

AMBALA COLLEGE OF ENGINEERING AND APPLIED RESEARCH

DEPARTMENT OF ELECTRONICS AND COMMUNICATION

Name of Faculty: Ms. Nisha	Semester:4th
Subject: EITK (B24-MAC-202)	
Lesson Plan Duration: 15 Weeks (Jan-june 2026)	Work Load Per Week: L-3, T-0, P-0

LECTURE PLAN

Week	Theory	
	Lecture Day	Topic (including Assignment /Test)
1 st	1 st	Introduction to indian traditional knowledge
	2 nd	Define traditional knowledge
	3 rd	Importance of traditional knowledge
2 nd	4 th	Kinds of traditional knowledge
	5 th	Philosophical system
	6 th	Assignment I/ Test I
3 rd	7 th	Basics of Rajyoga
	8 th	Benefits of rajyoga
	9 th	Basics of Karmayoga
4 th	10 th	Benefits of Karmayoga
	11 th	Case Study I
	12 th	Concepts of holistic health
5 th	17 th	Holistic health using indian knowledge system
	18 th	Basic principles of natural life system
	19 th	Benefits through five elements
6 th	20 th	Healing through food
	21 st	Chakras and mudras
	22 nd	Physical and mental health
7 th	19 th	Emotional and spiritual health using traditional knowledge
	20 th	Positivity: Traditional approaches
	21 st	Happiness: objective and subjective measures of wellbeing
8 th	22 nd	Life satisfaction

	23 rd	Revision
	24 th	Resilience
9 th	25 th	Self-regulation and self-control
	26 th	Optimism and self-esteem
	27 th	Managing thoughts and emotions with the help of rajyoga
10 th	28 th	Achieving powers for self mastery
	29 th	Achieving consciousness through indian knowledge system
	30 th	Emotional intelligence
11 th	31 st	Indian approach to psychology
	32 nd	Case Study II
	33 rd	Test II
12 th	34 th	Consciousness
	35 th	Assignment III/ Test III
	36 th	Levels of Consciousness
13 th	37 th	Body-mind relationship
	38 th	Case Study III
	39 th	Revision
14 th	40 th	Self motivation
	41 st	Self and identity in modern psychology
	42 nd	Self and identity in indian thought
15 th	43 rd	Spirituality and well being
	44 th	Revision
	45 th	Case Study IV

Prepared By:

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