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Cavateri Mantra Meditation: A Promising Approach for Enhancing Psychological Capital and Alleviating Psychological Distress

Dr. Anshu K. Srivastava, Dr. Anshu K. Srivastava, Dr. Anshu K. Srivastava, Dr. Anshu K. Srivastava, Dr. Anshu K. Srivastava, Dr. Anshu K. Srivastava, Dr. Anshu K. Srivastava, Dr. Anshu K. Srivastava, Dr. Anshu K. Srivastava, Dr. Anshu K. Srivastava

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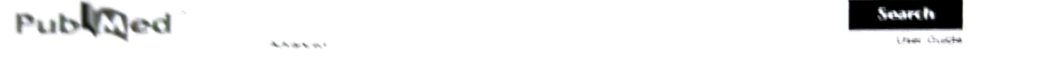
Cavateri Mantra Meditation: A Promising Approach for Enhancing Psychological Capital and Alleviating Psychological Distress

Dr. Anshu K. Srivastava, Dr. Anshu K. Srivastava

Journal Name: The International Journal of Indian Psychology

ABSTRACT

This research explores the transformative potential of Cavateri Mantra Meditation (CMM) in fostering psychological capital (PsyCap) and reducing psychological distress among practitioners. The study investigates the effects of regular CMM practice on enhancing PsyCap components (hope, efficacy, resilience, and optimism) and alleviating symptoms of psychological distress. This study used a longitudinal year-long study design and using convenience sampling to assess the effect of practicing CMM for 30 days on 100 young adults (60 females and 40 males) aged 21-30 years. The research objectives include understanding the underlying mechanisms and its efficacy in promoting mental resources that can be built, enhance one's performance and productivity. The findings of this study revealed that there was a significant reduction in the stress, anxiety, and depression of the participants and an increase in their vitality. Additionally, there was significant improvement in Psychological capital (Hope, Optimism, Resilience, Efficacy) among all participants in 30 days post-intervention. Findings suggest that CMM holds promise as a holistic intervention for developing psychological capital, offering insights for integrating ancient spiritual practices into contemporary positive mental resource building.



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A Cross-sectional Survey to Assess Knowledge, Attitude, and Practice of Yoga among Cancer Patients at a Tertiary Care Hospital

Dr. Anshu K. Srivastava, Dr. Anshu K. Srivastava, Dr. Anshu K. Srivastava, Dr. Anshu K. Srivastava, Dr. Anshu K. Srivastava, Dr. Anshu K. Srivastava, Dr. Anshu K. Srivastava, Dr. Anshu K. Srivastava, Dr. Anshu K. Srivastava, Dr. Anshu K. Srivastava

Journal Name: The International Journal of Indian Psychology

Abstract

Background: Cancer incidence and mortality are rapidly growing worldwide. Cancer affects the overall quality of life of cancer patients. Yoga has its origin in the ancient times. This ancient practice has been used for centuries now being for ages. Yoga as an alternative therapy might be beneficial for cancer patients too. This study was conducted to assess knowledge, attitudes, and yoga practice among cancer patients.

Materials and methods: For this cross-sectional survey, a self-designed questionnaire was validated and distributed among 75 cancer patients for a pilot study. Then a full-fledged study was conducted based on the inclusion of 1000 cancer patients at a tertiary care oncology unit and the data were analyzed using SPSS.

Results: A total of 1000 participants were enrolled in this cross-sectional survey. Out of 1000 participants, 81 were excluded as they responded that they were not familiar with the term 'Yoga'. In the first question of the questionnaire, 69.8% participants, 238 strongly agreed and 385 agreed with the question that people with practice yoga are less prone to diseases, showing that 69.8% of cancer patients have a positive attitude towards yoga. However, only 143 (13.7%) of the participants practice yoga regularly. Lack of time was the most common reason for not practicing yoga, and the other reasons were the lack of interest and insufficient facilities.

Conclusion: The present study on 1000 patients from the yoga center of the world, Nishkesh, highlights the fact that the majority of cancer patients are aware of yoga practice's benefits and if given the opportunity to learn appropriate techniques, yoga can further improve the outcome in such patients. There is a need to design the effective yoga programs for cancer patients to promote suitable yoga practices in the population.

Keywords: Awareness and practice attitude cancer knowledge oncology survey yoga

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Int J Yoga. 2024 Feb 9;16(3):210-218. doi: 10.4103/ijy.ijy_111_23 67

Motivators, Preferences, and Aspirations of University Students about Studying Yoga: A Survey from India

Shirley Telles^{1,2*}, Deepshikha Dal^{1,2}, Kumar Sandhya^{1,2}, Sachin Kumar Sharma¹, Acharya Balkrishna^{1,2}, Indresh Yadav², Chintak Dandya¹, Suresh Kalkrainwal¹, Surendra Kumar Lyari¹, Hariharan Kumar¹

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PMCID: PMC10919404 PMID: 38563644

Abstract

Introduction:
University students' motivators and preferences for yoga as their course of study can influence their future as yoga instructors and therapists.

Materials and Methods:
Six hundred and thirty-six students of both genders (251:385, male: female) from four North Indian universities offering graduate and postgraduate courses in yoga were the respondents to a convenience sampling survey about their preferences and motivators.

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Journal of Integrated Science and Technology

Morphological analysis of metabolically dysregulated spermatozoa using Artificial Intelligence based approach

Figure 1: Morphological analysis of metabolically dysregulated spermatozoa using Artificial Intelligence based approach. The flowchart shows the process starting with 'Spermatozoa' and 'Metabolic Dysregulation', leading to 'AI-based Morphological Analysis', which then results in 'Morphological Parameters' and 'Classification of Spermatozoa'.

Abstract

Background: Spermatozoa morphology is a key indicator of male fertility. Metabolic dysregulation can lead to abnormal sperm morphology, which is often associated with reduced fertility. Artificial Intelligence (AI) offers a promising approach for the automated analysis of sperm morphology.

Objective: This study aims to develop and validate an AI-based approach for the morphological analysis of spermatozoa, specifically focusing on identifying metabolically dysregulated spermatozoa.

Methods: A dataset of spermatozoa images was collected and used to train an AI model. The model was trained to identify and classify spermatozoa based on their morphological parameters. The performance of the model was evaluated using various metrics, including accuracy, precision, and recall.

Results: The AI-based approach demonstrated high accuracy in identifying and classifying spermatozoa, including those with metabolically dysregulated morphology. The model was able to identify specific morphological parameters that were associated with metabolic dysregulation.

Conclusion: The AI-based approach offers a promising and efficient method for the morphological analysis of spermatozoa, particularly for identifying metabolically dysregulated spermatozoa. This approach has the potential to improve the diagnosis and management of male infertility.

Keywords: Artificial Intelligence, Spermatozoa, Morphological Analysis, Metabolic Dysregulation, Male Fertility.

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संगीत में लय का प्रायोगिक स्वरूप: एक विवेचनात्मक अध्ययन

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सार: लय का जीवन में विशेष स्थान है, जीवन के प्रत्येक क्षेत्र में लय का ही महत्व है। सृष्टि की प्रत्येक क्रिया लय पर आधारित है। जीवन एक लयबद्ध आधार पर निर्भर है। लयबद्ध जीवन से ही स्वास्थ्य, सुख शांति एवं जीवन आनन्द संभव है। संगीत की तीनों विधाओं गायन वादन और नृत्य के सम्मिलित स्वरूप को संगीत कहस गया है। जिसके मुख्य तत्व है स्वर और लय। लय संगीत का प्राण है, जिसके अभाव में संगीत निष्प्राण शरीर के सामान है। संगीत की तीनों विधाओं में कलाकार अपनी कुशलता के अनुसार लय का प्रयोग करता है। कलाकार जब अपनी कलात्मकता द्वारा एक लय को आधार मानकर विभिन्न प्रकार की लायकरियों से क्रमबद्ध रूप से प्रस्तुत करता है, और उतनी ही कुशलता से सम या सुखड़ा में मिलता है तब वह उतना ही लयकार समझा जाता है। लयकारी द्वारा केवल चमत्कार प्रदर्शन ही नहीं होता बल्कि आनन्द की वृद्धि भी होती है। प्रत्येक धरानों के लय के अपने नियम है। प्रस्तुत शोध पत्र में संगीत की तीनों विधाओं में लय के प्रयोगिक स्वरूप को प्रस्तुत करने का प्रयास शोधकर्ता द्वारा किया जा रहा है।

कुंजी शब्द: संगीत, प्राण, लय, कलाकार, लयकारी।



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गायत्री परिवार के सप्त आंदोलन में प्रज्ञा संगीत की भूमिका

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सारांश: भारतवर्ष की सारी सभ्यताओं में संगीत का बड़ा महत्व रहा है। धार्मिक एवं सामाजिक परंपराओं में संगीत का प्रचलन प्राचीन काल से रहा है। इस रूप में, संगीत भारतीय संस्कृति की आत्मा मानी जाती है। वेदमूर्ति तपोनिष्ठ पं श्रीराम शर्मा आचार्य जी ने देश, धर्म, समाज, संस्कृति, राष्ट्र एवं विश्व के उत्थान कल्याण के लिए विशेष सात आन्दोलन का सफल संचालन किया इस प्रकार सभी सामाजिक समस्याओं के कारण समाज में विक्रितियाँ उत्पन्न हो रहा है। इसलिए समय रहते इन सभी समस्याओं का उचित समाधान किया जाना आवश्यक है। अतः पं श्रीराम शर्मा आचार्य जी ने संगीत के माध्यम से सप्त आन्दोलन को आधार बनाकर मानव समाज को सही दिशा दिया।

कुंजी शब्द: गायत्री परिवार, सप्त आंदोलन, प्रज्ञा संगीत।

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Integrative Therapy based on Yoga, Ayurveda and Modern Western Medicine for treatment of high-risk cases of COVID-19: A telemedicine-based case series

Bentur, Sumitra A; Mishra, Alka; Kumar, Yogesh; Thakral, Sonika; Sanjiv, Sanjiv; Garg, Rahul

Abstract

We report a telemedicine-based case-series of 30 mild/moderate (classification based on guidelines by Ministry of Health and Family Welfare, Government of India) COVID-19 patients, treated using Integrative Therapy based on Ayurveda, Yoga and Modern Western Medicine, i.e., MWM (allopathy). Cases were high-risk owing to comorbidities like Diabetes Mellitus, Hypertension, Coronary Artery Disease, Ulcerative colitis, Chronic Kidney Disease and/or age above 60. The cases have been categorized into YAS (Yoga-Ayurveda based treatment, with possibly allopathic Supplements: 4 patients), YASP (Yoga-Ayurveda based treatment, with possibly allopathic Supplements and Paracetamol: 6 patients), YAM (Yoga-Ayurveda based treatment, and MWM as adjunct: 6 patients), MYA (first tried MWM, later switched to Yoga-Ayurveda: 14 patients). Based on each patient's symptoms and co-morbidities, a personalized treatment plan including Ayurvedic medicines, Yoga protocol, dietary recommendations and lifestyle modifications was prescribed by a registered Ayurveda doctor and a Yoga consultant. More than half of symptomatic patients started improving within 5 days (90% within 9 days); more than 60% reported at least 90% recovery within 10 days. Six patients with oxygen saturation (SpO₂) below 95%, benefited through Makarasana and Shithiliasana; none progressed to composite endpoints (consisting of admission to Intensive Care Unit, invasive ventilation or death). Considering that approximately 19.3% of the patients with these comorbidities progress to composite end points, the p-value is 7.21 x 10⁻³. The Integrative Therapy, incorporating Yoga and Ayurveda with MWM, may offer an economical, scalable treatment option for COVID-19 by reducing burden on healthcare facilities and preventing risk-exposure of healthcare workers.

Keyword(s)

Ayurveda; COVID-19; Integrative therapy; Yoga

In Silico analysis of Ceruloplasmin alteration in Oral Squamous Cell Carcinoma

Sanjay Arfan
Anil Kumar
Brijesh Bath
Dhruv Kumar

Keywords: Oral squamous cell carcinoma; Ceruloplasmin; In-silico analysis; prognostic marker; cancer therapeutics

Abstract: Oral Squamous Cell Carcinoma (OSCC) is the most common oral cancer, necessitating 50-70% of all cancer system changes in the endometrial stages. The study aimed to analyze the role of ceruloplasmin (CER) in OSCC. In silico analysis of ceruloplasmin (CER) alteration in OSCC was performed using a network-based approach. The study revealed that CER is a key protein in the ceruloplasmin pathway, which is involved in iron metabolism and iron homeostasis. The study also revealed that CER is a key protein in the ceruloplasmin pathway, which is involved in iron metabolism and iron homeostasis.

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Discovering the Gastronomic delights of Uttarakhand - Homestay experiences promoting organic and Pahadi cuisine

May 2023

Authors:

 **Pankaj Singh Chandel**
Dev Sanskriti Vishwavidyalaya

 **Umakant Indolia**
Dev Sanskriti Vishwavidyalaya

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Abstract

Uttarakhand is gathering the attention of a large number of tourists due to its mesmerizing natural beauty and abundance of natural resources, beautiful mountains, rich culture, organic food, & diversity of people of plains and hills, also gaining popularity as homestays in the hills there they get authentic Pahadi food which is usually organic. The term organic refers to the overall system of food production by using methods and techniques which do not harm the environment. Plants, animals & human beings avoid the use of synthetic fertilizers and pesticides and aims for high-quality products. The terms Bio and Eco are used to refer to organic products. The common phrase "The way to a man's heart is through his stomach" Chand Nam Yatra, you can enjoy delicious and nutritious local cuisine. These local cuisines represent Uttarakhand in its self in Uttarakhand, you will be greeted by different aromas coming out from the homes of local people and street vendors and mostly this food is prepared on wood and charcoal. This is the unique thing about this cuisine. These cuisines are unique and also very popular among pilgrims and the people who visit for the purpose of pilgrimage. Some of these cuisines are (Mandua Ki Roti, Badi, Kandalee ka Saag, Phaanu, Bhang Ki Chutney, and Aisa). People are now more concerned about their health they are now adopting organic practices. Uttarakhand is the major producer of organic products this might be one of the reasons for tourist attraction in Uttarakhand. Uttarakhand government has initiated a plan to develop nearly 10,000 organic clusters in the mountain region and the centre has agreed in principle to allocate a budget of 1500 crore to develop 10,000 organic clusters it is a vision of PM Modi to develop Uttarakhand as an organic state so that it can double the income of farmers by 2022. Many organic farming practices are running in Uttarakhand & there are variety of food which is originated through this practices like (Pahadi vegetables Cucumber, Lemon, fruits like Katala, Khumani and many more). Here people are very fond of dairy products so pure dairy products are easily available here like (Milk, Buttermilk, Curd, Cheese, and Butter). Homestay is another thing which is very popular among tourists these days where tourists can live and see the social and cultural lives of local people and it will bring the tourist close to rich culture and cuisine. The state government is planning to develop 1000 individual and village clusters under the homestay scheme and villagers shall be given loans under the Veer Chandra Singh scheme it was decided to start by the end of 2015.

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Journal article: *Journal of Herbs & Spices*, 2023, Vol. 14, No. 12, pp. 118

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Fabrication and shelf life determination of a homeopathic mother tincture.

Abstract

There is a growing global desire for safer and more therapeutically effective drugs, which is leading to an increase in the demand for high-quality formulations. One of the most difficult research difficulties is determining the shelf life of a pure herbal preparation. The goal was to figure out how Mother tincture is made from fresh herbs and how long it lasts (Shelf life). The plant, which was taken from the Department of Medicinal Plants Science, Indigenous Herb Laboratory (SI), belongs to the Cyperaceae family and is a Cyperus rotundus Linn. in taxonomy. The mother tincture was prepared by following homeopathic Pharmacopoeia of India and formulation was evaluated in a glass container under real-time and accelerated stability study conditions as prescribed by ICH. The shelf life of three batches of the product was tested under real-time and accelerated stability research settings, and it was discovered that real-time stored three batches had a longer shelf life than accelerated stability stored items. Product shelf life was 79, 50, 57 in real-time stability research settings and 28, 38, 55 in accelerated stability study conditions for all three batches, respectively. These findings may further broaden the scope of herbal medications, including preformulation and postformulation studies of pure herbal formulations.

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ORIGINAL ARTICLE

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Prevalence and Severity of Premenstrual Syndrome among Young Females in Chhattisgarh, India

Riddhi Sahu^{1*}, Suresh Lal Bamwal¹, Santosh Vishvakarma²

ABSTRACT

Premenstrual syndrome (PMS), often known as premenstrual tension, is a set of physical, psychological, and emotional symptoms that women experience in the luteal phase of menstrual cycle (7–10 days before menstruation). The aim of the present study is to find out the prevalence of PMS in young females quantitative approach with descriptive research design was adopted and study samples was chosen by purposive research sampling. The data were collected from Pt. Ravishankar University through the fourth edition of Menstrual Distress questionnaire published in 2010 by Rudolf H. Moos. The collected data were analyzed by a descriptive statistical method. 500 girls were selected for the study. Who has reached menarche, their menarche were (12.29 ± 1.49) and is between the ages of 18 and 28 (22.81 ± 2.29). The result indicates that 13%, 13.60%, and 11.40% of girls are suffering from mild, moderate, and severe symptoms of PMS. The most affected symptoms were Behavioral changes (7.05 ± 4.57), arousal (7.08 ± 4.06), and negative effects (7.03 ± 4.88). Other symptoms were autonomic reaction (4.96 ± 2.89), water retention (4.88 ± 2.6), pain (5.5 ± 2.54), control (5.5 ± 3.59), and impaired concentration (6.48 ± 5.86). The overall mean was 47.91, with a standard deviation of 13.16, indicating that the majority of the girls experienced some form of menstrual discomfort. PMS has an impact on everyday activities and quality of life. It's also linked to social advancement and financial costs. Hence, there is a need for awareness of PMS and its management.

Keywords: College girls, Menstrual distress, Moos menstrual distress questionnaire, Premenstrual dysphoric disorder, Premenstrual syndrome
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The use of integrative therapy based on Yoga and Ayurveda in the treatment of a high-risk case of COVID-19/SARS-CoV-2 with multiple comorbidities: a case report

Akta Mishra¹, Sumitra A Bentur², Sonika Thakral^{3,4}, Rahul Garg^{5,6,7}, Bhanu Duggal⁸

Affiliations + expand

PMID: 33627186 PMCID: PMC7903378 DOI: 10.1186/s13256-020-02624-1

Abstract

Background: We report a high-risk case of a coronavirus disease 19 (COVID-19)-positive patient with comorbidities including diabetes mellitus (DM), hypertension (HTN), hypothyroidism and chronic kidney disease (CKD), treated successfully using an integrative therapy plan based on Ayurveda and Yoga, along with government-mandated compulsory modern western medicine (MWM) treatment. Recently, some evidence has been emerging on the use of Ayurveda for treatment of COVID-19. The classical texts of Ayurvedic medicine such as Charaka Samhita and Sushruta Samhita contain descriptions of pandemics of similar proportions and describe them as Janapadoddhvansa, meaning the destruction of communities, along with their causes and treatment.

Case presentation: The case reported herein is a 55-year-old man from Delhi, India, with confirmed (tested) COVID-19, who first took MWM for 7 days before seeking integrative therapy. The patient has comorbidities including DM, HTN, hypothyroidism and CKD and had developed symptoms including fever (which was resolved by the time integrative therapy was started), sore throat, dry cough, body aches, weakness, bad taste and smell, and heaviness in the abdomen. Based on the patient's symptoms and comorbidities, a treatment plan including Ayurvedic medicines, Yoga protocol, dietary recommendations and lifestyle modifications was prescribed by a registered Ayurveda doctor and a Yoga consultant. The patient started experiencing improvement in all the symptoms within 2 days after starting the treatment; he reported approximately [Formula: see text] relief from the symptoms after 5 days, and almost complete relief within 9 days. Also, the blood sugar levels (both fasting blood sugar [FBS] and postprandial blood sugar [PPBS]) exhibited significant improvement after 5 days, and decreased to within the normal range within 12 days. Besides relief in symptoms, the patient's real-time reverse transcription polymerase chain reaction (RT-PCR) test done on the 19th day returned negative results.

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AN INTERNATIONAL BILINGUAL PEER REVIEWED REFEREED RESEARCH JOURNAL		

A STUDY OF ENVIRONMENT RELATED COVERAGE IN PRINT MEDIA

Dr. Ajay Bhardwaj
Neha Singh

ABSTRACT

Environment is becoming a major concern for people. It has negative effect on everyone in some way or other because of the human interventions. It is important to address environment related issues in terms of bringing awareness to people through news, programs, events and debates. Print media covering environment news does have impact on a large number of people. More than books and magazines, newspapers are able to reach the readers fast as they are updated and published daily. Issues like pollution, deforestation, mining, and e-waste are some of the obvious problems that people are facing today. The significance of print media is such that it is always available and on daily basis. It depends on how & what ways in the media cover environment issues. In the present research work four newspapers were taken for study. Some noted journalists & environmentalists were interviewed so as to find out their views on environmental problems & their coverage in the contemporary print media. The study shows that environment, no doubt is a big issue but still it is not getting due space in contemporary print media. Media, no doubt, can play a pivotal role in creating environmental awareness among the masses by giving due space to it.

Keywords: Environment, Print media, Issues, People, Problems

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Holistic Therapeutic Approaches for Curing Novel Corona virus : An Overview


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This research paper knuckles down the holistic therapeutic approaches helpful in mitigating the pandemic novel coronavirus (nCoV) through the rational combination of Allopathic, Ayurvedic, and Naturopathic therapies, which may become a boon in fighting against this fatal disease. The present overview is aimed at bringing an innovative and indicative account of the efforts, which have been made so far and should be undertaken, which are based on holistic health conservation practices of different systems of healing. The Allopathic system is based on symptomatic treatments and critical care of the patients. The Ayurvedic and Naturopathic system is based on Vatta, Pata, Kapha, and detoxification of the body. These practices are being followed since ancient times and having preventive, curative, antiaging and immunity modulating potential. The exact molecular biology, mechanism of action, receptor-antigen combinations, genes, and protein functioning, and secondary messaging requires further explorations. The medicinal plants have now emerged as a solution due to its cost-effectiveness, higher therapeutic index (TI), and immunity promoting capabilities. However, the Pharmacognostic identification (PI) of medicinal plant species, mode of administration, dosage form and doses are very significant and should be taken under medical supervision.

Keywords : Allopathy; Ayurveda; Naturopathy; CVDs; LDH

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International Journal of Life science and Pharma Research

Research Article

Pharmacognosy for better Therapy



Organic Agri-Practices and Pharmacognostic Evaluation of Off- Seasoned Cultivated Madhulika: A Wonder Herb

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Abstract: The faulty and mechanical lifestyle is causing various physical, mental and psychosomatic disorders today. It causes approximately 5.8 million death tolls every year in India. Diseases and disorders such as cardiovascular disorders (CVDs), osteoporosis, anaemia, diabetes, obesity and irritable bowel syndrome (IBS) are escalating very rapidly. This research paper explores and unveils the organic agri-practices of the Madhulika (*Eleusine coracana* (L.) Gaertn.) cultivated in off-season along with pharmacognostic evaluation. WHO-GACP and GHPP practices also followed along with organic cultivation practices. Madhulika: a wonder herb, belonging to the Poaceae family was organically cultivated in our herbal field laboratory (no. 4) by our indigenous seeds sown line to line in experimental blocks. The field experimental work was conducted from the first week of October, 2018 to the last week of January, 2019 in the Department of Medicinal Plants Sciences at Dev Sanskriti Vishwavidyalaya, Haridwar (U.K), India. The crop duration was increased during off season cultivation but the yield of the crop remained unaffected. The crop showed a high germination percentage (92%) in off season. The results of different physical evaluation parameters are given as total Ash (4.267 % w/w), Acid-insoluble Ash (0.433 % w/w), Water-soluble Ash (1.666 % w/w), Alcohol soluble extractive (12.8 % w/w) and Water soluble extractive (4 % w/w). On the basis of the findings of the result, it is concluded that the crop was organically cultivated without change in quality and yield even in the off season. The processed products from these organic produce may prove as an elixir in curing lifestyle related health problems. Further, it was found that secondary metabolites are highly biosynthesized during organic agri-practices and resulting in least accumulation of adverse effect precipitating agents.

Keywords: IBS, Osteoporosis, Anaemic, CVDs, GHPP

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Pharmacognostic Evaluation of Organically Cultivated Priyangu : A Wonder Shrub

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This research paper unleashes the pharmacognostic evaluation of organically cultivated Priyangu (*Callicarpa macrophylla* Vahl.) shrub. Priyangu: a wonder shrub, belonging to the Verbenaceae family was organically cultivated in our herbal field laboratory (no.9) by our indigenous seeds, in the Department of Medicinal Plants Sciences of Dev Sanskriti Vishwavidyalaya, Haridwar (U.K), India. The shrub is appraised as highly valuable and most dominating drug for curing chronic and acute disorders and diseases of the body as per prescription of several ethnomedicinal, classical, and modern literatures. The batch to batch variations in qualities of finished formulations conceivably precluded through properly conducting pharmacognostic evaluation of the crude drugs. The organic cultivation promotes the biosynthesis of secondary metabolites (therapeutic metabolites), the preservation and conservation of therapeutic metabolites is nurtured by WHO-GACP (WHO Good agriculture and cultivation practices) and WHO-GHPP (WHO Good harvest and processing practices) practices. The physical parameters evaluation were performed in triplicates (at Shantikunj Pharmacy) and their averages are represented as total Ash (5.674 % w/w), Acid-insoluble Ash (0.618 % w/w), Alcohol soluble extractive (6.173 % w/w) and Water soluble extractive (17.527 % w/w). Keeping in view of efficacy, potency, and safety of the herbal formulation it became essential for properly conducting identification and pharmacognostic evaluation of organically cultivated crude drugs for captivating significant results.

Keywords : Pharmacognosy; Pharmacovigilance; Organic Cultivation; Potency

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AN ALTERNATIVE YOGIC APPROACH FOR MANAGEMENT OF INSECURITY FEELINGS: A NARRATIVE REVIEW

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Abstract:

Everything is transient in this universe. There is no certainty of what will happen after a while. Changes are the eternal law of nature. These changes may or may not be in favor of human being. So there will be a tendency to feel insecure. But when insecurity feelings are exaggerated, it may result in psychological disorders and may decrease the quality of life. The aim of this study is to explore the concept of insecurity and its management approaches and the potentiality of yoga in handling insecurity feelings in various relevant studies. Studies suggest that insecurity feelings can be overcome by yoga as yoga clears the sanskara (subtle imprints of actions) of chitta (subconscious mind), the root cause of psychological problems. This study explores various relevant studies by going through various data repositories such as PubMed, Scopus, Science direct, Google scholar, Shodhganga etc. Finally, it is concluded that yoga could be more effective approach in managing the severity insecurity feelings.

Keywords: Insecurity feelings, Yoga, Inferiority.



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Design SSTL Based Energy Efficient Solar Charge Sensor on FPGA

Chandrashekhar Patel, Sanjeev kumar Sharma, Abhay Saxena



Abstract: In this paper we have designed solar charge sensor which is used to make our battery efficient. Component is designed on Virtex 6 FPGA family and applied frequency scaling techniques. During the experiment, we have used different SSTL 10 families and calculated total power consumption. In our work we have selected class I and class II from SSTL 10 family. For the analysis we have used following range of frequency (20GHz, 40GHz, 60GHz and 80GHz). Firstly, we have worked with SSTL2_1 and reduced total power consumption by 51.53%, in second experiment we have worked with SSTL2_1_DC1 and reduced consumption of power by 47.18%. In third experiment we choose to work with SSTL2_11 and reduced 51.58% in total power consumption. In fourth experiment we opted SSTL15 to standard and downscale the total power consumption by 51.57%. In fifth we have selected SSTL15_DC1 and downscale the power consumption by 49.93%. In sixth experiment we set SSTL18_1_DC1 IO standard and consumption minimize by 48.20% in total power. At the end we have mark to be worked with SSTL18_11_DC1 which is DC1 circuit and found 48.78% reduction in total power consumption.

Keywords: SSTL 10 standard, Low Power, Energy Efficient, 28 nm FPGA

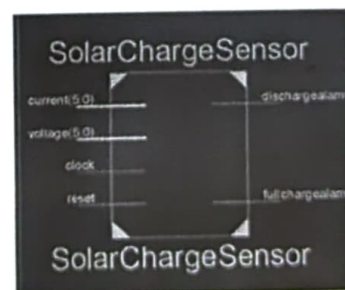


Fig.1 Top Level of Schematic of Solar Charge Sensor

In Fig 1, we have shown Top Level of Schematic of Solar Charge Sensor. This design allow to having the virtual visualization of our FPGA component

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वेबसाइट पत्रकारिता का महत्व, चुनौती एवं प्रबन्धन

□ डॉ० सिमता वशिष्ठ*
आशुतोष कुमार दुबे**

शोध सारांश

वेबसाइट समाचारों के संप्रेषण का सूचना तकनीकी आधारित एक नवीन जनसंचार माध्यम है। इंटरनेट और अन्य सूचना प्रौद्योगिकी उपकरणों की सहायता से वेबसाइट पत्रकारिता का स्वरूप विश्वव्यापी है। वेब आधारित पत्रकारिता के महत्व को देखते हुए विभिन्न परम्परागत मीडिया माध्यमों (जैसे समाचार-पत्र, रेडियो, टीवी आदि) की समाचार वेबसाइटें हैं, जहां से सामाजिक, राजनीतिक, मनोरंजन समेत विभिन्न सूचनाओं को प्राप्त किया जा सकता है। स्वतंत्र रूप से भी स्थानीय, राष्ट्रीय और वैश्विक खबरों के लिए वेबसाइटों का संचालन करना तथा इन वेबसाइटों से समाचारों को मुद्रित, चलचित्रों और वार्डिक तीनों रूपों में प्रेषण किया जाता है। इस नवीन माध्यम के समक्ष फर्जी खबरों, अफवाहों और नियमन जैसी कुछ चुनौतियां भी हैं, जिसके समाधान के लिए प्रबन्धन की आवश्यकता है। इस शोध पत्र में वेबसाइट के महत्व, चुनौतियों और प्रबन्धन पर प्रकाश डाला गया है।

Key words – वेबसाइट, इंटरनेट, प्रबन्धन।

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Direct estimates for certain summation-integral type operators

Alok Kumar and Artee

Communicated by Jose Luis Lopez-Bonilla

MSC 2010 Classifications: Primary 41A25, 26A15, Secondary 41A36, 40A35.

Keywords and phrases: Local approximation, Voronovskaja type theorem, rate of convergence, modulus of continuity, weighted L_p -approximation.

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Abstract. The present article deals with the general family of summation-integral type operators. Here, we introduce and study the Stancu type generalization of the summation-integral type operators defined in (1.1). First, we obtain the moments of the operators and then prove the Voronovskaja type theorem and basic convergence theorem. Next, the rate of convergence and weighted approximation for the above operators are discussed. Then, weighted L_p -approximation and pointwise estimates are studied. Further, we study the A -statistical convergence of these operators. Lastly, we give better estimations of the above operators using King type approach.

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