

BEST PRACTICE – 1: Integrating Indian Knowledge Systems (IKS) for Holistic Learning

JNANAVEDA: Reviving Indian Knowledge Systems for Holistic, Value-Based Education

OBJECTIVES

- To integrate India's traditional knowledge, culture, and indigenous wisdom into modern education.
- To promote experiential learning through hands-on exposure to traditional skills and sustainable living practices.
- To build awareness about India's contributions in wellness, ecology, and craftsmanship.
- To cultivate values of harmony, ethics, balance, and sustainability rooted in Indian philosophy.
- To foster cultural identity, pride, and relevance of IKS in contemporary society.

CONTEXT

India possesses a vast repository of knowledge that spans science, mathematics, arts, agriculture, health, environmental stewardship, and craftsmanship. In alignment with NEP 2020, there is a renewed emphasis on connecting modern education with India's traditional systems of knowledge.

Our college identified that students need exposure not only to theoretical aspects of IKS but also to **experiential, hands-on, contextually relevant learning**. Therefore, a structured initiative—*JNANAVEDA*—was introduced to bridge this gap by integrating IKS into academic, co-curricular, and extension activities.

The aim is to help students see IKS not as ancient history, but as a **living, practical and sustainable resource** that supports both personal growth and community welfare.

THE PRACTICE

Experiential Learning in Traditional Crafts and Indigenous Skills

Students participate in hands-on workshops that introduce them to traditional Indian craftsmanship rooted in sustainability and cultural heritage:

1. From Clay to Creation: The Joy of Pottery

- Students learn the fundamentals of clay preparation, shaping, and pottery design.
- Enhances creativity, patience, and appreciation for indigenous art forms.
- Reinforces sustainable craft practices passed down through generations.

2. Roots to Ropes: Discovering Coir Magic

- Students are introduced to the eco-friendly and skill-intensive process of **coir extraction and rope making**.
- Highlights Kerala's traditional cottage industries and sustainable livelihoods.
- Encourages awareness of biodegradable material use.

Sustainable Living through Indigenous Practices

3. Organic Farming

- Students engage in soil preparation, seed selection, planting and organic manure application.
- Promotes self-sufficiency, ecological balance, and traditional agricultural wisdom.
- Reinforces India's heritage of sustainable agriculture and natural farming techniques.

4. Preparation and Distribution of Karkidaka Kanji

- Students learn to prepare the traditional Ayurvedic porridge consumed during the monsoon season for immunity building.
- Enhances understanding of India's holistic health traditions and medicinal food culture.
- Distribution of Karkidaka Kanji promotes community wellness.

Cultural Literacy and Celebration of Indian Heritage

5. Onam Celebrations and Cultural Immersion

- Traditional games, arts, music, floral designs (pookalam), and performances highlight Kerala's rich cultural identity.
- Encourages unity, cultural appreciation, and inclusivity.

- Helps students internalize values of harmony, gratitude, and community bonding.

IKS in Academic Integration and Value Education

- Value education and humanities sessions integrate Indian philosophical ideas of dharma, ethical living, balance, and responsibility.
- Students explore India's contributions in areas such as environment, literature, and human wellness.
- Discussions that encourage students to rediscover Indian knowledge as a relevant framework for modern challenges.

Extension Activities Linking IKS with Community

- Demonstrations of traditional crafts and techniques in schools and community centres.
- Awareness programmes on sustainable indigenous practices and natural living.
- Student participation in cultural outreach promotes preservation and transmission of traditional knowledge.



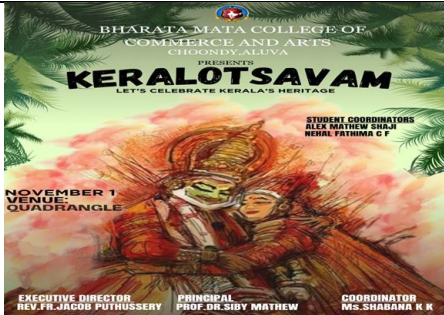

EVIDENCE OF SUCCESS


- Increased student participation in IKS activities and hands-on traditional workshops.
- Enhanced appreciation for India's cultural and intellectual heritage.
- Students demonstrate improved values of sustainability, mindfulness, creativity, and ethical living.
- Strong positive feedback from the community during outreach and cultural events.
- Students exhibit greater awareness of sustainable indigenous practices and eco-friendly lifestyles.

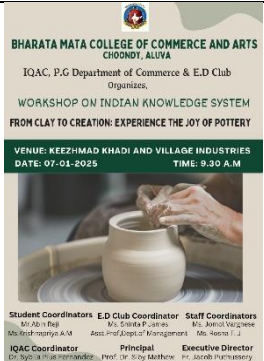
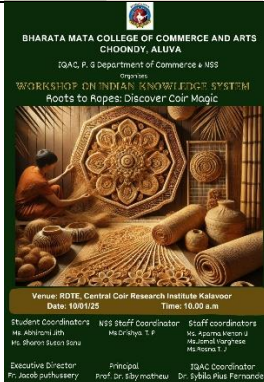
FUTURE ENHANCEMENT

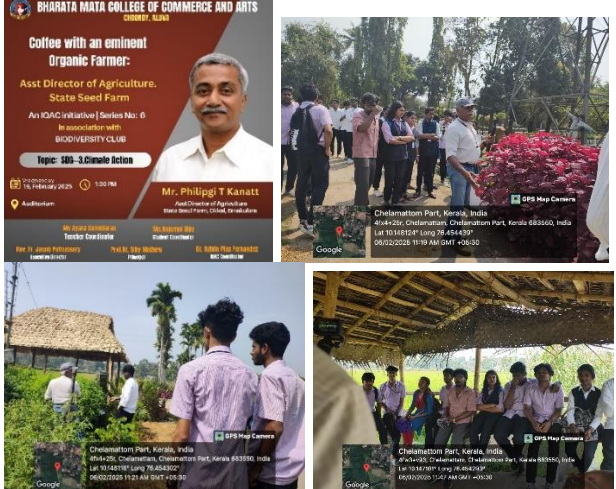

- Introduction of certificate courses in traditional crafts, organic living, and indigenous health practices.
- Creation of a permanent exhibition space to showcase student-produced traditional craftwork.
- Annual IKS Conclave featuring demonstrations, expert lectures, and cultural displays.

Report of Activities – JNANA VEDA: Reviving Indian Knowledge Systems for Holistic, Value-Based Education


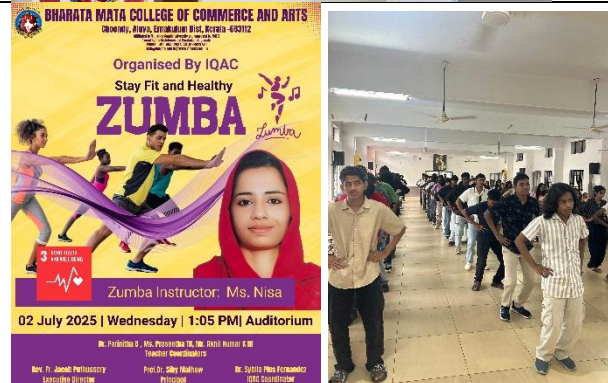
Sl. No.	Date	Name of the Program	Brief Description	Brochure / Photos
1.	24/08/23	Avanipulari	<p>A cultural observance marking the beginning of the Malayalam month of Chingam.</p> <ul style="list-style-type: none"> To familiarise students with traditional rituals. To preserve and promote regional cultural identity 	 
2.	01/11/23	Keralotsavam	<p>A celebration highlighting Kerala's rich cultural heritage through traditional performances and exhibits.</p> <ul style="list-style-type: none"> To promote awareness of native art forms. To encourage appreciation of local culture and customs. 	 

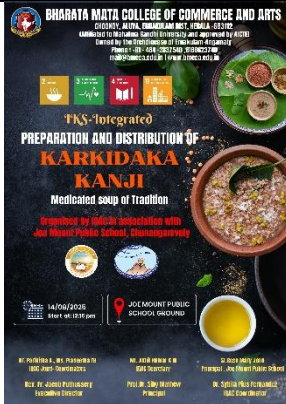




3.	01/11/23	Pradharshanolsavam	<p>An exhibition showcasing traditional crafts, artefacts, and cultural elements of Kerala.</p> <ul style="list-style-type: none"> To provide experiential learning on indigenous practices. To strengthen student connection with Kerala's heritage. 	 
4.	01/07/24	Vidyarambham	<p>A ceremonial initiation into teaching-learning practice.</p> <ul style="list-style-type: none"> To instill respect for knowledge and classical learning traditions. To promote cultural continuity among students. 	 
5.	07/11/24	Workshop on Yoga	<p>A session introducing the fundamentals of yoga and mindfulness.</p> <ul style="list-style-type: none"> To enhance physical and mental well-being. To provide exposure to India's traditional wellness systems. 	 

6.	07/01/25	From Clay to Creation: Experience the joy of pottery	<p>A hands-on workshop demonstrating clay preparation and pottery making techniques.</p> <ul style="list-style-type: none"> To promote creativity and patience through experiential learning. To introduce students to traditional craftsmanship. 	 
7.	10/01/25	Roots to Ropes: Discover Coir Magic	<p>A practical session demonstrating coir extraction and rope-making traditions.</p> <ul style="list-style-type: none"> To highlight Kerala's indigenous cottage industries. To promote awareness of eco-friendly natural fibre use. 	 
8.	06/02/25	Organic Farming Workshop	<p>Field-based training on natural farming methods, from soil preparation to planting.</p> <ul style="list-style-type: none"> To introduce sustainable, traditional farming practices. To encourage ecological awareness and hands-on learning. 	 

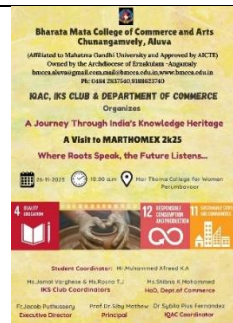


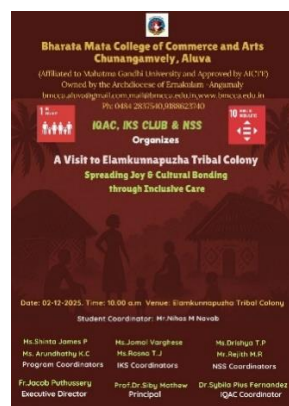

9.	19/02/25	Coffee with an eminent Organic Farmer	<p>An interactive discussion with an experienced organic farmer.</p> <ul style="list-style-type: none"> To offer insight into sustainable farming practices. To inspire students through real-life experiences and indigenous wisdom. 	
10.	21/02/25	Harmony 2025	<p>A cultural event promoting unity through traditional art, music and performances.</p> <ul style="list-style-type: none"> To strengthen value-based learning. To encourage collective participation and cultural bonding. 	


11.	11/03/25	Jeevajalathin Oru Manpaathram	<p>A demonstration on the health and environmental relevance of traditional clay pots.</p> <ul style="list-style-type: none"> To promote sustainable lifestyle choices. To revive interest in indigenous household practices. 	 
12.	10/05/25	Rewild Farm School Visit and Butterfly Garden Setup	<p>A field-based learning visit to Rewild Farm School combined with a hands-on butterfly garden setup session.</p> <ul style="list-style-type: none"> To introduce students to regenerative farming principles and biodiversity conservation. To provide practical exposure to ecological restoration and habitat creation. To foster environmental sensitivity and promote sustainable, nature-based practices. 	 
13.	19/05/25 to 26/05/25	Nyika – Rural Camp	<p>An immersive rural camp conducted in Chekadi, Wayanad, providing students firsthand exposure to tribal and rural life too promote community engagement and participatory social learning.</p> <ul style="list-style-type: none"> To help students understand local challenges, livelihood patterns, and cultural practices and foster empathy and collaborative problem-solving through field-based activities. 	 

14.	01/07/25	Vidyarambham 2025	<p>A ceremonial initiation into teaching-learning practice.</p> <ul style="list-style-type: none"> To instill respect for knowledge and classical learning traditions. To promote cultural continuity among students. 	 <p>The poster for Vidyarambham 2025 features the college name, date (1st July 2025, 10:00 AM), and lists the Chief Guest (Prof. Dr. Solomon M.A.), Executive Director (Rev. Fr. Jacob Pathuserry), Principal (Prof. Dr. Siby Mathew), and Program Governor (Mr. Praveen P.T.). The photos show a group of men on a stage, one speaking at a podium and others standing behind him.</p>
15.	02/07/25	Stay Fit and Healthy Zumba	<p>A fitness session focused on physical well-being through rhythmic movement.</p> <ul style="list-style-type: none"> To promote an active lifestyle among students. To strengthen the holistic wellness component of IKS. 	 <p>The Zumba poster is organized by IQAC, dated 02 July 2025 at 1:05 PM in the Auditorium, and features Zumba Instructor Ms. Nisa. The photo shows a group of students in a large hall, participating in a Zumba session.</p>

16.	14/08/25	Karkidaka Kanji	<p>A traditional Ayurvedic porridge-making session associated with monsoon wellness. Prepared and distributed Karkidaka Kanji at nearby shool as well.</p> <ul style="list-style-type: none"> To familiarise students with seasonal healing practices. To promote indigenous food-based health traditions. 	 
17.	27/08/25	Onnichonam	<p>Campus celebration of Onam through games, arts and cultural activities.</p> <ul style="list-style-type: none"> To encourage participation in Kerala's iconic festival traditions. To foster harmony and cultural bonding. 	 
18.	27/08/25	Traditional Lamp Display	<p>An exhibition showcasing various traditional Kerala lamps and their cultural symbolism.</p> <ul style="list-style-type: none"> To promote understanding of heritage craftsmanship. To preserve the traditional aesthetics of light and culture. 	

19.	29/08/25	Avanipoonthingal	<p>A large group Thiruvathira performance organised to celebrate Kerala's traditional dance heritage.</p> <ul style="list-style-type: none"> To promote cultural participation and teamwork through a classical art form. To help students experience Kerala's indigenous rhythm, grace and artistic expression. 	 
20.	22/09/25	Coffee with an Eco-Sustainable Entrepreneur	<p>An interactive dialogue with an entrepreneur promoting eco-friendly business practices.</p> <ul style="list-style-type: none"> To expose students to sustainable enterprise models. To encourage green thinking and innovation. 	 
21.	24/09/25	Keralathile Navothana Nayakar	<p>A session honouring Kerala's renaissance leaders and their contributions.</p> <ul style="list-style-type: none"> To deepen understanding of Kerala's socio-cultural reforms. To inspire students through historical perspectives. 	 

22.	26/11/25	A Journey Through India's Knowledge Heritage	<p>A thematic presentation exploring India's intellectual and cultural contributions.</p> <ul style="list-style-type: none"> To broaden student understanding of Indian knowledge systems. To highlight the relevance of IKS in contemporary life. 	 
23.	01/12/25	Christmas Celebration Title Revealing	<p>A campus event combining festive celebration with cultural expressions.</p> <ul style="list-style-type: none"> To promote harmony and shared values among students. To encourage inclusive participation in diverse traditions. 	
24.	02/12/25	A Visit to Elamkunnappuzha Tribal Colony	<p>Initial program before adoption of the colony by IQAC, IKS and NSS –</p> <ol style="list-style-type: none"> To foster community engagement. To encourage inclusivity. To strengthen bond, thereby creating essence of trust and connection To understand their challenges. 	 

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