



### Dear Readers, Researchers, and Contributors,

It is with great pleasure that we present the concluding issue of the year, Volume 4, Issue 4, of *Shodh Sari – An International Multidisciplinary Journal*, covering the quarter from October to December 2025.

As the year draws to a close, this issue reflects on the depth and diversity of global scholarship, continuing our journal's mission to serve as a vital Stream of Research (Shodh Sari) across numerous domains.

### A Focus on Holistic Resilience

The articles contained within this volume showcase the increasingly interconnected and holistic nature of contemporary research. Our contributors tackle critical subjects ranging from:

- Mental and Emotional Well-being: Studies on Emotional Freedom Techniques (EFT) and Mental Health Stability.
- Education and Leadership: Examining Yoga-Informed Educational Leadership and the integration of Value-Based Learning under NEP 2020.
- Socio-Economic Dynamics: Research into Financial Literacy, the role of Self-Help Groups in building resilience, and the complexities of Family and Domestic Violence.
- Sustainability and Technology: Including insights on Green Technology, Ayurveda, and the integration of Corporate Social Responsibility (CSR).

This collection underscores a central theme: the necessity of multidisciplinary approaches to solve the complex challenges facing society, economy, and the environment today. The broad scope, from space agencies and bio-geographical studies to urban design in arid contexts, exemplifies the truly global and varied contributions to this journal.



### Looking Forward

We extend our deepest gratitude to all the authors for their insightful and original contributions, the dedicated reviewers for maintaining the highest standards of peer review, and to our readers, whose engagement fuels the entire research ecosystem.

We look forward to embarking on a new year of impactful publications with Volume 5 and encourage all scholars to continue submitting their high-quality, innovative research to *Shodh Sari*.

Wishing you a reflective end to 2025 and a year ahead filled with new knowledge and discovery.

Sincerely,

**Prof. (Dr) Sandeep Kumar**

Editor-In-Chief, Shodh Sari