



# ARMY INSTITUTE OF EDUCATION



Affiliated to Guru Gobind Singh Indraprastha University, New Delhi

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'Institute under the aegis of Army Welfare Education Society (AWES)

Plot M-1, P-5, Sector- Chi, Gr. NOIDA | Ph.: 0120-2343741/ 42 | e-Mail: aie@awesindia.edu.in | www.aie.ac.in

## REPORT ONE WEEK STUDENT & FACULTY DEVELOPMENT PROGRAMME on INDIAN KNOWLEDGE SYSTEM FOR PHYSICAL, SOCIAL AND EMOTIONAL WELL BEING @VIKSIT BHARAT 2047' : 02-08 MAY 2024

IQAC of Army Institute of Education (AIE), Greater NOIDA in collaboration with Sanskriti University, Mathura organized Online One Week Student and Faculty Development Programme (SFDP) on the theme 'Indian Knowledge System for Physical, Social and Emotional Well Being @Viksit Bharat 2047' from 02-08 May 2024.

The Student-Faculty Development Programme aimed to provide a platform for learning, discussion, and application of indigenous knowledge systems. By integrating traditional Indian practices into modern contexts, the programme contributed to the holistic well-being of participants and advance educational excellence to the participants. Conducting such programmes has significant relevance and value, particularly within the context of schools and teacher training institutes.

### Objectives:

- To introduce students and faculty members to indigenous knowledge systems and their benefits for holistic well-being.
- To facilitate a dialogue between traditional practices and modern approaches for better health and wellness.
- To provide practical insights and techniques that can be implemented in daily life for improved mental and emotional health.
- To foster an appreciation for the rich cultural heritage and wisdom of ancient Indian traditions.
- To explore the relevance of these systems in contemporary settings, particularly in education, therapy, and personal development.

### Audience:

- Students and faculty members of teacher training Institutes and faculty from schools.
- Education professionals and therapists interested in incorporating indigenous knowledge systems into their practices
- Total 173 registrations from outside

### Learning Outcomes:

- Enhanced understanding of indigenous knowledge systems and their applications.
- Improved stress management and emotional well-being through traditional practices.
- Development of new teaching methods and approaches for incorporating indigenous knowledge into the curriculum.
- Strengthened sense of cultural identity and appreciation for the rich heritage of India.

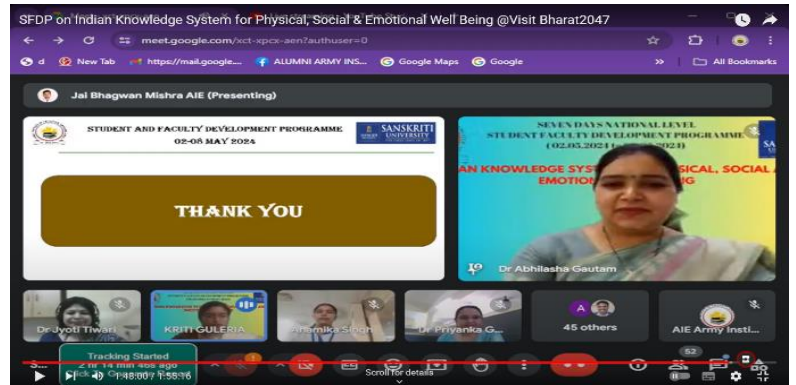
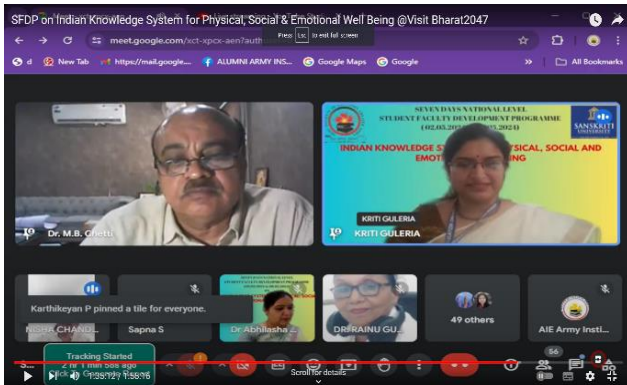
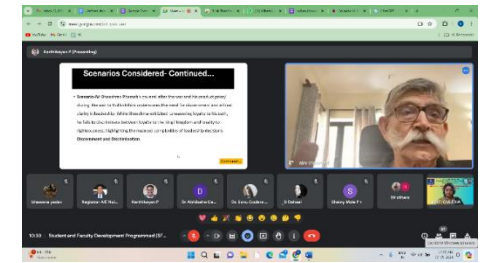
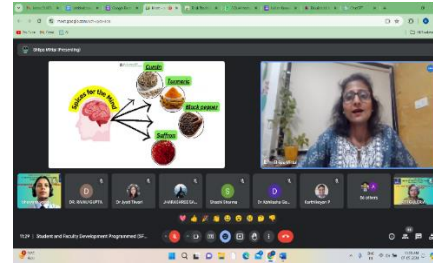
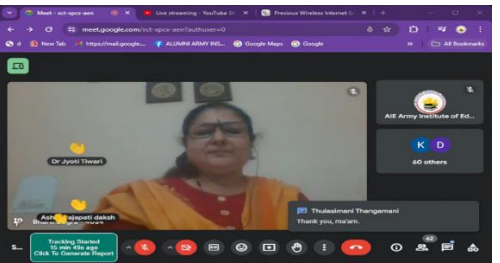
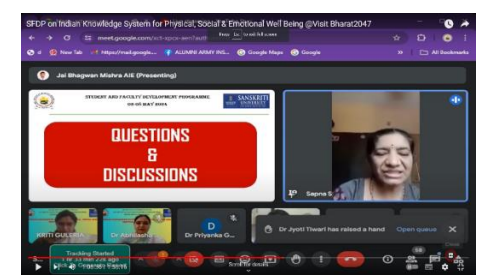
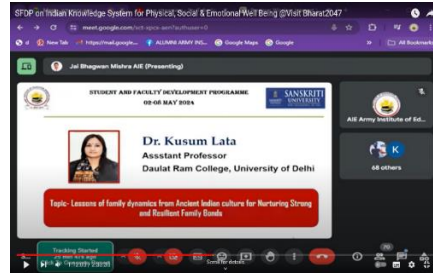
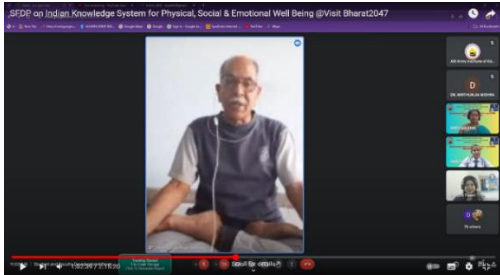
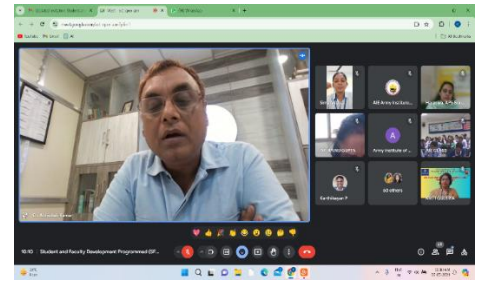
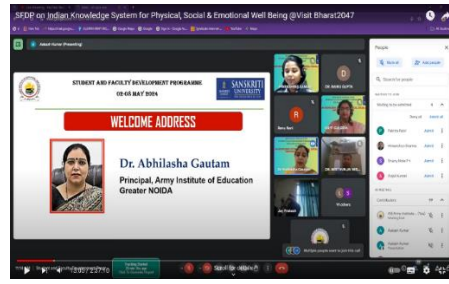


## Programme Schedule

Day	Resource Person Tentative	Topic
Day 1  02 May 2024	<b>Welcome Address by</b> Dr. Abhilasha Gautam, Principal, AIE	Education and Skill Development: Ancient Indian Gurukul System and its Modern Implications for Viksit Bharat'
	<b>Key Note Address by</b> Prof Rainu Gupta, Dean School of Education, Sanskriti University	
	Mr Chintan Kapoor Assistant Professor, AIE	
	Prof Dhananjay Joshi, Founding Vice Chancellor, Delhi Teachers University	Address by the Chief Guest
Day 2  03 May 2024	Dr Ram Kishore Singh Rathore, Former Prof. & Head, Dep. of Botany, R. B. S., College, Agra	Integrating Yoga Practices and meditation for Mental Well-being
	Dr. Jyoti Tiwari Assistant Professor, AIE	Cultivating Emotional Intelligence through Insights from Indian Scriptures and Texts
Day 3  04 May 2024	Dr. Bharati Dogra Professor, School of Education, IGNOU	Exploring the Intersection of Vedanta and Positive Psychology for Social & Emotional Well-being
	Dr. Kusum Lata Assttnt Professor Daulat Ram College, University of Delhi	Lessons of family dynamics from Ancient Indian culture for Nurturing Strong and Resilient Family Bonds
Day 4  06 May 2024	Dr Abhishek Kumar, Principal, Marketing, Army Institute of Management, Kolkata	Leadership and Governance Lessons from the Ancient Indian Epics (Part I: Ramayana)
	Vinod Kumar Shanwal HoD, Gautam Budh University	Pedagogical Approaches in Indian Knowledge System
Day 5  07 May 2024	Maj Gen A K Chaturvedi, AVSM, VSM Veteran, Indian Army	Leadership and Governance Lessons from the Ancient Indian Epics (Part II: Mahabharata)
	Ms. Shilpa Mittal Dietician & Nutritionist	Traditional Indian Dietary Practices for Mental Health and Cognitive Enhancement
Day 6  08 May 2024	Dr Sapna S., Professor In Rasa shastra and Bhaishajya kalpana (Indian Pharmaceuticals) Ayurveda.	Importance of indigenous knowledge to develop trust in the health system and improve health outcomes.
	Valedictory Address Prof. (Dr.) M. B. Chetti Vice Chancellor - Sanskriti University	



# Few Glimpses from the SFDP



*Abhilasha Gautam*  
**Dr Abhilasha Gautam  
Principal**