

A Journey of Consciousness : Exploring the Depths of Awareness



A Journey of Consciousness

Exploring the Depths
of Awareness

Dr. Divya R. Panjwani
Dr. Sukhmeet Kaur
Dr. Farah Zahidi

A JOURNEY OF CONSCIOUSNESS

EXPLORING THE DEPTHS OF AWARENESS

Dr. Divya R. Panjwani

Dr. Sukhmeet Kaur

Dr. Farah Zahidi



BOOK RIVERS
WE CREATE READERS

No part of this publication may be reproduced, transmitted, or stored in a retrieval system, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior permission of the author.

Website: <https://www.bookrivers.com>

Email: publish@bookrivers.com

First Print Edition 2025

Copyright©: Authors

Title: A Journey of Consciousness: Exploring the Depths of Awareness

**Authors: Dr. Divya R. Panjwani, Dr. Sukhmeet Kaur,
Dr. Farah Zahidi**

All Rights Reserved

ISBN: 978-93-6884-315-3

MRP: 400/-INR

[Printed in India]



INTEGRAL UNIVERSITY

इंटीग्रल विश्वविद्यालय

Approved by the University Grants Commission under Sections 2(f) and 12Bof the UGC Act, 1956, MCI, PCI, IAP, BCI, INC, CoA, NCTE, DEB & UPSMF. Member of AIU. Recognized as a Scientific & Industrial Research Organization (SIRO) by the Dept. of Scientific and Industrial Research, Ministry of Science & Technology, Government of India.



Date - 07.07.2025

FOREWORD

The exploration of consciousness is perhaps one of humanity's oldest and most enduring quests, an odyssey that spans sacred scriptures, philosophical debates, and scientific revolutions. In the 21st century, this journey has reached a profound crossroads where spiritual wisdom converges with neuroscience, quantum physics, behavioral science, and artificial intelligence. *A Journey of Consciousness: Exploring the Depths of Awareness* by Dr. Divya R. Panjwani, Dr. Sukhmeet Kaur, and Dr. Farah Zahidi is a powerful and timely contribution to this evolving discourse.

This interdisciplinary work illuminates consciousness not as a fixed metaphysical notion, but as a dynamic, multifaceted phenomenon—shaped by cognition, ethics, emotion, and technology. With eloquence and intellectual depth, the authors invite readers to re-imagine awareness through diverse lenses: from meditative traditions and Vedantic insights to neuro-legal paradigms and the rise of artificial consciousness. In doing so, they challenge us to reflect not just on how we think, but on what we are becoming.

What makes this volume stand out is its smooth blend of ancient views and modern ideas. It tackles urgent questions of our time: Can machines develop awareness? What are the effects of data-driven identity? How does consciousness shape choice, responsibility, and empathy in a digitally connected world?

This book is more than an academic endeavor; it serves as a reflective mirror for educators, psychologists, technologists, philosophers, and seekers across disciplines. It urges conscious action in a world increasingly influenced by unconscious consumption and algorithmic influence.

I commend the authors for their visionary scholarship and creative insight. This work exemplifies the spirit of Integral University: nurturing inquiry that is both rooted in tradition and open to innovation. May this book guide its readers on a transformative journey toward deeper understanding, greater awareness, and a more compassionate world.

Prof. Javed Musarrat
Vice Chancellor

Foreword



Samarth Narain

In today's fast-paced world with distractions galore, our mind, craving for sensory pleasures, is scattered all over the place, making "*swadhyaya- self-study*" and the need to explore consciousness more of a necessity than a luxury.

"A Journey of Consciousness exploring the Depths of Awareness" emerges as a timely and essential guide for humanity. This is not just a compilation of academic research; it is a mosaic of enquiry into the very nature of the Being.

"Aham Soham - I am that", often simplified to Soham, is a concept deeply rooted in the Upanishads, particularly the Isavasya Upanishad. It is a mantra that signifies the oneness of the Individual Self with the ultimate reality. It is also used in Sudarshan Kriya, a powerful breathing technique offered in the Art of Living's Happiness Program. Reminding us time and again that to live life more meaningfully to one's full potential, there is a need to know more and more about oneself.

Each chapter in this volume is a step on this sacred path. The contributions draw upon diverse disciplines—neuroscience, travel, education, law, and technology—yet they are united by a central thread: the yearning to understand what it means to be conscious. From reflections on mindfulness in Madhya Pradesh to the philosophical underpinnings of AI, this collection navigates the intersection between the empirical and the existential.

The intersection of Karma and consciousness, poetically captured in Chapter 2, reveals the cosmic feedback loop of action and awareness. This theme, mirrored in modern behavioral economics and psychology (Chapter 7), reminds us that self-awareness is both a personal quest and a social necessity. This book also addresses the moral imperative of being conscious of the environment, our consumer choices, and our social interactions. The chapters on sustainable travel and conscious consumerism are particularly relevant in today's climate-stricken world.

Consciousness here becomes not just an inner flame but a guiding light for external action. In the meditative traditions, the goal is to still the mind, observe it, and transcend it. Nevertheless, as seen in the discussions on artificial consciousness and machine intelligence, even the nature of that "mind" is being challenged. Can machines attain awareness? What does it mean to feel, to know, to be? These are not questions for philosophers alone—they are challenges for humanity in a rapidly evolving future.

What makes this book truly special is that it does not claim to have all the answers. Instead, it invites you into a dialogue, a dynamic dance with mystery. In reading these pages, you are not merely a spectator—you are a participant in an unfolding exploration.

Furthermore, this is how a Satguru should guide: not by telling you the answers, but by gently holding your hand and guiding you towards arriving at your conclusions.

Let this be your invitation to pause. To reflect. To dive deeper.

*The journey begins here.
May the Light guide you.*


Samarth Narain
Teacher Art of Living



Dr. Rashmi Soni

***Professor and Head, Department of Education
Sri Jai Narain Misra PG College, University of Lucknow
& Counselling Psychologists, Licensed NLP and Emotional Intelligence
Practitioner, Life Skill Coach and Personality Development Trainer***

The landscape of consciousness studies is expanding at a rapid pace, and this volume, *A Journey of Consciousness: Exploring the Depths of Awareness*, captures the evolution of this dynamic field through an impressively diverse set of scholarly lenses. It is an academic kaleidoscope, presenting insights that range from the hard sciences to humanistic inquiry, from technology to education, and from philosophy to psychology.

What makes this work commendable is its unflinching commitment to interdisciplinarity. Too often, consciousness is confined within the rigid walls of a single academic silo. However, here, neuroscientists converse with educators, legal theorists with behavioral economists, and tourism researchers with spiritual practitioners. This dialogue fosters not only the cross-pollination of ideas but also a deeper, more nuanced understanding of consciousness as both a phenomenon and a process.


For instance, Chapter 5 delves into the neuroscience of consciousness, grounding the discussion in measurable biological frameworks. However, only a few chapters later, readers are invited to explore consciousness through the lens of literature, art, and film (Chapter 20). This contrast is not a contradiction—it is an enrichment. The brain is not only a neural organ; it is also a storyteller, interpreter, and creator of meaning.

The section on mindfulness (Chapters 3, 10, and 12) provides practical implications for education, healthcare, and personal development. These chapters do not merely promote mindfulness as a buzzword but offer empirical and contextual grounding. Meanwhile, the bold inquiry into AI and artificial consciousness (Chapters 6, 15, and 21) challenges readers to rethink not just what it means to be conscious, but whether machines might someday join that conversation.

The academic rigor of this compilation is matched only by its relevance. In an era defined by data overload and existential disconnection, this book stands as a call to thoughtful reflection, to conscious living. Whether in pedagogy, technology, or policy, the implications are profound.

I believe that this collection will serve as a seminal text for students, researchers, and thinkers seeking a comprehensive understanding of consciousness.

It is not just about what we know—it is about how we know, why we seek to know, and who we become in the process.


Dr. RASHMI SONI
Professor & Head
Department of Education
Sri. J.N.M.P.G. College, Lko.

Dr. Rashmi Soni
Professor and Head
Department of Education
Sri Jai Narain Misra PG College
University of Lucknow
Lucknow

Table of Contents

| Chapter No. | Chapters | Page No. |
|-------------|--|----------|
| 1. | Conscious Travel in The Middle East: How Ethical Consumerism Is Shaping Tourism Trends <i>Dr. Farah Zahidi & Dr. Richa Verma</i> | 1 |
| 2. | Consciousness and Karma: An Inter-woven Dance of Cause and Effect <i>Dr. Divya R. Panjwani & Henna Punjabi</i> | 12 |
| 3. | Unlocking the Potential of Mindfulness Tourism in Madhya Pradesh: A SWOT Assessment <i>Sarthak Chourasia, Dr. Lokeshver Singh Jodhana, Dr. Sukhmeet Kaur, & Dr. Vishal Pandey</i> | 23 |
| 4. | The Enigma of Consciousness: A Comprehensive Review <i>Revathy V. S & Ann Mary Jacob</i> | 47 |
| 5. | Unlocking the Mind: The Neuroscience of Consciousness <i>N. Balusamy</i> | 57 |
| 6. | The Quest for Artificial Consciousness: Maharishi Mahesh Yogi's Perspective on Machine Intelligence <i>Shweta Dwivedi, Mohammad Faisal, Aditi Shrivastava, & Saumya Singh</i> | 85 |
| 7. | The study of Behavioural Economics and the Journey of Self-Awareness <i>Haribhau Sama Kharat & Atul Krishna Ghadge</i> | 108 |

| | | |
|-----|---|-----|
| 8. | The Self and Consciousness <i>Khyati Khare, Dr. Jitendra Kumar & Dr. Priya Soni Khare</i> | 119 |
| 9. | Consciousness in Travel and Hospitality: A Review of Evolving Trends and Sustainable Practices <i>Anza Tariq, Dr. Lokeshver Singh Jodhana, & Sarthak Chourasia</i> | 131 |
| 10. | Mindfulness in Education: Building Trust and Connection through Presence <i>Dr. Harshita Sharma, Deepak, & Bhoomika Badlani</i> | 146 |
| 11. | Unconscious Actions and Criminal Liability: Rethinking Mens Rea in Light of Modern Neuroscience <i>Mohd Ubais Ansari</i> | 161 |
| 12. | Mindfulness As A Tool For Transformative Consciousness: From Stress Reduction to Personal Transformation <i>Rachna Garg</i> | 173 |
| 13. | Journey of Consciousness – A Psychological Approach in the Modern Scenario <i>Dr. Kiran Rani Panwar</i> | 183 |
| 14. | Exploring Self and Consciousness: The Integral Role of Memory Transforming Pedagogy in Government Schools: Identifying Problems and Implementing Solutions <i>Dr. Sonia Sharma & Dr. Piyali Sarkar</i> | 195 |
| 15. | An Exploration of AI, Ethics, and The Problem of Consciousness <i>Namira Siddiqui & Dr Fatima Sahrish</i> | 207 |

| | | |
|-----|---|-----|
| 16. | The Natural Roots of Human Consciousness | 216 |
| | <i>Sada Warsi & Dr. Azkiya Waris</i> | |
| 17. | Consciousness Through Meditation and Mindfulness | 227 |
| | <i>Dr. Priya Soni Khare, Dr. Jitendra Kumar, & Khyati Khare</i> | |
| 18. | Exploring The Nature of Consciousness: A Philosophical and Scientific Perspective | 241 |
| | <i>Swati & Satish Kumar</i> | |
| 19. | Awakening the Mind: Exploring the Depths of Consciousness | 251 |
| | <i>Dr. Jitendra Kumar, Dr. Priya Soni Khare, & Khyati Khare</i> | |
| 20. | Intersections of Literature with Film, Music, and Other Art Forms: A Study on Students' Consciousness | 265 |
| | <i>Dr. R. Vijayalakshmi & Dr. C. Priya</i> | |
| 21. | Consciousness and AI: Unravelling the Intersection of Intelligence and Awareness | 273 |
| | <i>Jaya Sarkar</i> | |
| 22. | An Analysis of Conscious Consumerism and Its Impact on Global Markets | 283 |
| | <i>Atul Krishna Ghadge</i> | |
| 23. | Consciousness and Motivation in the Teaching-Learning Process: "Think about Thinking" | 295 |
| | <i>Harshit Agarwal & Shivangi Singh</i> | |
| 24. | Future visions: Consciousness beyond biological Limits | 306 |
| | <i>Dr. C. Priya & Dr. R. Vijayalakshmi</i> | |

List of Contributors

Farah Zahidi is an Assistant Professor at The Emirates Academy of Hospitality Management, Dubai. With over nine years of academic experience across the UAE and India, she specializes in digital marketing, human resource management, and data analytics. Her teaching portfolio spans undergraduate, postgraduate, and executive education programs, and she has mentored diverse cohorts ranging from young students to senior professionals. Farah holds a Ph.D. in Management and is an active researcher with published work in peer-reviewed journals and edited volumes. Her research interests include sentiment analysis, sustainable tourism, consumer behavior, and the integration of technology in hospitality. She is particularly passionate about blending academic insights with industry relevance to drive impact in the areas of hospitality and responsible business practices. Farah is also a certified trainer, regularly conducting workshops focused on strategic thinking, leadership, and data-driven decision-making.

Dr. Divya R. Panjwani is an Assistant Professor in the Department of Education, Integral University, Lucknow. Her educational repertoire includes B.Ed., M.Ed., M.Com., M.B.A., M.A. (Sociology), MA (Economics), and Ph.D. (Educational Psychology). She has six years' experience as a Team Leader and Manager, and fifteen years of Teaching Experience in Higher Secondary School and Higher Education. She has 10 Research Papers in National and International Journals, 8 Chapters in an Edited Book, and 10 edited books to her name. She has attended over 15 National and International Conferences and chaired more than eight sessions at international conferences. She has diligently performed her duties as a Convenor in more than eight Faculty Development Programs, Conferences, and workshops. She works as a Subject Matter Expert for Life Skills Education and Work Education at Tata Consultancy Services. Divya Panjwani has been selected as a member of the Flying Squad for the ISC Board Examination for four consecutive years from 2019 to 2022. She has been appointed as Academic Consultant for SCERT, Patna,

Bihar. She is working on an indigenous Project. She has published the Academic Buoyancy Scale and one Indian Patent. She has received the award of Best Doctoral Thesis by Unifacvest, Brazil. Her expertise spans Information and Communication Technology, Positive Psychology, Statistical Analysis, Research, Teaching Methodologies, Career Counselling to Students, Commerce, and Accountancy.

Dr. Sukhmeet Kaur holds the position of Research Fellow at INTI International University, Malaysia. She is Assistant professor of Human Resources and Organisation behaviour at Dr. Vishwanath Karad MIT World Peace University, Pune. She has six years of teaching experience in Human Resource Management and organizational behavior. She got a Ph.D. in Management from Dayalbagh Educational Institute (Deemed University), Agra, in 2015. She also holds an M.Phil. in Management with a cumulative grade point average (CGPA) of 9.25. She qualified for NET-JRF in Management in June 2011 and was promoted to SRF in 2015. She completed her MBA in HR in 2010 with distinction. She has published 21 research papers in peer-reviewed Scopus and ABDC journals. She has published nine edited book chapters. She has participated in 22 conferences, 20 Webinars, 6 FDPs, and 7 Workshops/seminars throughout her career. Her expertise embraces human resources management, organizational behavior, research methodology, and HR analytics.

Dr. Richa Verma is an Assistant Professor with 10 years of experience in academics. She holds a Doctorate in Management from Jayoti Vidhyapeeth Women's University, Jaipur. Her research interests focus on Human Resource Management, Talent Management, Performance and Reward Management. She has authored a book, contributed book chapters in diverse fields, and holds three patents. She has actively participated in National and International Conferences as a presenter and session chair. Her research papers have been published in reputed Scopus-indexed journals, Springer Singapore and UGC-CARE-listed journals. She has also completed NPTEL & FDP from IIT Kharagpur, IIT Madras, and IIT Kanpur. She has coordinated the ICEICT-2022 conference in association with Taylor & Francis Group. She has

completed the NEP 2020 Orientation & Sensitization Programme under the Malaviya Mission Teacher Training Programme (MM-TTP) organized by IIT Dhanbad. She has received several accolades, including the Best Faculty Award and Best Cultural Convener Award at Goel Institute of Technology and Management, Lucknow, and the Best Researcher Award at Noida International University, Greater Noida.

Henna Punjabi is working as an Assistant Professor at TransStadia University, Ahmedabad. She is a Human Resource Management professional with credentials included as an MBA(HR), M.Com, B.Ed., UGC-NET, Mh-SET, and G-SET; With over 10 years of experience at degree colleges in the Mumbai suburbs and Ahmedabad and worked as a paper setter twice for CUET for Business Studies and Entrepreneurship subjects I have also written nearly 15 chapters and research articles.

Sarthak Chourasia is an accomplished academic and researcher currently serving as an Assistant Professor and Department In-Charge for Tourism and Hospitality at the Institute of Management, Arts, and Science, Malwanchal University, Indore. With a solid foundation in hospitality and hotel administration (B.Sc. and M.Sc.), and currently pursuing a Ph.D. in Tourism & Hospitality Management, Sarthak brings a unique blend of academic leadership, industry experience, and a strong research portfolio. His expertise spans tourism promotion, digital marketing, sustainable tourism, and institutional planning. He has authored over 25 research publications, contributed to international conferences, and served as a reviewer for reputable hospitality journals. Recognized for his dynamic teaching approach and administrative capabilities, he is also deeply committed to skill development, interdisciplinary collaboration, and bridging the gap between academia and industry through innovation and strategic engagement.

Dr. Lokeshver Singh Jodhana is a seasoned academic and tourism expert with over 18 years of teaching experience and two years in the tourism industry. Currently serving as the Registrar and Professor at

Malwanchal University, Indore, he holds a Ph.D. in Management and is a UGC-NET-qualified Gold Medalist in both Tourism Management and Hotel Management. Dr. Jodhana has guided more than a dozen Ph.D. scholars, published over 70 research papers, and presented extensively at national and international conferences. His expertise spans tourism development, hospitality management, CRM practices, and sustainable tourism, making him a recognized figure in the field of tourism academia. He has also authored books and served on several editorial boards, reflecting his commitment to academic excellence and sectoral innovation.

Dr. Vishal Pandey is a seasoned business strategist and market intelligence expert with over two decades of experience in cross-industry consulting across the Middle East, Africa, and India. As a Partner at Glasgow Research & Consulting, he has led over 1,000 high-impact projects in automotive, consumer goods, retail, food services, hospitality, healthcare, and industrial sectors. With prior experience at Deloitte Consulting and educational credentials from the University of Glasgow and The George Washington University, Dr. Pandey specializes in feasibility studies, market entry strategies, go-to-market plans, and commercial due diligence. A thought leader and keynote speaker, he actively contributes to UNWTO, Automechanika Dubai, and global business forums. His work bridges research and actionable insights, empowering clients with data-driven growth and innovation strategies.

Dr. Revathy V. S serves as an Assistant Professor at Union Christian College, Aluva, Ernakulam. With a strong academic foundation and a commitment to excellence in teaching and research, she brings expertise in Zoology and Environmental Science. Passionate about student development and academic outreach, Dr. Revathy actively engages in curriculum advancement, interdisciplinary studies, and community-based education. Her research interests include Environmental studies and Molecular biology, and she continues to make meaningful contributions to the academic community through publications, seminars, and mentorship.

Dr. Ann Mary Jacob is an Assistant Professor at Union Christian College, Aluva, Ernakulam. Known for her dedication to academic excellence and student mentoring, she brings a dynamic blend of teaching, research, and community engagement to the institution. With a deep commitment to her field of expertise, Dr. Jacob contributes actively to curriculum development and interdisciplinary collaboration. Her academic pursuits reflect a passion for [insert area of specialization or research interest, if available], fostering a vibrant learning environment for her students.

Professor Balu is a globally respected academic and business strategist with over a decade of experience helping entrepreneurs turn vision into results. Backed by multiple advanced degrees in fields like Psychology, Economics, and International Business, he combines deep academic knowledge with practical, real-world insights. His performance-driven frameworks are designed to guide business owners through growth, clarity, and informed decision-making in a rapidly evolving marketplace.

Dr. Shweta Dwivedi is an Assistant Professor with a strong academic background in Fuzzy Databases and Artificial Intelligence. Her research and expertise focus on integrating fuzzy logic into database systems and intelligent applications, contributing to advancements in handling imprecise data. She teaches Java Programming and Data Structures, Algorithms and Analysis, emphasizing both the theoretical principles and practical implementation skills required in software development. Dr. Dwivedi's teaching methodology blends foundational computing concepts with real-world problem-solving approaches. Her guidance helps students develop efficient algorithms and write robust, scalable code. With a passion for AI-driven innovation, she fosters analytical thinking and promotes research-led learning in the classroom.

Prof. (Dr.) Mohammad Faisal is a distinguished academic and currently serves as the Head of Department (HOD) and Professor at Integral University. With a robust foundation in core computing disciplines, Dr. Faisal's areas of expertise include Requirement

Engineering, Distributed Systems, and Operating Systems. These domains form the backbone of modern software and systems design, and his academic and research contributions likely span theoretical foundations, practical implementations, and pedagogical advancements within them. Over the years, Dr. Faisal has taught several fundamental and advanced computer science subjects, including Distributed Systems, Operating Systems, Mobile Computing, Graph Theory, and Computer Networks. His teaching reflects a comprehensive coverage of both systems and theoretical aspects of computer science, equipping students with the necessary skills to excel in both industry and research. His role as HOD also suggests active involvement in academic leadership, curriculum development, research supervision, and departmental administration.

Ms. Aditi Shrivastava serves as the Academic Advisor for the Science of Consciousness Program at Maharishi University of Information Technology (MUIT), Lucknow, India – 226013. In this role, she plays a pivotal part in shaping the academic structure and strategic direction of the program, which explores the interdisciplinary understanding of consciousness through scientific and philosophical lenses. Her responsibilities likely include curriculum development, student mentorship, and fostering academic excellence in a niche yet intellectually profound field. Ms. Shrivastava contributes to guiding students in navigating complex theories of consciousness and their practical implications in modern science and life. Through her advisory position, she supports the growth of a scholarly community focused on the scientific study of consciousness.

Ms. Saumya Singh is an Assistant Professor at Integral University, specializing in the field of Artificial Intelligence. Her academic focus lies in advancing intelligent systems and fostering analytical thinking among students. She teaches a diverse set of subjects, including Data Structures, Operating Systems, Linux, Management Information Systems (MIS), and Cyber Security. Through this multidisciplinary teaching portfolio, she equips students with both theoretical foundations and practical skills essential for the modern computing landscape. Her expertise in AI enhances her instruction, particularly

in areas involving algorithmic thinking and secure system design. Ms. Singh's engagement with core and emerging subjects reflects her commitment to academic excellence and innovation in the field of education. Her contributions help in shaping technically competent and industry-ready graduates.

Mr. Haribhau Sama Kharat is an accomplished academic with over 12 years of experience in the field of Economics. He is currently working as an Assistant Professor in the Department of Economics at Janardan Bhagat Shikshan Prasarak Sanstha's Changu Kana Thakur Arts, Commerce & Science College, New Panvel (Autonomous). His teaching is rooted in strong theoretical foundations and a deep understanding of applied economic issues. Mr. Kharat is currently pursuing a Ph.D. in Economics from the University of Mumbai, having successfully qualified the PET examination. His academic credentials include the completion of the Diploma in Banking and Co-operative Management (DCM-B) from YCMOU. He is well-versed in areas such as microeconomics, macroeconomics, and development studies, and has a passion for integrating research with classroom learning. He has authored and co-authored several research papers. Mr. Kharat has also written multiple academic books and contributed to curriculum development and educational innovation. Known for his student-centered teaching and commitment to academic excellence, Mr. Kharat remains actively involved in departmental activities and seminars. He communicates fluently in Marathi, Hindi, and English, and continues to contribute meaningfully to the institution's academic growth and to the larger field of economic education and research

Mr. Atul Krishna Ghadge is a dedicated academician and researcher in the field of Economics, currently serving as Assistant Professor at Janardan Bhagat Shikshan Prasarak Sanstha's CKT College, New Panvel. With over a decade of teaching experience, he specializes in Microeconomics and Macroeconomics. He is pursuing a Ph.D. in Economics from the University of Mumbai, focusing on the socio-economic impact of rural-to-urban migration in Navi Mumbai. Mr. Ghadge has qualified the MH-SET in Economics and holds an M.A. in Economics from Savitribai Phule Pune University. He has published

29 research papers, including several in UGC CARELISTED and Web of Science-indexed journals, and presented over 40 papers in national and international seminars. His scholarly contributions span migration studies, development economics, and public policy. He holds a published utility patent on “Real-Time Inflation Tracker and Forecasting System” and is in the process of securing a UK design patent. He has authored 15 academic books, contributed 50+ chapters in edited volumes, and developed course material for IDOL, University of Mumbai. An active contributor to higher education, he serves on Boards of Studies and is involved in syllabus development. His commitment extends to community service through NSS and educational outreach. Fluent in English, Hindi, and Marathi, Mr. Ghadge is a passionate educator committed to shaping socio-economic understanding through research and pedagogy.

Ms. Khyati Khare is a scholar in the School of Liberal Studies, University of Petroleum and Energy Studies (UPES), Cluster Newsletter', Dehradun, Uttarkhand, India. She is an Editor of 'Health and Founding Member of 'Gender Cluster', Co-founder of 'Falak'-Society of School of Liberal Studies. She has made significant contributions to the academic world with five research papers published in both national and international journals, including one from Bulgaria, reflecting her global engagement. Additionally, she has contributed two insightful chapters to edited books, enriching the academic literature. As the Managing Editor of the Research Converse International Journal, she actively promotes quality research and scholarly dialogue. Her deep interest lies in behavioural sciences, counselling services, and gender-related issues. She is susceptible to matters concerning the LGBTQ+ community, working thoughtfully to support inclusive and empathetic approaches in these areas. Her work reflects both intellectual depth and a compassionate understanding of human experiences. She is also involved in the development of a psychological tool designed to measure and enhance empathy, working in collaboration with eminent professors from Oxford University.

Dr. Jitendra Kumar is currently working as an Assistant Professor in the Department of Education at CMP College, University of Allahabad. Additionally, I served in the School of Education at the Central University of South Bihar, Gaya, India. He holds a Master's degree in both Chemistry and Education, as well as a Doctorate in Education from the NCERT. He also qualified for the UGC-JRF in Education from the University Grants Commission, New Delhi. He secured a Post Graduate Diploma in Higher Education (PGDHE) from IGNOU, New Delhi; Certificate in Career Assessment from Redpond Educational and Psychological Research Centre, Madurai; completed Professional Development Programme on Implementation of NEP-2020 for University and College teachers, IGNOU, New Delhi, and Action Research Program from NCERT, New Delhi. He serves as an expert/Resource Person in Academic Activities, education programs, training courses, and workshops in the thrust areas of research. He represents in academic bodies and has organized conferences, awareness programmes, and seminars on pedagogy-oriented issues. He has been a resource person for the Pedagogy of Science and Life skills training programs for adolescents and teachers, and maintains a special interest in Elementary Education, Teacher Education, Environmental Education, Women's Education, Value Education, and Education for Sustainable Development. He has written a few books, namely, Principles of Education, Learner Centered Innovative Pedagogy, Teaching with Skills, Value Education, Education for Muslim Girls in India, Trafficking of Girls and Provisions for their Education, Adolescent Girls: Their Problems & Education etc. He has more than 70 publications in journals and 25 chapters in edited books. He is Associate Editor in International and National Journals also. He got Bright Educator Award in 2017, International Academic Excellence Award in 2021, Life Time Achievement Award in 2023, Shishka Bhushan Samman in 2023 & Utkrisht Shikshak Samman in 2025. He has registered patent in IP India. He also awarded for a Research Project in 2023 from Indian Council for Social Science Research (ICSSR), New Delhi, India. He works as an active social worker; and delegates' guidance & counseling services to learners.

Dr. Priya Soni Khare is presently working as an Assistant Professor in the Department of Education, CMP College, University of Allahabad. Also, served in Faculty of Education, Banasthali Vidyapith, Rajasthan, India. She has Master degrees in both History and Education and holds a Doctorate degree in Education from Dr. Ram Manohar Lohia Avadh University, Faizabad, Uttar Pradesh. She also qualified UGC- NET in Education. She secured a Diploma in Guidance and Counseling from Bureau of Psychology, Allahabad, Uttar Pradesh and completed Certificate Course in Statistical Technique and Applications from Banasthali Vidyapith, Rajasthan and Professional Development Programme on Implementation of NEP-2020 for University and College teachers, IGNOU, New Delhi, India. She also awarded for Post Doctoral Fellowship from UGC, New Delhi, India. She serves as expert/Resource Person in Academic Activities, education programmes in Training course/workshops in thrust areas of research. She represents in academic bodies and has organized conferences, awareness programmes and workshops on pedagogy-oriented issues. She has been resource person for the Pedagogy of Social Sciences and Guidance and Counseling programmes and keeps special interest in: Educational Psychology, Educational Technology, and Educational Philosophy. She has written a few books, namely, Principles of Education, Shiksha ke Manovagyanik Aadhar, Moolbhoot Manovagyanik Prakriyaein and three edited books named Earth-1, Earth-2 and Emerging Trends and Research in Educational Technology. She has presentations at National and International conferences; and more than 40 publications in journals and 20 chapters in edited books. She is managing Editor in International and National Journals also. She was awarded with Shiksha Bhushan Samman in 2023. She also awarded for a Research Project in 2023 from Indian Council for Social Science Research (ICSSR), New Delhi, India.

Ms. Anza Tariq is a budding researcher and dedicated hospitality professional, currently pursuing her Ph.D. in Tourism and Hospitality from Malwanchal University, Indore. She serves as the Bakery In-charge at the Institute of Hotel Management, Srinagar, where she combines practical training with academic insight. With a strong

academic foundation, holding a B.Sc. and M.Sc. in Hospitality and Hotel Administration with a specialization in Sales and Marketing, Anza is passionate about bridging the gap between industry practices and academic frameworks. Her research is driven by the vision to create a more integrated, practical, and promising future for hospitality professionals, rooted in authentic and exemplary scholarship.

*Dr. Harshita Sharma is a committed academician with a Ph.D. in Political Science and UGC-NET qualification, currently serving at Vivekananda Global University. With over two years of teaching experience and a passion for student development, she has earned accolades such as the Best Teaching Award and the Global Women Icon Award. Her research interests span gender studies, environmental politics, and global governance, reflected in her numerous publications in Scopus and UGC Care journals. She has authored a book titled *The 12 Influentials in Rajya Sabha* and contributed to international edited volumes. An active participant in academic leadership, she has served as convener, keynote speaker, and coordinator in various conferences and faculty development programs. Dr. Sharma is also a reviewer for Elsevier and holds memberships in several academic bodies.*

Deepak is an Assistant Professor of Mathematics at Vivekananda Global University, Jaipur, currently pursuing a Ph.D. in Mathematics. He holds an M.Sc. from MNIT Jaipur and a B.Ed. from MDU Rohtak, boasting strong academic credentials, including qualifications from IIT JAM and GATE. He has experience teaching at the undergraduate and postgraduate levels across multiple disciplines and actively contributes to student mentoring, NSS coordination, and academic events. Deepak has presented several research papers at national and international conferences and has published in peer-reviewed journals. He has also completed numerous FDPs and workshops, demonstrating a commitment to professional development. His technical skills include LaTeX, MATLAB, Python, and MS Excel, and he is known for his team spirit, dedication, and eagerness to learn.

Ms. Bhoomika Badlani is an Assistant Professor of Sociology, where she teaches courses on social theory, gender studies, and economic sociology. Her research interests include social change and public policy. With a strong focus on participatory learning, she encourages critical thinking and real-world application in the classroom. Ms. Badlani has been involved in curriculum development and community-based projects and is committed to promoting inclusive and transformative education.

Mohd Ubais Ansari is an Assistant Professor at the Faculty of Law, Integral University, Lucknow. With a focus on Criminal Procedure, Civil Procedure, Law of Crime, Muslim Law, and Competition Law, he is a UGC-NET certified educator with a passion for student engagement and curriculum development. He holds an LL.M. in Criminal Law and a B.A.LL.B. (Hons) from Aligarh Muslim University, where he was a Gold Medalist. His academic contributions include research on juvenile justice, war crimes, and alternative dispute resolution. He has also actively participated in faculty development programs and organized numerous workshops and competitions to promote legal education and discourse.

Ms. Rachna Garg is currently serving as an Assistant Professor at Tecnia Institute of Advanced Studies, affiliated with Guru Gobind Singh Indraprastha University, New Delhi. She is pursuing her Ph.D. in Psychology from Amity University, Madhya Pradesh, with her research focusing on the impact of Mindfulness-Based Cognitive Behavioral Intervention (MBCBI) in enhancing resilience among the elderly experiencing depression, anxiety, or stress. Her academic interests include mindfulness, mental health, positive psychology, and emotional well-being. She has contributed to various national and international publications through research articles, book chapters, and case studies related to mindfulness-based practices. With a strong commitment to integrating traditional Indian wisdom with contemporary psychological approaches, she aims to make mental health support both accessible and impactful. She is actively involved in academic teaching, research, and initiatives promoting mental health awareness. Her work reflects a balanced integration of theory

and practice in the pursuit of holistic psychological development.

Dr. Kiran Rani Panwar is an accomplished academician, currently serving as an Assistant Professor at Swami Vivekanand Subharti University, Meerut. With over 16 years of rich teaching experience across various reputed colleges and universities, she has established herself as a dedicated educator and scholar. Dr. Panwar has made significant contributions to the field through her authorship of five books and the publication of more than 20 research papers in both national and international journals. Her insightful work and academic rigor have also earned her a respected position on the Advisory Board of two esteemed journals. A passionate teacher, researcher, and mentor, Dr. Kiran Rani Panwar continues to inspire students and fellow academicians with her commitment to excellence in education and research.

Dr. Sonia Sharma working as Associate Professor in the department of Education, Lovely Professional University Phagwara Punjab India is an accomplished educationist and researcher with over 110 publications in national and international journals, including Scopus, Web of Science, and UGC-CARE-listed journals. She holds a Ph.D. in Education (ICSSR), and her academic journey spans diverse fields—Zoology, Education, Sociology, and Teacher Training. With over 17 years of experience in academia and school leadership, Dr. Sharma has guided numerous M.Ed. dissertations and Ph.D. theses, and currently supervises ongoing doctoral research. She is actively involved as a verified reviewer for reputed journals such as SAGE, IJERE, and Asian Journal of Education and Social Studies, and serves on editorial boards of leading journals, including International Journal of Higher Education Pedagogies. Her contributions extend to curriculum development (notably in Toy-Based Pedagogy through a UNESCO-OER MOOC), various scale construction (Biology Anxiety Scale, Spiritual Intelligence), and participation as a keynote speaker and resource person in over 550 seminars and FDPs. Dr. Sharma is a recipient of prestigious recognitions, including the Global Faculty Award, Chanakya Award, and Inspiring Principal Award, and has also been nominated for the Bharat Vidya Shiromani and International

Gold Star Award. Her academic interests lie in educational research and statistics, the pedagogy of science, teacher education, emotional intelligence, and socio-psychological variables in education.

Dr. Piyali Sarkar, Assistant Headmistress at Barabisha High School (H.S.), has 14 years of academic and administrative experience. She holds a B.Sc., M.Sc., and Ph.D. in Education from Lovely Professional University, under the guidance of Dr. Sonia Sharma, Associate Professor at LPU. Sarkar's research interests include education, educational psychology, higher education, educational technology, and women's education. She has more than 20 publications (10 under UGC CARE) to her name, with her research papers appearing in Scopus and various books, as well as in national and international peer-reviewed journals and UGC-approved journals/conferences. She has attended more than five workshops sponsored by UGC, HRDC, and ICSSR. She has attended more than 15 conferences/seminars, including international and national, with paper presentations and publications, as well as a participant.

Namira Siddiqui is a doctoral candidate at Integral University, Lucknow. She completed her Bachelor's and Master's Degree in English Literature from Isabella Thoburn College, Lucknow. Her academic interests include mental health narratives and modern Indian literature, with a particular focus on the psychological and emotional experiences of women.

Dr. Fatima Sahrish is an Assistant Professor in the Department of Languages, Integral University, Lucknow. She has various research papers in National and International Journals to her credit. She has presented more than ten papers in National and International Conferences and Seminars. She is the recipient of the Best Doctoral Thesis award by Unifacvest, Brazil, and the Best Presenter Award in a three-day International Conference. She also won the award for Achievements in Event Management and Students' Skill Development. Her areas of expertise include Poetry, Psychoanalysis, and Indian English Literature.

Sada Warsi, a research scholar in the Education Department at Integral University, has completed a Master's in Education from Khun Khun Ji Girls' P.G. College and submitted a PhD thesis at Integral University. She has attended 14 seminars and conferences, as well as 8 papers and 14 book chapters published.

Dr. Azkiya Waris is serving in the field of Education since 2008. She is an Associate Professor in the Department of Education, Integral University, Lucknow. Her Educational Repertoire includes M.Sc., M.Ed., and Ph.D. in Education. An Alumnus from Aligarh Muslim University, she has published various Research Papers in reputed Journals, chapters in an Edited Book, and two edited books in her Account. She has presented Papers in National and International Conferences and Seminars, and served as Co-Convenor in more than six national and International Workshops, FDPs, and Refresher Courses. More than six students have been awarded a Ph.D. degree under her supervision, and 20 students have completed an M.Ed. dissertation under her guidance. She has also performed Academic responsibilities, such as Program Coordinator (B.Ed.), Head Examiner (B.Ed.), Departmental Quality Assurance Chairperson, Internship In-charge, and Micro-Teaching In-charge. She has been the recipient of the Best Educator Award for promoting Holistic Education from Singhania University.

Swati, Research Scholar of the Department of Education, D.S.N.P.G. College, Unnao, affiliated to C.S.J.M. University, Kanpur, Uttar Pradesh. Her educational repertoire includes J.B.T., B.Ed., M.Ed., M.A(English), M.Phil. (Education) and Perusing Ph.D. (Education). She has 4 Research Papers in International Journal and 1 Research Paper in SCOPUS, 4 Chapters published and 5 Chapters are under processing into her account. She has 9 Paper present in National and International/Conferences and participated in 9 National Conferences/Webinar and 2 Paper present in International Conferences.

Satish Kumar Maths lecturer in Department of Education in Haryana since April 2021 but he joined the department as Maths Master in April

2011. Also he has teaching experience of private schools from 2004 to 2011 as a Maths Lecturer. He has attended Four days Modular Writing Program of Science & Maths held At SCERT HARYANA, Gurugram under SAMAGRA. He has participated in 02 days training Programme For Trainer Under Nishtha 2.0 organised by DIET Beeswanmeel, Sonipat. He has attended the workshop held by CENTER FOR CULTURAL RESOURCES AND TRAINING (CCRT) on "role of schools in conservation of the natural & cultural heritage" organised at Hyderabad. He published one paper in international journal. He has attended E-Content Development Workshop organised by DIET Beeswanmeel, Sonipat. His work is guided by commitment to creating engaging and relevant learning experience for students and supports teachers in their efforts to promote meaningful Mathematical Education.

Dr. R. Vijayalakshmi, a distinguished Professor of English at the School of Engineering and Technology, Dhanalakshmi Srinivasan University, Tiruchirappalli, brings over 18 years of experience in teaching, research, and academic leadership. Holding a Ph.D. in English from Bharathidasan University, her expertise encompasses literature, linguistics, and English Language Teaching (ELT), with a special focus on integrating Artificial Intelligence into ELT. She has authored notable textbooks such as Communicative English, Technical English, and Useful Prompts for Academicians and co-edited interdisciplinary research volumes. With 32 peer-reviewed journal publications, 30 conference presentations, 5 patents, and 31 book chapters, her academic footprint is significant. A recognized research supervisor at both Dhanalakshmi Srinivasan University and Mother Teresa University, she mentors M.Phil. scholars and actively contributes to academic development through seminars, workshops, and faculty development programmes. She is a member of ELTAI, IFERP, and AICTSD, and has received several prestigious awards, including the Best Academician Award, Global Woman Icon Award (2023), and the Inspiring Golden Book Author Award and Outstanding Achievements Award (2024). She embodies a dynamic, goal-driven spirit committed to advancing education and empowering learners.

Dr. C. Priya, Associate Professor, Department of English, School of Engineering and Technology, Dhanalakshmi Srinivasan University, Samayapuram, Tiruchirappalli possesses fourteen years of teaching experience. She has received 'Best Mentor Award in 2019, Best Educational Portal Award, Best Innovative Teacher Award, Best E-Content Developer Award, Best Faculty Award in 2025, Best Teacher Award in 2023, Faculty Excellence Award, Best Academician Award, Best Paper Presenter Awards in four International Conferences. She has published seven books and registered thirteen Copyrights. Her area of specialization is 'English Language Teaching using ICT Tools, ChatGPT and AI Tools'. She has published seventeen research papers in reputed journals nationally and internationally, completed above sixty MOOC Courses. She has completed Russian Language (Level I) and registered thirteen Copyright works. She has published two research articles in Scopus journals and fourteen research papers in Peer-Reviewed, UGC-CARE, National, and International Journals. She has also published over fifteen book chapters. She has published four books and guided over 300 students to complete more than 1,500 MOOCs since 2016, mentoring 37 students to become co-authors in a book, namely 'Mom & Me', and guiding 40 first-year students to publish research papers in UGC-CARE Journals. She has acted as a resource person for various National FDPs and Workshops. Her passion is to create Massive Open Online Courses (MOOCs) through the Learning Management System, write poems and quotes, and promote technology-integrated teaching and learning processes.

Jaya Sarkar has completed her Bachelor of Education and Post Graduate Diploma in Educational Management and Administration from Integral University, Lucknow (2023–25). She holds a degree of Bachelor of Arts (Hons.) in English from Shri Ramswaroop Memorial University and a Master's in English Literature from Isabella Thoburn College, Lucknow, along with a graduation-equivalent degree in Hindustani Classical Music (Vocal) from Prayag Sangeet Samiti, Allahabad. She has been actively involved in numerous co-curricular activities in her college university, also served as the Student Editorial Head at SRMU, and has had her Hindi poetry published in several anthologies. She has presented a paper at a National Seminar and

coordinated and volunteered in various National Conferences and workshops. Additionally, she has worked as the Student Cultural Coordinator for Integral University's annual fest and served as a representative from the Department of Education for the Gender Championship Program, advocating for gender equality and awareness. She has consistently shown dedication and creativity in both her academic and extracurricular pursuits. Her contributions reflect a deep passion for learning and growth. With her bright personality and strong commitment, she consistently leaves a positive mark wherever she goes.

Harshit Agarwal is an Assistant Professor at Invertis University, Bareilly, with over 2 years of experience in shaping young minds. His expertise spans Educational Technology, Educational Psychology, and Inclusive Education. With a passion for bridging theory and practice, he focuses on enhancing the pupil teachers' knowledge and practical skills. Dedicated to innovative teaching methods, Harshit strives to create engaging learning environments. His commitment to education is evident in his enthusiasm for mentoring and guiding students. Through his work, he aims to empower future educators with the skills and confidence to excel. He continues to explore new approaches to education, driven by a desire to make a positive impact.

Dr. Shivangi Singh is a Clinical Psychologist at Trident Neuropsychiatric Hospital, Lucknow, with over 5 years of experience in clinical and educational settings. As a licensed Cognitive Behaviour Therapist, certified Expressive Art Therapist, and Emotional Freedom Practitioner, she provides comprehensive counseling services for all age groups. Her expertise extends to therapy for rehabilitation patients, supporting their journey towards recovery. She mentors psychology students, offering valuable internship experiences that shape future mental health professionals. As a dedicated social worker, she focuses on improving mental health outcomes for orphaned children and elderly individuals, earning her recognition in the community for her compassionate work.



Dr. Divya R. Panjwani is an Assistant Professor in the Department of Education at Integral University, Lucknow. She holds an impressive academic portfolio with degrees including B.Ed., M.Ed., M.Com., M.B.A., M.A. (Sociology), M.A. (Economics), and a Ph.D. in Educational Psychology. With over 15 years of teaching experience in higher secondary schools and higher education institutions, and six years of experience as a Team Leader and Manager, Dr. Panjwani has built a well-rounded professional profile. Her research contributions include 10 papers published in national and international journals, 15 book chapters, and 10 edited volumes. She has actively participated in over 15 national and international conferences and served as Convenor for more than 15 Faculty Development Programs and workshops. She currently serves as a Subject Matter Expert (SME) in Education for Tata Consultancy Services (TCS) and is associated with SRM Institute of Science and Technology (SRMIST), Chennai (DDE) in various academic roles. From 2019 to 2022, she was appointed as a member of the Flying Squad for the ISC Board Examinations for four consecutive years. In addition, she has published the Academic Buoyancy Scale and holds one Indian patent. Her core areas of expertise include Information and Communication Technology (ICT), Positive Psychology, Statistical Analysis, Educational Research, Teaching Methodologies, Career Counselling, Commerce, and Accountancy. She currently serves as an Academic Consultant with SCERT, Patna, contributing to curriculum development and teacher training.



Dr. Sukhmeet Kaur holds the position of Research Fellow at INTI International University, Malaysia. She is Assistant professor of Human Resources and Organisation behaviour at Dr. Vishwanath Karad MIT World Peace University, Pune. She has six years of teaching experience in Human Resource Management and organizational behavior. She got a Ph.D. in Management from Dayalbagh Educational Institute (Deemed University), Agra, in 2015. She also holds an M.Phil. in Management with a cumulative grade point average (CGPA) of 9.25. She qualified for NET-JRF in Management in June 2011 and was promoted to SRF in 2015. She completed her MBA in HR in 2010 with distinction. She has published 21 research papers in peer-reviewed Scopus and ABDC journals. She has published nine edited book chapters. She has participated in 22 conferences, 20 Webinars, 6 FDPs, and 7 Workshops/seminars throughout her career. Her expertise embraces human resources management, organizational behavior, research methodology, and HR analytics.

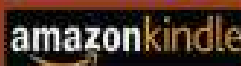
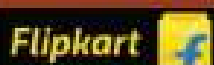


Dr. Farah Zahidi is an Assistant Professor at The Emirates Academy of Hospitality Management, Dubai. With over nine years of academic experience across the UAE and India, she specializes in digital marketing, human resource management, and data analytics. Her teaching portfolio spans undergraduate, postgraduate, and executive education programs, and she has mentored diverse cohorts ranging from young students to senior professionals. Farah holds a Ph.D. in Management and is an active researcher with published work in peer-reviewed journals and edited volumes. Her research interests include sentiment analysis, sustainable tourism, consumer behavior, and technology integration in hospitality. She is particularly passionate about blending academic insights with industry relevance to drive impact in the areas of hospitality and responsible business practices. Farah is also a certified trainer and regularly conducts workshops focused on strategic thinking, leadership, and data-driven decision-making.



BOOK RIVERS
WE CREATE READERS

BOOK AVAILABLE



9 789368 843153

₹ 449/-