



## Indian Knowledge System

Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib  
Punjab, India (Autonomous College)

Organises

**Faculty Development Programme**  
(28<sup>th</sup> July to 2<sup>nd</sup> August, 2025)

The Indian Knowledge System (IKS) in collaboration with Post Graduate Department of English, of Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib, Punjab, organized a one-week Online National Faculty Development Programme (FDP) on the theme “Indian Knowledge Systems: Exploring the World of Yoga and Its Philosophy” from 28<sup>th</sup> July to 2<sup>nd</sup> August, 2025.

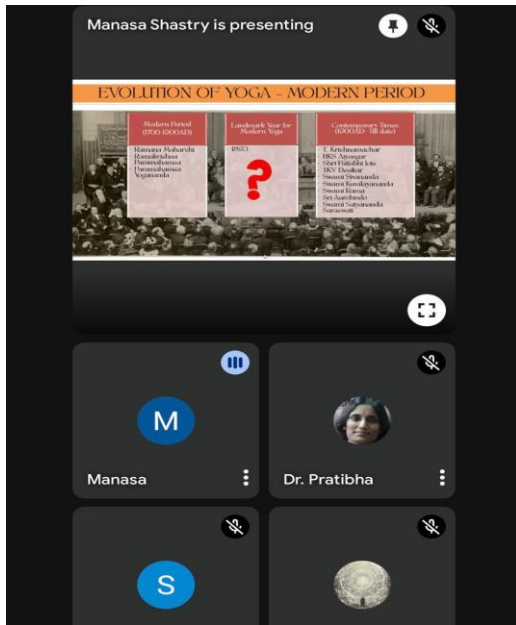
The programme aimed at providing participants with a comprehensive understanding of the philosophical foundations of Yoga within the broader framework of Indian Knowledge Systems.

The resource person, Ms. Manasa Shastry, a certified Yoga Teacher (YCB Level 3) and NSCA CSCS India Certified Strength & Conditioning Coach, guided participants through an enlightening journey exploring the origin, history, and evolution of Yoga. Across six days, the sessions delved into key themes including the teachings of the Vedas and Upanishads, Patanjali’s Yoga Sutras, the eight limbs of Ashtanga Yoga, the diverse paths of Yoga, and the historical evolution of Hatha Yoga. Each session combined theoretical depth with spiritual insight, enabling participants to reflect on the continuing relevance of Yoga in both ancient traditions and modern life. The programme effectively enhanced appreciation of the diversity and richness of Yoga philosophy while reinforcing the importance of Indian Knowledge Systems in shaping contemporary education.

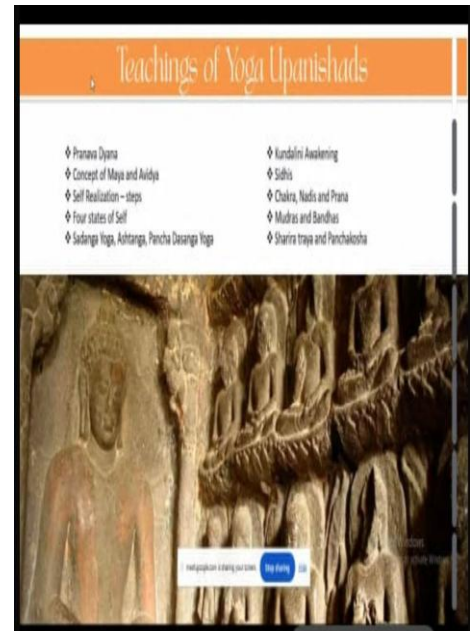
The FDP concluded with enthusiastic feedback from participants and a collective resolve to further integrate indigenous wisdom into academic practice, thereby reaffirming the role of IKS as a living philosophy capable of enriching modern classrooms and fostering holistic learning.

The main objective of the FDP was to equip participants with knowledge of Yoga philosophy as part of the larger Indian Knowledge Systems corpus and inspire them to integrate this wisdom into higher education for holistic growth. The programme was conducted by Dr. Gurpreet Kaur, President IIC & In-charge IKS Cell. The co-coordinators of the event were Prof. Joginderpal Singh, Member, IKS, and Prof. Sharnjeet Kaur, Member, IKS. Other members of IKS Cell and P.G Department of English were also present during the programme.

**No. of Faculty participants: 40**



**Image1:** Manasa Shastry explaining the historial journey of Yoga from the modern period to contemporary times, highlighting key figures and milestones.



**Image2:** Manasa Shastry presenting an in-depth exploration of the spiritual and philosophical dimensions of Yoga as described in the Upanishads