

Editorial

Born out of a unique vision of the groundbreaking scholar and great visionary, Pandit Shri Ram Sharma Acharaya, Dev Sanskriti Vishwavidyalaya is an educational institution to mould its students into noble and enlightened human beings; selfless, warm-hearted, compassionate and kind individuals. Along with excellent domain focused approach, categorical excellence and a widely knitted outreach connect, the University aims to build individuals with spirituality as their locus of control and help them excel holistically through meticulously designed curriculums and dedicated faculty. One of the primary objectives of the University is to provide education and conduct research in the disciplines of Vedic Culture (Dev Sanskriti) and to provide a proper blend of science and spirituality. This issue of *Dev Sanskriti: Interdisciplinary International Journal* is a welcome addition in the same tradition.

This issue of journal includes contributions from across disciplines like Yoga, Psychology, Scientific Spirituality, Parapsychology, Journalism, Education, Philosophy, Indian culture, Literature and Oriental Studies. The first paper of this issue is dedicated to the concept of *Sankeertan* where Reena Bajpai & Chadraprakash Khokhar, discussed the psychological benefits of yogic practice called *Sankeertan*. They concluded that it is an effective technique to improve the overall adjustment of adolescent girls. The scientific analysis of literature & language was conducted by Karuna Nidhi. Vikas et al, have explored the concept of parapsychological abilities and discussed the various yogic techniques & processes of activation of inner potential.

Monoj Kumar has discussed the root causes of environmental problems and explored the contemporary solutions in Vedic literature. Savita Gahlawat conducted a scientific study and examined the effect of yogic practices on Mental health & Emotional maturity of visually challenged students. This study was conducted on 20 blind students and she found the positive effect of yogic intervention on mental health & emotional maturity. Annapoorna et al, studied the effect of Yoga therapy on anxiety

disorder. Fifteen patients diagnosed as suffering from anxiety disorders aged 20 to 50 years were recruited for the study. They found significant improvement in Medicine & Yoga group while comparing with Medication group and Yoga group. Parapsychological aspect of consciousness in view of Sri Aurobindo was explored by Krishna Chaudhary. In this paper he discussed the four levels of mind i.e. higher mind, illuminated mind, intuitive mind and over mind. *Sādhanā* (Practices), *Swādhyāya* (Self study), *Saṁyam* (Self control) and *Sevā* (Service) are the four important component of Spirituality this was discussed by Pravin Kumar. In this paper he also explored and discussed the scientific impact of these four spiritual practices on personality development. Nirmal Adhikari and Aditya Shukla explore the communication perspective in Hindu philosophy. Mantra or *stotra* recitation is an easy way to self-realization and good health. The practices of mantra can give eternal peace, bliss and immortality. Thirty subjects were taken for the study and they recited *Aaditya Hridaya stotram* for 45 days. The significant positive effect on self-confidence & anxiety was reported by Arun Kumar & Akhileshwar Sao.

Hemadri et al, have discussed the therapeutic value of *Swadhyaya*. *Swadhyaya* is a positive thought input into cognitive area to make it healthy and function properly. It is the art of knowing oneself. Krishna Jhare has explored and discussed the importance of humanistic life vision. The concept and role of *Bhav Samvedana* in thought revolution in special reference of Pt. Shriram Sharma Acharya was explored by Megha Pal.

We heartily congratulate and thank to the reviewers and all the contributors. Hope, this issue of Journal will inspire and generate interest among researchers, educators, policy makers and professionals to understand the significance of Indigenous Knowledge in present era. We also thank all the readers and seek your feedback to make the journal a more effective vehicle in the field of Indigenous knowledge.