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Post-2019 Jammu and Kashmir Scenario: An Overview

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Prof. R.S. Yadav*

Abstract

Presidential order of 5th August 2019 and state reorganisation bill have changed the special status of the Jammu and Kashmir. The aim of the decisions of the government is the complete integration of this region in the Indian mainstream, as well as, to tackle the security threats emanating from its neighbouring states of Pakistan and China. It also aims to establish peace and tranquillity in this area. This area has so many problems to deal with. Like at domestic level, there exists serious trust-deficit between the local people and elites, on the one hand; and among the policy makers at national level, on the other hand. Until and unless such trust-deficit is bridged among all the stakeholders, it will be very difficult to establish peace in the region.

Moreover, the fallout of the policy initiatives have so many questiond to deal with. But it is not possible to answer all these questions in one paper. So this paper presents a general detail about the happenings and the major challenges India is likely to face which will facilitate broader understanding about post-August 2019 scenario in Jammu and Kashmir.

Key Words

Autonomy, Regime, Legal, Integrate, Stability.

* **Prof. R.S.Yadav**, Professor Emeritus Former Dean, Faculty of Social Science & Chairman, Dept. of Political Science, Kurukshetra University, Kurukshetra.

Mitāhāra (Moderation of Food): For Experiencing Happiness

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Muni Kumar Shraman*

Abstract

Mitāhāra (moderation of food) is the key to maintain high rate of metabolism and a healthy digestive system, devoid of stresses. There is a strong connection between food and health. Overeating makes the mind dull. In Jain texts there are mentioned 12 types of austerities. The first is *anśan* means full abstinence from food. Second is partial abstinence from food which is called *ūnodarī*. It is not easy to have complete fasting but one can do *ūnodarī* easily. Ācārya Śrī Bhikṣu has highlighted numerous benefits of the *ūnodarī* in his literary works. It has been suggested that extra quantity of intake of rich food increases the attachment towards body and also hinders the path of salvation. The attachment towards the body can be controlled with the practice of austerities. Austerities develop continual tolerance power and along with that conduct, ecstasy and enlightenment also flourishes. In the Preksha Meditation practice, diet plays an important role. It is said that 'as you eat, so you become'. This is because the kind and quality of food affects the physical as well as mental condition of the individual. Thus, the individual who does not take a proper diet, begins to harm himself both physically and mentally. If moderation of the food is practiced then the body and mind will be healthy. If the body and mind are healthy, then a person will live with happiness.

Key Words

Mitāhāra, Balanced Diet, Penance, *Dharma*, Yoga, Chewing, Foodborne Illness.

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सत्याग्रह: न्याय-शास्त्र का आग्रह

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नन्दकिशोर आचार्य*

सारांशिका

हर व्यवसाय एक मानवीय कर्म है, जिसके कई आयाम होते हैं। वकालत भी एक व्यवसाय है। इस व्यवसाय का सामाजिक प्रयोजन समाज में न्याय को सुनिश्चित करना है। महात्मा गांधी की दृष्टि में न्याय का तात्पर्य है समाज में सत्य के शासन की स्थापना। सत्य का एक अर्थ जहां तथ्यों की प्रामाणिकता है, तो दूसरा अर्थ मानव जीवन को संचालित करने वाले नियम का पालन भी है। महात्मा गांधी वास्तव में कानून की वेदी पर सत्य की बलि देने के बदले सत्य की स्थापना के लिए कानून के हाथों दंडित होना स्वीकार करते हैं और इस दण्ड-स्वीकरण या कष्ट-सहन को 'सत्याग्रह' की संज्ञा दी है। महात्मा गांधी की यह सत्याग्रही दृष्टि दो तरह से प्रतिफलित होती है। एक तो यह कि वे वकील के रूप में तथ्यों की प्रामाणिकता प्रस्तुति पर अत्यन्त बल देते हैं। दूसरा, प्रतिपक्ष के साथ भी अन्याय न हो। इस प्रकार, इस आलेख के माध्यम से महात्मा गांधी के 'सत्याग्रही न्यायशास्त्र' को विविध प्रसंगों के द्वारा प्रस्तुत किया गया है।

मुख्य शब्द

सत्याग्रह, सत्याग्रही न्यायशास्त्र, महात्मा गांधी, ब्रिटिश सरकार, लालूभाई शाह।

* नन्दकिशोर आचार्य, लेखक, प्राकृत भारतीय अकादमी, जयपुर, राजस्थान।

Jains' Role in Origin and Subsequent Development of Number Theory

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Prof. S. Panayappan*

Abstract

A systematic study on Jains' role in origin and subsequent development of number theory is carried out in this paper. Evidences about Jain mathematicians' significant contribution to number theory, by removing religious and ritualistic constraints from Vedic mathematics are exhibited with necessary explanations. Jains' role in invention of zero and their concepts of infinity are also dealt with. Work of Jains in number theory is analyzed under two heads-exclusive class and canonical class.

An in-depth analysis of *Gaṇita Sāra Saṅgraha*, an important text of the exclusive class, is given in the second chapter. This great work was by the celebrated Jain monk Ācārya Mahāvīra of mid-ninth century. This exhibits as an evidence that Jains were the pioneers to introduce the ocean of the knowledge of numbers to the universe. This project unearths the number theory concepts developed by Jains for their cosmological ideas. Further, how number theory influenced the Tamil Jains is discussed. All the findings are summarized in the last chapter and a list of un-recognized results of Jains is also included. The work ends with an outline on further research on Jains' works.

Key Words

Anuyoga, Numerals, Denominators, Asaṅkhyāta, Ananta.

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Impact of Preksha Meditation on Some Role and Relationship Areas of Work Stress of Executives in Metro Cities

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Dr. V.S. Gusain*
Prof. B.P. Gaur**

Abstract

The present investigation was conducted to investigate the influence of Preksha Meditation on role and relationship areas of work of stress of an organization's executives. A sample of 40 subjects was drawn from two branches of Sheela Foam Pvt. Ltd., Delhi N.C.R. and divided into two groups, i.e. experimental and control groups. At the initial stage of the experiment, the subjects of both the groups were found statistically homogeneous on six areas of occupational stress viz. R.O., R.A., R.C., U.G.P.P., R.P. and P.P.R. After two months of their respective treatments, the subjects of the experimental group differed from the control group significantly on all the six dimensions of their occupational stress. Further, compared to their pre-experimental stage, the experimental group subjects improved significantly on the same six dimensions of their occupational stress. The results reveal that two months Preksha Meditation practice is beneficial in reducing the executives' occupational stress.

Key Words

Preksha Meditation, Occupational/Work Stress, Role Stress and Relationship Stress, Executives.

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आयुर्वेद में मन का स्वरूप

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डॉ. सचिन कुमार*

डॉ. अलका देवी**

सारांशिका

ज्ञान का साधन मन ही है। मन ही मनुष्य के बन्धन एवं मुक्ति का कारण है। मनुष्य की सफलता या असफलता का आधार भी मन ही है। मन का स्वास्थ्य ही बन्धन या मोक्ष, सुख या दुःख की स्थिति को निश्चित करता है। स्वास्थ्य का आधार चिकित्सा है। भारतीय ऋषियों ने आयुर्वेद की स्थापना इसी उद्देश्य से की है। आयुर्वेद का उद्देश्य भी दुःखों की आत्यन्तिक निवृत्ति ही है। मन के विषय में भी आयुर्वेद में दर्शनों के विचारों का अवलम्बन किया गया है। शरीर में मन का मुख्य स्थान है। शरीर में होने वाली समस्त क्रियाएं मन से ही प्रभावित होती हैं। मन की उत्पत्ति भी दार्शनिकों ने अहंकार से ही मानी है, वह ज्ञानेन्द्रियों और कर्मेन्द्रियों दोनों के साथ कार्य करता है। इसलिए उसे उभय इन्द्रिय कहा जाता है। लेकिन फिर भी बाह्य इन्द्रियों के द्वारा उसका ग्रहण न होने से उसे इन्द्रियातीत कहा जाता है।

मन का सामान्य अर्थ ज्ञान के साधन के रूप में किया जाता है। वेदों के मंत्रद्रष्टा ऋषि मानव मन के मर्मज्ञ थे। यजुर्वेद में मन को हृदय में रहने वाला आदरणीय तथ्य बताया है। भारतीय चिन्तन धारा के महत्वपूर्ण ग्रन्थ 'उपनिषदों' में भी मन का विस्तृत वर्णन प्राप्त होता है वहाँ अन्न से ही मन का निर्माण होना माना गया है। दर्शनों में मन का कार्य संकल्प और विकल्प माना गया है। दर्शनों के अनुसार मन को त्रिगुणात्मक माना गया है। स्वरूप के आधार पर अधिकतर शास्त्रों में मन को अणुपरिमाण वाला माना गया है। मन के कार्यों का विशद वर्णन सभी दर्शनों, आयुर्वेद एवं उपनिषदों आदि में प्राप्त होता है। साथ ही मन के स्थान के विषय में भी बहुत अधिक चर्चा की गई है। प्रस्तुत आलेख के माध्यम से 'आयुर्वेद में मन के स्वरूप' पर प्रकाश डाला गया है।

मुख्य शब्द

इन्द्रियातीत, मन, आयुर्वेद, स्वास्थ्य, हृदय, अणुपरिमाण, बाह्यकरण एवं अन्तःकरण।

* डॉ. सचिन कुमार, अध्यक्ष, योग-षट्कर्म चिकित्सा एवं रिसर्च विभाग, पतंजलि आयुर्वेद हॉस्पिटल।

** डॉ. अलका देवी, योग प्रशिक्षिका, दि विजडम ग्लोबल स्कूल, हरिद्वार।

***Labdhi* and Mysticism and Their Role in Spiritual Progress**

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Sadhvi Madhyasthprabha*

Abstract

According to Jainism, just as the practice of truth turns the deluded mind and soul into gold i.e. pure, similarly it makes the body too. By the continuous spiritual practices such as *tapa*, *dhyāna* etc. the body, mind and soul are purified, transformed and energized. This awakens the inner powers i.e. *labdhis*. The *labdhis* being mystical and transcendental in nature are seen with wonder. The aspirant should not be struck in there *labdhis* as ultimate attainment of spiritual practices as they are accounted as the cause of downfall and obstacle in further progress of spiritual journey as well as in the attainment of absolute mystical experience.

Key Words

Cāraṇa Labdhi, Kevalajñāna, Intellect, Cognizance, Vaikriya Labdhi.

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Effect of Preksha Meditation in Improving Spiritual Intelligence

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Dr. Chintaharan Betal*

Abstract

Spiritual intelligence is the constitution of highest spiritual qualities, attributes and understanding of an individual which are expressed as peace, purity and love. Keeping in view this important role of spiritual intelligence, the present experimental research problem was undertaken. In this investigation, a 'two-groups', 'multi-level', 'before' and 'after' design was adopted. A sample of fifty subjects was drawn from among the population of same socio economic background with similar educational (P.G.) standard. The subjects of experimental group (n=25) practiced Preksha Meditation 45 minutes twice daily (morning and evening) for two months whereas the subjects of control group (n=25) were not to exposed any specified intervention. The obtained result suggested that the meditative group found improved level of spiritual intelligence whereas the subjects of non-meditative group found no improvement. Therefore, Preksha Meditation can be considered as a potent means of enhancing spiritual intelligence.

Key Words

Spiritual Intelligence, Preksha Meditation, Welfare Society, Intervention.

* **Dr. Chintaharan Betal**, Assistant Prof., Dept. of Naturopathy and Yoga (Chauras Campus) H.N.B. Garhwal Central University, Srinagar Garhwal, Uttarakhand-249161, drcbetal@rediffmail.com.

New Initiative of Bhagwāna Mahāvīra International Research Center

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(To Rejuvenate the Young Minds)

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Author: Mukhya Niyojika Sadhvi Vishrut Vibha

Jainism, traditionally known as Jain *dharmā*, is one of the most ancient religious traditions of India with its origin rooted in pre-historic times. Jainism is a representative of the *śramaṇa* tradition. It is considered as the oldest religion, but its principles are relevant even today. First of all, to understand Jainism, it is necessary to understand the nature of religion and its principal concepts which people vaguely talk about. Through this monograph, the author has simplified and summarized various concepts of Jain philosophy along with the history of Jain tradition, which even a common man can understand in the correct form by reading it.



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