

Courses

Themes and Course Titles for IKS Research Institute:

Theme 1: Embodiment and Wellbeing: Yoga, Ayurveda, and the Holistic Path to Harmony

A. Yoga:

1. *Unfolding the Hatha Yoga: Traditional Hatha Yoga for overall well being*
2. *Unfolding Svara Yoga: Tantric School of Breath*
3. *Breath is the Bridge: Pranayama Techniques for Energy Activation and Stress Management*
4. *Yoga for All Abilities: Adaptive Practices for Inclusivity and Wellbeing*
5. *Traditional Meditations: Meditative Practices across IKS*
6. *Yoga Nidra: The Art of Yogic Sleep for Deep Relaxation and Mental Rejuvenation*
7. *Bhagavad Gita: Divine Chants and Philosophy*
8. *Yoga Sutras: Beginners to intermediate(Level 1)*
9. *Yoga Sutras: Intermediate to advanced (Level 2)*
10. *Sankhya Karika: The Science of Consciousness*
11. *Trika Darshana: The Threefold Path to Liberation*
12. *Nyaya Darshana: The Science of Logic*
13. *Vaisheshika Darshana: Frameworks for Understanding the Physical World*
14. *Vedant Darshana: Journey to Self-Realization*
15. *Mimansa Darshan: Guide to Understanding the Vedas*
16. *Jaina Darshana: Jaina Way of Life*
17. *Bauddha Darshan: Bauddhist Way of Life*

B. Ayurveda:

1. *Discover Your Dosha: Ayurvedic Constitution and Personalized Wellness Strategies*
2. *The Power of Ayurvedic Plants: Exploring Ayurvedic Herbs and their Therapeutic Applications*

3. *Ayurvedic Marma Therapy: Understanding Energy Points and Self-Massage Techniques*
4. *Dinacharya and Ratricharya: Ayurvedic Daily Routines for Optimal Health and Sleep*
5. *Panchakarma: The Ayurvedic Detoxification and Rejuvenation Process*
6. *Yoga and Ayurveda for Longevity: Ancient Secrets for Healthy Aging*
7. *Ayurvedic Beauty Rituals: Natural Skincare and Haircare Practices for Inner and Outer Glow*
8. *Ayurveda for Chronic Conditions: Managing Stress, Anxiety, and Pain with Natural Methods*
9. *Creating an Ayurvedic Home: Optimize your Environment for Wellbeing*
10. *Ayurveda in the Kitchen: Nourishing with Dosha-Specific Recipes and Cooking Techniques*

Theme 2: Decoding the Cosmos: Jyotish and the Science of Vedic Astrology

A. Jyotish:

1. *Mapping Your Destiny: Unveiling the Secrets of Your Birth Chart*
2. *Planetary Influences: Understanding the Role of Sun, Moon, and Planets in your Life*
3. *Karma and Free Will: Navigating Life's Challenges with Jyotish Guidance*
4. *Predictive Techniques: Horary Astrology for Answering Specific Questions*
5. *Vedic Numerology: Unveiling the Hidden Meanings in Numbers and Dates*
6. *Jyotish and Relationships: Understanding Compatibility and Finding Harmony*
7. *Career Guidance through Jyotish: Aligning your Path with your Dharma*
8. *Jyotish and Mundane Astrology: Understanding Global Events and Trends*

Theme 3: Ritual and Transformation: Mantra, Yantra, and the Power of Sacred Practices

B. Mantra and Yantra:

1. *The Power of Mantra: Decoding the Vibrations of Mantras and Chants*
2. *Mantra Yoga: Cultivating Focus and Intention through Mantra Repetition*
3. *Bija Mantras: Seed Sounds for Awakening Specific Energies and Intentions*
4. *Mandalas and Yantras: Unlocking Sacred Geometry for Meditation and Visualization*
5. *Yantra Design and Creation: Expressing your Intentions through Sacred Geometry*
6. *Puja and Offerings: Understanding the Rituals of Hinduism and their Transformative Power*
7. *Tantra: Beyond Pleasure - Exploring Rituals for Transformation and Self-Awareness*
8. *Homa Therapy: The Power of Vedic Fire Rituals for Purification and Manifestation*
9. *Sound Baths and Sound Healing: Immerse Yourself in Vibrational Frequencies for Deep Restoration*
10. *Sacred Indian Spiritual Sites and Pilgrimages: Exploring the Power of Place and Ritual Journeys*

Theme 4: Nature's Wisdom: Traditional Ecological Knowledge and Sustainable Living

Traditional Ecological Knowledge:

1. *Living in Harmony with Nature: Learning from Indigenous Communities' Sustainable Practices*
2. *Traditional Agriculture: Permaculture, Agroforestry, and Organic Farming Techniques*
3. *Ayurvedic Herbalism: Identifying and Growing Medicinal Plants for Personal and Community Use*
4. *Water Management and Conservation: Traditional Wisdom for a Sustainable Future*
5. *Waste Management and Composting: Reducing and Reclaiming Resources in Harmony with Nature*

Theme 5: Storytelling and Wisdom Transmission in IKS:

1. *Vedic Epics and Puranas: Unveiling Ancient Stories and their Enduring Teachings*

2. *Folklore and Oral Traditions: Exploring the Voices and Values of Diverse Communities*
3. *Visual Storytelling: Decoding the Symbolism in Indian Art and Performance*
4. *From Bards to Books: Understanding the Evolution of Knowledge Transmission in India*
5. *Storytelling for Social Change: Utilizing IKS narratives to address contemporary issues*

Theme 6: IKS and the Arts: Creativity and Expression in Harmony

1. *The Divine Dance: Unveiling the Philosophy and Practice of Bharatanatyam*
2. *Music of the Cosmos: Exploring the Soundscapes of Carnatic Music and Hindustani Music*
3. *From Murals to Miniatures: Decoding the Stories Within Indian Visual Arts*
4. *Theatre as Transformation: Exploring the Ritualistic and Social Roles of Indian Drama*
5. *Crafting with Conscience: Sustainable and Ethical Practices in Indian Arts and Crafts*

Theme 7: IKS and Dialogue: Intercultural Exchange and Mutual Understanding

1. *Ayurveda in the World: Exploring the Global Reach and Adaptation of Indian Medicine*
2. *Yoga for All: The Global Phenomenon of Yoga and its Cultural Impact*
3. *Jyotish Beyond Borders: Cross-cultural Perspectives on Vedic Astrology*
4. *From Sanskrit to the World: Exploring the Role of Language in IKS Transmission*
5. *IKS and the Sustainable Development Goals: Collaborating for a Better Future*

Theme 8: IKS and Personal Growth: Tools for Transformation and Wellbeing

1. *Mindfulness and Meditation: Ancient Indian Practices for Modern Life*
2. *Self-Inquiry and Self-Knowledge: Exploring Philosophical Tools from IKS*
3. *Karma and Dharma: Navigating Life's Choices and Responsibilities*
4. *The Power of Rituals: Creating Meaning and Connection through IKS Practices*

5. *IKS and Positive Psychology: Cultivating Flourishing and Meaningful Lives*

Theme 9: Science and Technology in IKS:

1. *Mathematics of the Mystics: Exploring Vedic Mathematics and its Applications*
2. *Ancient Astronomy: Contributions of Indian Astronomers to the Understanding of the Cosmos*
3. *Metallurgy and Material Sciences: Traditional Indian Techniques and Innovations*
4. *Architecture and Engineering Wonders: Unveiling the Scientific Principles Behind India's Temples and Structures*
5. *Traditional Water Systems: Sustainable Water Management Practices from Ancient India*

Theme 10: Language and Linguistics in IKS:

1. *Sanskrit: The Language of Knowledge and its Role in IKS Transmission*
2. *Linguistic Diversity in India: Exploring the Rich Tapestry of Indian Languages*
3. *Language and Philosophy: The Relationship Between Thought and Expression in IKS*
4. *Translation and Interpretation: Challenges and Opportunities in Conveying IKS Across Cultures*
5. *Language Revitalization: Preserving and Promoting Endangered Indian Languages*

Theme 11: IKS and Social Sciences:

1. *Indigenous Knowledge Systems and Social Justice: Empowering Marginalized Communities*
2. *Gender and IKS: Examining Women's Roles and Perspectives in Indian Knowledge Traditions*
3. *Ecology and Sustainability: IKS Insights for Environmental Harmony*

4. *Education and Pedagogy: Innovative Approaches Inspired by IKS*
5. *IKS and Conflict Resolution: Traditional Wisdom for Peacebuilding*

Theme 12: IKS and the Future:

1. *IKS in the Digital Age: Preserving, Disseminating, and Transforming Knowledge Through Technology*
2. *IKS and Global Challenges: Addressing Climate Change, Health Crises, and Social Inequalities*
3. *Future of IKS: Innovation, Integration, and Interdisciplinarity*
4. *Decolonizing Knowledge: Reclaiming Indigenous Voices and Perspectives*
5. *IKS and the Quest for Meaning: Towards a More Harmonious and Sustainable Future*

Theme 13: Mental Health in IKS:

1. *Understanding personality types (Through gunas, varnas)*
2. *Child care: development of child psychology from IKS*
3. *Developing high performer mindset through IKS*
4. *Emotional regulation: Recognising labeling, adjusting emotions from knowledge of IKS*
5. *Developing distress tolerance through IKS*
6. *Interpersonal effectiveness: Navigating conflicts and interacting assertively*
7. *Express Self through art*
8. *Emotions & connections of disease (Understanding behavior emotions & ideas behind your illness & how to change them with IKS)*