

## COLUMN

## Editorial

Dev Sanskriti: Interdisciplinary International Journal, published by Dev Sanskriti Vishwavidyalaya, Haridwar, continues to uphold its founding vision—to serve as a platform for research on interdisciplinary subjects grounded in indigenous Indian knowledge systems, with a focus on harmonizing science and spirituality. Rooted in the inspiration of Yugrishi Pandit Shri Ram Sharma Acharya, the journal remains committed to fostering insightful scholarship that contributes meaningfully to individual upliftment and societal transformation.

The current issue features a diverse array of contributions spanning yogic science, philosophy, and Ayurvedic clinical practices—each offering unique insights into ancient Indian wisdom adapted for contemporary relevance.

The first research article by Chinmay Pandya and Jana Koci explores the cultural, historical, and linguistic connections between India and the Czech Republic. Drawing on shared Indo-European roots, historical struggles for freedom, and traditions in festivals and folk arts, the study highlights how both nations embody resilience, moral values, and humanistic principles, fostering cross-cultural bridges through education, craftsmanship, and soft power.

The second research article by Amrita Sharma and Chinmay Pandya examines the effect of Pragya Yoga as a holistic practice on psychological well-being in young adults aged 18-25. Through a pre-post intervention with a control group using the PGI General Well-Being Measure, the findings reveal significant improvements in emotional regulation, self-image, and overall well-being, with notable effect sizes across genders, underscoring Pragya Yoga's potential as a culture-specific mental health resource.

The third article, a perspective written in Hindi by Varsha Singh and Gayatri Gurvendra offers an ana-

lytical reflection on the Pragayog Sadhana Protocol for holistic health as an Indian solution to global problems. It integrates elements of Jnana Yoga, Karma Yoga, and Bhakti Yoga into a daily routine accessible to all ages, emphasizing how physical, mental, and emotional well-being can lead to societal and global harmony, drawing from Vedic and Upanishadic principles.

The fourth article, a perspective by Upasana Sureshbhai Pawar and Yogita Baburao Mandle, presents an understanding of Vedanta Darshan and its conceptual comparison to Ayurveda. It delves into the schools of Vedanta (Advaita, Vishishtadvaita, Dvaita) and their alignment with Ayurvedic goals of moksha through purification of body, mind, and soul, highlighting the role of sattvic ahara and practices like self-inquiry in achieving holistic well-being and spiritual liberation.

The fifth article by Vineet Kumar, Prashant C. Patil, and Parvathy Sreekumar discusses insights into Arishta Lakshan as with respect to Panchindriya. This review correlates Ayurvedic signs of impending death—linked to sensory organs and Dosha imbalances—with modern medical indicators like death rattle and agonal breathing, emphasizing the prognostic value of these ancient observations in contemporary clinical practice.

We express our deep appreciation to all reviewers and contributors for their scholarly dedication and valuable efforts. We hope this issue will encourage deeper engagement with indigenous knowledge systems and inspire further academic inquiry in the fields of yoga, Ayurveda, philosophy, and allied disciplines.

We welcome feedback and suggestions from our readers to continue improving the journal as a meaningful platform for interdisciplinary research rooted in Indian traditions. Enjoy reading and enrich yourself. Have a wonderful year ahead!