

**Vivekananda Kendra Academy for Indian Culture, Yoga And Management  
(VK-AICYAM), Bhubaneswar**

**विवेकानन्द केन्द्र एक्यम्**

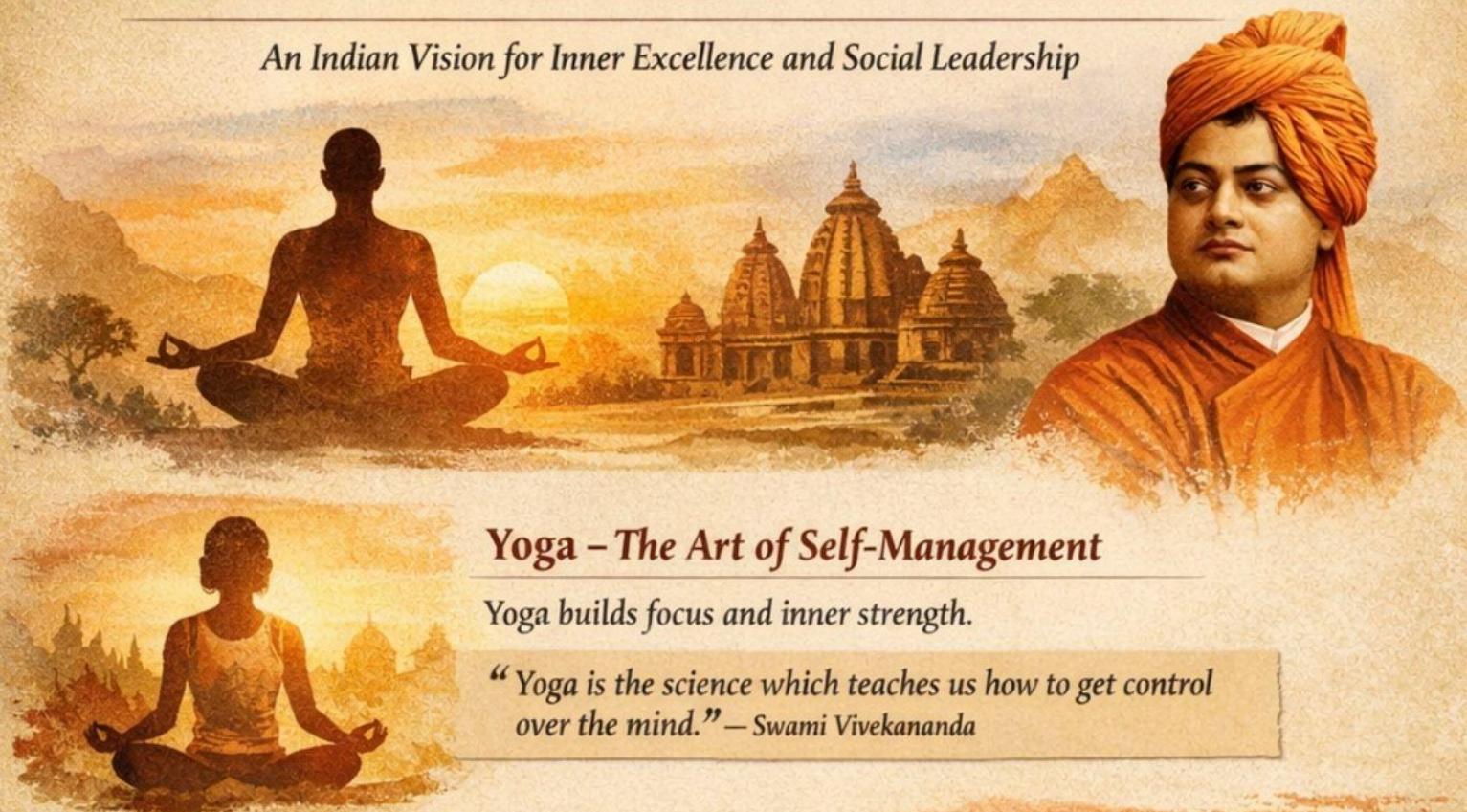
"All differences in this world are of degree, and not of kind, because oneness is the secret of everything."

- Swami Vivekananda

Foundation Day Event Proceedings  
January 10 - 12, 2026

# YOGA • CULTURE • MANAGEMENT

*An Indian Vision for Inner Excellence and Social Leadership*



## **Yoga – The Art of Self-Management**

*Yoga builds focus and inner strength.*

**“Yoga is the science which teaches us how to get control over the mind.”** — Swami Vivekananda

## **Culture – The Foundation of Values**

*Culture nurtures character and harmony.*

**“Culture is the manifestation of perfection already in man.”**  
— Swami Vivekananda



## **Management – Purposeful Action**

*Management drives focused and ethical action.*

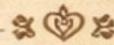
**“The secret of work is concentration.”**  
— Swami Vivekananda



## **Message to Youth**

*Arise, awake, and stop not till the goal is reached!*

— Swami Vivekananda



*Inspired by the teachings of Swami Vivekananda  
Dedicated to Youth, Leadership, and Cultural Renaissance*



# Sponsors



## Vivekananda Kendra

Academy for Indian Culture, Yoga And Management (VK-AICYAM), Bhubaneswar

## FOUNDATION DAY EVENTS

January 10 - 12, 2026

**Theme:** Researching, Documenting & Promoting  
Indian Knowledge Systems (IKS)

(ଭାରତୀୟ ଜ୍ଞାନ ପ୍ରଣାଳୀ (IKS) ଉପରେ ଗବେଷଣା, ପ୍ରଲେଖନ ଓ ପ୍ରସାର)

## Co-organisers



**National Research Development Corporation**  
[An Enterprise of DSIR, MoS&T, Government of India]

*Odisha Research Centre, Bhubaneswar*

## Knowledge Partners

*Central Tribal University of Andhra Pradesh*

*Institute of Life Science, Bhubaneswar*

*KIIT School of Management, Bhubaneswar*

*KISS University, Bhubaneswar*

*SOA University, Bhubaneswar*

*Sri Sri University, Bhubaneswar*





## National Workshop

**“Preserving and Promoting Indian Knowledge System (IKS)”**

**Theme: IKS Focused Innovation, Intellectual Property & Entrepreneurship**

Co-organised by:

**Vivekananda Kendra Academy for Indian Culture, Yoga and Management**

&

**National Research Development Corporation**

[An Enterprise of DSIR, MoS&T, Government of India]

**Jan 10, 2026 | Saturday | 10.30 AM to 4.30 PM**

VK-AICYAM, Gandamunda, Khandagiri - Pokhariput Road, Bhubaneswar - 751030



**Vivekananda Kendra**

Academy for Indian Culture, Yoga And Management (VK-AICYAM), Bhubaneswar



## National Seminar on Yoga

**Theme: Meditation in Classical Yogic Literature - Theory and Practice**

**Mukta Kaushal Kendra**

(A collaboration between VK-AICYAM & NIOS)

**Certificate Distribution & Welcome of New Batches**

**Jan 11, 2026 | Sunday | 10.00 AM to 4.00 PM**

VK-AICYAM, Gandamunda, Khandagiri - Pokhariput Road, Bhubaneswar - 751030



**Vivekananda Kendra**

Academy for Indian Culture, Yoga And Management (VK-AICYAM), Bhubaneswar



## National Workshop on Indian Culture

**Theme: Knowledge among Janajati Communities in Eastern India - Study, Documentation, and Promotion**

Co-organised by:

**Vivekananda Kendra - Academy for Indian Culture, Yoga And Management**

&

**Odisha Research Centre, Bhubaneswar**

**Jan 11, 2026 | Sunday | 5:00 PM to 9:00 PM**

**Jan 12, 2026 | Monday | 9:30 AM to 3:00 PM**

**VK-AICYAM, Gandamunda, Khandagiri - Pokhariput Road, Bhubaneswar - 751030**



# Proceedings on MANAGEMENT



Vivekananda Kendra Academy for Indian Culture, Yoga And Management  
(VK-AICYAM), Bhubaneswar

विवेकानन्द केन्द्र एक्यम्

"All differences in this world are of degree, and not of kind, because oneness is the secret of everything."

Awakening to Spiritual Oneness

- Swami Vivekananda

Saturday, January 10, 2026

Time: 10:30 AM – 4:30 PM

## National Workshop on Preserving and Promoting Indian Knowledge System (IKS)

**Theme:** IKS-Focused Innovation, Intellectual Property & Entrepreneurship

### Co-organiser:

National Research Development Corporation (NRDC), Government of India  
(An Enterprise of DSIR, Ministry of S&T, Government of India)



# Programme Schedule

- **Registration**
- **Inauguration & Release of AICYAM 2026 Publication (10:30 am to 11:45am)**
  - **Welcome Address**  
Dr. Santosh K. Mohanty | Director, VK-AICYAM
  - **Setting the Tone & Felicitation of Guests**  
Dr. Bijay K. Sahu | NRDC, Government of India
  - **Address by**  
Dr. Debasish Dash | Director, DBT-ILS, Government of India  
Mr. Sambit Tripathy | CMD, Livelihood Alternatives
  - **Keynote Address**  
Mr. Swaraj Mishra | Former Secretary, Ama Odisha & Noted Columnist
  - **Release of AICYAM 2026 Publication**
  - **Shanti Mantra**
- **Panel Discussion I (11:45 am to 01:00pm)**

**“IKS: Challenges and Opportunities in Leveraging Entrepreneurship”**

**Panellists:**

Mr. Dipti Ranjan Behera | Additional Secretary, Government of Odisha  
Prof. Biswajit Mishra | Pro Vice-Chancellor, Centurion University  
Mr. Yugabrata Kar | Founder, Desia Eco-Tourism  
Prof. Biplab Biswal | Sri Sri University  
Ms. Jayanti Mohapatra | CEO, Manikshu Agro

**Moderator:**

Mr. Kishor Swain | Advisor, OCAC

- **Panel Discussion II (2:00pm to 3:00pm)**

**“IP & Innovation Management for Entrepreneurial Avenues”**

**Panellists:**

Prof. Binay Bhushan Jena | NIFT  
Dr. Sashikanta Dash | Deputy Director (S&T), Government of Odisha  
Prof. Renu Sharma | SOA Innovation Foundation  
Dr. Pavan Kumar | Principal Scientist, CSIR-IMMT  
Dr. Ashwini Kumar Rath | CEO, M/s Batoi Systems & TiE Member  
Dr. Nivedita Jena | COO, ILS Incubation Hub

**Moderator:**

Dr. Bijay Kumar Sahu | NRDC

- **Panel Discussion III (3:00pm to 4:00pm)**

**Stakeholder Engagements: Perspectives, Platforms, and Purpose**

**Panellists:**

Mr. Ashok Das | Sankalp TV

Mr. Satwik Swain | Secretary General, OASME

Dr. Anita Sabat | Co-Founder, Odisha GI Representative

Dr. Uma Charan Pati | Deputy Registrar, Gangadhar Meher University

Mr. Pramod Panda | Former CGM, RBI

Mr. Abinash Dash | Tanumanasha

**Chair:**

Dr. Santosh K. Mohanty | VK-AICYAM

**Co-Chair:**

Dr. Bijay Kumar Sahu | NRDC

➤ **Concluding Session, Rapporteur's Report & Way Forward (4:00pm to 5:00pm)**

• **Address by**

Dr. Kumar Mohanty | Director, KIIT School of Management

Dr. Jagadish Sahoo | IES, Government of India (MSME)

Dr. Ramanuj Narayan | Director, CSIR-IMMT

• **Rapporteur's Report**

Dr. Binita Nanda | Sri Sri University

Dr. Hareram Sahoo | NRDC

• **Śhānti Mantra**



Dīpa Prajwalanam and Puṣpārpaṇam

## Objectives of the Workshop

The workshop was organized with the following objectives:

- To encourage entrepreneurship on Indian Knowledge Systems (IKS).
- To promote innovation, intellectual property management, and startup ecosystems rooted in traditional knowledge.
- To facilitate meaningful interaction among academia, industry, government, media, and entrepreneurs.
- To create a collaborative platform for policy dialogue, stakeholder engagement, and sustainable development.
- To focus on current state of IKS, future aspirations, and responsibilities of all stakeholders in nurturing an enabling environment for IKS-driven innovation and entrepreneurship.

## Registration & Networking Tea

The first day of the conference commenced with registration and networking tea, where participants from academic institutions, government departments, industry, startups, and media engaged in informal interactions. This session helped build professional rapport among stakeholders and set a collaborative and participatory tone for the conference.

## Inaugural Session & Release of AICYAM 2026 Publication

The inaugural session marked the formal commencement of the conference and began with the **lighting of the ceremonial lamp**, symbolizing knowledge, wisdom, hope and enlightenment by **dispelling darkness, ignorance, and negativity**

**Dr. Santosh Kumar Mohanty**, Director, VK-AICYAM, delivered the welcome address and highlighted that the Academy is celebrating its **sixth year of its establishment**. He reflected on VK-AICYAM's journey, outlining its key initiatives, plans, and the roadmap toward achieving its vision. He emphasized that **management, at its core, is the practical application of knowledge and a continuous pursuit of excellence through disciplined effort**. He also stressed the importance of the **IKS ecosystem to foster holistic growth**, underscoring the need for integration among **entrepreneurs, stakeholders, and institutions** to strengthen and sustain the Indian Knowledge System.

**Dr. Bijay K. Sahu**, National Research Development Corporation (NRDC), Government of India, set the thematic context of the workshop and formally felicitated the distinguished guests. In his address, he emphasized the significance of **self-reliance and nation-building**, underscoring that innovation rooted in **IKS** is vital for India's sustainable development.

He highlighted the importance of **collaboration and connectivity within the innovation ecosystem**, noting that stakeholders must support one another by leveraging collective strengths and addressing gaps. Referring to the COVID-19 pandemic, Dr. Sahu cited the example of **Haladi (turmeric) from Kandhamal district of Odisha**, which played a crucial role in enhancing immunity and supporting community health during the crisis. He described this as a strong illustration of **IKS**-

**driven innovation**, demonstrating the practical relevance of traditional knowledge in times of societal need.

Reflecting on the evolving nature of society, he recalled **Swami Vivekananda's teachings** on realism, national awakening, and collective aspiration. He further emphasized that within the IKS framework, traditional resources such as Haladi must be **protected through intellectual property mechanisms**, drawing parallels with global patent disputes, including the **Basmati rice case**. He emphasized NRDC's role in intellectual property protection.

Referring to the vision of **Hon'ble Prime Minister Shri Narendra Modi**, Dr. Sahu observed that while Gujarat is renowned for salt (*namak*), Odisha possesses rich natural and cultural resources, with the key challenge lying in **value addition**. He highlighted **Koraput coffee**, known for its health benefits, including liver wellness, as a regional product with strong global potential if effectively branded and marketed.

He concluded by emphasizing the need to **integrate knowledge, innovation, and markets**, promote value addition, and uphold the spirit of "**Vocal for Local**" to realize the vision of "**Ek Bharat, Viksit Bharat**." He called upon all stakeholders to connect, collaborate, and contribute collectively, enabling India to strengthen its domestic capabilities while confidently positioning itself on the global stage.

**Dr. Debasish Dash**, Director, DBT–Institute of Life Sciences (ILS), Government of India, spoke on the importance of integrating traditional knowledge systems with modern scientific research. A follower of Swami Vivekananda, he began his address with the chanting of a shloka, invoking peace of mind and setting a contemplative tone for the day.

He commented that the **IKS** is familiar to those aged forty and above, who grew up with its practices, but expressed concern that many **young people today are disconnected from IKS**, often adopting Western systems without understanding indigenous traditions.

He emphasized that **knowledge must first be protected**, drawing an analogy with land ownership—just as land is safeguarded by constructing a boundary wall before use, knowledge too must be secured before being shared freely or otherwise.

Recalling traditional practices from school education, such as **Dīpa Dhyāna (Jyoti Dhyāna)** and meditation, Dr. Dash noted that many children today are unaware of these practices. He highlighted that while multiple factors contribute to modern diseases, **stress is a primary root cause**. He therefore stressed the urgent need to **integrate meditation, stress management, and yoga into education**, recommending that these practices be taught systematically to all students for holistic well-being.

**Mr Sambit Tripathy**, CMD, **Livelihood Alternatives**, was one of speakers during the session. An **ex-Indian Revenue Service (IRS) officer**, he served the Government of India for **22 years**. After retirement in **2020** he has been actively working with **youth, farmers, and women**, focusing on livelihood development and social transformation.

He shared experience of conducting several youth-centric initiatives, including organizing **marathon events involving over 1,000 students**, with participation from **NCC cadets, university students, and youth engaged in yoga and fitness programmes**, aimed at fostering discipline, health, and social awareness.

He elaborated on the **5Cs approach to development—Collaboration, Connectivity, Collectivization, Capacity Building, and Convergence**—and explained how these principles can strengthen rural development initiatives when applied effectively.

He then presented the work of **Livelihood Alternatives**, a **social enterprise** committed to bringing about positive change in the lives of **rural households, artisans, agriculture, and allied entrepreneurs**.

He emphasized the organization's **3S approach—Sizeable, Scalable, and Sustainable**—as a guiding framework for achieving long-term impact, noting that **low scalability often limits commercialization and broader adoption**.

Mr. Tripathy advocated **chemical-free agriculture**, encouraging the use of **bio-inputs like cow-dungs and natural farming practices**, while acknowledging that labour-intensive processes often discourage adoption.

He stressed the critical role of **market access** in ensuring tangible benefits for farmers and emphasized the need to **actively involve women in livelihood activities**.

Highlighting the importance of early exposure to IKS, he proposed the introduction of a "**Shishu Sahitya**" **patrika on Indian Knowledge Systems for Class V and VI students**, enabling children to understand and apply IKS concepts from a young age.

He also strongly emphasized that **traditional Baidya (indigenous healer) knowledge must be systematically documented and preserved** for future generations.

**In key Note address, Mr. Swaraj Mishra**, Former Secretary, **Ama Odisha**, and noted columnist, delivered the **societal relevance and contemporary applicability of IKS**. He reflected on present-day societal trends, observing the increasing influence of **divisive politics**, excessive consumerism, and unethical marketing practices, where products are often sold "by hook or crook," even when they are unnecessary or of little real value.

He also commented on the pervasive presence of **black money** and the paradoxical behaviour in society, where **the wealthy often portray poverty**, while **the weak attempt to portray strength**, despite being fully aware of underlying realities. Analysing these contradictions, Mr. Mishra pointed out that the **root cause lies in an unsettled and unclear mind**, driven by ego and the illusion of limitless power.

Drawing inspiration from the teachings of **Swami Vivekananda**, he stressed the need to **first purify and discipline the mind through yoga and self-inquiry**. He urged individuals to **search within themselves, understand reality, and adopt a forward-looking approach**. Quoting Swami

Vivekananda's guidance, he emphasized: "*Take one idea, make it your life, find your path, and move towards success.*" He noted that **individual success rooted in clarity and purpose ultimately contributes to National development.**

He concluded by highlighting that **identifying and understanding one's own problems resolves half the challenge**, and advocated regular **meditation, yoga, and mental discipline** as essential tools for personal well-being and societal transformation.

The **AICYAM 2026 Publication** was formally released by the **dignitaries** and the **AICYAM advisors**. The publication is envisioned to evolve into a **research journal in the future**, providing a structured platform for scholarly contributions and research-based discourse on **IKS**.



Release of **ଏକ୍ୟମ୍** 2026 Publication

The session concluded with Shanti Mantra.

### Panel Discussion – I

#### ***"IKS: Challenges and Opportunities in Leveraging Entrepreneurship"***

##### **Panellists:**

- Mr. Dipti Ranjan Behera, Additional Secretary, Government of Odisha
- Prof. Biswajit Mishra, Pro-Vice-Chancellor, Centurion University
- Mr. Yugabrata Kar, Desia Eco-Tourism
- Prof. Biplob Biswal, Sri Sri University
- Ms. Jayanti Mohapatra, CEO, Manikshu Agro

##### **Moderator:**

Mr. Kishor Swain, Advisor, OCAC

The panel deliberated on translating IKS into viable entrepreneurial models, addressing policy, institutional support, grassroots innovation, and sustainability challenges.

**Mr. Yugabrata Kar**, founder of **Desia Eco-Tourism**, highlighted how **IKS-rooted community entrepreneurship** eco-tourism in Odisha can transform indigenous knowledge, culture, and ecology into **sustainable livelihood models**. He emphasized that tourists come to India primarily for its **culture**, noting that the true experience of India lies in its **villages**. Beyond financial returns, such tourism builds **cultural pride among villagers and youth** and revives India's ancient tradition of **warm hospitality**.

Mr. Kar explained that Desia connects **people to people** with a purpose of **mutual enrichment**, enabling visitors to learn about tribal knowledge systems, food traditions, and cultural practices. The initiative follows an **IKS-driven entrepreneurship model**, where **community knowledge is the core value proposition**. By empowering **tribal women** through skills in hospitality, crafts, food processing, and cultural interpretation, Desia converts traditional practices into **micro-enterprises**, ensuring cultural continuity, environmental balance, and economic sustainability.

**Prof. Biswajit Mishra**, Pro Vice-Chancellor, Centurion University, emphasized that **skill-based education should be given priority over degree-based education**, as skills emerge from the alignment of **passion and profession**. He advocated strong synergy between **tradition, technology, and innovation**.

To illustrate innovation, he cited simple yet impactful examples such as **a whiteboard marker with writing tip at both ends** for alternate use when ink in one side dries up due to gravity, the **reduced need to carry cash due to mobile technology**, and innovations in **ticket reservation systems that optimize booking probability**.

Prof. Mishra elaborated on the **Three “E” Model—Enterprise** as the market, **Entrepreneur** as the product, and **Entrepreneurship** as the process—highlighting the need for innovation at each level.

Referring to the IKS, he noted that **traditional kadha drink during the COVID-19 pandemic** reflects ancient health wisdom. Practices like **throwing copper coins in water bodies for water purification** and how **offering water to the rising Sun (Surya Devata)** the water poured from a **copper vessel act as a prism, splitting sunlight into seven colours that provides benefits to seven corresponding chakras of the human body** demonstrate scientific understanding in ancient times.

He stressed the urgent need to **document traditional knowledge**, including **ancient Vaidya traditions**, and shared that Centurion University is actively documenting **47 types of indigenous sports** as part of a dedicated research initiative.

Prof. Biplab Biswal of Sri Sri University, highlighted the challenges arising from excessive Westernization and profit-centric business thinking. He emphasized that Indian business philosophy is deeply rooted in the IKS, which prioritizes dharma-based economics. Citing the example of the Tata Group, he noted that its cumulative contributions to social development and philanthropy in value term far exceed the wealth of many global corporations, reflecting the principle that when businesses take care of people, society reciprocates.

He referred to **Arthashastra**, written centuries ago, which established economic governance grounded in **dharma**, making IKS-based business models inherently **sustainable**. Drawing analogies from nature, he explained how ecosystems—such as tigers, snakes and worms maintaining forest balance or soil fertility enhanced through natural processes—operate sustainably.

Prof. Biswal cautioned that excessive dependence on **advanced technologies like Artificial Intelligence** may reduce human creativity. He stressed India's strengths in **values such as dharma and self-realization**, and underscored the urgent need for **documentation and standardization of IKS**. As an example, he mentioned traditional remedies like **Jamukoli powder for diabetes**, which lack standardized dosage and documentation.

He concluded by explaining IKS as a **philosophical cycle of creation, operation, recreation, and transformation**.

**Ms. Jayanti Mohapatra**, CEO, Manikshu Agro, explained the differences between **Indian and foreign food systems** using cultural symbolism, highlighting food as a platform to **uplift rural communities and promote sustainable agricultural practices**. She illustrated how Western dining follows a sequential order—**appetizer, starter, main course, and dessert**—whereas in India, **all dishes are served together on a single plate**, reflecting balance and holistic nourishment.

She shared her **entrepreneurial journey in a goat-based enterprise** centred on **non-slaughter practices**, producing **goat milk-based products**. Her model emphasizes **farmer support, animal welfare, and sustainability**, improving the lives of both goats and participating farmers.

She highlighted her initiative of **empowering more than 40 goat banks in rural villages**, a business model that has cultural root, socially impactful, and aligned with Indian Knowledge Systems (IKS).

**Mr. Dipti Ranjan Behera**, Joint Secretary, Government of Odisha, explained that the **IKS** was traditionally understood through texts such as the **Vedas, Upanishads, and Puranas**, but today it also represents a **new and significant source of entrepreneurship and business development**. He emphasized the promotion of **Swadeshi products** under the vision of **Atmanirbhar Bharat** advocated by the Hon'ble Prime Minister.

He cited examples such as **Kandhamal turmeric and coffee** to illustrate how indigenous knowledge can be transformed into value-added products. Mr. Behera stressed that government efforts must go beyond mere documentation, focusing instead on **preservation, scientific validation, and value creation** of IKS. He highlighted the need for **digitization of ancient texts**, ensuring their **readability, accessibility, and intergenerational knowledge transfer**, with all three aspects being closely interconnected.

He also underlined the critical role of **NRDC in intellectual property protection and commercialization**, enabling traditional knowledge to reach wider markets sustainably.



Panel: IKS - Challenges and Opportunities in Leveraging Entrepreneurship

The session was effectively moderated by Mr. Kishor Swain, Advisor, OCAC.

## Panel Discussion – II

### ***IP & Innovation Management for Entrepreneurial Avenues***

The second panel discussion focused on intellectual property (IP) rights, innovation management, incubation ecosystems, and commercialization pathways, with special reference to Indian Knowledge Systems (IKS).

#### **Panellists:**

- Prof. Binay Bhushan Jena, NIFT
- Dr. Sashikanta Dash, Deputy Director (S&T), Government of Odisha
- Prof. Renu Sharma, SOA Innovation Foundation
- Dr. Pavan Kumar, Principal Scientist, CSIR-IMMT
- Dr. Ashwini Kumar Rath, CEO, Batoi Systems & TiE Member
- Dr. Nivedita Jena, COO, ILS Incubation Hub

#### **Moderator:**

Dr. Bijay Kumar Sahu, NRDC

**Prof. Binay Bhushan Jena**, NIFT, discussed **intellectual property (IP) and innovation management** in the context of the **IKS**, illustrating his points through examples from **terracotta craftsmanship**. He highlighted how a traditional artisan innovated a **mosquito coil plate** made from **100% natural fibre**, using **chemical-free processing** and **plant-based dyes**. This product addressed a clear market need by **filling gap**, and consequently became a **best-selling item at exhibition markets**. He was making a point that identifying the gap and creating a solution to bridge the gap is Innovation.

Prof. Jena emphasized that innovation lies in understanding **what people truly need** and translating that insight into products rooted in tradition. He advocated that for India to emerge as

a **Vishwa Guru**, a strong **triple-helix ecosystem**—linking **academia, industry, and government**—is essential. He concluded with the thought that development must be context-specific, echoing the idea of “**jaisa desh, waisi bhasha**”, where innovation aligns with local culture and societal needs.

**Dr. Sashikanta Dash**, Deputy Director (Science & Technology), Government of Odisha, explained **innovation** using the philosophical analogy of **Samudra Manthan**, symbolizing the emergence of **fourteen jewels**, including **Amrita, Lakshmi, and Saraswati**, as outcomes of collective effort and deep inquiry. He observed that while Odisha possesses rich knowledge resources, **systematic brainstorming and structured implementation are still limited**, leaving significant potential being untapped.

He highlighted the launch of the **Odisha Marine Biotechnology Research & Innovation Corridor (OMBRIC)**, a **first-of-its-kind initiative** by the Government of Odisha with an **outlay of ₹50 crore over five years**. The programme brings together **six premier institutions**—**IIT Bhubaneswar, Fakir Mohan University (Balasore), NIT Rourkela, ILS Bhubaneswar, IISER Berhampur**, and others—each contributing according to its core expertise. Emphasizing **collaboration over competition**, he noted that these institutions are designed to **complement one another** to strengthen the state’s **marine bio-economy**.

Dr. Dash also referred to **IKS-based microbiological research**, including studies on **Amrita-like antibiotic properties**, planned over a **five-year horizon**. He pointed out that although substantial traditional knowledge exists, **much of it has not yet been converted into intellectual property (IP)**. Institutions such as **NRDC, IIMT, CSIR, and ILS** are actively working to **bridge gaps between knowledge creation, validation, and commercialization**, with the potential to generate **million-dollar economic value** through this initiative.

He concluded by expressing confidence that sustained collaboration would significantly benefit the state and acknowledged the visionary leadership of the Hon’ble Prime Minister in improving quality of life and enabling inclusive development in line with the vision of “**Sabka Saath, Sabka Vikas, Sabka Prayas.**”

**Prof. Renu Sharma**, SOA Innovation Foundation, highlighted the **multidisciplinary and vibrant innovation ecosystem** developed at SOA. She emphasized the **active participation of women innovators** and cited **successful startup initiatives in the diagnosis of cervical cancer**, developed in collaboration with **SOA and IIT Bhubaneswar**. She also elaborated on the development of **pilot and beta models** for the **early detection of cancer**.

Prof. Sharma highlighted **two technology transfer initiatives**—from **pharmaceutical sciences and dental sciences**, facilitated through **NRDC**—that are progressing toward real-world application. She noted the achievements of the **Atal Incubation Centre**, where innovations are supported from ideation to **intellectual property (IP) creation (including the support for patent filing and granting process)**. She further emphasized that **biomedical sciences play a crucial role in connecting innovation to the last mile**, ensuring **value creation** through accessible and impactful healthcare solutions.

**Dr. Pavan Kumar**, Principal Scientist, **CSIR-IMMT**, stressed the importance of **strengthening India's position in the global intellectual property (IP) landscape**. He presented comparative statistics showing that **China, the United States, and Japan** are global leaders in IP filings, far exceeding India, which is currently experiencing **rapid growth from a relatively lower base**. He noted that the **IP ecosystem in the United States is highly organized with more than 6 lakhs applications filed annually**, whereas India files **nearly one lakh patent applications annually**.

At the state level, he highlighted that **Odisha contributes only about 40–60 patent applications**, despite having approximately **1,600 patent filings overall**, indicating significant untapped potential. He further pointed out that while India has around **600 Geographical Indication (GI) tags**, Odisha accounts for only **20–25 GI products**, despite its rich traditional knowledge base.

Dr. Kumar emphasized that although India possesses vast indigenous knowledge, the country often **ends up buying technologies developed elsewhere due to delayed innovation and weak IP protection**. He underlined the need for **timely innovation, effective IP management, and early protection of grassroots innovations**, cautioning that failure to do so leads to technological dependence.

He concluded with the message “**innovate or die**” and explained the role of the **IIMT Technology Transfer Centre** in facilitating **technology transfer and reimbursement mechanisms** to strengthen commercialization pathways.

**Dr. Ashwin Kumar Rath**, CEO, **M/s Batoi Systems**, stated that while India possesses **immense wisdom and knowledge**, it must be **systematically organized and structured to protect intellectual property (IP)** and fully realize its benefits. He explained the **IP development process** as a clear sequence of **inputs, initial conditions, processes, and outcomes**, emphasizing the importance of following a defined format for effective IP management.

He contrasted the **Indian, nature-based approach** — where systems evolve organically like a garden — with the **Western approach**, which focuses on controlled and engineered design.

Dr. Rath stressed the need for **simplification of IP systems** and highlighted **digitization** as a critical enabler, particularly for a country of **1.4 billion people** and the opportunity it can create. He referred to the establishment of **IP facilitation and digitization centres**, including such initiatives in **Odisha**, to accelerate IP processes.

Drawing parallels with the rapid adoption of **UPI in fintech**, he urged faster adoption of simplified digital IP frameworks, warning that delays may allow other countries to gain advantage.

**Dr. Nivedita Jena**, COO, **ILS Incubation Hub**, discussed how **innovation ecosystems are enabling IKS-based entrepreneurship**. With her background in **biotechnology**, she explained the integration of **traditional knowledge with ethnobotany, plant sciences, and modern drug development**. She emphasized the importance of **scientific validation**, including **pre-clinical and clinical testing**, access to **advanced instrumentation**, and structured **incubation support**. She

noted that once clinical validation is achieved, innovations must be **marketed globally** to realize their full potential.

Dr. Jena highlighted that **Odisha-based innovations** are gaining momentum in areas such as **vaccine development**, particularly following initiatives related to the **H1N1 vaccine**. She also pointed out that significant **marine system knowledge remains unexplored**, and that much of **tribal knowledge is embedded at the genetic level**, underscoring the vast untapped potential of indigenous knowledge systems.

During **the questionnaire session** on the Jal Jeevan Mission, Dr. Sashikanta Dash, Deputy Director (Science & Technology), highlighted the unified stakeholder approach through a common platform. He emphasized NIOT's collaboration with six Indian institutes and international partnerships with Australian universities in marine technology and biotechnology. NIOT is deploying advanced desalination and water treatment solutions, including Low-Temperature Thermal Desalination (LTTD), to ensure potable water supply, alongside research on coastal reservoirs, underwater domain awareness, and sustainable water management.



Panel: IP & Innovation Management for Entrepreneurial Avenues

### Moderation and Key Takeaways

The session was effectively moderated by Dr. Bijay Kumar Sahu, NRDC, who emphasized the need for structured IP frameworks, industry-academia collaboration, and the strategy for innovation and risk mitigation. He also highlighted NRDC's role in fostering collaborative innovation, particularly during the COVID-19 period, when rapid knowledge translation and partnerships played a critical role.

## Panel Discussion – III

### ***Stakeholder Engagement: Perspectives, Platforms & Purpose***

This panel discussion highlighted the critical role of media, financial institutions, academia, industry bodies, and policy stakeholders in nurturing entrepreneurship and strengthening Indian Knowledge Systems (IKS).

#### **Panellists:**

- Mr. Ashok Das, Sankalp TV
- Mr. Satwik Swain, Secretary General, OASME
- Dr. Anita Sabat, Co-Founder, Odisha GI Representative
- Dr. Uma Charan Pati, Deputy Registrar, Gangadhar Meher University
- Mr. Pramod Panda, Former CGM, RBI

#### **Chair:**

Dr. Santosh K. Mohanty, VK-AICYAM

#### **Co-Chair:**

Dr. Bijay Kumar Sahu, NRDC

The panel examined collaborative frameworks, media engagement, institutional platforms, and cross-sector partnerships essential for scaling IKS initiatives.

**Mr. Satwik Swain**, Secretary General, **OASME**, discussed the **opportunities and challenges in manufacturing in Odisha**, noting that while **market potential is strong, long-term sustainability depends on continuous innovation**. He emphasized the **critical role of incubation centres** in supporting manufacturing units, particularly in addressing the common gap between **ideas and skills versus access to capital**.

He highlighted the availability of **five or six Common Facility Centres (CFCs)**, including **engineering CFCs** that support sectors ranging from **aerospace components to grill-gate manufacturing**, enabling entrepreneurs to **leverage shared infrastructure**. Mr. Swain also stressed the importance of **industry-oriented training**, observing that with proper training, individuals can operate specific machines efficiently. Despite these support systems, he noted that the **number of manufacturing startups remains limited**, largely due to **lack of patience and long-term commitment**.

He concluded by emphasizing that **innovation requires time and perseverance**, and urged **youth to focus, contribute, and collaborate meaningfully** through sustained entrepreneurial efforts.

**Mr. Ashok Das, Sankalp TV**, spoke on the **importance of engaging diverse stakeholders** in strengthening the IKS. He emphasized that stakeholders are not limited to institutions alone, but include **farmers, artisans, folk artists, teachers, journalists, students, entrepreneurs, community members, and consumers of knowledge**. He highlighted the distinction between **knowledge holders and knowledge carriers**, and the need to connect them with **government, universities, CSR initiatives, markets, and global audiences**.

Mr. Das stressed the **critical role of media in connecting the dots**, enabling a vibrant and inclusive ecosystem. Reflecting on India's early philosophy of "**jibika and jiban ku jodiba**" (connecting life with livelihood), he advocated for **value-based livelihoods** rather than charity-driven models. He emphasized the transition from **archives to application**, warning that without active engagement, knowledge systems may fade.

He also highlighted the need for **innovation in products and preservation methods**, particularly in agriculture. Observing that many farmers no longer wish their children to pursue farming, he suggested that **innovative and IKS-based farming practices** could renew interest among the younger generation. He emphasized the pathway of **aspiration, information, and action**, backed by **skill development**, to motivate youth and enable entrepreneurship.

He concluded by underscoring the importance of **shifting from charity-based approaches to value-based implementation of IKS**, bringing traditional knowledge into practice, **teaching entrepreneurship from an early age**, and empowering youth so that **IKS can reach global**.

**Dr. Anita Sabat, Odisha GI Representative**, emphasized the **critical importance of documentation and intellectual property (IP) protection**, particularly in the context of **Geographical Indications (GI)**. She cited the well-known **Rasagola** case to illustrate how the **absence of timely and proper documentation** led to prolonged disputes over its origin. Although there were extensive discussions, debates, and partial documentation, the **final comprehensive report was not submitted**, resulting in avoidable contention.

Using a powerful analogy, she stressed the need for **awareness followed by action**, remarking that "*a deer does not enter the mouth of a tiger automatically*," underscoring the importance of proactively protecting traditional assets. She highlighted Odisha's rich **GI heritage**, supported by the **Ministry of Commerce**, and explained that GI protection ultimately **safeguards end-user products**. She cited examples such as **Chhenapoda** and **Koraput Kalajeera rice**, and referred to Odisha as one of the **ancient birthplaces of rice**.

Dr. Sabat emphasized that the GI filing process demands **patience, correct perception, and long-term preservation**, especially for **Odisha's indigenous rice varieties**. She concluded by noting that **GI protection is not merely about obtaining a tag**, but about **safeguarding end-users and preserving the economic rights of local artisans and farmers**.

**Dr. Umacharan Pati**, Deputy Registrar, **Gangadhar Meher University**, spoke on the vision of "**Viksit Bharat**", emphasizing the need for both **quantitative and qualitative growth**. He referred to key **human development indicators**, noting that India ranks **131 in the Human Development Index, 117 in the World Happiness Index, and 93 in the International Corruption Perception Index**, highlighting areas requiring focused attention beyond economic metrics.

In the context of the **IKS**, Dr. Pati elaborated on values such as **Santosh (contentment)**, **Satsanga (association with good people)**, **Bichar (right thinking)**, and **Shanti (peaceful living)**, rooted in the principles of **Sat–Chit–Ananda**. He also discussed the **New Education Policy (NEP)**, distinguishing

between **output-based** and **outcome-based education**, and emphasized that **outcome-based education** is more effective in fostering holistic development.

Referring to **Amartya Sen's philosophy**, he stressed that **National development begins with human development**, guided by **self-discipline and internal locus of control**. He noted that dependence on external control leads to bondage, whereas self-governance empowers individuals. He concluded by sharing that **Gangadhar Meher University has introduced a course on happiness**, aligning education with well-being and societal development.

**Mr. Pramod Panda**, Former CGM, **Reserve Bank of India**, shared insights on how people across the world are drawn to **India's culture and heritage**, noting that Indians are widely respected for **preserving cultural values and intellectual traditions**. He emphasized that India's strength lies in its **knowledge-rich mindset** and continuity of civilizational wisdom.

He highlighted how the **Reserve Bank of India**, in collaboration with the **Government of India**, has developed several **digital and institutional platforms** such as **Jan Dhan** and **Aadhaar**, which represent **hybrid models of innovation**—combining technology with institutional trust to **transmit and propagate knowledge**. He stressed the importance of **access, system protection, expert availability**, and strong institutional frameworks involving **banks, NBFCs, impact investment, and CSR initiatives**.

Mr. Panda explained that these systems provide a **methodical blueprint inspired by IKS**, enabling scalable and inclusive development. Referring to the ideals of “**Vocal for Local**” and “**Arise, Awake, ...**”, he emphasized that **ancient knowledge systems can serve as powerful platforms for transmitting values and wisdom to society**, guiding modern governance and economic growth.



Panel: Stakeholder Engagement: Perspectives, Platforms & Purpose

## Chair and Co-Chair

The session was chaired by Dr. Santosh Kumar Mohanty, Director, VK-AICYAM, who encouraged participants to share their perspectives and insights. He abstracted the entire cycle of converting an idea to a product that can be positioned in the market into five steps – Suspecting the Market, Prospecting the Market, Piloting the Market, Penetrating the Market, and Pioneering the Market. The session was co-chaired by Dr. Bijay Kumar Sahu, NRDC, who emphasized collaboration and stakeholder-driven innovation.

## Concluding Session, Rapporteur, and Way Forward

- **Address by**

Dr. Kumar Mohanty, Director, KIIT School of Management  
Dr. Jagadish Sahoo, IES, Government of India (MSME)  
Dr. Ramanuj Narayan, Director, CSIR-IMMT

- **Rapporteur's Report**

Dr. Binita Nanda, Sri Sri University  
Dr. Hareram Sahoo, NRDC

- **Śhānti Mantra**

The concluding session summarized the key deliberations of the day and outlined the way forward.

Rapporteur was presented by Dr. Binita Nanda, Sri Sri University, and Dr. Hareram Sahoo, NRDC, who systematically summarized the discussions, insights, and recommendations from all sessions. Mr. Jagdish **Sahoo**, Assistant Director, MSME, highlighted key government initiatives aimed at strengthening the national economy through the promotion of MSMEs and their contribution to GDP growth. He emphasized intellectual property driven innovation as key for entrepreneurship and encouraged entrepreneurs to avail benefits under the IPR support schemes, which include:

- **₹5 lakh** maximum reimbursement for foreign patent registration
- **₹2 lakh** for Geographical Indication (GI) registration
- **₹1 lakh** for domestic (Indian) patent registration
- **₹15,000** for design registration
- **₹10,000** for trademark registration

He underlined the importance of skill development, noting that while countries like Japan have a highly skilled workforce, India must urgently focus on skilling its youth, who constitute nearly **60% of the population**. He urged young people to move beyond degree-oriented government job aspirations and adopt an entrepreneurial mindset, emphasizing that time is valuable and that support in the form of counselling, mentorship, guidance, and technology is available.

He also highlighted Odisha's untapped potential, stressing that industry includes both manufacturing and services, and advocated for the expansion of service-sector enterprises beyond Bhubaneswar to smaller cities for balanced and inclusive development. He encouraged

participants, especially youth, to actively utilize government funding schemes supporting skill-based education and entrepreneurship.



Concluding Session – Speaker's Interaction

Dr. Kumar Mohanty, Director, KIIT School of Management, emphasized the critical role of industry-academia collaboration in aligning education with evolving industry requirements. He highlighted the need for training students and faculty to meet industry demands, establishing innovation and testing laboratories, and fostering collaborative innovation to achieve the vision of *Viksit Bharat 2047*.



Concluding Session – Felicitation to Guest Speaker Prof. Kumar Mohanty

Drawing from India's cultural and civilizational heritage, he illustrated how the ancient knowledge continues to shape modern value frameworks. He referred to narratives from the *Ramayana* to explain ethical governance and value-based leadership, citing Lord Rama as an ideal of righteous leadership. He also highlighted India's scientific imagination and ingenuity through references to Ravana's *Pushpaka Vimana*, comparisons with modern aeronautics, and the *Dashavatara* concept as a parallel to evolutionary theory.

He further highlighted India's archaeological and cultural marvels, such as the Konark Sun Temple, and emphasized yoga—propagated by ancient sages—as a globally recognized tradition akin to a cultural and wellness trademark. He concluded by stressing that ethics, social responsibility, and CSR are deeply rooted in India's civilizational ethos.

**Dr. Ramanuj Narayan**, Director, CSIR-IMMT, Bhubaneswar, delivered an insightful address linking India's ancient knowledge systems with modern scientific innovation. He explained the concept of **RAM as "Right Action Man,"** emphasizing that true knowledge lies in application, citing Swami Vivekananda as a scientist in spirit due to his emphasis on applied wisdom. He observed that while modern society is rich in information, it often lacks practical application, whereas IKS has been a continuous source of innovation.



Concluding Session – Felicitation to Guest Speaker Dr. Ramanuj Narayan

He illustrated everyday practices as early scientific innovations, describing rice cooking as a primitive form of nanotechnology and acknowledging mothers and homemakers as the first scientists. Referring to the COVID-19 pandemic, he highlighted how every household became a centre of innovation, and noted CSIR's role in developing indigenous vaccines, emphasizing that innovation emerges from society itself. He also underlined that the National Education Policy removes language barriers to innovation.

He cited historical examples such as traditional zinc extraction methods being less polluting than modern processes and the corrosion-resistant iron pillar of the Qutub Minar as evidence of advanced metallurgical knowledge. He further referenced innovations in herbal products, eco-friendly paints, and climate-responsive materials. He concluded by stating that **the creativity of the human mind is the foundation of all knowledge and innovation.**

The session concluded with the Shanti Mantra, marking the successful and meaningful completion of the first day of the conference.

## Outcomes of the Workshop

- Enhanced awareness of IKS-based entrepreneurship and innovation.
- Strengthened industry–academia–government–media linkages.
- Practical insights into IP management, incubation, and commercialization.
- Identification of collaborative pathways for future research, policy formulation, and enterprise development.
- Increased motivation among stakeholders towards value-based, sustainable development based on IKS.



# Proceedings on YOGA

**Vivekananda Kendra Academy for Indian Culture, Yoga And Management (VK-AICYAM), Bhubaneswar**  
**विवेकानन्द केन्द्र एक्यम्**

"All differences in this world are of degree, and not of kind, because oneness is the secret of everything."  
- Swami Vivekananda

Awakening to Spiritual Oneness

**Sunday, January 11, 2026**

**Time: 10:00 AM – 4:00 PM**

## National Seminar on Yoga

**Theme: Meditation in Classical Yogic Literature – Theory and Practices**



# Programme Schedule

- **Registration**
- **Dīpa Prajwalanam, Puṣpārpaṇam, Śānti Pāṭha, and Felicitation**
- **Inaugural Session**
  - **Welcome Address**  
*Dr. Santosh K. Mohanty*  
Director, VK-AICYAM
  - **Keynote Address**  
*Prof. Alekha Chandra Sarangi*  
Former Vice-Chancellor, Shri Jagannath Sanskrit Vishwavidyalaya, Puri
  - **Guest of Honor Address**  
*Prof. Rabindra Mohan Acharya*  
SVYASA Yoga University
- **Technical Session I – Paper Presentations**
- **Special Talk**  
*"Work in the Field of Yoga in the Traditional Knowledge Digital Library (TKDL) and Scientific Validation of Yoga in Specific Health and Wellness Cases"*  
— *Dr. Viswajanani Sattigeri*  
Head, Traditional Knowledge Digital Library (TKDL)
- **Technical Session II – Paper Presentations**
- **Session on Mukta Kaushal Kendra (MKK)**  
*(A collaborative initiative of VK-AICYAM and NIOS – National Institute of Open Schooling)*
- **Certificate Distribution**
- **Vote of Thanks**  
*Dr. Prafulla Kumar Tripathy, Member, Executive Committee, VK-AICYAM*



Welcome Address

## Inaugural Session

The programme commenced with registration and witnessed enthusiastic participation from students of yoga colleges, schools, colleges, and universities, along with yoga practitioners, teachers, researchers, and yoga enthusiasts. The inaugural proceedings began with **Dīpa Prajwalanam, Puṣpāraṇam, and Śānti Pāṭha**, creating a serene and contemplative atmosphere. The session was anchored by **Shri Ajay Sahoo**, Executive Member, VK-AICYAM (Yoga). Introducing the theme of the seminar, he explained the intrinsic relationship between meditation, medicine, dharma, and yogic practices. He emphasized the holistic significance of yogāsanās and meditative postures and observed that traditional Indian practices such as floor-sitting, integral to yogic discipline, are often unfamiliar in Western cultural contexts.

## Welcome Address

In his welcome address, **Dr. Santosh K. Mohanty**, Director, VK-AICYAM, stated that **Vivekananda Kendra**, headquartered at Kanyakumari, has completed **54 years of service** and is presently functioning with **1200 branch centres covering 25 States and 04 Union Territories of India**.

He outlined the five major thematic areas of Vivekananda Kendra:

1. Value-based school and school-supportive education
2. Primary healthcare in remote areas
3. Protection and preservation of natural resources and the environment
4. Protection, preservation, and promotion of Indian culture and Yoga
5. Integrated rural development

He emphasized that **Yoga forms the foundational vision of life** that integrates all these activities. Highlighting the role of meditation in health, he remarked,

*“If meditation is practiced, medicine becomes less necessary. Food should be taken as medicine; otherwise, medicine will become our food.”*

## Address by Guest of Honour

**Prof. Rabindra Mohan Acharya**, SVYASA Yoga University, graced the occasion as the Guest of Honor. A distinguished authority in Yoga, Meditation, and Spirituality, he is widely known for his lectures on yogic philosophy, Vedic knowledge, and holistic wellness. He also serves as a Visiting Faculty at AIIMS, New Delhi, and as a Jury Member with NCERT.

In his address, Prof. Acharya highlighted the profound contribution of **Swami Vivekananda** to the global understanding of Yoga. Referring to Vivekananda's teaching that *“each soul is potentially divine,”* he explained that potential has value only when it is manifested. Using the metaphor of a seed and a tree, he emphasized the need for conscious effort, discipline, and sustained practice.

He elaborated on **self-control and self-knowledge**, stating that true freedom (moksha) arises from realizing one's real nature. Explaining the functioning of the mind, he noted that **90–95% of the**

**mind operates at the subconscious level**, while only a small fraction is conscious, highlighting the importance of correct impressions and information.

Prof. Acharya discussed human developmental stages, emphasizing the critical nature of early childhood and the role of parents. He affirmed that although change becomes difficult with age, **positive reconditioning remains possible** through good thoughts, Satsang, and spiritual practices.

He further explained that meditation is not an act of doing but a **state of inner freedom and awareness**, allowing the mind to reorganize naturally. He referred to scientific observations such as the **DNP consciousness effect** and **Random Event Generator (REG)** studies, suggesting the influence of collective consciousness. He also highlighted the global significance of the **International Day of Yoga (21 June)** and the **Maharishi Effect**, reinforcing the transformative power of collective meditation.

## Keynote Address

The keynote address was delivered by **Prof. Alekha Chandra Sarangi**, Former Vice-Chancellor, Shri Jagannath Sanskrit Vishwavidyalaya, Puri. He began with the prayer “*Asato Mā Sadgamaya*”, setting a reflective tone.

He emphasized that **Sahitya (literature)** and **Sanskriti (culture)** are inseparable and must function in harmony. Elaborating on Vedantic concepts such as **Satya Brahma** and **Jñāna Brahma**, he urged society to transcend narrow individualism and sectarian divisions.

Tracing the origins of yoga prior to Patañjali, he described yoga as the unification of **chitta and buddhi**, leading to sense withdrawal and mental stabilization. Drawing from the **Gītā, Upaniṣads, and Vedānta**, he highlighted **dhyāna** as one-pointed awareness free from mental fluctuations. He concluded by affirming that meditation transcends religion and that the **true Guru resides within**.



Inaugural Session

## Technical Session: I (11.15 AM – 1.30PM)

**Date: 11 January 2025**

**Chairperson: Dr. Satyanarayan Mishra**

**Co-Chairperson: Er. Bibhudendu Nanda**

### Overview of the Session

Session I of the National Seminar on Meditation in Classical Yogic Literature: Theory and Practice featured a total of ten scholarly paper presentations, reflecting different form of Meditation and Yoga as presented in Upanishad and other texts. The discussions also reflected the effect of Meditation on body and mind. Experimental study was also presented to enhance the strength and capacity of body by yogic practices. The session has enriched the academic pursuits of the participants with a thoughtful discussion.

### Summary of Paper Presentations

**Dr. Paramba Shree Yogamaya** presented her paper titled “Omkara Meditation as instructed in the Principal Upanishads”. She emphasized that Om is the supreme symbol of Brahman and the central support of meditation. Citing Patanjali Yoga Sutra, “tasya vachakah pranavah”, she expressed Om is the verbal expression of Ishvara and meditation on Om gradually dissolves mental fluctuations and leads toward liberation (moksha). She referred Katha Upanishad, Mundaka Upanishad and Shvetashvatara Upanishad, in explaining Dhyana as uninterrupted flow of awareness, Om as Akshara Brahman, meditation through arani symbolism.

**Gadadhar Mohapatra** presented his paper titled “Meditation and the Subtle Body: Understanding Chakra, Nadis and Kundalini”. He discussed meditation in relation to the Sukshma Sharira (subtle body), explaining Chakra, Nadi, and Nada systems. He explained that classical texts describe 72,000 nadis where Shiva Samhita mentions 3 lakh (300,000), with 15,000 primary nadis. Nadi purification (Nadi shodhana) is essential for free flow of pranic energy which sustains mental, physical, and spiritual health.

He also stressed that ethical living through Yama and Niyama is indispensable for higher meditation and activation of Sushumna Nadi and Kundalini Shakti leads to spiritual awakening.

**Kashinatha Pandhas** presented his paper titled “Meditation in Classical Yogic Literature: Theory and Practice, the Upanishad Vision”. He explained that Upanishads mean “vision”, representing the transition from Vedic ritualism to spiritual realization. Upanishads are the most authoritative texts for meditation. They establish the foundation for self-journey and self-knowledge. Teachings like “Tat Tvam Asi” affirm identity of self and Brahman. Narratives (Upakhyana) in Mandukya Upanishad and Katha Upanishad (Nachiketa’s dialogue) convey meditative wisdom. He concluded by stressing meditation (Dhyana) leads to Atma jnana.

**Dr. Subhashree Panda** presented the paper titled “The Psychological Impact of Meditation”. She highlighted the role of meditation in inner peace and mental quietness; strengthening immune system; reducing inflammation and pain; enhancing emotional well-being. She also stressed on

enhancing good relationships and social connection by improving self-awareness and multitasking ability. She concluded that concentrative and mindful meditation is vital for good mental health.

**Iteeshree Panda** presented her paper titled “Technological Challenges to Classical Meditation”. She analysed the challenges posed by modern technology to meditation. Some of the key challenges are digital distractions from smartphones and constant notifications; dependence on meditation apps and consumer products; ethical concerns related to data collection, user behaviour, and privacy; technology interfering with natural meditative processes; increased stress, anxiety and strained personal relationships. She stressed for balancing technology with traditional meditative discipline, using guided sessions cautiously without abandoning classical roots.

**Nirjharini Das (Mohanty)** presented her paper titled “Buddhist Approaches to Meditation smriti Vipassana and Yogachara”. She shared her experience of Vipassana meditation under S. N. Goenka. Anapana Dhyana (breath awareness) continued for first three days then followed by Vipassana practice observing breath and bodily sensations with equanimity. She stressed that regular practice of Vipasana meditation helps anger control and mental stability. It has also tremendous positive impact on overall mental health.

**Chandrakanta Barik** presented the paper titled “Bridging Tradition and Modernity: Effect of Classical Meditation, Yoga Nidra, and JPMR Techniques in Global Contexts for National Khoko Kabaddi players: an experimental study”. He has presented an experimental study on the effect of meditation on national Khoko and Kabaddi players. It was an eight weeks meditation programme with experimental and control groups. It was conducted to measure the capacity and strength enhancement. Hypothesis was formulated nicely and methodology was clearly explained. The results from statistical analysis clearly showed improvement in the performance of the players with enhancement of capacity and strength.

**Ushantilata Hota** presented her paper titled “Ethics and Meditation: Yama-Niyama as Preparatory Disciplines”. She has emphasized Yama and Niyama as preparatory disciplines in Patanjali Yoga Sutra. One should practice Ahimsa, Satya, Asteya as Yama; Santosha, Ishvara Pujana as Niyama for spiritual purification. He concluded with the views that ethical purity builds faith (Vishwasa) and supports meditation.

**Jyotirmayi Mohapatra** presented her paper titled “Contemporary Applications of Classical Meditation in Health, Education and Therapy”. She explained Meditation for stress reduction and psychological support. She has also explained the changes in brain structure and wave patterns with scientific validation through MRI and EEG. Meditation also helps in emotional relaxation and anxiety reduction. He concluded with cognitive therapy and how the therapy helps in addiction recovery, and academic success.

**Pradip Kumar Sahu** presented his paper titles “Vipassana Meditation in the Modern World”. He explained the origin of Vipasana Yoga from Veda and Bhagavat Gita. He visualized Vipasana as a “secret science” practiced indirectly. Its core ideas include impermanence (anitya samsara), surrender, and awareness. He also explained its connections are drawn with Uttara Gita, Vijnana

Bhairava Tantra, and Osho's teachings. He has also highlighted the concepts of Sakshi bhava and Drashta Bhava. He concluded by explaining the relevance of Vipasana to overcome twenty first century crises.



Felicitation to Chair, Co-chair, and Presenters of Technical Session - I

## Special Talk

A special talk on *“Work in the Field of Yoga in the Traditional Knowledge Digital Library (TKDL) and Scientific Validation of Yoga in Specific Health and Wellness Cases”* was delivered by **Dr. Viswajanani Sattigeri**, Head, Traditional Knowledge Digital Library (TKDL).

Dr. Sattigeri explained the pivotal role of TKDL in **safeguarding India's traditional knowledge systems** and establishing **evidence-based, scientifically validated health and wellness practices** rooted in Indian systems of medicine. She highlighted that traditional knowledge in India was historically transmitted through *māukhik* (oral) traditions, and that TKDL has successfully removed language barriers by digitizing and translating classical knowledge into formats accessible to global patent offices.

She elaborated on issues related to **misappropriation of traditional knowledge and biopiracy**, citing well-known cases of **turmeric, basmati rice, and neem**, where India had to engage in lengthy litigation to reclaim ownership after patents were wrongly granted abroad. She emphasized that once a patent is granted, revocation requires legal intervention, underscoring the importance of prior art documentation.

Dr. Sattigeri stressed the need to **integrate modern technology with traditional knowledge** to ensure its protection and global recognition. She noted that TKDL initially focused on **Ayurveda**, followed by **Yoga**, and shared that over **5.2 lakh codified formulations** from Ayurveda, Unani, Siddha, and other classical texts have been documented in the TKDL database. These have been

shared with international patent offices, resulting in **374 positive outcomes**, including cases related to **Guduchi, Panchakarma, surgical instruments**, and yogic practices.

**SVASTIK (Scientifically Validated Societal Traditional Knowledge)** is a national initiative launched by **CSIR-NIScPR** with the objective of promoting and disseminating India's traditional knowledge in a scientifically validated manner. The initiative focuses on creating **creative, simplified, and evidence-based content**, which is shared through digital platforms in **multiple Indian and international languages**. SVASTIK aims to build public awareness and confidence in the relevance, authenticity, and societal value of India's traditional knowledge systems. It serves as an **awareness and outreach platform**, making validated traditional wisdom accessible and understandable to a wider audience.

Presenting scientific evidence, she referred to **meta-analyses and systematic reviews** demonstrating the positive effects of yoga in managing **cardiovascular diseases, asthma, cancer, chronic pain, hypertension, and mental health conditions**. Evidence on yoga during **pregnancy, labour pain management, children's health, and adult wellness** was also discussed.

Dr. Sattigeri emphasized that even a **single yoga session** has shown measurable experimental benefits, and practices such as **Yoga Nidra** have demonstrated positive effects on blood pressure and heart health.

She concluded by stating that, supported by strong scientific evidence, yoga has gained global acceptance in the **21st century**, culminating in the observance of the **International Day of Yoga**, reflecting its universal relevance and therapeutic potential.



Address by Dr. Viswajanani Sattigeri

## Technical Session: II (2.30PM – 4PM)

**Date: 11 January 2025**

**Chairperson: Dr. Rajendra Kumar Dash**

**Co-Chairperson: Sri Santosh Kumar Sahu**

### **Overview of the Session**

Session II of the National Seminar on Meditation in Classical Yogic Literature: Theory and Practice featured a total of nine scholarly paper presentations, reflecting diverse textual, philosophical, ethical, and practical perspectives on meditation as articulated in classical yogic and Indic spiritual traditions. The session was conducted in an academically enriching environment, fostering thoughtful engagement with both theoretical foundations and applied dimensions of meditation.

### **Summary of Paper Presentations**

**Smt. Manjula Mishra** presented her paper titled “Mantra Meditation on Om.” She commenced her presentation by highlighting the centrality of Om within the Śiva Śaḍakṣarī Mantra, emphasizing its spiritual potency and symbolic depth. She then traced the origin and metaphysical significance of Om as found in major Upaniṣads, elaborating on its identification with Brahman.

The presentation also included a structured explanation of Om sādhana, outlining practical steps and contemplative approaches for mantra-based meditation.

**Sri Akshaya Kumar Swain** presented his paper on “Meditation through Action: The Gītā Vision.” He discussed the Bhagavad Gītā’s integrative understanding of meditation, wherein karma (action) itself becomes a meditative discipline when performed with awareness and detachment.

He emphasized the role of disciplined diet, ethical conduct, and lifestyle regulation as essential preparatory factors for meditative success. He highlighted Gītā’s holistic vision of spiritual practice.

**Sri Biswa Ranjan Giri** presented his paper titled “Meditation in the Gītā: Niṣkāma Karma and Ātma Samyama.” He asserted that meditation is universally accessible, transcending social and occupational distinctions. His presentation focused on the importance of niṣkāma karma (selfless action), samatva bhāva (equanimity), and ātma samyama (self-regulation) as foundational disciplines that stabilize the mind and facilitate deeper meditative absorption.

**Smt. Madhusmita Sha** presented her paper on “Ethical and Harmonious Living in Line with Patañjali’s Yoga Sūtra.” She elaborated on the ethical framework presented in the first chapter of the Yoga Sūtras, particularly emphasizing yama and niyama as indispensable prerequisites for meditation. Her presentation argued that ethical living ensures psychological harmony, without which sustained meditative practice is difficult to achieve.

**Dr. Sushir Kumar Mohapatra** presented his paper titled “Dhyāna in the Odia Bhāgabat.” He provided an insightful exposition of meditation as described in the Odia Bhāgabat, discussing practical guidance on the appropriate place, posture, duration, and mental attitude required for

meditation. His presentation underscored the text's pragmatic and devotional orientation toward meditative discipline.

**Smt. Sabita Choudhury** presented her paper on “Mantra and Om Meditation in Classical Yogic Literature.” She offered a comparative analysis of mantra-based meditation practices as found in the Bhagavad Gītā, Upaniṣads, and Patañjali’s Yoga Sūtras. The presentation highlighted both philosophical interpretations and practical methodologies associated with Om and mantra meditation across classical sources.

**Smt. Sasmita Parida** presented her paper titled “Meditation in Patañjali’s Yoga Sūtra.” She systematically explained the concept of dhyāna as articulated within the aṣṭāṅga yoga framework, emphasizing its relationship with dhāraṇā and samādhi. Her presentation clarified how sustained meditative awareness leads to inner transformation and self-realization.

**Smt. Priyanka Mohanty** presented her paper on “Pañcasakhā Sāhityare Dhyāna: Eka Baigyanika Adhyayana.” She examined meditative concepts found in Pañcasakhā literature from a scientific and analytical perspective, demonstrating how traditional spiritual insights align with psychological and cognitive principles related to meditation.

**Dr. Sujata Acharya** presented her paper titled “Need of Meditation in Student Life.” She highlighted the growing relevance of meditation in contemporary educational contexts, particularly for students facing academic pressure and psychological stress. Her presentation emphasized meditation as a tool for improving concentration, emotional regulation, mental health, and overall academic performance.



Felicitation to Chair, Co-chair, and Presenters of Technical Session - II

## Session on Mukta Kaushal Kendra (MKK)

A special session was organized on **Mukta Kaushal Kendra (MKK)**, a collaborative initiative of **VK-AICYAM** and the **National Institute of Open Schooling (NIOS)**, with a focus on **skill development and inclusive education**.

**Dr. Santosh K. Mohanty**, Director, VK-AICYAM, delivered the welcome address, outlining the vision and objectives of MKK. He highlighted key initiatives such as **six-month certificate courses in Yoga and Computer Education for women**, offered **free of cost**, aimed at empowering women through health awareness, knowledge enhancement, and digital skills.



Certificate Distributions



Certificate Distributions

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# Proceedings on INDIAN CULTURE

**Vivekananda Kendra Academy for Indian Culture, Yoga And Management (VK-AICYAM), Bhubaneswar**  
**विवेकानन्द केन्द्र एक्यम्**

"All differences in this world are of degree, and not of kind, because oneness is the secret of everything."  
- Swami Vivekananda

विवेकानन्द VK-AICYAM  
विवेकानन्द VK-AICYAM  
Awakening to Spiritual Oneness

**Sunday, January 11, 2026**

**Time:** 5:00 PM – 9:00 PM

**Monday, January 12, 2026**

**Time:** 9:30 AM – 3:30 PM

## National Workshop on Indian Culture

**Theme:** Knowledge among Janajati Communities in Eastern India – Study, Documentation and Promotion

**Co-organiser:**

Odisha Research Centre, Bhubaneswar



# Programme Schedule

## **Sunday, January 11, 2026 | 5:00 PM – 9:00 PM**

- **Registration & Networking Tea (4:00 PM – 5:00 PM)**
- **Inauguration Session (5:00 PM – 6:00 PM)**
  - Welcome Address: **Dr. Santosh K. Mohanty**, Director, VK-AICYAM
  - Felicitation of Guests by Director, VK-AICYAM
  - Address by Chief Guest: **Prof. Kasi Nath Jena**, Pro VC, KISS Deemed University
  - Address by Chief Speaker: **Shri Khetrabasi Manseth (OFS)**, Noted Odia Scholar, Writer & Researcher on Dom Language and Culture
  - Shanti Mantra
- **Cultural Programme (6:00 PM – 8:00 PM)**
  - Bhajan Sandhya and Film on Vivekananda Rock Memorial
  - Cultural Performance by **Prof. Sadashiv Pradhan** (Former Professor, UUC) & Group (*Kshatriya, Nataraj, Kumud Bandhu, and Rangpanda*)
  - Cultural Performance by Participants
- **Group Dinner (8:00 PM – 9:00 PM)**

## **Monday, January 12, 2026 | 9:30 AM – 3:30 PM**

### **Session 1: Role of Traditional Healing for Sustainable Living of Janajati Communities**

- **Keynote Addresses (9:30 AM – 10:00 AM)**
  - Dr. Banamali Das, Research Officer (Ayurveda) and in-charge of Clinical Laboratory Section, Central Ayurveda Research Institute (CARI), Bhubaneswar
- **Panel Discussion (10:00 AM – 11:00 AM)**
  - Moderator: Prof. Nirmal Chandra Dash, Professor Emeritus, KISS DU
  - Participants: Traditional Healers from Various Janajati Communities
- **Thematic Discussion (11:00 AM – 12:00 Noon): Traditional Knowledge among Janajati Communities in Eastern India: Study, Documentation, and Promotion: Address by:**
  - Dr. Chandi Prasad Nanda, Director, ORC
  - Prof. Basanta Kumar Panda
  - Dr. Gopal Mohapatra
  - Dr. Prafulla Mishra

### **Session 2: The Importance of Folklore and Folksongs in Conserving Janajati Culture**

- **Keynote Address (12:00 Noon – 12:30 PM)**
  - Shri Rabindranath Naik, Author, Researcher, Janajati Sangathak & Philanthropist
- **Demonstration of Folk Songs and Folktales (12:30 PM – 1:30 PM)**
  - Moderator: Shri Anup Mahapatra
  - Participants: Folk Song and Folktale Artists from Various Janajati Communities
- **Group Lunch (1:30 PM – 2:20 PM)**
- **Valedictory Ceremony (2.30 PM – 3.30 PM)**

# Sunday, January 11, 2026

## Introduction

A two-day Workshop on “Traditional Knowledge among Janajati Communities in Eastern India: Study, Documentation, and Promotion” was successfully organized with the objective of highlighting the importance of indigenous knowledge systems, traditional healing practices, folklore, and folksongs of Janajati communities. The programme aimed to promote sustainable living practices, cultural preservation, and academic documentation of traditional wisdom.

The workshop brought together academicians, researchers, traditional healers, cultural practitioners, and students to engage in meaningful discussions and demonstrations rooted in lived traditions and scholarly perspectives.

## Objectives of the Workshop

- To understand the role of traditional healing systems in sustainable living.
- To document and promote indigenous knowledge of Janajati communities.
- To highlight the importance of folklore and folksongs in cultural conservation.
- To facilitate interaction between scholars and traditional practitioners.
- To encourage interdisciplinary research and documentation in tribal & indigenous studies.

## Inaugural Session

The programme was **inaugurated** with the ceremonial lighting of the diya, followed by the chanting of the Shanti Mantra. **Dr. Santosh K. Mohanty, Director, VK-AICYAM**, delivered the welcome address and felicitated the distinguished guests. In his address, he emphasized that the ecosystem for nurturing traditional knowledge among Janajati communities comprises not only VK-AICYAM, but also the Government, academia, researchers, and other stakeholders, all of whom play a vital role.



## Address by the Chief Guest

**Prof. Kasi Nath Jena, Pro Vice-Chancellor, KISS Deemed University**, in his address posed several thought-provoking questions: *What are the challenges before us? What is our objective? Can we become another Swami Vivekananda?* He observed that although many knowledgeable individuals exist today, acknowledging someone as a perfect representation of Vivekananda is difficult — not due to a lack of knowledge, but because of the absence of conviction, trust, and the practice of lived philosophy. He emphasized that the goal is not to become Swami Vivekananda, but to imbibe the qualities that defined him.

Remembering Vivekananda, he noted, it is meaningful only when one internalizes his faith in humanity, spiritual conviction, and universal outlook. Referring to Vedantic philosophy, he explained concepts such as *Shunya* (nothingness), creation as a divine expression, and the idea of “I in you and you in me,” stressing that selfishness arises when this sense of unity is forgotten.

Prof. Jena further highlighted Vivekananda’s view that culture is manifested through action—whether in books, art, or thought—and that nationalism, as envisioned by him, is rooted in humanity and Indian spiritualism, which is borderless and inclusive. He described Swami Vivekananda as one of the earliest global thinkers and economists, whose vision of a global village was articulated much before its contemporary rediscovery.

Concluding his address, he stressed that a true understanding of the Indian Knowledge System (IKS) requires the use of India’s own conceptual tools and indigenous frameworks. Citing examples such as kabaddi, he questioned why Indian traditions often rely on foreign coaching and branding, underscoring the need to reclaim, value, and confidently apply India’s knowledge traditions.

## Address by the Chief Speaker

**Shri Khetrabasi Manseth (OFS), noted Odia scholar, writer, and researcher on Dom language and culture**, in his address explained that the term *Adivasi* is derived from *Adima Adhibasi*, meaning the original inhabitants. He noted that there are **64 distinct Adivasi communities**, each possessing rich and diverse cultural traditions.

Referring to Swami Vivekananda’s teachings, he emphasized that attire does not make a gentleman; rather, it is one’s thoughts, values, and conduct that define true gentility. He highlighted the belief that all human beings share common ancestral roots and that the earliest inhabitants of society were the *Adima Adhibasis*. He raised critical questions regarding the increasing contemporary focus on Adivasi research and government interventions, urging reflection on why such efforts have become necessary today. Addressing the idea of human superiority, Shri Manseth observed that true greatness lies in virtues such as *daya* (compassion), *kshama* (forgiveness), and *achara* (righteous conduct), values which he felt are gradually diminishing in modern society. Using the metaphor of *kasturimruga basana* (the musk deer unaware of its own fragrance), he remarked that Adivasi communities often remain unaware of the inherent strengths and wisdom they possess.

Drawing upon Swami Vivekananda's definition of education as the "manifestation of the divine perfection already existing in man," he stated that while many Adivasis may be *nirakshara* (non-literate), they are not *ashikshita* (uneducated). He emphasized that the Indian Knowledge System (IKS) continues to exist organically in the *jibika* (livelihood practices) and daily lives of indigenous communities. He illustrated this with the example of traditional housing practices: while modern houses may last for several generations without the transfer of construction knowledge, among tribal communities, the skill of house-building is learned afresh by each generation, ensuring direct transmission of knowledge from father to son. Such living traditions, he stressed, represent intergenerational knowledge transfer. The loss of traditional knowledge, therefore, is not merely an individual loss but a loss to the entire nation.

Shri Manseth cautioned that if Adivasi culture diminishes, responsibility does not rest solely with Adivasi communities. He urged indigenous people to document and write about their own lives, knowledge systems, and cultural practices, so that communities narrate their own histories. Referring to the forces of modern imperialism and dominant cultures, he warned that larger cultures often subsume smaller ones. He noted that while there were once nearly 7,000 languages, only about 700 remain today, cautioning that unchecked homogenization threatens cultural diversity.

While concluding, he called for an integrated and respectful approach to cultural exchange, likening culture to a living tree planted by ancestors—nurtured not merely for utility, but as a legacy to be preserved for future generations.



Felicitation of Chief Guest and Chief Speaker

## Cultural Programme (6.00 PM – 8.30 PM):

- The commencement of the programme was marked with the Shanti Mantra, creating a serene and auspicious atmosphere.
- The next activity was Bhajan Sandhya, creating a serene and devotional atmosphere for all participants. This was followed by the screening of a film on the Vivekananda Rock Memorial and Vivekananda Kendra (VRMVK), which highlighted the vision, dedication, people participation, and tireless efforts of Shri Eknath Ranade ji in establishing VRMVK.
- A Chhau Nritya performance was presented by Prof. Sadashiv Pradhan (Former Professor, Utkal University of Culture) and the team AANGIKA. The performance featured four expressive forms — Kshatriya, Nataraj, Kumud Bandhu, and Rangpanda — showcasing the vibrant movements, rhythmic footwork, and rich cultural heritage of Odisha.



Demonstration of Natraj (Left) and Kumud Bandhu (Right)



Demonstration of Kshatriya

The programme concluded with a cultural performance by Participants like Bathudi Community performing their traditional song and dance.

## Group Dinner (8.30 PM – 9.30 PM)

The evening concluded with a group dinner, allowing participants, guests, and artists to interact informally and reflect on the cultural and spiritual experiences of the day.

**Monday, January 12, 2026**

## Session 1

### **Topic: Role of Traditional Healing for Sustainable Living of Janajati Communities**

The Programme commenced with the ceremonial lighting of the diya by Janajati women, symbolizing the preservation of indigenous traditions and collective participation. This was followed by the chanting of the Shanti Mantra, led in the august presence of the Chief Guest, Dr. Banamali Das, Research Officer (Ayurveda) and In-charge of Clinical Laboratory Section, Central Ayurveda Research Institute, (CCRAS).

### Keynote Address

In his **keynote address**, Dr. **Banamali Das**, Research Officer, **Central Ayurveda Research Institute (CARI, Bhubaneswar)**, elaborated on the fundamental concepts of **Ayurveda**, describing it as a holistic science of life aimed at maintaining **physical, mental, and spiritual well-being**. He emphasized that true happiness lies not only in being happy oneself but also in making others happy, through a holistic approach that encompasses one's surroundings, friends, family, and society. Dr. Das explained that the foundation of Ayurveda is rooted in the cosmic principles of **Surya, Chandra, and Vayu**, which correspond respectively to **Pitta, Kapha, and Vata** doshas. He stressed that maintaining balance among **Vata, Pitta, and Kapha** within the body is essential for a disease-free and healthy life. He observed that while Earth provides all the necessary conditions for sustaining life, such balance is not possible on other planets, underscoring the uniqueness of Earth's ecosystem.

He highlighted the importance of **daily and seasonal regimens** (*Dinacharya* and *Ritucharya*), including early rising during *Brahma Muhurta*, which helps balance doshas, enhances energy levels, and improves nutrition. Quoting **Acharya Vaghbata**, he discussed the concept of *Vega Dharana* (suppression of natural urges), such as delaying excretion or other natural bodily functions, and explained how such practices disturb physiological balance. He elaborated on traditional practices such as *Anjana Lekhana* (application of collyrium for eye health), oil massage before bathing for strength, exercise after oil application for fitness and bone health, and proper bathing practices to stimulate appetite. He emphasized moderation in food intake (*Ahara Matra*), timely meals, and a balanced diet — particularly regulating sweet and salty tastes — to prevent digestive disorders and the formation of *Ama* (toxins).

Dr. Das further discussed the purpose of Ayurveda as **health preservation, disease prevention, and promotion of natural healing**. He elaborated on the concept of **Tridosha**, detailing the roles of **Vata, Pitta, and Kapha**, and explained how their imbalance leads to disease. He also emphasized the importance of **Nadi Pariksha** (pulse diagnosis) in understanding physiological and pathological conditions.

Addressing the role of Ayurveda in **Janajati communities**, Dr. Das highlighted initiatives for providing **free treatment** to Janajati populations, including **Women and Child Health Activities**

**(WCHA)** and the **Tribal Community-Centered Research Programme (TCCRP)**. He discussed pathways for obtaining formal recognition for **Bana Ausadhi** (traditional herbal medicines) under the **Ministry of AYUSH**. He explained that recognition involves systematic documentation and evaluation by expert committees, and noted that a major challenge lies in the reluctance of practitioners to disclose detailed methodologies and medicinal plant knowledge, which hampers validation and wider acceptance. His insightful discourse greatly enriched the participants' understanding of Ayurveda and reinforced its relevance within the **Indian Knowledge System**, Janajati health traditions, and sustainable living practices.



Felicitation of Dr. Banamali Das

## Panel Discussion

- Moderator: **Prof. Nirmal Chandra Dash**, Professor Emeritus, KISS DU
- Participants: Traditional Healers from Various Janajati Communities

### Topic: Role of Traditional Healing in Sustainable Living of Janajati Communities

A panel discussion focusing on the significance of traditional healing practices in promoting sustainable living among Janajati communities. The session was moderated by Prof. Nirmal Chandra Dash, Professor Emeritus, KISS-DU. Traditional healers from various Janajati communities shared their experiential knowledge, indigenous medicinal practices, and community-based healing methods.

During the panel discussion, eight traditional Vaidyas from different Janajati communities such as Bathudi, Santala, Ho, Munda, Bhotra and Sabar participated and explained their healing practices for treating common and chronic ailments such as piles, diabetes (sugar), malaria, typhoid, and other health conditions.

They highlighted the use of locally available medicinal plants and traditional therapeutic techniques, emphasizing their effectiveness, affordability, and sustainability. The interaction

facilitated a meaningful dialogue between traditional practitioners and academicians, underscoring the relevance of indigenous healthcare systems and the need for systematic documentation and preservation of traditional healing knowledge.



Felicitation of Moderator and Panellists – Section I Panel Discussion

## Thematic Discussion

### Theme: Traditional Knowledge among Janajati Communities in Eastern India: Study, Documentation, and Promotion

#### Address by:

- **Dr. Chandi Prasad Nanda**, Director, ORC
- **Prof. Basanta Kumar Panda**
- **Dr. Gopal Mohapatra**
- **Dr. Prafulla Mishra**

**Dr. Santosh K. Mohanty, Director, VK-AICYAM**, welcomed all the guests and highlighted that the Odisha Research Centre (ORC), established in 2023, is founded on the core pillars of Odisha's culture, society, history, economy, and financial landscape. He noted that ORC is envisioned as a future focal point for innovation and new initiatives, aiming to contribute to the holistic development of Odisha through community-based development approaches.

**Dr. Prafulla Chandra Mishra** expressed concern that many highly skilled and experienced Vaidyas remain unrecognized due to the absence of formal academic degrees. In the present system, as per UGC norms and prevailing societal perceptions, degree holders are often considered skilled, while those without formal certification are viewed as untrained or illiterate. He described this as a defective mindset that marginalizes traditional knowledge holders, preventing them from coming forward and leading to the gradual erosion of indigenous medical wisdom.

Dr. Mishra cited several traditional health practices, such as the consumption of simple rice without adverse effects on diabetes, the medicinal use of *Bhrusanga* leaves, the digestive benefits of *Dimiri* (*Ficus racemosa*) tree roots, and the effectiveness of plant-based medicines with minimal side effects. He spoke on traditional fermented preparations, such as *sura* made from fermented rice, curd, and lime, as examples of indigenous health-promoting practices.

He strongly emphasized the revival of **Maulik (indigenous) medical systems** and advocated the adoption of traditional healthcare practices, particularly the consumption of local and seasonal foods aligned with regional climate conditions, for sustainable health and overall well-being.



Dr. Prafulla Chandra Mishra addressing the audience

**Prof. Basanta Kumar Panda**, former Project Director of the Centre of Excellence for Studies in Classical Odia (Government of India), emphasized that people and lived practices existed first, and the Vedas emerged later from these collective experiences. Referring to the NEP 2020 (New Education Policy) of the Government of India, he noted that it provides an important opportunity to rediscover and revive the Indian Knowledge Systems (IKS) that have been forgotten over time. He described Sanskrit as a powerful language, rich with profound knowledge across diverse disciplines.

Prof. Panda highlighted foundational cultural systems such as Ayurveda, temple-based sciences (*Mandira Bhāskarya*), agriculture, folklore, and *Loka Vaidya* traditions, expressing concern that many of these have been neglected. He underlined the significance of *Loka Sahitya* and *Loka Parampara*, noting that much of India's *Janajati* knowledge, *Gyan Parampara*, history, and value systems are preserved through oral traditions. He described *Loka Sahitya* as a living archive (*Jibanta Abhilekhagara*) and stressed that cultural identity (*Asmita*) lies at the core of societal continuity.

He further explained the inclusive worldview of tribal communities, reflected in the philosophy of *Vasudhaiva Kutumbakam*, and cited Lord Jagannath as *Jagatara Natha* — a unique

expression of universal guardianship. Emphasizing revival through documentation and academic initiatives, Prof. Panda advocated *Maulik Shiksha* rooted in local language and culture for *Janajati* development. He also informed that primers are being prepared in 117 indigenous languages to promote literacy and preserve linguistic diversity, highlighting the government's proactive role through NEP, NCERT, and related policy initiatives. He concluded by stating that "every forest is a pharmacy and every home a dispensary," reflecting the depth of indigenous wisdom.

**Dr. Gopal Prasad Mohapatra** proposed the need to bring together *Loka Vaidyas*, Ayurvedic, Homeopathic, and Allopathic doctors on a common platform to engage in dialogue on traditional and contemporary healing systems. He emphasized the importance of visiting *Janajati* regions and interacting directly with local communities to understand indigenous medical practices at the grassroots level.

He expressed concern that today many medicinal plants are no longer easily identifiable, posing a serious challenge to the preservation of traditional knowledge. To address this, he strongly advocated systematic documentation of indigenous medical wisdom using audio-visual methods to ensure its continuity for future generations.

Dr. Mohapatra explained that *Dharma*, as envisioned by Swami Vivekananda, represents the way of life of Bharat—rooted in *Adhyatma* (spirituality) and cultural values that guide human existence beyond material limitations and promote holistic development.

Drawing upon Vivekananda's philosophy, he emphasized that knowledge is universal and should not be restricted by disciplinary boundaries or formal degrees. He asserted that Bharat's spiritual foundation is inseparable from its identity, and its unique *Jeevan Shaili* reflects harmonious living with nature, the environment, divinity, and fellow human beings.

He elaborated on *Mulya Bodha* and *Jeevan Mulya Bodha*, stating that *Acharana* (practice) defines culture and that civilization emerges from *Sanskriti*. Highlighting *Bharatiya Gyan Parampara*, he observed that every individual possesses inherent knowledge, every forest functions as a natural pharmacy, and even poisonous plants have medicinal value, such as in treatments for snakebite. He shared simple traditional remedies, including herbal *kadha* prepared from *kalajira*, *dhania*, *dalchini*, and milk, used for common ailments.

He concluded with the guiding principle of "talk less, work more," underscoring the need for action-oriented revival of indigenous knowledge systems.

**Dr. Chandi Prasad Nanda**, Director, Odisha Research Centre (ORC), described ORC as a newly established multidisciplinary institution dedicated to research on Odisha's heritage, culture, economy, and society. Referring to the National Education Policy, he emphasized the importance of understanding one's own culture and knowledge systems, noting that much indigenous knowledge is often incorrectly attributed to other countries. He stressed the need to reconnect with ancient and community-based sources of knowledge.

Dr. Nanda observed that *Janajati* communities have long been treated merely as objects of study, while researchers positioned themselves as subjects. He called for a reversal of this approach, where communities become active knowledge holders and contributors. He explained that *Janajati Sanskriti* encompasses their *Jeevan Charya* (lifestyle) and *Gyana Parampara* (knowledge traditions), and advocated the creation of research agendas that prioritize listening to and learning from indigenous communities.

He further emphasized systematic documentation, ethical research practices, and active community participation for preserving traditional knowledge systems.

Dr. Nanda discussed *Dharma* and *Sanskriti* as integral to India's *Jeevan Shaili*. He concluded by highlighting various ORC initiatives aimed at promoting, documenting, and preserving indigenous knowledge and cultural heritage.

## Session 2

### Theme: The Importance of Folklore and Folksongs in Conserving Janajati Culture Keynote Address

**Shri Rabindranath Naik**, Author, Researcher, Janajati Sangathak & Philanthropist, discussed folklore as a living archive that preserves the history, values, and collective memory of *Janajati* communities. He has authored numerous books on *Janajati* culture and has received several awards for his contributions to research, literature, and community service.

Shri Naik explained that folklore and folk songs are known by different names across languages — for example, *Rupakatha* in Bengali. He categorized *Loka Katha* into six types: *Alaukika* (mythical), *Laukika* (social), *Bibaha* (marriage-related), *Yuddha* (war), *Shikara* (hunting), and *Pashu-Pakshi* (animal and bird tales). These narratives transmit intellectual knowledge (*Baudhik Gyan*), ethical values (*Naitikata*), and storytelling serves as a powerful medium for conveying *Mulya Bodha*.



He observed that the origins of *Loka Katha* are difficult to trace, as they arise from the human mind and deeply touch people's hearts. Due to their strong emotional and cultural impact, folklore continues to remain relevant. He noted that institutions like VK-AICYAM are making efforts to rediscover these traditions. Reflecting on the past, he recalled that nearly six decades ago, community storytellers such as *Gosain Baba* and performers in village storytelling spaces played a central role in cultural transmission; however, these practices have largely disappeared today. He expressed concern that contemporary culture has become fragmented and stressed the urgent need to reconnect with Adivasi communities, preserve their traditions, and bring their cultural heritage into focus.

## Demonstration of Folk Songs and Folktales

**Moderator: Shri Anup Mahapatra**

**Participants:** Folk Song and Folktale Artists from Various *Janajati* Communities

The session featured live demonstrations of folk songs, dances, and folktales performed by artists from various *Janajati* communities, with twelve groups participating and showcasing their rich cultural heritage. The programme was moderated by **Shri Anup Mahapatra**. Each performance vividly reflected the communities' cultural identity, oral traditions, and intergenerational transmission of knowledge. The artists also explained the social relevance and underlying messages of their performances, highlighting their role in promoting values, collective memory, and social harmony.

The participating *Janajati* communities were Bathudi, Juanga, Bhuyan, Ho, Sabar, Saura Kandha, Santhal, and Bothoda. Details of performance are as below

1. The **Vandana Geet rendered by a Bathudi woman** symbolized reverence to nature, ancestors, and the collective spirit of the community, invoking harmony and gratitude at the outset of the programme. Rooted in Bathudi oral tradition, the song reflected indigenous cosmology and the sacred relationship between human life, land, and the natural world.
2. The **folk story narrated by a Juang woman** reflected *Janajati* wisdom rooted in lived experience, transmitting moral values, ecological ethics, and community memory across generations. Its message to the world emphasized coexistence, respect for nature, and the strength of collective life over individual excess.
3. A **song on the swing by a Paudi Bhuyan Janajati** symbolizes joy, renewal, and the rhythmic harmony between human life and nature, often associated with seasons and collective celebration. It reflects emotional expression, social bonding, and the community's philosophy of balance and continuity in everyday life.
4. A **Bathudi story on morality and moral life** best conveys the message of righteous conduct, social responsibility, and harmony between individual actions and community well-being. It underscores the belief that ethical living sustains dignity, trust, and balance within both society and nature.

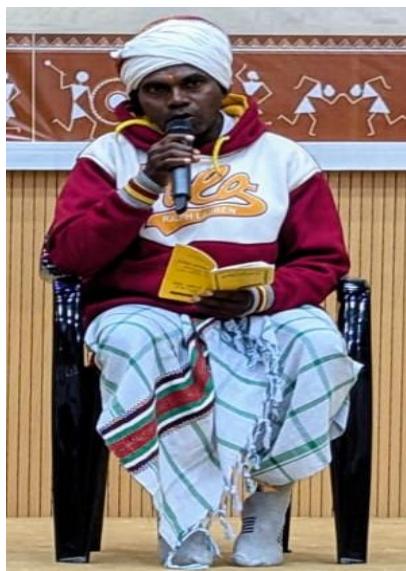
5. The **Poosh Poda song of the Juang**, sung after harvest as an offering to **Dharitri Mata**, reflects their innocence, gratitude, and deep reverence for the earth as a living mother. It expresses a worldview where nature is not exploited but worshipped, and abundance is shared with humility and respect.
6. The “**Bhasa Surakhya**” song of the **Santal community** reinforces unity and collective identity by affirming language as the soul of the people. It nurtures solidarity by reminding the community that protecting their mother tongue is inseparable from protecting their culture, dignity, and shared future.
7. The **Rutuchakra Geet sung by Bathudi women** celebrates the vitality of the seasonal cycle, reflecting harmony between human life, agriculture, and nature’s rhythms. Its message to the world affirms that respecting natural cycles with humility and balance is essential for sustainable living and collective well-being.
8. The **Kimbadanti Galpa (legendary tale) of the Ho community** preserves ancestral memory and moral wisdom through symbolic storytelling rooted in lived history. It conveys lessons of courage, social ethics, and coexistence, guiding present and future generations.
9. The **folk song by a Bothoda Janajati elder Kartik Bothoda on shunning child marriage** highlights the community’s ethical wisdom that values dignity, maturity, and the well-being of children. Its message affirms that true social progress lies in protecting childhood and enabling informed, respectful life choices.
10. The **song on equality and fraternity sung by Saura youth Kamal Lochan Saura** radiated vitality by affirming unity beyond differences of clan, gender, and status. Its message to the world underscores that social harmony and collective progress emerge from mutual respect, inclusion, and shared humanity.
11. **Sukhdev Badra Ho** Folk Story - The “**Kimbadanti Galpa**” (legendary tale) of the Ho community preserves ancestral memory and moral wisdom through symbolic storytelling rooted in lived history. It conveys lessons of courage, social ethics, coexistence, guiding present and future generations.
12. **Sundari Gamang and the team of eleven members** – The team demonstrated Sabar Dance Drama Veer Geet that celebrates courage, resilience, and collective struggle rooted in their historical experience. It honours bravery not as domination, but as defence of dignity, land, and community values. The Veer Geet inspires others by redefining heroism as protection of dignity, harmony with nature, and unwavering commitment to the common good.

The collective presentation of folk songs, stories, and dance-dramas by Janajati delegates from different parts of Odisha emerged as a **living panorama of indigenous wisdom, ethics, and cultural vitality**. Together, these performances transcended artistic expression to communicate profound messages on **reverence for nature, moral conduct, social justice, linguistic identity, gender dignity & community solidarity**, reflecting Janajati knowledge as a holistic way of life.

Viewed in totality, the sessions powerfully demonstrated that Janajati folklore is not fragmented or archaic, but **deeply relevant to contemporary global concerns** - sustainability, equality, fraternity, & ethical living. Diversity of voices, themes, & forms reinforced a shared civilizational ethos, inspiring audiences to recognize indigenous traditions as vital contributors to humanity's collective conscience and future.

The followings are a few snapshots of demonstration:





These photographs capture living moments of Janajati wisdom, where songs, stories, and performances become expressions of culture, ethics, and harmony with nature. They reflect indigenous voices speaking to the world through tradition, dignity, and collective memory.

### Valedictory Ceremony

The valedictory ceremony marked the formal conclusion of the seminar–workshop. Certificates and mementos were distributed to speakers, artists, traditional healers, and participants in recognition of their valuable contributions. During the ceremony, Shri Damburdhar Sabar, the prominent community leader from Sabar Community, highlighted the importance of preserving **Sabar Bhasa** and urged that every Janajati should keep alive their language, culture, and traditions through regular practices and for the learning of future generations.

**Shri Biranchi Narayan Panigrahy, VK-AICYAM Executive Council member** shared his experience of connecting with VK-AICYAM, explaining that he was deeply influenced by Swami Vivekananda's philosophy. Over the past year, he has been actively working with Janajati communities and traditional healers. The interaction helped him in understanding and appreciating the cultural heritage and healing practices with a firsthand experience in community-based initiatives.



**Mr. Sachidananda Panda, VK-AICYAM member and Saha Pranta Sanchalak, Odisha Pranta of Vivekananda Kendra** highlighted that the three-days of seminar and workshops successfully brought together scholars, traditional healers, artists, and Janajati community members to discuss and preserve indigenous knowledge, folk literature, traditional healing, and cultural practices. The programme included 20 paper presentations, participation from 16 organizations, and 21 panellists, along with vibrant demonstrations of dance, songs, and storytelling. The event fostered knowledge exchange, documentation, and promotion of Janajati heritage, inspiring participants to continue preserving and sharing their cultural traditions.

**Dr. Basudev Chhatoi, VK-AICYAM Member**, delivered the concluding remarks, summarizing the key deliberations and outcomes of the programme. He appreciated the efforts of the organizers.



Certificates and mementos were formally distributed to the speakers, traditional healers, folk artists, and participants in recognition of their valuable contributions to the Workshop. The reflection session that followed emphasized the urgent need to preserve indigenous languages, cultural expressions, and traditional knowledge systems as living heritage and to draw inspiration on reverence for nature, moral conduct, social justice, linguistic identity, gender dignity, and community solidarity. Members of VK-AICYAM shared their journeys of learning, inspired by the philosophy of Swami Vivekananda, highlighting community engagement, cultural rootedness, and collective responsibility as guiding principles for meaningful social transformation to address contemporary societal concerns on sustainability, equality, and ethical living.



Felicitation of Team demonstrating Cultural Expression



A snapshot of Valedictory Session

# Concluding Remarks

The three days of event (Jan 10-12, 2026) with workshops, seminar, release of Foundation Day publication, distribution of certificates to MKK batches, and distribution of certificates to participants, successfully achieved its objectives by creating a vibrant platform for knowledge exchange and cultural expression. It reaffirmed the relevance of Janajati traditional knowledge in sustainable development and cultural preservation. There were more than 400 participants for the event with at least 120 participants for each day of the event. The event was graced by 92 speakers (keynotes, speakers, and panellists) across 18 sessions. The cultural evening on Jan 11th had a live demonstration of 'Chhau Nritya' covering themes - Kshatriya, Nataraj, Kumud Bandhu, and Rangpanda. The **ଏକ୍ୟମ୍ ୨୦୨୬** Foundation Day Publication was released during the event (28 articles - 18 in English, 09 in Odia, and 01 in Hindi). The event concluded with a collective resolve to continue research, documentation, and promotion of indigenous knowledge systems.



**Vivekananda Kendra**  
Academy for Indian Culture, Yoga And Management (VK-AICYAM), Bhubaneswar

**FOUNDATION DAY EVENTS**  
**January 10 - 12, 2026**

**Theme:** Researching, Documenting & Promoting Indian Knowledge Systems (IKS)

**ଆଲୋଚନା ପ୍ରସଙ୍ଗ:** ଭାରତୀୟ ଜ୍ଞାନ ପ୍ରତାଳୀ (IKS) ରପର ଗବେଷଣା, ପ୍ରେକ୍ଷନ ଓ ପ୍ରସାର

**National Workshop on Management:** IKS - driven Entrepreneurship and Innovation (Jan 10)

**National Seminar on yoga:** Meditation in Classical Yogic Literature - Theory and Practice (Jan 11)

**National Workshop on Indian Culture:** Traditional Knowledge among Janajati Communities in Eastern India:  
Study, Documentation and Promotion (Jan 11 - 12)



**VK-AICYAM** made a focused and meticulous efforts to document all the activities associated with the three days Foundation Day event. The VK-AICYAM members **Shri Bibhuti Pattnaik, Shri Sudhakar Sahoo, and Dr. Sujata Mohanty** as a team captured the event proceedings with an adequate degree of details. The photography and video recording of the event, capturing important moments, were carried out by VK-AICYAM Members **Shri Ambika Prasad Mishra, Shri Biranchi Narayan Panigrahi, Smt. Bijayalaxmi Pattanaik, and Shri Tarun Munda**. The team from **Odisha Research Centre (ORC)** also did the videography of the workshop on Indian Culture.

**Smt. Lopamudra Mishra** played the anchoring role to the perfection for the entire three days of event. **Kumari Diptimayee Panda** led the Bhajan Sandhya activities and flower decoration of the auditorium's dais. **Shri Samarendra Nayak, Shri Naresh Dash, Shri Rabindra Pradhan, and Shri Girish Samal** managed the entire back-end operations to enable the successful completion of the event. The sessions were guided by **Shri Kishore Swain, Shri Ajay Sahoo, Shri Anup Mohapatra, and Shri Biranchi N Panigrahy**. **Dr. Bijay Kumar Sahu** of **NRDC** championed the guest invitation and interaction for the workshop on Management.

**VK-AICYAM** is thankful to its members and Vivekananda Kendra karyakartas for committed support in ensuring the smooth functioning of all Foundation Day event activities.

**VK-AICYAM** is grateful to all the sponsors (**Tata Sons, IDBI Bank, Canara Bank, NALCO, and Punjab National Bank**) and the knowledge partners for their contribution and participation in making the Foundation Day event memorable, productive, and insightful.

The readers will find the proceedings interesting and valuable. It will encourage them to have a deeper association with VK-AICYAM and its activities leading to application of Indian Knowledge System (IKS) in driving the current opportunities and addressing the strategic and operational challenges.



# VK AICYAM

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**Culture: The Value of Life**

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**VK-AICYAM**

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