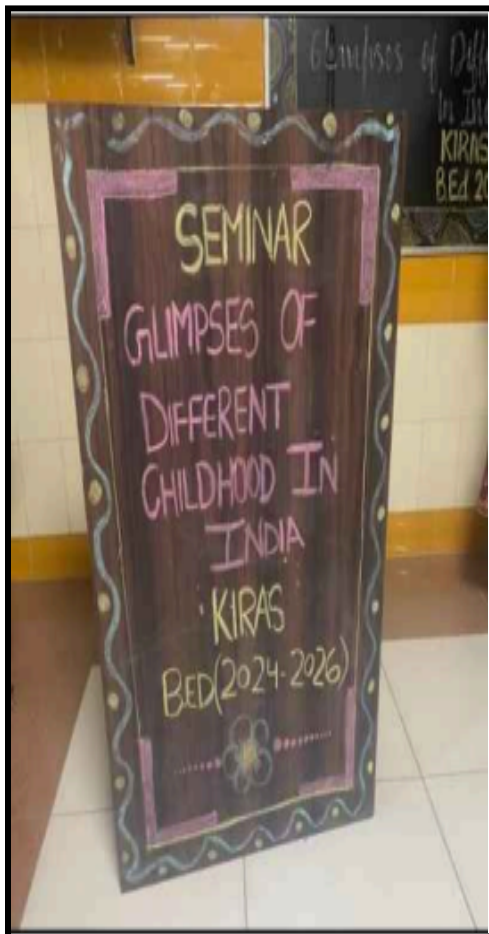
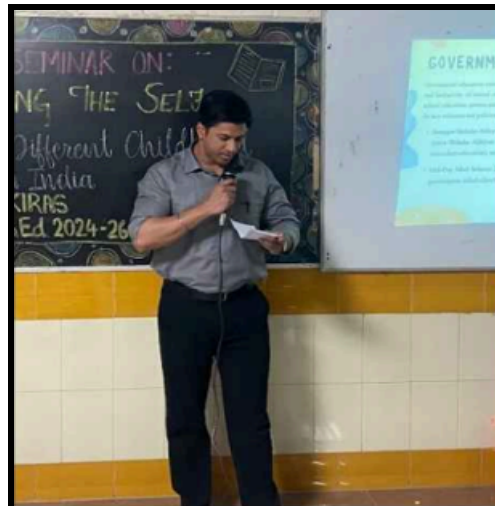


**Seminar on Understanding the Self
Glimpses of Different Childhood in India
(22/10/2024)**

The seminar "**Glimpses of Different Childhoods in India**" at KIRAS provided an insightful discourse on the multifaceted experiences of children across socio-economic strata and varying abilities. Ms. Himani Singh and Dr. Sonia Mojumdar presided over the session, delivering an eloquent introduction and concluding with a formal vote of gratitude. Chairperson of the seminar, Ms. Amita, graced the event with her presence and shared her insight. Esteemed faculty members of the college offered their expertise and mentorship throughout the event. B.Ed. students conducted in-depth interviews and presented nuanced analyses of the challenges encountered by children from lower-income, middle-class, affluent, and differently-abled backgrounds. The seminar underscored the imperative for inclusive education, pedagogical reforms, and empathetic instructional strategies, culminating in a thought-provoking dialogue between students and faculty.

Glimpses of the Seminar





GROUP I: PRESENTATION ON STUDENTS OF LOWER-INCOME GROUP



GROUP II: PRESENTATION ON STUDENTS OF MIDDLE-INCOME GROUP



GROUP III: PRESENTATION ON STUDENTS OF UPPER-CLASS GROUP



GROUP IV: PRESENTATION ON DIFFERENTLY-ABLED STUDENTS





**KALKA INSTITUTE FOR RESEARCH AND ADVANCED STUDIES, ALAKNANDA,
NEW DELHI**

**NATIONAL SEMINAR- “INTEGRATING INDIAN KNOWLEDGE
SYSTEM INTO MODERN EDUCATION” IN COLLABORATION WITH
GGSIPU**

Date & Day: 23rd April 2025, Wednesday

Time: 10:00am

Venue: Multipurpose Hall, Kalka Institute for Research and Advanced Studies

Organizers: Cultural Club, KIRAS

Introduction:

Kalka Institute for Research and Advanced Studies organized a National Seminar on the theme **“Integrating Indian Knowledge System into Modern Education”** in collaboration with GGSIPU, on 23rd April 2025. The seminar provided a valuable platform for students and faculty members to explore the importance of integrating ancient Indian wisdom, emotional resilience, mental well-being, and holistic practices into the modern education system. This event brought together enthusiastic presenters and participants to deliberate on innovative approaches towards holistic development through the Indian Knowledge System. The event commenced with a warm introduction and welcome Speech delivered by Harshita (M.Ed Interns, GGSIPU) & Astha (B.Ed Student). Harshita, welcomed Dr. Shubham Saxena, (Director of KIRAS) Dr Rajiv Kumar (Principal), Ms. Yogita (M.Ed Intern, GGSIPU) and Ms. Alisha (M.Ed Intern, GGSIPU), the faculty members from B.Ed. department, and BCA Department & others present there. Ms. Yogita (M.Ed Intern, GGSIPU) and Ms. Alisha (M.Ed Intern, GGSIPU) act as chairperson for the seminar. They beautifully introduced the theme of the seminar, emphasizing the relevance of ancient Indian knowledge in contemporary times. The paper presentations began, where the participants showcased their research and perspectives on various themes of the seminar. The objective of the seminar was to ignite a meaningful dialogue on the significance of embedding India's rich heritage of knowledge, philosophy, and wellness practices into contemporary educational frameworks. With a profound belief that the timeless wisdom of our ancestors holds transformative power even in today's dynamic world, the seminar emphasized how ancient Indian practices like Yoga,

Meditation, Ayurveda, and teachings from texts like the Bhagavad Gita can contribute to emotional, social, and intellectual development.

List of Paper Presenters:

S. No.	Name of The Students	Topic
1	Shikha Yadav	The Bhagavad-Gita
2	Nikita Sharma and Mansi	Unlocking Holistic Wellness Through Mindfulness and Meditation
3	Ashu Mehlawat	Awakening The Self: Yoga And Meditation For Holistic Well-Being
4	Ruhi and Ayushi	Digital Addiction: A Growing Concern in the Era of Digitalization
5	Lata	Digital Addiction: A Growing Concern in the Era of Digitalization
6	Arundhuti Dey and Durdana Nasir	Trauma-Informed Practices in Indian Schools: A Trail to Addressing Community level Mental and Emotional Well Being
7	Nalini Sharma	<i>The Bhagavad-Gita</i>
8	Tannu Rexwal	Mental and Emotional Well-Being: Challenges and opportunity

The first paper presenter, Shikha explored *The Bhagavad-Gita* as a timeless spiritual and philosophical text that continues to resonate across cultures and centuries. She highlighted its core message of duty (dharma), selfless action (karma yoga), and inner wisdom, emphasizing how Lord Krishna's guidance to Arjuna on the battlefield serves as a profound allegory for the moral dilemmas faced in everyday life. Shikha also discussed the Gita's relevance in modern times, particularly in the fields of ethics, leadership, and personal growth, demonstrating its universal appeal beyond religious boundaries. Her presentation reflected deep insight and scholarly engagement with the text's enduring significance.

In their insightful presentation titled *"Unlocking Holistic Wellness Through Mindfulness and Meditation,"* Nikita and Mansi delved into the transformative power of these ancient practices in promoting overall well-being. They emphasized how mindfulness and meditation not only reduce stress and anxiety but also enhance emotional balance, focus, and self awareness—key components of holistic health. Drawing on scientific research and practical examples, the duo illustrated the mind-body connection and the importance of incorporating mindful habits into daily life. Their session provided both theoretical understanding and practical tools, inspiring the audience to view wellness as a harmonious integration of mental, emotional, and physical health.

"Awakening the Self: Yoga and Meditation for Holistic Well-Being," Ashu Mehlawat explored the deep interconnection between the body, mind, and spirit through the practices of yoga and meditation. She emphasized how these ancient disciplines serve as powerful tools for self awareness, inner peace, and balanced living. Ashu highlighted the therapeutic benefits of regular practice—not only in managing stress and improving physical health, but also in nurturing emotional resilience and spiritual growth. Her talk offered a thoughtful blend of traditional wisdom and contemporary relevance, inspiring participants to embrace a more conscious and integrated approach to well-being.

In their thought-provoking presentation titled *"Digital Addiction: A Growing Concern in the Era of Digitalization,"* Ruhi and Aayushi shed light on the rising dependency on digital devices and its impact on mental, emotional, and social well-being. They examined how excessive screen time, particularly among youth, is leading to issues such as anxiety, sleep disorders, reduced attention span, and social isolation. The presentation emphasized the need for digital detox strategies, mindful technology use, and awareness campaigns to mitigate the negative effects of digital overexposure. Through data, real-life examples, and interactive discussion, Ruhi and Aayushi effectively underscored the urgency of addressing digital addiction in today's hyperconnected world.

"Trauma-Informed Practices in Indian Schools: A Trail to Addressing Community-Level Mental and Emotional Well-Being," Arundhuti Dey and Durdana Nasir highlighted the critical need for creating safe, supportive, and responsive educational environments for students affected by trauma. They discussed how adverse childhood experiences (ACEs) and community-based stressors can significantly impact a child's learning, behavior, and emotional development. By advocating for trauma-informed approaches—such as empathetic teaching methods, mental health training for educators, and inclusive school policies—they emphasized the role of schools as vital spaces for healing and resilience-building. Their presentation called for systemic change and greater awareness to ensure holistic well-being at

both individual and community levels.

Conclusion:

The National Seminar concluded on an insightful and celebratory note. The Chairperson Ms. Yogita (M.Ed Intern, GGSIPU) and Ms. Alisha (M.Ed Intern, GGSIPU), shared her valuable reflections on the paper presentations, appreciating the depth of research and diverse perspectives brought forth by the participants. She commended the scholarly efforts and emphasized the importance of integrating the Indian Knowledge System into mainstream education to promote a more holistic and value-based approach to learning.

The highlight of the event was the announcement of the **Best Paper Award**, which was conferred upon **Ms. Shikha Yadav** in recognition of her outstanding research contribution. The award was presented by **Dr. Shubham Saxena** and **Dr. Rajiv Kumar**, adding to the spirit of academic excellence and encouragement for young researchers.

Vote of Thanks:

The seminar formally concluded with a heartfelt **Vote of Thanks** by **Ms. Harshita**, M.Ed Intern from GGSIPU, who expressed deep gratitude to **KIRAS** for organizing the seminar in collaboration with **GGSIPU**. She acknowledged the efforts of all presenters, faculty members, organizers, and participants for their enthusiastic involvement, which made the event a resounding success. The National Seminar successfully created a collaborative environment where students and faculty discussed the integration of the Indian Knowledge System into modern education. It not only encouraged research and critical thinking but also underlined the relevance of emotional and mental well-being through traditional Indian wisdom. The event ended on a positive and inspiring note, leaving a lasting impact on all attendees. The event inspired educators, students, and researchers to recognize the immense potential of blending traditional Indian knowledge systems with modern pedagogy, creating a more inclusive, mindful, and innovative learning environment. In essence, the seminar served as a vital step toward reimagining education as a journey that connects knowledge with wisdom, and learning with life.

Special Mentions:

Photography: Yayaathi Rai and Kanchan

Board and Podium Decoration: Nalini Sharma, Ritu Sharma and Tanya. **Report Prepared by:** Ritu Lamba

Some Glimpses of the Event:





Paper presenters of the seminar



Paper presenters of the seminar



Dr. Shubham Saxena addressing all the participants
Award for Best Paper Presenter

Chairperson for the Seminar