



SVASTIK

**Presents**

A Special Session on

**OUR HERITAGE**  
**Indian Traditional Knowledge**

By - Dr. Charu Lata, Senior Scientist  
CSIR - NIScPR, New Delhi

**October 13, 04:00 pm IST**

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**FOR class 5th-12th STUDENTS**

In Knowledge Alliance with

**NIScPR ncpi**  
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**KNOWLEDGE AND AWARENESS MAPPING PLATFORM**

**KNOWLEDGE SESSION 2022: EPISODE 13**

ORGANISED BY: KNOWLEDGE AND AWARENESS MAPPING PLATFORM

A KNOWLEDGE ALLIANCE OF

**NIScPR ncpi**  
National Institute of Science Communication and Policy Research  
सीएसआईआर-निसपर

**Date:** 13<sup>th</sup> October, 2022

**Topic:** Our Heritage: Indian Traditional Knowledge

**Organized For:** Class 5<sup>th</sup> – 12<sup>th</sup>

**Category:** Science, Technology and Innovations

**No. of Participants:** 1100+ students from different schools across India

**Speakers/Presenters:** Dr. Charu Lata (Senior Scientist & Head of the inclusive health and traditional knowledge studies division, CSIR NIScPR)

### Overview:

On October 13th, KAMP conducted its 13th Special Knowledge Sharing Workshop on "Our Heritage: Indian Traditional Knowledge" with over 1100 students from 5th to 12th standard from different schools across India as participants. This workshop aimed to help the students become

aware of how incredible India is and understand the glorious heritage our country possesses.



The session was convened by Ms. Arika Mathur, a member of, the KAMP Planning & Monitoring Committee. It was facilitated by Dr. Charu Lata (Senior Scientist and Head of the Inclusive

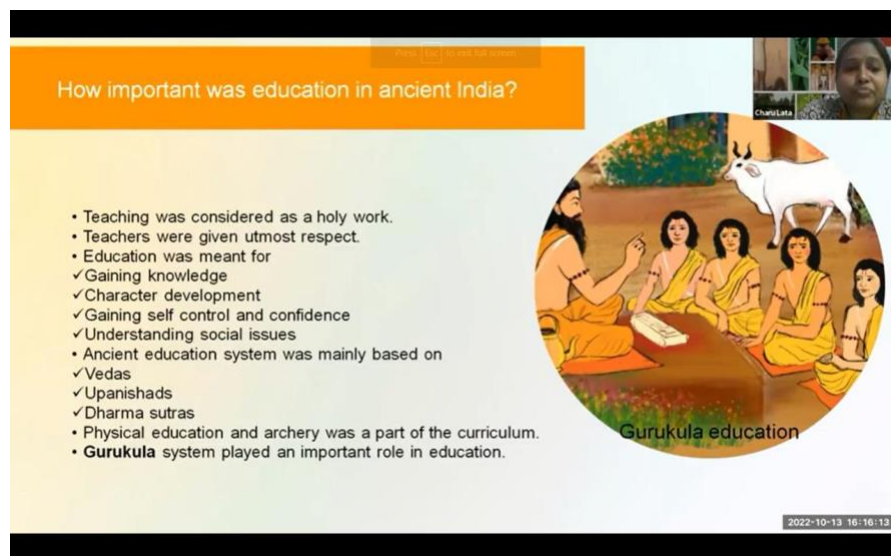
Health and Traditional Knowledge Studies division, CSIR NIScPR). She's the editor of the Indian Journal of Traditional Knowledge and Indian Science Abstract.

Currently, she is also leading the national initiative Swastik on communicating India's scientifically validated traditional knowledge to society. She is a recipient of many prestigious top awards for young scientists in India, including the Young Scientist's Award by INSA and NASI in 2012 and is an associate of the Indian National Academy of Sciences. She has also been awarded various prestigious awards and has authored more than 60 original research and review articles and book chapters in various peer-reviewed high-impact SCI journals.

She started this session by describing the ancient civilizations, to get a better understanding of Indian traditional knowledge. Even today, the Indus Valley and the Sindhu Saraswati Civilization are seen to be amazing periods, full of mysteries and learning. The Indus Valley civilization, better known as the Harappan civilization and the remnants of Mohenjodaro, was on the banks of the Indus river. While the Sindhu Civilization, or the Vedic Civilization, developed on the Indo-

Gangetic plain, this civilization formed the very basis of the Indian knowledge system. The Sindhu Civilization is known to be associated with the Vedas, and some of the major religions of the world originated during this time, such as Hinduism, Buddhism, and Jainism. Moreover, epics like the Ramayana and Mahabharata were also written during this period.

In ancient India, the Gurukula system played an important role in education. Teaching was considered a holy work, and the teachers were given the utmost respect. Education was intended to provide knowledge, character development, self-control and confidence, and an understanding of social issues. Later on, various universities were established in India that is still quite famous today, such as the Taxila University or the Nalanda University. Amongst the oldest universities in the world, they provided knowledge related to ancient scriptures, law, medicine, astronomy, military science, arts, Vedas, mathematics, etc. Even today India has a rich heritage of science; astronomy, mathematics, chemistry, physics, biology, agriculture, ecology & environment, Ayurveda & yoga, surgery, architecture, civil engineering, town planning, water management, metallurgy, education & philosophy.



How important was education in ancient India?

- Teaching was considered as a holy work.
- Teachers were given utmost respect.
- Education was meant for
  - ✓ Gaining knowledge
  - ✓ Character development
  - ✓ Gaining self control and confidence
  - ✓ Understanding social issues
- Ancient education system was mainly based on
  - ✓ Vedas
  - ✓ Upanishads
  - ✓ Dharma sutras
- Physical education and archery was a part of the curriculum.
- **Gurukula** system played an important role in education.

Gurukula education

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It is noteworthy that there are two types of measures to transfer the rich heritage and knowledge from one generation to another, namely Systematic Knowledge and Traditional Knowledge. The former consists of manuscripts and classical texts, also known as shastras, while the latter consists of oral traditions, folk songs, stories, arts and handicrafts, and traditional skills.

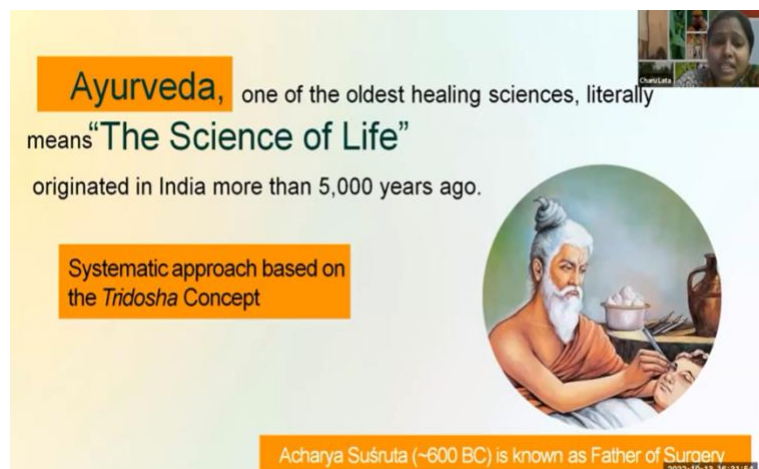
If we look at ancient history, there have been many famous personalities such as Chanakya, who was a renowned economist and skilled exponent of statecraft; Panini, who is also known as the father of Sanskrit grammar; Jivika, a renowned physician; Brahmagupta, Aryabhata, and Bhaskaracharya, who have all been noted for their expertise in mathematics and astronomy.

Not only that, but our heritage has also given us plenty of home remedies that involve the use of turmeric, honey, pepper, dried ginger, tulsi, nutmeg, clove, ginger oil, garlic, coconut oil, castor oil, etc to treat sore throats, colds, respiratory diseases, gastrointestinal problems, dental problems, inducing timely sleep, hair growth, fungal infections etc. All the above daily use items have therapeutic effects like antimicrobial, anti-inflammatory, antioxidant, anticarcinogenic,



cardioprotective, hepatoprotective, antidiabetic, antiviral, anti-ageing, and antipyretic effects on the mind and body.

Talking about the mind and body, how can we forget about Yoga and Ayurveda? Ayurveda is the oldest healing science that originated in India more than 5000 years ago. Both Ayurveda



and Yoga have healing effects on the body such that they can reduce stress, anxiety, fatigue, depression, chronic pain, inflammatory diseases, bowel and cardiovascular disease etc. Overall, there is a lot that we can build upon, especially with such a diverse and rich cultural heritage and traditional knowledge base that our country possesses.

KAMP's fortnightly workshops aim to develop student's creativity, meaningful

learning, critical reading, and thinking skills that enable them to identify their innate talent and flourish. The vision of KAMP is to identify and capture scientific and technological temperament in students to make India a global leader in the field of Science, Technology, and Humanities. Such workshops, conducted by KAMP, deal with various topics that fall under the categories of Science, Technology, and Innovation; Scientific and Life Skills; Career & Professional Development; Academic Development; and Train the Trainers/Teachers.

KAMP believes that with exposure to such topics from experts within such specific fields, students will become aware of real-life situations and challenges, develop a helping, problem-solving nature wherever possible, understand their core values and personal interests, evaluate their skills within the given area, and achieve their best in their most desirable way.

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**Organized By:**

**Knowledge and Awareness Mapping Platform**  
(KAMP Operations and Coordination Office)

**Moderated By:**

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(Convener KAMP and Member KPMC)

**Team Credits:**

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(Sr. Coordinator KAMP)

**Workshop Partner:** Swastika (CSIR-NIScPR)

