RESEARCH ARTICLE

ROLE OF HOLISTIC EDUCATION PRACTICES TO ENRICH THE INDIAN KNOWLEDGE SYSTEM IN CONTEMPORARY EDUCATION

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Manuscript Info

Abstract

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Education is the most powerful instrument to enhance and inculcate the BhartiyaKnowledge tradition in the 21st-century generation. This research article started with a brief introduction to the Knowledge System with special reference to India. The highlights are the foundation and principles of holistic education,the interrelationship between Indian knowledge andHolistic Education, and the contemporary education system. There is a total absence of moralvalues, ethical training, and knowledge of culture and tradition in the young generation which is also referred to as Generation Z(GenZ). This article focuses on the role of holistic education in spiritual awakening among the generations and learning from our ancient literature, art, and culture which ultimately enhance the panoramic development of human beings. An emphasis on the balance between traditional wisdom and contemporary educational approaches is the prerequisite. The focus on the holistic education practices that contribute to the enrichment of the Indian Knowledge Tradition showcases an integration of traditional wisdom and modern teaching methodologies. The role of the Bhartiya Knowledge Tradition in the Indian education system is a vital source of rejuvenating the strength of glorious ancient art, culture, and literature among learners studying at different levels of education.IndianKnowledgeTradition with the Holistic Education approach can regain the prestige of Bharat as "Vishwa Guru" all over the world once again.

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Introduction:-

Indian Knowledge System comprises three words Indian, Knowledge, and System which Indian means Bharat-Varsha, Bharat is divided by mountain ranges situated between the oceans, which not only signifies the great land of India but also the morals and the ethics that guide every citizen of it. Knowledge is the epistemological belief, observation, experience, praxis, and experimentation emanating from the wisdom and insights of our ancestors and the System is an assemblage and classification to access the corpus of knowledge in the pithiest way**.**India, with its ancient civilization and diverse cultural heritage, boasts a rich tapestry of knowledge systems that have evolved over millennia. Starting from ancient Vedas, Puranas, Vedangas, Dharm-shastra, Nyaya, and Mimamsa to the wide range of disciplines like philosophy, mathematics, astronomy, geometry, astronomy, and medicine, all are rooted within the Indian Knowledge system (Mahesh, Aithal & Sharma, 2023; Kapoor, Singh 2016).Indian Knowledge Tradition

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means the experiences and praxis which is to be transferred from one generation to another, the indigenous knowledge of our ancestors which is peculiar in that we need efforts to understand. The knowledge that Lord Krishna gave to Arjuna in Mahabharata the renowned Bhagavad Gita was underpinned by Sage Vyas,which is one of the two main Sanskrit epics in Hinduism and ancient India, the other being Ramayana that is unabridged of moral values and ethics, an exemplary of emotional and social well-being (Tiwari S., 2023).With the rapid change in the knowledge system globally and the interference of the West, the 21st generation is lost in the illusion and disparagesthe rich culture and heritage of the nation. The annihilation of values and ethics that are the crown of our glorious past is a matter of concern for us. The National Education Policy (NEP 2020) signifies the importance of the Indian Knowledge System and overhauls the complete curricula of the education system. Rooted in ancient wisdom, philosophical insights, and practical knowledge, the IKS contributes to the development of a holistic and culturally grounded educational framework.

Historical Foundation of Indian Knowledge System
The roots of the Indian Knowledge System lie in the ancient Vedic period. The Chaturdasa- Vidyasthana, 4 Vedas namely Rigveda-a collection of Vedic Sanskrit Hymns (Knowledge of verses), Samaveda- the Veda of melodies and chants (Knowledge of chants), Yajurveda – the prose mantras for worship rituals (Knowledge of worship),Atharvaveda -the Veda of varied knowledge (Knowledge of everyday life) are the soul of our Indian Knowledge System (Kapoor, Singh 2016). Vedangas (6 limbs of Veda) include Siksha,Vyakarana, Chanda, Jyotisha, Kalpa, and Nirukta associated with the study and understanding of the Vedas (Ghonge, Bag & Singh, 2020). Itihasa-Ramayana and Mahabharata, the epic story of our almighty God, and Puranas-Vishnupurana and Bhagavad Gita, the source of knowledge and ultimate reality. Dharmasastra (Manusmṛti, Yajnavalkya-smṛti, Pararara-smrti, etc.)the Brahmanical collection of rules of life, law, and social order for the fulfillment of Purusharthas (life goals), Arthashashtra-the way of financial management and economic governance written by Kautilya 2,400 years ago (Singh, 2022; Kapoor, Singh 2016), Darsana (Six orthodox and heterodox systems) the collection of the metaphysics (reality& being), epistemology (knowledge & truth), logic (reason & argumentation), axiology (aesthetics & ethics). Nyaya, Sankhya, Yoga,Vaisheshika, Purva Mimamsa, and Uttar Mimamsa (Vedanta) are the six orthodox systems and Buddhism, Jainism, Charvaka,and Ajivikas are orthodox systems of Indian philosophy (Lal & Palod, 2016). This intricate web of wisdom not only shapes the educational landscape of our country but also passes the values and ethics from one generation to another. Our ancient scholars also encompass a wealth of knowledge and wisdom.The contributions of ancient scholars like Aryabhata in Mathematics, Bhaskara II in Astronomy, Charaka the father of Medicine, Sushruta the father of Surgery, Nagarjuna and Kanad in Chemical Sciences, Varahamihira the eminent astrologer and astronomer, Chanakya an exceptional economist and politician, Patanjali in Yoga Sutra and Panini in linguistics exemplify the multifaceted nature of the Indian knowledge system (Mahesh, Aithal & Sharma, 2023; Kapoor, Singh 2016).India was the home of world-class institutions such as Takshashila, Nalanda, Vikramshila, and Vallabhi, which set the highest standards of multidisciplinary teaching and research (Yadav, 2023). The sources of learning drawn from various disciplines like Vyakaran (Grammar), Anviksiki (logic), Nithyashastra, Ayurvedic,Arta (Commerce & trade), Dhanuvidya (Archery), Shilpashastra, Yoga sadhana, Paravodya,Arthashastra, Sankhya, Philosophy, Dhanrveda (MartialArts and Sciences), Gandharveda, AgamaShastra, Puranas (Aithal, Mahesh& Sharma,2023).

Indian Knowledge System and Holistic Education
The education system of ancient India was the Gurukul System, where Sishya (learners) lived with their Guru (teacher)and fostered holistic learning not only academic learning but also morals and values and imbibed in character-building. It emphasizes the integration of physical, mental, and spiritual aspects, fostering the development of balanced and harmonious individuals. The instructions by Guru are mostly oral and focused on experiential learning. Vedas, astronomy, philosophy, yoga, ethics, religion, and physical education were the main subjects taught in Gurukul whereas the mode of delivering was Sanskrit Language. However, there was no firm syllabus or curriculum and no exams were mandatory at that time. There was no dissonance between curricular and co-curricular aspects of education as prevailed in the modern education system.The ultimate goal of education was man-making, character-building, and spiritual awakening among the learners.The training of sense organs and control over them is the highest procurement and self-belief, self-awareness, empathy, emotional regulation, and other interpersonal skills are the attributes to be mastered. The approach to learning was holistic and multi-disciplinary encouraging broad-based and interconnected knowledge. The education of ancient India was spiritually and culturally enriched. The foundation of the ancient education system was religion and the ultimate aim of the same was to seek "moksha" or "SavidhyayaVimuktaye" (Pandya, 2014).

Table 1:-Transition of Education from the Ancient to the Contemporary Education System:

S.No.	Time Period	Purpose of Education	Characteristics of Education	Subjects/ Curriculum taught
1.	Brahmanical System of Education	All-sided development, infusion of Piety and Religiousness, Formation of Character, Development of physical, mental, moral, and spiritual powers.	Upanayana (admission), Brahmacharya (celibacy), Gurukul System (living in guru's hermitages), Strict obedience, Sravan, Manana, Niddhyasana, Oral examination, Sanskrit language, Samavartana (completion of studentship), Gurudakshina	Vedas, Vedangas, Upanishads, Dharmashastras, Itihas, Dhanurvidya, Sarpavidya, Medicine, Surgery, Bhutvidya (Study of Demons), logic, economics, maths, astronomy, art, singing, dance, etc.
2.	Ancient Indian Education (Buddhist Education)	To follow the Eightfold path of Gautam: Right View, Right Aspiration, Right Speech, Right Conduct, Right Livelihood, Right Effort, Right Mindfulness, Right Rapture, and Holistic Development of Individuals.	Pabbajja (Commencement of studentship), Bhikshu (abstinence from worldly pleasure), Monistic Education, wisdom-study, thought, and meditation, Upasampada (status of monk), Nalanda, Takshashila, Vallabhi, Vikramashila Universities, Pali, Prakrit, and Sanskrit are the instructional languages.	Five Vidyas: Shabda Vidya (Grammer), Shilpasthana Vidya (Art and craft), Chikitsa Vidya (Medicine), Hetu Vidya (Logic)and Adhyatma Vidya (Philosophy).
3.	Medieval Period	Religiousness, Morality, Spread of Islamic Doctrines, laws, and social customs, spread of the light of learning, Preservation, and study of classical texts	Maktabs (primary education institutes), reading, writing, elementary arithmetic, Madrasas (higher education institutes),	Grammar, Rhetoric, Logic, Theology, Metaphysics, Literature, Jurisprudence, and Science, the study of Arabic and holy Kuran.
4.	Colonial Period	Cultural and Social Control, Production of clerks and Civil Servants, Spread of Western values, Christian missionary objectives, separation of vernacular and English language.	Emphasis on Western knowledge and culture, neglect of Indigenous Knowledge, Eliticism, technical and vocational training, rote-memorization, emphasis on the English language, and promotion of British values and culture.	English language and literature, Mathematics, Technical subjects, Christian Religious Studies, Western philosophy, European history and geography
5.	Post-Independence	Universal Elementary Education, Eradication of Illiteracy, Adult Education, Women's Education, Vocational and Technical Education, Professional Education, National Education Policy 1968, 1986, and 1992 (POA) for a complete overhaul of the Indian	Equalization of education opportunities, Three-language formula, Re-orientation of the content and process of education, Distance Education, Use of multi-media and mass media, focus on teachers and teacher education, Expansion of higher education institutions and	Hindi, English, Science, Mathematics, Humanities, Agriculture, Commercial, Technical, Home-science, Cultural courses- music, fine arts, yoga, cultural heritage, Physical education, Art and Craft.

		Education System.	IITs and Emphasis on research.	
6.	Era 21st Century	Skill Development, Global Competitiveness, Innovation and Entrepreneurship, Lifelong Learning, Social and Environmental Responsibility, Technology Integration, Soft-skill Development and Inclusivity and Diversity.	Integration of technology in education (e-learning, digital tools, Emphasis on skill development and vocational training, Diversity in education pathways, including online and MOOCs, Artificial Intelligence, and Simulation.	STEM (Science, Technology, Engineering, and Mathematics), Language and Literature, Social Sciences, Arts and Humanities, Life Skills and Vocational Education, Physical Education, Environmental Education, Technology and Digital Literacy, Inclusive Education, Ethics, and Value Education.

Source: Johri&Pathak, (2015), Development of Education System in India, Agrawal Publications

Holistic education is a foundation to make a human being ready to serve society and develops the inner and ourselves through physical and intellectual spiritual, moral, and artistic aspects (Mahesh, Aithal & Sharma, 2023). Our Ancient Education System was solely based on the holistic education approach which not only focussed on memorization but creative and critical thinking. Beginning from primary to higher education, learnings were always associated with fostering practical and world-application of knowledge emphasizing principles such as dharma (duty), karma (action), and the pursuit of knowledge as a means of attaining self-realization. These principles guide the ethical and moral dimensions of education. The important place of Indian heritage and culture in the curriculum was very well structured and taught. To rejuvenate the same approach, the contemporary education system needs the exact structured plan to implement the Indian Knowledge System with an emphasis on holistic education practices at all the levels of school curriculum.

Holistic Education: Foundation and Principles
The ultimate goal of education is that students/children understand and learn how to live beautifully in a pluralistic, complex world, with many uncertainties, and through the holistic approach of the curriculum we attempt to provide support to such expectations (Jeder, 2014). According to Jeder, "Because the universe is presented as a unit in itself, as an undivided whole, and education must describe and explain it as a whole and not as dispersed disciplines". Holistic education not only helps to develop the child's physical embodiment but also enhances spiritual prosperity and spiritual development (Roy,2020). The holistic approach to learning focuses on the development of the whole person. It addresses not only the academic dimension but also social, emotional, physical, mental, spiritual, and ethical dimensions. It seeks the all-round development of body, mind, and soul.

By education I mean an all-round drawing out of the best in child and man – body, mind, and spirit- M. K. Gandhi.

Holistic Education prioritizes the emotional and mental well-being of the students. It connects the students to spirituality and promotes mindfulness and well-being. Students gain an understanding and appreciation for diverse cultures, histories, and the importance of moral and ethical values. Collaboration, effective communication, and interpersonal skills are integral to holistic development. It recognizes that individuals have varied strengths, including linguistic, logical-mathematical, spatial, musical, bodily-kinesthetic, interpersonal, intrapersonal, and naturalistic intelligence. A life-long learning approach is fostered by holistic education. A main element of holistic education is its focus on the interconnectedness of knowledge and reality.The difference between varied knowledge as Para Vidya (Spiritual Knowledge) and Apara Vidya (Practical Knowledge), Vidya (true apprehension of reality), and Avidya(false apprehension of reality) (Mundakopanisad, 1.1.4), jñāna (Knowledge in the Bhagavad Gita)can be experienced by three practices:sravana (hearing), manana (thinking) and nididhyasana (meditation) which are the integrands of Holistic Education Practicessuch as active engagement, critical thinking and self-contemplation. The prevalent education is concentrated on career-making and absorbed in making an individual ready for jobs and

industry. Consequently,loaded with stress and obsession with work-life with little focus on physical health, mental health, and spiritual aspects of human beings. The right kind of Knowledge is essential to differentiate the material world and the spiritual world and to make a balance between them. With Holistic Educationa bridge between the two can be formed in which human life can be balanced. Holistic Education approaches those educational experiences that foster a less materialistic and a more spiritual worldview along with more dynamic and holistic views of reality (Mahmoudi, Jafari., Nasrabadi,&Liaghatdar, 2012).

The Contemporary Education System
The present education system excels at imparting academic knowledge, but it often falls short in preparing students for the real world (Moin, 2023).India is indubitably excelling in scientific innovation, novel technology, and economic sectors but still lagging behind true education for quintessential living which lies in our glorious and rich culture. Value education is not offered in the educational institutions. If offered, religion and hatred are spread in the name of value education. Changes in political and other external factors have transformed Indian education into Macaulay's education, which focuses more on qualification and work placement and failsto provide a pathway to entrepreneurship, social opportunities, and scaling up life skills (Mahesh, Aithal, Sharma, 2023).At present, the Indian education system is criticized by many due to many reasons such as its rote learning methods, outdated curriculum, etc. India is ranked 35th in the global education rankings of 2020 (Kalyani,2020). The indigenous system of education received a severe setback as the British system created a new class that served the British rulers (Choudhary, 2008). With the advent of colonial rule, India not only lost its charm but also declined its cultural, moral, and ethical values. This decline is not desisting even today. Generation Z, born after 1995, is still to come into the workforce but tends to be digital natives (Cilliers,2017).Students of Generation Z (GenZ) are authentic digital natives who are a hyper-cognitive generation with different student profiles than before(Menendez, Escobar& Menendez, 2020).The ultimate aim of education is job-making despite character-building and man-making. The education system designed today is for industrialization and Artificial-intelligence which has proved to be dangerous to society. The GenZ is in the trap of AI that wants to imitate human intelligence. Ravi S. Chaudhary (2023)in his book "Rishi Intelligence" said that Rishis are a representation of the epitome of natural intelligence. To become relevant in the age of AI, it is recommended to learn about the ancient wisdom of the Rishis.

Holistic Education Practices:An Integration with Indian Knowledge System
Holistic Education implies the integration of all the domains- cognitive, affective, and psychomotor of the individual. The aim of Education should not merely be the intellectual development of the child but also psychological, social, and emotional well-being.It should inculcate the basic values, morals, and ethics for character and personality development.Our ancient knowledge system has the amalgamation of practical knowledge (language, mathematics, vocational education) and practical activities (exercise, discipline, celibacy, yoga) and spiritual knowledge (Vedas, literature, religion, philosophy) and spiritual activities (yama, niyama, asanas, pranayama, pratyahara, dharna, dhyana, and Samadhi)for the all-round development of mind, body, and soul.Students in the contemporary education system face anxiety, fear of syllabus, overloaded with curriculum, examination stress, parental pressures, teachers' expectations,and other psychological problems that make them feel burnout and non-resilient.The Indian Knowledge System guides modern education systems educational practices and processes to lead out the best in children and nurture every aspect of them. Ayurveda helps in nurturing the body, Yoga purifies the conscious and subconscious mind,Dharmshastrateaches about the rules of life and the way of living, and Itihas such as Ramayana and Mahabharata build their personality strong and make emotionally stable individuals. Characters such as Rama, Hanuman, Lakshmana, and Sita of Ramayana are powerful examples of discipline, self-confidence, unwavering dedication, ethics, and moral values to be inculcated in GenZ. Personalities like Krishna, Arjuna, Bhima, Karna, and Draupadi exemplify and promote character-building, empathy, and compassion and generate the strength of emotional resilience among young learners. The Bhagavad Gita offers profound teachings on socio-emotional skills. Self-awareness, empathy, emotional regulation, and interpersonal skills are developed and they guide individuals on their path to personal growth and harmonious relationships (Tiwari, 2023).

Table 2:- Holistic Education: Integration of traditional wisdom and modern teaching methodologies:

S.No.	Dimensions of Holistic Development	Courses in Indian Knowledge System	Importance in the Education System	Application in Contemporary Education
1.	Traditional Knowledge	Vedic corpus, The Itihasas, Puranas, and other streams.	Knowledge of ancient scriptures, religions, and	Study of ancient history with real-

			culture.	time experiences including ICT tools and visiting places of historical importance.
2.	Cultural Knowledge	Ancient art, literature, religions, cultures, Indian Music, painting and musical instruments Gandharva-Veda, Natyashastra etc	Intellectual development, all-round development of personality and foster creativity, knowledge of Indian languages, customs, and mores.	Field trips, exhibitions, co-curricular activities, art and craft competitions, exhibitions,themes-based cultural programs,and classical music.
3.	Intellectual development	Indian language Science, Indian Mathematics, Valid means of Knowledge, Indian astronomy- basic and advanced, Athartha-Shastra	Boost Mental, intellectual, reasoning, critical thinking, and artistic aspects.	Vedic Math, geometry, group projects, assignments, models, and science and math Olympiad
4.	Emotional well-being	Yoga, meditation, Vedic literature, Itihasa	Stress management, self-awareness, resilience, boost confidence.	Yoga and meditation classes, gymnastics, debates, seminars, conferences.
5.	Physical Health	Yoga, Ayurveda, Meditation, Ritucharya, Pancha-Mahabhuta and Sapta-dhatu etc.	Physical and mental well-being, knowledge of the human body and self.	Sports, martial arts, dance,food habits, field trips.
6.	Spiritual Growth	4 Vedas- Rigveda, Samaveda, Yajurveda and Atharvaveda, Indian Philosophies- Shankhya, Vedanta, Yoga, Buddhism, Jainism etc	Spiritual knowledge, worship, Mantras, Knowledge of different branches of Indian philosophies-metaphysics, epistemology, logic, and axiology.	Morning assemblies, Chanting of Mantras, Philosophy classes,visits to religious places.
7.	Ethics and Moral Values	Dharmasashtra and Puranas	Knowledge of Indian Ethics, Morals, values, and character development.	Story-telling, case studies, book clubs, moral stories, value education, community clubs, coordinated activities, Sharing,and habit formation.
8.	Vocation and life-skills	64 art skills that Guru Saandheepani, the Guru of Lord Krishna and Balarama taught them.	Skills for vocation for life-long earning and to serve society.	Vocational education and activities according to the interest of the learner.
9.	Environmental Consciousness	Ayurveda, Jyotisha, Ecology, Bhugol Shastra (Geography), Yajurveda, Vrikshayurveda (Science of	Harmony with nature and environmental awareness include a sense of responsibility towards	Experiential learning, excursion and field trips, integrated

		Plants)	nature and the environment.	curriculum, technology intervention, community engagement, etc.

Source: Author Own

Conclusion:-

Telling the stories of our pioneering experiences in one field after another is not enough in our search for 'Vishwaguru'. Our civilization is not inherently excellent just because it is ancient. Fundamental ideas, strong frameworks, forward-thinking methods of knowing, and the caliber of our institutions should be the foundation of true greatness. It is time to stop complaining about the three months that the books at Nalanda were burned and start working to conserve the one crore manuscripts that are still there—not just as historical artifacts but as alive, breathing topics (Chaudhary, 2023). According to NEP 2020, 'A holistic and multidisciplinary education would aim to develop all capacities of human beings -intellectual, aesthetic, social, physical, emotional, and moral in an integrated manner (Roy, 2022). The Indian Knowledge System curriculum framework was started by the government at all educational levels. Through this initiative, the children's holistic development can be achieved in addition to the preservation of the cultural legacy.The objectives of revitalizing the Indian Knowledge System can be achieved by the integration of contemporary teaching methodologies with holistic education practices. Now is the time for significant opportunities, but it is also the duty of all those involved in the systematized education system to convert this responsibility into possibilities. Our children's brains and souls need to be kept rich in Indian culture, legacy, and civilization because of the powerful influence of Western culture at all levels, which leads to a colonized mindset that needs to be subdued. India has a long history of integrating studies from many fields in its literature and at universities like Takshashila and Nalanda, which promote holistic and multidisciplinary learning (Roy, 2022).In terms of global knowledge levels, India is a leader. Swami Vivekananda (1970) asserted that education is the expression of perfection already present in man, and as such, humans can access all knowledge and wisdom within themselves which leads to fostering mental, moral, and spiritual powers. This includes the ability to assimilate all knowledge that we inherit from our great ancestors.

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