



Inviting Expression of Interest for Developing Non-Technology PG MOOCs for SWAYAM

University Grants Commission

Applicant's Name: Dr Mala Tripathi

Course Coordinator Details:



Name: Dr Mala Tripathi	
E-mail: malatripathi@srhu.edu.in	Phone No: 8527857780
Nature of Employment: Permanent	Designation: Assistant Professor
Working Address: School of Yoga Sciences, Swami Rama Himalayan University, Dehradun, City: Dehradun, State: Uttarakhand	

Teaching Experience (in year): 11	Research Experience (in year): 5
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Experience in developing e-Content/MOOCs: No

Institution Details:

Affiliated Institute: Swami Rama Himalayan University
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Course Details:

Course Name: Indian Knowledge Systems (IKS) and Environment		
Medium of Instruction: UG	Category (Applicant): Private Institute	Nature of Course: Core
Type of Course: Credit	Course Credit: 2	Course Duration(week): 10
NCRF Level: 5		
Subject/Discipline : Multidisciplinary		
Programme Aligned to: All undergraduate programmes		
<p>Course Outline: This course explores the deep interconnection between Indian Knowledge Systems (IKS) and environmental consciousness through philosophical, spiritual, and practical lenses. It begins with the Vedic understanding of Pancha Mahabutahs (five elements) and their role in maintaining ecological balance, followed by Vedic environmental ethics such as Rta, Dharma, and Yajna. Yogic texts like the Patanjali Yoga Sutras and Hatha Yoga Pradipika offer ecological values through Ahimsa, Aparigraha, and purity principles. The course also draws from Smritis, epics like the Ramayana and Mahabharata, and the Bhagavad Gita, emphasizing equanimity and respect for nature. Ayurveda's ecological foundations, the spiritual reverence for natural elements in the Vedas, and climate-sensitive principles in Vaastu Shastra are also covered. Practical aspects include traditional practices of Shatkarma, Asanas, Pranayama, Mudras, and meditation for holistic well-being. The course highlights the sustainability principles advocated by visionaries like Swami Vivekananda and Shri Aurobindo. The final modules focus on indigenous agricultural, irrigation, water management, and architectural practices, showcasing harmony with nature. It concludes by examining biodiversity preservation through sacred groves, ethnobotanical traditions, and the influence of IKS in contemporary environmental movements such as Chipko and the Bishnoi tradition, reinforcing the relevance of IKS in modern sustainability discourse.</p>		

