ACIE

IIKC- Incredible Indian Knowledge and Culture

Hours of instructions:60 hours

No. of credits:2

Course Objectives:

- To introduce Indian knowledge and culture to international learners
- To understand the traditional practices of India

  To appreciate the incredible culture and tradition of India.

Unit 1	**Indian History, Education and Knowledge system** • **Brief History of Indian Education**: Explore the impact of culture on ancient Indian education, particularly through the Gurukula system. • **Educational Philosophies and Their Impact**: Delve into Idealism, Pragmatism, Existentialism, Eclecticism, Progressivism, and Analytical Philosophy. • **Philosophies of Eminent Educationists**: Study the educational philosophies of Swami Vivekananda, Rabindranath Tagore, Aurobindo, and Mahatma Gandhi. • **A Brief History on Education of People with Disabilities in India**: Examine the evolution of educational opportunities for individuals with disabilities in India.	5
Unit 2	**India's Cultural and Architectural Legacy** • I**ndian Culture, Architecture, and Heritage Sites**: • **Cultural Exchange Through the Ages**: Examine the interactions between India, Central Asia, and the Western world across history, focusing on the causes, significance, and modes of cultural exchange through traders, teachers, emissaries, missionaries, and gypsies. • **Indian Influence in South East Asia**: Explore the characteristics and spread of Indian culture in South East Asia. • **Geography and Culture**: Understand how geography has shaped Indian culture. • **Society in India Through the Ages**: • **Ancient Period**: Study the concepts of varna and jati, family and marriage systems, and the position of women in ancient India.	5

	• **Contemporary Period**: Delve into the caste system and communalism in modern India. • **Religion and Philosophy in India**: • **Ancient Period**: Learn about Pre-Vedic and Vedic religions, Buddhism, Jainism, and Indian philosophies such as Vedanta and Mimansa. • **Indian Art & Architecture**: • **Historical Schools of Art**: Explore the Gandhara and Mathura schools of art. • **Architectural Styles**: Study Hindu temple architecture, Buddhist architecture, medieval architecture, and colonial architecture.	
Unit 3	**Traditional Indian Artistry and Attire** • **Introduction :** Significance of Crafts and Costumes in Indian Culture • **Traditional Indian Crafts** • **Painting**: Miniature paintings, Madhubani, Warli, Kalamkari, etc. • **Metal Work**: Brass, copper, bronze artifacts, and jewelry. • **Wood Carving**: Intricate designs and regional styles. • **Embroidery**: Zardozi, Chikankari, Kantha, and more. • **Textiles**: Handwoven, dyed, and printed textiles such as Bandhani, Ikat, Kalamkari, etc. • **Evolution of Indian Costumes** • **Ancient Period**: Early forms of clothing in India. • **Medieval Period**: Influence of various dynasties and cultures. • **Modern Period**: Changes in clothing with colonial influence and post-independence. • **Regional Costumes of India - Northern India**: Costumes of Punjab, Haryana, Himachal Pradesh, etc.**Southern India**: Traditional attire of Tamil Nadu, Kerala, Karnataka, etc. **Eastern India**: Clothing from West Bengal, Odisha, Assam, etc.**Western India**: Dress styles in Gujarat, Rajasthan, Maharashtra, etc. **Northeast India**: Unique traditional costumes of the seven sister states.	5

Unit 4	Indian Culinary Heritage and Health – • **Introduction -**Overview of Indian Culinary Heritage -Importance of Food in Indian Culture • **Historical Development -**Evolution of Indian Cuisine Through the Ages, Influence of Invaders and Trade on Indian Food • **Regional Cuisines-** North Indian Cuisine, South Indian Cuisine, East Indian Cuisine, West Indian Cuisine, Cuisine of the Northeast • **Traditional Indian Diets-** Ayurvedic Diet Principles, Sattvic, Rajasic, and Tamasic Foods, Seasonal and Regional Dietary Practices • **Health Benefits of Indian Foods-** Spices and Their Medicinal Properties, Common Indian Ingredients and Their Health Benefits, Role of Lentils, Grains, and Vegetables in a Balanced Diet • **Indian Culinary Techniques -** Traditional Cooking Methods, Preservation Techniques: Pickling, Fermentation, Drying • **Indian Beverages -**Herbal Teas and Infusions, Traditional Drinks: Lassi, Chai, Thandai • **Ayurveda and Food-** Principles of Ayurveda and Their Application in Cooking, Diet According to Doshas (Vata, Pitta, Kapha), Therapeutic Uses of Food in Ayurveda • Modern **Adaptations -**Contemporary Indian Cuisine, Fusion Foods, Health Trends and Dietary Changes. The Continued Importance of Culinary Heritage in Modern India, Preservation of Traditional Practices, • Ayurveda **and Food** • Principles of Ayurveda and Their Application in Cooking • Diet According to Doshas (Vata, Pitta, Kapha) • Therapeutic Uses of Food in Ayurveda • **Modern Adaptations** • Contemporary Indian Cuisine • Fusion Foods • Health Trends and Dietary Changes	5

	• **Conclusion** • The Continued Importance of Culinary Heritage in Modern India • Preservation of Traditional Practices	
Unit 5	**Indian Music** - Fundamentals of Carnatic Music- Outline knowledge of Svara, Raga and Tala systems, technical terms in Carnatic music and Musical forms.	5
Unit 6	**Indian Cinema and Folk Media** Indian Cinema – Silent Era, The Talkies, Golden Age of Indian Cinema, New Wave of Indian Cinema. Political, social, and economic factors that have shaped Indian Cinema. Why Indian Cinema is so different – costumes, dialogues, songs, etc. Folk Media in India – Types and its importance-Folk media for development and social change.	5
	Total hours	30

Exposure visits/workshop

Activity 1	Visit to a selected school offering traditional education system	5
Activity 2	Visit to selected Heritage Sites	5
Activity 3	Workshop on traditional art & craft	5
Activity 4	Visit to an Indian Cuisine Visit to a traditional medicinal Research Centre	5
Activity 5	● Visit to an traditional art emporium / co-operative unit / clusters /weaving units ● Workshop on Indian classical music	10
	Total hours	**30**

Unit 1	Understand the roots of Indian Education
Unit 2	Inculcate knowledge on culture, architecture and heritage site
Unit 3	Understand and identify the ancient Indian crafts and costumes
Unit 4	Knowledge on ancient medicinal practices and food for healthy living
Unit 5	Understand the basics of Carnatic Music and the salient features of Indian Music

Reference Books:

1. Aggarwal, J.C.&Noushad, H. (2016). Socio –Philosophical Perspectives of Education,
   New Delhi: ShipraPublishers Biswal, U. N. (2005). Philosophy of Education. New Delhi: Dominant Publisher.
2. Dhawan, M. (2007). Philosophy of Education. New Delhi: Isha Books.
3. Ghosh, S. (2009). Education in Emerging Indian Society. New Delhi: PHI Learning Pvt.Ltd.
4. K.K. Bhatia and C.L.Narang 1988. Principles of Education (Methods and Techniques) Parkas Brothers, Educational Publishers, Ludhiana
5. Mohanty.J(1984) Indian Education in the emerging Society, Sterling Publishers Pvt.Ltd., New Delhi
6. Ravi,S.S. (2015). Philosophical and Sociological Bases of Education, Delhi: PHI Learning PrivateLtd.
7. Seetharamu, A. (2008). Philosophies of Education. New Delhi: APH PublishingHouse.
8. Siddiqui, M. (2008). Philosophical and Sociological Foundations of Education. New Delhi: APH Publishing Corporation.
9. Swaroop Saxena & Sanjay Kumar (2016).Philosophical and Sociological Foundations of Education, Meerut: R.Lall Book Depot.
10. Anutosh Neeraj Rao (2024), A Journey through Indian Art & Culture for UPSC Civil Services and State Services Examinations Kindle Edition, Wiley Publisher
11. Ambika C. Chandankeri (2024), Art And Culture of India, 1st Edition, Current Publication
12. Nithin Singhania (2023) Indian Art and Cultutre, 5th Edition, McGraw Hill Edge, India
13. Pattanaik Devdutt (2021) Indian Culture, Art and Heritage, First Edition, Pearson Education India
14. P. K. Agrawal (2019), Indian Culture and Art and Heritage,Books, Smart Premium Books, India
15. Madhukar Kumar Bhagat (2019), Indian Heritage, Art and Culture (Preliminary & Main) 2nd edition , G. K.Publications (Private Limited), India.
16. Karolia, A. (2019), Traditional Indian Handcrafted Textiles: History, Techniques, Processes, Designs, Niyogi Books, India.
17. Ranjan,M.P (2009) Handmade in India, A Geographic Encyclopedia of Indian Handicrafts, Abbeville Publishing Group, USA.
18. Ritu Kumar, (2016). Costumes and Textiles of Royal India, Antique Collectors' Club, California.
19. Dr. Amritpal Singh (2023) A Textbook of Traditional Medicine AITBS Publisher ISBN: 9789374736494 1st Edition - 2023 ; Pages: 296

20. Anurag Mathur, Prof. Agam Prasad Mathur, Hon. Subrata Roy Sahara (2017),(PrefaceIndian Culture & Heritage (Volume-I): Indian Culture, History, Heritage, Arts, Architecture & Tourism (Indian Culture & Heritage Series Book Book 7)
21. Mohammed Al-Khusaibi, Nasser Al-Habsi and Mohammad Shafiur Rahman (2019) Traditional Foods - History, Preparation, Processing and Safety , Springer
22. Andrea Pieroni (2006) Eating and Healing Traditional Food As Medicine – Ebook ISBN(s): 9781560229834,1560229829
23. Ronald F. Schmid ND (2000) Traditional Foods Are Your Best Medicine: Improving Health and Longevity with Native Nutrition
24. Prof.P.Sambamoorthy(2001) South Indian Music (VOl.1,2,and 3) IndianMusic Publishing house Chennai
25. Dr.K A Pakkirisamibharathi The Treasure of Indian Music (2012) Gurukulam Academy Chennai

Course handling Staff members:

1. Dr. V. Mrunalini, Assistant Professor, Department of Special Education
2. Dr. Sreeja Balakrishnan, Assistant Professor , Department of English
3. Dr. R.Sunitha,R, Assistant Professor, Department of tectiles and Fashion Apparel
4. Dr. N. Rekha, Assistant Professor, Department of Food Service management & Dietetics
5. Dr. N. Nandini, Assistant Professor, Department of Music
6. Dr. E. Indira, Assistant Professor , Department of Visual Communication