



International Centre for Spiritual Studies Islamic University of Science & Technology, Kashmir

Syllabus of Open Elective Courses for Autumn Session

S. No.	Course Title	Course Code	Course Credits	Internal and External Assessment Marks		Total Marks
				IA* C1 + C2	SEE/ETE#	
1.	Spiritual Heritage of Kashmir-I	SS-OE-03	3	25 + 10 = 35	40	75
2.	Science and Spirituality	SS-OE-05	2	15 + 10 = 25	25	50

*IA – Internal Assessment is divided into two components (C1 and C2):

C1: Component 1 (Multi Choice/Descriptive Questions based Mid-Term Examination) will be conducted after completing 50% of the course.

C2: Component 2 (Assignment, Presentation or Viva) will be conducted after the completion of 75% of the course or at the end of three months.

#SEE/ETE – Semester End Examination/End Term Examination.

L, T, P, S: Lecture, Tutorial, Practical, Social

International Centre for Spiritual Studies
Islamic University of Science and Technology, Kashmir
Open Elective Course
Spiritual Heritage of Kashmir-I

Course Code	Course Title	Credits	L	T	P	S	Type of Course	Max. Marks
SS-OE-03	Spiritual Heritage of Kashmir-I	3	2	0	0	1	Open Elective	75

Course Objectives

- To provide an overview of the prehistoric religious traditions of Kashmir.
- To explore the arrival and development of Buddhist, Shaiva, and other Hindu traditions in Kashmir.
- To analyze the historical and cultural transformations during the Kashmir Sultanate with a focus on the advent of Islam, Ṣūfī movements, the Rīshī tradition, and the translation movement.
- To explore key literary and archaeological sources that illuminate Kashmir's religio-intellectual heritage across time.
- To develop skills in critical analysis of diverse religious texts, historical narratives, and material culture reflecting Kashmir's rich pluralistic heritage.
- To foster an appreciation of Kashmir's religious and intercultural interactions, situating them within broader comparative and global contexts.

Course Outcomes

After successful completion of this course, students will be able to:

- Demonstrate knowledge of Kashmir's ancient religious traditions and their socio-cultural contexts.
- Explain the political, social, and religious foundations of the Kashmir Sultanate and its impact on the region's religio-cultural landscape.
- Analyze the religio-cultural contributions of Ṣūfī orders and the Rīshī movement in Kashmir.
- Evaluate the significance of the Sanskrit-Persian Translation Movement and its role in fostering cross-cultural intellectual exchange.
- Assess literary texts and archaeological evidence regarding Kashmir's religious and cultural history.
- Articulate the dynamics of religious pluralism, and heritage preservation in Kashmir from antiquity to the medieval period.
- Engage with interdisciplinary approaches combining history, religious studies, archaeology, and literary analysis relevant to Kashmir's heritage.

Unit I: Prehistoric and Ancient Traditions

1. Prehistoric Traditions
2. Buddhist and Hindu Heritage

3. Shaiva Traditions of Kashmir
4. Literary and Archeological Sources

Unit II: Medieval Religious Heritage

1. Advent of Islam and Kashmir's Transition to Islam
2. Ṣūfī Orders and Rīshī Movement in Kashmir
3. Sanskrit-Persian Translation Movement and Intellectual Exchange
4. Literary and Archeological Sources

Unit III: Visit to Religio-Historical Places

1. Visit to: shrine of Sayyid Sahab-Sonwara, 'Ālī Masjid, Khanqah Mu'alla, Jāma' Masjid
2. Visit to: shrine of Bābā Sakhī Zaynuddīn Rīshī (Ashmuqam), shrine of Bābā Bamuddin (Bumzu), Martand Temple (Kihirbal, Matan)
3. Visit to: shrine of Bābā Hyder (Hardih) Rīshī, Gurudwara Guru Nanak, Andernag Temple (Anantnag), shrine of Bābā Nasībuddīn Ghāzī, Gofbal Qimoh, shrine of Sayyid Ḥasan Simnani-Kulgām, John Bishop Church-Kadipoora
4. Visit to: shrine of Sayyid Ḥasan Mantaqi, Awantiswami temple, Gurudwara-Awantipura

Suggested Readings

1. Abdul Qaiyum Rafiqi, *Sufism in Kashmir: Fourteenth to the Sixteenth Century*, New Delhi: Bharatiya Publishing House, 1977.
2. A.N. Dhar, *Mysticism Across Cultures: Studies on Select Poets & Saints*, Delhi: Atlantic, 2009.
3. Chander M. Bhat, *Kashmir: Shrines and Temples*, Volume 1, Srinagar: Shivas Publications, 2024.
4. Ghulam Mohammad Shad, *Kalam-e-Sheikh-ul-Alam*, Srinagar: Ali Mohammad and Sons, 2021.
5. Ghulam Nabi Gauhar, *Sheikh Nūr al-Dīn Wali: Nund Rīshī* [trans. Doctor Majeed Muzmar], New Delhi: Sahitya Academy, 1996.
6. J. N. Ganhar and P. N. Ganhar, *Buddhism in Kashmir & Ladakh*, New Delhi: Munshi Ram Manohar Lal, 1956.
7. Jay Lāl Kaul, *Lal Ded*, New Delhi: Sahitya Academy, 1973.
8. Khalid Bashir, *History of the Architecture of Kashmir*, Mumbai: Pencil, 2023.
9. K. N. Pandit, *Historical and Cultural Heritage of Kashmir*, New Delhi: Mittal Publications, 1994.
10. Mohammad Ishaq Khan, *Kashmir's Transition to Islam: The Role of Muslim Rishis (Fifteenth to Eighteenth Century)*, New Delhi: Manohar Publications, 1994.
11. Mohibbul Hasan, *Kashmir Under the Sultans*, New Delhi: Aakar Books, 2005.
12. Muhammad Ashraf Wani and Aman Ashraf Wani, *The Making of Early Kashmir: Intercultural Networks and Identity Formation*, London: Routledge, 2023.
13. Nalinaksha Dutt, *Buddhism in Kashmir*, Delhi: Eastern Book Linkers, 1985.
14. Ram Chandra Kak, *Ancient Monuments of Kashmir*, Jammu: Archaeological Survey of Jammu and Kashmir, 2025 (Reprint).
15. Ranjit Hoskote, *I, Lalla: The Poems of Lal Ded*, New York: Penguin, 2013.

16. Hakim Sameer Hamdani, *The Syncretic Traditions of Islamic Religious Architecture of Kashmir: Early 14th–18th Century*, New York: Routledge, 2024.
17. Sameer Hamdani, *City of Kashmir: Srinagar's Past and Present*, London: Hurst Publishers, 2025.
18. Shamsuddin Ahmand, *Shah-i-Hamdan: Hayāt aur Karnamey*, Srinagar: Sheikh Ghulam Mohammad & Sons, 2022.
19. Swami Lakshmanjoo and John Hughes, *Kashmir Shaivism: The Secret Supreme*, Delhi: Zacheus Entertainment, 2015.
20. Qamoos Bukhari, *Architectural Ornamentation in Shrines & Mosques of Kashmir*, Roli Books, 2022.

International Centre for Spiritual Studies, IUST, Kmr.

International Centre for Spiritual Studies
Islamic University of Science and Technology, Kashmir
Open Elective Course
Science and Spirituality

Course Code	Course Title	Credits	L	T	P	S	Type of Course	Max. Marks
SS-OE-05	Science and Spirituality	2	2	0	0	0	Open Elective	50

Course Objectives

- To introduce students to diverse worldviews – spiritual, philosophical, and scientific – that shape human understanding of existence.
- To critically examine the concept of scientism and its limitations in framing knowledge.
- To explore how spiritual perspectives contribute to interpreting major scientific phenomena, such as the universe's origin, the emergence of life, and human development.
- To foster critical engagement with environmental conservation from both scientific and spiritual standpoints.
- To cultivate an interdisciplinary approach that bridges the perceived gap between science and spirituality.

Course Outcomes

By the end of the course, students will be able to:

- Demonstrate an informed understanding of the spiritual, philosophical, and scientific approaches to worldview formation.
- Analyze and critique the concept of scientism in relation to broader epistemological traditions.
- Explain spiritual perspectives on scientific themes such as cosmology, origin of life, and human embryology.
- Assess the role of spirituality in reinforcing environmental ethics and sustainable practices.
- Engage in reflective and scholarly discussions that integrate insights from science and spirituality.
- Develop a nuanced appreciation of how spirituality can complement scientific reasoning in addressing fundamental human questions.

Unit I: Worldview: An Introduction

1. Spiritual Perspective
2. Philosophical Perspective
3. Scientific Perspective
4. Science and Scientism

Unit II: Spiritual Perspective On

1. The Origin of the Universe
2. The Origin of Life
3. Human Embryology
4. Conservation of the Environment

Suggested Readings

1. Abu Hamid Al-Ghazali. *The Marvels of the Heart: Science of the Spirit*. Translated by Walter James Skellie, Introduction by T. J. Winter, Foreword by Hamza Yusuf. Fons Vitae, 2010.
2. Ali Ünal, ed., *Islamic Perspectives on Science: Knowledge and Responsibility*, USA: Light, 2007.
3. Dennis R. Venema and Scot McKnight, *Adam and the Genome: Reading Scripture After Genetic Science*, Michigan: Brazos Press, 2017.
4. Gregg Braden, *Pure Human: The Hidden Truth of Our Divinity, Power, and Destiny*, 2025.
5. Lisa Miller, *The Awakened Brain: The New Science of Spirituality and Our Quest for an Inspired Life*, 2025.
6. Nidhal Guessoum, and Stefano Bigliardi (eds.). *Islam and Science: Past, Present, and Future Debates*. Cambridge Elements in Islam and Science. Cambridge: Cambridge University Press, 2023.
7. Muzaffar Iqbal, ed., *Contemporary Issues in Islam and Science*, New Delhi: Taylor & Francis, 2017.
8. Muzaffar Iqbal, *The Making of Islamic Science*, Malaysia: Islamic Book Trust, 2009.
9. Mary A. Mann, *Science and Spirituality*, United States: Author-House, 2004.
10. Julian Baggini, *How the World Thinks: A Global History of Philosophy*, London: Granta Publications, 2018.
11. Shoaib Ahmed Malik, *Islam and Evolution: Al-Ghazālī and the Modern Evolutionary Paradigm*, London: Routledge, 2021.
12. Shoaib Ahmed Malik, *Atheism and Islam: A Contemporary Discourse*, Abu Dhabi: Kalam Research & Media, 2018.
13. Stephen C. Meyer, *Signature in the Cell: DNA and the Evidence for Intelligent Design* (New York: HarperOne, 2009).
14. Stephen C. Meyer, *Darwin's Doubt: The Explosive Origin of Animal Life and the Case for Intelligent Design* (New York: HarperOne, 2013).
15. Stephen C. Meyer, *Science and Evidence for Design in the Universe: Proceedings of the Wethersfield Institute* (Wethersfield Institute, 2020).
16. Stephen C. Meyer, *Return of the God Hypothesis: Three Scientific Discoveries That Reveal the Mind Behind the Universe* (New York: HarperOne, 2021).
17. Stephen C. Meyer, *Explore Evolution: A Guide to the Theory, Evidence, and Arguments* (Discovery Institute Press, 2014).