



"The Role of Indian Knowledge Systems in Promoting Holistic Education"

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I. Introduction

The development of students' intellectual, emotional, social, physical, artistic, creative, and spiritual potential is the goal of holistic education. In this educational paradigm, Indian Knowledge Systems (IKS), which comprise a wide range of knowledge, customs, and practices originating from the Indian cultural environment, can be very important. Holistic education is a teaching approach that places more emphasis on a student's overall development than just their academic achievement. It aims to develop a student's physical, emotional, spiritual, psychological, and moral attributes. The idea that integrating many courses enhances student learning is the basis of holistic education. Indigenous Knowledge (IK), which includes the abilities, insights, and experiences of people utilized to preserve or enhance their standard of living, is an essential resource for development. A third of the 900 million people living in extreme poverty in rural areas worldwide are indigenous peoples, who comprise around 5000 different tribes and approximately 4% of the global population. Seventy percent of their 70+ nations are in Asia. However, for historical and political reasons, they frequently experience discrimination and marginalization. In addition to having difficulty producing food, making a living, accessing healthcare, education, and legal rights to reside on their lands, they also have difficulty influencing institutions and policies. Eradicating poverty requires addressing the unique needs of these minority ethnic communities. An overview of IK, its effects on social development, how international initiatives are maintaining IK, and India's readiness to defend it are all covered in this study.

Understanding Indian Knowledge Systems (IKS)

IKS is defined as the philosophy, astronomy, mathematics, medicine, yoga, linguistics, and ethics are all included in Indian knowledge systems. Important writings that examine many facets of life, nature, and the cosmos include the Vedas, Puranas, and Aranyakas. These

systems place a strong emphasis on harmony, sustainability, and interconnectedness—principles that are still applicable in today's educational environment.

Key Feature of IKS:-

- Holistic thinking:** The IKS places a strong emphasis on how everything is interrelated and how crucial it is to view the big picture. The IKS places a strong emphasis on observation and firsthand experience as knowledge sources.
- Tradition is important:** The IKS considers the transmission of knowledge from one generation to the next and the preservation of tradition to be very important.
- Emphasis on spiritual growth:** The IKS places a strong emphasis on the value of spiritual growth as well as the pursuit of knowledge and truth for their own sake.
- Integration of knowledge from several disciplines:** The IKS incorporates information from a number of disciplines, including as science, medicine, philosophy, religion, and the arts.

The IKS is a sophisticated and diverse body of knowledge that is still being researched and discussed by academics today. Nonetheless, it is evident that the IKS has significantly advanced human civilization and is still applicable in the contemporary era.

Here are some of the specific features of the IKS:

1. Emphasis on Interconnectedness

- Holistic Approach:** IKS encourages people to see the cosmos and life as interdependent systems. For example, the idea of "Vasudhaiva Kutumbakam," which translates to "the world is one family," encourages students to feel like global citizens.



- **Curriculum Integration:** Traditional ecological knowledge can be included into subjects like environmental science to highlight the interdependence of humans and nature.

2. Promotion of Emotional and Spiritual Well-being

- **Yoga and Mindfulness:** Including IKS's yoga and meditation techniques helps improve students' mental and emotional well-being. These exercises encourage self-awareness, self-control, and stress reduction.

- **Cultural Values:** IKS promotes emotional intelligence by embodying values like gratitude, respect, and compassion that can be included into the educational ethos.

3. Development of Critical Thinking and Creativity

- **Philosophical Traditions:** Buddhist philosophy, Nyaya philosophy, Vedanta philosophy, and other Indian philosophical schools promote inquiry and critical thought. Through these readings, students can examine a variety of viewpoints and hone their analytical abilities.

- **Creative Expression:** Students can express their creativity and cultural identity by participating in traditional dance, music, and arts and crafts programs at schools.

4. Practical Knowledge and Skills

- **Traditional Practices:** By incorporating Ayurvedic medicine, traditional farming methods, and handicrafts into vocational education, students can gain useful skills that are applicable to their local communities.
- **Sustainability:** IKS promotes environmental stewardship and responsible citizenship by providing sustainable methods that students can learn.

5. Multilingualism and Cultural Diversity

- **Language Education:** By highlighting native tongues and dialects in the curriculum, teachers can encourage multilingualism and help pupils connect with their cultural background and comprehend different points of view.
- **Cultural Appreciation:** Learning IKS promotes pride in one's ancestry and respect for cultural diversity.

II. Conclusion

Promoting holistic education can be greatly aided by the incorporation of Indian knowledge systems into the educational system. IKS can contribute to the development of a more inclusive and stimulating learning environment by promoting interconnectedness, emotional and spiritual well-being, critical thinking, practical skills, and cultural variety. To guarantee that IKS is successfully included into the curriculum and in line with the objectives of holistic education, policymakers, educators, and communities must work together.

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