

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

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## **Chapter 16**

# **The Natural Roots of Human Consciousness**

Sada Warsi & Dr. Azkiya Waris

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### ***Abstract***

*Science, as a method of rational understanding, addresses the challenge of constructing an objective representation of the world. The methodological principles guiding research enable scientists to articulate the fundamental laws governing the universe. However, specific scientific subjects necessitate a distinct methodology for their exploration. One such intricate subject is human consciousness. The challenge faced by scientists and philosophers in studying consciousness lies in the fact that it is both the object and the subject of its inquiry. Human consciousness is not only a product of natural evolution but also serves as the primary instrument for comprehending its principles. Within the scientific framework, humans are regarded as the pinnacle of evolutionary development, with consciousness serving as the distinct characteristic that separates humans from other animals. Nevertheless, this distinction may be more arbitrary than it seems, as consciousness and the entirety of human spiritual life may have entirely material, or natural, foundations.*

***Keywords:*** *Philosophy, Person, Nature, Consciousness*

### **Introduction**

The world we inhabit is so vast and complex that scientists have only managed to explore a fraction of it. Additionally, within the realm of science—particularly philosophy—there exist what are known as "eternal problems," which thinkers throughout history have



**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.



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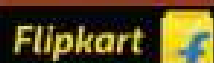
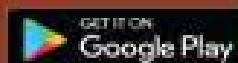


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