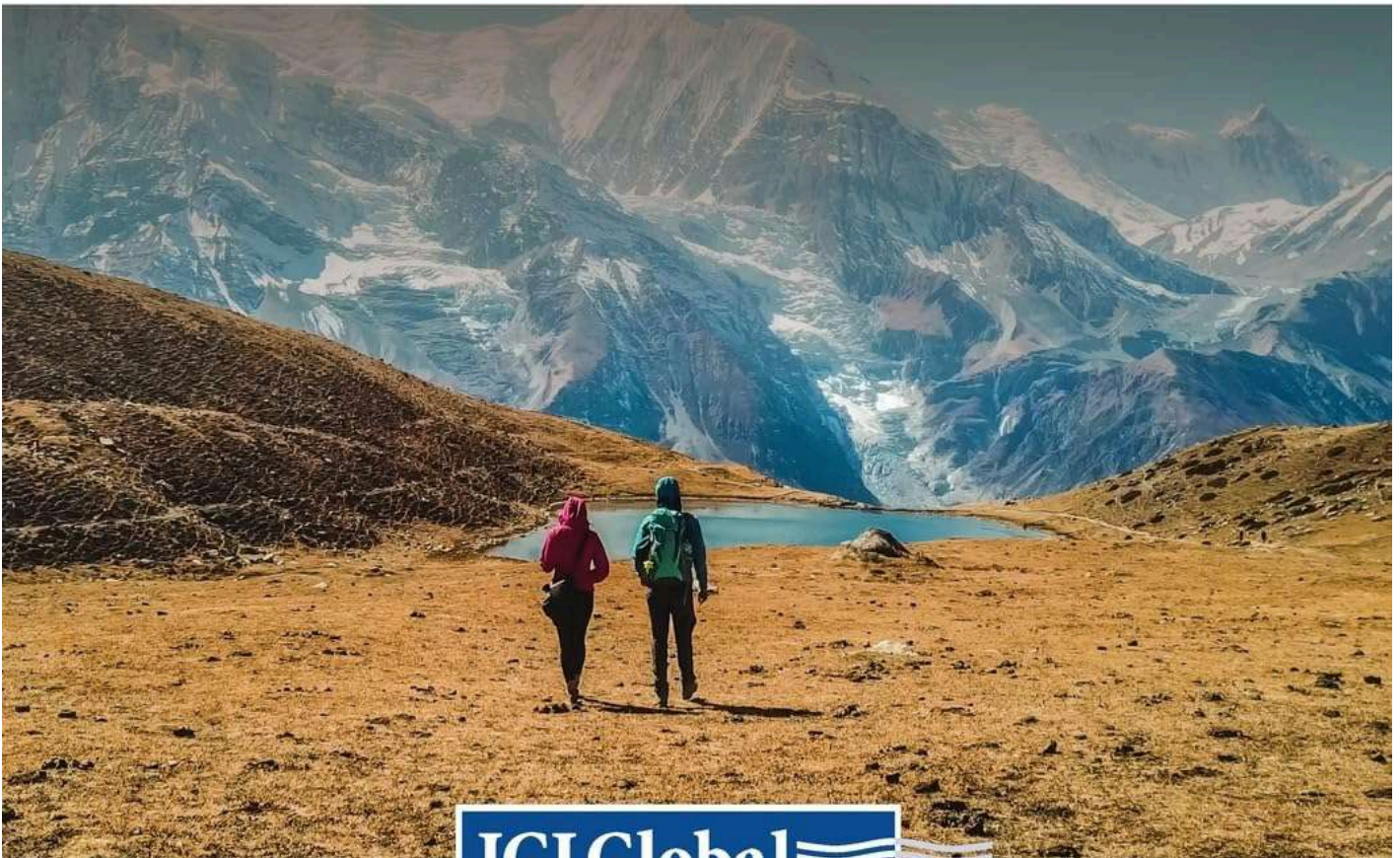


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Mountain Tourism and Ecological Impacts

Himalayan Region and Beyond

Soumendra Nath Biswas and Pradip Kumar



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for the promotion of homestays and their contribution to the growth of sustainable community-based tourism and the benefits it offers in the Northeastern Himalayan Region of India.

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<i>Arunesh Parashar, Dev Sanskriti Vishwavidyalaya, India</i>	
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Himalayas are a multifaceted site of subjective, global, and metaphysical importance that are responsible in maintaining a form of tourism that satisfies the person's main motive for maintaining and strengthening the physical, spiritual, emotional, and psychological health. There are numerous opportunities that are availed in contrast with natural resources available in the Himalayan region that will help in boosting natural healing procedures and foster physical and psychic well-being of the tourists. In the circumstances of this fast-paced urbanisation, the Himalayas are the only option to get nature therapy and able to enjoy their close connection with it. Human-nature relationships have always been considered very important. So, theory of wellness in the Himalayas is supported by the research with the fact that nature has a great impact on different facets of person's physical, psychological, social, and spiritual life. This chapter seeks to shed light on the region's potential as a global wellness destination.

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The high-altitude Himalayan landscape of Lahaul-Pangi is marked by deforestation, land deterioration, diminished biodiversity, restricted agricultural productivity, and other environmental challenges. Although agriculture remains the primary occupation, handloom and handicrafts have emerged as potential revenue-generating resources, given the abundant availability of wool and the innate skills of the local artisans. NIFT conducted a field-based survey, involving 218 artisans across 09 panchayats, to grasp the region's needs and determine the most suitable skill development approaches. Following an analysis of the responses, NIFT developed and delivered training workshops to 09 panchayats in the Lahaul-Pangi region, ultimately empowering the artisans. The chapter presents key findings regarding the regional artisans, including information on their income and education levels, craft involvement and affiliations, assets, access to medical facilities, design, and technological proficiency, product pricing details, marketing and branding strategies, and training levels.

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<i>Prasanth Udayakumar, Indian Institute of Tourism and Travel Management, India</i>	

India has many mountain destinations to offer to the international mountain enthusiasts. However, these

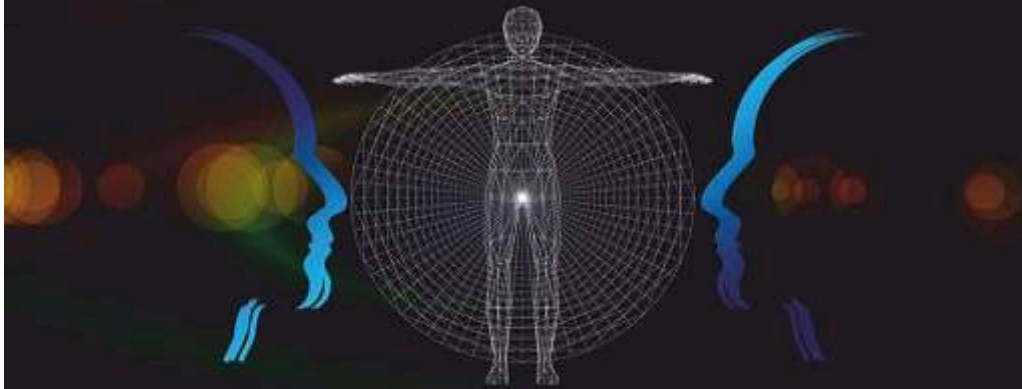
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EMERGING TRENDS IN MANAGEMENT RESEARCH



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Human-Robot Collaboration in the Workplace: Assessing the Impact on Employee Well-Being and Productivity

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Abstract—As the integration of robots into various industries becomes increasingly prevalent, understanding the nuanced effects on the workforce is imperative. This study investigates the implications of Human-Robot Collaboration (HRC) in the workplace, specifically focusing on its impact on employee well-being and productivity. Leveraging advanced deep learning methodologies, the proposed Long Short-Term Memory – Gated Recurrent Unit (LSTM-GRU) model is introduced as a novel approach for assessing these critical factors. Implemented in Python, the LSTM-GRU model serves as a powerful tool for assessing the multifaceted dynamics of HRC. The utilization of deep learning techniques, coupled with the LSTM-GRU architecture, allows for a more nuanced understanding of the intricate relationships between human and robotic collaborators in the workplace. The findings of this study contribute valuable insights for organizations seeking to optimize HRC integration, highlighting the significance of advanced computational approaches in gauging the impact on employee well-being and productivity. The Python implementation further enhances the model's accessibility, enabling researchers and practitioners to adopt and adapt this methodology in diverse workplace settings. The study employs a diverse set of performance metrics, including accuracy, precision, recall, and F1-Score, to comprehensively evaluate the effectiveness of the proposed model. The results reveal a remarkable accuracy of 99.11% for the LSTM-GRU model, showcasing its superior ability to capture nuanced temporal dependencies in comparison to existing methods such as Convolutional Neural Network (CNN), CNN-LSTM, and Bidirectional Long Short-Term Memory (BiLSTM). The proposed model's accuracy surpasses these methods by 3.23%, underscoring its robustness in accurately identifying and predicting aspects related to employee well-being and productivity.

Keywords—Long Short-Term Memory – Gated Recurrent Unit (LSTM-GRU), Human-Robot Collaboration (HRC), Employee Wellbeing, Python, Deep Learning

I. INTRODUCTION

In the rapidly evolving landscape of contemporary workplaces, the integration of robots alongside human employees has become increasingly prevalent, giving rise to the paradigm of HRC[1]. This collaborative framework envisions a harmonious coexistence between human workers and robotic systems, with the goal of enhancing productivity, efficiency, and the overall work environment[2]. However, as organizations embrace these technological advancements, it becomes imperative to critically assess the impact of HRC on the well-being and productivity of employees[3]. This study delves into the nuanced dynamics of HRC in the workplace, aiming to comprehensively understand how the collaboration between humans and robots influences employee welfare and organizational productivity[4][5].

The introduction of robotic technologies into the workplace holds the promise of revolutionizing traditional work structures, automating routine tasks, and augmenting human capabilities[6][7]. While the potential benefits are substantial, it is equally important to consider the potential consequences on the well-being of the human workforce[8][9]. Factors such as job satisfaction, stress levels, and the overall quality of work life are integral components of employee well-being that may be influenced by the integration of robots[10]. Moreover, the efficiency gains promised by HRC must be scrutinized to ensure they align with broader organizational goals and do not compromise the welfare of human workers[11]. The study embarks on an exploration of the intricate interplay between humans and robots in collaborative work settings, with a keen focus on evaluating

Importance of Employee Motivation and Satisfaction in the Workplace based on BiLSTM and ANN Approach

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Abstract – The aging of Europe's population is reflected in the rising share of retirees in the labor force. This proposed approach to summarize the significance of employee motivation and satisfaction at work across generations in Slovenian companies. The system's goal is to determine if and how older workers' motivation and contentment in the job change over time. Feature selection, preprocessing, and model training are all parts of the proposed strategy. Fuzzy set theory was established in the field of preprocessing as a means of assigning numerical value to ineffable concepts like thought, logic, and the subjective understanding of events. During feature selection, correlation is used as a criterion. Once the characteristics have been gathered, BiLSTM-ANN is utilized to train the models. The proposed method excels in comparison to state-of-the-art algorithms like LSTM and ANN. This strategy has a 0.97 percent chance of succeeding.

Keywords— Motivation, Correlation Feature Selection (CFS), Artificial neural network (ANN), Satisfaction.

I. INTRODUCTION

Effective human resource management demands a judicious weighing of employee preferences, organizational limitations, and the value of top-notch workers to the bottom line. It's critical to the company's future growth and success that this balance be preserved. Employees are expected to carry out their responsibilities with diligence and good cheer. Human resource management is widely acknowledged to have a direct impact on a company's bottom line and growth prospects. Management based on the principle that for an organization to prosper, leadership and staff expectations must be in harmony. One way to achieve this is to create a work setting where employees are invested in their work, given room to exercise their initiative, and work together towards common goals. In order for employees to feel fulfilled in their work, the company's leadership style, organizational principles, and motivational philosophy must be understood and accepted by all. Two problems that afflict modern firms are employee motivation and remuneration. Every company can achieve greater success by investing in the recruitment of skilled individuals and

the organization of its processes to better achieve its goals. It's hard to image a thriving firm without the input of talented people, and it's impossible to attract and retain them without a competitive salary and comprehensive benefits package. Employees' creativity, diligence, and initiative are essential to the company's success and the achievement of its strategic goals. Reward systems are all about creating and executing strategies and policies to reward employees fairly and consistently in accordance with the principles of the organization. When it comes to rewarding employees, the procedure also involves their preparation, administration, and communication. There is a wide variety of intrinsic rewards that might increase workers' satisfaction and productivity on the workplace. Among these advantages are the satisfaction that comes from knowing that what one does matters and that others recognize and appreciate it. A company's human resources are among its most precious assets and must be handled and utilized to succeed in today's challenging and competitive labor market. It is the responsibility of human resource management to ensure that all employees, from the CEO on down, are working to achieve the company's stated goals in a way that is consistent with their own personal views and values. Human resource management, thus, is crucial to consider and improve in order to fulfil the company's goals. Human resource management (HRM) is essential if the office is to efficiently manage and make use of its employees ("human resources"). Human resources data from the past five years shows that staff members generally agree that their work has fallen short of expectations. Employee performance can be improved by raising the proportion of workers who possess the skills and motivation to carry out their principal responsibilities with competence and professionalism. In the actual world, it is evident that people choose careers based on the factors that are most important to them. At the same time, the company is pushing for peak performance in terms of both output and service quality. It's good news for business if the employee exceeds expectations. An employee's performance will skyrocket if he possesses exceptional

Application of BiLSTM-CRF Approach and its Application for Better Decisions in Human Resource Management Processes

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Abstract—Recent advances in information technology (IT) have had a profound effect on human resources (HR) procedures and practices. Despite this, there is a dearth of research on its effectiveness, and the studies that have been undertaken have not, in general, assessed how well these new technologies aid firms in attaining their HR goals of attracting, motivating, and retaining personnel. Current systems have limitations, such as being one-way, passive, impersonal, limiting opportunities for human connection, and creating too much physical and intellectual barrier between individuals and enterprises. Data preparation, feature extraction, and model training are the first three stages of the suggested procedure. Normalization is a tool used in the preliminary processing of data. PCA is used to extract features and identify the most informative ones. After feature extraction, the models are trained using BiLSTM-CRF. When compared to the two most common alternatives, BiLSTM and CRF, the proposed technique achieves better performance.

Keywords—Bidirectional Long Short Term Memory (BiLSTM), Extreme Learning Machine (ELM), Principal Component Analysis (PCA)

I. INTRODUCTION

To be competitive in today's business world, companies need to be able to strategically utilize both their existing knowledge assets and the new intellectual capital they generate every day. Businesses around the world today value their employees more than anything else. Employee flexibility, competence, dedication, and expertise are universally accepted as crucial factors in a company's success. Human capital is often overlooked despite its importance. It is rarely protected or utilized to its fullest potential. In order to quickly respond to the information explosion brought about by the electronic capture of data and its storage in giant data warehouses, modern organizations must assess the vast amounts of data they generate. Data mining, also known as knowledge discovery in enormous data, is a technique used to glean actionable insights from massive datasets for

the improvement of decision-making in business. Tools for analytical processing, generating reports, and querying data are all utilized. Traditional management in the business world has prioritized the attainment of short-term financial goals at the expense of more holistic long-term goals related to human issues. As a result of rising public awareness of the possible negative effects of business on the economy, environment, and society, more organizations are taking steps to show their commitment to sustainability. It is also important for businesses to have a sustainability statement to ensure that businesses are doing their part to ensure that society can continue to function in the long-term. The academic community is becoming increasingly interested in studying sustainability and sustainable development. Although there has been an increase in research on sustainability in recent years, there are still linguistic discrepancies when sustainability is presented as part of different scientific domains. And argues that the term sustainability has lost much of its original meaning since it is used mostly as a theoretical assertion, for political purposes, or as a passing trend. The country's SMEs have earned a reputation for their ability to weather economic storms. Having it available makes monetary resources far more distributive. Plus, it can spark innovation that enriches and preserves local traditions alongside the work of communities. Indonesia's small and medium-sized businesses (SMEs) are crucial to lowering the country's high unemployment rate. It's obvious that the primary goal of small and medium-sized enterprises (SMEs) is to provide people with work possibilities through the use of accessible technologies. The growth of small and medium-sized businesses (SMEs) in Indonesia is highly prioritized because they constitute the backbone of the country's populist economic system. The growth of SMEs aspires to fulfill many goals, not the least of which is the eradication of poverty and unemployment. This expansion can also strengthen local and national economies, as well as contribute significantly to the quickening of structural transformation. Organizations face a considerable level of

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Exploring the Potential of Nature- based Health Tourism in Uttarakhand

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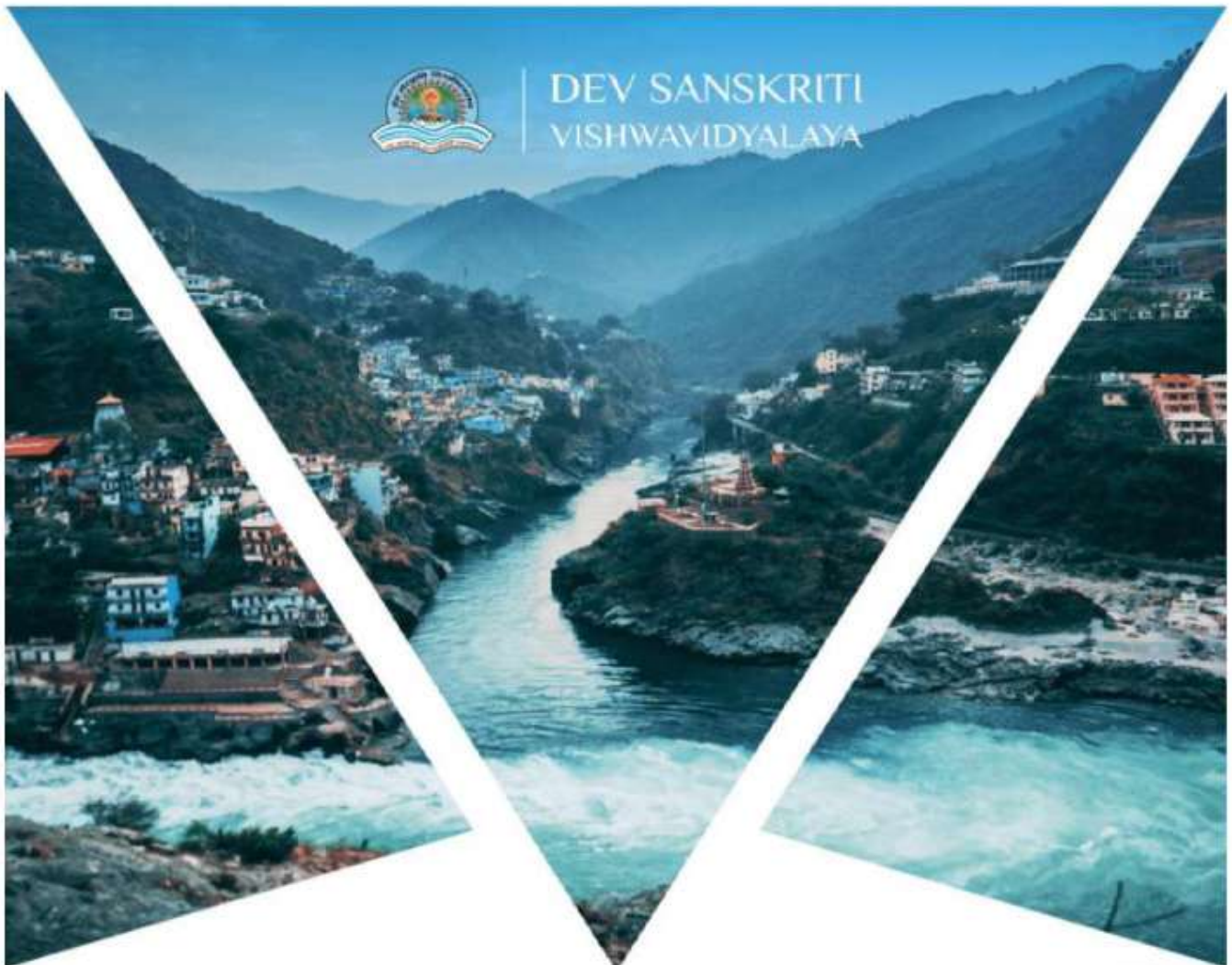
Abstract

Uttarakhand, with its abundant natural beauty, diverse wildlife, and ancient cultural heritage, is a prime destination for tourists seeking nature-based experiences. The region is also known for its traditional healing practices, which have been passed down through generations. This paper seeks to understand the potential of combining nature-based tourism with health and wellness tourism in Uttarakhand. Uttarakhand's traditional healing practices could be incorporated into nature-based health tourism offerings. These practices include yoga, meditation, Ayurveda, and naturopathy, which are all based on principles of holistic health and wellness. The incorporation of these practices into nature-based health tourism could provide a unique selling point for Uttarakhand, differentiating it from other nature-based tourism destinations. This study suggests that nature-based health tourism has the potential to contribute significantly to Uttarakhand's tourism industry, while also promoting health and wellness among tourists.

Keywords: Health, Tourism, Healing, Nature- based health tourism, Uttarakhand

Introduction

Nature-based Health tourism is a form of tourism that satisfies the person's main motive for maintaining and strengthening the physical, spiritual, emotional and psychological health in nature-based tourism establishments that offer diverse and individually prepared services in four basic components of wellness, stimulating the tourist's well being and body care including nature-based health care practices (Gojčič, 2005).



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Promotion of Tourist Arrival in Uttarakhand through Social Media Affection - In Garhwal Region

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Abstract

Promotion of tourist arrivals in Uttarakhand based on social media interactions is an innovative approach to forecasting tourism trends. After covid-19 social media became a vital path for the interacting tourist. Tourism is a vital sector for many regions, including Uttarakhand, where the picturesque landscapes and cultural heritage make it a popular destination. Accurate prediction of tourist arrivals is essential for effective resources. This study proposes a predictive model for tourist arrivals in Uttarakhand using social media interactions as a primary data source. The main motive for this prediction is to summarise how social media platforms play an important role for interacting tourists to visit uttarakhand and how many tourists visit uttarakhand through social media since the last 2 years (after covid), what changes occur by visits of the tourist?

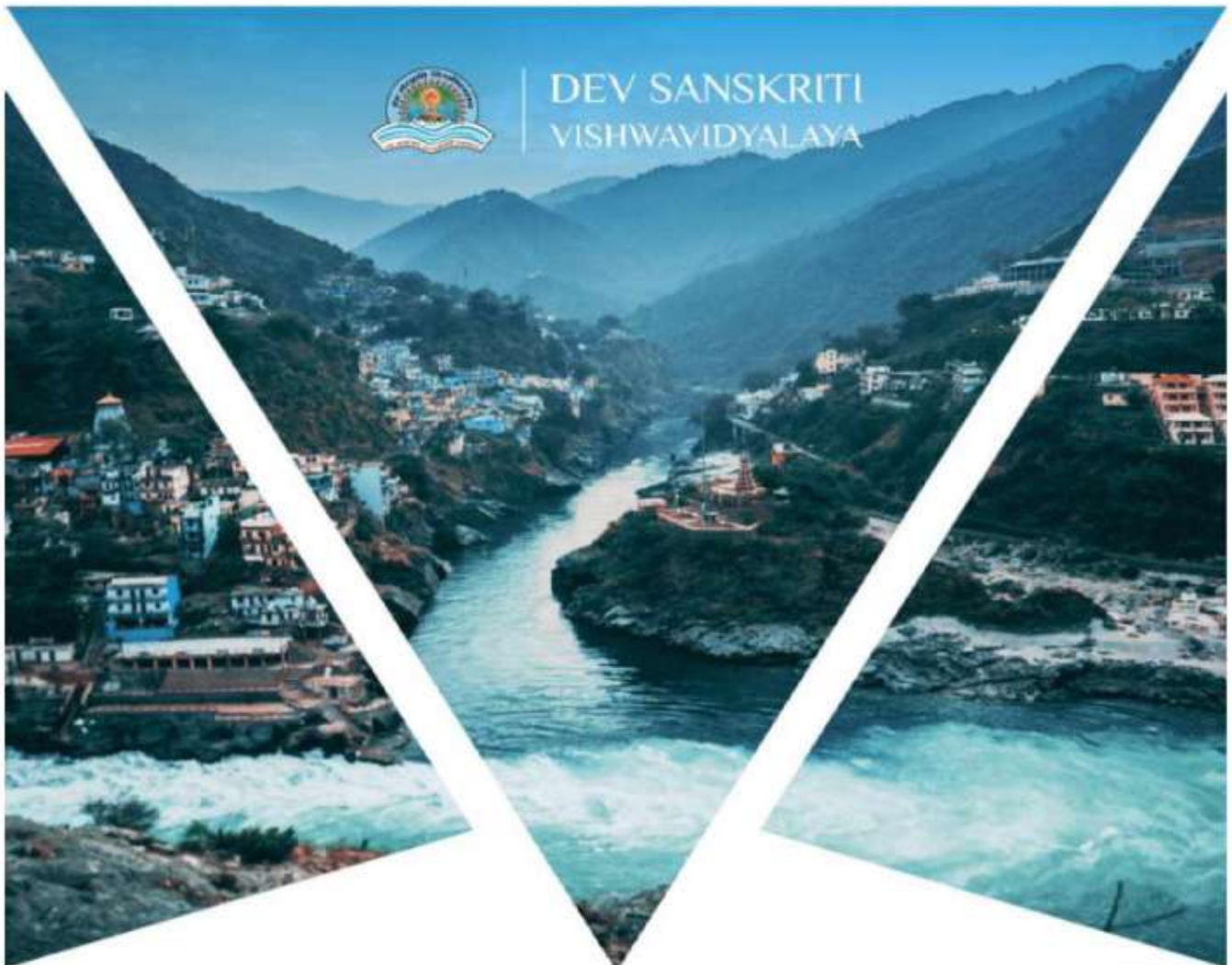
Key Words: Social Media, Facebook, Instagram, Tourist Arrival

Introduction

The advent of social media as a platform of communication has ushered in a fundamental change around the globe, allowing people to view, connect, and share information. The growth of social media as new technology has altered the way the tourism industry operates, which has had a substantial impact on the long-term viability of the industry. Tourism is a cultural, social, and economic activity in which people travel from their home to other areas and nations to enjoy pleasure, regional foods and specialties, amusement, shopping, relaxation, study, enterprise, spirituality, healthcare, and even seeing friends and family. It includes transportation to and from the selected location as well as lodging. Uttarakhand is a hub of various types of tourism like spiritual tourism, Culture Tourism, Wellness Tourism, Adventure Tourism, and many more.

Research Objective

- Identify crucial socioeconomic elements which contribute in developing tourist Arrival in Uttarakhand through Social Media.
- Importance of social media.



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Psychological Perspective of Homestays & Sustainable Development

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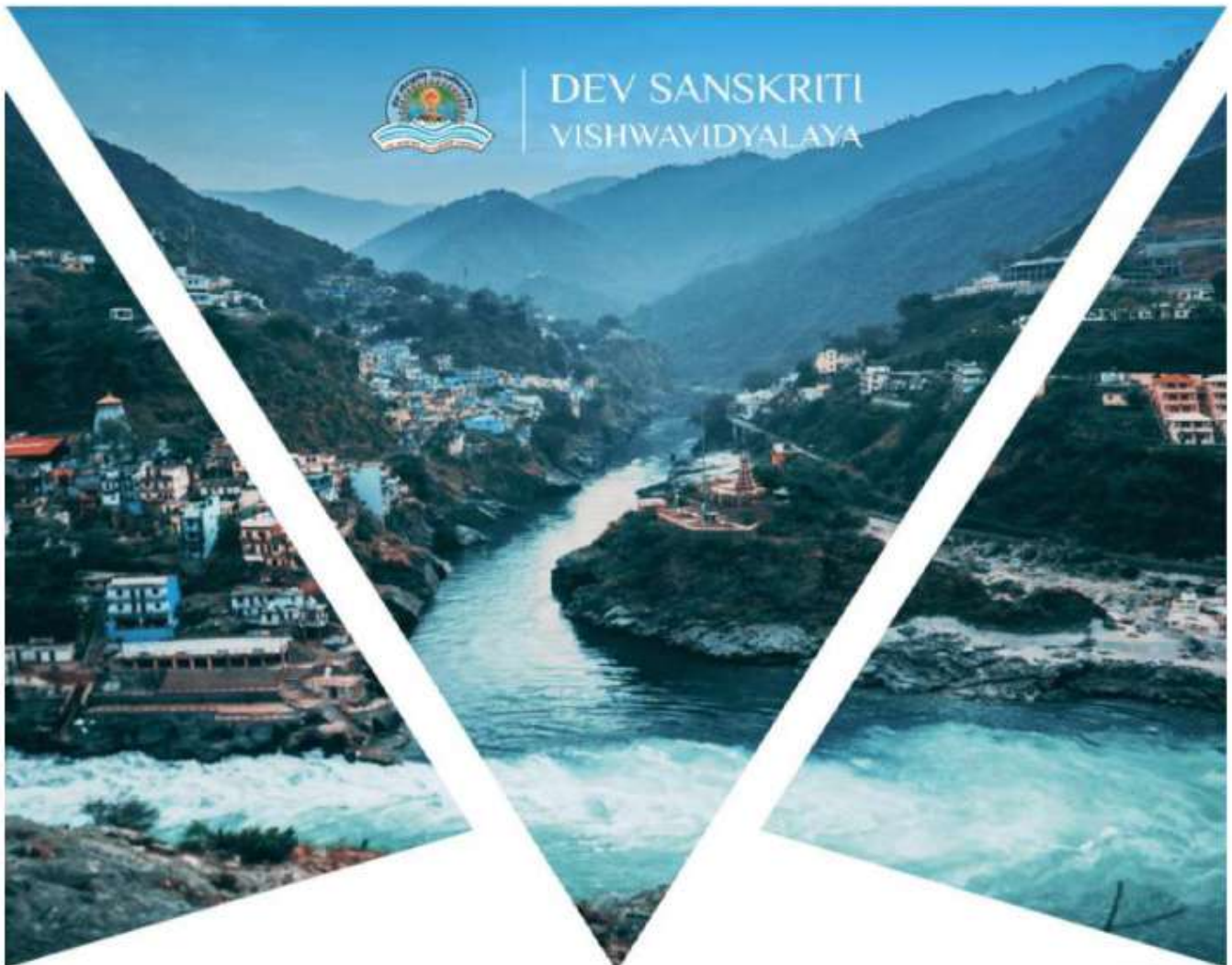
Abstract

Sustainable development is the need of the hour. Already the world is suffering from climate change and uncontrolled unsustainable development. Now a days with increase in disposal income of common persons, tourism both domestic and international had got a boost. Depending on the finances Indians are going from short vacations to long vacations to popular as well as off the beaten track tourist places. Indian tourist who visited abroad, feel that if facilities at par are available in India then they would prefer to go for tourism in India rather than abroad due to multiple factors. Gradually domestic luxury tourism is also growing, which can be unsustainable for the sensitive regions. To address the problems of current tourism practices, Homestays are now being promoted by the Government of India to meet various expectations of tourists & communities. When a tourist visits a Homestay, then there are two aspects of psychological interactions, one is the feeling of the tourist and the other is the feeling of his host. Understanding their expectations can go a long way in planning & implementing Homestays for sustainable tourism development. We had done a preliminary study to get an idea about the psychological perspective of Homestays. It emerged from this study that both prospective Tourists as well as Hosts are willing to take Homestays. Though the tourists were apprehensive about their stay in remote Homestays on hygiene and safety aspects.

Key words: Homestays, Sustainable Development, Sustainable Tourism

Introduction

In the dynamic realm of modern tourism, a paradigm shift is underway. Travelers today seek more than just superficial encounters with the destinations they visit. They crave authentic, immersive experiences that delve into the heart and soul of a place, and they are increasingly mindful of the impact their journeys have on the environment and local communities. In response to this shift, the concept of *homestays* has emerged as a beacon of sustainable development within the tourism industry.



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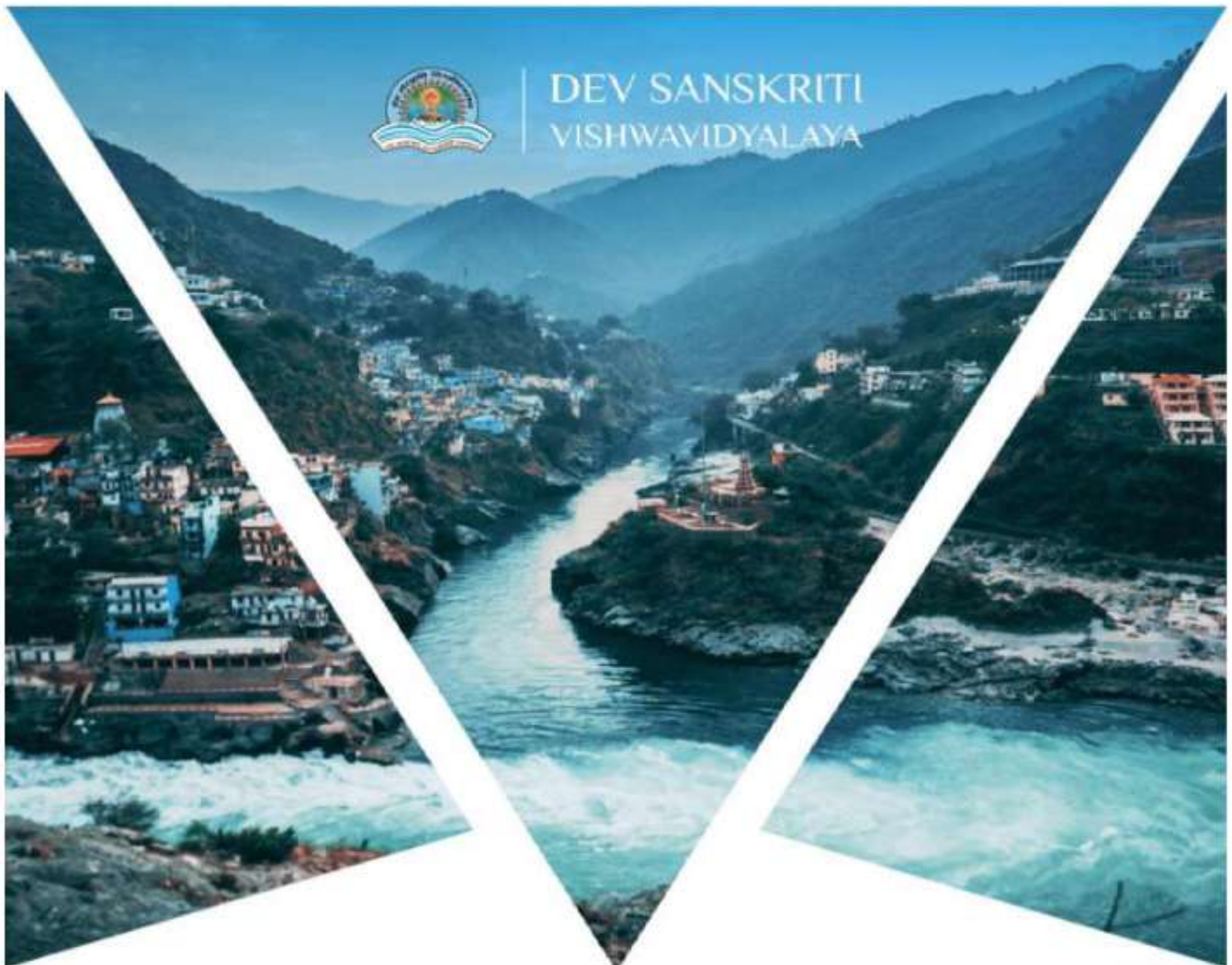
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प्राक्कथन

सिन्धु जैसी विशाल सभ्यता का विकास निरंतरता सततता एवं क्रमिक चरणों में हुई, किस प्रकार मानव घुमंतू होकर सभ्य हो जाना और व्यापार जैसी उच्च बौद्धिकता का प्रमाण प्राप्त करवाना वहा के लोगो की क्षमता के प्रमाण को प्रस्तुत करती है मानव की क्रमिक विकास से विशाल नगरीकरण व्यवस्था के बनाने का क्रम चरणों में हुआ है जिसके प्रमाण लेख में प्रस्तुत किये गए है भारतीय समाज का आदर्श था धर्म, जो न दुसरो को आघात देता था न किसी का विरोध करता था, मन वचन और कर्मा किसी प्रकार भी किसी को कष्ट न देना सभी के साथ यथार्थ और प्रिय सम्भासन करना अपना अपकार करने वालो पर भी क्रोध न करना कोमलता तथा लोक और सास्त्र का विरुद्ध आचरण में लज्जा और व्यर्थ चेस्ताओं का आभाव आदि सद्भावना के अनतर्गत आने वाले गुणात्मक व्यवहार थे । भारतीय संस्कृति की यह मूलभूत विशेषता थी की उसने अपने को अक्षुण्ण और अटूट बनाये रखा विभिन्न सताब्दियों में होने वाले परिवर्तन और परिवर्धन हिन्दू संस्कृति के अंग बन गए, किन्तु भारतीय सामाजिक संस्थाओं का आधार तत्व वही बना रहा जो भारतीय मूल में था जिसकी झलक तत्कालीन समाज में नजर आता है जितने आक्रमण भारत में हुए जितनी जातियां भारत में आई उतनी विश्व के किसी अन्य देश में इतनी आक्रमक जातियां आई होती आज उनकी स्तिथि सभ्यता समाप्त हो गयी होती इस परिपेक्ष्य में भारतीय सामाजिक स्थिति ने अपना मूल बनाये रखा उसे नहीं खोया यह उसकी अपनी विशेषता है जबकि ऐसी प्रतिकूल स्तिथि के कारण मिस्र, बेबीलोन, जिन्वे सुमेर रोम ग्रीस आदि विश्व के विख्यात देशो की उन्नतिशील सभ्यता कराल



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Enhancing Uttarakhand's Tourism Services: Insights from Tourists' Experiences and Recommendations

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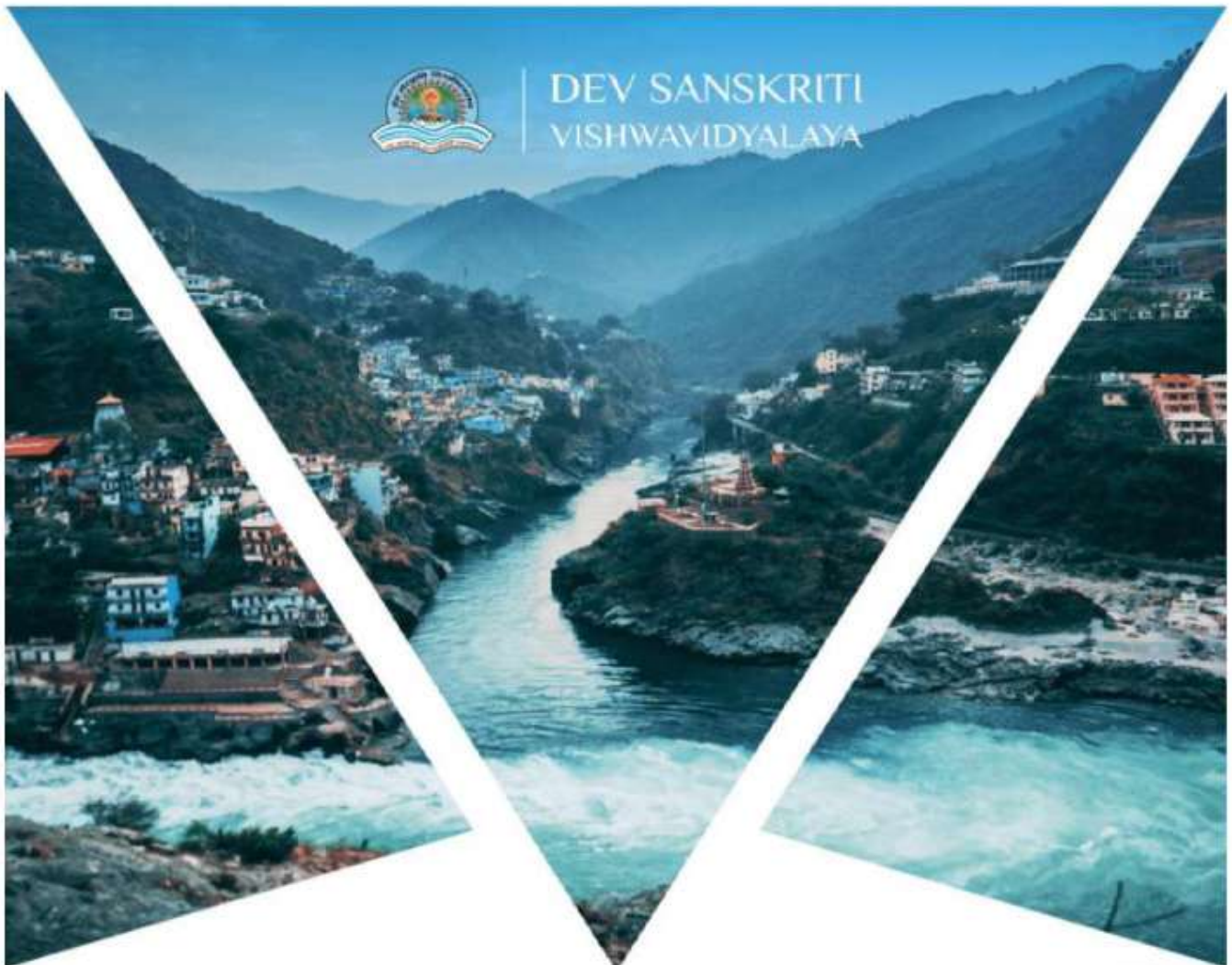
Abstract

Uttarakhand, celebrated for its natural beauty, spiritual significance, and adventure, has been a magnet for travellers. This research delves into tourists' beliefs, challenges, and recommendations, unveiling the essence of their experiences and shedding light on Uttarakhand's tourism landscape. This research aims to provide vital suggestions for improving Uttarakhand's tourism services. We imagine a future where its allure is accessible to all, unspoiled by challenges. This research illuminates the path forward for Uttarakhand's authorities, ensuring visitors can experience its beauty and spirituality without any barrier. It promotes sustainable and responsible tourism, safeguarding the state's precious heritage. With 250 respondents, we captured the essence of their Uttarakhand journeys. 68% came for the natural beauty, 44% for spiritual connections, and 23% for adventure and other activities. Challenges faced: 64% faced overcrowding, 56% struggled with budget accommodations, 21% experienced the lack of clean restrooms, and 12% encountered other issues like environmental concerns and language barriers.

Keywords: Uttarakhand, tourism services, tourists' experiences, recommendations, challenges.

Introduction

Located in the heart of the Indian Himalayas, Uttarakhand has long been celebrated for its stunning natural beauty, great spiritual significance, and exciting opportunities for adventure. The state's geographical diversity, which ranges from towering snow-covered peaks to lush valleys and quiet lakes, has made it an attracting magnet for travellers seeking recess in its breathtaking landscapes. At the same time, Uttarakhand's sacred sites and temples, intricately interwoven with the region's rich



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A Review: Municipal Solid Waste Management In India (A Sustainable Approach)

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Abstract

Solid waste management in India is at a critical juncture, with a pressing need for sustainable and innovative solutions. Government initiatives, community participation, and technological advancements are essential components for addressing the multifaceted challenges. A holistic and integrated approach, coupled with ongoing efforts, is crucial for realizing a cleaner environment, improved public health, and a sustainable future. Continuous monitoring, evaluation, and adaptive strategies will be necessary to navigate the dynamic landscape of solid waste management in India.

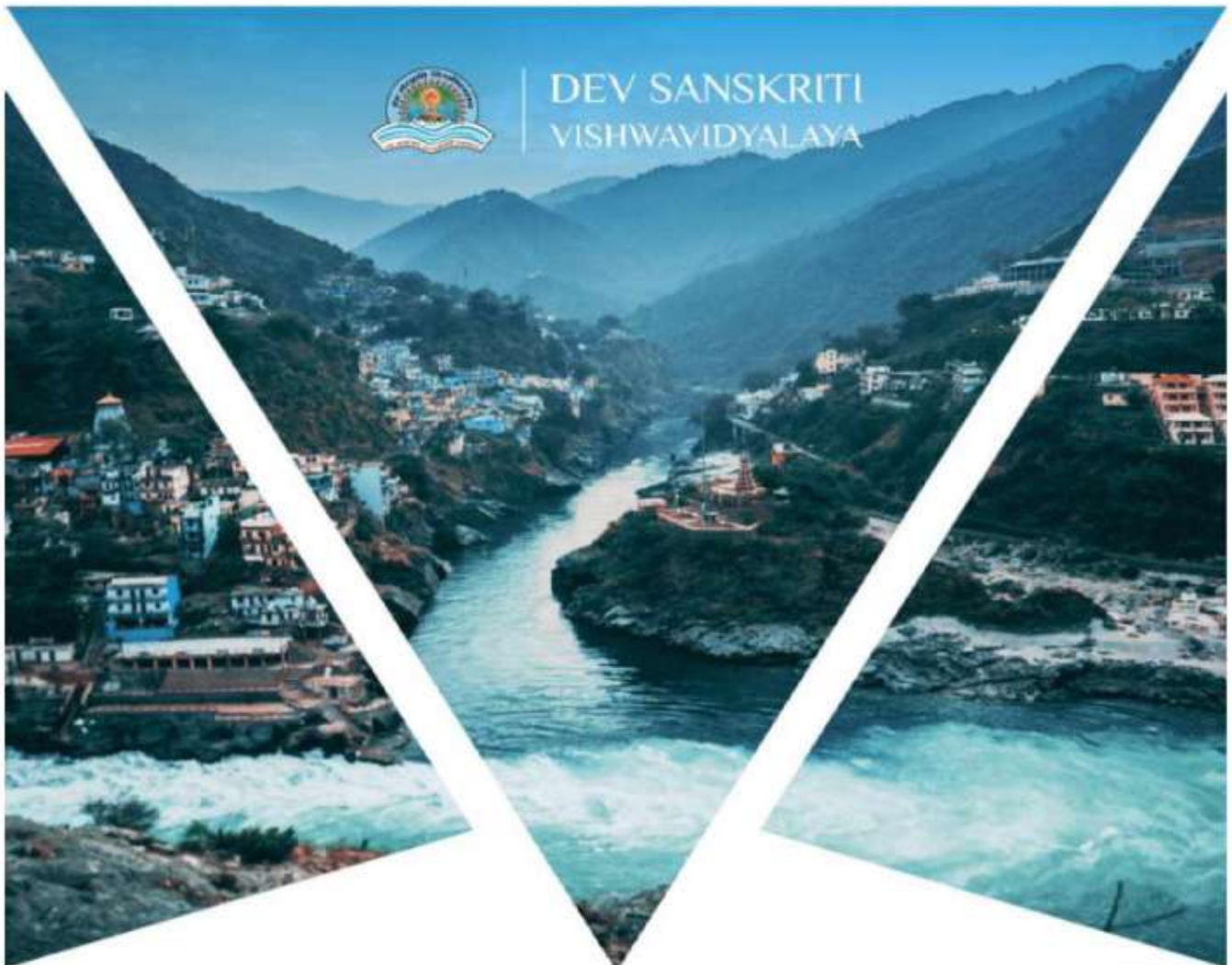
This paper extracts the most recent in a series of reports to characterize municipal solid waste (MSW) in India. Identifying the components of the MSW stream is an important step toward addressing the issues associated with using it for energy generation. MSW characterizations, which analyze the quantity and composition of the waste stream, involve estimating how much MSW is generated, recycled, combusted, and disposed of in landfills.

Introduction

Municipal Solid Waste (MSW) management is a critical aspect of urban governance, addressing the challenges associated with the disposal and treatment of household and commercial waste. As urbanization continues to rise globally, effective waste management becomes imperative for maintaining environmental sustainability, public health, and overall quality of life. This chapter explores the key components of municipal solid waste management, including waste generation, collection, transportation, disposal, and recycling.

Municipal Solid Waste Management in India

India, with its vast population and rapid urbanization, faces significant challenges in managing municipal solid waste. The increasing urban population, changing consumption patterns, and inadequate waste management infrastructure pose serious environmental and public health concerns.



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Mindful Traveling: An Emerging Trend by Blending Mental Wellness with Tourism

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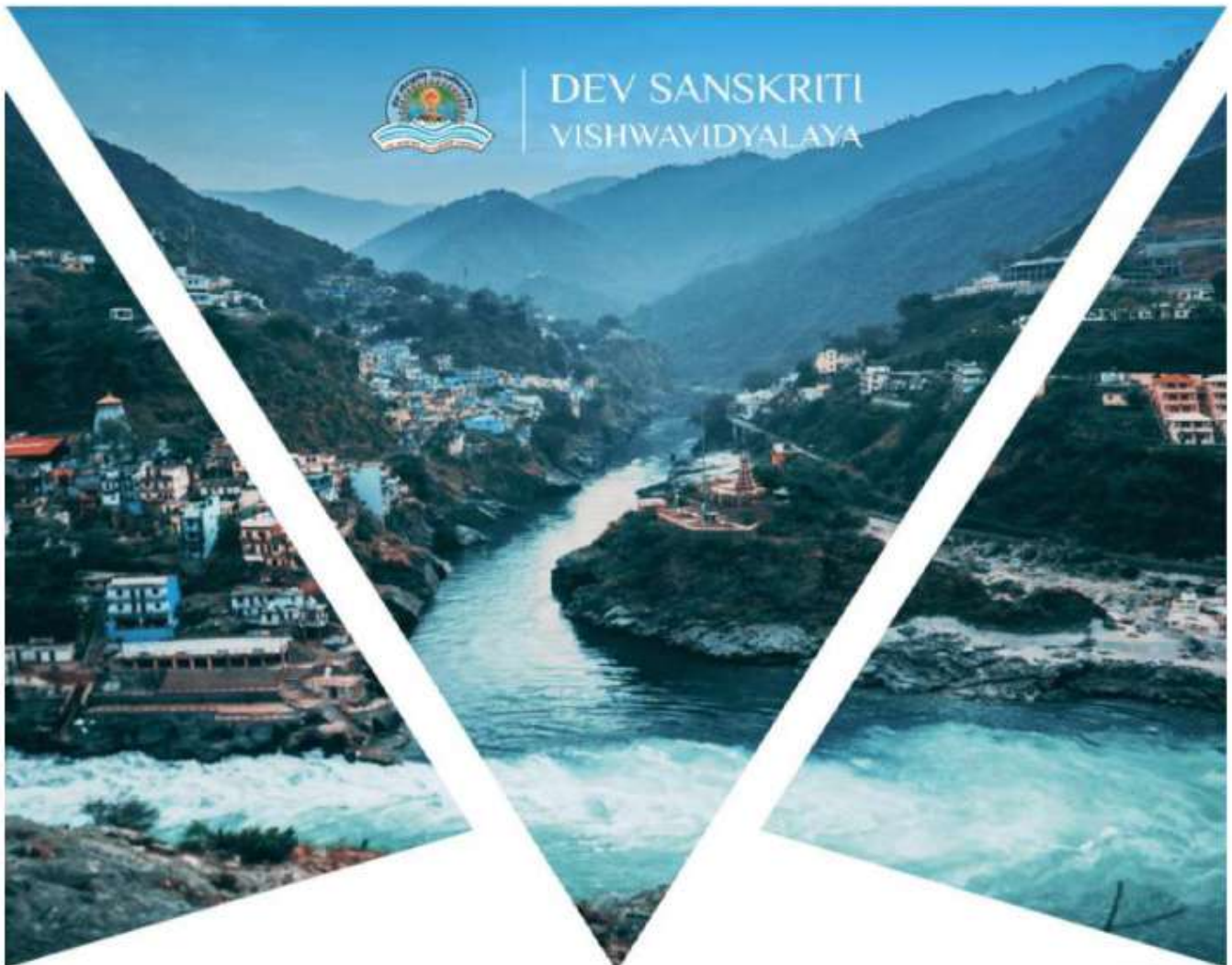
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Abstract

As the post COVID world becomes increasingly fast-paced and stressful, there is a growing recognition of the importance of mental wellness and the need for rejuvenation. This recognition has sparked an emerging trend in the tourism industry known as mindful traveling. Mindful traveling involves the deliberate integration of mindfulness practices into the travel experience to enhance mental well-being. This paper explores the concept of mindful traveling as an evolving trend that holds significant promise for both tourists and the tourism industry.

The literature review delves into the origins and development of travel, drawing connections to the ancient practice of mindfulness. It discusses the relevance of mindfulness in modern life, highlighting its potential benefits for travelers, including stress reduction, enhanced relaxation, and personal growth. Key scholars and studies in the field are cited to underscore the legitimacy and significance of this emerging trend. The review identifies prevailing themes and trends in the existing literature and emphasizes the need for further research to fully understand the potential impact of mindful travel.

Central to this paper is an exploration of mindful travel practices. These practices encompass a range of techniques that encourage travelers to be fully present and aware during their journeys. Specific case studies on Slow Tourism, Spiritual Retreats, Digital Nomadism, Mental Wellbeing Resorts are presented. By weaving these practices into various aspects of travel, from transportation to



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The Interplay of Media and Tourism: A Study on the Influence of Media on Homestay Tourism and Yoga Promotion

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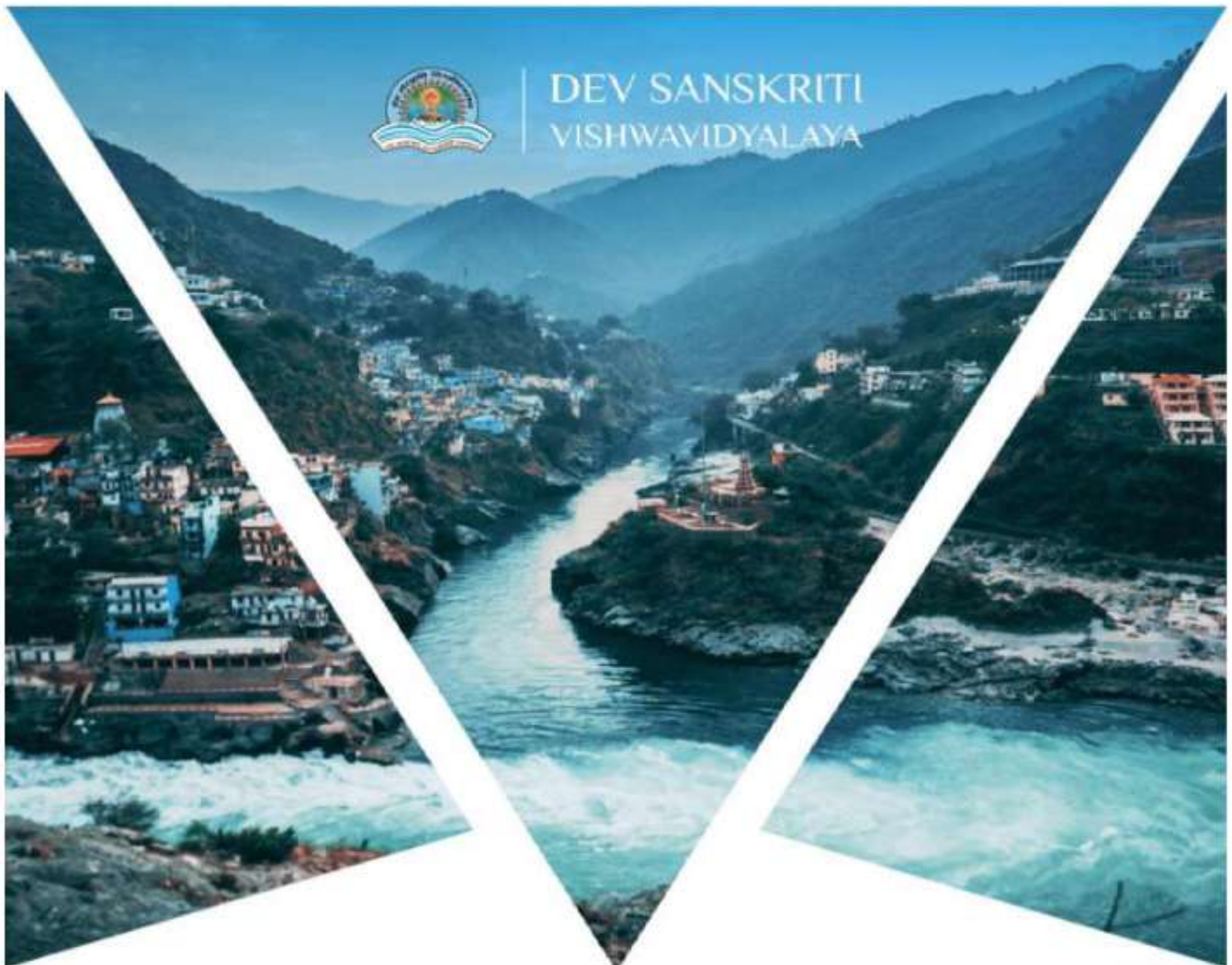
³Assistant Professor, Dept. of Journalism and Mass Communication,

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Abstract

Yoga and homestay tourism have been incredibly popular in recent years, drawing tourists looking for real cultural experiences and all-around wellness. This study investigates the critical function of media in promoting yoga and homestay tourism as related facets of the travel industry. This study sheds light on the symbiotic link between media exposure and the growth of these niche tourism sectors through a thorough investigation of media platforms, campaigns, and their impact on traveler choices. The findings suggest that the media can operate as a powerful catalyst for the promotion of homestay tourism and yoga, considerably affecting travelers' decisions and helping the long-term development of local communities. Homestay tourism, which involves travelers staying with local families, and yoga tourism, which emphasizes physical and mental well-being through yoga practices, have both grown in popularity in recent years. It also investigates the potential problems and ethical concerns linked with the media's involvement in shaping perceptions and experiences of homestay tourism and yoga. The findings highlight the media's potential to act as a powerful catalyst for the promotion of homestay tourism and yoga, greatly affecting travelers' decisions and contributing to the long-term development of local communities. This paper not only examines the growing popularity of homestay tourism, in which travelers stay with local families, and yoga tourism, which emphasizes physical and mental well-being through yoga practices, but it also delves into the potential challenges and ethical concerns associated with the media's role in shaping perceptions and experiences in these domains.

Keyword: Homestay Tourism, Yoga Tourism, Media Promotion, Cultural Immersion, Responsible Tourism



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Vermicompost Preparation from Cattle Dung, Plant Debris and Paper Waste in D.S.V.V Campus : A Review

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Abstract

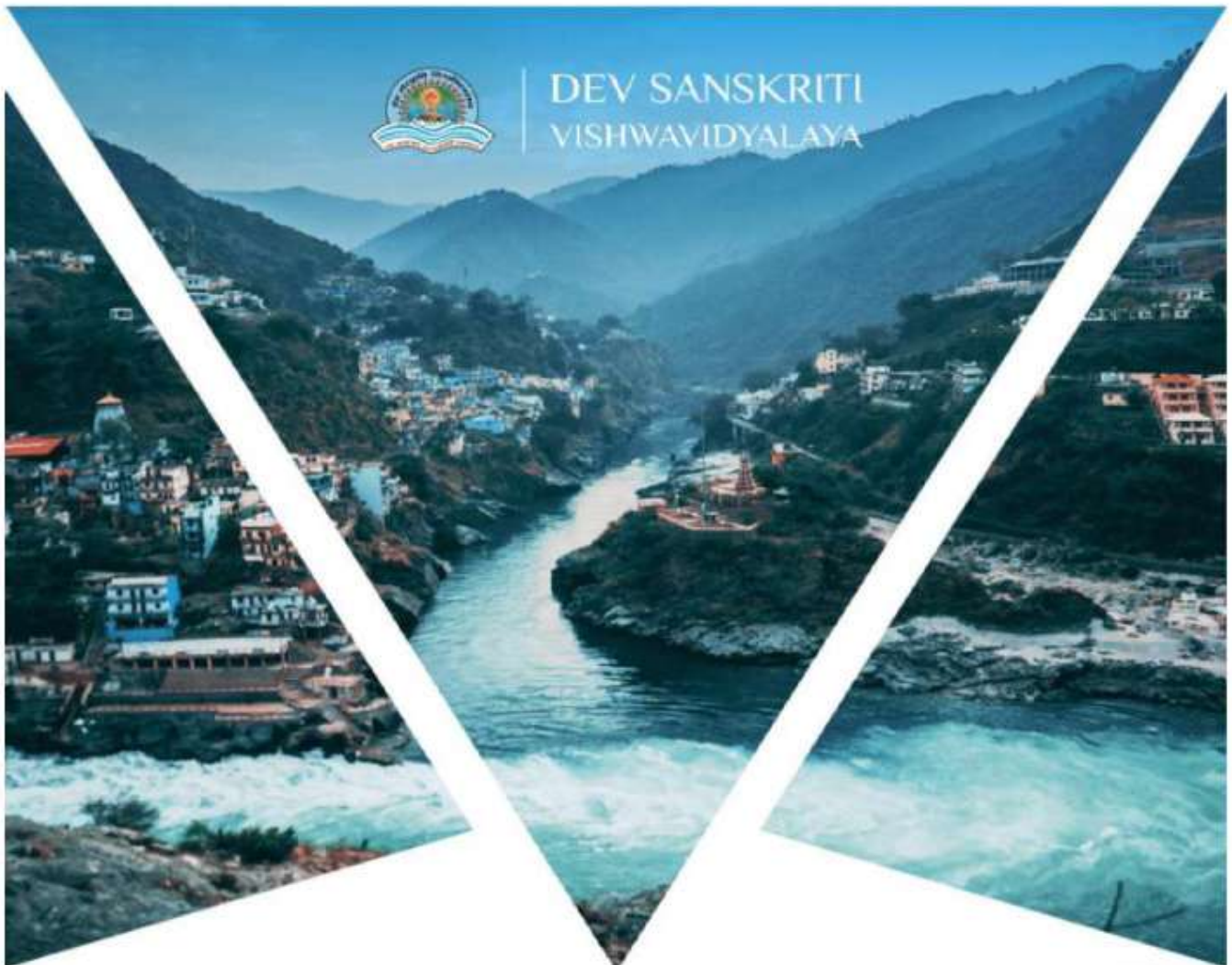
The increase in population causes an increase in the quantity and type of urban and rural wastes. Such wastes are undesirable pollutants to the environment and time could even be a health menace. In recent years, the disposal of organic wastes from domestic, agricultural and industrial sources has caused increasing environmental and economic problems and many different technologies to address this problem have been developed. As far as rural wastes are concerned, there are enormous quantities of organic materials that are not utilized "Vermicomposting technology" is a fast growing one with its pollution free, cost effective and efficient nature. Vermicomposting has been arising as an innovative biotechnology for the conversion of agro-industrial wastes into value added products, which can be utilized for improving the soil structure and fertility in organic farming. 2,350 years ago **Aristotle has said, "Earthworms are intestines of Earth"** only in the twentieth century has the truth in this statement been verified and found correct. He was ahead of our times by two and half of millennia. **Darwin was another one to state "No other creature has contributed to building of Earth as Earthworms.**

Earthworm is physically an aerator, crusher, mixer, chemically a degrader and biologically a stimulator in the decomposer system.

Keywords: Vermicomposting, Earthworms, Biofertilizer, Organic Farming, Eisenia fetida

Introduction

Vermicomposting is as old as life on planet Earth. Michigan biology teacher Mary Appelh of arrive at the idea of Vermicomposting In 1972, she realized she wanted to continue composting in winter months despite living in a northern climate, and ordered 1 pound of red wiggler worms, or Eisenia fetida. She created a shallow bin in her basement, loaded it with bedding and added her food scraps. By the end of winter, they had consumed 65 lbs of garbage and produced worm compost that resulted in impressive vegetables in her garden.



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Importance of environmental communication in Tourism

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Abstract

In the simplest terms, environmental communication is communication about environmental affairs. This includes all of the diverse forms of interpersonal, group, public, organizational, and mediated communication that make up the social debate about environmental issues and problems, and our relationship to the rest of nature. As with communication in general, environmental communication serves two broad social functions. The first is that we use communication to do things. For example, we communicate in order to inform, persuade, educate, and alert others. Similarly, we use communication to organize, argue, reconcile, and negotiate with each other, among other things. In this way, environmental communication is a practical, and indeed essential, tool for action. As such, it deserves careful scrutiny. Environmental crises such as pollution, forest damage, loss of biodiversity, and climate change are the real problems. The environmental changes can impact the social and economic life of the community.

Tourism has become a cornerstone of economic growth and cultural exchange in many regions across the globe. However, the exponential growth of the tourism industry has brought forth significant environmental challenges, threatening the very natural resources that attract tourists in the first place. This abstract explores the crucial role of environmental communication in sustainable tourism development. Effective environmental communication is vital for fostering awareness, education, and engagement among tourists, local communities, and stakeholders. It empowers tourists to make responsible choices and encourages businesses and governments to implement sustainable practices. This paper delves into the multifaceted aspects of environmental communication in tourism, emphasizing its role in mitigating environmental degradation and promoting conservation efforts.

The paper highlights how various communication creative channels, such as signage, digital media, and interpersonal interactions, can be harnessed to disseminate information about the fragility and importance of ecosystems, wildlife conservation, and sustainable tourism practices. It examines successful case studies of destinations that have integrated robust communication strategies into their tourism management plans and the resulting positive impacts on both the environment and the local economies. Moreover, the paper addresses the challenges and obstacles faced in implementing

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Information System Articulation Development - Managing Veracity Attributes and Quantifying Relationship with Readability of Textual Data

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Information System Articulations - Managing Veracity Attributes and Quantifying Relationship with Readability of Textual Data

Completed Research Paper

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Abstract

Often the textual data are either disorganized or misinterpreted because of unstructured Big Data in multiple dimensions. Managing readable textual alphanumeric data and its analytics is challenging. In spatial dimensions, the facts can be ambiguous and inconsistent, posing interpretation and new knowledge discovery challenges. The information can be wordy, erratic, and noisy. The research aims to assimilate the data characteristics through Information System (IS) artefacts that are appropriate to data analytics, especially in application domains that involve big data sources. Data heterogeneity and multidimensionality can make and preclude IS-guided veracity models in the data integration process, including customer analytics services. The veracity of big data thus can impact visualization and value, including knowledge enhancement in the vast amount of textual data qualitatively. The manner the veracity features construed in each schematic, semantic and syntactic attribute dimension in several IS artefacts and relevant documents can enhance the readability of textual data robustly.

Keywords: Big data, veracity attributes, Information system, readability, textual data

Introduction

The value of any data relies on uniqueness and quality, without making judgements on the validity and authenticity, including the readability of textual data. Various authors have interpreted Big Data in different characteristics, popularly in several Vs. Often the textual data are represented in various alphanumeric characters (Kiefer, 2019). The readability of textual data and their interpretability in various documents depend on the quality of words (appropriate vocabularies or text style), sentences, punctuations, grammar, and spell-checked expressions that describe legitimate conceptual and contextual attributes and instances. The information that describes textual data could be from multiple domains and systems, including diverse



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Section 2

Spirituality and Health [Selected Abstracts]

2.1 [PS01-01] A scientific study of sound healing meditation on brain wave

Gayatri Gurvendra; Amrit Lal Gurvendra ; Jigna Kulkarni

Department of Yogic Science, Dev Sanskriti Vishwavidyalaya, Haridwar, India; Department of Complementary and Alternative Medicine, Dev Sanskriti Vishwavidyalaya, Haridwar, India; Nadbrahma Academy of Sound Healing and Garbhsanskar, Rajkot, India

Abstract: Meditation is a technique for resting the mind leading to peace, happiness, bliss and self-realization. There are a large number of meditation techniques in the world. Tibetan singing sound meditation is one such best techniques in which include a harmonies sound. So sound helps to bring harmony on all the aspects of life. Objectives: The objective of the present investigation is to study the “ A scientific study of sound healing meditation on brain wave.” Material and methods: The research method adopted for the study was a quantitative research approach. The research design was a “pre-post research design”. Non-probability quota sampling method was used for the study. 20 samples (25-40 years old) were selected from DevSanskriti Vishwavidyalay, Haridwar. The subjects under the experimental group were made to do a very effective Tibetan singing sound meditation for Recording at 5 minute pre-meditation, 5 minute post-meditation, and during 40 minutes of Singing bowl meditation. EEG recordings using Muse headband for brain waves. Results: following the sound meditation participants re-



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ported significantly less tension, anger, fatigue and depressed mood (all $P < .001$). Brainwaves are electrical patterns produced by synchronized neurons when they communicate with each other. These electrical patterns can be measured using an EEG and have been categorized into different types based on their frequencies: Delta Waves (0.5-3 Hz), Theta Waves (4-7Hz), Alpha Waves (8-14 Hz), Beta Waves (15-30 Hz), Gamma Waves (30-100 Hz). The results show that this 'sound meditation' significant role in reducing the level of mental diseases and the depth of practice, there might be an increase in alpha, theta, and sometimes gamma waves. Conclusion: This indicates that during meditation, the brain transitions from an active, alert state (beta) to a more relaxed, calm state (alpha and theta). In this research we studied five brainwaves and overall found out that alpha brain waves during the practice of meditation is increases which depicts imagination, cognition, learning ability.

Keywords: Sound meditation, Singing bowl, Brain wave.

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2.2 [PS01-02] A study on the effects of Nada-Yoga with Himalayan singing bowls in pregnancy

Jignasha Kulkarni; Gayatri Gurvendra; Amrit Lal Gurvendra; Rahul Dave; Hena Kulkarni

Nadbrahma Academy of Sound Healing and Garbhsanskar, Rajkot, Bharat; Department of Yogic Science, Dev Sanskriti Vishwavidyalaya, Haridwar, Bharat; Department of Complementary and Alternative Medicine, Dev Sanskriti Vishwavidyalaya, Haridwar, India; Shri Santram Garbh Sanskar Kendra Nadiad, Bharat; Nada Brahma Trust, Rajkot, Bharat

Abstract: Aims: This study, conducted at Tapovan : Shri Santram Garbh Sanskar Kendra, Nadiad, Gujarat, Bharat. The research delves into the transformative influence of Nada Yoga, particularly involving Tibetan Singing Bowls, on pregnant women and their unborn children. Ob-



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2.5 [PS01-05] Holistic healing through Tibetan singing bowls: A case study on Helicobacter Pylori disease, insomnia, and anxiety

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Abu Dhabi, United Arab Emirates; Nadbrahma Academy of Sound healing and Garbh-sanskar, Rajkot, India; Department of Yogic Science, Dev Sanskriti Vishwavidyalaya, Haridwar, India; Department of Complementary and Alternative Medicine, Dev Sanskriti Vishwavidyalaya, Haridwar, India

Abstract: This research presents a compelling case study involving the use of Tibetan singing bowls as a therapeutic intervention for healing Helicobacter pylori disease, insomnia, and anxiety in a patient. Medical diagnosis in February 2021 revealed the presence of Helicobacter pylori disease, which lead to anxiety and insomnia due to constant infection for 22 months. Traditional treatments proved insufficient, leading him to seek alternative methods. This study explores the efficacy of sound healing, specifically using Tibetan singing bowls, in resolving his health issues. Objective: The primary aim is to demonstrate how the mind's deep restful meditative state, induced by Tibetan singing bowls, can activate the body's self-healing mechanisms. The study showcases the transformative potential of sound therapy in alleviating ailments such as Helicobacter pylori infection, insomnia, and anxiety. Methods:, The methodology involved the use of Tibetan singing bowls of various sizes to induce brain entrainment. A total of 7 sessions were given to the patient. After just four sessions, patient experienced a significant improvement with 95% reduction in insomnia and 99% reduction in anxiety. After 7th session his system came back in harmony and Helicobacter Pylori Disease, was resolved and all medications were stopped by the patient. The study included blood tests for Helicobacter pylori and liver function, revealing sustained positive outcomes. The before-and-after results of biochemical and serological tests, indicating changes following a certain intervention or treatment. In the Biochemistry Test section, Alanine Aminotransferase (ALT/SGPT) levels decreased from 74 U/L to 18.90 U/L, and Aspartate Aminotransferase (AST/SGOT) levels decreased from 39 U/L to 19.11 U/L, both falling within normal reference ranges (< 41 for ALT/SGPT and < 40 for AST/SGOT). In the SEROLOGY section, the Helicobacter Pylori Antibody test shifted from Positive to Negative status. These changes suggest a positive response to the intervention, with biochemical parameters showing improvement within normal ranges and serological status indicating a favorable outcome. Conclusion: The findings suggest that sound therapy, particularly with Tibetan singing bowls, can induce a meditative restful state, activating the body's self-healing system.



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PM 10 levels for the 5 variants i.e. no Yagya, Yagya with Gomay, Mango, Peepal and Bargad samidhas days It is seen that on any normal day, when Yagya was not done there was around 47% ,49% and 7% reduction in PM 2.5 , PM10 and CO2 respectively at 5.00 PM as compared to that at 9.00 AM in the morning. After Yagya intervention this reduction increased to 81% , 64% and 15% in PM 2.5 , PM10 and CO2 respectively at 5.00 PM. Of all the samidhas Gomay samidhas appeared to be most efficient in reducing the PM. Amongst wood samidhas, it is seen that reduction is maximum in Mango samidhas and minimum in Peepal samidhas. Thus amongst wood, Mango wood appears to be a better option for Yagya samidhas as it reduces PM more than Peepal and Bargad. Though CO2 is produced during the Yagya process its drop percentage was still twice as higher than that of normal day, without Yagya.

Keywords: Yagya, Air purification, Air Pollution, PM emissions, Yagya Samidha.

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2.9 [PS01-10] प्रज्ञायोग साधना (प्रोटोकॉल) का मानसिक स्वास्थ्य पर पड़ने वाले प्रभाव का विवेचनात्मक अध्ययन

Varsha Singh, Gayatri Gurvendra

Department of Yogic Science and Human Consciousness, Dev Sanskriti Vishwavidyalaya, Haridwar, Bharat

Abstract: सारांश : प्रस्तुत शोध कार्य में श्री राम शर्मा आचार्य जी के द्वारा निर्देशित प्रज्ञायोग साधना (प्रोटोकॉल) का मानसिक स्वास्थ्य पर पड़ने वाले प्रभाव का विवेचनात्मक अध्ययन किया गया है। प्रज्ञायोग साधना में प्रातः जागरण से लेकर रात्रि शयन तक आदर्श एवं उत्कृष्ट दिनचर्या का पूर्ण समावेश है | साथ ही ज्ञानयोग, कर्मयोग, भक्तियोग तेनो का सार रूप में समावेश है | ज्ञानयोग के अंतर्गत प्रातः जागरण के समय आत्मबोध एवं रात्रि शयन के समय तत्वबोध की साधना की जाती है | कर्मयोग के अंतर्गत सोलह असनो को रखा गया है | भक्तियोग के अंतर्गत आत्मशोधन, देवपूजन, गायत्री मंत्र का जप, सविता देवता का ध्यान, सूर्यार्ध्य एवं विसर्जन किया जाता है | इस प्रज्ञायोग साधना (प्रोटोकॉल) को हर आयु वर्ग की



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महिलाएं एवं पुरुष कर सकते हैं। यदि व्यक्ति मानसिक रूप से स्वस्थ है तो वह हर समस्या का समाधान निकल सकता है | मानसिक स्वास्थ्यका उनके समग्र स्वास्थ्य पर भी सकारात्मक प्रभाव पड़ता है | अतः प्रस्तुत शोध में प्रज्ञायोग साधना (प्रोटोकॉल) का मानसिक स्वास्थ्य पर पड़ने वाले प्रभाव का विवेचनात्मक अध्ययन किया गया है |

Keywords:(कूट शब्द) प्रज्ञायोग साधना, मानसिक स्वास्थ्य, ज्ञानयोग, कर्मयोग, भक्ति-योग |

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2.10 [PS01-11] An Integrative approach including Panchakarma Therapy, administered in a Spiritual Environment, for the management of multiple complaints including migraine and multiple joint pain - A case study

Alka Mishra; Saurabh Mishra

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Abstract: A case report [1] about a female patient has been presented here, who was suffering from various symptoms associated with Hyperacidity, as well as some other ailments. Based on the principles of Ayurveda, an integrative approach including Panchakarma Therapy, was administered to the patient, in a Spiritual Environment, over a period of 10 days (wherein no therapy was administered on the 4th day). The patient experienced almost complete relief in the symptoms of Hyperacidity like acidic regurgitation and heaviness in abdomen, as well as complete relief in pain in bilateral (B/L) knee joints. Overall, the patient was feeling very good, light, relaxed, and fresh in the mind after the completion of the therapy. Thus, integrative approach including Panchakarma Therapy, administered in a Spiritual Environment, showed encouraging results in the management of symptoms associated with Hyperacidity, as well as some other ailments, in a short duration of time.

Keywords: Hyperacidity, Ayurveda, Panchakarma, Herbal Medicine, Spiritual Environment, Gayatri Mantra.

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2.11 [PS01-12] Effect of listening and contemplation of selected Pragma Songs on virtuous tendencies of school children

Laxmi P. Limbad

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Abstract: Remedial measures to be followed by the assessment of performance and written work were driving the investigator, not only to rectify her own approaches as a teacher, but learners' emotions, attitudes, habits and lifestyle also. This immediate imperative was just like entering into unfathomable water. Rules were forcing to follow the tradition but plight of highly sensitive, honest, underprivileged and laggards, with eyes full of hope and faith were haunting to leave no stone unturned for their holistic empowerment.

Pandit Shree Ram Sharma Acharyaji's insistence on righteousness intensifying urgency for the same, displayed lots of avenues for: "Natmanam avasadayet" and "Uddheret atmanatmanam". This paper is the exploration of it containing efforts for Virtuous Tendencies of school children in the following sections: Section 1. Introduction, Section 2. Righteousness promoted by Pandit Shree Ram Sharma Acharyaji, Section 3. Pragma Song Model and its significance, Section 4. Implications of the Model, Section 5. Conclusion and consistent follow up.

The world has become global family due to communication technology, so it is as if we all; young and old, rich and poor have been standing shoulder to shoulder, close on the top of a hill. Negative emotions, deceitful actions and violence of any one person causing upheaval may fell most of us in the deep valley of manmade disaster. Keeping all this in mind the following Pragma Song Model has been developed for virtuous tendencies of school children with the potential of parental support for personality refinement and development of their wards. A collaboration with parents is bound to develop 3H (Head, Hand and Heart) skills along with multilanguage learning.

Pragma Song Model (Section 3) based on following songs: Hamne Aangan Nahi Buhara, Manuj Devta Bane, Vah Shakti Hame Do Dayanidhi.

3.1 Listening For 3.1.1. Concentration 3.1.2 Sound Perception 3.1.3 Paralanguage 3.1.4 Listening Habit 3.1.5 Listening Comprehension 3.1.6 Interpretation 3.1.7 Performance 3.2 Singing (Solo / Group Wise) 3.3



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Keywords: Psychosomatic disorder, Equanimity 'Samatvam', Pancha Koshas, psycho-immuno-neuro- endocrine system

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2.19 [PS01-20] Study of self-concept and psychological wellbeing among males and females participating in Antah Urja Jagran Satra

Amrita Sharma; Savita Mishra; Kamta Prasad Sahu

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Abstract: The self-concept encompasses the accumulation of self-knowledge, including beliefs about personality traits, physical attributes, abilities, values, goals, and roles. All World Gayatri Pariwar (AWGP) embodies the ethos of "Vasudhaiva Kutumbakam," or "Global Family," rooted in mutual harmony. The Antaha Urja Jagran Satra, organized by AWGP, is a training program where participants immerse themselves in solitude and silence, adhering to prescribed lifestyle practices. Through this spiritual journey, individuals encounter divine experiences that inspire them towards righteousness and reinforce belief in a higher power, guiding them away from wrong paths. The current study focused on 40 participants (12 male, 28 female) undergoing the Antah Urja Jagran Satra at Shantikunj, Haridwar (Uttarakhand), over five days, involving regular yogic practices. Post-test scores revealed a significant impact on both male and female participants' self-concept and psychological well-being, with notably greater improvements observed in females. The study's empirical analysis explored the influence of the Antah Urja Jagran Satra on self-concept and psychological well-being within the context of Shantikunj, Haridwar (Utt.).

Keywords: Antah Urja Jagran Satra; self-concept; psychological



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Section 3

Experimental Spiritual Science [Selected Abstracts]

3.1 [PS02-01] Mudras and Mental well-being

Nikita Bhardwaj, Saumya Bhatt

Department of Psychology, Dev Sanskriti Vishwavidyalaya, Haridwar, India

Abstract: Encapsulated with the ideas of hatred, anxiety, depression, and various other mental illnesses, the human mind's rampant downfall can be considered the biggest adversity of our times (Lombard, 2017). Mental well-being refers to an individual's capability of efficient functioning and subjective quality of life (Keyes et al., 2010), both of which appear to be deteriorating (WHO, 2008) in spite of various advancements in modern society. Despite significant improvement in awareness around the importance of positive mental health, cost-intensive therapies and difficulties accessing mental healthcare services remain significant obstacles (Thieme, 2015). Also, there has been an excessive reliance on Western therapeutic techniques, wherein research has proven the impactful benefits of eastern cost-efficient techniques such as mindfulness (Thieme, 2015), yoga (Kelly and Kelly, 2019), and ayurveda (Mills et al., 2019). Thus, there is a need for a more integrated and culturally-oriented therapeutic approach. The very essence of scientific spirituality is to understand the phenomenology of consciousness through diverse methodologies, some of which are excellent tools for the treatment of a



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variety of illnesses as well as enhancing well-being. Yogic texts describe prana, or vital energy, as the life force essential for all conscious existence (Saraswati, 1977), which runs through 72000 nadis (channels) throughout the body (Saradananda, 2016), interruption to which causes a number of physical and mental illnesses. Mudras are hand gestures used in spiritual practices that help direct the flow of prana (vital energy) in the body. They establish a connection with the brain, engaging substantial areas of the brainstem (Saraswati, 1977), thus allowing access to more subtle causes of an illness. In this paper, we discuss the relevance and importance of mudras using various Yogic texts and existing empirical evidence in the treatment of mental illnesses and the promotion of mental well-being. For example, apan vayu (Sunitha & Sharma, 2020), jnana, and shanmukhi mudra (Gusain & Dauneria, 2016) have been found useful for the treatment of hypertension, anxiety, and stress. Practicing mudras regularly with mindfulness helps balance prana in the body and maintain good health. With further research and integration into mainstream treatment practices, we believe mudras will be highly effective in the treatment of mental illnesses and the promotion of mental well-being.

Keywords: Mental well-being, Mudras, Yoga, Spirituality

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3.2 [PS02-02] चन्द्रमा ध्यान का चिंता पर संभावित प्रभाव- एक विवेचनात्मक अध्ययन

Poonam; Swarnkala Singh

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Abstract: सारांश : चिंता दिन-प्रतिदिन के जीवन में होने वाली आम घटना है। सामान्यतया जब कोई तनावपूर्ण परिस्थिति आती है तो चिंता होना सामान्य है जैसे बहुत सारे लोगों के बीच बोलने में घबराहट होना, परीक्षा को लेकर चिंतित होना आदि। जीवन में सामान्य चिंता आवश्यक है परन्तु अत्यधिक चिंता होने पर दिन-प्रतिदिन की गतिविधियाँ नकारात्मक रूप से प्रभावित होती हैं ऐसे में सामान्य चिंता विकार का रूप ले लेती है [1]। प्रस्तुत शोध अध्ययन में चंद्रमा ध्यान का चिंता पर पड़ने वाले संभावित प्रभावों का विवेचनात्मक अध्ययन किया गया है। चन्द्रमा ध्यान, डॉ. प्रणव पंड्या जी द्वारा दी गयी ध्यान की एक विधि है जिसमें चन्द्रमा की कल्पना के साथ पूर्ण चन्द्र को हृदय में स्थापित करके मन, शरीर, अंतःकरण को शांत, चिंतन को निर्मल बनाने का अभ्यास किया जाता है [2]। पूर्व में हुए शोध अध्ययनों के



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3.5 [PS02-05] Effect of Pragma Yoga on Physical and Mental Health – a Comprehensive Review

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Abstract: After, the Covid-19 pandemic, physical and mental health challenges have emerged globally at large, affecting individuals across various age groups. Reports indicate an increase in stress, anxiety, depression, insomnia, and heart-related problems among the general population. Notably, lingering effects of Covid-19 are evident, particularly in the compromised functioning of the lungs and heart for some individuals, leading to unexpected incidents such as heart attacks in seemingly healthy young individuals during routine activities. Against this backdrop, there is a pressing need to raise awareness about a simple and cost-effective solution – the daily practice of Integrated Yogic Techniques. In this context, the adoption of Pragma Yoga and Pranayama in daily routines may emerge as a vital intervention to restore and maintain pre-Covid-19 levels of health. This comprehensive review delves into the extensive research conducted on Pragma Yoga, a holistic approach to wellbeing developed by Pandit Sriram Sharma Acharya. Drawing from 20 studies available on various platforms, the paper highlights the transformative effects of Pragma Yoga on physical, mental, and spiritual health of variety of samples. The integration of asanas, pranayama, and mantra chanting in Pragma Yoga emerges as a powerful and accessible tool to enhance overall health, promoting physical fitness, mental resilience, emotional stability, and spiritual growth. As society grapples with ongoing and future challenges, Pragma Yoga stands out as a promising practice for individuals seeking a holistic and integrated approach to well-being.

Keywords: Pragma Yoga, Pranayama, Stress, Anxiety, Depression, Covid-19.



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3.7 [PS02-08] संगीत के माध्यम से शारीरिक, मानसिक एवं भावनात्मक विकास एवं वर्तमान में इसकी प्रासंगिकता

Jyotishna Gupta

Eye Care Center, Dev Sanskriti Vishwavidyalaya, Haridwar, India

Abstract: सारांश : संगीत अर्थात् गायन अपनी भावनाओं का प्रस्तुत करने का एक अत्यंत महत्वपूर्ण एवं सरल माध्यम है। क्योंकि हम जैसा संगीत सुनते हैं हमारी मन, मस्तिष्क, शरीर एवं भावना उसी तरह की हो जाती है। यदि हम देश भक्ति का गीत सुनते हैं तो हमारा तन, मन देश भक्ति से ओत-प्रोत हो जाता है। यदि हम अवसाद में दुखी गीत सुनते हैं तो हमारा मन भी और दुखी हो जाता है। संगीत हमारे मानसिक स्वास्थ्य पर बहुत प्रभाव डालता है तथा संगीत के द्वारा मानसिक रोगों का उपचार भी संभव है। (1) संगीत में विचारों के साथ – साथ भावनाओं को छूने की असाधारण क्षमता होती है। इसलिए प. श्रीराम शर्मा आचार्य जी ने संगीत को प्रवचनों की अपेक्षा अधिक प्रभावशाली बताया है। (2) संगीत की कोई भाषा नहीं होती है। इसके महत्त्व को इस बात से भी समझा एवं जाना जा सकता है कि हमारे वेदों के मंत्र छंद मय हैं। सामवेद जोकि स्वयं भगवान श्री कृष्ण के मुख से निकला है वह भी छंद में है, संगीत का प्रभाव मानव के मन मस्तिष्क पर जितनी तीव्रता से होती है शायद ही किसी अन्य से होता होगा। संगीत का प्रभाव ना सिर्फ मानसिक बल्कि शरीर पर भी होता है, संगीत के द्वारा शारीरिक पीड़ा कम होती है (3) यहाँ मैं संगीत के महत्त्व को बताने की कोशिश कर रही हूँ कि संगीत मनुष्य ही नहीं परन्तु सभी के जीवन के लिए अत्यंत महत्त्व पूर्ण है।

Keywords (कूट शब्द): संगीत, शरीर, मन, भावना ।

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3.8 [PS02-10] Role of Naad Yog and Swadhyay in improving emotional health

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Abstract: Emotional health refers to the overall well-being of an individual's emotional state and the ability to manage and cope with life's challenges, stressors, and uncertainties. Psychologists suggest that working on emotional health can help in building resilience to stress, maintaining deeper relationships, having high self esteem and to become more energetic[1]. So it becomes important to find such techniques which can significantly contribute to enhance one's emotional health. Objective of present article was to understand the role of Naad Yoga Sadhana and Swadhyay in improving Emotional Health. Indian scriptures and recent experimental studies related to Naad Yog Sadhana and Swadhyay have been reviewed to fulfil the purpose. Data in most of the experimental studies has been gained through self report methods from the participants and suggest significant effect of these practices on emotional health. Review of Indian Scriptures also advises that the practices can play significant role in improving Emotional Health. Research on the impact of these practices on brain areas related to emotional functioning needs to be done to understand the exact mechanism of these practices.

Keywords: Nada, Naad Yoga Sadhana, Swadhyay, Emotional Health.

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Available from: <https://www.healthline.com/health/emotional-healthbenefits>

3.9 [PS02-11] Description of Amrit Varsha Dhyana and Its effects on Mental Health

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Abstract: Sound health involves various aspects including physical, mental, social and spiritual. Ancient Indian techniques such as Yoga are personalized approaches that assess the overall constitution of a person, and accordingly suggest various techniques for overall well-being. Dhyana is an important Yogic technique whose efficacy in providing overall well-being has been well documented in the Scriptures, as well as modern



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3.8 [PS02-10] Role of Naad Yog and Swadhyay in improving emotional health

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Abstract: Emotional health refers to the overall well-being of an individual's emotional state and the ability to manage and cope with life's challenges, stressors, and uncertainties. Psychologists suggest that working on emotional health can help in building resilience to stress, maintaining deeper relationships, having high self esteem and to become more energetic[1]. So it becomes important to find such techniques which can significantly contribute to enhance one's emotional health. Objective of present article was to understand the role of Naad Yoga Sadhana and Swadhyay in improving Emotional Health. Indian scriptures and recent experimental studies related to Naad Yog Sadhana and Swadhyay have been reviewed to fulfil the purpose. Data in most of the experimental studies has been gained through self report methods from the participants and suggest significant effect of these practices on emotional health. Review of Indian Scriptures also advises that the practices can play significant role in improving Emotional Health. Research on the impact of these practices on brain areas related to emotional functioning needs to be done to understand the exact mechanism of these practices.

Keywords: Nada, Naad Yoga Sadhana, Swadhyay, Emotional Health.

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Available from: <https://www.healthline.com/health/emotional-healthbenefits>

3.9 [PS02-11] Description of Amrit Varsha Dhyana and Its effects on Mental Health

Lalima Batham; Swarnkala Singh

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Abstract: Sound health involves various aspects including physical, mental, social and spiritual. Ancient Indian techniques such as Yoga are personalized approaches that assess the overall constitution of a person, and accordingly suggest various techniques for overall well-being. Dhyana is an important Yogic technique whose efficacy in providing overall well-being has been well documented in the Scriptures, as well as modern



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3.11 [PS02-13] आध्यात्मिक यज्ञ एक आंतरिक परिशोधन

Satish Chandra Kaiwart, Aarti Kaiwart; Krishna Jhare
Dev Sanskriti Vishwavidyalaya, Haridwar, India

Abstract: समस्त भारतवर्ष की सोये हुए प्रसुप्त अंतरात्मा को पुनर्जागरण हेतु ज्ञान एवं विज्ञान की प्रतिष्ठापना करना अत्यंत आवश्यक है। ज्ञान एवं विज्ञान के बल पर ही कोई व्यक्ति या राष्ट्र उन्नति कर सकता है। इन दोनों में से किसी एक की कमी हो तो अधःपतन का आरंभ हो जाता है। ज्ञान और विज्ञान का सर्वोत्तम और उत्तम कार्य यज्ञ में ही समाहित है। आत्मसाक्षात्कार, स्वर्ग का सुख साधन, बंधन और मुक्ति, मन की शुद्धि, पाप संताप और प्रायश्चित्त कर्म, आत्मबल, मनोबल, शरीरबल, इच्छाशक्ति, समग्र स्वास्थ्यवर्धक, आत्मोन्नति, क्रिद्ध-सिद्धि के केन्द्र भी यज्ञ ही थे। यज्ञीय जीवन जीकर किए गए कर्मों वाला जीवन ही श्रेष्ठतम जीवन है। आध्यात्मिक यज्ञीय ज्ञान का अर्थ है विद्या, बुद्धिमत्ता, विवेक, दूरदर्शिता, सद्भावना, उदारता, और न्यायप्रियता जैसे गुणों का समन्वित रूप। श्रीमद्भगवद्गीता के अनुसार आध्यात्मिक यज्ञ के अन्तर्गत देवयज्ञ, ब्रह्मयज्ञ, आत्मयज्ञ, तपयज्ञ, योगयज्ञ, स्वाध्याययज्ञ, ज्ञानयज्ञ, प्राणयज्ञ, संयमयज्ञ, आहारयज्ञ आदि की चर्चा करते हुए यह बताया गया है कि आत्मकल्याण और प्रभुप्राप्ति के मार्ग पर चलते हुए जो भी सत्साधन कार्य में लाए जाते हैं, वे सब यज्ञरूपी ही हैं।¹ (गीता 4/25-30) आचार्य श्री के अनुसार – यह परमार्थप्रियता, परस्पर सहयोग, सद्भावना की वृत्ति, संयम, त्याग, उदारता, धर्मप्रियता, आस्तिकता एवं ईश्वर उपासन की भावना ही यज्ञ का वास्तविक रहस्य है।² मन, बुद्धि, चित्त, अहंकार का अंतःकरण चतुष्टय, दशेन्द्रियां दशेन्द्रियां, प्राणादिकं, आंतरिक संपदाओं को भी जीव जब परमात्मा को इदं न मम – यह मेरा नहीं, जो कुछ है वह सब परमात्मा का ही है। तभी सच्चा यज्ञोद्देश्य प्राप्त होता है।³ उपनिषदों के अनुसार – आध्यात्मिक यज्ञ में आत्मा यज्ञमान, श्रद्धा यज्ञमान की पत्नी, हृदय वेदी, वेद षिखा, वाणी होता, प्राण उद्गाता, चक्षु अध्वर्यु, मन ब्रह्मा, कान आग्नीध्र, तथा मुख आह्वनीय अग्नि है।

Keywords: ज्ञानयज्ञ, यज्ञीय जीवन, आत्मयज्ञ, आध्यात्मिक यज्ञ

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3.12 [PS02-15] मानव शरीर में प्राणमय कोश के महत्व की व्याख्या : एक विवेचनात्मक अध्ययन

Diksha Jamwal; Shilpi Verma

Mohan Lal Sukhadiya University, Udaipur, India; Department of Yogic Science and Human Consciousness, Dev Sanskriti Vishwavidyalaya, Haridwar, India

Abstract: मानवीय चेतना को पांच भागों में विभक्त किया गया है इस विभाजन को पंचकोश कहा जाता है। अन्नमय कोश (फिजिकल बॉडी) का संबंध इंद्रिय चेतना, प्राणमय कोश (इथरिक बॉडी) का संबंध जीवनीशक्ति, मनोमय कोश (एस्ट्रल बॉडी) का संबंध विचार – बुद्धि, विज्ञान – नमय कोश (मेंटल बॉडी) का संबंध अचेतनसत्ता एवं भावप्रवाह तथा आनंदमय कोश (काँजल बॉडी) का संबंध आत्मबोध, आत्मजागृति से किया गया है मानव शरीर का निर्माण अनेक सूक्ष्म कोशिका से मिलकर हुआ कहा जा सकता है। एक कोशिका का मुख्य भाग नाभिक एवं कोशिका द्रव्य होता है। नाभिक समस्त ऊर्जा, प्रकाश, विद्युत, ध्वनि, ताप, चुंबकत्व का केंद्र भाग होता है जिस प्रकार जीवन का केंद्र चेतना में गति रूप में विद्यमान होता है। शरीर में की स्थूलता में व्याप्त ये जाल को ही सूक्ष्म शरीर कहा है। भारतीय योग शास्त्र में इसे प्राण एवं इससे बने सूक्ष्म शरीर को प्राणमय कहा गया है। प्राणमय कोश की जैव विद्युत संस्थान से तुलना की जाती है। इसे विद्युत का भंडार गृह कहा जाता है। इसी विद्युत के द्वारा तंत्रिका तंत्र का कार्य संपन्न होता है। साथ ही रक्तसंचार, श्वास-प्रश्वास, आकुंचन-प्राकुंचन, निमेष-उन्मेष और पाचन-विसर्जन आदि कार्य संपादित होते हैं। प्राणमय कोश की इस अग्नि की द्वारा लौकिक एवं पारलौकिक कार्य संपन्न किए जा सकते हैं। कठोपनिषद में यम के द्वारा नचिकेता को इसी प्राणाग्नि विद्या का प्रशिक्षण दिया गया था। प्राणमय कोश की साधना योगशास्त्र का एक महत्वपूर्ण अंग है जिसमें प्राणायाम, ध्यान, धारणा आदि क्रियाएं सम्मिलित हैं। प्रस्तुत शोध पत्र में प्राणमय कोश की विस्तृत व्याख्या करते हुए मानव शरीर पर महत्व का विवेचनात्मक अध्ययन किया गया है।

Keywords (कूट शब्द): प्राण, प्राणमय कोश



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Sonu Rani, Kamal Kishor

Department of Yogic Science and Human Consciousness, Dev Sanskriti Vishwavidyalaya, Haridwar, India

Abstract: सारांश : भारतीय संस्कृति कर्म-प्रधान है और भाग्यवादी प्रवृत्ति का विरोध करती है। मनुष्य अपने जीवन की असमानताओं के लिए कर्म और भाग्य का सहारा लेता है और कई बार इच्छा पूरी न होने पर भाग्य को दोष देता है। जबकि इंद्रियों द्वारा पुरुषार्थ पूर्वक जो कार्य किया जाता है, वही समयानुसार भाग्य बनता है। पूरे ब्रह्मांड में श्रीमद् भगवद् गीता ही मुख्य ऐसी पुस्तक है जो कर्म-योग के बारे में इतना विस्तार से बताती है। हम कर्म के चयन में स्वतंत्र हैं, परंतु चाहते हैं कि कर्म हम कैसा भी करें पर फल हमारे अनुसार हो, जबकि कर्म हमारे फल को निर्धारित करने में एक महत्वपूर्ण भूमिका निभाते हैं। कर्म और भाग्य की पहली सुलझाने के लिए श्रीमद्भगवद् गीता और योगवासिष्ठ श्रेष्ठ ग्रन्थ हैं, इनका अवलोकन व विश्लेषण करके कर्म और भाग्य सम्बन्धी सिद्धांतों को प्रस्तुत किया जा रहा है। ये सिद्धांत मनुष्य को कर्म की और अग्रसर कर उचित दिशा प्रदान करके श्रेष्ठ जीवन जीने के लिए प्रेरित करते हैं। इस शोध पत्र में कर्म-सिद्धांत को प्रस्तुत कर सामान्य जन के लिए उसे व्यावहारिक रूप में उपयोगी बनाने का प्रयास किया गया है और यह संदेश भी दिया गया है कि मनुष्य को कर्म करके उसके अनुसार फल न मिलने पर निराशा व हतोत्साहित नहीं होना चाहिए, बल्कि अगली बार और अधिक मन, वचन और शरीर से भली प्रकार कर्म करते हुए आगे बढ़ना चाहिए।

Keywords (कूट शब्द): कर्म, भाग्य, श्रीमद्भगवद्गीता, योगवासिष्ठ।



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4.4 [PS03-04] Metamorphosis of consciousness: A psycho-spiritual odyssey through Sanyama in Patanjali's Yoga Sutras

Chitra Kashyap, Santhosh Bishvakarma

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Abstract: Background: This study aims at exploring pragmatic approach to Psycho-spiritual development and consciousness progression through Sanyam as articulated in Patanjali's yoga Sutras, a foundational text in yoga philosophy, transcending the conventional boundaries of physical body and mind. The extensive concept of Sanyama which is mentioned in the third chapter called Vibhuti pada of Yoga Sutras comprise trinity of Dharna (pivotal object of concentration and meditation), Dhyana (Meditation) and Samadhi (Spiritual absorption). Method: In this study, qualitative research approaches and methodologies are employed, meticulous examination of yogic texts especially commentaries on Patanjali's yoga sutras and research studies related to the concept, components and effects of 'Sanyama' is done. Findings: The research reveals that practicing components of Sanyama improves self-awareness, self-regulation, imparts relaxation, provides mental clarity and alleviates symptoms of psychosomatic disorders. It develops personality and spiritual well-being in all dimensions. It creates focused attention, awareness and control resulting in higher states of consciousness and eventually experiencing the real- self. Conclusion: The practice of Sanyama as outlined in the yoga sutras offers a comprehensive framework for psycho-spiritual development and holds the potency to foster a great progressive change in the consciousness which is unequivocal when practiced congruously. This research illuminates this transformative potential of Sanyama which not only eradicates mental disarray and disorders but also facilitates evolution of higher potentials of human personality.

Keywords: Psycho-spiritual, Sanyama, Consciousness, Personality development

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4.5 [PS03-05] Comparative analysis of modern consciousness theories and the ancient eastern concept of Chetna

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Department of Yogic Science and Human Consciousness, Dev Sanskriti Vishwavidyalaya, Haridwar, India

Abstract: The ongoing pursuit to understand the mysterious nature of consciousness has traversed many different fields in philosophy, science, and culture throughout human history. The core of selfhood and ideas of consciousness are profoundly ingrained in Vedantic and Yogic traditions, where consciousness is viewed as a soul and root of life. For the previous six centuries of the contemporary scientific age, the existence of consciousness has remained a mystery since there is a lack of evidence that can be measured by scientific apparatus and instruments. While modern science is well-equipped to assist people in comprehending the principles and facets of life, it also embarks on the quest to identify the origins of these living processes. Since the beginning of consciousness studies in contemporary scientific age, consciousness has been mistakenly understood to be a by-product of the body and brain rather than free existence of it. Though the English translation of the Vedantic and Yogic concepts of "chetna", "cit," or "caitanya" is termed as consciousness, there is still a great deal of disagreement between how modern philosophers and scientists define consciousness and how Indian philosophers, sages, and rishis defined it. Presently, other scientific schools are attempting to communicate the same component of consciousness that our scriptures describe, after nearly five centuries of ongoing research in this topic. As the Eastern and traditional concepts of "cit", "chetna", or "chaitanya" are focused on detailed experiences within, outside of, and beyond the body. By creating conceptions of consciousness theories, contemporary sciences are currently attempting to explain all of these using what they already know and some novel possibilities. Here, a comparative analysis of these convergent approaches is provided in order to better grasp the ideas of "chetna", "cit," and consciousness, as well as the contrasts and similarities between the two paradigms.

Keywords: Consciousness, Chetna, Eastern Concept, Quantum consciousness, Neural correlates of consciousness.

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appear in each birth and one who realizes can continue from the point where he had left the spiritual knowledge in any of the last births. These are so called vasanas or punya karmas of the previous births.

Material activities and their results end with body whereas the work in the devotional service carries the person again to the devotional service even after the loss of the body. The material body likes and gets tuned to the material products of nature whereas spiritual beings like the spiritual knowledge of Supreme Lord for harmony and peace. Thus, the spirituality is a pure science. Our vision and the present knowledge of education is insufficient to understand the transcendental science This paper deals about metaphysical analysis of spiritual education for holistic approach in life.

4.7 [PS03-08] पंच महायज्ञ – आध्यात्मिक परामर्श की एक विधा (Panch Mahayagya – A Mode of Spiritual Counseling)

Aarti Kaiwart; Satish Chandra Kaiwart

Department of Scientific Spirituality Dev Sanskriti Vishwavidyalaya, Haridwar, India

Abstract: सारांश: सनातन हिन्दू धर्म में यज्ञ का बड़ा महत्त्व माना गया है, यज्ञ भारतीय संस्कृति का आदि प्रतीक है। यज्ञ के बिना हमारे दैनिक जीवन की कल्पना भी नहीं की जा सकती। महर्षि दयानन्द ने दैनिक जीवन को सफल बनाने के लिए पञ्च महायज्ञ को आवश्यक बताते हुए विस्तार से इसका वर्णन सत्यार्थप्रकाश में किया है।[1] मत्स्य पुराण में भी कहा गया है कि निष्काम भाव से यज्ञ करने वाले को निश्चय ही परब्रह्म की प्राप्ति होती है।[2] पं. श्रीराम शर्मा आचार्य के अनुसार पञ्च महायज्ञ करते हुए यज्ञशिष्ट भोगकर, निष्पाप और भगवद् प्राप्ति योग्य बना जा सकता है।[3] मनुस्मृति के अनुसार गृहस्थाश्रम में दैनिक कार्यों को करते हुए मनुष्य जाने-अनजाने पापकर्म कर बैठता है जिसका प्रायश्चित्त सत्कामों के द्वारा संभव है इन सत्कर्मों को ही मनु ने पञ्च महायज्ञ कहा है।[4] अतः प्राणियों के लिए यह अति आवश्यक है। इसी प्रकार आध्यात्मिक परामर्श की विधा आंतरिक परिवर्तन का मार्ग प्रशस्त करती है और पञ्च महायज्ञ की प्रेरणाएं आध्यात्मिक परामर्श के रूप में व्यक्तिगत विकास, उपचार और आस-पास की दुनिया की बेहतर समझ की दिशा में मार्गदर्शन करती है।[5] पंडित श्री राम शर्मा आचार्य जी ने अपने कई साहित्यों में, वांगमय में एवं अखंड ज्योति मासिक पत्रिका के कई अंकों में पञ्च महायज्ञ का वर्णन किया है, यज्ञ पिता गायत्री माता कहकर इसे मानवीय जीवन की आवश्यकता बतलाया है।

Keywords (कूट शब्द): पञ्च महायज्ञ, आध्यात्मिक परामर्श, यज्ञ, श्री राम शर्मा आचार्य

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4.8 [PS03-09] उपनयन संस्कार- एक बहुआयामी अध्ययन

Anchal Awasthi

Department of Philosophy, Religious Studies and Divinity, Dev Sanskriti Vishwavidyalaya, Haridwar, Bharat

Abstract: सारांश : उपनयन संस्कार का धार्मिक, सामाजिक, व्यक्तिगत, मनोवैज्ञानिक, वैज्ञानिक और आध्यात्मिक आयामों में बहुत महत्व है। धार्मिक पक्ष से, यह एक नई यात्रा का प्रतीक है, जो शास्त्रों के अध्ययन के माध्यम से आध्यात्मिक ज्ञान की खोज को दर्शाता है [1, 2]। यह द्विविधता का चिह्न है [3]। सामाजिक रूप से, यह सामाजिक बंधनों, संस्कृतिक परंपराओं और एक साझा पहचान को मजबूत करता है, जो एक बड़े सामाजिक ढांचे के भीतर व्यक्ति की भूमिका पर जोर देता है। व्यक्तिगत स्तर पर, उपनयन संस्कार शिशु अवस्था से युवावस्था में प्रवेश, नैतिक मूल्यों और जिम्मेदारी की भावना को दर्शाता है। मनोवैज्ञानिक रूप से, यह संस्कार व्यक्तिगत विकास में योगदान देता है। आध्यात्मिक रूप से, उपनयन परमात्मा से संबंध का प्रतीक है, जो एक उच्च उद्देश्य के प्रति प्रतिबद्धता को दर्शाता है [4]। यह शोधपत्र का उद्देश्य हिंदू परंपरा के अंतर्गत व्यक्तिगत तथा समाज पर विभिन्न आयामों में गहन प्रभाव डालने वा लेने के उपनयन संस्कार से जुड़े विभिन्न पहलुओं का अन्वेषण व अध्ययन करना है।

Keywords (कूट शब्द): उपनयन, यज्ञपवित, जनेऊ, संस्कार

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4.10 [PS03-11] Importance and Effect of Symbols in Indian Culture

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Abstract: In Indian Culture various Symbols emblems used by Hindu Rishis and Saints are utilized for mass awakening and educating the masses with great Psychological, Social and Spiritual impact. Every Symbol has great Significance and deep meaning in the Sanatan Hindu Religion. These Symbols represent the ‘Bhav Shradha’, Emotional reverence, the Practical Implementation, which is “Kriya” and deep Philosophy, “Gudh Arth” behind them. From Ancient times the Symbols has been utilized as a strong Communicator in transforming the Life, virtues and Behavior of Indians. The Primary Red Color in Indian Culture is used as a Color symbol of high energy, Power, Eternal Love and Compassion specially in the dress and Tilak of Ma Durga, and use of red rose in the ritual clearly indicate the immense power and energy. The Swastik is a shape Symbol and is very important and is used in all Hindu Rituals which denotes the 4 pillars of Indian Spirituality Dharm, Arth, Kam and Maoksha. It also denotes Progress, Transformation, Security and Holistic Well being. It’s the symbol of Lord Ganesha. The Devi Devta or Gods and Goddesses symbolize particular Virtue, Quality and Power and it is believed in Hindu Culture that their Powers do exist in the subtle world. The Symbols in Indian Culture have great Scientific Spiritual meanings and our Rishis have designed them with great aim vision and practicality. And if we are able to know and understand about the deep rooted meanings of these emblems and symbols then their usability can enhance our well being in all respects.

Keywords: Swastik, Bhav Shradha, Dharm, Arth, Kam and Maoksha, Devta

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4.11 [PS03-12] Scientific Spirituality: The Religion for Global Thought Transformation

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Abstract: In light of the growing popularity of the “Spiritual but Not Religious” (SBNR) phenomena, drawing on the discourses by several scholars of the field and a broad spectrum of interdisciplinary insights on religion and spirituality, the paper argues that they are not mutually exclusive. Further, an attempt is made at proposing a promising alternative to overcome the dichotomy between the ‘emic’ and the ‘etic’ perspective towards religion by introducing the concept of “Scientific Spirituality” as advocated by Pt. Shriram Sharma Acharya. This confluence of science and spirituality appeals all as it bridges the misconstrued gap between science and spirituality, accentuating their complementary rather than contradictory relationship. This science of spirituality is viewed in an interdisciplinary perspective, considering it as an ultimate domain of psychology. The paper also throws some light on the praxis: processes by which Scientific Spirituality is being operationalized, institutionalized, and propagated to the masses through the works of the All World Gayatri Pariwar (AWGP), redefining religion for many. The paper finally concludes that every religion has scientific spirituality at its roots, beyond all the dogmas and forms, and shares the same destination. Understanding its importance is the need of the hour to save the glory of humanity which lies endangered today at the hands of intolerance, terrorism, and several other social evils.

Keywords: Scientific Spirituality, Religion, Pt. Shriram Sharma Acharya, SBNR, AWGP.

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5.3 [PS03-15] आँवला नवमी (भारतीय संस्कृति का पर्व / त्यौहार) का ज्ञान विज्ञान – व्यक्तिगत एवं वैश्विक समस्याओं के समाधान की दृष्टि से

Saurabh Mishra; Alka Mishra

Department of Career Support, Guidance and Progression, Dev Sanskriti Vishwavidyalaya, Haridwar, India; Department of Ayurveda and Holistic Health, Dev Sanskriti Vishwavidyalaya, Haridwar, India

Abstract: सारांश : वर्तमान समय में विभिन्न कारणों से जैसे अस्त-व्यस्त जीवनचर्या, प्राकृतिक खाद्य-पदार्थों एवं जड़ीबूटियों का सेवन न करने, प्रकृति के सम्पर्क में न रहने, आदि के कारण मनुष्य समाज विभिन्न प्रकार के शारीरिक, मानसिक एवं आध्यात्मिक रोगों से ग्रसित देखा जाता है। साथ ही संकीर्णतायुक्त भौतिकवादी मानसिकता, असहिष्णुता, प्रकृति का अत्यधिक दोहन, हरीतिमा के विनाश, आदि के कारण वैश्विक स्तर पर पर्यावरण प्रदूषण जैसी विकराल समस्याएँ मानव जाति के समक्ष हैं। प्राचीन भारतीय संस्कृति में, जहाँ मनुष्य समाज में समस्त प्राणी जगत के प्रति भाव-सम्बेदनाओं की बहुलता थी, वहाँ इस प्रकार की समस्याएँ दृष्टिगोचर नहीं होती थीं। इस भावना को संस्कृति का अंग बनाने के लिए प्राचीन भारतीय ऋषियों ने सामाजिक परिदृश्य में कई पद्धतियाँ प्रचलित करी थीं, जिनमें से एक महत्वपूर्ण पद्धति थी – पर्व / त्यौहार। पर्व / त्यौहार के द्वारा जीवन में सरसता, सामूहिकता, आदि का संचार तो होता ही था, साथ ही मनुष्यों को आदर्शवादी बनाने, प्रकृति एवं प्राणीमात्र के प्रति उनकी भाव सम्बेदनाएँ जगाने की भी प्रेरणा इनमें सन्निहित रहती थी। अतः वर्तमान समय में भी पर्व / त्यौहार के ज्ञान विज्ञान को समझ कर, इनके द्वारा व्यक्तिगत एवं वैश्विक समस्याओं के समाधान का मार्ग खोजा जा सकता है। इसी भाव के अंतर्गत, वर्तमान शोध पत्र में 'आँवला नवमी' के ज्ञान विज्ञान का विवेचन किया गया। 'आँवला नवमी' में आँवले के पेड़ का पूजन किया जाता है। पूजन प्रक्रिया में विभिन्न उत्कृष्ट प्रेरणाएँ सन्निहित हैं जैसे हरीतिमा सम्बर्धन का महत्व समझना एवं इसके प्रति संकल्पित होना; स्वास्थ्य सम्बर्धन हेतु औषधीय जड़ीबूटियों का सेवन; सहकारिता एवं सरसता के साथ मिलजुल कर पूजन करना। साथ ही, प्रकृति के संरक्षण एवं सम्बर्धन में महिलाओं की महती भूमिका, जिनमें भाव सम्बेदनाओं की बहुलता पाई जाती है – इस भाव को वर्तमान समय के कल्चरल ईकोफेमिनिज़्म (cultural ecofeminism) के शोधार्थियों ने भी अनुभव किया है। इस प्रकार, 'आँवला नवमी' के ज्ञान विज्ञान को समझ कर इसे अपनाने से विभिन्न समस्याओं के निराकरण में सहयोग मिल सकता है।

Keywords (कूट शब्द): आँवला नवमी, भारतीय संस्कृति, पर्व, त्यौहार, ज्ञान विज्ञान, पर्यावरण संरक्षण, स्वास्थ्य सम्बर्धन, कल्चरल ईकोफेमिनिज़्म (cultural ecofeminism)

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Section 6

Spirituality in Humanities & Social Science [Selected Abstracts]

6.1 [PS03-16] संस्कृति पुरुष के रूप में पंडित श्रीराम शर्मा आचार्य जी के साहित्य एवं जीवन चरित्र का विश्लेषण

Madhu Singh; Ipsit Pratap Singh; Ashish Kumar
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Abstract: सारांश : पंडित श्रीराम शर्मा आचार्य जी, एक ऐसे विद्वान और साधुता के परिचायक थे, जिन्होंने अपने जीवन में संस्कृति को पुनर्निर्माण करने के लिए अपनी भूमिका निभाई। उनका साहित्य और जीवन चरित्र, दोनों ही एक अद्वितीय संबंध से जुड़े हुए हैं जो एक सुप्रसिद्ध विद्वान और धार्मिक आचार्य की पहचान बनाते हैं। इस शोध पत्र के माध्यम से शोधार्थियों ने उनके साहित्य और जीवन चरित्र का एक विश्लेषण किया है। पंडित श्रीराम शर्मा आचार्य जी के साहित्य और जीवन चरित्र का विश्लेषण हमें उनके योगदान की महत्वपूर्णता को समझने में मदद करता है। उनका साहित्य और जीवन उनकी संस्कृति प्रेम और धर्म समर्पण की अद्वितीयता को प्रकट करते हैं, जिससे समाज को एक नई दिशा मिलती है। इस शोध पत्र के माध्यम से उनकी शिक्षाओं और उनके भारतीय संस्कृति के प्रति समर्पण को नये दृष्टिकोण से उजागर करने का प्रयास किया गया है।



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Vivek Kumar Subudhi; Krishna Jhare

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Abstract: सारांश: प्राचीन समय में छात्र के बुद्धि विकास प्रक्रिया के प्रारंभ होते ही गुरुकुल शिक्षा का जीवन में समावेश हो जाता था। जहाँ शिक्षा के उद्देश्य व्यक्तित्व के समग्र विकास हेतु योग्य गुरु के सानिध्य में छात्र का शिक्षण कार्य आरंभ होता था। पंडित श्रीराम शर्मा आचार्य जी ने अपने साहित्य में प्राचीन गुरुकुलों का विशेष श्रेय छात्र के बौद्धिक प्रतिभा और उदात्त भावना के विकास हेतु बताया है। समाज को ऊर्ध्वगामी बनाने में शक्ति और प्रतिभा विकास के लिए गुरुकुलों की शिक्षा पद्धति प्रक्रिया की भूमिका की महत्ता को बताया गया है। शिक्षा की एक आदर्श प्रणाली द्वारा बुद्धि और प्रतिभा विकास संभव थाए जो वर्तमान में भी अत्यधिक प्रासंगिक है। उदात्त चरित्र एवं ज्ञान की परिपक्वता और सांसारिक जीवन समस्याओं से संघर्ष की क्षमता गुरुकुलों की शिक्षा की देन है। व्यक्तित्व में ओजस्विता, प्रखरता, तेजस्विता, बौद्धिक शक्ति, और गंभीरता जैसी विशेषताओं को गुरुकुल शिक्षण पद्धति की परिणति बताया गया है। छात्र के गुणवान और ज्ञानवान होने के साथ-साथ शक्तिपुंज बनने के लिए गुरुकुलों में स्वाध्याय और साधना द्वारा आत्मज्ञान की अनुभूति जैसे मार्ग भी पंडित श्रीराम शर्मा आचार्य जी के साहित्य में उल्लिखित हैं।

Keywords (कूट शब्द) : उदात्त भावनाएँ, शक्तिपुंज, आत्मज्ञान व परिणति

6.3 [PS03-18] अश्वमेध यज्ञ – लौकिक संस्कृत साहित्य के परिप्रेक्ष्य में

Sangeeta Kumari

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Abstract: सारांश : यज्ञ भारत की एक मान्य एवं प्राचीनतम वैदिक उपासना है तथा यह भारतीय संस्कृति का पिता है। इसी कारणवश वैदिक साहित्य के साथ-साथ लौकिक संस्कृत



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साहित्य में भी यज्ञीय अवधारणा अपने सुन्दरतम एवं मधुरतम रूप में अभिव्यक्त हुई है। वस्तुतः प्राचीन काल में साधारण यज्ञ आंतरिक परिष्कार एवं आत्मशुद्धि में महत्वपूर्ण भूमिका निभाते थे और महायज्ञ सामाजिक जीवन को शुद्ध करने के लिए किये जाते थे। परंतु जब राष्ट्र एवं पर्यावरण के संपूर्ण नवनिर्माण की आवश्यकता हुई तो विश्व स्तर पर अश्वमेध यज्ञ की परंपरा प्रारंभ हुई। अश्वमेध राष्ट्र की सुख, शांति और समृद्धि बढ़ाने वाला एक भव्य आध्यात्मिक प्रयोग है। पं० श्रीराम शर्मा आचार्य के अनुसार, “ 'अश्व' समाज में बड़े पैमाने पर बुराइयों का प्रतीक है और 'मेधा' सभी बुराइयों और अपनी जड़ों से दोष के उन्मूलन का संकेत है। अश्वमेध यज्ञ पारिस्थितिकी संतुलन और आध्यात्मिक वातावरण की शुद्धि के लिए गायत्री मंत्र से जुड़ा है।” तैत्तिरीय ब्राह्मण के अनुसार भी अश्वमेध यज्ञ राष्ट्र-निर्माण में सहायता करता है।

Keywords (कूट शब्द) : अश्वमेध यज्ञ, लौकिक संस्कृत साहित्य

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6.4 [PS03-20] Presenting the outreach of 'Garbhotsav Sanskar' movement aimed at cultivating well-cultured generation

Gayatri Sharma; Ritu Singh; Nishchhal Rai

Aao Gadhe Sanskarwan Pidhi, Shantikunj, Haridwar, India; Department of Career Support, Guidance and Progression, Dev Sanskriti Vishwavidyalaya, Haridwar, India

Abstract: In the present times, it is believed that socio-economic context plays an important role in the shaping of a generation [1]. For example, the identity of Generation Z [1] and Generation Alpha [2] are significantly affected by various socio-economic factors like the digital age, COVID pandemic, anxiety associated with climate change, etc.; these factors have resulted in behavioural health crises including various kinds of mental disorders, living in virtual-reality instead of real-life human relationships, excessive dependency on social media, etc. A deep dive into the possible root causes for the above-mentioned personality traits reveals that the upbringing of future generations in modern Indian and Western culture focuses only on physical fitness and health, rather than mental, spiritual, emotional and moral values [3]. Thus, the solution suggested in this regard is: what if a way is devised to program the foetal brain to get a well-mannered, intelligent, talented child with divine qualities? If this opportunity can be tapped by bringing integrity between mother and child to inculcate the physical, mental, social, psychological, moral and spiritual well-being of the child even before birth, then a planned baby can be created [3]. The



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procedure given by the ancient sages for achieving this change is called Sanskar [3]. The literal meaning of the word Sanskar is to make good, to refine, to purify, to sanctify, to make beautiful and useful, to remove defects and negativity in an object, to establish its good qualities and to give it a new cultured form. Looking at the circumstances of the present life, the founder of All World Gayatri Pariwar, Vedmurti Taponisth Pandit Sriram Sharma Acharya ji, has combined the benefits, education and scientific knowledge of Garbhadhana, Punsavan and Seemantonayan sanskars and created a universal name 'Gabhotsav Sanskar'. It is the psychological, social and spiritual education of the science of pregnancy, a subtle culture, a resolution-making event, which in the presence of close friends is imbued with a supernatural sacred atmosphere and spiritual feelings. It is a way to draw the attention of the expectant mother, the father of the unborn child and all family members to the physical, mental, emotional, social and spiritual well-being of the unborn baby. For the past several years, 'Garbhotsav Sanskar' has been propagated worldwide under the 'Aao Gadhe Sanskarwan Pidhi' movement of Shantikunj, Haridwar. The present paper is a compilation of various efforts undertaken in this regard. The strategy included 4 parts: Public awareness work, Training of trainers, Induction of pregnant women and Garbhotsav Sanskar function. The major achievement is success in introducing new ideas in a way that is accessible, digestible, acceptable and understandable to the learned people. Several universities and educational institutions have included it in their curriculum.

Keywords: Garbhotsav Sanskar, All World Gayatri Pariwar

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6.5 [PS03–21] वर्तमान वैश्विक समस्याओं का एक महत्वपूर्ण समाधान – माता भगवती देवी शर्मा का जीवन वैशिष्ट्य : मातृत्व के विशेष संदर्भ में

Saurabh Shrivastava; Krishna Jhare

Department of Theology and Divinity, Dev Sanskriti Vishwavidyalaya, Haridwar, India

Abstract: सारांश : वर्तमान समय में व्याप्त विभिन्न विभीषिकाओं का मूल अनैतिकतायुक्त संकीर्ण भौतिकवादी मानसिकता को माना जा सकता है, एवं इसका निराकरण भाव संवेदनाओं



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act? To this Lord Krishna explains that the one whose mental attitude is free of desire and hatred in the middle of pleasure and pain is the one who can be considered wise and sthita prajna (stable emotionally). In Bhagavad Gita Lord Krishna also states that to arrive at the state of sthitaprajna, person has to give up all desires that arise in their mind and they need to be satisfied with their atman. It also mentions the role of Karma, jnana and dhyana to attain this state, along with this it also explains how we can beyond the level of cognition and emotion if we manage our desires appropriately. If we inculcate the way Gita in our lives on daily basis then it will help us and show us a path to attain emotional balance by practice of yoga like karma, jnana, bhakti and raja yoga as well as learning to manage our desires appropriately to attain the level of emotional balance in our lives.

Keywords: Sthitaprajna, Karma, jnana, Bhagavad Gita, emotional balance, desire

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6.7 [PS03–24] The role of spiritual tourism in development process: concepts and applications

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Abstract: Spirituality means the knowledge of soul, and a way to discover oneself. In the same way spirituality gives importance to religion and culture and by getting aware and maintaining a spiritual balance, person gradually move towards his goal. To look at the essence of spirituality in tourism, all it's stake holders have to broaden their vision to understand spiritual tourism in it's true form. For spiritual tourism, we need to look after our near by surroundings, style of living, truth of life, deeper views of life in a creative manner. Such need to help the development of one's life, able to understand the creative forces, know about the universe and to experience the mysteries of universe proves the emergence of spiritual tourism. Ever since the man was born, the science of fundamental powers has been going on, all these energies, spiritual activities and natural elements and it's resources creates a mystical environment, which always looks new to the world. But the reality is that, we carry these energies inside us. And to feel and experience,



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spiritual tourism is required to develop. A spiritual tourist carries out his journey, studies, understands his life and imposes his own standards. This research paper will develop theoretical and creative models and components of spiritual tourism with comprehensive literature review, which clarifies the tourist to fulfil their inner journey within a spiritual environment.

Keywords: Spirituality, Spiritual tourism, Lifestyle, Management

6.8 [PS03-25] पंडित श्रीराम शर्मा आचार्य द्वारा विवेचित अश्वमेध यज्ञ : जन-संचार का एक अनोखा प्रयोग

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Abstract: सारांश : यज्ञ भारतीय संस्कृति का आदि प्रतीक है। सनातन धर्म में जितनी महानता यज्ञ को दी गई है, उतनी और किसी पद्धति को नहीं दी गयी है। भारतीय संस्कृति में कोई भी शुभ-अशुभ धर्म कार्य यज्ञ के बिना पूर्ण नहीं माना जाता। वेदों के सर्वपुरातन ग्रंथ ऋग्वेद का प्रथम मंत्र ही अग्नि के रूप में इसके स्वरूप की प्रार्थना के साथ शुरु होता है, जिसमें अग्नि को पुरोहित की संज्ञा दी गई है। वैदिक युग से ही गायत्री उपासना के साथ यज्ञ के युग्म को पूरक माना गया। वैदिक संस्कृति में गायत्री को माता एवं यज्ञ को पिता की संज्ञा दी गई है। इसकी सरल और सुबोध प्रेरणाओं में मनुष्य को उदार एवं आदर्श बनाने के सारे तत्व मौजूद हैं। यही कारण है कि उसे भारतीय संस्कृति का पिता कहा गया है। आर्ष ग्रंथों में सबसे ज्यादा महत्वपूर्ण अश्वमेध यज्ञ को माना गया है। सामान्य रूप से अश्वमेध यज्ञ को पशु-बलि से जोड़ा गया है जिसके पुख्ता प्रमाण अत्यंत दुर्लभ है। कथानकों के अनुसार अश्वमेध यज्ञ बाहुबल एवं साम्राज्य को विस्तृत करने के उद्देश्य से किया जाता था। लेकिन विभिन्न ग्रंथों में 'अस' एवं 'व' धातु से बने 'अश्व' शब्द की परिभाषा भिन्न भिन्न है। ऋग्वेद में प्रथम बार प्रयुक्त 'अश्वमेध' का विवरण शतपथ ब्राह्मण, महाभारत के शांतिपर्व एवं महर्षि वाल्मीकि कृत रामायण में पाया जाता है। अखिल विश्व गायत्री परिवार के संस्थापक पंडित श्रीराम शर्मा 'आचार्य' ने अश्वमेध यज्ञ को एक आध्यात्मिक प्रयोग कहा है। उनके विचारों में अश्वमेध यज्ञ का संबंध पारिस्थितिकी संतुलन और आध्यात्मिक वातावरण की शुद्धि से है जिसको गायत्री मंत्र से भी जोड़ा गया है। किन्तु इस शोधकार्य में अश्वमेध यज्ञ की वास्तविक एवं परंपरागत अवधारणा के भेद का स्पष्टीकरण नहीं है। इसका उद्देश्य पंडित श्रीराम शर्मा 'आचार्य' द्वारा अश्वमेध यज्ञ के विस्तृत आयोजनों को जन संचार के माध्यम के रूप में प्रस्तुत करना है। इन आयोजनों के माध्यम से विभिन्न सामयिक परिवर्तनशील विचार, सिद्धांत एवं पद्धति का विस्तार किया जाता है जिस हेतु इन आयोजनों में विचार मंच, यज्ञ शालाएं, साहित्य केंद्र एवं प्रदर्शनीयों को भी सम्मिलित किया जाता है। भारत में यज्ञ, संचार का एक गहन माध्यम रहा है। पंडित श्रीराम शर्मा आचार्य द्वारा प्रदत्त यज्ञ पद्धति में व्यासपीठ पर आसीन पुरोहित द्वारा व्यक्तिगत, पारिवारिक एवं सामाजिक जीवन को श्रेष्ठता की ओर ले जाने वाला ज्ञान प्रदान किया जाता है