

Editorial

Dev Sanskriti Vishwavidyalaya once again presents you another intriguing volume of the Dev Sanskriti International Interdisciplinary Journal (DSIIJ) with a motive to promote publication of original works in all disciplines dedicated to the indigenous knowledge and culture. This issue also presents a collection of outstanding works from various different fields such as yoga, history, mass communication, spirituality, psychology, education and cultural studies. This unique amalgamation is what makes us distinctive and enjoyable.

Our first article comes from across the border from the Oriental state of China in which Luyan Chen and Fang Lu not only reiterate the significance of yoga and its benefits for the harmonic balance of the mind and body about also point out how it is a medium for cultural exchange between countries with special reference to the India-China Yoga College, Yunnan Minzu University, China.

Our next article by Devendra Kumar and Ravindra Kumar draws our attention towards something that is of immense importance from a historical, cultural, and religious point of view for India- the river Ganga. They throw light on the fact that how mother Ganga has been a symbol of the Indian culture and civilization since time immemorial and how its mention can be found in our various old scriptures and key texts through which they try to encourage us to understand the greatness of this glorious river.

Exploring the globalization and mass media exposure among youth of AWGP, our next paper by Shreepal Chauhan is an empirical study on 100 youth trainees of Shantikunj, Haridwar using an interview schedule. Besides discussing globalization and mass media in detail, the study gives a descriptive analysis of the trends and preferences of the youth regarding both old and

new mass media and social media which are of value.

Moving further we have another interesting paper by Rashmi Sharma discussing the various dimensions of Yoga in Srimadbhagwat. This paper throws light on how Srimadbhagwat beautifully attracts one towards unifying with Shri Krishna through Bhakti as well as Yoga, elucidating the paths of Gyanyoga, Bhaktiyoga, Karmayoga, and Ashtangyoga. This paper encourages one to understand Yoga through Srimadbhagwat and apply it in their lives.

Sukhanandan Singh very beautifully knits the concepts of communication from the Indian perspective with special reference to spiritual Vedic traditions. The paper presses for focusing our attention towards not just explicit but also implicit communication for a holistic approach.

Deepak and Gunjan have shown through their empirical study that the practice of Swadhyay, which is to read, get inspiration and direction for self-upliftment through the lives and thoughts of great personalities, has a positive impact on the mental health of adolescent females.

Dayeong Park through her paper sketches an outline of Ramana Maharshi's life, his teachings with special emphasis on Self-enquiry. She further discusses the theoretical as well as the practical aspects of Self-Enquiry as Meditation and tries to show how it is a valuable and productive meditation technique which can be used to attain Moksha (liberation).

Gayatri Gurvendra and Amrit Gurvendra talk about Srimadbhagwat Gita and its significance in today's times to deal with our daily life stressors and issues. It focuses on all three body, mind, soul; and how yoga also impacts and covers all these three levels. This paper also explains how the Gita is an excellent tool for stress management and self-upliftment.

In another paper related with a famous Indian personality, Oliver and Hall connect Sri Aurobindo's ideas about education and self-education to theories and practices in US Education. They show the interconnections between the thinkers of the East and West broadening the worldview about improving the field of education.

We would like to earnestly thank all our article authors for their valuable contributions towards this issue of the DSIIJ and our respected reviewers without whose cooperation and support this issue wouldn't have been possible. Hope this issue will further interest and inspire you to learn more about the wonderful treasures of our Indigenous knowledge and culture and its significance in today's era. Happy reading!