



contemporary era. The next paper is a discussion presented by Gayatri Sharma about Garbhotsava Sanskar (Indian traditional ritual) under "Aao Gadhe Sanskarvaan Pedhe" campaign of Shantikunj Haridwar. The author discussed the importance of garbhsanskar and presented the efforts made for social awareness for pregnant women. The seventh paper is by (name of the author). The author Colette Worcester and Chinmay Pandya presented a review of complementary and alternative medicine (CAM) usage and yoga practice in patients with metastatic breast cancer. In the study, the author addressed some geographical and cultural differences in CAM usage, the benefits of yoga for this patient population to improve quality of life, and highlighted study limitations and implementation.

The last paper is a review paper and a part of the series of Exploring the Science of Marma - An Ancient Healing Technique in which Marma in Yoga and Other Ancient Indian Traditions is been studied by authors Alka Mishra and Vandana Shrivastava. The authors explored the use of Marma Science in Yoga and other ancient Indian traditions. It is observed that various Yogic practices had been devised with the primary aim of stimulating specific Marma points, with important healing applications.

We heartily congratulate and thank the reviewers and all the contributors. We hope, this issue of the journal will inspire and generate interest among researchers, educators, policymakers, and professionals to understand the significance of Indigenous Knowledge in the 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. Enjoy reading and enrich yourself. Have a wonderful year ahead!