Living Wisdom: Reintegrating Ayurveda and Vedic Sciences in the Modern World.



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The Chronology of Indian Civilization: An Archaeoastronomical Study

Indian civilization is one of the world's oldest continuous civilizations, spanning approximately 16,400 years, dating back to around 14400 BCE. Its origins can be traced to the Saraswati River region, where an agriculture-based society began to emerge as the southwest monsoons became regular around 16000 BCE, coinciding with the conclusion of the last ice age. This development marked the inception of a cyclical pattern of seasons in the Indian subcontinent.

Authors: Prof. SINGH, Umesh Kumar (Department of Sanskrit, Kumaun University, Nainital. India); Dr ARYA, Vedveer (Department of Sanskrit, University of Delhi. India)

Presenter: Dr ARYA, Vedveer (Department of Sanskrit, University of Delhi. India)