

## **18CUL101 CULTURAL EDUCATION I 2 0 0 2**

### **Unit 1**

Introduction to Indian Culture - Introduction to Amma's life and Teachings - Symbols of Indian Culture.

### **Unit 2**

Science and Technology in Ancient India - Education in Ancient India - Goals of Life – Purusharthas - Introduction to Vedanta and Bhagavad Gita.

### **Unit 3**

Introduction to Yoga - Nature and Indian Culture - Values from Indian History - Life and work of Great Seers of India.

### **TEXTBOOKS:**

1. *The Glory of India (in-house publication)*
2. *The Mother of Sweet Bliss, (Amma's Life & Teachings)*

## **18CUL111 CULTURAL EDUCATION II 2 0 0 2**

### **Unit 1**

1. Relevance of Sri Rama and Sri Krishna in this Scientific Age
2. Lessons from the Epics of India
3. Ramayana & Mahabharata

### **Unit 2**

4. Who is a Wise Man?
5. A Ruler's Dharma
6. The Story of King Shibi

### **Unit 3**

7. Introduction to the Bhagavad Gita
8. Bhagavad Gita – Action without Desire

### **Unit 4**

9. Role and Position of Women in India
10. The Awakening of Universal Motherhood

### **Unit 5**

11. Patanjali's Astanga - Yoga System for Personality Refinement
12. Examples of Heroism and Patriotism in Modern India

### **TEXTBOOKS:**

- Common Resource Material II (in-house publication)*  
*Sanatana Dharma - The Eternal Truth (A compilation of Amma's teachings on Indian Culture)*