

Course Title: Religious and Philosophical Traditions of Jammu Kashmir and Ladakh
Course Code

Course Description:

This course provides an in-depth exploration of the religious and philosophical traditions of Jammu, Kashmir, and Ladakh. It offers a comprehensive understanding of the major religious practices, including Hinduism, Buddhism, and Islam, prevalent in the region. Additionally, it delves into the Hindu dharma of Jammu and Kashmir, the distinct cultural aspects, denominations, and the role of Hindu institutions. The course also examines Buddhism in the context of its culture, denominations, and Buddhist institutions. Furthermore, it explores the culture, denominations, and institutions of Islam in the region. Finally, the course delves into the philosophical tradition of Jammu, Kashmir, and Ladakh, focusing on the divine energies of Shiva and Shakta, the path to enlightenment in Buddhism, and the mystical philosophies that go beyond the ordinary.

Course Objectives:

- To introduce students to the religious practices prevalent in Jammu and Kashmir, including Hinduism, Buddhism, and Islam.
- To provide an understanding of the cultural aspects, denominations, and the role of Hindu institutions in Jammu and Kashmir.
- To explore the culture, denominations, and institutions associated with Buddhism in Jammu, Kashmir, and Ladakh.
- To examine the culture, denominations, and institutions of Islam in the region.
- To delve into the philosophical traditions of Jammu, Kashmir, and Ladakh, focusing on the divine energies of Shiva and Shakta, the path to enlightenment in Buddhism, and the mystical philosophies.
- To foster critical thinking and analysis of religious and philosophical traditions, promoting an appreciation for the diverse cultural heritage of the region.

Learning Outcomes:

LO1: Demonstrate a comprehensive understanding of the major religious practices prevalent in Jammu, Kashmir, and Ladakh, including Hinduism, Buddhism, and Islam.

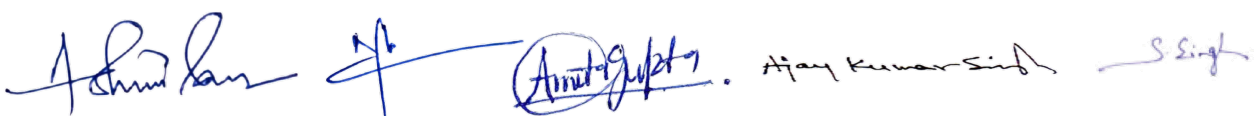
LO2: Analyze the cultural aspects, denominations, and institutions associated with Hinduism, Buddhism, and Islam in the region of Jammu, Kashmir, and Ladakh.

LO3: Evaluate the impact of religious and philosophical traditions on the socio-cultural fabric of Jammu, Kashmir, and Ladakh, and their significance in shaping the region's identity.

LO4: Assess the role and significance of Hindu institutions in preserving and promoting religious and cultural values in Jammu, Kashmir, and Ladakh.

LO5: Examine the role and contributions of Buddhist institutions in preserving and disseminating Buddhist teachings and practices in Jammu, Kashmir, and Ladakh.

LO6: Engage in critical analysis and reflection on the philosophical traditions of Shiva and Shakta, Buddhism, and mystical philosophies, and explore their relevance and impact on individuals and societies in the region.

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1. Religious practices in Jammu and Kashmir an introduction

1.1 Hinduism

1.2 Buddhism

1.3 Islam

2. Hindu dharma of J&K Ladakh

2.1 Hindu culture

2.2 Denomination

2.3 Hindu institute

3. Buddhism

3.1 Buddhist culture

3.2 Denomination

3.3 Buddhist Institution

4. Islam

4.1 Islam culture

4.2 Denomination

4.3 Islam Institution

5. Philosophical Tradition of Jammu Kashmir and Ladakh

5.1 Shiva and Shakta: Exploring Divine Energies

5.2 Buddhism: Path to Enlightenment

5.3 Mystical Philosophies: Beyond the Ordinary

The image shows four handwritten signatures in blue ink. From left to right: the first signature is 'Ashwani', the second is a stylized 'A' with a vertical line, the third is 'Anand Gupta' with a circled 'A', and the fourth is 'Ajay Kumar Singh' followed by 'S. Singh'.

Suggested Readings

1. Chopra, R. M. (2002). The Heritage of Kashmir. Indian Book Depot.
2. Johar, S. (2016). The Sacred Himalaya: A Cultural Journey through the Great Himalayan Range. Niyogi Books.
3. Singh, N. K. (2005). Buddhism in Kashmir. APH Publishing.
4. Trilokekar, D. (1997). The Crescent in the Valley: Islam in Kashmir. Pluto Press.
5. Kaul, H. N. (2013). Hindu Rulers, Muslim Subjects: Islam, Rights, and the History of Kashmir. C. Hurst & Co.
6. Handa, O. C. (2001). Buddhist Monasteries in Himachal Pradesh. Indus Publishing Company.
7. Bhasin, R. (2018). Kashmir: History, Politics, Representation. Cambridge University Press.
8. Snellgrove, D. L. (2011). Indo-Tibetan Buddhism: Indian Buddhists and Their Tibetan Successors. Shambhala.
9. Ahmad, F. (2012). Jammu and Kashmir: The History and Culture of the People. Pearson Education India.
10. Sharma, D. C. (2005). Ladakh: The Land and the People. Indus Publishing Company.

 Ashwini Kumar Singh Anand Gupta. Ajay Kumar Singh S Singh