

Editorial

Dev Sanskriti Interdisciplinary International Journal (DSIIJ), published by Dev Sanskriti University, Haridwar, is successfully continuing to serve one of the primary objectives, i.e., to provide a platform for research on interdisciplinary subjects of Vedic Culture (Dev Sanskriti) and to provide a proper blend of science and spirituality. 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 that molds its students into noble and enlightened human beings: selfless, warm-hearted, compassionate, and kind individuals. 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.

The present volume of the journal includes contributions from across disciplines covering the interdisciplinary subjects of Ancient wisdom. We are delighted to present the following research articles in this issue:

The first research article, by Jekaterina Frolova and Chinmay Pandya, aimed to evaluate the most relaxing audio accompaniment for post-workout relaxation. The study involved ten relaxation sessions with different musical accompaniments, and participants rated their experiences on a relaxation scale. The results showed varying responses among the participants, indicating the influence of audio accompaniment on relaxation. The study highlights the potential of incorporating wind chimes and singing bowls into regular relaxation routines for enhanced well-being.

In the second paper, K.S. Tyagi, D.P. Singh, and Rajive K Gupta discuss the solid waste management challenges faced by urban and semi-urban areas in the country. The authors describe the successful initiative taken at Dev Sanskriti Vishwavidyalaya in Haridwar, where bio-degradable solid waste is converted into valuable vermicompost and handmade paper. The paper emphasizes the potential of vermicomposting in solid waste management, employment generation, and organic

farming with minimal environmental impact.

In the third paper, Priya Patel and Tata Hospital assess the usefulness of mounted display boards of dry human bones as a self-directed learning tool for 1st-year MBBS students studying osteology. The study reveals that the majority of students found the display boards to be interesting and beneficial for various aspects of learning, such as improving presentation skills, thinking ability, and subject comprehension. The paper emphasizes the value of incorporating department-specific display boards into anatomy departments as an educational resource.

Ambika Bhatt, Purnima Srivastava, and Pavan Kumar Yadav present the fourth paper, which explores the significance of River Ganga in Indian culture. The authors discuss how River Ganga represents not only a water body but also a source of divinity deeply rooted in Indian culture. The paper highlights the knowledge and wisdom that can be derived from the Ganga and its impact on society, suggesting that the cognitive, affective, and psychomotor properties of the holy river can be inherited into the education process to foster balanced and well-rounded personalities.

Finally, Alka Mishra and Vandana Shrivastava present the fifth paper, which delves into Marma Science—an extraordinary gem in the vast treasure of Ayurvedic knowledge. The authors explored its application as a therapeutic procedure (Marma Therapy). Different methods of Marma stimulation, classification, applications of Marmas, and mechanisms for the mode of action of Marma Therapy have been reviewed in the paper concluding as an effective therapeutic procedure.

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.