

# Annexure I

## Sciences

1. Medical Sciences: Rishi Atreya Samhitā and Charaka Samhitā are two of the most authentic and foundational books of Ayurveda, still used in modern Ayurvedic medicine even after 2500 years.
2. Sushruta: Known as the world's first surgeon who performed plastic surgery and ophthalmic surgeries. His surgical tools are preserved in the British Museum.
3. Patanjali: Gave the Yoga Shastra to the world—offering harmony of physical, mental, emotional, and spiritual health; globally honored as World Yoga Day every year on June 21st.
4. Kapila Maharshi: First to write about Cosmology.
5. Sage Kanada: In the 6th century, he explained the theory of minute particles (Anu Siddhanta), which parallels modern atomic theory.
6. Bodhidharma: Taught principles that relate to modern understanding of genetics and DNA through breath, discipline, and mind-body connection.
7. Sage Nagarjuna (10th Century AD): In Rasa Ratnakara, he described metal extraction and alchemical transformations, including gold conversion. The rust-free Iron Pillar near Qutub Minar stands as evidence of advanced metallurgy (Mereology).
8. Sage Atri: Wrote Megha Shastra (science of clouds and weather).
9. Parashara Muni: Known as the father of Botany.
10. Dashavatara: Represents the evolutionary stages of life forms—an early form of the Theory of Evolution.

## Engineering and Mathematics

11. Aryabhata: In Aryabhatiya, contributed Zero, Decimal System, Trigonometry, Geometry, and scientific explanations of eclipses and planetary distances. The first Indian satellite (1975) was named Aryabhata.
12. Bhaskaracharya: His Siddhanta Shiromani explains arithmetic, algebra, planetary math, and provided the basis for the modern 365-day calendar.
13. Mahaviracharya (850 AD): Authored Ganit Saar Sangraha, an early text on Astronomy.
14. Panini: Gave the world's first scientific grammar of any language.
15. Agastya: Earliest known reference to principles of electricity generation using copper, zinc, and earthen pots.
16. Bharadwaja: Explained early concepts of Aeronautics (Vimana Shastra).
17. Varahamihira: First to write about seismology, astronomy, and groundwater in Brihat Samhita.
18. Baudhayana: Gave the value of Pi and the Pythagorean theorem centuries before Pythagoras.
19. Brahmagupta (591 AD): Knew of gravitational force and authored texts on mathematics and measurement used by Arab mathematicians.
20. Traditional Indian Ship Building: Stitch-ship boats and marine engineering methods are documented in Sangam literature and videos.
21. Chanakya's Arthashastra: A timeless handbook on economics, politics, and business ethics.
22. Sapta Rishis: Provided deep insights into astrology and human nature.

## Communications, Problem Solving & Critical Thinking

23. Rishi Gautama – Nyaya Darshan: Foundation of Indian logic, judicial reasoning, debate, and the four Pramanas – Pratyaksha (evidence), Anumana (inference), Upamana (comparison), Shabda (testimony).

24. Acharya Human Transformative Model: Transforms the seven inner dimensions – Physical, Mental, Intellectual, Emotional, Social, Spiritual – enabling the highest human potential and universal harmony (Vasudaiva Kutumbakam).

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## Traditional Knowledge Systems & Holistic Living

25. Ancient Dinacharya & Its Integration Into Modern Lifestyle

Students will explore:

- The ancient daily routines of Ayurveda such as oil pulling, tongue scraping, Abhyanga (self-massage), sun exposure, seasonal eating, sleep cycles, and meditation.
- How these can be adapted for modern school, work, and family schedules.
- Scientific benefits such as circadian rhythm alignment, hormonal balance, immunity strengthening, gut health improvement, and increased life expectancy.
- The comparative view of ancient wisdom vs modern lifestyle diseases (sleep issues, stress, obesity).

This topic allows students to present both scientific evidence and traditional understanding.

## 26. Science & Spirituality Beyond Symbolism: Why We Do Rituals?

Students will analyze:

- The scientific principles behind rituals such as lighting lamps, ringing bells, offering water, fasting, Pradakshina, incense, Surya Namaskar, meditation, and mantras.
  - How vibration, frequency, neuroscience, bioenergetics, and psychology explain the effects of spiritual practices.
- How rituals were originally designed for mental health, emotional regulation, community bonding, environmental balance, and inner harmony, not blind symbolism.

This topic encourages deeper critical thinking and bridging ancient knowledge with modern science.

27. Vedic Cosmology vs Modern Astronomy

28. Ayurveda and Chronomedicine

29. Vastu and Quantum Geometry

30. Pushpaka Vimana vs NASA Propulsion

31. Atomic Theory in Nyaya-Vaisheshika

32. Sutradhar and Robotics in Sanskrit Texts

33. Panchagavya and organic chemistry

## VEDA SHASTRAS

34. Ayurveda
35. Jyotisha
36. vaastu Shastra
37. dhanurveda
38. Sangeet Sharstra
39. yoga Shastra
40. Artha Shastra
41. ganita Shastra
42. Natya shastra
43. Shilpa Shastras
44. Charaka samhita and sushruta shastra
45. Brahma vidya
46. nyaya shastra
47. krishi shastra
48. rasayana shastra
49. mantra shastra
50. vriksha shastra
51. pashu shastra
52. Anuloma - viloma and Pranayama