



**Kamla P.G. College**  
Dholpur, Rajasthan, India

**Spiritualism, Yoga, Herbal Renaissance &  
Environmental Consciousness in the World**

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## *Foreword*



The life of the modern man is full of ups and downs. He wants everything within no time and without doing much in life. He is running after money and materialistic pleasures. Materialism has taken him away from his basic cultural, family, religious values. His only passion is to join modernity, world of glamour and hollow materialism. To him, the modern ways of living are so real and so full of joy and contentment that he does not want to peep beyond it. He hardly has any serious concern for the environment, spiritualistic values, natural physical fitness etc. The book *Spiritualism, Yoga, Herbal Renaissance and Environmental Consciousness in the World* is a great work in this field. I hope that each and every chapter in the book is going to link the readers with the root socio-cultural and environmental values and to help them plan their future in a way that nothing in environment is risked and destroyed.

A handwritten signature in black ink, appearing to be 'Dr. Ram Raj Lal Sharma'. The signature is written in a cursive style with a long horizontal line extending to the right.

**Dr. Ram Raj Lal Sharma**  
**Chairman, Kamla Group of Colleges, Dholpur**

## *Foreword*



The twenty-first century is undoubtedly a great century that has paved a smooth path to all the sections of the society and that has made the marginalized section of the society free from the long age evils, but it cannot be denied that besides the boons that it has showered upon the mankind, it has also driven the mankind to several unknown risks, dangers and problems. What the mankind lacks most today is the balanced ways of living that include good health, healthy environment, natural treatment of the diseases and true mental peace. Everyone is living amidst unknown fears of survival; oversuccumbedness to materialism has kept the man away from spiritual and mental peace. In fact, the situation is chaotic and no one has real peace in mind and life. The modern man needs to enjoy a spirituality in theory and practice, yoga for perfect health, use of herbal products and ayurveda for the natural cure and treatment and environmental consciousness to preserve and safeguard environment for himself and for the generations to come. I am sure that the book entitled *Spiritualism, Yoga, Herbal Renaissance and Environmental Consciousness in the World* will prove itself worthy and fruitful in this regard.

A handwritten signature in black ink, reading "Mandeep Sharma". The signature is written in a cursive style with a long horizontal line extending to the right.

**Mandeep Sharma**  
**Director – Kamla TT College, Dholpur (Rajasthan)**

## *Foreword*



The book entitled *Spiritualism, Yoga, Herbal Renaissance and Environmental Consciousness in the World* is a wonderful work contributed by several eminent scholars and academicians. It includes four relevant major issues of the day, namely, spiritualism, yoga, herbal renaissance and environmental consciousness. Globally speaking, spiritualism is essential for the moral development which contributes tremendously in the personality development; yoga is essential for the natural physical fitness that contributes to the concentration, meditation and eventually, to the mental peace; herbal renaissance is essential as it makes one realise the importance of the herbs available in the world and which contributes to the natural and lasting cure of the various diseases; and, environmental consciousness is essential to preserve the environment from the various harmful pollutants that have not only polluted the environment, but also made life and survival difficult. The book encompasses all these four aspects in a way that one can get adequate knowledge about each of them.

A handwritten signature in black ink, reading "Dr. Rajesh Kumar Sharma". The signature is written in a cursive style with a horizontal line underneath.

**Dr. Rajesh Kumar Sharma**  
**Director- Kamla PG College, Dholpur**

## *Foreword*



Technology has improved people's lives in many different ways. People can live longer, healthier lives because of technological advancements. A student can access vast resources of information to complete assignments and a mother can see and talk to a daughter that is thousands of miles away. The advancements in the way people access information, communicate with one another, and complete tasks have allowed for flexibility in the workplace. It has also created a lack of distinction between work and family time. It is important to draw a distinction between work and life. People who are constantly tied to their jobs deal with the symptoms of stress and burnout. If a person doesn't have a time to relax and recharge, their ability to do their job decreases and their performance level suffers. Thus, from a management point of view, it is important to encourage a person to take time off from work instead of putting in long hours. Creating a schedule that allows a person to do activities they enjoy will help them to be better employees, friends, and family members. Once the time to work is over the person needs to learn to walk away from the laptop and not answer the cell phone for work calls. This type of balance is not easy to achieve because there will always be people who want to make demands on an individual's time. People need to learn that it is okay to say no and only agree to take on additional tasks if they are important. Without creating a work-life balance a person isn't able to take time to enjoy the life he has worked so hard to create. People aren't available for friends and family members, and often take their stress out on the ones they love.... The book *Spiritualism, Yoga, Herbal Renaissance and Environmental Consciousness in the world* is a panacea to all the metabolic diseases.

A handwritten signature in black ink, appearing to read 'P.S. Tiwari', written in a cursive style.

**Dr. P.S Tiwari**  
**Principal- Kamla PG College, Dholpur**

## *Foreword*



The Book ‘Spiritualism, Yoga, Herbal Renaissance and Environmental Consciousness’ is a work of global importance because it encompasses four major globally-burning issues that are supposed to be helpful in reducing the stress level of the modern man and that may make the people across the world realize that life is worth living despite many of its complications and problems. It is a mini encyclopedia on all the four specified issues, and can help the reader withdraw himself from the harmful modern ways of living and associate with Spiritualism for the sake of improving sense of morality and peace; with Yoga for the sake of enjoying a sound body with least stress, depression and other diseases known to the modern man; with herbal renaissance for the sake of promoting the use of ayurveda and rarest of rare herbs; and with environmental consciousness for the sake of having a good and favourable environment. I hope that the book will be accessible to more and more readers all over the world and will provide benefit to them.

A handwritten signature in black ink, reading 'Y. B. Parashar' with a long horizontal flourish extending to the right.

**Dr. Yugal Bihari Parashar**  
**Principal, Kamla TT College, Dholpur**





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45.	विज्ञान एवं अध्यात्म का समन्वय आज की सर्वोपरि आवश्यकता डॉ. प्रभा शर्मा एवं डॉ. हरीश गौतम, कोटा, राजस्थान, भारत	191
46.	हिन्दी लोक साहित्य में पक्षियों के संदर्भ में पर्यावरणशास्त्रीय पर्यालोचन राकेश रामावत, जोधपुर, राजस्थान, भारत	191
47.	भारतीय समाज और योग का पुनर्जागरण विधि वर्मा, आगरा, उत्तर प्रदेश, भारत	192
48.	योग और आधुनिक उपकरणों का जीवन शैली से सम्बन्ध विष्णु श्रोतीय, धौलपुर, राजस्थान, भारत	192