

Papers related to Indian Knowledge systems- Addon courses committee

Name of the Addon Course- A detailed study of Ayurvedic Acupressure (L6)

Objective- In this advanced course of acupressure, the focus was on detailed study and understanding of Ayurveda-inspired acupressure for correct diagnosis and treatment. This course aims to give participants a deeper understanding of Acupressure and Ayurveda.

Learning outcome- This advanced acupressure course, focusing on Ayurveda-inspired techniques, directly relates to the Indian Knowledge System (IKS) by integrating ancient wisdom into modern healing practices.

By studying acupressure through the lens of Ayurveda, the course provides participants with a profound understanding of how traditional Indian healing techniques can be applied for diagnosis and treatment. This approach not only preserves the cultural heritage of India but also offers a modern framework for effective health management rooted in IKS.

Name of the Addon Course- The Fusion of East and West: Acupressure Science (L2)

Objective- The course was offered to offer the participants a basic understanding of the meaning, causes, and types of various diseases and how they can be treated using the ancient technique of Acupressure.

Learning outcome- This course, centered on Acupressure as a non-invasive healing modality, deeply connects with the Indian Knowledge System (IKS) by drawing from ancient healing traditions emphasizing holistic wellness.

Acupressure, as part of traditional Indian healing practices, aligns with Ayurvedic principles of balancing the body's energy and restoring harmony. By teaching participants how to treat common ailments through acupressure techniques, including the use of color therapy and seeds, the course revives and applies time-tested Indian healing methods in a contemporary context. Integrating this ancient knowledge, alongside modern educational tools like Zoom and Google Classroom, ensures the preservation and dissemination of IKS, empowering individuals to address routine health issues while respecting the wisdom of India's rich cultural heritage.

Name of the Addon Course- Bhartiya Jyotish and Vastu Shastra

Objectives and learning outcome- This add-on course in Bhartiya Jyotish (Indian astrology) and Vastu Shastra (Indian architecture and design) aims to equip students with foundational knowledge of these ancient practices, including the analysis of horoscopes and understanding the principles of Vastu. Students will learn how planetary positions affect life and the environment, make predictions in various aspects of life, and offer Vastu consultations to improve living and working spaces. They will also explore remedial measures like gemstone therapy and mantra

chanting, and develop skills for practical application, ethical practice, and effective communication. The course fosters cultural appreciation and encourages research, providing students with the tools for both personal enrichment and professional practice.

Name of the Addon Course--Clinical Nutrition and Dietetics (Advanced Level)

Description - Dietetics - Therapeutic Nutrition, Anatomy, and Physiology, Alternative Therapies, Community Nutrition, Scientific Diets.

The **Clinical Nutrition and Dietetics (Advanced Level)** course connects with the Indian Knowledge System by integrating ancient practices like Ayurveda, which emphasizes diet for health and disease management. The course also reflects IKS through its focus on **Alternative Therapies** and **Community Nutrition**, both of which are rooted in traditional Indian health systems that use holistic approaches to wellness and healing.

Name of the Addon Course- Enhancing skills in harmonium playing [Basic Level]

Add -on a course titled "Enhancing Skills in Harmonium Playing" is a basic-level harmonium course organized by the Music Department and Sarang - The Indian Music Club. Harmonium is one of the basic and important instruments that should be learned by any aspirant of Indian music. The objective of this course is to contribute towards the musical enrichment of students and the community at large, by enhancing their artistic acumen.

Name of the Addon Course- Kathak Training Programme (Basic Level)

Course objective- The course aims at imparting the basic theoretical and practical knowledge of Kathak to beginners. After completion of this course learners will be able to perform the simple footsteps and movements of Kathak. This will also increase their awareness of the cultural heritage of Indian classical dance.

Learning Outcomes- The student should have an understanding of how Kathak originated as a classical dance form and developed its unique gharanas. She should have a comprehension of the concept of abhinaya and how it is used in Indian classical dances. The learner should also have basic knowledge and application of hastas (hand gestures) and hastaks (hand movements). She should have basic knowledge of tala (teentala) and laya and movement in vilambit laya. along with the ability to perform simple footwork in Kathak (pada sanchalan).

Name of the Addon Course- Kathak Training Programme (Intermediate Level)

Course objective The course aims at imparting the intermediate theoretical and practical knowledge of Kathak to learners. The course will develop and augment the knowledge and application of footwork and choreography that they had acquired with the Basic Level course. After completion of this course learners will be able to perform simple Kathak pieces like tukdas, tihaayis and shlokas.

Learning Outcomes Through the course the student would have knowledge of the basic talas used in Kathak as well as be able to comprehend the notation used in musical compositions. The learner will have knowledge of the contributions made by cultural icons of Kathak. The student would be able to perform basic paltas and chakkars as well as perform in madhyama and vilambit laya. The learner would be able to perform basic tatkaars, tihayis and tukdas.