



BNV College of Teacher Education

Report on Webinar Series Episode :10

The poster for the webinar series is set against a yellow background with a subtle geometric pattern. At the top center is the BNV College logo. Below it, the text reads: "BNV College of Teacher Education Thiruvallam, Thiruvananthapuram & Internal Quality Assurance Cell (IQAC) Presents Webinar Series on Indian Knowledge System Episode 10 Perspectives of IKS And Personality Development". A purple banner highlights "Episode 10". Below this, the title "Perspectives of IKS And Personality Development" is written in bold. A circular portrait of Prof. Dr. Maya S. is on the right. To the left of the portrait, a purple banner says "RESOURCE PERSON". Below the portrait, the text identifies her as "Prof. Dr. Maya S. Former Professor in Education Mar Theophilus Training College Thiruvananthapuram". The date "7/03/2026" and time "7.00 pm-8.00 pm" are listed with calendar and clock icons. At the bottom, three columns list the convenors: General Convenor (Dr. Lakshmi S, Principal), Programme Convenor (Mrs. Rekha L. R, IQAC Coordinator), and Student Convenor (Navya B. S, 1st Year B. Ed).

BNV College of Teacher Education
Thiruvallam, Thiruvananthapuram
&
Internal Quality Assurance Cell (IQAC)
Presents
Webinar Series on Indian Knowledge System
Episode 10
**Perspectives of IKS
And
Personality Development**

RESOURCE PERSON

Prof. Dr. Maya. S
Former Professor in Education
Mar Theophilus Training College
Thiruvananthapuram

7/03/2026
7.00 pm-8.00 pm

General Convenor
Dr. Lakshmi S
Principal

Programme Convenor
Mrs. Rekha. L. R
IQAC Coordinator

Student Convenor
Navya. B. S
1st Year B. Ed

The tenth episode of the ongoing webinar series was successfully conducted on March 7, 2026, from 7:00 p.m. to 8:00 p.m. The session, titled “*IKS and Personality Development*,” aimed to highlight the importance of Indian Knowledge Systems (IKS) in shaping an individual’s personality, values, and overall development. The programme was organised under the guidance of Dr. Lakshmi S., Principal, who served as the Convenor of the session. The programme coordination was undertaken by Mrs. Rekha L. R., Assistant Professor and IQAC Coordinator, who efficiently managed the planning and execution of the webinar. The student coordination responsibilities were carried out by Navya B. S., a First Year B.Ed. student, who also played a key role in hosting the session.

The resource person for the webinar was Prof. Dr. Maya S., a distinguished academician and former Professor in Education at Mar Theophilus Training College, Thiruvananthapuram. She brought with her a wealth of knowledge and experience, which greatly enriched the session. Her expertise in education and her deep understanding of Indian Knowledge Systems made the webinar highly informative and engaging for all participants. The formal proceedings commenced with the welcome address delivered by Mrs. Rekha L. R., Assistant Professor.

The core of the webinar was the insightful session led by Prof. Dr. Maya S. She began her presentation by explaining the concept of personality development, emphasizing that personality is not merely about external appearance but includes one's thoughts, values, attitudes, and behaviour. She elaborated on how personality development is a continuous process influenced by both internal and external factors.

Dr. Maya then introduced the concept of Indian Knowledge Systems (IKS), describing it as a rich and diverse body of knowledge developed in India over centuries. She highlighted that IKS encompasses various fields such as philosophy, science, art, literature, and ethics, all of which contribute to the holistic development of an individual. She stressed that the principles embedded in Indian traditions offer timeless guidance for leading a balanced and meaningful life.

One of the key highlights of her session was the connection she established between IKS and personality development. She explained how traditional Indian values such as self-discipline, respect for others, empathy, truthfulness, and simplicity play a crucial role in shaping an individual's character. According to her, these values help individuals develop a strong moral foundation, which is essential for personal and professional success.

Dr. Maya also discussed the importance of self-awareness in personality development. She emphasized that understanding one's strengths, weaknesses, emotions, and goals is the first step towards self-improvement. Drawing from Indian philosophical traditions, she explained how practices such as introspection and mindfulness can help individuals achieve greater self-awareness and emotional balance.

Another important aspect highlighted during the session was the role of discipline and ethical values. Dr. Maya pointed out that Indian Knowledge Systems place great emphasis on discipline, which is considered essential for achieving success and maintaining harmony in life. She also stressed the importance of ethical behaviour, stating that values such as honesty, integrity, and responsibility are fundamental to building a strong and respectable personality.

The concept of holistic development was also discussed in detail. Dr. Maya explained that true personality development involves the balanced growth of physical, mental, emotional, and spiritual aspects of an individual. She emphasized that Indian traditions promote this holistic approach, encouraging individuals to strive for overall well-being rather than focusing solely on material success.

Throughout her session, Dr. Maya used various real-life examples and practical illustrations to explain how the principles of IKS can be applied in modern life. She encouraged the participants, especially students, to adopt these values in their daily lives to enhance their personal growth and contribute positively to society. Her practical approach made the session relatable and easy to understand.

Towards the end of the session, an interactive segment was conducted, where participants actively engaged with the resource person. They asked questions and shared their thoughts, making the session lively and participatory. Dr. Maya patiently addressed all the queries and provided thoughtful responses, further enriching the learning experience of the participants.

The webinar concluded with a vote of thanks delivered by Sahla J.

Episode 10 of the webinar series was highly informative and impactful. It successfully highlighted the relevance of Indian Knowledge Systems in today's world and emphasized the importance of value-based education in personality development. The session left the participants with a deeper understanding of how traditional wisdom can be integrated into modern life to achieve personal growth and social responsibility.

The webinar was well-organised and effectively executed, reflecting the dedication and teamwork of the organisers. It served as an enriching learning experience for all participants and contributed significantly to their academic and personal development

PHOTOS FROM THE SESSION





