**Lesson Plan**

**Subject : Essence of Indian Traditional Knowledge**

Lesson plan Duration : 15 Weeks

Work load (lecture/Practical) per week (in hours): Lectures:3 hours

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| **Lecture No** | **Theory** |
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| 1 | Basic structure of Indian Knowledge system |
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| 33 | Modern science and Indian knowledge system |
| 34 | Yoga and Holistic Health care |
| 35 | Yoga and Holistic Health care |
| 36 | Yoga and Holistic Health care |
| 37 | Case studies |
| 38 | Case studies |
| 39 | Case studies |
| 40 | Case studies |
| 41 | Case studies |