

# **WISDOM**

**A Praxis of Indian Knowledge Systems**

Editors

**Prof. (Dr.) Chandan Adhikary**

**Dr. Debasish Das**

**Dr. Amit Adhikari**



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Editors

**Prof. (Dr.) Chandan Adhikary**

*Professor*

*Head of the Department of Education*

*The University of Burdwan, West Bengal, India*

**Dr. Debasish Das**

*Principal*

*Surendra Lal Das Teachers' Training College*

*Howrah , West Bengal, India*

**Dr. Amit Adhikari**

*State Aided College Teacher (SACT-Category -I)*

*Head of the Department of Education,*

*Sankrail Anil Biswas Smriti Mahavidyalaya,*

*Jhargram, West Bengal, India*



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**IN THE PEER-REVIEWED EDITED BOOK ENTITLED  
WISDOM - A Praxis of Indian Knowledge Systems**

## Preface

The world is witnessing rapid advancements in the fields of technology, education, and governance, often leaving behind the rich intellectual heritage that has sustained human civilizations for centuries. The need to preserve, integrate, and rejuvenate the ancient knowledge systems that shaped societies is more pressing now than ever before. WISDOM - A Praxis of Indian Knowledge Systems is an exploration of the profound and timeless wisdom embedded in Indian Knowledge Systems (IKS) and how they can be reimagined in the contemporary world to foster holistic well-being, sustainable governance, and ethical living.

In an age defined by artificial intelligence, global warming, political fragmentation, and educational disarray, Indian Knowledge Systems offer a unique opportunity to reconnect with a worldview that emphasizes balance, harmony, and inclusivity. These systems have, for centuries, offered profound insights into subjects ranging from health and wellness to governance, sustainability, and lifelong learning. It is this wisdom, often passed down through generations in oral, textual, and ritualistic forms, that this book aims to revive and apply to modern contexts.

This book is a testament to the fact that knowledge is not static, but an evolving continuum. Through the chapters of this book, we invite readers to explore the timeless nature of Indian Knowledge Systems and examine their relevance in addressing the challenges of the 21st century. The diverse perspectives of the contributors, ranging from academic scholars and practitioners to yoga educators and sustainability experts, reflect the interdisciplinary nature of this knowledge, touching on various domains including education, politics, health, and the environment.

The chapters cover a vast array of topics, each carefully curated to highlight different aspects of IKS. From Surya Namaskar and its immediate effects on cardiorespiratory metrics to the role of literature in promoting lifelong learning, the contributions encapsulate the depth of Indian thought and its application in diverse fields. Furthermore, the authors explore how ancient practices like yoga, meditation, and the teachings of the Vedas can be adapted for contemporary educational practices, governance systems, and sustainability strategies.

One of the key themes that runs through this book is the idea of

openness and lifelong learning. Indian Knowledge Systems have long embraced the concept of continuous learning, not just within the confines of formal education but throughout one's life. This theme is explored in various chapters, where the authors argue for the need to build a more inclusive, equitable, and lifelong approach to learning, which is central to the development of a just and sustainable society.

Another significant focus is on the ethical foundations of Indian knowledge. The concept of Dharma (righteousness) and its application to various aspects of life — from governance to personal well-being — is discussed in detail, underscoring how these values can be integrated into modern educational systems, public policy, and governance frameworks. The emphasis is on wisdom that promotes ethical governance, social responsibility, and ecological sustainability, all of which are critical in the current global context.

The book is divided into twenty chapters, each contributing a unique perspective on Indian Knowledge Systems. Here is a brief overview of the contributions:

Chapter-1: WISDOM: Reimagining Education through Indian Knowledge Systems for Holistic Well-being by Prof. (Dr.) Partha Karmakar & Dr. Amit Adhikari, addresses how Indian education systems, which have traditionally prioritized holistic well-being, can be reimagined to meet the needs of today's learners. The authors discuss how ancient Indian educational principles such as Vidyā (knowledge) and Avidyā (ignorance) can inform modern educational paradigms that promote overall development.

Chapter-2: Instantaneous Response of Surya Namaskar on Cardiorespiratory Metric in Women Yoga Practitioners by Dr. Gopa Saha Roy, Kartick Chandra Mandal, Mousumi Nath, Minakshi Malik & \*Dr. Chandan Adhikary, explores the physiological benefits of Surya Namaskar (sun salutation) and its role in enhancing physical health. The chapter presents empirical findings that demonstrate the importance of integrating yogic practices into modern wellness routines.

Chapter-3: Lifelong Learning in the Age of AI and Human-AI Collaboration by Debashmita Kundu & Madhumita Teli, delves into the intersection of artificial intelligence and lifelong learning. The authors reflect on how Indian Knowledge Systems' emphasis on continuous education can offer insights into navigating the

challenges posed by AI and the need for human-AI collaboration. Chapter-4: *Openness and Lifelong Learning in Ruskin Bond: A Romantic Perspective on Indian Knowledge Systems* by Dr. Tamal Jana, examines how Indian philosophical thoughts, as portrayed in literature, can help foster openness and lifelong learning. Jana looks at the works of Ruskin Bond and other Indian authors to explore how Indian culture nurtures a holistic understanding of the self.

Chapter-5: *Openness and Opportunity for Lifelong Learning in Indian Writing in English: Literature as a Pathway to Continuous Wisdom* by Dr. Partha Sarathi Nandi, presents a compelling argument for the role of Indian literature in promoting lifelong learning. Dr. Nandi discusses how the nuances of Indian writing in English reflect the profound wisdom of Indian Knowledge Systems.

Chapter-6: *Integrating Yogic Practices for Holistic Wellness and Well-Being in Physical Education* by Mr. Amal Dutta, addresses the integration of yogic practices into modern physical education curricula. The chapter underscores the significance of Asana and Pranayama (breathing exercises) in promoting mental and physical well-being.

Chapter-7: *Governance, Wellness and Well-being: Political Perspectives from Indian Knowledge Systems* by Mr. Swarup Rana, looks at the relationship between governance and well-being through the lens of Indian political thought. The chapter explores ancient Indian concepts of Rajdharma (duties of the ruler) and their application in contemporary governance.

Chapter-8: *The Heritage of Indian Political Thought: An Less discussed Intellectual Tradition from the Vedas to Chanakya* by Trina Mitra Ghosh, delves into the intellectual tradition of Indian political thought. Ghosh traces the evolution of political ideas from the Vedic period to the era of Chanakya, showing how these ideas continue to inform modern political theory.

Chapter-9: *Openness and Lifelong Learning in Indian Knowledge Systems: Implications for Democratic Citizenship* by Dr. Prodip Das, emphasizes the role of Indian Knowledge Systems in shaping democratic citizenship. Dr. Das argues for the importance of education in fostering a sense of social responsibility and civic duty.

Chapter-10: *Sustainability in Ancient Indian Society: Lessons*

from Historical Practices and Knowledge Systems by Mr. Parikshit Giri, explores how ancient Indian practices can inform modern approaches to sustainability. Giri looks at historical examples of resource management, ecological balance, and community welfare to extract valuable lessons.

Chapter-11: Integral Vision in Indian Civilization: Historical Perspectives on Inclusivity in Vedic and Post-Vedic Society by Dr. Nilendu Patra, addresses the concept of inclusivity in Indian civilization, discussing how the Vedic and post-Vedic texts promote a holistic worldview that includes all aspects of life, from spiritual to social.

Chapter-12: Ethical Foundations of Indian Knowledge Systems in the Context of Lifelong Learning by Debasmita Kar, discusses the ethical underpinnings of Indian Knowledge Systems. The chapter presents an overview of Dharma and its role in shaping moral conduct in lifelong learning.

Chapter-13: Yoga Education as Core Affective Pedagogy: A Critical Examination of Its Integration into Teacher Preparation Programmes in India by Dr. Bula Dey, explores the integration of yoga education into teacher preparation programs. The chapter looks at how yoga can be used to promote emotional intelligence and holistic pedagogy.

Chapter-14: Botanical Knowledge in Indian Traditions: Indigenous Wisdom for Wellness, Healing, and Sustainability by Mr. Debasish Maity, explores the rich botanical knowledge embedded in Indian traditions. Maity discusses how this indigenous wisdom can contribute to modern sustainability and wellness practices.

Chapter-15: Openness and Opportunity for Lifelong Learning in Indian Knowledge Systems (IKS) by Dr. Gobinda Gopal Jana, emphasizes the need for openness in the educational systems influenced by Indian Knowledge Systems. Dr. Jana argues for a more inclusive approach to education that supports continuous learning.

Chapter-16: Inclusive Education and Integral Vision in Indian Knowledge Systems: Pathways to Holistic Lifelong Learning by Dr. Anup Sasmal, explores the connection between inclusive education and lifelong learning. Dr. Sasmal argues that Indian Knowledge Systems offer pathways to a more equitable and comprehensive educational framework.

Chapter-17: Sustainability in Society through Indian Knowledge

Systems: Geographical Perspectives on Ecology and Community Wisdom by Mr. Tanmoy Ghosh, examines how Indian Knowledge Systems address sustainability through geographical perspectives. Ghosh looks at ecological practices rooted in ancient Indian wisdom.

Chapter-18: Mathematics in Indian Knowledge Systems: Wisdom, Logic, and the Pursuit of Lifelong Learning by Dr. Shibendu Midya, discusses the role of mathematics in Indian Knowledge Systems. Dr. Midya looks at the logic and wisdom embedded in Indian mathematical practices, such as Vedic mathematics.

Chapter-19: Indian Knowledge Systems and Sustainable Society: Wisdom Traditions for Ethical Governance and Public Well-being by Mr. Keshob Barman, explores how Indian wisdom traditions inform the principles of ethical governance and public well-being, promoting sustainability in societal systems.

Chapter-20: Sustainability in Society: Lessons from Indian Knowledge Systems for Contemporary Public Policy by Dr. Chandan Mandal and Soma Mishra, concludes the book with an examination of how lessons from Indian Knowledge Systems can shape contemporary public policy, particularly in areas related to sustainability.

In this edited volume, the contributors bring their expertise to create a comprehensive discourse on Indian Knowledge Systems, blending ancient wisdom with contemporary issues. Each chapter offers a unique perspective, opening new avenues for research, discussion, and application of Indian knowledge in the modern world. The collective aim of this book is to inspire readers to look at Indian Knowledge Systems not as relics of the past but as living, evolving traditions that offer valuable solutions for the challenges we face today.

Edited by  
**Prof. (Dr.) Chandan Adhikary**  
**Dr. Debasish Das**  
**Dr. Amit Adhikari**

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