



## Vigyanam Curriculum AY 24-25

Theme	Concept	Sub Concept
Shastriya bhaagaH	Tarka SangrahaH	Introduction to Technical Terminologies
		Mangala Shloka, Panca mahabhuta,, Panca indriya, Panca indriya-artha, Panca-indriya-adhiShTaana
		Sandra, Drava, sankhya, Kaala, Dik, manaH, sukha , dukha, iccha, dvesha , prayatna, buddhi, para, apara, dravyam, guNaH
		Names of Subdivisions indriya-artha - Shabd(2), Sparsha(3), Rupa (7), Rasa(6), Gandha(2) Others - buddhi(2), Dik (8), Dravyam (2),
Ayurveda Ayurveda - Introduction to Terminologies, Parampara, Texts	Ayurveda Itihasa	Dravya-Guna Relationship Dravya - nava dravya & the dravyas made out of nava dravya
		Three parampara, the main subject of each parampara
		Fundamentals of Ayurveda (मूलिकसिद्धान्तः )
		Siddhantah - Definition, 6 Main Siddhantas & other important siddhantas,
		loka Purusha Siddhaanta - 6 Dhatus of Purusha (different from 7 Dhatus of Sharira)
		Four padas of Cikitsa
		Few Gunas
		Dravyas - Sthavara(4), jangama(4), Partiva
		Roga Nidanam (disease & its cause) - Paryaya Names of Roga & Nidanam
		Importance of Ayurveda
	Ayurvedic Lifestyle (जीवनपद्धतिः )	Ahara vikara - Khadyam, bhakshyam, lehyam, peyam
		Dinacarya (Daily Routine) Wake up time & early waking benefits Auspicious things to look upon after waking Cleaning of Teeth Tongue Cleaning Looking in the mirror, Combing the hair, Eating Time Ill-effects of not eating when hungry Auspicious things to look upon while eating
		Rutu Carya (Seasonal Routine)
		Sadvruttam (Good Habits) 3 Karanas - Body, mind & Speech Importance of Body care Cleanliness - Importance of Snanam (7 types of Snanam) Vesha bhusha - Types of CLoth, Gems (Nava Ratnas) to wear with benefits Asadvruttam (Bad habits) - related to body Benefits of Good Habits
		Upasthambha - Ahaara & Nidra
		Aahaara & Nidraa as two pillars of the body Aaharaa - Importance of Food (Prana of all Prani) Qualities of Food , Place to eat
		Nidraa Importance of Sleep
		Ojas, Vegah, janapada-uddhvamsaH
		Astronomy - Pg 1, 2
		Physics - Pg 14
Engineering Pg 25		

Science in Sanskrit	Text Book - Science in Sanskrit book by Samskrita Bharati Page number mentioned here - Each page is separate a topic)	Medicine - Pg 83, 85, 86
		Agriculture - Pg 111, 117, 118
		Cosmetics - Pg 124, 125
		Art & Culture - Pg 126 - 130
		Architecture - Pg 136

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Theme	Concept	Sub Concept
Shastriya bhaagaH	Tarka SangrahaH - Definition & Technical terms (Lakshanam, paaribhaaShikapadaani)	'One line definition' Sutras (Eka pankti lakshana suutra)
		Definition of Lakshanam (Lakshanasya lakshanam)
		One line Definition of Panca mahabhuta, catur indriya-artha (except shabda)
		One line definition - buddhi, Atma, manaH, sukha , dukha, iccha, dvesha , prayatna, Dharma, Adharma, dravya, guNa
		Other topics
		Sambhandha - Samavaaya, Samyoga
		Dravya - Guna - Adhaara Adheya sambandhaH (samavaaya)
		Technical Terminologies
		Samyoga, vibhaaga, parimaana( dheerGha, hrasva), tejas(4), abhaava(4)
		Ayurveda
siddhaantaH - bhuta & gunas relation, 5 bhuta in sharira, 6 Rasa, kitta-prasaada (Nutrient & waste)		
Paanca bhautika siddhaantaH - 4 pancakaani (excluding 5 buddhis), names of paanca bhautika dravyam (paarthivam, aapyaam....)		
Loka purusha siddhaantaH - few things in the table (from sarga till maraNam)		
Tri dosha siddhaantaH - 3 doshas, 5 subdivisions of each dosha, dosha-roga relationship (summary & detail shloka), dosha utpatti from 5 bhutas		
Rasa siddhaantaH - rasaartha sabhaa, table showing rishi's difference of opinion in determining number of rasas,		
Guna siddhaantaH - 20 gunas, 3 mahagunaas		
Sapta dhatu - dhatu etymology, sutram giving sapta dhatu names		
malaH - names of dhuushikaadi mala		
Guna-karma of dravya - dravya etymology & importance, 3 types of dravya (based on utpatti), 3 types of dravya (based on cikitsa), useful parts of sthaavara & jangama		
Ayurvedic Lifestyle (जीवनपद्धतिः )	Guna-karma of Rasa - rasayukta dravya	
	deshaH - two types of desha, three types of bhu desha, dhosha adhikya in bhu desha	
	Roga arogya karanam - dhatu samyam & vaishamyam , kala-artha-karma yoga	
	Nidaanam - general meaning of nidaana, need for roga pareekshana (diagnosis)	
	4 padaas of cikitsa - cikitsa as technical terminology, 4 pada shloka	
	Who is aroga ? how to stay healthy (svastha)	
	Dinacarya (Daily Routine) Niyamas to attend Nature's call Abhyanga (oil bath)	
	Snaana - benefits, Hot water snaana, niyamas during snaana, who should not do snaana, after snaana, vasra niyama Bhojanam - full niyamas during bhojanam Dont's during sandhyaa kaala Raatri bhojanam - when & how, after bhojanam After bhojanam & before nidraa	
	Rutu Carya (Seasonal Routine)	
	Sadvruttam (Good Habits) Meaning of the word, Goodness of Sadvruttam 5 types of Sadvruttam Personal (vaiyaktikam) Vastra dharana for Ushna, sheeta, & varshaa kaala Ratna dhaarana(nine gems wearing & uses) Navagraha nava ratna sambandhaH Travel( Yatra kaala sadvruttam) Psychological (maanasaam) Day's review before sleep( Aatmavalokanam) Asadvruttam (bad habits) - body & Speech Benefits of Good habits - 2 shloka	

		<p>Upasthambha - Ahaara &amp; Nidra  Upasthambha meaning (Shloka)  Aahaara  Food without niyama will become ahitha  Things to look at during aahaara  Nidraa  Sukha &amp; dukha based on nidraa  Types of nidra (names)</p>
		<p>Ojas, vegah, janapada uddvamsaH  Vega &amp; roga sambandhaH</p>
Science in Sanskrit	Text Book - Science in Sanskrit book by Samskrita Bharati (Page number mentioned here - Each page is separate a topic)	Astronomy - Pg 12
		Physics - Pg 15, 19, 21
		Engineering Pg 27
		Aeronautics - Pg 32, 33
		Botany - Pg 90, 94, 95, 102
		Agriculture - Pg 105, 106, 112
		Irrigation - 120
		Ecology - Pg 122, 123
		Architecture - Pg 134, 135, 137

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Theme	Concept	Sub Concept	Topics		
T a r k a  S a n g r a h a H	Shastriya bhaagaH	Sutras	Other topic - indriya-arthamahabhuta-sambhandaH		
			Full Definion (purNa lakShaNa suutraaNi)		
			Prithivi to Shabda & Sukha to 'jivasya' (All sutras in the textual order of TarkasangrahaH)		
			'One line definition' Sutras (Eka pankti lakshana suutraaNi)		
			Two types of buddhi (smriti , anubhava), aapta		
			Technical Terminologies		
			All terms related 'buddhi'-guNa		
			Basics - Alternative names of Longevity/Life( Ayuh-paryaaya), samatvam(of dosha, dhatu, agni) is aarogyam, alternative names of 8 ayurveda angaas (ashtaanga paryaaya)		
	Fundamentals of Ayurveda (मौलिकसिद्धान्तः )		siddhaantaH - sarvatantra & pratitantra siddhaantaH		
			Paanca bhautika siddhaantaH - orderly addition of gunas in mahabhutaas, susruta about paanca bhautika, sharira svaruupa, indriya buddhi(5), Kharaadi gunaas of mahabhutaas		
			Loka purusha siddhaantaH - remaining table		
			Tri dosha siddhaantaH - Importance of Vaata-pitta-kapha, etymology of tridosha, gunaas-sthaanaas-special sthaanaas of tridosha, sancaya-kopa-shamanam of tridosha, functions of avikruta dosha		
			Rasa siddhaantaH - Atreya maharshi clears the difference of opinion, proving that rasa are not infinite, general introduction, bala of rasas		
			Guna siddhaantaH - Terminology of Guna, miscellaneous guna( airikta guna)		
			Sapta dhatu - order of dhatu poshanam. Clarity of rasa shabda, sthana of rasa-rakta-medhas-majja-shukra, functions of asthi		
			malaH - etymology of mala & kitta, two kitta of annam		
			Guna-karma of dravya - what are dravyas , terminology of dravya-Guna-karma, 3 types of dravya based on karma		
			Guna-karma of Rasa - rasa lakshanam		
			Veerya-vipaaka-prabhaava - General introduction		
			Prakriti - General introduction, table, psychological nature( maanasa prakriti ) - 3 types (sattva, rajas, tamas)		
			deshaH - separate explanations of 3 types of bhu desha, two types of saadharaNa bhuu desha		
			Roga arogya karanam - Role of heena-mityaa-ati-yoga of kaala-artham-karma in aggravation (prakopanam) of tridosha, heena-mityaa-ati-yoga of indriya artha		
			Nidaanam - 5 components of nidaanam , Cause of Tridoshosha aggravation (prakopanam), primary nidaanam of sarva roga		
			4 paadaas of cikitsa - 4 main gunaas of vaidya, other 6 gunaas of vaidya, Requirements to attain vaidya pada		
			Ayurveda		Dinacarya (Daily Routine) Applying Anjana in the eyes & their benefits, stick to be used to apply anjana , who should refrain from applying anjana Importance of shiro abhyangam (head oil bath), daily applying oil in the ears & its benefits, who should refrain from oil bath Udvartanam (applying chuurnam after oil bath) Before sleep - consuming triphalaadi
					Rutu Carya (Seasonal Routine)
	Sadvruttam (Good Habits)				
	Personal (vaiyaktikam) Etymology of sadvruttam Raatri yaatraa - do's & dont's Yaatraa by ashva, gaja, ratha, shibika & their effects on us (learning ancient transportation system that prevailed) IN general - Do's & Dont's during yaatraa				
Psychological (maanasaam) Qualities of an ideal man (Rasaayana-bhuta-jana-lakshanam)					
Bad habits(asadvruttam) Habits to avoid during bhojanam & adhyayanam					
Ayurvedic Lifestyle (जीवनपद्धतिः )		Upasthambha - Ahaara & Nidra			
		Aahaara Right time for aahaara, niyamas during aahaara kaala Special utensils for special food items (vishista paatram) Analysing the foods that cause benefits to the body-mind-intellect before eating them (hitakara aahaara vicaarah0			
		Nidraa When to sleep Sloka explaining types of nidra lethargy (aalasyam)			

			Ojas, vegah, janapada uddvamsaH Ojas What is ojas, two types of ojas, aparam ojas , ojas according to charaka & sushruta
			Vegah Which vegah should not be controlled Problems due to controlling of nidra-vegah why vegah not to be controlled Vegaah those have to be controlled
			Astronomy - Pg 4, 5, 10
			Physics - Pg 16
			Aeronautics - Pg 28
			Chemistry - Pg 42, 44
			Metallurgy - Pg 45, 47, 50
			Medicine - Pg 72 Botany - Pg 99
Modern Science		Laws of Motion	
		Gravitation	
		Fluid Pressure	
		Solids, Liquids and Gases	
		Gas Laws	
		Cells	Discovery and Observation of Cells Growth, Division, Differentiation, Reproduction Relation between cell functions and whole-body functions
		Fungi and Bacteria	Role as decomposers Food storage and preservation methods Their role in disease and health
		Nutrition and Metabolism	

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Theme	Concept	Sub Concept	Topic	
T a r k a  S a n g r a h a H	Bhasnriya bhaagah	Sutras	Full Definition (purnha lakshana sutraANI) Sutras from 'dravya guna-kama' ... to 'anyonya abhavaSceat'	
			One line definition/ Sutras (Eka pankti lakshana sutraANI) Pratyaksham & 48 other terms related to buddhi	
			Technical Terminologies karaNam, karaNam (3 types of it) Six types of Indriya artha sansaradhita	
			Paramarsha, linga, lingaparamarsha, vyapti, pakshadharmataa	
			Basics - What is sukham aayati, what is hitam aayati, kayachikitsa, kaumara brutyam, bhutavidya, vishavidya,	
			siddhaantah - siddhanta-abhyangama-siddhaanta, samaanyo vishesho siddhaanta	
			Panca bhautika siddhaantah - sarva dravyam paanchabhautikam, lakshanam of paarthivaadi dravyaani (along with guna-kama-table), effects of panca bhautaa in shastra, panca bhautaa saahara nourishing corresponding parts of the body	
			Tri dusha siddhaantah - shhana, karma of different subdivisions of Indriya, II-effects of dusha-mudra, II-effects of dusha-kahaya	
			samaanyo-vishesho-siddhaantah - general effect of samaanya & vishesho (charaka & vagbhata shloka), samaanyo-vishesho-lakshanam, samaanya-vishesho-table	
			Rasa siddhaantah - rasa utpatti from soma (charaka), saandhya about rasa, baghbhatta about rasa utpatti, rasa utpatti table	
	Ayurveda	Fundamentals of Ayurveda मूलप्रश्नः	Fundamentals of Ayurveda मूलप्रश्नः	Guna siddhaantah - samavaya, special guna of panca bhautaa, 41 gunas as per charaka, paramatma guna
				Sapta dhatu - poshana krama of upadhatu, karma of 6 dhatu, svarupa of each dhatu
				malah - mala of each dhatu, karma of each mala
				Guna-karma of dravya - Superiority of dravya, sarva dravya panca bhautika, guna-karma of panca bhautaa
				Guna-karma of Rasa - guna-karma of rasa
				Veerya-vipaka-prabhava -
				Two types of veerya - 4 types of veerya, significance of veerya
				Vipaka - 2 types of it, vipaka according to dravya
				Pratima, karma by rasa-veerya-vipaka
				Prakriti - types of kanya saahika(7), rasajee(6), taamasaj(3) & their lakshanam
Ayurveda	Ayurveda	Ayurveda	desahai - oushadham cultivated in which desha is appreciated, travelling to different desha reduces the roga shakti	
			Roga aranya karaNam - what are hinaadyoga for ruppaadi & their III-effects, asaamyayoga the cause for sensory problems (aindriya-roga)	
			Nishanam - asaamyayam - paatra nusham, nusham	
			4 paadaas of cikitsa - 4 types of upadhatu, oja & dots for vadya, replication of dusha vaidya	
			Basics - need of dhatu-saamyay for swasthya(health), ideas to maintain dhatu-saamyay	
			Dinacarya (Daily Routine)	
			Kama purusa - which dravya & when	
			Benefits of paada abhyanga	
			Udvartanam & udganshanam - (applying churaman after oil bath & without oil bath)	
			Samahanam	
Bhojana kaale - what should not be contemplated when eating, things other bhujanam, any bhiksha should be justified by dhama, spending time after bhujanam				
Nidra - nidraakarana-shanta-doshaa, II-effects of untimely sleep				
Ayurveda	Ayurvedic Lifestyle (आयुर्वेदिक जीवनशैली)	Ayurvedic Lifestyle (आयुर्वेदिक जीवनशैली)	Ritu Carya (Seasonal Routine)	
			Sadvruttam (Good Habits)	
			Need for sadvritta	
			Dhaarmika - dharmic way of doing karma to get sukha, sukham is arogyam, saadhana for trivarga, karma that is not trivarga-saadhana, adharmic way of karma to be avoided, no selling of liquor (exception for vaidya), always golden mean path in dhama	
			Social (saamaajika) - Follow the society, friendship with Good people(sajana), No friendship with wicked, speak good & limited (mitha-mitha-bhaashanam), helping others (paropakaarai), serving the downtrodden(dena-jana-sarva), donation to who ask for it, not everyone as self, prostration to devas & rajas (deva-raja-puja)	
			Psychological (manasam) - things to maintain health of mind, apply sadvritta(services from good-well-wisher), who are (bhakta) good-well-wishers & who are not	
			Asadvruttam (Bad habits) - few social	
			Upashambha - Aahara & Nidra	
			Aahara	
			What to eat & what not to eat daily	
Nidra				
Nidra-doshaa				
III-effects of staying awake in night & sleeping in day-time				
II-effects of untimely sleep				
III-effects of improper sleep & measures to correct it				
Ojas, vegah, jagadaa uodvamaah				
Ojas				
Function of Ojas in body				
Sushrta about aparanam ojas				
Vegah				
Vata - main one sarva-roga-karaNam (along with table)				
Roga due to controlling of Thirst & Hunger				
Explanations of vegah that needs to be controlled (grodha, lobha etc.)				
Modern Science	Science in Sanskrit	Text Book - Science in Sanskrit book by Sanskrita Bharati (Page number mentioned here - Each page is separate a topic)	Astronomy - Pg 8	
			Physics - Pg 22	
			Chemistry - Pg 26, 37	
			Medicine - Pg 73, 74, 76	
			Botany - Pg 81, 82, 86, 87, 88, 100, 101, 103, 104	
			Agriculture - Pg 113, 116	
			Politics - Pg 120	
			Warfare - Pg 120	
			Heat	
			Sound	
Electricity & Magnetism - Basics				
Elements, Compounds and Mixtures				
Useful Elements, Compounds and Man-made materials				
Transformation of Substances				
Reproduction				
Ecocystem				
Darwin & Evolution				
			basics of reproduction, hereditary, DNA etc	
			Structure, function, kind, population dynamics	
			His observation and reasoning	

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Theme	Concept	Sub-Concept	Topics		
T a r k a  S a n g r a h a H	Shastriya bhagah	Sutras	Technical terminologies followed by Sutras 3 types of ayubhiksha Conclusion of Tarkasutras (parikrmasht sutra eva)		
			Fundamentals of Ayurveda (अभ्यासः)	Fundamentals of Ayurveda (अभ्यासः)	Fundamentals of Ayurveda (अभ्यासः)
					Paanca bhautika siddhantant - lakshanam of chaaya, table showing paanca bhautika dravya used in cikitsa-upakramo, samshanam, dravyam used for shamanaam & vachanam of dosha with table
					Tri dosha siddhantant - tri avastaa & suashrutaa six avasthaashcharya kaala of dosha - explanation of all six kriya kaala with necessary tables, importance of knowledge about six kaala for vaidya(with tables), samarga, samojjvata, which dosha to be treated (upakramamityaa), table showing dosha-vikaraa samanyaya-vikranta-siddhantant - samanyaya-vikranta in karma, vipaksha karma to reduce the increased dosha-dhatu-mala with table, samanyaya-karma to increase the reduced dosha-dhatu-mala with table
					Rasa siddhantant - rasa will increase ava-yoni & reduce arya-yoni, suashrutaa about kamaya, katu, madhura, ushruta's saurya-ashrayamaaha-siddhanta
					Guna siddhantant - karmaa of guna with table
					Sapta dhatu - its effects & roga due to kharanataad in each dhatu, cikitsaa for dhatusha roga
					malaat - lakshanam of kahoona-mala & its upacara, general cases for increase / reduction of mala, roga due to mala-dosha, origin of mala, lakshanam of prakochita-samshanam
					Guna-karma of Rasa - guna vivecanam among rasa & its variations with table, surbhivagambham & adhogaambham of rasa with table, samyoga in rasa, order of dohsaad samyoga in rasa, avasaa
					Veerya-vipaaka-prabhavaa - Veerya based on rasa & ropanaka, guna-karma of 2 veerya, upabandhah of veerya Karma of vipaaka, alpavra, bruhavra, table showing guna-karma Relative strength of rasa-veerya-vipaaka-prabhavaa
					Prakriti - Reason for 7 prakriti, vishana-vishana-kruoti-nyaya
					Roga arogyo karanam - praga-aparaadha-karma, mithyaad yoga of kaala with table, how to avoid riddha roga, clear explanation about relationship between kaala-artha-karma & roga-arogyo, cause of samogyo, who is disease-free
					Nidhanam - subdivisions of samprapti, benefits of nidhanaad
					4 paadaa of cikitsa - rogi unnti for cikitsaa, cikitsaa-karanam, Significance of continuous effort by vaidya to improve his knowledge
					M o d e r n S c i e n c e
Dinacarya (Daily Routine)					
Nutrisant for body & face					
Mantram for shrota-vishna-veedha-kala					
Gandhamaatya dhaaranam (incantation) habits that does not prevail today					
Ritu Carya (Seasonal Routine)					
Saevritam (Good Habits)					
psychological (manasam) - avoiding 10 paapa karma, what are praga-aparaadha, its effects of praga-aparaadha, samatva, measures to avoid the aagantu-roga, causes of dukkha, lakshanam of bimaha in buddhi-droha-arvii, roga due to praga-aparaadha, manoshikara due to praga-aparaadha, precisely praga-aparaadha, upacara for praga-aparaadha					
Bad habits (vishrutimant)					
Psychological bad habits to be avoided					
Things to avoid in work place					
Upastambha - Ahaara & Nidra					
Ashvaja					
Nidraa					
Certain people who should not sleep even during night, reason for over- sleep, measures to avoid over- sleep, measures to avoid sleeplessness during night, parihara for staying awake in night, lakshanam of shayya, reasons for vikaraa i.e. jumbha, tandra, kama, ukkisha, gilaat, gootivam, murucha					
Ojas, vegah, jampada udhvamant					
Param Ojas - no reduction in this, Anurupam, sithanam, vessels of it					
Upacara for all the anurupam samant in kaandam-1					
Physics - Pg 25					
Chemistry - Pg 35, 39, 41, 43					
Metallurgy - Pg 45, 48, 50					
Medicine - Pg 78 - 81					
Agriculture - Pg 105, 105, 114					
M o d e r n S c i e n c e	Fluids	Heat	Thermionic Emission and Radioactivity		
			Law of Chemical Combination		
			Structure of an Atom		
			Periodic Classification of Elements		
			Life Processes II - in plants and animals		
			Microorganisms		
			Ecosystem and Evolution		
			Relating the idea of elements and compounds to atoms and molecules		
			Law of definite proportion		
			Writing a chemical formula		
			Molecular mass and mole concept		
			Discovery of Electrons (Cathode or Negative Rays)		
			Discovery of Protons (anode or Positive Rays)		
			Discovery of the Nucleus		
			Discovery of Neutrons		
Atomic structure and valency					
Radioactivity					
Nuclear Fission					
Nuclear Fusion					
Dobereiner's Law of Triads					
Newton's Classification of Elements, Dobereiner's Law of Octaves					
Mendeleev's Periodic Law - Inspiration from Sanskritam					
Modern Periodic Table, Long Form of Periodic Table					
Energy - digestion, respiration, excretion					

Gurukulam





Vidya Bharati  
National Council of Educational Research and Training

Vidyaan Curriculum AY 24-25

Theme		Concept	Sub-concept	Topic
T B R K S A N G T A H A	Ayurveda	Dharmya Aharast	Technical Technologies followed by Sutra	5 types of herbs/bhasmas
				5 types of Linga
				5 types of Rasas
				5 types of Anuvasana
				5 types of Basti
				5 types of Nidra
				5 types of Vajrasana
				5 types of Pawanasthiti
				5 types of Shirodhara
				5 types of Netra
				5 types of Shikha
				5 types of Shikha
				5 types of Shikha
				5 types of Shikha
				5 types of Shikha
M O D E R N S C I E N C E	Science in Sanskrit	Text Book - Science in Sanskrit book by Sanskrit Bharati	Page number mentioned here. Each page is separate a topic	Astronomy - Pg. 5, 5, 11
				Engineering - Pg. 24, 28
				Mathematics - Pg. 35, 38
				Chemistry - Pg. 42
				Metallurgy - Pg. 45, 47, 51, 55
				Medicine - Pg. 62
				Biology - Pg. 92
				Agriculture - Pg. 109
				Force and Energy
				Light
				Electricity & Magnetism
				States of Matter
				Elements, Compounds and Mixtures
				Transformation of Substances
				Cells
Tissues				
Life Processes - In plants and animals				

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