

CERTIFICATE COURSE IN
Ancient Indian Wisdom
Course Code (AIW 101CC)

Topic

UNIT-I

- (i) Spirituality and Religions.
- (ii) Sarva-dharma-sambhav.
- (iii) Religions, Happiness and Good life.

UNIT-II

- (i) A brief introduction to Ancient Indian Philosophy.
- (ii) Vedant Philosophy and Essence of the *Bhagvad Gita*.
- (iii) Buddhist Philosophy: Panchsheel, Four Noble Truths, Three *yanas*.

UNIT-III

- (i) Introduction to Yoga: A brief study of Bahiranga-Yoga and Antranga-Yoga of Patanjali.
- (ii) Nalanda Monastery and its Traditions.
- (iii) Sheel, Samadhi, Prajna.
- (iv) Introduction to Jain Philosophy: A brief study of Sapta-bhangi-naya.

UNIT-IV

- (i) Ancient Indian Sciences: Ayurveda, Vastusastra and Vedic Mathematics).
- (ii) Contribution of Indian knowledge to humanity.