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Innovative Technologies and Learning Wei-Sheng Wang, Frode Eika Sandnes, Chin-Feng Lai, Tengel Aas Sandtrø, Yueh-Min Huang, 2025-07-14 The two volume set LNCS 15913 and 15914 constitutes the refereed conference proceedings of the 8th International Conference on Innovative Technologies and Learning ICITL 2025 held in Oslo Norway during August 5 7 2025 The 82 papers included in these proceedings were carefully reviewed and selected from 214 submissions The papers are organized in the following topical sections Part I Artificial Intelligence in Education Computational Thinking in Education Design and Framework of Learning Systems VR AR MR XR in Education Part II Pedagogies to Innovative Technologies and Learning STEM STEAM Education Application and Design of Generative Artificial Intelligence in Education **Yoga** Daren Callahan, 2015-01-28 Millions of people practice some form of yoga but they often do so without a clear understanding of its history traditions and purposes This comprehensive bibliography designed to assist researchers practitioners and general readers in navigating the extensive yoga literature lists and comments upon English language yoga texts published since 1981 It includes entries for more than 2 400 scholarly as well as popular works manuals original Sanskrit source text translations conference proceedings doctoral dissertations and master s theses Entries are arranged alphabetically by author for easy access while thorough author title and subject indexes will help readers find books of interest **Yoga Breath** Magdalena Kraler, 2025-04-14 A central practice of both premodern and modern yoga pr y ma breath control is practised in yoga classes worldwide Like the notion of pr a breath vitality pr y ma has a longstanding history in South Asia constituting the fourth limb of Patanjali s yoga Since roughly 1850 pr a and pr y ma have been reinterpreted in light of the ideas of Hindu reform movements nineteenth century occultism science biomedicine and transnational hygiene In this book Magdalena Kraler traces the history of yogic breath cultivation between 1850 and 1945 for the first time She reconstructs how pr a assumed a central role in the cosmological frameworks of modern yoga and how pr y ma came to be understood as a form of self cultivation Engaging one of modern yoga s key practices this book not only offers a thorough academic analysis but also responds to a growing worldwide interest in breath cultivation Yoga and Meditation Sachi Nandan Mohanty, Rabindra Kumar Pradhan, Sugyanta Priyadarshini, 2025-04-08 This new book provides a holistic insight into the perennial bliss of practicing yoga on body mind and spirit highlighting ways to achieve optimum mental and spiritual health The book begins by exploring the benefits of practicing yoga on social life and humanity discussing the impact of yoga on socioemotional development and focusing on ideas of happiness It covers certain yogic postures that help to sustain health and enhance the level of happiness in life It looks at the benefits of yoga and mindfulness practices for specific health issues such as polycystic ovarian syndrome and diabetes It also considers the beneficial impact of yoga meditation practices and ayurvedic herbs on the improvement of brain power of children for enhancing the quality of life of adolescents for arresting cognitive impairment and promoting well being among institutionalized seniors and more Eternal Remedies Soren Callahan, 2025-09-18

Discover the Secret Path to Holistic Wellness Rooted in Timeless Traditions Step into a world where ancient wisdom meets modern science This captivating guide explores healing practices that have nurtured humanity across centuries offering you a transformative approach to health and vitality From the mystical philosophies of early civilizations to contemporary research the journey through these pages reveals how time tested traditions can reshape your well being today Imagine harnessing the power of Ayurveda s balanced rhythms the harmonizing forces of Yin and Yang and the natural potency of herbal remedies from across the globe With practical insights on meditation mindful nutrition and energy healing this book provides tools to not only understand but to embody wellness in a fast paced modern world It invites you to rediscover movement rituals and psychological teachings that ground your mind and body in harmony Whether you seek relief from stress a deeper connection to your body or a sustainable lifestyle that honors both past and present this book offers a roadmap Thoughtfully bridging ancient practices and today s wellness innovations it empowers you to create personalized habits and rituals that support lifelong health Embrace a holistic lifestyle that resonates with the rhythms of nature and the wisdom of ages Start your own path toward balance and vitality with timeless principles that continue to inspire and heal The secrets of enduring wellness are within reach ready to transform your life starting now

Emerging Technologies In Sustainable Innovation, Management and Development R. Udaya Kumar, 2025-10-13 ICETSIMD 2025 was conceived as a vital platform for academicians researchers and industry leaders Its primary purpose was to explore the transformative potential of emerging technologies in driving sustainable development To ensure the high quality originality and relevance of the contributions all submissions to the ICETSIMD 2025 conference underwent a rigorous double blind peer review process We received 300 manuscript submissions from which 100 were selected for inclusion in the conference proceedings Each manuscript was evaluated by at least two independent experts based on criteria including scientific rigor methodological soundness clarity and contribution to the conference themes

Psychology in India Braj Bhushan, 2025-06-12 This volume presents the life and work of 62 prominent Indian psychologists with each chapter illustrating their life and work The nature and framework of each chapter is uniform encompassing a brief biography of the psychologists their affiliations with various institutions and most prominently their contributions to the field of psychology The major highlight of the book is the collection of work of Indian scholars recorded in the form of research articles book chapters and books some of which were even used to develop models by Western scholars but never received their due credit The research activities conducted at universities and institutions have been the backbone of scientific progress and they are also highlighted here especially the contributions of the Research Designs and Standards Organisation RDSO Lucknow Defence Institute of Psychological Research DIPR Delhi and Institute of Banking Personnel Selection IBPS Mumbai This is the first book of this kind that chronologically presents the life and work of Indian psychologists It will be useful to students of Psychology Behavioural Sciences Sociology and Social Work It will also be an invaluable reference text for those working on the history of psychology

The Centenarian Playbook Live Long and Strong Press, 2025-11-13 Discover the Path to a Life Filled with Energy Wisdom and Lasting Vitality Imagine embracing each day with the vigor and clarity of a centenarian This book weaves together cutting edge scientific breakthroughs and time honored traditions to reveal a comprehensive approach to extending not just your years but the quality of every moment you live From nourishing your body with nutrient dense foods to awakening your mind through mindful practices it offers a blueprint designed to enhance every aspect of your health and happiness The Centenarian Playbook invites readers to explore nutrition strategies rooted in both modern research and ancient diets uncover movement practices that blend strength with flexibility and delve into cognitive techniques that keep the mind agile well into advanced age Learn how optimizing sleep fostering meaningful relationships and discovering your true purpose can radically transform your longevity journey Each chapter guides you through evidence based habits intertwined with spiritual and emotional well being making the science approachable and the wisdom practical Whether you're motivated by personal health goals or the desire to leave a vibrant legacy this book equips you with tools to craft a personalized plan that respects your unique body and spirit With engaging insights on stress adaptation gut health environmental factors and more every page empowers you to take actionable steps toward a long fulfilling life rich with energy and connection Step beyond fleeting fads Embrace a holistic sustainable lifestyle that honors the wisdom of the past and the promise of the future Your journey toward thriving longevity begins here *Dance and Science in the Long Nineteenth Century* Lynn Matluck Brooks, Sariel Golomb, Garth Grimbball, 2025-02-25 This collection reveals how the fields of dance and science informed each other's

development and engaged with dominant European worldviews during a time of unprecedented colonial expansion *Yoga and Tourism* Nazia Ali, 2025-11-18 This timely and innovative book is the first to provide an in depth and interdisciplinary exploration of yoga and tourism It considers a range of perspectives places and possibilities for the planning development and management of yoga tourism around the world International in scope and appeal the book features case studies and examples from the global North and South providing an innovative approach to the analysis of yoga and tourism This includes the use of the critical turn to frame discussion the inclusion of postcolonial decolonial ideas and linking yoga tourism to concerns over sustainability in a tourism context The volume highlights a variety of yoga tourism destinations and covers a range of emerging topics such as yoga tourism in relation to soft power race racialization and the negation of Western and non Western notions of yoga in view of tourism This book will be of pivotal interest to scholars students and academics of health and wellness tourism tourism product development and heritage tourism as well as practitioners in these areas

Handbook of Complementary, Alternative, and Integrative Medicine Yaser Al-Worafi, 2025-07-10 Presenting information on more than 30 countries this book addresses Complementary Alternative and Integrative Medicine CAM education practice and research issues and regulations and laws prevalence and workforce issues among other topics It is Volume 6 of six that describe the education practice and research related issues and the efficacy and safety of CAM in treating various conditions

The purpose of these six volumes sold individually or as a set is to explain how complementary alternative and integrative medicine is practiced around the world to share the best practices experiences in terms of education practice and research and identify the challenges and suggest recommendations to overcome the identified challenges Key Features Describes the complementary alternative and integrative medicine education practice and research in more than 30 countries Aims to share information and establish best practices in complementary alternative and integrative medicine research Country by country it presents regulations and laws prevalence and workforce issues in CAM

The Sage Handbook of Qualitative Research in Sport and Physical Culture Michael D. Giardina, Michele K. Donnelly, Devra J. Waldman, 2025-07-26 A comprehensive resource that advances qualitative research in sport and physical culture featuring global perspectives and cutting edge methodologies

Unlock Your Psychic Powers Richard Lawrence, 2025-04-29 Everyone can be psychic There s nothing strange about it It s just another part of being human I wasn t born with any gift I learnt from scratch SO CAN YOU Richard Lawrence Psychic touch clairvoyance and channelling really work This new improved edition containing eleven additional exercises used over many years by thousands of people around the world with outstanding results also contains a Foreword by legendary rock musician Dave Davies of The Kinks who describes Richard as a powerful psychic a wonderful healer and an outstanding spiritual teacher

Lange gut leben Petra Bracht, Roland Liebscher-Bracht, Christoph Glaser, 2025-05-28 Wie lange m chten Sie leben Aber nicht irgendwie sondern gesund schmerzfrei und gl cklich Viele glauben Altern bedeute zwangsl ufig Krankheit Schmerzen und Einschr nkungen Doch das ist ein Trugschluss In ihrem neuen Buch zeigen die Ern hrungsmedizinerin Dr med Petra Bracht der Schmerzspezialist Roland Liebscher Bracht und Erfolgscoach Christoph Glaser dass es anders geht Denn die Schl ssel zu einem gesunden langen und erf llten Leben haben Sie selbst in der Hand schmerzfreie Bewegung vitale Ern hrung atembasierte Achtsamkeit Der ganzheitliche Ansatz f r ein langes Leben voller Vitalit t 7 Engpass bungen f r Schmerzfreiheit und Beweglichkeit am ganzen K rper 7 Ern hrungsstrategien f r Gesundheit und Steigerung Ihres Wohlbefindens 7 Atem Mentaltechniken f r Stressreduktion emotionale Ausgeglichenheit und geistige Klarheit Mit dem Schritt f r Schritt Plan der SPIEGEL Bestsellerautoren entkommen Sie der Umsetzungsfaller und entwickeln eine nachhaltige Routine Starten Sie jetzt Ihre Reise zu Healthy Longevity

AI and Consciousness in Organizations and Society Anil K. Maheshwari, 2025-10-06 This volume investigates the intricate interplay between artificial intelligence AI and consciousness delving into potential convergences and divergences in organizational and societal contexts It adopts various perspectives including spirituality humanism sustainability and systems thinking Organized into three sections the work explores consciousness based humanistic and systemic approaches covering topics such generative AI creativity innovation and religious traditions AI encapsulates human reality and knowledge in a functional accessible form while consciousness is the timeless totality of universal reality in its unbounded unmanifest potential accessible through natural practices The two are complementary though with disagreement on primacy of one or the other Exploring the broad

impact of AI on spirituality this interdisciplinary book will engage scholars and students in the fields of management DEI psychology and philosophy Balancing Mountain Tourism, Cultural Heritage, and Environmental Stability Valeri, Marco, Singh, Amrik, Tyagi, Pankaj Kumar, Haghi, A.K., 2025-05-07 Mountain tourism has grown attracting adventure tourists vacationers and nature enthusiasts However this rise in popularity comes with complex challenges including cultural heritage preservation environmental integrity of mountain regions and tourism accommodations Balancing these three elements requires a delicate approach that considers the long term sustainability of the region While tourism brings economic benefits and promotes cultural exchange unchecked growth can lead to environmental degradation overcrowding and the erosion of local traditions This balance requires thoughtful planning collaboration and the implementation of sustainable practices Balancing Mountain Tourism Cultural Heritage and Environmental Stability explores the convergence of mountain tourism and environmental stability It examines how mountain destinations can thrive without sacrificing the qualities that make them unique and valuable This book covers topics such as ecology ecotourism and sustainability and is a useful resource for tourism professionals business owners ecologists academicians researchers and environmental scientists

Masculinities in the Field Brooke A. Porter, Heike A. Schänzel, Joseph M. Cheer, 2021-02-04 This volume is an essential reference for designing analysing and reflecting on field research It advances the literature on gender by taking a specific focus on masculinities The book is organised into four sections hegemonic and heteronormative masculinities performing heteronormative masculinities situated masculinities and paternal masculinities The chapters explore the question of what it means to be a man and definitions of masculinities These reflexive accounts of gendered field experiences further the call for gender positionality in research and will aid tourism researchers and other transdisciplinary scholars It is a useful tool for supervisors ethics committee members and researchers male and female *Timby's Introductory Medical-Surgical Nursing* Loretta A. Donnelly-Moreno, Brigitte Moseley, 2025-08-28 Designed specifically for LPN LVN students Timby's Introductory Medical Surgical Nursing 14th Edition transforms foundational knowledge into clinical confidence This trusted resource bridges theory with practice through a visual learning approach that prioritizes the competencies employers demand most clinical decision making geriatric care and core nursing skills With practical scenarios mirroring real workplace challenges streamlined reference tools and integrated cultural competence throughout the 14th Edition doesn't just teach Medical Surgical Nursing it prepares students to deliver excellent care from day one across diverse healthcare settings Whether in the classroom or at the bedside Timby's proven approach builds the practical knowledge and critical thinking abilities essential for LPN LVN success *Research Methodologies and Practical Applications in Psychoneuroimmunology* Reddy, K. Jayasankara, 2025-03-19 Research methodologies in psychoneuroimmunology PNI are diverse incorporating a blend of experimental clinical and observational approaches to study the complex mechanisms underlying the brain immune relationship Techniques range from molecular and genetic analyses to neuroimaging psychophysiological assessments and

behavioral interventions The practical applications of PNI impact areas like stress management mental health treatment chronic disease prevention and immune system functioning By examining how psychological factors such as stress and emotions can affect immune responses and overall well being PNI offers valuable insights into personalized healthcare and the development of therapeutic strategies for holistic treatment Research Methodologies and Practical Applications in Psychoneuroimmunology explores PNI the interactions between behavior the nervous system the endocrine system and the immune system It examines theoretical frameworks research methodologies and practical applications within the field offering insights into the mechanisms underlying health and disease This book covers topics such as immunology cognitive function and neuroscience and is a useful resource for psychologists medical professionals policymakers healthcare workers scientists academicians and researchers

The Science of Sleep Barrett Williams, ChatGPT, 2025-07-15 Unlock the Secrets to Restful Nights with The Science of Sleep Dive into the enigmatic world of slumber with The Science of Sleep your ultimate guide to understanding and enhancing every facet of your sleep journey This comprehensive resource unravels the mysteries of sleep blending cutting edge research and practical applications to transform your nights Start with the essentials in Chapter 1 where you'll uncover the intricacies of the Sleep Wake Cycle and dive deep into the brain's role in orchestrating your nightly reset Explore what separates restless nights from truly restful ones in Chapter 2 learning to master the metrics of sleep efficiency and measure your personal sleep quality Venture into Chapters 3 and 4 to discover the profound physical and mental benefits that sleep bestows From bolstering your immune function to enhancing memory consolidation and emotional regulation the evidence is compelling sleep is your body's powerhouse Mood and stress significantly influence your quality of life and The Science of Sleep sheds light on this intricate relationship in Chapters 5 and 6 Learn how mood disorders intertwine with sleep issues and how mastering sleep can sharpen your cognitive abilities Navigate through life's stages with Chapter 7 understanding how sleep evolves from infancy to adulthood Tackle common sleep disorders head on in Chapter 8 and arm yourself with proactive strategies in enhancing sleep hygiene and embracing a sleep friendly environment in Chapter 9 Delve into the interplay of nutrition exercise and technology with sleep in Chapters 10 to 12 offering evidence based insights into optimizing your lifestyle for better rest Discover stress management techniques in Chapter 13 including mindfulness and relaxation practices Finally empower yourself with personalized strategies in Chapters 14 and 15 learning when professional guidance is beneficial and how to craft a sleep plan that adapts to your unique needs Awaken to your best life start your journey to transformative sleep today

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