HARNESSING INDIAN KNOWLEDGE SYSTEMS FOR HOLISTIC HEALTH APPROACHES IN PURSUIT OF SUSTAINABLE DEVELOPMENT GOALS

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Abstract:-

This research paper makes a significant contribution to achieving the Sustainable Development Goals (SDGs). This explores the potential of integrating India's diverse knowledge systems. It has a primary focus on good health and healthcare. Exploring ancient medical practices for people's well-being and presenting them within the framework of sustainable development. This paper aims to provide insights to enhance global efforts to promote good health.

Consciousness of attaining God, the motivation to know oneself is through the mind. Only through the power of the mind can we attain the Lord. We can identify one effectively. Its demonstrative form is 'self-experience'. Everyone's experience is different. No one knows for sure where the mind resides in the body. It is only a subtle part of the body, it works with the body. However...it does have an effect on each other. Our body becomes sick. ...the mind also gets sick. If the body remains healthy, the mind remains healthy. A common man's mind is affected by something or the other during his difficult and happy occasions. Even when he is asleep, thousands of pictures stand before his eyes that attract his attention. That is why he is excited by unbounded emotions. In order to curb such unrestrained feelings, it has become very important to include yoga in school education. No, it has become a necessity for a while. Yoga means union. Yoga is the union of the human mind and God. Sadhana are necessary to awaken mental power. It is not possible to do too much sadhana in student life. But he has to do the sadhana of examination and study. By incorporating yoga into school life, tomorrow's teachers and education will continue to be on the path to salvation. Education is not only in a thoughtful and critical way but....true due to the adoption of the active yoga path, the path to self-realization is found.

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Conclusion: - Underlines the relevance of Indian knowledge systems for improving health. It advocates a comprehensive and culturally sensitive approach to global health initiatives.

Introduction:-

The Sustainable Development Goals are formulated by the United Nations. This is a set of how to make future reforms related to international development? There is information regarding this. Among them are the Global Goals for Sustainable Development. It has a total of 17 main goals. And the specific target number is 169. 193 countries have endorsed the following goals in August 2015.

1) Elimination of poverty

2) Elimination of hunger

3) Good health

4) Quality education

5) Gender equality

6) Cleanly water and hygienic sanitation

7) Renewable and cheap energy

8) Better jobs and economics

9) New initiatives and infrastructure

10) Reducing inequality

11) Sustainable cities and settlements

12) Responsible use of available resources

13) Climate impact

14) Sustainable metropolis

15) Sustainable land Applications

16) Peace and Justice

17) Partnership for Sustainable Development

A third of these goals are good health. By studying this goal in depth, it has been thoroughly studied how it will be developed sustainably. It establishes the importance of good health in the context of the Sustainable Development Goals. The purpose of this research study is to leverage India's rich knowledge system for future development and benefit of all to promote good health. Yoga reduces mental health complaints. This section contributes to the overall well-being of yoga and meditation. This is research to address modern. Ayurveda is a traditional healing system originating from ancient India. It is a holistic system. This system has been used in our country for thousands of years and is still being used today. Health and wellness depend on the balance between mind, body and spirit. Ayurveda treatment is based on the trinity of mind, soul and body. Ayurveda classifies individuals into three dosha. They are vata, pitta and kapha. It has been transformed into five elements namely earth, water, fire, air and sky.

Ayurveda practices target the doshas through lifestyle changes, dietary choices, and herbal remedies Ayurveda emphasizes the importance of proper diet according to one's dosha. The impact of each dosha varies from person to person at each time of their influence. Foods are classified based on Ayurveda physicians use herbs and botanicals to treat specific health problems. These remedies consider the individual's defect and suggest new remedies with the goal of creating balance and vitality. Ayurveda encourages the practice of yoga and meditation. Yoga postures (asana) and breathing exercises (pranayama) help achieve overall balance and harmony. One of the detoxification procedures in Ayurveda is Panchakarma. It removes accumulated toxins from the

body. These treatments include massage, herbal steam baths and dietary adjustments. This is called purification treatment. Ayurveda recognizes the effect of seasonal changes on health. It includes daily routine, diet and activities according to the season.

Ayurveda medicine assesses a person's health through pulse examination, observation and detailed consultation.

Mental and physical health is closely related. Mindfulness, meditation and stress management are integral components of Ayurveda.

Main Objective of the present study:-

To study the Indian Knowledge System for the Holistic Health Approaches in Pursuit of Sustainable Development Goals.

Procedure and Methodology:-

Following are the procedures used in Ayurveda for treatment and public welfare. These procedures are based on the interaction of mind, body and spirit.

Ayurveda procedures are highly individualized. Each practitioner tailors their approach based on the needs and circumstances of the individual. For this it is important for each individual to seek individual guidance and consultation from an Ayurveda practitioner.

Historical research method" of research has been adopted in the present research. "Experimental research method" of research is adopted to know the future nature of historical information. Various methods of Ayurveda and Yoga have been explored using secondary sources of historical practice. Then the same group design has been used in the experimental method.

Two equal groups of 100 students of class VIII were formed. A similar group design was created, with 50 students in one group and 50 students in the other. One group was named "Control Group" and the other "Experimental Group". Control group was taught by lecture method and experimental group was taught Ayurveda yoga and asana method. A control group was given a lecture only. No yoga and asana were done.

Yoga and asana were done by the experimental group. This led to a huge change in class VIII students through yoga and asana. This workshop took eight days. This benefited the students positively in their school life. Asana and pranayama are a common aspect of Ayurveda practice. Rest should be encouraged to balance the defects. Yoga and meditation are used to improve mental and physical health.

Future Benefits:-

Meditation and mindfulness play an important role in yoga education. This protects the students' own mental balance and health. Practicing yoga helps students achieve a healthy mindset by relieving anxiety. This develops various strengths in education. Yoga education not only improves the physical health of the students. Hence mental health improves automatically. Due to this, the process of education develops automatically.

Today in the age of science, technology and AI, yoga plays a very important role in school education for the health and well-being of students. New halls of science and technology are

starting day by day. This yoga helps students stand on their own feet in this age of competition. And the students develop in various ways such as personal, social, physical, moral, aesthetic, ideological, character etc. Due to sedentary posture, students get used to sitting in one place for longer periods of time. A habit of thinking and meditating takes place. It benefits exam and study habits. By sitting in this state, students get used to think higher and think better. If a teacher is a seeker.....he benefits his students. Sure happens.

Being in close proximity to the teacher helps in automatic psychological change in the students. The student switches between internal and external. It helps the student learn the good and bad nuances of real life. His endurance and confidence increases. Over time, the student strives to become a better and wiser citizen with a penchant for yoga education.

What else do you need as a teacher? A civilized and balanced lifestyle can be enjoyed in every student's life, thanks to this yoga. Consistent practice of this yoga automatically improves the mental state, physical health and social harmony, making every student's future happy and prosperous. So if you want to make life worthwhile in real sense....It is very important to have yoga in school education.

Only then will our student be self-reliant and self-motivated, and make his own decisions and brighten his own future. Alternatively, it will also brighten the future of the country.

Healthy and sound mind
Yoga should be like this
By planting a future plant
Make a natural living yard

We want to make such healthy and healthy minds life-giving courtyards by incorporating yoga into school education.

Conclusion: - Underlines the relevance of Indian knowledge systems for improving health. It advocates a comprehensive and culturally sensitive approach to global health initiatives.

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