

## **BEST PRACTICE II**

### **Title: Promotion of Indian Knowledge System thorough Promotion of Yoga and Millets as a lifestyle**

#### **1) Context:**

Indian knowledge system promotes and enables further research to address the societal challenges faced today in several areas including Holistic Health, Psychology, Neuroscience, Nature, Environment, and Sustainable Development. The IKS flows like the Ganga, unbroken from the Vedas (Upanishads) to Sri Aurobindo, with knowledge always at the heart of inquiry. The Yoga practices encapsulate the essence of IKS as the word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature.

It is equally important to reflect on how local millet value chains contribute to sustainable, inclusive, and resilient food systems and promote circular economy the role of Indigenous traditional knowledge systems in millet cultivation and sustainability. The Mission Aahar Kranti of the Ministry of Health, Govt. of India has been adopted as a culture to work on the mindset and habits of the youth in the college. The Home Science Club developed an interdisciplinary club as AAHAR KRANTI CLUB to promote the healthy lifestyle incorporating millets in life of youth and staff, and also take the message to the community. The initiative shines a light on the richness and value of India's traditional diet, the miracles of local fruits and vegetables, and the healing powers of balanced diet. The strength of any government vision through a dedicated and step wise implementation was accomplished by creating the club of which faculty and students are members.

#### **2) Objectives of the Practice**

- a) To facilitate the students with the concepts of Indian traditional knowledge and to make them understand the importance of roots of Indian Knowledge System.
- b) To make students acquaint with the facets of traditional knowledge, its relevance and help them be able to apply it to their day to day life.
- c) Promote and enable further research to address the societal challenges faced today in several areas including holistic health, psychology, neuroscience, nature, environment, and sustainable development.

- d) To bring to the community including staff and students the domain knowledge of Indian system and its benefits
- e) To engage different stakeholders in promoting, developing and practicing traditional knowledge of country as a lifestyle

### 3) **The Practice**

College organized various activities based on promotion of IKS as college in collaboration with Vasudeva Kriya Yoga organized a One Day International Workshop under the aegis of IQAC 'Art of Manmaking Through Vasudeva Kriya Yoga' on 7<sup>th</sup> January, 2023.; National Seminar on "Integral Education of Sri Aurobindo and its Implications for India's National Resurgence through Quality Teacher Education was organized under the aegis of IQAC and RUSA on 22<sup>nd</sup> February 2023; A week long Orientation Programme on 'Indian Knowledge System' in Collaboration with Lokayurved on 'Healthy Life Education through Ayurveda and Alternative Therapies' from 21<sup>st</sup> to 27<sup>th</sup> July, 2023. College in collaboration with Government College of Yoga Education and Health, Sector 23, Chandigarh and Lokayurved Wellness Concept organized a Faculty Development Program (6<sup>th</sup> -12<sup>th</sup> September 2022) under the aegis of IQAC and RUSA on 'Integrated Yog and Ayurved Wellness Awareness Program for Teacher Educators' with the support of Chandigarh Administration ; A National Workshop-cum-Training program under Nasha Mukh Bharat Abhiyan was organized by Victory against Drug Abuse (VADA) club and NSS of the Government College 7<sup>th</sup> February, 2024; For promoting the use of millets, the Aahar Kranti Club in collaboration with Nivedita Club already engaged in the area worked on expanding on the concept and share the platform for activities, in-house as well as the state level bringing in schools and colleges of Chandigarh also; On February 7, 2023, an awareness drive was conducted; Millets Recipe Competition was held in collaboration with MGNCRE on February 20, 2023. Various dishes were prepared by the participants using millets as core ingredients such as foxtail millet, brown top millet, barnyard millet, kodo millet and little millet etc. The MGNCRE Club in its entrepreneurship drive had one of the dedicated groups to take this to an enterprising level and the groups cooked and sold gluten free recipes in the week-long drive to create work and earn model among youth in the dedicated week in February, 2023. The canteen was given new suggestions to try healthy things and include in the menu. International Women's Day on March 7, 2023 organized by the NSS Cell of the college kept Aahar Kranti Drive in its priority theme; An event ANNUTTAMA was organized

on April 29, 2023 in the college in collaboration with Nivedita Trust (follows the mission Dhree, Dharti, Dharohar) for Aahar Kranti under Azadi Ka Amrit Mahotsav and G20.

An in-house creation was a book launched with recipes of millets 'Magic Millets' - a home cookbook (Chief Editor Dr Sapna Nanda, with Dr Anjali Puri and Dr Ravneet Chawla as editors, Dr Bharti Goel and Meghna Duhan as student editors; ISBN: 978-93-90154-07-4). The drive continues through all platforms of the college to fulfil the mission in sincere dedication.

#### **4) Obstacles faced**

The practice was initially difficult to enable the stakeholders to understand its importance but with consistent efforts and programs the awareness had been spread through various modes and events

#### **5) Impact of the practice**

- Yoga has become a lifestyle with the students and faculty.
- Students have included diets based on millets in routine.
- Staff on diet exchanges their happy experiences among each other.
- Innovations have been documented as book publication "Magic millet".

#### **6) Resources required**

More resource persons are required to be connected with and Millets supply can be promoted at a lesser cost for the mess, canteen and for Home Science/Aahar Kranti clubs.

#### **7) About the Institution**

1. Name of the Institution: Government College of Education, Chandigarh
2. Year of Accreditation: 2017 (Second Cycle)
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