



Chembur Education Society's

Chembur Sarvankash Shikshanshastra Mahavidyalaya

(Affiliated to University of Mumbai, Recognised by N.C.T.E.)

Telephone No. :

College : 022 - 2522 14 39

: 022 - 2527 82 25

022 - 2527 21 62

Institution : 022 - 2528 87 52

022 - 2528 87 42

E-mail : principal@cssm.in

Website : www.cssm.in

Reaccredited 'A' by NAAC

R. C. Marg, Near Municipal Market, Chembur Naka, Chembur, Mumbai - 400 071.

Ref. No.: CSSM /

Date :

Best Practice 1 (Academic year 2023-24)
"Tradition to transformation: Unveiling India's Knowledge System"



1. Title of the practice:

"Tradition to transformation: Unveiling India's Knowledge System"

2. The context that required the institution of the practice:

India is the great repository of ancient knowledge system from the areas like philosophy, medicine, mathematics, languages and many more. Over the long history of our civilization, these invaluable traditions remained confined to the scholarly circles of sages or learned people. That knowledge in fact faded out of the societal conscious after the western education system was forced on to us. Recognising this, NEP 2020 invested a great deal into the mainstreaming of IKS. We being the teachers training institution consider ourselves as the facilitators to advocate the expected change in the education system. This year we deliberated on the same thought and decided to explore some aspect of yoga in depth.

3. Objectives of the practice

- I. To systematically explore, analyse and disseminate Indian Knowledge Systems.
- II. To foster deeper understanding of the relevance of IKS in the 21st century issues like sustainable development, healthcare etc.
- III. To help the participants experience the blend of the IKS with modern psychology

4. Description of the Practice

- We deliberated and outlined a two day programme where, yoga as an ancient Indian knowledge tradition would be explored in the light of modern psychology.
- In order to reach wider audience, we decided to invite peer intuitions.
- The planned sessions would be executed in a manner where the students would get to experience the connection between yoga and psychology.



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5. Obstacles of the practice

Selecting the IKS topic that would be useful and interesting to the future teachers and easily relatable with the modern subject, although not an obstacle but was quite challenging.

6. Impact of the practice

- Student teachers from peer institutions got hands on experience on various yogic technics and learned how it is correlated with the modern psychology.
- We succeeded in reaching the wider audience as expected.

7. Resources required

Infrastructural facilities like hall, mike, and resource person.

8. About the institution

- Name of the institution: C S S Mahavidyalaya, Chembur.
- Year of accreditation: December 2016
- Address: R.C. Marg, Chembur, Mumbai 400071.
- Grade Awarded by NAAC: A
- E-mail: principal@cssm.in

Principal

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