

VISVESVARAYA TECHNOLOGICAL UNIVERSITY

"Jnana Sangama", Belagavi - 590018



A Report on

INDIAN KNOWLEDGE SYSTEM [BIKS609]

Submitted in partial fulfillment of the requirement for the award of the degree of

Bachelor of Engineering

in

Information Science and Engineering

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DEPARTMENT OF INFORMATION SCIENCE AND ENGINEERING

ACHARYA INSTITUTE OF TECHNOLOGY

(Affiliated to Visvesvaraya Technological University, Belagavi)

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CERTIFICATE

Certified that the report entitled **INDIAN KNOWLEDGE SYSTEM** is a Bonafide activity carried out by **Harshadhara S Shetty (1AY22IS028)** in partial fulfillment for the award of degree of **Bachelor of Engineering in Information Science and Engineering of Visvesvaraya Technological University, Belagavi** during **6th semester** in the year **2024-2025**. It is certified that all corrections/suggestions indicated for internal assessments have been incorporated in the report deposited in the departmental library. The activity report [**BIKS609**] has been approved as it satisfies the academic requirements in respect of project prescribed for the **Bachelor of Engineering Degree**

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Abstract

Our Indian Knowledge System (IKS) course was a transformative journey through the profound wisdom embedded in our nation's cultural, scientific, and philosophical heritage. Encompassing five thoughtfully curated modules, the course began with an exploration of Vedic mathematics and ancient sciences, where we uncovered efficient problem-solving techniques and intellectual traditions that predate modern academia. This initiated a deep appreciation for India's foundational contributions to global knowledge systems.

The journey continued with a focus on classical Indian philosophy and texts, including the Upanishads, Bhagavad Gita, and other scriptural insights, encouraging critical thinking and introspection. Interactive discussions and reflections cultivated a balanced perspective between ancient wisdom and modern living.

Immersing further, the course highlighted traditional Indian architecture and engineering, revealing sustainable construction practices, vastu shastra principles, and intricate urban planning found in historical monuments. Site visits and virtual tours illuminated the advanced understanding our ancestors held in civil design and environmental harmony.

Our exploration of indigenous health systems, including Ayurveda and Yoga, connected us to holistic wellness rooted in nature and balance. Through hands-on workshops and documentary reviews, we realized the depth and relevance of these time-honored healing sciences in today's lifestyle challenges.

The final leg of the course celebrated Indian arts, music, and cultural expressions, where we engaged with local artisans, classical music, dance forms, and folklore traditions. This vibrant module not only enriched our aesthetic sensibility but also deepened our cultural pride and identity.

The Art of Living – A Beacon of Peace and Spirituality

Nestled in the serene outskirts of Bengaluru, the **Art of Living International Center** is a globally renowned spiritual and cultural hub that represents India's ancient wisdom and holistic way of life. Founded in 1986 by **Gurudev Sri Sri Ravi Shankar**, the Bangalore Ashram serves as the headquarters of the **Art of Living Foundation**, an NGO committed to spreading peace, self-awareness, stress-free living, and humanitarian values across the world. Spanning over **65 acres** of lush greenery on the Kanakapura Road, the ashram is a tranquil escape from the urban chaos, attracting thousands of visitors, spiritual seekers, and volunteers from across the globe.

Gurudev Sri Sri Ravi Shankar is a globally respected spiritual leader and humanitarian, known for his mission to create a violence-free and stress-free society. Born in Tamil Nadu in 1956, he showed signs of spiritual depth and intellectual brilliance from a young age. He studied Vedic literature alongside modern sciences and went on to found the Art of Living Foundation in 1981. His teachings emphasize love, compassion, non-violence, and the power of the breath to transform one's mental and emotional state. Gurudev's vision of a one-world family (Vasudhaiva Kutumbakam) resonates across over 180 countries today. He has received numerous international honors and has played a significant role in global peace efforts, interfaith dialogue, and rehabilitation work in areas affected by war, natural disasters, and violence.

At the heart of the ashram's activities lies the **integration of traditional Indian spiritual practices with modern well-being techniques**. These programs are designed to deepen one's inner peace and to awaken higher levels of consciousness, reflecting the core ideas of Indian Knowledge Systems: the balance of body, mind, and spirit.

The architectural beauty of the **Vishalakshi Mantap**, the iconic structure at the ashram's center, reflects a blend of **ancient Indian temple design and modern aesthetics**. This meditation hall is named after Sri Sri Ravi Shankar's mother and stands as a symbol of global unity and peace. The five-tiered structure has become a symbol of spiritual India and houses thousands of devotees during satsangs, meditation sessions, and international gatherings. Daily **satsangs** – a gathering that combines devotional music, knowledge talks, and group meditations – are held in the Mantap, creating an atmosphere of joy, community, and spiritual connection.

The ashram is not merely a spiritual retreat but also a hub of **service and sustainable living**. Its model of **Seva (selfless service)** is deeply rooted in Indian traditions. Thousands of volunteers engage in activities ranging from organic farming to running the on-campus **Gurukul**, which blends Vedic and modern education for children. The ashram also promotes **Ayurveda**, offering treatments, consultations, and wellness therapies at the **Sri Sri Ayurveda Panchakarma Center**. The fusion of **ancient healing practices** with modern medical insights aligns with the IKS framework of integrating tradition with contemporary relevance.

One of the major contributions of the Art of Living Foundation through its Bangalore center is in the area of **social transformation and education**. Under initiatives like '**Gift a Smile**' and '**Sri Sri Rural Development Program**', the organization has set up **free schools in rural and tribal areas**, many of which are coordinated from the ashram. The emphasis on value-based education, environmental awareness, and inner strength mirrors ancient Indian pedagogical methods where holistic development is prioritized over rote learning.

The ashram is also a venue for **international cultural dialogue**, having hosted several global conferences, interfaith discussions, and peace-building workshops. In 2016, the **World Culture Festival** organized by the Art of Living brought together over 3.75 million people from 155 countries, further positioning India's cultural and spiritual leadership on the world stage.

Environmentally, the ashram is a model of **eco-conscious living**. It practices **rainwater harvesting, organic waste composting, and solar energy usage**. The kitchens at the ashram serve **sattvic vegetarian food**, which is not only nutritious but prepared with a sense of devotion. These aspects reflect ancient Indian sustainable living principles, making the center not just spiritually enriching, but ecologically responsible as well.

In conclusion, the **Art of Living Bangalore Ashram** is a vibrant embodiment of India's timeless spiritual heritage and the principles of Indian Knowledge Systems. It brings to life the values of **yoga, meditation, seva, holistic health, and universal brotherhood**. By bridging ancient wisdom with contemporary application, the ashram not only fosters individual transformation but also contributes to the collective well-being of society, echoing the vision of **Vasudhaiva Kutumbakam** – the world is one family.

Photoblog



Fig 1.1 At Art of Living International Center, Bengaluru



Fig 1.2 Meditation and Knowledge Session at Art of Living International Center, Bengaluru



Fig 1.3 Goshala at Art of Living International Center, Bengaluru

Outcomes

The visit to the Art of Living International Center in Bengaluru proved to be an insightful and impactful experience, offering a practical understanding of Indian Knowledge Systems in action. The serene environment of the ashram, combined with sessions on meditation, yoga, and spiritual discourse, highlighted the significance of inner well-being and holistic living. The interaction with various aspects of the ashram's activities, especially the visit to the Goshala, emphasized traditional Indian values such as reverence for nature, sustainable living, and community service. Overall, the visit fostered a deeper appreciation for India's cultural and spiritual heritage, and its continued relevance in promoting individual and societal harmony.