



AMITY UNIVERSITY

UTTAR PRADESH

AMITY BUSINESS SCHOOL

Report : Indian Knowledge System Series

Amity Business School, Amity University Uttar Pradesh, in collaboration with FOLK (The Youth Empowerment Club), an initiative of Vrindavan Chandrodaya Mandir and a social outreach partner of the Akshaya Patra Foundation (the world's largest NGO feeding millions of underprivileged children across India) organized Indian Knowledge Series for the students on the theme: **“Empowered Living”**.

The series comprised of 10 offline sessions conducted on Thursdays from 2.15-4.30 pm from 18th September -16th October 2025. These sessions helped the students to imbibe Global togetherness, mental resilience and building global leaders and sound decision makers with geopolitical strategic insights. The session marked the first in a series of workshops designed to nurture mindfulness, inner balance, and personal empowerment among students.

The program commenced with a warm welcome to all participants and guests, followed by an introduction to the Knowledge Series on Empowered Living, emphasizing its vision to combine modern education with timeless spiritual wisdom. The initiative aims to cultivate resilience, clarity of thought, and emotional intelligence, helping students manage stress, make conscious decisions, and lead with compassion.

The session was facilitated by representatives from FOLK – The Youth Empowerment Club, an initiative of Vrindavan Chandrodaya Mandir, affiliated with ISKCON Bangalore. The mentors, Lochan Krishna Dasa, Satya Svarupa Dasa, Bhurijana Das and Bhakta Shreshtha Das, guided students through an engaging and thought-provoking discussion on topics such as “Facing Life’s Challenges,” “The Art of Decision Making,” and “The Karma Café.” The speakers beautifully integrated real-life examples with philosophical insights from the Bhagavad Gita, inspiring students to adopt a positive and purpose-driven approach to life.

Participants were also introduced to practical techniques of meditation and mindfulness, enabling them to experience calmness and focus amidst academic and personal pressures. The interactive nature of the session, coupled with light-hearted reflections and storytelling, created a deeply engaging learning atmosphere.

The sessions formed part of a 10-hours certification program, spread across five Thursdays, focusing on holistic living through spirituality, self-awareness, and leadership. The concluding activity of the workshop series also included as per will and desire of participants for a community visit to the Akshaya Patra Foundation, Noida, where students actively participate in serving mid-day meals to underprivileged children - fostering values of empathy, gratitude, and social responsibility.

The event was organized under guidance and encouragement of Prof. (Dr.) Sanjeev Bansal, Addl. Pro Vice Chancellor, Dean FMS & Director ABS, and Co Organizers-Prof (Dr) Vijit Chaturvedi and Prof (Dr) Richa Sharma, who emphasized the importance of integrating traditional Indian wisdom into modern educational frameworks.

All the sessions of the Indian Knowledge Series on Empowered Living successfully set the tone for an inspiring journey of self-discovery, mindfulness, and transformation, blending academic excellence with inner development truly embodying Amity University Vision of nurturing globally responsible and spiritually grounded leadership building in budding professionals.

Learning Outcomes

The Indian Knowledge Series on Empowered Living provided students with valuable insights into personal empowerment, mindfulness, and spiritual intelligence. With the help of guided discussions and experiential learning, participants gained practical tools to manage stress, enhance decision-making, and maintain inner balance in challenging circumstances.

The session also encouraged reflective thinking and emotional awareness, helping students align their personal goals with ethical and compassionate values. By understanding the essence of karma, discipline, and detachment as taught in the Bhagavad Gita, students learned to approach life's challenges with clarity and resilience.

The workshop not only contributed to intellectual growth but also enriched the emotional and moral dimensions of participants, fostering a holistic understanding of success that extends beyond academics. The sessions promised to deepen the journey of empowerment, culminating in meaningful community service — reinforcing the true spirit of “Empowered Living.”

Topics covered

1. Facing Life's Challenges
2. That's the Spirit!
3. The Art of Decision Making
4. The Influence Game
5. Trapped: Overcome Digital Distractions
6. All about Meditation
7. Lifestyle Management: The 3 Modes
8. Leaders & Misleaders
9. IQ, EQ, SQ
10. The Karma Café

Event Photographs:



