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Editor's Note

॥ Om Bhuur-Bhuvah Svah Tat-Savitur-Varenyyam Bhargo Devasya Dhiimahi Dhiyo Yo Nah Pracodayaat ॥

It gives me immense pleasure to present the 14th Volume of the *International Journal of Yoga and Allied Sciences* on the occasion of the 11th International Conference on Yoga as an Art and Science of Living. This journal continues to serve as a beacon for advancing the understanding and practice of yoga, reflecting its profound contributions to human well-being, spirituality, and scientific exploration.

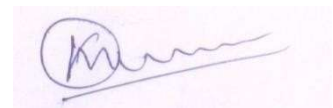
The theme of this year's conference, *Yoga as Art and Science of Living*, beautifully encapsulates the essence of yoga—a harmonious blend of experiential wisdom and evidence-based practice. This dual perspective is deeply woven into the fabric of the articles and research papers featured in this volume. Each contribution underscores yoga's transformative potential, spanning diverse domains such as physical health, mental clarity, emotional resilience, and spiritual awakening.

In this volume, we bring you cutting-edge research and thought-provoking insights from eminent scholars and practitioners across the globe.

As the global interest in yoga continues to rise, this journal endeavours to bridge the gap between traditional wisdom and contemporary science. By fostering a dialogue between ancient teachings and modern methodologies, we aim to enrich the collective understanding of yoga's multidimensional benefits. I take this opportunity to extend my heartfelt gratitude to our contributors, reviewers, and editorial team, whose dedication and expertise have made this publication possible.

I am also deeply grateful to the organizers and participants of the 11th International Conference for their commitment to the advancement of yoga as a discipline and way of life. Let this volume inspire practitioners, researchers, and enthusiasts to delve deeper into the study and application of yoga, reaffirming its timeless relevance in today's world. Together, let us continue to explore yoga's potential as a holistic science for achieving individual and collective harmony.

With warm regards and best wishes,



(Kamakhya Kumar)
Editor-in-Chief

22nd Feb. 2025

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