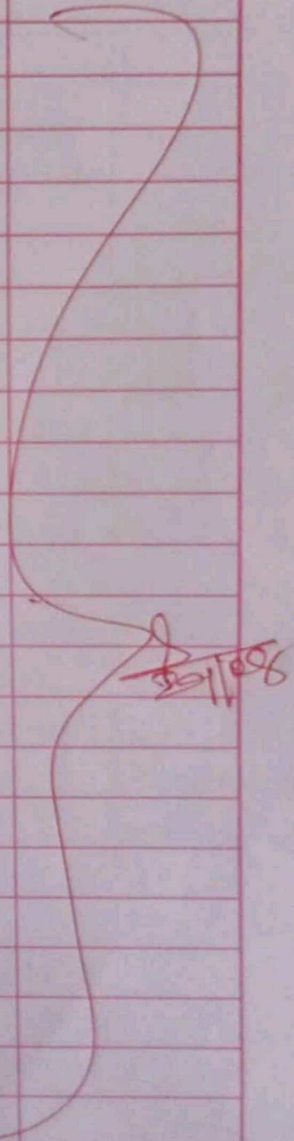


I N D E X

SR. NO.	Experiment Description	Experiment Date	Submission Date	Remarks/Signature
01	Basic structure of indian knowledge system • Introduction • Vedas & its type • Upvedas & its type • Vedangas & its type • Upanga & its type	08/05/2023	29/08/2023	
02	Modern Science of indian knowledge system. • Introduction • Branches of modern science. • Modern Science & technologies in India	21/07/2023	29/08/2023	
03	Yoga & Holistic Health care • Introduction • Meaning & importance • Elements of yoga	25/08/2023	29/08/2023	

I N D E

01] Basic Structure of Indian Knowledge System

①

Introduction

Indian traditional knowledge systems are confusions through the cultures of various communities. They are also called indigenous systems made upon by versatile people of their diversified habits on foods, dresses, languages, living styles and therapeutic methods in health care.

India's traditional cultures have already been validated and well accepted by various science communities and research organizations world wide.

The systems and their protocols are gradually becoming more popular because of distinguished ancient and current knowledge innovations, benefits and traditional beliefs.

More importantly, India is the motherland of conventional therapies such as Ayurveda, Naturopathy, Yoga and nutrition. These are the alternatives therapeutic approaches by the India & Indian therapeutics who are natural and reliable source.

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of multivitamins, minerals in addition to other nutrients that are to protect and boost the immune systems.

Hence, India's indigenous knowledge and culture in perspective of Ayurved, Nutrition and yoga have been playing significant roles in various healing processes and human values. Knowledge is very important for survival of organization. Historically, employees have gathered knowledge through trial-and-error method or by working as an apprentice under a tenured knowledge employee.

Basic Structure:-

(1) Vedas:-

It is well-known that the vedas are the oldest surviving literary works in the whole world. The vedas are also sometimes referred to as trays. Since there are three types of mantras in the vedas. The vedas, meaning "knowledge" are the oldest texts

(3)

of Hinduism. They are derived from the ancient Indo-Aryan culture of the Indian subcontinent and began as one oral tradition that was passed down through generations before finally being written in Vedic Sanskrit b/w 1500 & 500 BCE (Before common Era)

There are four types of Vedas:-

<i>(i) Rigveda (ऋग्वेद):-

It is the oldest among all the four Vedas and it is the earliest text of the Indo-European languages. It comprises 10 books, also known as Mandala which consists of 1028 hymns in about 10,000 verses.

The Rigveda consists of the collection of prayers offered to various gods such as Agni, Indra, Mitra, Varuna etc.

<i>(ii) Yajur Veda:- (यजुर्वेद)

It is the second of four Vedas and is known as the book of rituals. It consists of recitations, mantras, chants and rituals worship services.

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It consists of 40 adhyayas and 1875 verses, most of which are developed from the verses of Rig veda. It was composed about one or two centuries after the compilation of the Rig veda. It was composed back to 100 to 800 BCE.

It is divided of two types: (a) white Yajur veda (b) Bright Yajur Veda.

⟨iii⟩ Sama Veda: (सामवेद)

It is referred to as the veda chants and are believed to be compiled during 1200 or 1000 BCE. It is the shortest of all the four veda. It consists of 1549 verses most of which taken from the Rig veda.

It was compiled exclusively to serve ritualistic purposes.

⟨iii⟩ Atharva Veda (अथर्ववेद):

It is the fourth and final veda and is widely referred as the veda of magic formulae. It dates back to 1000 to 800 BCE. It consists of 730 hymns with 600 mantras, which are

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divided into 20 books over 12000 verses in Atharva Veda were derived from the Rig Veda

* Upvedas (उपवेद)

In Hinduism the term upveda or upved refers to traditional sciences / technical literature which have no connection whatever with the Sudi or revealed Veda. The four upvedas are:-

(i) Dhanurveda (धनुर्वेद):-

→ It refers to the science of warfare and is associated with Yajur Veda.

(ii) Gandharvaveda: (गन्धर्ववेद)

→ It deals with various aspects of aesthetics including art - forms like music, dance, poetry, sculpture, erotica etc. It is associated with Samveda.

(iii) Ayurveda (आयुर्वेद):-

It is the science of health & life and is associated with Atharvaveda.

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(iii) Ayurveda (आयुर्वेद):-

It is the science of health & life and is associated with Atharvaveda.

(iv) Athahasastya (अथशिक्षा) :-

→ It deals with public administration, governance, economy and polity. It is associated with Atharvaveda.

(v) Atthapatyaveda (अथपत्यवेद) :-

It relates with engineering and architecture. It is also associated with Yajur Veda.

* Vedangas (वेदाङ्ग)

The vedanga are six auxiliary disciplines of Hinduism that developed in ancient times and have been connected with the study of the Vedas.

(i) Siksha (शिक्षा) :-

This auxiliary discipline has alphabet, accent, quantity, stress, melody and rules of euphonic combination of words during a Vedic recitation.

(ii) Kalpa (कल्प) :-

This field focused on standardizing procedure for Vedic rituals, rites of passage rituals associated with major life.

iii) Nisukta (निरुक्त):~

This auxiliary discipline has focused on linguistic analysis to help establish the proper meaning of the words.

iv) Vyakarana (व्याकरण):~

This auxiliary discipline has focused on the rules of grammar & linguistic analysis to establish the exact form of words & sentences to properly express ideas.

v) Jyotisha (ज्योतिष):~

This auxiliary vedic discipline focused on time keeping.

vi) Chhandas (छन्द):~

→ This auxiliary discipline has focused on the poetic meters including those verse & those based on fixed numbers of metre per verse.

* UPANISHA (उपाङ्गः)

The sub-mouldings of the plinth are called by the name Upangas. It is commonly used in the construction of an adhisthana.

These are four types of upangas:-

- (i) Dharma Sastras (धर्मशास्त्र):- It includes Samgitis and the four Sutras - Dharma Sutra, Ushya Sutra, Sulba Sutra and Itara Sutra. It includes Mahabharata, Sankhya, Yoga, Pashupat, Vaishnava etc.
- (ii) Mimamsa (मीमांसा):- It is a darshana has two parts - purva mimamsa & uttara mimamsa. It includes Shanksha kand, upasana kand, Vedanta etc.
- (iii) Purana (पुराण):- These are 18 Maha puranas and 18 upasanas. They also speak of three levels of allegories - terrestrial astronomical, and spiritual. Such purana are Matsya, Bhagwat, Vishnu, Bhavishya, Agni etc.

(9)

वेद

ऋग्वेद

यजुर्वेद

सामवेद

अथर्ववेद

उपवेद

धनुर्वेद

आयुर्वेद

अथशास्त्र

सत्राल्यवेद

गंधर्ववेद

वेदाङ्ग

शिक्षा

कल्प

निरुक्त

व्याकरण

ज्योतिष

छन्द

उपाङ्ग

धर्मशास्त्र

मीमांसा

पुराण

तर्कशास्त्र (न्याय)

[02] Modern Science & Indian Knowledge System:-

(10)

Introduction:-

'knowledge' as a category embraces a large and wide spectrum of domains of knowledge has evolved with the evaluation of human kind and depending on their ecological contexts, knowledge and cultures have evolved. Attempting to separate a specific domains as a 'knowledge system' within any particular national or cultural context is fraught with problems. The task is complicated further when one examines works that use an all-embracing term like 'Indian knowledge systems'. The essence of Indian knowledge and tradition in which they differ from 'modern sciences' like physics. Two statements, one is relation to nature and the other a reference to modern physics could illustrate the trajectory of thinking in this contribution by world. However, proceeds to lay considerable emphasis on how to tradition in oral culture".

Modern Medicinal Science in India:-

The modern medicinal science & Indian wisdom and knowledge-able piece, once more showing the different b/w those who are also practitioners and those who are just hacks who perfunctory on Indian knowledge, culture & tradition with all the differences b/w Western and Indian traditions in science, in the realm of health sciences, refers to the 'reductionism' of modern or Western science.

Branches of Modern Science:-

Science is commonly divided into three major branches:-

- (i) Natural Science
- (ii) Social Science
- (iii) Formal Science

Each of these branches comprises various specialized yet overlapping scientific disciplines that often possess their own nomenclature and expertise. Both natural and social science are empirical sciences.

their knowledge is based on empirical observation and is capable of being tested for its validity by other are sometimes described as applied science. The relationship b/w the branches of science are summarised by following:-

(i) Natural Science:-

It is study of the physical world. It can be divided into two main branches (a) Life science (b) Physical science.

(ii) Social Science:-

It is the study of human behaviour and functioning of societies.

(iii) Formal Science:-

It is an area of study that generates knowledge using formal systems. It includes mathematics, systems theory and theoretical computer science.

(iv) Applied Science

It is the use of the scientific method and knowledge to attain practical goals and includes a

board of disciplines such as engineering and medicine.

* Modern Science & Technology in India:

present day scholarship on science from points such as sociology, epistemology on historiography are mostly based on the assumption that western science in its modern phase in the paradigm for a "scientific knowledge system."

Research on traditional knowledge by science in its modern phase is the institutions is not a new phenomenon.

If we were to accept the criterion it is knowledge systems identical unlikely that we shall discover scientific knowledge in any other tradition science we do not find any knowledge system identical with the modern western knowledge system anywhere.

03 Yoga & Holistic Healthcare (14)

Introduction:-

Perfect health is the way of attainment of peace and happiness. The concept of yoga and holistic health is becoming popular in last few decades in modern medicine, but it existed in traditional healing method from ages.

The present paper discuss the yogic perspective of holistic health and wellness. It describes the concept of "five sheaths of existence" and yogic practices to take care of well being in physically fitness, mental agility and spiritual verve. Yoga is curative, preventive science of health and wellness which encompasses all aspects of life. we must understand and practice yoga to achieve holistic health and wellness.

Achievement of complete health & disease-free life can help the attainment of the ultimate goal of human life: peace & happiness. Individuals subjectively experience the

the feeling of happiness and satisfaction. This affective reaction of satisfaction is not necessarily related to material gain or objective conditions of life.

The practice of the ancient science of yoga is a tremendous gift from our Indian culture. Only in the late nineteenth century, we have begun to understand the vast potential and health benefits of yoga.

Yoga is becoming popular among all: Restless, Sick or Healthy. It is not only keeps one comfortable, fit and beautiful but also improves memory, intelligence and creativity.

YOGA:-

Meaning & Importance:-

Yoga is very important for every person and it is a ideally suited to prevent physical & mental illness and to protect the body generally developing self and invincible sense reliance and

Assurance by its very universal laws for respect for life, truth & patience are all indispensable factors are drawing of quit breath in calmness of mind and firmness of will.

The art of practicing yoga helps in controlling an individual's mind, body & soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety & keeps you relaxing. It also helps in increasing flexibility, muscle strength & body tone.

Elements of Yoga:-

In the yoga sutras of Patanjali; there are 8 elements of the yoga path. Patanjali is a pure science of collection. The physical yoga practice the asana element is the only one of the 8 elements of the yoga path. The 8 elements of the the yoga path are:

- (i) Yama
- (ii) Niyama
- (iii) Asana
- (iv) Dharana
- (v) Dhyana
- (vi) Pranayama
- (vii) Samadhi
- (viii) Pratyahara

Yoga Perspective & Holistic and wellness:-

The preamble of World Health Organization, 1946, defines health positivity, as complete physical, mental and social well being, not merely negatively as the absence of disease or infirmity. This statement has included the ability to lead "a socially and economically productive for all." This definition structures health as a continuum. In other words, the wellness and illness are not two discrete entities as commonly understood but a continuous function indicating the state of well being.

Holistic Health Benefits of Yoga:-

Yoga is often misunderstood as being limited to asanas or poses, and its benefits are only perceived to be at the physically, mentally, emotionally and spiritually.

- (1) Yoga for all around fitness.
- (2) Yoga for better posture, flexibility and joint health.
- (3) Yoga for weight loss.
- (4) Yoga improves cardiovascular health.
- (5) Yoga to increase energy.
- (6) Yoga to inner peace and

104 Case Studies

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Introduction:-

A case study is an in-depth study of one person, group or event. In a case study, nearly every aspect of the subjects life and history is analyzed to seek patterns and causes of behavior. Case studies can be used in a variety of fields including psychology, medicine, education, anthropology, political science and social work.

The hope is that learning gained from studying one case can be generalized to many others. Unfortunately, case studies tend to be highly subjective and it is sometimes difficult to generalize results to a larger population.

Benefits & Limitations:-

A case study can have both strengths and weakness. Researchers must consider these pros and cons before deciding if this type of study is appropriate for their needs.

one of the greatest advantages of a case study is that it allows researchers to investigate things that are often difficult impossible to replicate in a lab.

Some other benefits of a case study:-

- (i) allows researchers to collect a great deal of information.
- (ii) Give researchers the chance to collect information on rare or unusual cases.
- (iii) Allows researchers to develop hypotheses that can be explored in experimental research.

On the negative side, a case study:-

- (i) Cannot necessarily be generalized to the larger population.
- (ii) Cannot demonstrate cause and effect.
- (iii) May not be scientifically rigorous.
- (iv) Can lead to bias.

Types of Case Studies:-

There are a few different types of case studies that psychological and other researchers might utilize:-

<i> Collective Case Studies:-

These involve studying a group of individuals. Researchers might study a group of people in a certain setting or look at an entire community of people.

<ii> Descriptive Case Studies:-

These are often used to do causal investigations. In other words, researchers are interested in looking at factors that may have actually caused certain things to occur.

<iii> Exploratory Case Studies:-

These are sometimes used as a prelude to further, more in depth research. This allows researchers to gather more information before developing their research questions and hypotheses.

(iv) Instrumental Case Studies:-

These occur when the individual or group allows researchers to understand more than what is initially obvious to observed.

(v) Intrinsic Case studies:-

This type of case study is when the researcher has a personal interest in the case.

★ How to write a Case studies:-

There are also different methods that can be used to conduct a case study, including prospective and retrospective case study methods.

prospective case study methods are those in which an individual or group of people is observed in order to determine outcome. For example, a group of individuals might to observe the progression of a particular disease.

Retrospective case study methods involve looking at historical information. For example, researchers might start with an outcome, such as a disease, and then look ~~the~~ way backward to look at information about the individuals have contributed to the onset of the illness.

