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Dr Kamakhya Kumar

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# Editor’s Note

Hari Om!

O’h God! Thou art the Giver of Life, Remover of pain and sorrow, The Bestower of happiness,

O’h Creator of the Universe,

May we receive thy supreme sin-destroying light, May Thou guide our intellect in the right direction.

I am delighted to bring the current volume of IJOYAS on a special day. It is a privilege to release this issue on Dev Sayani Ekadashi. The day when Lord Vishnu goes for a rest and Lord Shiva takes the charge of this Universe as custodian. It is being believed that Lord Brahma is the *ShristiKarta* (creator), Lord Vishnu is the *PaalanKarta* (Nurture) and Lord Shiva is the *KalyanKarta* (Destroyer). Till the period when Lord Vishnu takes rest, Lord Shiva governs this Universe.

Readers might be aware that IJOYAS completed its six years of publication successfully. During this period, we tried to provide a really exciting opportunity to consider the truly interdisciplinary nature of Yoga and studies going on all over.

The objective of this journal is to publish up-to-date, high-quality and original research papers alongside relevant and insightful reviews. It includes technical and professional aspects of Yoga and allied disciplines like Philosophy, Spirituality, Psychology, Human Consciousness, Medical, Paramedical sciences, Health sciences, Therapy, Education, Physical education, exercise and sports sciences, biomechanics, Literary/textual studies, Physiology, Biochemistry etc.

My sincere thanks to all the member of advisory and review committee, for their effort and contributors to this issue. Needless to say, any papers that you wish to submit, either individually or collaboratively, are much appreciated and will make a substantial contribution to the development and success of the journal.

Best wishes and thank you in advance for your contribution to the Journal. May God give us success; May the Almighty illuminate our intellect to lead us along the righteous path.



17th July 2024

(Kamakhya Kumar)

Chief Editor

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