indian Knowledge Systems, University has a functional IKS Centre which felicitates regular in-house knowledge sharing sessions on the ethos of Indian Knowledge.
- University is offering 3 IKS courses of 30 hours each as Trans-disciplinary Elective namely Introduction to Indian Knowledge System, Holistic Health Care with Yoga and Ayurveda, Six Systems of Indian Philosophy, Upnishadas and Science behind it are offered across the university. Till now 303 students have completed it.
- Study of Ancient Indian Painting and Crafts is offered as Co-curricular course which is an 80 hours course across two semesters and till now 30 students have completed it.
- In the year 2020-21, 13 Faculty Members have been selected as IKS mentors and 24 students have been selected as IKS interns by IKS division, Ministry of Education. The interns are provided stipend of worth Rs. 6, 00,000.
- A session on Introduction to IKS is conducted in faculty induction program twice in a year for the newly joined faculty members.
- 8 expert sessions are conducted by the faculty members on various areas of IKS under Abhyuthan,
- 7 expert sessions are conducted by the students on various areas of IKS and 600+ students were benefited under Ignite program.
- The University got one research project on theme of IKS worth Rs. 13.48 Lakh by IKS division, MoE.
- University has signed an MoU with Bhisma School of Indian Knowledge System on 15/05/2024. Under this MoU along with various other activities, the University has proposed a journal on A-BHI-GYAN for publishing the articles related to Indian

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	<b>KI 3.6</b>	<b>M 3.6.1</b>

- University has established A-BHI-GYAN Centre – Anupryogatmak Bhartiya Gyan Centre at Atmiya University.
- IKS Centre would currently work on the focus areas like Holistic Medicine and Wellness, Sustainable Agriculture and Food Preservation Methods, Yoga and Meditation Applications, Cow based Organic Farming, Terrace Farming, Food Preservation, Homa Therapy (Agni Hotra), Consciousness Studies, Biodegradation of Organic Waste - Composting
- Under the School of Consciousness Development & Value Education, University has Value Education through Consciousness Development (VECD) cell with a dedicated team handling all the activities related to Universal Human Value Education including Compulsory Credit Course, Compulsory 1 week training for faculty members on Universal Human Values through online FDP conducted by AICTE or by attending Jeevan Vidya Shivir hosted on campus or residential, Programs and activities for Parents, NGO as well as Special Group of society like doctors, advocates, educationalist, industrialist etc.
- University has signed a MoU with Gujarat State Yog Board (GSYB) on 22-11-2023 for the Physical and Mental wellness of the stakeholders of the University. University celebrates International Yog Day every year and motivates each student and staff members for regularly perform Yog for good physical and mental health.



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## Indian Knowledge System (IKS) Funded Research Project



### INDIAN KNOWLEDGE SYSTEMS DIVISION

Ministry of Education, Govt of India.

AICTE Headquarters, Nelson Mandela Marg, Vasant Kunj, New Delhi-110070.

Website: [www.iksindia.org](http://www.iksindia.org)

Tel: 011-29581523/1005.

F.No.2-36/IKS/RFP-4/2022-23/04

Dated:23/05/2023

Dear **Dr. Rohan Pandya**,

Namaste,

Congratulations! Your following research proposal submitted to the IKS Division has been approved for funding after a rigorous three phase peer review.

- **Title:** Development of quality biofertilizer using cow dung: Metagenomic studies of Gir and Kankrej breed
- **Principal Investigator:** **Dr. Rohan Pandya**, Atmiya University, Rajkot, Gujarat
- **Co-Principal Investigator:** Dr. Abhijeet Joshi
- **Sanctioned amount:** Total Rs. 13,48,000/- (Thirteen Lakhs Forty-Eight Thousand Only)

Given below is the approved budget for your approved project proposal. The reporting requirements and the details of mid project review process will be provided in the sanction letter.

Head	Year 1 (Rs.)	Year 2 (Rs.)	Total (Rs.)
Salaries	216000	216000	432000
Supplies	600000	256000	856000
Travel	10000	10000	20000
Equipment/ Books	0	0	0
Contingencies	20000	20000	40000
Overhead	0	0	0
<b>Total</b>	<b>846000</b>	<b>502000</b>	<b>1348000</b>

The proposal selection process was very competitive and only < 1.57 % of the total proposals submitted were selected for funding after a rigorous three-stage review by a distinguished panel of reviewers. We sincerely wish you the very best and hope that your project will bring out exciting results that will be useful to society. Please feel free to reach us if you have any questions. I once again congratulate you and your team on this big achievement.

Best Wishes,

**Prof. Ganti S Murthy**  
National Coordinator,  
IKS Division, MoE,  
Govt. of India.

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## Details of IKS supported Internships at Atmiya University

### Mentor Details

Sr. No.	Faculty Name	Faculty	Department	Mentor Code	No. of Interns
1	Ms. Bhumika S. Zalavadia	FoET - SoDS	Computer Engineering	BJS1_M113	2
2	Dr. Govind V. Vagadiya	FoS	Industrial Chemistry	BJS1_M41	2
3	Dr. Mousumi Das	FoS	Microbiology	BJS1_M27	2
4	Dr. Chitra Bhattacharya	FoS	Microbiology	BJS1_M83	1
5	Ms. Ragini Raghav	FoS	Biotech	BJS1_M140	1
6	Dr. Kevin C. Garala	FoPS	Microbiology	BJS1_M92	2
7	Dr. Samixa R. Patel	FoPS	Pharmacy	BJS1_M66	2
8	Dr. Mital N. Manvar	FoPS	Pharmacy	BJS1_M56	2
9	Ms. Rachana H. Joshi	FoPS	Pharmacy	BJS1_M114	2
10	Mr. Jigar B. Ratnottar	FoS	VECD Cell	BJS1_M145	2
11	Mr. Paras P. Kalariya	FoET	Information Technology	BJS1_M127	2
12	Mr. Vishal G. Chhaya	FoET - SoDS	Mechanical Engineering	BJS1_M179	3
13	Mr. Nikunj D. Shyara	FoET - SoDS	Electrical Engineering	BJS1_M124	2

### Mentor Topics

Sr. No.	Faculty Name	Topic	Intern Name
1	Ms. Bhumika S. Zalavadia	Science behind Indian Rituals	1. Nandini Prafulkumar Karshala 2. Sudarsana Hazarika (Vadodara)
2	Dr. Govind V. Vagadiya	Isolation & Screening of Natural Dyes from Plant Materials utilizing Ancient Non-toxic Methods.	1. Vanshilkumar Rajeshbhai Tada 2. Moliya Isha Jayendrabhai
3	Dr. Mousumi Das	Demystifying the Drinking Water Microflora by Copper Vessel Storage and Agnihotra Ash Treatment	1. Brijesh Kamleshbhai Vadanagra 2. Patel MihirKumar Miteshbhai
4	Dr. Chitra Bhattacharya	Mosquito Repellent	1. Raheen Salim Sheth



5	Ms. Ragini Raghav	Exploration, Isolation and Characterization of Indigenous Rhizobacteria from Trigonella foenum Graecum L. (Fenugreek) rhizosphere as PGPR Candidates in producing IAA and Gibberellic	1. Gunja H Vasant
6	Dr. Kevin C. Garala	Health Consciousness and Popularity of Indian Systems of Medicines	1. Rishi Rajubhai Noghanvadra 2. Kalariya Janvi Kantibhai
7	Dr. Samixa R. Patel	Comparative Study of the Health Condition in Diabetic Patient taking Indigenous and Allopathy Medicines	1. Parth Ashokbhai Patel 2. Sahil Bhupatbhai Sorathiya
8	Dr. Mital N. Manvar	Evidence-based Research Study of Ayurvedic Formulations mentioned in Indian Systems of Medicines	1. Ayushi Hareesh Bhatt 2. Fatema Mustafa Gandhi
9	Ms. Rachana H. Joshi	Health and Lifestyle Awareness during Covid – 19 Pandemic	1. Shruti Virambhai Solanki 2. Nihir Mahendrabhai Khanpara
10	Mr. Jigar B. Ratnottar	Co-existential Philosophy and its Relevance in Human Traditions	1. Adityasinh Parikshitsinh Jadeja 2. Archita Satyajitsinh Jhala
11	Mr. Paras P. Kalariya	Study of Madhyastha Darshan and its Effectiveness on Student's Behavior and Sanskar	1. Trushil Chaturbhai Mangroliya 2. Golani Nancy Madhuvanbhai
12	Mr. Vishal G. Chhaya	Study of Pramanas in Bhartiya Darshana	1. Apekshaba Jagdishsinh Gohil 2. Nancy Yogeshbhai Sojitra 3. Jinal Mukeshbhai Gevariya
13	Mr. Nikunj D. Shyara	Naadi Chakra	1. Parashree Bhaveshkumar Pandya 2. Janvi Hiteshbhai Sindhva

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This is to certify that Shri/Shrimati/Sushree **NANDINI PRAFULKUMAR KARSHALA** has enthusiastically completed the Internship programme from 15<sup>th</sup> July to 15<sup>th</sup> Sept. 2022 conducted by IKS Division, Ministry of Education, Govt. of India @ AICTE, New Delhi.

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This is to certify that Shri/Shrimati/Sushree **Gunja H Vasant** has enthusiastically completed the Internship programme from 15<sup>th</sup> July to 15<sup>th</sup> Sept. 2022 conducted by IKS Division, Ministry of Education, Govt. of India @ AICTE, New Delhi.

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This is to certify that Shri/Shrimati/Sushree **KALARIYA JANVI KANTIBHAI** has enthusiastically completed the Internship programme from 15<sup>th</sup> July to 15<sup>th</sup> Sept. 2022 conducted by IKS Division, Ministry of Education, Govt. of India @ AICTE, New Delhi.

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This is to certify that Shri/Shrimati/Sushree **Raheen Salim Sheth** has enthusiastically completed the Internship programme from 15<sup>th</sup> July to 15<sup>th</sup> Sept. 2022 conducted by IKS Division, Ministry of Education, Govt. of India @ AICTE, New Delhi.

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This is to certify that Shri/Shrimati/Sushree **RISHI RAJUBHAI NOGHANVADRA** has enthusiastically completed the Internship programme from 15<sup>th</sup> July to 15<sup>th</sup> Sept. 2022 conducted by IKS Division, Ministry of Education, Govt. of India @ AICTE, New Delhi.

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This is to certify that Shri/Shrimati/Sushree **Parth Ashok Bhai Patel** has enthusiastically completed the Internship programme from 15<sup>th</sup> July to 15<sup>th</sup> Sept. 2022 conducted by IKS Division, Ministry of Education, Govt. of India @ AICTE, New Delhi.

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This is to certify that Shri/Shrimati/Sushree **Sahil bhupatbhai sorathiya** has enthusiastically completed the Internship programme from 15<sup>th</sup> July to 15<sup>th</sup> Sept. 2022 conducted by IKS Division, Ministry of Education, Govt. of India @ AICTE, New Delhi.

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This is to certify that Shri/Shrimati/Sushree **PARASHREE BHAVESHKUMAR PANDYA** has enthusiastically completed the Internship programme from 15<sup>th</sup> July to 15<sup>th</sup> Sept. 2022 conducted by IKS Division, Ministry of Education, Govt. of India @ AICTE, New Delhi.

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This is to certify that Shri/Shrimati/Sushree **SHRUTI VIRAMBHAI SOLANKI** has enthusiastically completed the Internship programme from 15<sup>th</sup> July to 15<sup>th</sup> Sept. 2022 conducted by IKS Division, Ministry of Education, Govt. of India @ AICTE, New Delhi.

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This is to certify that Shri/Shrimati/Sushree **Vanshilkumar Rajeshbhai Tada** has enthusiastically completed the Internship programme from 15<sup>th</sup> July to 15<sup>th</sup> Sept. 2022 conducted by IKS Division, Ministry of Education, Govt. of India @ AICTE, New Delhi.

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This is to certify that Shri/Shrimati/Sushree **BRIJESHKAMLESHBHAIVADANAGRA** has enthusiastically completed the Internship programme from 15<sup>th</sup> July to 15<sup>th</sup> Sept. 2022 conducted by IKS Division, Ministry of Education, Govt. of India @ AICTE, New Delhi.

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This is to certify that Shri/Shrimati/Sushree **NIHIR MAHENDRABHAI KHANPARA** has enthusiastically completed the Internship programme from 15<sup>th</sup> July to 15<sup>th</sup> Sept. 2022 conducted by IKS Division, Ministry of Education, Govt. of India @ AICTE, New Delhi.

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This is to certify that Shri/Shrimati/Sushree **JANVI HITESHBHAI SINDHVA** has enthusiastically completed the Internship programme from 15<sup>th</sup> July to 15<sup>th</sup> Sept. 2022 conducted by IKS Division, Ministry of Education, Govt. of India @ AICTE, New Delhi.

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This is to certify that Shri/Shrimati/Sushree **AYUSHI HARESH BHATT** has enthusiastically completed the Internship programme from 15<sup>th</sup> July to 15<sup>th</sup> Sept. 2022 conducted by IKS Division, Ministry of Education, Govt. of India @ AICTE, New Delhi.

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This is to certify that Shri/Shrimati/Sushree **ADITYASINH PARIKSHITSINH JADEJA** has enthusiastically completed the Internship programme from 15<sup>th</sup> July to 15<sup>th</sup> Sept. 2022 conducted by IKS Division, Ministry of Education, Govt. of India @ AICTE, New Delhi.

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**Certificate**

This is to certify that Shri/Shrimati/Sushree **GOLANI NENCY MADHUVANBHAI** has enthusiastically completed the Internship programme from 15<sup>th</sup> July to 15<sup>th</sup> Sept. 2022 conducted by IKS Division, Ministry of Education, Govt. of India @ AICTE, New Delhi.

**Prof Ganti Suryanarayana Murthy**  
National Co-Ordinator, IKS Division  
AICTE, Ministry of Education, Govt. of India

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National Co-Ordinator, IKS Division  
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This is to certify that Shri/Shrimati/Sushree **Nency Yogeshbhai Sojitra** has enthusiastically completed the Internship programme from 15<sup>th</sup> July to 15<sup>th</sup> Sept. 2022 conducted by IKS Division, Ministry of Education, Govt. of India @ AICTE, New Delhi.

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National Co-Ordinator, IKS Division  
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**Certificate**

This is to certify that Shri/Shrimati/Sushree **PATELMIHIR KUMARMITESHBHAI** has enthusiastically completed the Internship programme from 15<sup>th</sup> July to 15<sup>th</sup> Sept. 2022 conducted by IKS Division, Ministry of Education, Govt. of India @ AICTE, New Delhi.

**Prof Ganti Suryanarayana Murthy**  
National Co-Ordinator, IKS Division  
AICTE, Ministry of Education, Govt. of India

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**MEMORANDUM OF UNDERSTANDING**

**Between**



**ATMIYA UNIVERSITY**

(Established under the Gujarat Private University Act 11, 2018)

Yogidham Gurukul, Kalawad Road, Rajkot - 360005, Gujarat (INDIA)

**And**



**Gujarat State Yog Board**

Block 19, 3rd Floor, Jivraj Mehta Bhavan, Sector 10A, Gandhinagar, Gujarat

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**MEMORANDUM OF UNDERSTANDING  
BETWEEN  
GUJARAT STATE YOG BOARD  
AND  
ATMIYA UNIVERSITY**

Recognizing the educational benefits of cooperation between the two organizations, enter into this MoU to facilitate cooperation on the basis of fairness and equality. Evidently each step in the cooperative relationship would be based on mutual consent and consultation. The general purpose of this MoU is to establish the enduring framework for educational, training relation and cooperation between the two participating organizations in order to promote Yog, Healthy Living and Wellness Activities, learning and training of such activities and to explore the possibilities of Joint academic and training programs.

The participating organizations agree to pursue various avenues for co-operation including:

1. Joint training in the area of Yog, Healthy Living and Wellness Activities. Both organizations will support each other to acquire necessary permits and licenses;
2. Exchange of academic materials and academic publications in the area of Yog, Healthy Living and Wellness Activities;
3. Exchange of faculty members for training, workshops, lectures and discussions;
4. Mutual utilization of infrastructural facilities to organize Yog, Healthy Living and Wellness Activities, their training, workshop and competitions;
5. Consultancy services provided by both organizations for carrying out special events that are related Yog, Healthy Living and Wellness Activities;
6. Courses and education program related to Yog, Healthy Living and Wellness Activities shall get required approval from competent authorities, as and when required;

Themes of joint activity and the conditions for utilizing the result achieved and arrangements for all forms of cooperation including visits and student's / trainees exchanges will be negotiated for each specific case. Both organizations understand that all financial arrangements will be negotiated and identified in an Exchange Agreement prior to the commencement of the associated activities.



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Each organization will appoint a member as the contact person responsible for communication between the organizations to ensure effective implementation of this MoU. This MoU will remain in force initially for three years of duration until terminated by six months' prior written notice given to one party by the other party. Representative from both organizations will discuss the terms of a renewal at least six months prior to the natural termination of the current memorandum of understanding otherwise it will be considered auto renewed.

Executed this 22<sup>nd</sup> day of November month, 2023 by Vice Chancellor of Atmiya University and Chairman of Gujarat State Yog Board.

Approval

Prof. (Dr.) Shiv K. Tripathi  
Vice Chancellor  
Atmiya University

Shri Shishpal Rajput  
Chairman,  
Gujarat State Yog Board



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**MEMORANDUM OF UNDERSTANDING**

*For*

**Academic, Research & Outreach Collaborations**

*Between*



**ATMIYA UNIVERSITY**

(Established under the Gujarat Private University Act 11, 2018)

Yogidham Gurukul, Kalawad Road, Rajkot - 360005, Gujarat (INDIA)

*And*



**Bhishma School of Indian Knowledge System**

Pulachi Wadi, Deccan Gymkhana, Pune-411004, Maharashtra (INDIA)

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**Criterion 3**

**R, I & E**

**KI 3.6**

**M 3.6.1**

**MEMORANDUM OF UNDERSTANDING**

*For*

**Academic, Research & Outreach Collaborations**

*Between*

**Atmiya University, Rajkot, India**

*And*

**Bhishma School of Indian Knowledge System, Pune, India**

The purpose of this non-binding Memorandum of Understanding ('MOU') between Atmiya University ('AU') & Bhishma School of Indian Knowledge System ('BSoIKS') is to foster academic, research & outreach collaborations between the two organizations, particularly focusing on, though not limited to, Indian Knowledge System.

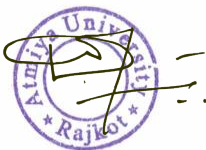
**1. Proposed collaborative activities**

Both AU & BSoIKS will work towards facilitating mainstreaming of Indian knowledge application in different academic & vocational disciplines and society in general through capacity building aiming at translation of knowledge. This will be through, but not limited to, following activities:

- i) Capacity building workshop for teachers, researchers,
- ii) Leadership development workshops for academic leaders and decision makers
- iii) Joint research projects focusing on Indian knowledge applications
- iv) Stand-alone credit and value added courses on Indian knowledge and languages especially Sanskrit
- v) Design and deliver of certificate courses on identified themes
- vi) Doctoral multidisciplinary research
- vii) Publication and other knowledge dissemination activities
- viii) Conferences and roundtables

**2. Subsequent memoranda of agreement**

These activities are to be carried out after mutual consultation between the two institutions or the divisions concerned thereof. Normally each institution will sign a memorandum of agreement ('MOA') setting out the responsibilities of each institution for the agreed activity and such other matters as the institutions agree are necessary for the efficient achievement of the activity. In particular, student exchanges shall be on a reciprocal basis and subject to a formal student exchange agreement signed by both institutions. Expenses in any of the activities will be on basis of mutual agreement and will depend on whether the scholarship/external financial support/external funding is available or through a separate agreement related to the same.



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### 3. Terms of renewal, amendment and termination

This MOU shall remain in force for a period of five (5) years from the date of the last signature, with the understanding that it may be terminated by either party giving six months' notice to the other party in writing.

This MOU may only be renewed if, after a review process between the parties, the parties agree in writing to renew it. This MOU may be amended by the exchange of letters between the two parties. Such amendments, once approved by both parties, will become part of this MOU. Neither party may assign this MOU or any right under this MOU without the prior written consent of the other party.

### 4. Legal effect


The terms of this MOU represent the current intentions of the parties as at the time of signing. Except for Sections 3 and 4, this is not legally binding on the parties. For the avoidance of doubt, if there is any inconsistency between this MOU and any attached MOA, the terms and conditions of the MOA shall prevail.

The implementation of each specific activity based on this MOU shall be separately negotiated and determined by both universities.

This MOU is being signed on 15<sup>th</sup> May 2024 (शुक्ल-अष्टमी, वैशाख, शकसंवत् -1946) and will stand effective from the same date.

Signed for and on behalf of:


Atmiya University

  
Prof. (Dr.) Shiv Kumar Tripathi

Vice-Chancellor

Signed for and on behalf of:

Bhishma School of Indian Knowledge System

  
Prof. Kshitij Patukale

Founder Director

Place: Rajkot

Date: 15.05.2024 (शुक्ल-अष्टमी, वैशाख, शकसंवत् -1946)



  
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**MoUs Singing for Indian Knowledge System (IKS) Activities**

Sr. No.	Organization	Date
1	Gujarat State Yog Board (GSYB), Sports, Youth and Cultural Activities, Govt. of Gujarat	22/11/2023
2	Bhishma School of Indian Knowledge System	15/05/2024



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**Atmiya University**

<b>Part II</b>			
<b>Transdisciplinary Elective-II</b>			
<b>Offering Department:</b> Atmiya University (Indian Knowledge System Cell)		<b>Offered to:</b> Students across the University for whom at least 80% of this course content is not covered in one or more courses, which are part of their regular curriculum.	
<b>Semesters: IV</b>			
Course Code	Course Title	Credit	Hr/Wk
<b>21UTDE026</b>	<b>TDE 2: Holistic Health Care with Yog and Ayurveda</b>	<b>2</b>	<b>2</b>

**Course Objective:**

- To enable the student to have good health, mental hygiene, emotional stability, integration of moral values and attainment of higher level of consciousness through practicing Yog.
- To explore the fundamental principles of Ayurveda, its applications and relevance in contemporary society.
- To know about the basic ideas of AYUSH.

**Course Content:**

<b>Modules</b>	<b>Hours</b>
<b>Module-I: Introduction to Yog</b> <ul style="list-style-type: none"> <li>• Origin of Yog</li> <li>• Different Yog in Bhagwad Geeta</li> <li>• Patanjali Yog Sutra – Eight Limbs of Patanjali Yog Sutra</li> <li>• Broader View of Yog</li> <li>• Relevance of Yogic Life in Contemporary Society</li> </ul>	03
<b>Module-II: Patanjali Yog Sutra</b> <ul style="list-style-type: none"> <li>• Overview of Patanjali Yog Sutra</li> <li>• Yam, Niyam, Asana, Pranayam, Pratyahar, Dharna, Dhyan, Samadhi</li> <li>• Yog Mudra</li> </ul>	12

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<ul style="list-style-type: none"><li>• Meditation and Mind Relaxation Techniques</li><li>• Yogic Diet</li><li>• Human Consciousness and Yoga Therapy</li></ul>	
<b>Module-III: Bhagwad Geeta and Yog</b> <ul style="list-style-type: none"><li>• Gyan Yog</li><li>• Karm Yog</li><li>• Bhakti Yog</li></ul>	03
<b>Module-IV: Ayurveda</b> <ul style="list-style-type: none"><li>• Introduction of Ayurveda</li><li>• Components of Ayurveda</li><li>• Principles of Ayurveda – Three Doshas and Five Elements</li><li>• Treatments in Ayurveda – Substances and Methods</li></ul>	10
<b>Module-V: Introduction to AYUSH</b> <ul style="list-style-type: none"><li>• AYUSH (Ayurveda, Yoga, Unani, Siddha, Homeopathy)</li><li>• Unani</li><li>• Siddha</li><li>• Homeopathy</li></ul>	02

**Course Outcomes:**

1. Explain the fundamentals of Yog.
2. Understand the different stages of Yog given in Patanjali Yog Sutra.
3. Understand the different types of Yog described in Bhagwad Geeta
4. Explain and understand the fundamental principles of Ayurveda
5. Define the components of AYUSH

**Pedagogic Tools:**

1. Chalk and Talk
2. Power Point Presentation
3. Video
4. Assignments

**Reference Books:**

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1. Yoga Sutra of Patanjali, Ramakrishna Mission, Kolkatta
2. GN Jha (Eng. Trans.) Ed. R N Jha, Yoga-darshanam with Vyasa Bhashya, Vidyanidhi Prakasham, Delhi, 2016
3. RN Jha, Science of Consciousness Psychotherapy and Yoga Practices, Vidyanidhi Prakasham, Delhi, 2016
4. P R Sharma (English translation), Shodashang Hridayam
5. Charaka Samhita by Maharshi Charak
6. Sushruta Samhita by Maharshi Sushruta
7. Ashtanga Hridayam and Ashtanga Sangraha by Vagbhata
8. Sharngadhara Samhita by Sharngadhara
9. Bhava Prakasha and Madhava Nidanam
10. Patanjali Aur Ayurvedic Yoga by Dr. Vinod Verma
11. Text on AYUSH research portal and Digital Helpline for Ayurveda Research Articles (DHARA)
12. P R Sharma (English translation), Shodashang Hridayam

**Suggested MOOCs:**

1. The Science and Practice of Yoga - <https://www.classcentral.com/course/edx-the-science-and-practice-of-yoga-8393>
2. Engineering Health: Introduction to Yoga and Physiology - <https://www.classcentral.com/course/engineering-health-yoga-physiology-15155>
3. Know yourself with Yoga - <https://www.classcentral.com/course/udemy-ananda-marga-rajadhiraja-yoga-27779>
4. Ayurveda Basics - <https://www.udemy.com/course/ayurveda101/>
5. Ayurveda for Balanced Lifestyle - <https://www.udemy.com/course/ayurveda-for-balanced-lifestyle-master-course/>

**Methods of Assessment & Tools:**

Components of CIA: 100 marks

Sr.	Component	Content	Duration (if any)	Marks
1	Attendance	---	---	10

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2	Assignment-1	---	---	10
3	Assignment-2	---	---	10
4	Test-1	Module I & II	1.5 Hours	20 (set for 30)
5	Test-2	Module I to V	2.5 Hours	50 (set for 50)
			<b>Total</b>	<b>100</b>

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**Atmiya University**

<b>Part II</b>			
<b>Transdisciplinary Elective</b>			
For the students admitted from A.Y. 2021-22 onwards			
<b>Offering Department:</b>		<b>Offered to:</b>	
		Students across the University for whom at least 80% of this course content is not covered in one or more courses, which are part of their regular curriculum.	
<b>Semesters: IV</b>			
Course Code	Course Title	Credit	Hr/Wk
<b>21UTDE025</b>	<b>Introduction to Indian Knowledge System</b>	<b>2</b>	<b>2</b>

**Prerequisite:**

NIL

**Course Objective:**

- To introduce the overall organization of Indian Knowledge System.
- To develop an appreciation among the students about the role and importance of Veda, Upveda, Vedanga and Puranas.
- To showcase the multi-dimensional nature of Indian Knowledge System and its importance in the contemporary society.
- To explore the foundations of Indian Knowledge System.
- To state the relationship between the Ancient Indian Art and Culture.

**Course Content:**

<b>Modules</b>	<b>Hours</b>
<b>Module - I: Overview of Indian Knowledge System</b> <ul style="list-style-type: none"> <li>• Overview of Indian Knowledge System</li> <li>• Rich Heritage of India</li> <li>• Relation between Modern Science and Indian Knowledge System</li> <li>• Relevance of Indian Knowledge System in Current Scenario</li> <li>• Why Indian Knowledge in Primary and Higher Education</li> </ul>	4
<b>Module - II: Structure of Indian Knowledge System</b> <ul style="list-style-type: none"> <li>• Veda (Mantr, Brahman, Aranyak, Upnishad), Upveda (Dhanurveda, Gandharveda, Ayurveda, Sthaptya), Vedanga (Shiksha, kalp, Vyakran, Nirukt, Chhandas, Jyotis)</li> <li>• Bhagvad Geeta – The Song of Life, A Way to Live Happy Life, Essence of All the Indian Scriptures</li> <li>• Sanskrit Language – Origin, Structure and Characteristics, Mantra Vigyan</li> </ul>	4

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<b>Module - III: Foundational Ideas in Indian Knowledge System</b> <ul style="list-style-type: none"><li>• Introduction to foundational ideas in IKS</li><li>• Purusartha and Asrama</li><li>• Dharma and Yagna</li><li>• Srsti, Sthiti, Laya for Equilibrium</li><li>• Varn Vyavstha</li><li>• Science behind the Indian Rituals</li></ul>	8
<b>Module - IV: Ancient Indian Science and Technology</b> <ul style="list-style-type: none"><li>• Indian Perspectives on the Nature and Purpose of Scientific Knowledge</li><li>• Indian Mathematics</li><li>• Astronomy (Jyotisa)</li><li>• Dhatuvidya</li><li>• Seven Wonders of Indian Traditional Architectural Knowledge systems</li></ul>	6
<b>Module - V: Ancient Indian Art</b> <ul style="list-style-type: none"><li>• History of Indian Art - Indus Valley Art, Buddhism and Hinduism Influenced Art, Islamic Influence, Colonial Era, The Independence Era</li><li>• 64 Kala</li><li>• Sangit Kala</li><li>• Nrtya Kala</li><li>• Sthaptya Kala</li><li>• Chitra Kala</li></ul>	8

**Pedagogic Tools:**

1. Chalk and Talk
2. Power Point Presentation
3. Video
4. Assignments

**Reference Books:**

1. Indian Knowledge Systems, Nature, Philosophy and Character by Kapil Kapoor
2. V. Sivaramakrishna (Ed.), Cultural Heritage of India-Course Material, Bharatiya Vidya Bhavan, Mumbai, 5th Edition, 2014
3. Swami Jitatanand, Modern Physics and Vedant, Bharatiya Vidya Bhavan
4. V N Jha (Eng. Trans.), Tarkasangraha of Annam Bhatta, International Chinmay Foundation, Velliarnad, Amakum
5. Rig Veda, Sama Veda, Yajur Veda, Atharvaveda, Upveda
6. Bhagvad Geeta
7. Ancient Indian Astronomy in Vedic Text by R. N. Iyengar
8. Hindu Astronomy by W. Brennan
9. Ancient Indian Mathematics by Dr. Harekrishna Satapathy

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10. Scientific Knowledge in Sanskrit Literature – NirmalTrikha
11. The Art of India through the Ages – Stella Kramrisch
12. Indian Art and Culture by Nitin Singhanian
13. Indian Painting by C. Sivaramamurti
14. Fine Arts in Ancient India by Anil Baran Ganguly
15. Indian Art by Partha Mitter
16. Dictionary of Indian Art and Artists by Pratima Sheh
17. The Art of India: Sculpture and Mural Painting by Benoy Krishen Behl

**Suggested MOOCs:**

1. Introduction to Ancient Indian Technology -  
[https://onlinecourses.nptel.ac.in/noc20\\_ae10/preview](https://onlinecourses.nptel.ac.in/noc20_ae10/preview)
2. Introduction to Basic Sanskrit - <https://nptel.ac.in/courses/109/105/109105135/> -
3. Introduction to Indian Art - An appreciation -  
[https://onlinecourses.nptel.ac.in/noc20\\_hs09/preview](https://onlinecourses.nptel.ac.in/noc20_hs09/preview)
4. The Art, Architecture and Design of Ancient India - <https://www.udemy.com/course/the-art-architecture-and-design-of-ancient-india/>

**Methods of Assessment & Tools:**

Components of CIA: 100 marks

Sr.	Component	Content	Duration (if any)	Marks
1	Attendance	---	---	10
2	Assignment-1	---	---	10
3	Assignment-2	---	---	10
4	Test-1	Module I & II	1.5 Hours	20 (set for 30)
5	Test-2	Module I to V	2.5 Hours	50 (set for 50)
<b>Total</b>				<b>100</b>

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**Atmiya University**

**Part II**

**Transdisciplinary Elective**

<b>Offering Department:</b> Atmiya University (Indian Knowledge System Cell)		<b>Offered to:</b> Students across the University for whom at least 80% of this course content is not covered in one or more courses, which are part of their regular curriculum.	
<b>Semesters: IV</b>			
Course Code	Course Title	Credit	Hr/Wk
<b>21UTDE037</b>	<b>TDE 1: Six System of Indian Philosophy, Upanishads and Science Behind It</b>	<b>2</b>	<b>2</b>

**Course Objective:**

- To decipher Science behind six systems of Indian philosophy and Upanishads.
- To nurture objectivity and scientific approach in students towards six systems of Indian philosophy and Upanishads
- To study six systems of Indian philosophy and Upanishads using modern technical jargon of science
- To channelize student's interest towards six systems of Indian philosophy and Upanishads by providing implications of six systems of Indian philosophy and Upanishads in modern science.

**Course Content:**

Modules	Hours
<b>Module-I: Introduction to six systems of Indian philosophy</b> <ul style="list-style-type: none"> <li>• Historical background</li> <li>• Importance</li> <li>• Basic difference between six systems of Indian philosophy</li> </ul>	02

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<ul style="list-style-type: none"><li>• Glimpses of relevance six systems of Indian philosophy in modern Science</li><li>• Glimpses of implications of each Indian philosophy in various science branches</li></ul>	
<b>Module-II: Yoga - Sankhya philosophy</b> <ul style="list-style-type: none"><li>• Introduction</li><li>• Difference and similarity between Yoga and Sankhya philosophy</li><li>• Yoga philosophy</li><li>• Sankhya philosophy</li><li>• Prerequisites of scientific concepts and implications of Yoga and Sankhya philosophy in science</li></ul>	7
<b>Module-III: Nyaya - Vaisheshik philosophy</b> <ul style="list-style-type: none"><li>• Introduction</li><li>• Difference and similarity between Nyaya and Vaisheshik philosophy</li><li>• Nyaya philosophy</li><li>• Vaisheshik philosophy</li><li>• Prerequisites of scientific concepts and implications of Nyaya and Vaisheshik philosophy in science</li></ul>	7
<b>Module-IV: Mimansa and Vedanta philosophy</b> <ul style="list-style-type: none"><li>• Introduction</li><li>• Difference and similarity between Mimansa and Vedanta philosophy</li><li>• Mimansa philosophy</li><li>• Vedanta philosophy</li><li>• Prerequisites of scientific concepts and implications of Mimansa and Vedanta philosophy in science</li></ul>	7
<b>Module-V: Upanishads and Science</b> <ul style="list-style-type: none"><li>• Introduction</li><li>• Importance of 11 Principle Upanishads</li></ul>	7

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| <ul style="list-style-type: none"><li>• Upanishads and duality theory of Purusha and Prakriti</li><li>• Why Upanishads?</li><li>• Prerequisites of scientific concepts and implications of Upanishads in science</li></ul> |  |
|--|--|

**Course Outcomes:**

1. To introduce the Indian scientific logic in students.
2. To train students to see science behind six system of Indian philosophy and Upanishads.
3. To nurture objectiveness of science with the aid of six system of Indian philosophy and Upanishads.
4. To nurture the vision of students regarding the synergy between spirituality and science.
5. To induce discriminating ability in students by Indian logic.

**Pedagogic Tools:**

1. Chalk and Talk
2. Power Point Presentation
3. Video
4. Assignments

**Reference Books:**

1. Yoga Sutra of Patanjali, Ramakrishna Mission, Kolkatta.
2. Six systems of Indian philosophy by Gayatri family.
3. Six systems of Indian philosophy by Max Muller.
4. Upanishads by Gayatri family
5. Upanishads ank by Gita Press
6. Some science undergraduate level reference books from each branch of science (i.e., Modern Physics by Arthur, Quantum Mechanics by Liboff, quantum mechanics by Zetilli).
7. An Example of consequences of this sort of study, however it is highly technical but it may provide a way through which students can get the idea of what this paper will offer to them, {R. P. Vyas and M.J. Joshi, "New quantum Spin perspective and Space-

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time of Mind-stuff", *Journal of Applied Consciousness studies*, 11(2), (2023) [to be published].}

**Methods of Assessment & Tools:**

Components of CIA: 100 marks

Sr.	Component	Content	Duration (if any)	Marks
1	Attendance	---	---	10
2	Assignment-1	---	---	10
3	Assignment-2	---	---	10
4	Test-1	Module I - II	1.5 Hours	20 (set for 30)
5	Test-2	Module III to V	2.5 Hours	50 (set for 50)
<b>Total</b>				<b>100</b>

Proposed by

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**Enclosure XI**

**ATMIYA UNIVERSITY, Rajkot  
Part III in Syllabus of UG Programmes  
Skill Enhancement Courses (SEC) – III  
Value Added Courses (VAC)  
(For Students Admitted from A.Y. 2018-2019 & Onwards)  
Between Semester I & II**

Course Code	Subject Name	Total Hours	Credit
18AEVA021	Pranayama & Meditation	40 Hrs	1 Credit

**Course Objectives**

- Students work within their own comfort level and pace.
- To impart the basic, classical and scientific knowledge about Pranayama and practices leading to Meditation.
- To make the people aware of the Pranayama and Meditation for wellness in their daily life.
- To develop healthy lifestyle of an individual through the practice of Pranayama and Meditation
- To promote positive health and spiritual evolution of individuals by the practice of Pranayama and Meditation
- To make aware of the utility of Pranayama and Meditation in disease prevention and health promotion.
- Increase relaxation of body and soul.

**Departmental Objectives**

- Learn the rules, fundamentals, skills & strategies of yoga.
- Learn how to correctly execute required skills and techniques as well as to use the equipment/facilities safely.
- Understand how kinesiology relates to a healthy individual lifestyle.

It can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation.

Yoga education helps in self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. Briefly the aims and objectives of Yoga education are:

- To enable the student to have good health.
- To practice mental hygiene.

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- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.

All these objectives could be dealt with in an integrated manner.

Yoga education could help to equip oneself with basic knowledge about one’s personality, to learn to handle oneself well in all life situations, to learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity.

Yoga education can enhance all the activities of the students, be it academic or sport or social. Yoga techniques provide improved attention in studies, better stamina and co-ordination for sports and a heightened awareness and balanced attitude for social activity.

**SCHEME OF INSTRUCTION & EVALUATION**

Course code	Title	Total Hrs.	Maximum marks			Credit
			CIE	CEE	TOTAL	
	Pranayama & Meditation	40	50	50	100	01

**Unit 1: Fundamental principles of Pranayama**

**(7 hrs.)**

- General introduction to Yoga and Yogic practices.
- Introduction to Pranayama: Etymology, definition, aim and objectives of Pranayama
- Concept of breathing, Vayu, prana, upaprana.
- Classification and types of Pranayama
- What is health
- Stress and Illness

**Unit: 2**

**(13 hrs.)**

**2.1 Applications of Pranayama (with practical)**

- Health benefits of Pranayama.
- Pranayama for Stress management.
- Pranayama for health.
- Pranayama for concentration
- Relevance of Pranayama practices in modern day



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**2.2 Pranayama & Kriya**

- Introductory breathing practices: abdominal, thoracic, clavicular, Yogic deep breathing, 3SRB Refining Exercises Overview
- Kriyas relevant for Pranayama: Kapalbhata, Agnisara, Neti
- Concept of Purak, Rechak and Kumbhak

**2.3 Pranayama (Techniques, Benefits, limitation,)**

- Anulom-Vilom Pranayama
- Nadishodhana pranayama
- Chandrabhedhi & Suryabhedhi pranayama
- Ujjayi pranayama
- Shitali and Shitkari pranayama
- Bhramari pranayama
- Bhastrika pranayama
- 3 SRB pranayama

**Unit 3: Fundamental principles of Meditation**

**(4 hrs.)**

- Introduction to Meditation: Etymology, definition, aim and objectives of Pranayama
- Indications and contra-indications Meditation.
- Pre-requisites of meditation practices and their importance.
- Preparatory practices for meditation (Food, climate, season etc.)

**Unit: 4 Holistic Health**

**(4 hrs.)**

- Definition & Importance of Health According to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual;
- Concept of Health and Disease in Indian Systems of Medicine i.e. Ayurveda, Naturopathy
- Yogic Concept of Health and Disease: Concept of Adhi and Vyadhi; Meaning and definitions, Holistic Human Personality

**Unit: 5**

**(12 hrs.)**

**5.1 Applications of Meditation (with practical)**

- Health benefits of Meditation.
- Meditation for Stress management.
- Meditation for good Health
- Meditation for concentration
- Relevance of Meditation practices in modern day.

**5.2 Meditation and devotional music (Techniques, Benefits, limitation)**

- Practice of meditation
- Cyclic meditation
- Devotional music
- "Om" Meditation

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**Text Books:**

- [1] Yoga written by Dr. H R Nagendra & Dr. R Nagarathna published by swami Vivekananda yoga research foundation, July 2016, Bangalore. ISBN:978-81-87313-16-8
- [2] New Perspectives in Stress Management written by Dr. H R Nagendra & Dr. R Nagarathna published by swami Vivekananda yoga research foundation, Bangalore. ISBN:978-81-87313-01-4
- [3] Pranayama–The Art and Science written by Dr. R Nagarathna published by Swami Vivekananda Yoga Prakashana Bangalore, published year 2011, 3 rd Ed.
- [4] Yoga and Health written by Adhyatm Ananda 1ST ED Published by GGRK, AHMEDABAD
- [5] Refining Exercises by Sri S.N. Tavarua Published by Sri Ram Yoga Mandir Trust.

**Guidelines for the completion of the course:**

1. Minimum 80% attendance is required, if not able to fulfill it then only by the permission of programme Coordinator and Principal Will be allowed to compensate in the next years.
2. Only remarks will be given at the end of the course.
3. A separate certificate on completion of each course will be issued by COE.
4. In the event of non-completion of course, the student has to re-do the course or opt for another one.

**Evaluation Norms:**

The course carries 1 credit and the students will be evaluated continuously based on their participation in learning experiences, theory and evaluation through tests and assignments and will also be evaluated at the end of course under CEE which will be 100% internal. The pattern of evaluation with percentage Weightage will be as specified below:

  
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**Distribution of 100% CEE components:**

Sr. No.	Component	Content	Duration	Marks	Sub Total
1.	Assignment	Based on unit 1&2	During semester 1	20	20
2	Practical exam 1	Based on unit 2	At the end of 1 <sup>st</sup> semester	20	20
3	Practical exam 2	Based on unit 5	At the end of 2 <sup>nd</sup> semester	20	20
4	CEE	All units at the end of 2 <sup>nd</sup> semester	2 hr.	40	40
<b>Grant Total</b>					<b>100</b>

**Remarks:**

Range of Marks	Remarks
90 - 100	Excellent
75 - 89	Very Good
60- 74	Good
40 - 59	Fair
39 - and below	Not Completed

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**Activities Performed Under Indian Knowledge System (IKS)**

AY	Level	Event Title	Date	Resource Person	No. of Beneficiaries
2021-22	University	Abhyutthan - Indian Knowledge System	04-03-2022	Mrs. Bhumika Zalavadia	38
2022-23	University	Abhyutthan - Indian Aesthetics in Interior Design	08-07-2022	Mr. Parth Lakum	21
2022-23	University	Abhyutthan - Ashtang Yoga	11-11-2022	Mr. Kirtikumar Solanki	23
2022-23	University	Abhyutthan - Immortal power of Music	06-01-2023	Mrs. Kausumi Nanavati	16
2022-23	University	Abhyutthan - Art and Holistic Development	03-02-2023	Mr. Sagar Bechara	11
2022-23	University	Abhyutthan - Contribution of Gurukul System in Holistic Development	03-03-2023	Mr. Kishan T. Karmur	14
2022-23	University	Abhyutthan - Modern Civilization through Roots of Ancient Indian Civilization	07-04-2023	Mr. Khemendra Dattani	16
2023-24	University	Abhyutthan - 10 Golden Lessons from Shri Ramcharit Manas	18-08-2023	Dr. Reva Mishra	19
2024-25	University	Abhyutthan - IKS through Theater and Multimedia	02-08-2024	Dr. Jignesh Chavda	37
2024-25	University	Abhyutthan - Nrityakala	03-12-2024	Ms. Janvi Bhatt	75

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AY	Level	Event Title	Date	Resource Person	No. of Beneficiaries
2022-23	University	Ignite - Dwarkadhish Temple - History and Significance	25-08-2022	Mr. Raghav Vayeda	41
2022-23	University	Ignite - Impact of Music on Mental Health	29-11-2022	Ms. Rashi Kamat Ms. Anjali Kumari	139
2022-23	University	Ignite - How to Improve Mental Health	28-12-2022	Mr. Harsh Kansagra	160
2022-23	University	Ignite - Vedic Maths	27-02-2023	Ms. Yugti Devmurari	81
2023-24	University	Ignite - પાણિયા અને ખાંભીનો ઇતિહાસ	30-06-2023	Mr. Rajdeep Jebaliya	31
2023-24	University	Ignite - Ancient Indian Science	31-01-2024	Mr. Jay Joshi	117
2023-24	University	Ignite - Bhartiya Sanskriti (Hindi or Sanskrit Font)	26-02-2024	Mr. Vivek Sankaliya	65
2024-25	University	Ignite - 12 Jyotirlinga of India	30-07-2024	Mr. Kunal Bajaj	52

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**Activities Performed Under Indian Knowledge System (IKS)**



**Ignite – Ancient Indian Science**



**Ignite – Bharatiya Sankriti**



**Ignite – History of Paliya and Khambhi**

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**Ignite – Vedik Maths**



**Ignite - Dwarkadhish Temple - History**



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**Abhyutthan - IKS through Theater and Multimedia**

