

## Workshop Report

**Name of Workshop:** - Three days' workshop on Interdisciplinary course in Generic IKS.

**Day and date:** - Thursday, 19/09/2024 to Friday, 21/09/2024.

**Time:** - 11:00 am to 02:00 pm.

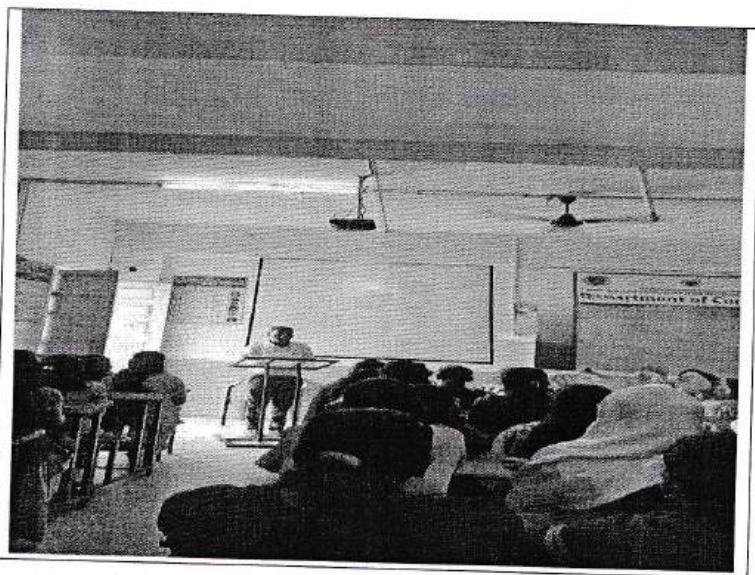
**Venue:** - Shri Shahaji Chhatrapati Mahavidyalaya, Kolhapur.

### Brief Report: -

On behalf of IQAC and the science faculty, a three-day' workshop on interdisciplinary courses in generic IKS was organized to complete the given syllabus for B.Sc. I Sem - I.

On the first day, Thursday, 19th September, 2024, the first session started with Mrs. P. S. Kulkarni, Head of Chemistry at SSCM. She explained the definition of IKS as the Indian knowledge system, which is an ancient and rich collection of beliefs, practices, and philosophies that have been passed down from generation to generation in India. Also, she explained the concept and scope of IKS.

Later, Mr. M. S. Kamble, Asst. Prof. of Chemistry, at SSCM continued the new point of the syllabus, which is 'IKS-based approaches on knowledge paradigms.' He explained the Vedantic paradigms, yogic paradigm, dharma-based paradigm, Jnana yoga paradigm, Ayurvedic paradigm, and guru-shishya Parampara.



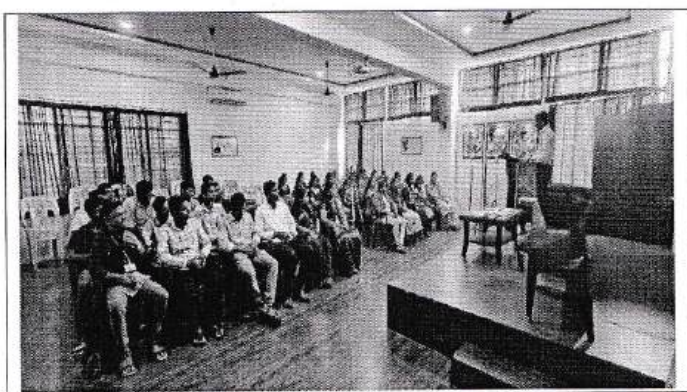
*N. E. P. Co-ordinator*  
(N. E. P. Co-ordinator)

**Prof. (Dr.) Namdev S. Jadhav**  
Head, Department of English  
Shri Shahaji Chh. Mahavidyalaya, Kop.

At the end of the first session, Mr. A. A. Janave, Asst. Prof. of Chemistry, at SSCM showed a comparison of the Indian knowledge system in ancient India and modern India. He explained points in ancient India as Vedic wisdom, philosophy and spiritual inquiry, Upanishads and Vedanta, Ayurveda and medicine, mathematics and astronomy, and arts and literature. He also showed comparison of education system, traditional medicine and cultural expression between modern and ancient India.

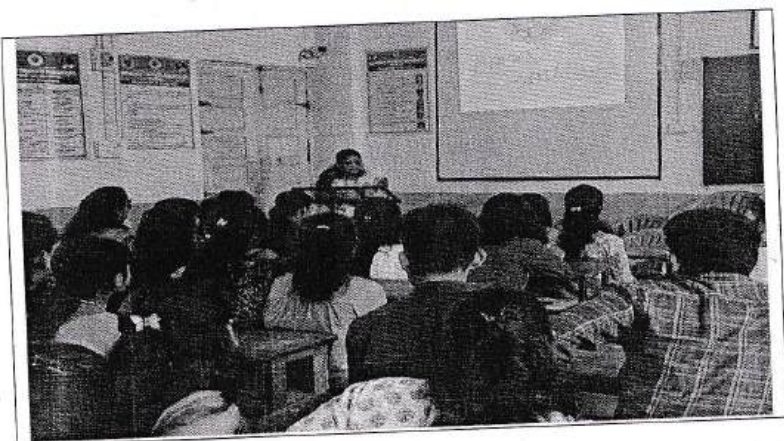
After lunch the second session was started by Mr. T. S. Kamble. He worked on the unit 1.2 which is Importance of health and wellness in IKS. He started the session with a definition of health according to Ayurveda. He also explained the points as importance of sleep and food and explained six different types of sleep and what are the problems caused due to irregularity in sleep. He showed food intake methods and the role of water in well-being according to Ayurveda, when and how much food we take according to Ayurveda.

On the second day, Friday, 20th September 2024, the first session was also started by Mr. T. S. Kamble. He also explained, 'Why is yoga important in life?' and the 'Tri-guna system of the human body as sattva, rajas, and tamas. The last point of this unit was taken by Mrs. P. A. Patil, Asst. Prof. of Mathematics, at SSCM, given the guidelines of our 'Dinacharya: Daily regimen for health and wellness' according to Ayurveda.



At the end of the first session of the second day, Mrs. A. V. Magdum-Patil started unit 2 as 'Life Science, Environment, and Health. She explained the importance of herbal medicines in ancient cultures. She also showed a comparison of modern herbal medicines and ancient herbal medicines. She also covered points on traditional probiotic foods and their importance in human health.

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The second session of the second day was started by Mrs. S. B. Chavan. She covered points as 'Ecology and environment—concept and structure of ecosystem, kinds of ecosystem, functions of ecosystem. She also covered points such as Ayurveda, the integrated approach to healthcare, medicine, microbiology, surgery, and yoga according to Ayurveda.

The last day of the workshop, which is Saturday, 21st September, 2024, was started by Miss S. J. Mahale, Asst. Prof. of Zoology at SSCM. She was helping student to understand the rich sources of nutrients according to ayurveda such as ghee, ginger, turmeric, fermented foods, whole grains, nuts and seeds, fruits and vegetables, healthy oils etc... She also explained the concept of 'Tri-dosha and its relationship to health.

The last part of the syllabus covered by Mr. S. S. Jagtap, Asst. Prof. of Zoology at SSCM, which is Ayurvedic principles of food habits and factors determining food, and he also covered the 'Food Safety and Standards Authority of India (FSSAI) regulations as safety and quality of food standards.

At the end of the third day of the workshop, the student was so much satisfied about the completion of the IKS syllabus.

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