

### 3.4.4 Books and Chapters Published in Edited Volumes During the Year 2023-24

Sr No	Name of the teacher	Title of the book published	Title of the chapters published	ISBN number	Name of the publisher	Page No.
1.	Nitya R Mahajan	Resurgence of Millets as super crops-Prospects and Challenges	An Overview of Millet Primary Processing Units	978-81-967311-0-6	Empyrean Publication	1
2.	Seema C.	Research Trends in Humanities, Social Sciences, Commerce and Management	How Far Can the Apple Fall from the Tree? Redefining the Contours of Diaspora	978-93-88901-67-3	Bhumi Publication	6
3.	Lakshmi M.	Dynamics of Social Changes Trajectory through Literary and Linguistic Studies	Maintaining Self-Esteem in a Constantly Shifting Universe: A Mythopoeic Perspective on Mental Health"	978-93-91044-58-9	Empyrean Publication	9
4.	Dinesh Pathak	Hindi Sahitya ka Uday kaal	Siddh Sahitya ka samajik sahyik Pradey	978-93-5869-75-68	Pralek Publication	13
5.	Dinesh Pathak	Vibhjan Vibhishika	Bharat ka Vibhajan aur Gandhi ji ki Bhoomika	978-93-340-3576-6	Conference Proc.	18
6.	Kamala Srinivas	Better Indeed Than All The Lands The Contemporary South Asian Discourse of Nationalism	A Socio-political-philosophical Study of Nationalistic Spiritualism: Peoplehood to Personhood	978-93-5529-871-3	Authors Press	22
7.	Kamala Srinivas	Living with Other Faiths Indian Challenges and Musings	Human Freedom and Religious Responsibility as an Ethical Value in Contemporary Indian Society	978-93-5529-553-8	Authors Press	26
8.	Kamala Srinivas	The End of Conflict Essays on War, Peace and Reconciliation	Nation as I see: Perspectives from Rabindranath Tagore	978-93-5529-842-3	Authors Press	30
9.	Vrushali Gupte	Resurgence of Millets as super crops-Prospects and Challenges	Revisiting the Yoga and the Ayurvedic insights to the Shree Anna	978-81-967311-0-6	Empyrean Publication	34
10.	Uma Maheswari Shankar	Better indeed than all the lands – the contemporary South Asian Discourse on Nationalism.	Philosophical Reflection on the Empowerment of Women , Understanding Religion and significance of Nationalism'	978-93-5529-871-3	Authors Press	39
11.	Megha Tiwari	Mind Matters	The Spiral processing of Change in Therapy	978-81-963786-4-6	Book Tycoon Publication	43
12.	Megha Tiwari	Mind Matters	Body Image Formation: A multisystem analysis of factors contributing to body image development in adolescence	978-81-963786-4-6	Book Tycoon Publication	47

# **RESURGENCE OF MILLETS AS SUPER CROPS PROSPECTS & CHALLENGES**

**EDITORS**

**DR. SHRUTI R. PANDAY**

**MR. SAMPATH V. SAMBASIVAN**

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		<b>A STUDY ON THE ECONOMIC AND HEALTH BENEFITS OF MILLETS</b>	27 - 31
IV - V		<i>Dr. Prakash V</i>	
VI		<b>AN OVERVIEW OF MILLET PRIMARY PROCESSING UNITS</b>	32 - 41
VII - VIII		<i>Mrs. Nitya R Mahajan</i>	
IX - X		<b>REVISITING THE YOGA AND THE AYURVEDIC INSIGHTS TO THE SHREE ANNA</b>	42 - 47
XI			
XII			
XIII - XIV		<i>Ms. Vrushali Gupte</i>	
XV - XXI		<b>INSIGHTS INTO MILLING OF SMALL MILLETS: A COMPREHENSIVE REVIEW</b>	48 - 60
XXII			
XXIII - XXV		<i>Ms. Sejal Kamat and Dr. Madhura Janve</i>	
	<b>Page No.</b>		
	1	<b>SECTION III</b>	61
		<b>CASE STUDIES: BEST PRACTICES UNDERTAKEN TO PROMOTE MILLETS</b>	62
<b>OLICY FOR</b>	2 - 5	<b>INSTITUTIONALIZED INITIATIVES:</b>	
		a) <b>Efforts Taken By NABARD</b>	63 - 64
<b>JECTS AND</b>	6 - 10	b) <b>Efforts Taken By State Agriculture Departments</b>	64 - 65
		<b>PRIVATE INITIATIVES:</b>	
	11	a) <b>Sustainable Agro Initiatives (SAD)</b>	66 - 67
		b) <b>Dhan Foundation</b>	68 - 69
<b>S (GS)</b>	12 - 19	<b>INDIVIDUAL ACHIEVERS</b>	
		<b>Dr. Khadar Valli Dudekula - The Millet Man Of India</b>	70
<b>EGREGATED WO MAJOR</b>	20 - 26	<b>Ms. Sharmila Oswal - Millet Evangelist Of India</b>	71 - 72
		<b>Mr. Bhalubhau Kisan Ghode - The Maharashtra Tribal Millet Farmer</b>	73
	XXIII		XXIV

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## AN OVERVIEW OF MILLET PRIMARY PROCESSING UNITS

**Mrs. Nitya R Mahajan**

Associate Professor, Department of Commerce, SIES College of Arts, Science and Commerce  
(Autonomous), Mumbai

### ABSTRACT

Millets, in the category of Neglected and underutilized species (NUS) have been propelled to international limelight by the Indian government. Its benefits to human health and environment sustainability is being popularized, retitled as Shree Anna, with accelerating publicity and marketing by the Government of India, intended to result in the conversion of its sporadic demand and consumption locally and globally to a more continuous and large-scale demand. Simultaneously, MoUs with large and small companies have been signed for research and innovation in crop varieties, production, primary and secondary processing, formulating new delicacies in the RTE and RTC categories and marketing. This paper is an exploratory study to find data with respect to an integral part of the millet infrastructure, the primary processing units for millets in general and small millets in particular during the last 5 years in India, that can gauge the extent of such facilities in terms of number and proximity to production centres and also challenges involved in setting up the same. The methodology used is to access, analyse the data available from different institutions involved in the funding and working of the Indian Agricultural sector in general and Millets in particular and discussions with a few stakeholders. The number and proximity of such units is still vague as the data is very scattered and inadequate. The challenges in setting up and operating such units are disclosed in several research articles and discussions. More research on the volume of infrastructure requirement and bridging the gaps will help India fructify the millet funding to realise Millet targets.

**Keywords:** Processing, Farmers Produce Organisation,

### BACKGROUND

Millets, in the category of Neglected and underutilized species (NUS), have been propelled into limelight with the Government of India promoting 2023 as the International year of Millets (IYM). Retitled as Shree Anna, its benefits to human health and environment sustainability are being popularized with accelerating publicity and marketing, intended to result in the conversion of its sporadic demand and consumption locally and globally to a more continuous and large-scale demand.

India is a producer of Jowar (Sorghum), Bajra (Pearl Millet), Ragi (Finger Millet) and small millets such as Foxtail Millet, Proso Millet, Little Millet, Barnyard Millet, Brown top Millet and Kodo Millet. Since 2012, the Government of India has initiated efforts in the form of Intensive Millet promotion, including millets in National Nutrition Strategy, declaring 2018 as the National year of Millets, funding outlay of Rs. 300 crores, proposing International Year of Millets 2023, revising guidelines for procurement, allocation, distribution and disposal of

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**RESEARCH TRENDS IN  
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## TABLE OF CONTENT

r. No.	Book Chapter and Author(s)	Page No.
1.	<b>CONFLICT MANAGEMENT - ORGANIZATIONAL HAPPINESS, MINDFULNESS, AND COPING STRATEGIES</b> Sindu Padmanabhan	1 - 12
2.	<b>COVID-19 PANDEMIC: THE SCENARIO OF PSYCHOLOGICAL HEALTH AMONG INDIAN MOTHERS</b> Eli Nasrin Farhana and Priya M.	13 - 21
3.	<b>A HISTORICAL SURVEY OF BRAZILIAN LITERATURE</b> Vishal Balajirao Maske	22 - 30
4.	<b>EXPLORING ACCESSIBILITY FEATURES AND BARRIER FREE EXPERIENCES IN THE DELHI METRO: A CASE STUDY</b> Sampurna Guha	31 - 35
5.	<b>WOMEN EMPLOYMENT IN ASSAM DURING THE TIME PERIOD OF 2012-2021</b> Jyotisha Kalita and Mayuri Hazarika	36 - 44
6.	<b>MASTERING RESEARCH METHODOLOGY: A COMPREHENSIVE GUIDE FOR SCHOLARS</b> Gangadhar Dhondiba Sakhare and Diksha Gajananji Panpaliya	45 - 59
7.	<b>AN EMPIRICAL STUDY ON THE USAGE OF MOBILE WALLETS</b> Shaveta Chugh and Ekta	60 - 69
8.	<b>HOW FAR CAN THE APPLE FALL FROM THE TREE? REDEFINING THE CONTOURS OF DIASPORA</b> Seema C.	70 - 75
9.	<b>CROWDFUNDING IN INDIA: AN ALTERNATIVE VEHICLE FOR DEVELOPMENT OF WOMEN ENTREPRENEURS</b> Rajroop Singh Chahal	76 - 92
10.	छात्रों के जीवन पर मोबाइल फोन का प्रभाव मंजू तिवारी और नीतू शर्मा	93 - 95
11.	व्यवहारिक जीवन में योग का महत्त्व नीतू शर्मा और मंजू तिवारी	96 - 98
12.	<b>ROLE OF CONSUMER CLUB IN PROMOTING CONSUMER AWARENESS AND KNOWLEDGE AMONG BOYS AND GIRLS</b> Pooja Saini and Promila Krishna Chahal	99 - 106

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# Dynamics of Social Changes Trajectory Through Literary and Linguistic Studies



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## Dynamics of Social Changes Trajectory through Literary and Linguistic Studies

Editors: Dr. Sudarsana Sarkar, Dr. Udayan Chakraborty & Dr. Priyal Panchal

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*Dynamics of Social Changes Trajectory through Literary and Linguistic Studies*

## MAINTAINING SELF-ESTEEM IN A CONSTANTLY SHIFTING UNIVERSE: A MYTHOPOEIC PERSPECTIVE ON MENTAL HEALTH

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### Abstract

We live in times where not just attention spans but also our notions of selves are shrinking and shifting progressively. Children and adults alike seem to view themselves through others' eyes and perspectives; in the process getting gaslighted into believing themselves to be smaller than they are. The shrunk versions of themselves do not just reflect on their mental health but also begin to govern their world view. As a result, they begin to see themselves as inferior or as diminishing shadows of their former selves. In fact, self-assurance, balanced perspectives of self and moderation have become a thing of the past.

This chapter takes an overview of the philosophical significance of siddhis such as Anima and Mahima while distinguishing these from transmogrification and shape shifting in the context of Indian mythology. It takes a mythopoeic overview of the dynamic that comes into play where self-esteem in the twenty first century is concerned. It attempts to show how a work of Indian English science fiction can help us read newer and contemporary meanings into shrinkage, both wilful and involuntary. Mythology offers us valuable insights on how contemporary mental health

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## संपादकीय

जिसे हिंदी साहित्यतिहास का आदिकाल कह और साहित्यिक प्रवृत्तियों का भी, उदयकाल है, 'बौरगाथा काल' 'चारणकाल' 'सिद्ध-सामंत काल' इस काल की सभी प्रवृत्तियों को समेट नहीं पाता। को बहुत दूर तक और देर तक अपभ्रंश का साथ ' बहुत दूर तक और देर तक साथ-साथ चलकर, अ बरतते हुए, उसे भरसक सहेजकर और उससे सँक करती है, उससे विदा होती है। अपभ्रंश कोई एकरू प्रकार थें और उत्तर अपभ्रंश अथवा अवहट्ट कं र ही भंगिमा सामने आने लगी थी, जो इतनी अलग कही जा सकें। इसका एक सुफल यह भी है कि किसी एक भाषा के बजाय, भाषाओं कं एक भरं लगती है। एक ही कवि कं यहाँ, एक ही रचन राजस्थानी की, पिंगल कं रूप में ब्रजभाषा की प काव्यभाषा अद्भुत रूप से ऐसी संभावनाएँ रचती कं अनेक भाषाएँ पूरी प्रामाणिकता कं साथ उस प दावा करती हैं। आज अगर खड़ी बोली खड़ी है, सबसे मजबूत दावेदार कं रूप में, तो कौन कह स लोकव्याप्ति वाले उदयकालीन कवि अमीर खुसरो नहीं है। यह क्या अकारण है कि बुंदेली की भाषा-भूगोल में उस भूगोल की अपनी भाषा की का देसिल बयना अवहट्ट भी है, मैथिली भी। और रहे हैं उन खबकं मन में जन सामान्य तक पहुँचने



## अनुक्रम

हिंदी साहित्य का उदय विद्यानिवास मिश्र	13
पालि, प्राकृत और अपभ्रंश का दाय विद्यानिवास मिश्र	17
सिद्ध साहित्य का सामाजिक-साहित्यिक प्रदेय दिनेश पाठक	22
जहिं मन पवन न संचरै, रवि ससि नाहिं पवैस परितोष मणि	30
सिद्ध साहित्य पर बौद्ध धर्म का प्रभाव विद्यावती 'मालविका'	45
नाथपंथ और महायोगी गोरखनाथ उदय प्रताप सिंह	58
चुगदप्टा गोरखनाथ और गोरख-बानी सतीश पांडेय	68
साहित्येतिहास लेखन की परंपरा में नाथ साहित्य और गोरखनाथ: पुनर्विचार के विंदु प्रभाकर सिंह	77
भारतीय योग-परंपरा की शब्दावली और गोरखनाथ की कविता नन्द किशोर पाण्डेय	85

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परंपरा के उन सिद्धिचार्यों के साहित्य से है, जो अपभ्रंश दोहों और चर्यापदों के रूप में उपलब्ध है और जिसमें बौद्ध तांत्रिक सिद्धांतों को मान्यता दी गई है। यद्यपि उन्हीं के समकालीन शैव नाथयोगियों को भी सिद्ध कहा जाता था किन्तु कतिपय कारणों से हिन्दी तथा अन्य कई प्रांतीय भाषाओं में शैव योगियों के लिए 'नाथ' तथा बौद्ध तांत्रिकों के लिए 'सिद्ध' शब्द प्रचलित हो गया है। उसी प्रसंग में 'सिद्ध साहित्य' बौद्ध सिद्धाचार्यों के साहित्य का वाचक हो गया है।"

सिद्धों की रचनाएँ मूल रूप से दो रूपों में मिलती हैं—दोहाकोष तथा चर्यापद। दोहाकोष दोहे से युक्त चतुष्पादियों की शैली में लिखे गये हैं जबकि चर्यापद बौद्ध तांत्रिक साधनाओं के समय गाए जानेवाले पर है, जो अलग-अलग सिद्धाचार्यों द्वारा रचे गये हैं, किन्तु बाद में इन्हें एक साथ संग्रहीत कर दिया गया है। विभिन्न सिद्धों के कई दोहाकोष उपलब्ध हैं। इनमें से कई पूर्ण हैं तो कई खंडित रूप में मिलते हैं। उपलब्ध दोहाकोषों में प्रमुख दोहाकोष निम्नलिखित हैं—

1. कणहपा का दोहाकोष, 2. तिलोपा का दोहाकोष, 3. सरहपा का दोहाकोष इसके अलावा सरहपा के दो दोहाकोष खंडित अवस्था में मिले हैं। सरहपा के कुछ दोहे इश्र-उश्र बिखरे हुए भी मिले हैं। चर्यापदों के भी अलग-अलग संग्रह अलग-अलग आचार्यों ने प्राप्त किये हैं। 1907 में महामहोपाध्याय हरप्रसाद शास्त्री को नेपाल में सिद्धों के 50 पदों का एक संग्रह मिला, जिसमें उन्होंने दस वर्ष बाद 'बौद्ध गान ओ दोहा' के नाम से प्रकाशित कराया। डॉ. सुकुमार सेन ने इंडियन लिग्विस्टिक्स (खंड 10) में 'ओल्ड बंगाली टेक्स्ट्स' नाम से चर्चा गीतियों का संग्रह किया। सिद्ध परंपरा में कुल 26 सिद्धाचार्यों की रचनाएँ उपलब्ध होती हैं, जिन्होंने दोहा और गीत पदों को रचा। इस संदर्भ में डॉ. धर्मवीर भारती के मत को देखना समीचीन होगा। "चर्यापद के 23 पदकर्तव्यों की सूची में हम अगर तिलोपा जालंधरपा और मीनपा के नाम जोड़ दें तो दोहाकारों तथा पदकर्तव्यों के रूप में कुल 26 नाम होंगे। इन 26 दोहाकारों तथा पदकर्तव्यों में से अधिकांश चौसरी सिद्धों की परंपरा में गिने जाते हैं।" सिद्धों की रचनाओं में तत्व चिंतन, सिद्ध साधना-पद्धति और उनके जीवन से जुड़े भावपक्ष का वर्णन मिलता है। तत्व चिंतन के अन्तर्गत पंच महाभूत, चित्त, मन, विज्ञान, निर्वाण, शून्य, सहज और उसके विस्तार प्रज्ञोपाय, दुरानन्द इत्यादि का वर्णन किया गया है। साधना-पद्धति के अंतर्गत राग-महाराग, चित्तगत-महाभूत, हठयोग, मुद्रा-मैथुन, समाधि सिद्धियों व महासुख का वर्णन मिलता है। भावपक्ष के अंतर्गत महाराग, सहज रस, नाथक-नाथिका वर्णन, उदीपन विभाव, तथैक-सिद्धि

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## सिद्ध साहित्य का सामाजिक-साहित्यिक प्रदेय

विनेश पाठक

सिद्धों का समय भारतीय धर्म साधना में विक्रम संवत् 690 के आस-पास से प्रारंभ होता है। सिद्ध परंपरा में सबसे पुराने सिद्ध के रूप में सरहपाद का नाम हमारे सामने आता है। डॉक्टर विनयतोष भट्टाचार्य सरहपाद का समय विक्रम संवत् 690 मानते हैं। सिद्धों का संबंध बौद्धधर्म की वज्रयान शाखा से है। आचार्य रामचन्द्र शुक्ल इन्हें बौद्ध तांत्रिक मानते हैं। ये बौद्ध तांत्रिक मूल रूप से बौद्ध धर्म के विकृत रूप वज्रयान और बाद में उससे विकसित मंत्रयान से जुड़े थे। मंत्रों से सिद्ध प्राप्त करने की कामना के कारण ये सिद्ध कहलाए। सिद्धों की एक बड़ी व व्यापक परंपरा थी, किन्तु इनमें से महत्वपूर्ण सिद्धों की संख्या 84 मानी गई है। इन 84 में भी लूहिपा, लीलापा, विरुपा, डॉमिषपा, सरहपा गोरक्षपा चौरंगीपा, कणहपा, तिलोपा, धूसुकुपा, कुबकूरिपा, चर्पटीपा, गणिभद्रपा इत्यादि का विशेष स्थान है। इन चौसरी सिद्धों में चार सिद्ध स्त्रियाँ हैं— गणिभद्रपा, मेखलापा, कनखलापा और लक्ष्मीकरा। इन्हें योगिनी के नाम से सिद्ध परंपरा में संबोधित किया जाता था। सिद्ध परंपरा के विकास के साथ-साथ सिद्धा में अपने संप्रदाय व परंपरा के विस्तार की कामना का उदय हुआ। यह स्वाभाविक भी था, कोई भी विकसित होती परंपरा अपना फैलाव व विस्तार चाहती है। जनता में लोकप्रिय होना चाहती है और व्यापक स्वीकृति प्राप्त करना चाहती है। सिद्ध भी व्यापक लोक स्वीकृति व विस्तार चाहते थे, जनता से जुड़ना चाहते थे, इसीलिए उन्हींने चर्यापदों, दोहों व गीतियों की रचना की ताकि उनके माध्यम से वे अपने जीवनदर्शन और सिद्धांतों को जनता तक ले जा सकें। इसी भावना के कारण सिद्ध-साहित्य का उदय हुआ। सरहपाद पहले ऐसे सिद्ध थे जो चर्यापदों, दोहों और गीतियों को रचने की ओर प्रवृत्त हुए। इसीलिए सिद्ध साहित्य का प्रारंभ सरहपाद से माना जाता है। सिद्ध साहित्य के उद्गम पर टिप्पणी करते हुए डॉ. धर्मवीर भारती लिखते हैं, "सिद्ध-साहित्य से हमारा तत्पर्य वज्रयानी

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# विभजनविभीषिका

(राष्ट्रीय संगोष्ठी में प्रस्तुत शोधपत्रों का संग्रह)

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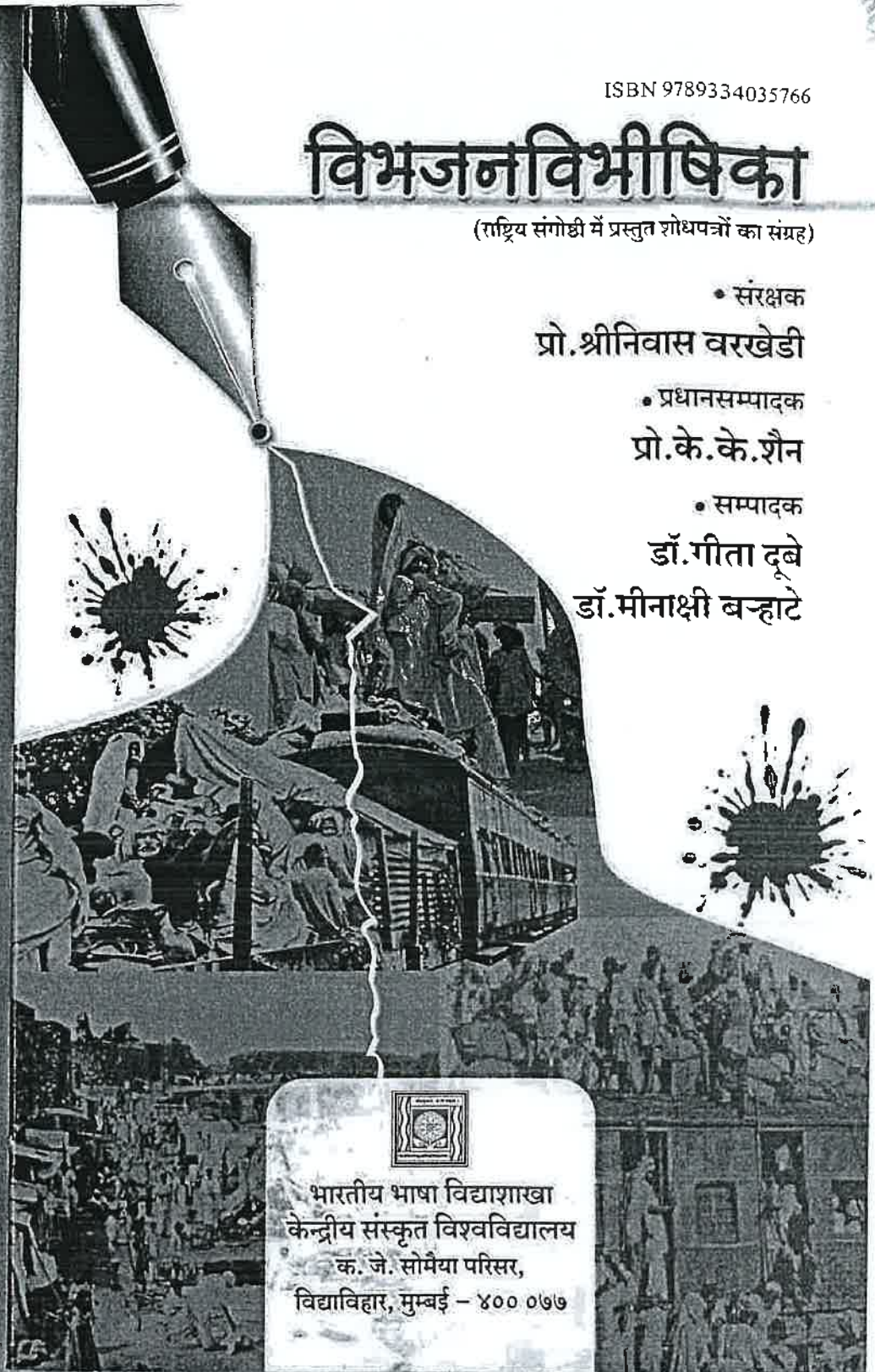
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भारतीय भाषा विद्याशाखा  
केन्द्रीय संस्कृत विश्वविद्यालय  
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(राष्ट्रिय संगोष्ठी में प्रस्तुत शोधपत्रों का संग्रह)

२०२३ - २४



भारतीय भाषा विद्याशाखा  
केन्द्रीय संस्कृत विश्वविद्यालय  
संसद के अधिनियम द्वारा स्थापित  
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(पूर्व राष्ट्रिय संस्कृत संस्थान, मानित विश्वविद्यालय)  
शिक्षा मन्त्रालय, भारत सरकार के अधीन

क. जे. सोमैया परिसर  
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। संगोष्ठी में विद्वानों एवं विदुषियों द्वारा विषय से  
प्रेषणापूर्ण शोध निबन्ध प्रस्तुत किया गया।

शाखा द्वारा इस सारस्वत समारोह के अन्तर्गत  
प्रस्तुत शोध पत्रों का प्रकाशन 'विभजनविभीषिका'  
। विभजन से तात्पर्य परिस्थितिजन्य बटवारे से है।  
ने वाले सभी लोगों के लिए यह 'विभजनविभीषिका'  
खड़ाजलि है। भारतवर्ष में हिन्दी के साथ ही विविध  
। जाता है। इसी तथ्य को ध्यान में रखते हुए परिसर  
ओं का भाषा एवं साहित्य सम्बन्धी विकास हो, साथ  
में एवं उनके साहित्य के प्रति छात्र-छात्राओं के मन  
व्युत हो। एतदर्थ इस पुस्तक को दो भाषाओं हिन्दी-  
आ रहा है।

का' पुस्तक के प्रकाशन में सोमैया परिसर, मुम्बई  
शैल के साथ ही परिसर के वरिष्ठ आचार्य प्रो. बोध  
प्राप्त हुआ। अतः हम उनके प्रति भूरि-भूरि कृतज्ञता  
साथ ही अन्य सभी विभागाध्यक्षों एवं सहयोगी  
धर्म सहयोग प्राप्त हुआ। हम सभी के प्रति  
करते हैं। पुस्तक प्रकाशन में यांत्रिकी कार्य हेतु  
सहयोग मिला है, उनके लिए साधुवाद देते हैं।

नेत्रकों के प्रति हम आभारी हैं। 'विभजनविभीषिका'  
में हमारे सभी साथी संगी सहयोगी रहे हैं, उन सभी  
। हमारा सबसे बड़ा संबल रहा है। उन सबके प्रति

भावितों - सामाजिकों को हमारा यह छोटा सा प्रयास  
की स्वीकार्यता में ही प्रकाशक की परिपूर्णता निहित

- संपादक

## शोधपत्रानुक्रमणिका

क्र.	लेख	पृष्ठ
१.	भारत का विभाजन और गांधीजी की भूमिका ..... डॉ. दिनेश पाठक	१
२.	विभाजन की त्रासदी और साहित्य ..... डॉ. रमा सिंह	६
३.	विभाजन की त्रासदी और हिन्दी कविता ..... डॉ. ऋषिकेश मिश्र	१४
४.	सही मासूम राजा कृत 'आधा गाँव' उपन्यास में अभिव्यक्त विभाजन त्रासदी - ..... डॉ. गीता संतोष यादव	२९
५.	'तमस' उपन्यास में विभाजन की त्रासदी ..... डॉ. वैशाली पाचुन्दे	३६
६.	विभजनविभीषिका और पत्र पत्रिकाएँ तथा साहित्य ..... डॉ. प्रकाश सोनी	४५
७.	विभाजन विभीषिका का वृद्ध जीवन पर प्रभाव: 'तमस' उपन्यास के विशेष सन्दर्भ में ..... डॉ. मनोज दुबे	५९
८.	विभाजन का यथार्थ और हिन्दी कथा-साहित्य ..... डॉ. अनन्त द्विवेदी	६७
९.	विभाजन विभीषिका और हिन्दी उपन्यास ..... डॉ. आरती मीणा	७६
१०.	धर्म के आधार पर राष्ट्र का विभाजन ..... डॉ. रंजय कुमार सिंह	८२
११.	हिन्दी कविता एवं विभाजन की विभीषिका ..... डॉ. रम्या पी. आर्.	९४
१२.	'झूठा सच' उपन्यास में विभाजन विभीषिका का चित्रण ..... डॉ. ललित किशोर शर्मा	९९

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## भारत का विभाजन और गाँधीजी की भूमिका

डॉ. दिनेश पाठक  
असोसिएट प्रोफेसर एवं अध्यक्ष, हिन्दी विभाग  
एस. आई. ई. एस. महाविद्यालय, मुंबई.

अखंड भारत के विभाजन के सात दशक बीत चुके हैं, इन सात दशकों के बीतने के बावजूद विभाजन को लेकर अनेक तरह की धारणाएँ, शंकाएँ, अनुमान लोगों के मन में व्याप्त हैं। खासकर उस समय के लोकनायक गाँधी को लेकर अनेक तरह के प्रश्न भारतीय समाज में अक्सर उठाए जाते हैं। बौद्धिक लोगों से लेकर आम जनता के बीच विभाजन में गाँधीजी की भूमिका को लेकर दबे स्वर में या कभी-कभी खुले स्वर में अकादमिक या इतर अकादमिक क्षेत्रों में बहस, बातचीत या विमर्श के मुद्दे अक्सर उठाए जाते हैं। ऐसे में विभाजन के दौरान गाँधी जी की अपनी स्थिति क्या थी? विभाजन में उनकी भूमिका क्या थी? उस समय के राष्ट्रीय कांग्रेस के नेताओं व अंग्रेजी सरकार ने किस तरह से गाँधीजी के साथ छल किया? उन्हें कैसे विभाजन की भनक भी नहीं लगने दी गई और बुपचाप विभाजन को कागज पर उतार दिया गया। इन तमाम प्रश्नों को प्रस्तुत आलेख ऐतिहासिक सत्य और साक्ष्यों की रोशनी में जाँचने-परखने का एक विनम्र प्रयास करता है।

विभाजन जैसी कोई घटना अचानक नहीं घटती इसके पीछे घटनाओं की एक श्रृंखला होती है। इस श्रृंखला के तार वैसे तो अनेक लोगों से जुड़े हैं किंतु उनका विशेष जुड़ाव नेहरू और जिन्ना से है। ये दोनों नेता अतिमहत्वाकांक्षी थे। इन दोनों के लिए अपना वर्चस्व असाधारण महत्व रखता था। इनकी अतिमहत्वाकांक्षा व वर्चस्वप्रियता को इनके अनुयायियों ने और भी ऊँचा उठा दिया और एक समय ऐसा आया जब इन दोनों नेताओं का एक साथ, एक पार्टी में रह पाना और काम करना कठिन होने लगा। जिन्ना एक अलग पार्टी बनाने और खुलकर काम करने के बारे में सोचने लगे। ऐसे में धर्म उन्हें एक बड़े आधार के रूप में नजर आया। इस्लाम और मुसलमान उन्हें एक उचित विकल्प के रूप में नजर आने लगे और ये ऐसे विकल्प थे जिनके आधार पर सांप्रदायिक प्रतिनिधित्व की मांग को जायज

क्र.	लेख	पृष्ठ
१३.	देश विभाजन की विभीषिका और अज्ञेय की कहानियाँ	१०६
	डॉ. रेखा मिश्रा	
१४.	विभाजन की विभीषिका एवं हिन्दी साहित्य	११४
	श्रीमती नेहा शर्मा	
१५.	अमृता प्रीतम कृत 'पिंजर' उपन्यास विभाजन विभीषिका का ज्वलंत दस्तावेज	१२२
	रूपाली मिश्रा	
१६.	फाळणी : युगान्तापूर्वीचा काळोख एक आकलन	१२८
	डॉ. सुरेश कदम	
१७.	स्वातंत्र्यवीर वि. दा सावरकर यांचे विभजनविभीषिकामधील भूमिका	१३२
	डॉ. शंकर बाबूराव आंधळे	
१८.	भय इथले संपत नाही : फाळणीच्या आक्रोश कथा	१३९
	डॉ. दत्ता रुस्तुमराव शिंदे	
१९.	मराठी साहित्यातील विभाजन विभीषिकाचे प्रतिबिंब	१४४
	डॉ. युवराज मेघराज पवार	
२०.	विभजनविभीषिकामध्ये मराठी नियतकालिकांचे योगदान	१५२
	डॉ. मीनाक्षी बन्हारे	
२१.	विभजनविभीषिका आणि मराठी नाटक	१५५
	डॉ. संदीप कदम	
२२.	विभजनविभीषिका आणि हिंदू महासभा	१६२
	डॉ. संदीप जोशी	
२३.	ट्रेन टू पाकिस्तान - फाळणीच्या वेदनांची दुःखभरी कहाणी	
	प्रतीक्षा तालंगकर	
२४.	विभजनविभीषिकामध्ये मराठी नियतकालिकांची भूमिका	
	चनश्री राडये	
२५.	कुंपणपलीकडला देश व्यासिद्धांत : एक विकल्प	
	प्रभा साटम	
२६.	फाळणी व साहित्यकृती : एक चिंतन	१९०
	डॉ. विद्या सुर्वे बोरसे	



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# Foreword

Jane Sholk

The assumption of commonality or belonging as the basis for generally accepted as a logical outgrowth of the contemporary accounts that consider the large communities, such as Anderson's 'imagined common notions to provide the consistency and reason for around peoples. Identification on the basis of common form part of our historical consciousness, often the notions of autochthony and mythological foundation notions are also often tainted by an exclusionary logic constant vigilance attached to the issues of nations, imply a power to include and exclude, bestow rights and punishment and rejection. Not only does the question of nation, we must also be wary of the tenuous relation to nationalism, when national pride and fervour sour in and xenophobic paranoia.

In The Postmodern Condition, Lyotard presents the 'we' as the crucial political issue of our time, point for developing a critical awareness of how the largeness legitimates power and has justified real and exclusion and violence. The crux of his analysis is that national identities, this 'we', has been the cause of certain types of knowledge and power that must be considering the inheritance of violence enacted in the nationalisms. From Lyotard's perspective, the phantasm what it means to be a people was exacerbated by the the twentieth century, the clash of burgeoning nations onslaught of modernity, the rise of the technological the aftermath of the unthinkable events of the Second

A whole slew of European poststructuralist thematise forms of sociality that counter exclusive offering re-conceptualisations of community. Grewel dispel the rhetoric of inclusion that surrounds nations as political capital for regressive politics of restoring a

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Better Indeed than All the Lands: -  
 The Contemporary South Asian Discourse of Nationalism

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## Contents

Foreword	5
Janae Sholtz	
Preface	9
John Clammer	
Introduction	11
Saji Varghese	
The Contributors	19
<b>SECTION I. THEMES AND POINTS OF VIEW</b>	<b>23</b>
1. Nationalism and the Imagined Community: Shared Sentiments Saji Varghese	25
2. The Steadfast Sentiment – Nation, Culture and Nationalism: Philosophical Perspectives on Contemporary Nationalism in India Geevarghese Yulios	39
3. Nationalism: An Emotion that Redefines the Essence of a Nation M.R.Lalu	43
4. Culture, Nationalism and Cultural Nationalism Alexios Mar Eusebius	53
5. Unity of Faith and National Stability Randhir Kumar Gautam	65
6. An Appraisal of Nation, Nationalism, Culture, Cultural Anthropology, and Ethnocentrism Joseph Mar Dionysius	75
7. Traditions, Growth and Ideologies Warayuth Sriwarakuel	95
8. The Models of Nationalism: Theoretico-Practical Implications P. Milan Khangamcha	104
<b>SECTION-II. PHILOSOPHICAL PERSPECTIVES</b>	<b>113</b>
9. A Socio-political-philosophical Study of Nationalistic Spiritualism: Peoplehood to Personhood Kamala Srinivas	115

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9

## A Socio-political-philosophical Study of Nationalistic Spiritualism: Peoplehood to Personhood

*Kamala Srinivas*

"Each nation has a destiny to fulfill, each nation has a message to deliver, each nation has mission to accomplish."

- Swami Vivekananda

### Introduction

As Indians must understand the mission of our nation, the destiny we have to fulfil, the place we occupy in the march of progress, and the role we have to establish harmony and moral order. The two central features of Indian spiritual culture are Humanism and Universalism; they together form our spirit of nationalism. Unlike Western nationalism whose nature is based on identity of race, language, uniform religious practices; the nature of Indian nationalism is based on religious diversity which is the essence of the Indian people. Deep concern for masses, freedom and necessity to express oneself, spiritual integration of the world on the basis of necessity to attain political and spiritual freedom, through selfless service is the strength of India's Nationalism. Eminent Indian thinkers saw spirituality as a point of convergence for all the diverse religious forces of India capable of unifying into a nation. Beginning right from the Shruti tradition to the ancient Indian Schools of Thought such as Jainism, Buddhism, Samkhya, Nyaya-Vaisesika. From the classical period right up to the contemporary period covering all from the Acharya Parampara- Shankara, Ramanuja, Madhava, Madusudhana Saraswati, Vallabha; Poets alike Kalidasa, Kabir, Tulsidas, Meerabai, Guru Nanak, Chaitanya; Women Saints like Andal, Avvaiyar, Kariyakal Ammaiyar, Lalded; Saints as Sri Anandeshwar, Tukaram, Eknath, Bahinabai; Socio-political leaders such as Chhatrapati Shivaji Maharaj, Hanishchandra, Vikramaditya, Teacher Kautilya, Emperor Ashoka, Rani Laxmibai, Rani Ahilyabai Holkar; Thinkers of pre-independence India to name a few Rajaji, Sardar Patel, M. K. Gandhi,

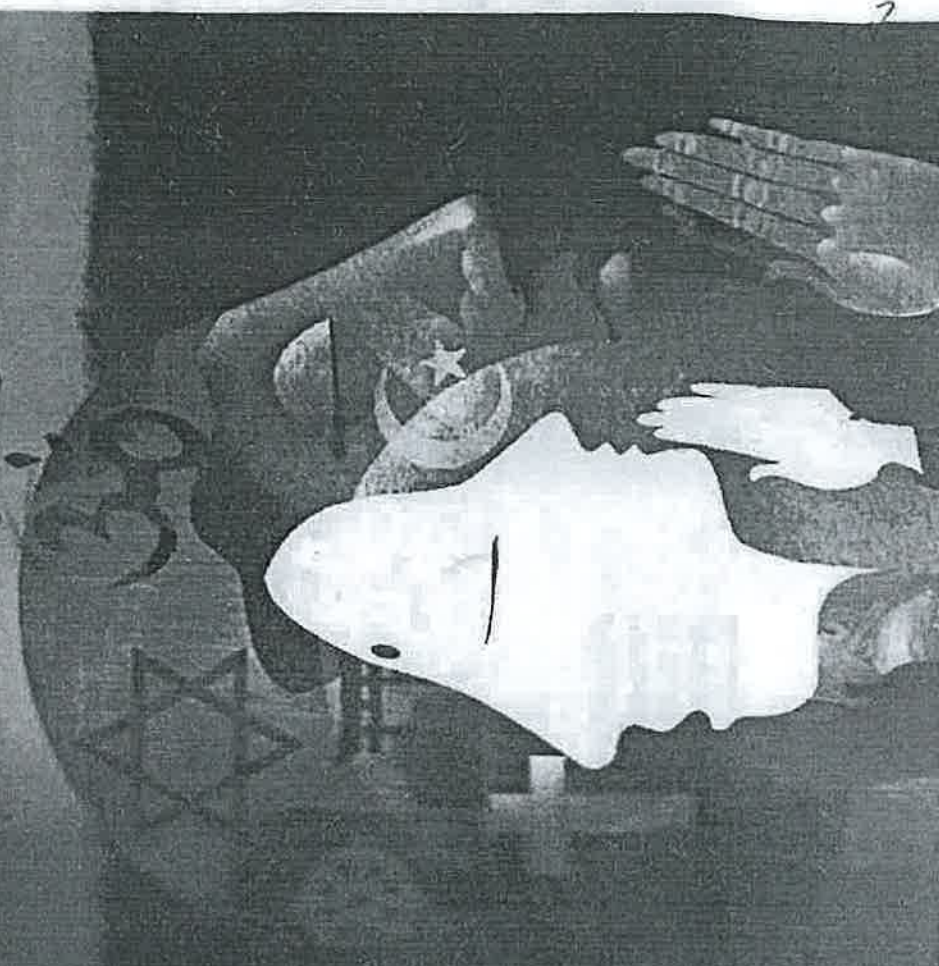


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# Living with Other Faiths

Indian Challenges and Musings

Edited by Saji Varghese



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## 6 | LIVING WITH OTHER FAITHS: INDIAN CHALLENGES AND MUSINGS

9. **Daniel C. Dennett's Naturalistic Approach towards Religion: A Memetics exposition against Conventional Religion**  
Dipu Basumatary

10. **Religious Tolerance versus Religious Acceptance: An Analysis of Swami Vivekananda's Views**  
Satyendra Srivastava

11. **Interreligious Dialogue: A Gradual Elevation to Challenge Injustice**  
Tabassum Sheikh

## SECTION II. HINDU PERSPECTIVES AND CONTEMPORARY INDIA

12. **The Dharma and Spirituality: Ventures of Life in Indian Perspective**  
Nandini Mishra

13. **Religious Diversity and Major Hindu Sects in South India**  
Ramanathan Srinivasan

14. **Religious Pluralism and Acceptance: A Review of Ramakrishna Paramhansa's Teachings**  
Sunanda Bhattacharya

15. **Secularism: Paradigm and Praxis (The Bhagavat Gita Perspective)**  
Pranod Kumar Dash

16. **Religious Pluralism in Contemporary India**  
A. Appan Ramanujam

17. **Religious Pluralism: A Realistic Outlook in the Indian Context**  
Alexios Mar Eusebius

18. **Religious Pluralism and Harmony in India**  
Mita M. Shenoy

19. **Human Freedom and Religious Responsibility as an Ethical Value in Contemporary Indian Society**  
Kamala Srinivas

20. **Indian Secularism and Changing Political Trends: A Case for Minority Apprehensions**  
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19

## Human Freedom and Religious Responsibility as an Ethical Value in Contemporary Indian Society

*Kamala Srinivas*

### Role of Religion in Human Life

Every human as a corporeal being aim towards attaining true happiness and this lies in the search and upholding of a natural harmony of spirit, mind and body. The truth seekers who are prepared to understand and practice the inner essence, the esoteric meaning as underlined in the Indian Philosophical literature popularly known as the Vedas reach greater heights. It consists of words of wisdom which, as the sages themselves expressed as *avaye nivacana nitya vacamsi*, are secret words that reveal their true meaning only to an earnest aspirant. "India's social system is built upon the idea that as earthly beings, one can elevate by training one's mind from a simplistic mental being to identify oneself with the pure spiritual consciousness." Human society today in pursuit of this aim may be predominantly material, intellectual and technologically superior but is also in search of social values such as justice, freedom, respect and responsibility. In the twenty first century, largely for all practical purposes, humans are the measure of all things. In this digital age, the sense of human autonomy is very deep, without delinking the relevance of God. In Indian context, the destination of a religious adherent largely remain spiritual. As some of the prominent living faiths of humankind had their origin in the Indian soil: Hinduism, Buddhism, Jainism and Sikhism. Besides, Indian culture is a confluence of Islamic, Greco-Roman, Christian thought, art, architecture, music, paintings, etc. People of different indigenous ethnic background, languages and cultures co-existed with a common civilization whose primary characteristics are faith in an unseen reality, of which all life forms is its manifestation.

The importance of a culture's vital role in bringing together ideas, forms, value systems, ways of living to establish harmony and sustain a moral order is the need of the present time. These foundations of life are

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Focuses on the concept of conflict in such a nuanced manner in an accessible, interesting light of current global discourses that feel such as feminism. The ability to source conflict in light of power relations and identity conflict with power differentials is a crucial addition to discourses that unfortunately most often devolve into bookishisms. This volume transforms to realities necessary for reconciliation and peace.

**Dr. Junea Shultz**  
Professor of Philosophy  
Coordinator of Women's and Gender Studies  
Averett University, Farmington, MA 01103, USA

This is an outstanding collection of contemporary writings on conflict resolution and transformation, regarded as necessary ends for long-term peace. The essays are distinguishable in their diversity, conveying critical, reflective, and personal perspectives as well as a variety of indigenous, feminist, and spiritual points of view. Though informed by theory, the essays are pragmatic and approachable. They follow the philosophical vision of the editors, detailing how human values play a role both in causing social conflict but also in successful conflict transformation.

**Dr. Joe Campbell**  
Former Professor of Philosophy, Washington State University, Pullman, USA

We live in complex times, we walk a tightrope between shifting, changing, and dark paths, the lights that guide us towards change seem to be turned out. The global conflicts that leave us in a disoriented and powerless position. Blinded and absorbed in the political and social competition that plagues our century, this collection of essays invites us to look and, therefore, to be conceptualize. In times of darkness, it is important to illuminate our minds. This book works and reflects on our concepts that need to be rethought.

**Nicol A. Barria-Asenjo**, Chilean researcher, Lecturer in Social Science, author of several articles and books, among them "Globalization and the XXI Century: Reflections on culture, economy, technology and human change". Edited by **Nicol A. Barria-Asenjo**, **Bruno Walker** and **Silvia Zúñiga**, **Rimboche**, **2023**

# End of Conflict

WAR, PEACE, AND RECONCILIATION

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## CHAPTER 23

## Nation as I see: Perspectives from Rabindranath Tagore

— Kamala Srinivas \*

Where the mind is without fear and the head is held high;  
Where knowledge is free;  
Where the world has not been broken up into fragments by narrow  
domestic walls;  
Where words come out from the depth of truth;  
Where fireless striving stretches its arms towards perfection;  
Where the clear stream of reason has not lost its way into the dreary desert  
sand of dead habit;  
Where the mind is led forward by thee into ever-widening thought  
action—  
Into that heaven of freedom, my Father, let my country awake.

### Introduction

As we read 'Where the Mind is Without Fear' we reckon this poem as an exalting wisdom since many profound ideas are interwoven in a harmonious whole. Quite evident is also its natural development as a poem, as it seamlessly moves between the delineation of the issues that Tagore was concerned with the development of India's national identity.

Rabindranath Tagore (1861–1941) was a prolific and accomplished poet, novelist, and playwright and is perhaps best known for his vast output, a massive corpus comprising superb writing in both Bengali and English. He was awarded the Nobel Prize for Literature in 1913 for *Gitānjali*, a collection of prose poems called as song offerings. Tagore was also a prominent educator, founder of Visva Bharati University at Shantiniketan, a university noted for its internationalism and strength in the arts, now a leading university in India. Tagore's work is important to the development of Indian philosophy in the early 20th century.

His beliefs are essential for an ideal state and an internal moral values and norms which are born out of an individual's ethical



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## CHAPTER 23

## Nation as I see: Perspectives from Rabindrānath Tagore

*Kamala Srinivas*

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His beliefs are essential for an ideal state and an internal set of values and norms which are born out of an individual's ethical



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# **RESURGENCE OF MILLETS AS SUPER CROPS PROSPECTS & CHALLENGES**

**EDITORS**

**DR. SHRUTI R. PANDAY**

**MR. SAMPATH V. SAMBASIVAN**

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	<b>A STUDY ON THE ECONOMIC AND HEALTH BENEFITS OF MILLETS</b>	27 - 31
IV - V	<i>Dr. Prakash V</i>	
VI	<b>AN OVERVIEW OF MILLET PRIMARY PROCESSING UNITS</b>	32 - 41
VII - VIII		
IX - X	<i>Mrs. Nitya R Mahajan</i>	
XI	<b>REVISITING THE YOGA AND THE AYURVEDIC INSIGHTS TO THE SHREE ANNA</b>	42 - 47
XII		
XIII - XIV		
XV - XXI	<i>Ms. Vrushali Gupte</i>	
XXII	<b>INSIGHTS INTO MILLING OF SMALL MILLETS: A COMPREHENSIVE REVIEW</b>	48 - 60
XXIII - XXV		
Page No.	<i>Ms. Sejal Kamat and Dr. Madhura Janve</i>	
1	<b>SECTION III</b>	61
	<b>CASE STUDIES: BEST PRACTICES UNDERTAKEN TO PROMOTE MILLETS</b>	62
POLICY FOR	2 - 5	
	<b>INSTITUTIONALIZED INITIATIVES:</b>	
	a) <b>Efforts Taken By NABARD</b>	63 - 64
JECTS AND	6 - 10	
	b) <b>Efforts Taken By State Agriculture Departments</b>	64 - 65
	<b>PRIVATE INITIATIVES:</b>	
	a) <b>Sustainable Agro Initiatives (SAD)</b>	66 - 67
	11	
	b) <b>Dhan Foundation</b>	68 - 69
S (S)S)	12 - 19	
	<b>INDIVIDUAL ACHIEVERS</b>	
	<b>Dr. Khadar Valli Dudekula - The Millet Man Of India</b>	70
REGATED	20 - 26	
NO MAJOR	<b>Ms. Sharmila Oswal - Millet Evangelist Of India</b>	71 - 72
	<b>Mr. Bhalubhau Kisan Ghode - The Maharashtra Tribal Millet Farmer</b>	73
	XXIII	
		XXIV

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## REVISITING THE YOGA AND THE AYURVEDIC INSIGHTS TO THE SHREE ANNA

Ms. Vrushali Gupte

Assistant Professor, Department of Philosophy, SIES College of Arts, Science & Commerce (Autonomous), Mumbai

### ABSTRACT

*Aharashuddhay Sattvashuddhah*

*Sattvashuddhau Dhruva smritih*

*Smritilabhe Sarvagrathian Vipramokshah*

*Chandogya Upanishad 7-26-2)*

"Through the purity of food results purity of intellect, through the purity of intellect results steady memory, through the attainment of recollection all the knots are completely broken. Therefore, what we eat may determine our Liberation or Self-Realization." The significance of food as an energy is discussed in the above shloka by Sage Narada to Sanatkumara. Eating thus, has not remained a basic human motive anymore. As we have evolved, we have modified our food habits by a process of trial and error, selecting the foodstuffs which facilitate growth, well-being, and nourishment. The rising awareness regarding diet and significant shift in food habits have brought a surge of superfoods, revealing their extraordinary nutritious and wellness worth. One such superfood is 'Millet'- 'the Shree Anna' as addressed by the Honorable Prime Minister of India, Shree Modiji for its remarkable nurturing value. The United Nations General Assembly at its 75 th session declared the year 2023 as the 'International Year of Millets'. This awareness generated to recognize millets as the globally preferred crop, as a gateway to prosperity of farmers, as a medium of agro-economic development and as a wholesome diet is an endeavor to regenerate and reassure social, economic, and dietary well-being. This paper is a humble attempt to revisit the classical systems of Indian Philosophy- Yoga and Ayurveda darshanas to unravel the significance of millets- the nutri-cereals as part of Ahara shastra for a well-balanced life. The texts on Yoga and Ayurveda explicate on how Anna is an essential biological function influencing spiritual awakening for lay people as well as spiritually inclined ones (sadhakas and yogis) to accentuate their vital energies and vigor for bringing in a holistic life functioning. The first section of the paper presents Ahara as an essential pillar of health as discussed in Indian philosophy in general. The second section speaks at length the information on different types of millets as found in the ancient manuscripts. It highlights their nutritious, pertinent in terms of wellness with reference to prakriti guna and doshas as mentioned in the classical texts. The concluding part remarks on the present awareness campaign on millets to popularize its value and usage for its resurgence for economic and social welfare.

**Keywords:** Millets, Ahara, Yoga, Ayurveda, Prakriti dosha, Gunas

*Annam Brahma, Rasam Vishmoho*

*Bhokta Devo Janardanam*

*Evam Dhyatva Tatha Gyatva*

As the saying essence. The ' pandemic time for a wholesome are the major

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# Better Indeed Than All The Lands

The Contemporary South Asian  
Discourse of Nationalism

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15

## Philosophical Reflection on the Empowerment of Women, Understanding Religion and Significance of Nationalism

*Uma Maheswari*

### Abstract

The themes like the Empowerment of women, Religion and Nationalism have been topics of debate for many years. They are debated and deliberated by philosophers and social scientists. It's important to note that the relationship between religion and nationalism is not universally consistent but varies across different countries, historical periods, and religious traditions. Cultural representations of women in media, literature, art, and popular culture can shape societal perceptions and stereotypes. Man has conquered much in last few decades with rapid scientific and technological advancements, but where men do & women stand for their individual growth as well as the societal progression today? This paper attempts to engage the journey of women towards empowerment from ancient to modern, religiosity and its role and above all the significance of nationalism- all from a philosophical perspective.

*Keywords:* Women Empowerment, Religion, Nationalism, Culture

### Introduction

Nationalism can refer to a sentiment, a form of culture and ideology or a socio political movement that focuses on Nation. It can be both a force for unity and a source of conflict. It is observed when we try to find the core of Nationalism; we invariably encounter nothing more central than a paradox. The ideas of nationalism are influenced by the local culture, society, religion and polity. Every human being whether in China or California or Chennai belongs to some group with a collective name. These names can be seen as nationalities. Usually people identify themselves by religion, locality, race, rather than nation. "Nationalism is a set of ideas, But as they travel from continent to continent, these ideas add up less to a theory than to rhetoric, a form of self-expression by which a certain kind of political excitement can be communicated from an elite to the masses"<sup>1</sup>

As an ideology Nationalism holds much about people. In India Nationalism took shape as per religion and culture in its expression. Thus

### PHILOSOPHICAL REFLECTION ON

we have Begal Nationalism that refers to consciousness of people of West Bengal. political expression of ethno conscious speaking Marathi with pride. The credit consolidated the Maratha empire. The w others merged them with Pan Indi independence of the country then.

It's important to note that the r nationalism is not universally consis countries, historical periods, and religio: between religion and nationalism requ specific contexts and the diverse ways i influence each other. The relationship b multifaceted one, and it can manifest i specific historical, cultural, and social cor regarding the interaction between religio

- i. Religion and nationalism can i becomes a defining element of religious beliefs, symbols, rituals, national narrative, providing a se for a nation. This can strengt people around a common c intersection of religion and nati and divisions. When religious id with national identity, it can lea against religious or ethnic minc dominant religious or national tensions, sectarian conflicts, o nationalism takes on an eth particular religious group is see can marginalize or exclude indivi share the same religious or ethr to inequality and human rights vi
- ii. Nationalism can influence the r religion. In some cases, the state the official or dominant relig freedoms and the rights of min religious institutions and leadei shaping nationalist ideologies . making. Religion can also transc transnational networks and mov

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As governments and countries the world over experience an upsurge in nationalism, the phenomena demands scholarly attention. That's why Saji Varghese's collection is vital. He has put together a collection of insightful analyses of the complex concept of nationalism that will help us in our challenging times.

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Assistant Professor of Philosophy and Literature  
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"How is nationalism to be addressed in the current overheated atmosphere, where concepts that could bind us together and lead to positive, collective action are used to divide us, disintegrating us and fragmenting our collective psyche? Whether the category is used to include some groups or to exclude them, nationalism is a topic that deserves a closer look, both philosophically and socially. This edited volume by Saji Varghese addresses the heart of this issue in thirty-three chapters in five different sections. In a culturally diverse democracy such as India, the issue of nationalism is an overarching category for all cultural and language groups. This volume also brings to light how regional forces act and react in the process of participating in the debate at the center of India, making the topic inclusive of the forces that are at the margins of power. Varghese deserves praise for his effort to address all the crucial issues in a single volume."

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NAVIGATING MENTAL HEALTH IN  
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Dr. Preeti  
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**Mind Matters : Navigating Mental Health in the Modern World**

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**ABOUT THE BOOK**

"Mind Matters: Navigating Mental Health in the Modern World" is an insightful anthology curated to shed light on the intricate landscape of mental health within the context of contemporary society. This book serves as a comprehensive guide, offering a collection of perspectives, strategies, and insights tailored to navigate the complex challenges individuals face in maintaining mental well-being amidst the rapid pace and evolving dynamics of the modern world.

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<b>Chapter - 7</b>		
Body Image Formation - A Multisystem Analysis Of Factors Contributing To Body Image Development In Adolescence	101	
Ms. Megha Tiwari • Ms. Krishti Kar • Ms. Hasita Ivatani • Ms. Bhavi Mehta • Mr. Abhishek Agarwal		
<b>Chapter - 8</b>		
The Spiral Processes Of Change In Therapy	113	
Megha Tiwari • Mrunmayee Oak • Bhavi Mehta		
<b>Chapter - 9</b>		
The Mind-Body Connection: Redefining Quality Of Life In The Modern World	123	
Namrataa Mangai • Renu		
<b>Chapter - 10</b>		
Hidden Struggles: Understanding Mental Health Of Adolescents In Government Schools In India	145	
Nidhi Walidia • Navinruchi Joshi		
<b>Chapter - 11</b>		
Harmony Of The Mind: Role Of Mindfulness And Meditation In Mental Wellness	161	
Shelby Arya • Dr. Alka Pandey		
<b>Chapter - 12</b>		
Understanding Postpartum Depression In New Mothers: A Holistic Examination Of Maternal Mental Health During Transition	174	
Ms. Deepanjali Sharma • Dr. Alka Pandey		
<b>Chapter - 13</b>		
Effect Of Food On Mental Health	192	
Dr. Aameen Zaidi • Dr. Anamika Dixit • Dr. Ram Kishor		
<b>Chapter - 14</b>		
Media: A Catalyst For Mental Health In Kids And Seniors	208	
Mrs. Sakshi Verma • Paramveer Singh		
<b>Chapter - 15</b>		
Practices For Ensuring Mental Health Among Students	218	
Mrs. Arshdeep Kaur		
<b>Chapter - 16</b>		
Mental Health And Relationships	226	
Sadhna Singh • Dr. Alka Pandey		
<b>Chapter - 17</b>		
Mental Health Status Of Working And Non-Working Women And Selected Variables Of Mental Health	243	
Shweta Godara • Dr. Ragini Mishra		
<b>Chapter - 18</b>		
Mental Health Treatment Options Including Therapy, Medication And Alternative Therapy	257	
Sukriti Srivastava • Shweta Godara • Dr. Ragini Mishra		
<b>Chapter - 19</b>		
Cultural Competence In Mental Health Care	270	
I. Manjiri • Gita Doley		
<b>Contributors</b>	283	

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## CHAPTER - 8

THE SPIRAL PROCESSES OF  
CHANGE IN THERAPYMegha Tiwari<sup>1</sup>, Mrunmayee Oak<sup>2</sup> and Bhavi Mehta<sup>3</sup><sup>1</sup>Independent Health Researcher and Psychologist<sup>2</sup>School of Social Sciences, CMR University.<sup>3</sup>School of Social Sciences, CMR University.

## Abstract

Human experiences are fluctuating, oscillating spirals that are non-linear and non-static. Change in therapy cannot be driven by linear models of human experiences. Our article attempts to frame a spiral model of achieving therapeutic change which takes into account the spirals of human experiences. This research article made use of databases such as PubMed and Google Scholar to review the literature on the topic. A total of 10 studies were reviewed for this article. Keywords such as Spiral dynamics, spiral models of therapy, therapeutic outcomes, therapeutic change, client characteristics in therapy were used to search relevant literature between August 2023 to October 2023. Our review of literature helped us gain insight into the spiral of human experiences and its impact on therapeutic outcomes. In this article we propose a spiral

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**CHAPTER - 7**

**BODY IMAGE FORMATION - A MULTISYSTEM ANALYSIS OF FACTORS CONTRIBUTING TO BODY IMAGE DEVELOPMENT IN ADOLESCENCE**

**Ms. Megha Tiwari<sup>1</sup>, Ms. Krishi Kar<sup>2</sup>, Ms. Hansita Ivaturi<sup>3</sup>,  
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**Abstract**

This study aims to analyze the various factors contributing to body image development in adolescents. We intend to study the multi-system influences on body image formations and the impact of the same. At present data was collected from 20 participants belonging to age groups 15 -18 (10 boys & 10 girls). Thematic analysis was done to discover the emerging themes and narratives. Preliminary thematic analysis shows

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