



# ENHANCING MENTAL WELLBEING FOR HOLISTIC DEVELOPMENT OF DIVYANGJAN THROUGH INDIAN KNOWLEDGE SYSTEM

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Ralph Waldo Emerson (1860) says that, "The first wealth is health". He suggests that good health is required for holistic Development. The significance of good health has huge impact on mental well-being. The National Education Policy (NEP), 2020 emphasizes on the need of psychological well-being of students. Mental Health and Well-being of School Students Survey, 2022 states that, education is not just for feeding information to the mind; but for holistic development as well. Mental well-being has a significant relation with the success of education. However, today's lifestyle has become stressful due to multiple reasons. Similarly, stress and depression is also seen among school going children. Nearly, 20% children and adolescents suffer from mental health concerns like stress, anxiety, bullying, and learning disability and/or alcohol, and substance abuse. Divyangjan face it more predominantly. The present paper tries to explore how the Indian Knowledge System (IKS) can be used in enhancing mental well-being of children with disability. The IKS comprising Ayurveda, Yoga, Vedanta, and Vedic sciences have shown ways in this regard. This also shows that IKS has tremendous potential to contribute in physical and mental well-being. Family and school are important social units that anchor the health and well-being an individual. Schools have the prime responsibility to promote and optimize the physical, social and mental health of students. This research paper aims to explore how IKS can be useful in helping students enjoy healthy and sound mental well-being.

**Keywords:** Mental wellbeing, Holistic Development, Indian knowledge System

## I. INTRODUCTION

In India, young people are facing more challenges such as unemployment, depression, exploitation under the name of experience, and "I am not doing what I love (blogged by [Advita Bihani](#)). It means young people are not happy in their place. The young age is one of the most important phases of life, being the formative period with major impacts on the future. The phase carries special consequences for mental health since most mental and substance use disorders have been identified in adolescence.

As per research, too many people are facing mental problems such as anxiety, stress, depression, phobia, and mental illness. We don't have time for ourselves. Mental health is crucial to our overall well-being, influencing every aspect of our lives. Alamo Premier Mental Health recognizes the importance of promoting mental health awareness and providing comprehensive support to individuals. Many people tend to focus only on physical health, overlooking mental health's critical role in our lives. Mental health

encompasses our emotional, psychological, and social well-being. It affects how we think, feel, and act, ultimately determining our ability to cope with life's challenges, build healthy relationships, and make meaningful contributions to society. Divyangjan is an umbrella term that covers physical, mental, social, neurological, and behavioral disabilities. Disability impacts the holistic development of the child. Historically, Divyangjan have had tremendous barriers to entering the workforce, and those who became injured and disabled on the job have often faced job loss and its negative psychological, social, and financial ramifications. Since children with disabilities have low confidence, self-esteem, concentration, and effective participation in society on an equal basis with others, such problems are faced by children with disabilities.

### **Need of the Study:**

The Indian Knowledge System (IKS) has suggested ways of life that are beneficial to our success in life. IKS, which comprises Ayurveda, Yoga, Vedanta, and Vedic sciences, has tremendous capability to contribute to physical as well as mental wellbeing.

Teachers' role is changing in the 21<sup>st</sup> century. Schools and family are important social units that anchor the health and well-being of all individuals. Schools have the prime responsibility to promote and optimize the physical, social, and mental health of students. Today's lifestyle is very stressful due to competitiveness. Most of the research shows that almost 20% of children and adolescents suffer from mental health concerns like stress, anxiety, bullying, learning disabilities, and/or alcohol and substance abuse.

This research aims to explore how IKS can be useful in helping students enjoy healthy and sound mental wellbeing.

### **Indian Knowledge System:**

The foundation of the Indian knowledge system is often traced back to the Vedas, the oldest sacred texts of Hinduism. The Indian Knowledge System (IKS) has six schools of Hindu philosophy called Shastradarshan. Shastradarshan includes Nyaya, Sankhya, Yoga, Vaisheshika, PurvaMimamsa, and UttaraMimamsa (Vedanta Philosophy).

### **Relevance of Shastradarshan :**

**Nyaya Philosophy:** Nyaya philosophy is based on scientific and rational beliefs. Knowledge gained by the five senses of a human being. Maharshi Gaoutam was the founder of Nyaya. Basically, in this philosophy, each and every circle has reason; without reason, nothing can be done. Unless acceptance of anything until the reasons don't know it,.

**Sankhya:** The founder of this philosophy was Kapila. This philosophy promotes that everything, in reality, stems from purusha (self, soul, or mind) and Prakriti (matter, creative agency, energy).

**Yoga:** The founder of this philosophy was Patanjali. This philosophy suggests that yoga techniques control the body, mind & sense organs, thus considered as a means of achieving freedom or mukti.

**Vaisheshika:** The philosophy made by the Kannada. This school of philosophy advocates insights in naturalism. It is a form of atomism in natural philosophy.

**PurvaMimamsa:** This philosophy promotes that emphasis on the power of yajnas and mantras.

**Uttara Mimamsa (Vedanta Philosophy) :** This philosophy is that believes world is unreal and the only reality is Brahman.

In that, Sixshastras Navya, Yoga, and Sankhya philosophy are useful to Divyangajan. Yoga has various types of Asaan; every Asan has a different reason for body control.

Swadhyaya (introspectional self-analysis), pranayama (breathing techniques for control of vital energy), pratyahara (sensory withdrawal), Dharana (intense concentration), dhyana (meditational oneness), and bhajan (devotional music) stabilize emotional turmoil and relieve stress and mental fatigue. Asana (static posture), kriya (systematic and rational movements), madras (seal of neuromuscular energy), and bandha (locks for neuromuscular energy) gently stretch and strengthen the musculoskeletal system healthily.

Divyangajan has problems related to sense, psycho-emotional, concentration, and memory so this Asan will accommodate in their daily life. Through Yoga Asan Divyangjan gets benefits to improve mental wellbeing. In daily living life, they face more challenges such as teasing, acceptance, negative attitudes,- stereotypes,

**Conclusion:** The Indian Knowledge System (IKS) suggested various types of philosophy. In which that philosophy is very important to the 21st century. Today's world is competitive because of that we are facing problems which are related to psychology. Divyangjan has also faced such type of barriers to accommodate in mainstreaming. As per the NEP (2020) children having unique needs, this system will accommodate all of their needs. In IKS Yoga philosophy is one of the philosophies to beneficial to the mental well-being of humans. Yoga brings harmony between body, mind, and emotion by practicing psycho-physical, and emotional techniques and Developing a proper psychological attitude which helps to overcome the negative feelings of Divyangajan and able to see the positive opportunities in the world to lead a healthy living.

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