

Kidderpore College

A Collaborative initiative of IQAC

On


INDIAN KNOWLEDGE SYSTEM

**Organised by: Department of Education
and Department of Philosophy**

**Topic: The message of the
Upanishads as expounded by
Swami Vivekananda**

স্বামী বিবেকানন্দের ভাবনালোকে
উপনিষদের বার্তা

Speaker



Swami Ekachittananda
Principal
Ramakrishna Mission
Residential College (Autonomous),
Narendrapur

11 Dec, 2024 | 11:30 a.m. | Room No. 9

A brief report on the seminar titled “Indian Knowledge System” was conducted on 11.12.24 at Kidderpore college. The event was organized jointly by Dept. of Education and Dept. of Philosophy . The aim of the Indian Knowledge System (IKS) is to preserve, promote, and integrate India's rich intellectual heritage into contemporary education and research. It encompasses diverse disciplines such as philosophy, science, arts, medicine, mathematics, and spirituality . The primary goals Holistic Learning, Cultural Preservation, Interdisciplinary Research, Sustainability .It gathered professionals, students, and experts in the field of the message of Upanishads as expounded by Swami Vivekananda . the speaker was Swami Ekachittananda is the Principal of Ramakrishna Mission Residential College (RKMRC) in Narendrapur, Kolkata. He has held the position since January 16, 2022. He is also a faculty member in the Mathematics Department and the head of the hostel administration.

Swami Ekachittananda was felicitated by our respected Principal sir Dr. Abhijit Ganguly, Dr. Pravabati Das Mallick(Head, Dept. of Philosophy) , and by the students of Education dept. and Philosophy department.

In seminar, Swami Ekachittananda gave speech on the founding books of Indian philosophy i.e., the Upanishads, which are regarded as the pinnacle of Vedic wisdom. They investigate metaphysical issues as well as the nature of the self (Atman) and ultimate reality (Brahman). The philosopher and spiritual leader Swami Vivekananda was instrumental in bringing the Upanishads' universal intellectual and spiritual lessons to a contemporary audience. Upanishads: A Synopsis The Upanishads, also known as Vedanta, are the last section of the Vedas. They include discussions

on important issues pertaining to existence, consciousness, and liberation (moksha) between sages and seekers. Among the primary themes are: The ultimate, limitless reality is Brahman. • Atman: The unique soul or self that is the same as Brahman. • Moksha: Self-realization leading to freedom from the cycle of life and death. • Knowledge: The way to enlightenment (Jnana).

Swami Ekachittananda described that Swami Vivekananda revitalized the teachings of the Upanishads in the late 19th century. His core interpretations include:

- Unity of Existence: He emphasized the unity of all beings, rooted in the Upanishadic teaching "Tat Tvam Asi" (Thou art That).
- Divinity of the Soul: Every individual possesses inherent divinity, as expressed in "Aham Brahmasmi" (I am Brahman).
- Practical Vedanta: He advocated applying Upanishadic wisdom to everyday life, promoting selflessness, service, and spiritual strength
- Spiritual Freedom: He taught that true freedom comes from realizing one's spiritual nature and transcending material limitations.

Key Teachings Highlighted by Swami Vivekananda

a) Self-Realization b) Fearlessness c) Universal Brotherhood

Swami Ekachittananda discussed about the Concept of Five koshas: Ancient Indian philosophy, specifically from the Upanishads, is where the idea of the five Koshas originated. Koshas, which stand for various facets of human existence, are thought to as layers or sheaths that envelop the true self (Atman). These Koshas are:

1. The physical body of Annamaya Kosha: "Anna" signifies food, while the actual body is symbolized by this covering. It encompasses the physical components that make up the body and feeds itself. This layer is maintained by rest, exercise, and a healthy diet.
2. The Energy Body, or Pranamaya Kosha: "Prana" refers to vital energy or life power. This layer consists of the chakras that support life, breath, and energy conduits called nadis. This Kosha is enhanced by yoga, meditation, and breathwork (pranayama).
3. Mental Body (Manomaya Kosha): "Manas" denotes mind. This layer controls feelings, ideas, and perception. This layer is balanced by mindfulness, meditation, and optimistic thinking.
4. Vijnanamaya Kosha (Wisdom Body): "Vijnana" refers to intelligence or wisdom. It encompasses intelligence, intuition, and a more profound comprehension that goes beyond reason. This sheath is nourished by introspection, education, and spiritual research.
5. Anandamaya Kosha (Bliss Body):, "Ananda" refers to pure joy or bliss. The innermost layer of happiness, tranquility, and spiritual fulfillment is symbolized by this sheath. To experience this Kosha, one must engage in deep meditation, spiritual enlightenment, and inner contentment.

These five Koshas help in understanding the holistic nature of human life, from the physical to the spiritual. Integrating practices that nurture each Kosha can lead to overall well-being and selfrealization. • Details of the Vote of Thanks: •

The vote of thanks was delivered by Mr. Subhas ch Mandi (HOD of Education department). The speaker expressed heartfelt gratitude to everyone who played a role in making the event a success.



