

Holistic Wellness Through Yoga: Attaining Health and Spiritual Fulfillment

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Abstract

There are eight different levels of growth in the domains of physical, mental, social, and spiritual health that are achieved through the practice of yoga in daily life. The mind is able to be clear and concentrated, and tension is brought under control when the body is in good physical condition. Because of this, there is the opportunity to interact with loved ones and to keep connections that are socially healthy. Having a healthy body allows you to have a much deeper connection with your inner self, with other people, and with your environment, all of which contribute to your spiritual well-being. This is where the name "Yoga" comes from; it means "to join, to unite" in Sanskrit. In addition to bringing the body, mind, awareness, and soul into harmony, yoga activities have a comprehensive impact. Physical health, mental health, social health, spiritual health, and self-realization, also known as the realization of the Divine within us, are the primary objectives of the concept of "Yoga in Daily Life." To achieve these objectives, one must have a peaceful state of mind, a full vegetarian diet, pure thoughts and a positive lifestyle, physical, mental, and spiritual practices, and tolerance for all nations, cultures, and religions. Love and assistance for all living beings, respect for life, and protection of nature and the environment are also important. One's total performance may be improved by the use of yogic practices. While pranayama is an essential component of yoga, it is not well understood. Until very recently, the average man was virtually entirely unaware of the art and science of yogic breathing, just as they were with many other ancient Indian practices. These three primary energy pathways are among the nadis that are cleansed via the practice of pranayama.

Keywords: Yoga in Daily Life, Physical Health, Mental Health, Peaceful Mind

Introduction

ॐसहनाववतु।सहनौभुनक्तु।
सहवीर्यकरवावहै।तेजस्विनावधितमस्तु।
माविद्विषावहै।ॐशान्तिःशान्तिःशान्तिः॥

“Om Saha Navavatu

Saha Nau Bhunaktu

Saha Virya Karvav-Hai

Te-Jasvi Nava dhitam-Astu

Ma Vidvi Şav-Hai

Om SantiH santiH santiH

OM Paramatma, protect and bless us.

Give us strength to come to the end of the path,

To eternal knowledge,

Help us so that we do not turn against one another,

and eternally united continue on the path together.

OM Peace Peace Peace”

-Swami Maheshwarananda

The saints of ancient India are credited with developing the traditional practice of yoga, which is a kind of meditation. Through the practice of yoga, they were able to effectively regain control of both their mental and physical activity. There are eight different degrees of growth in the domains of physical, mental, social, and spiritual health that are included in the Yoga in Daily Life practice approach.

When the body is in good physical condition, the mind is able to think clearly and concentrate, and stress is at a manageable level. The space that this provides allows for the maintenance of socially healthy relationships as well as the connection with loved ones. When you are healthy, you are in touch with your inner self, with other people, and with your environment on a much deeper level, which contributes to your spiritual health.

The practice of yoga, in addition to enhancing the physical condition of the body and raising awareness of the value of relaxation, also helps to develop the flexibility of the spine at the same time. Each exercise should be done slowly, with the movement being synchronized with

the breath, pausing motionlessly in each position, and making sure that total attention is maintained at all times. This is something that has been emphasized many times.

Through the practice of yoga, you will acquire “the ability to focus on your breathing while you are sitting in various poses. When one focuses their attention on the breath, they may find that they are able to feel a sense of calm and relief from stress and concern. Yoga may be an effective treatment for insomnia since regular yoga practice leads to longer and deeper sleep. This is one of the reasons why yoga therapy is so popular. There is some evidence that regular yoga practice may help prevent feelings of weariness and maintain a high level of energy throughout the day. The capacity of yoga to reduce the symptoms that are often brought on by autoimmune illnesses makes it a useful treatment for a broad variety of autoimmune disorders. Yoga has the power to help alleviate these symptoms. Stiffness, malaise, physical weariness, and weakness are some of the symptoms that are present. In addition, children of any age may get the benefits of yoga. There is a possibility that persons who suffer from attention deficit disorder and hyperactivity might learn to relax and recover control of their behavior via the practice of yoga breathing and yoga asanas. In the process of rehabilitating those who have been subjected to torture or other types of trauma, yoga has been used.” Due to the fact that yoga is a kind of meditation, it contributes to the development of a sense of inner serenity and purpose, which in turn has a broad variety of beneficial impacts on one's health.

Peace of Mind, Consciousness and Soul

The aspiration of every single human being is to live in harmony, not just with themselves but also with the environment in which they are situated. On the other hand, in “the modern era's present times, there are a number of facets of life that are continuously exposed to growing demands on both the physical and emotional levels. As a consequence of this, a rising number of people are feeling physical and mental strain, such as tension, anxiety, and inability to sleep. Furthermore, there is a gap between the quantity of physical activity and the amount of exercise that is being done in the appropriate manner. It is for this reason that the methods and procedures that are used for the growth and promotion of health, as well as the harmony that exists between the physical, mental, and spiritual realms, are of very significant importance. When it comes to this particular aspect, "Yoga in Daily Life" offers a comprehensive support that may be used to help oneself in accomplishing one's objectives. Through my many years

of experience working in western countries, I have got a knowledge of the modern way of life as well as the physical and psychological obstacles that are faced by persons in this day and age. I have also gained an appreciation for the diversity that exists within the western world. The method that I devised, which I referred to as "Yoga in Daily Life," was arrived at as a consequence of the knowledge and experience that I acquired. In addition to being well-organized and progressive, it encompasses all elements of life and offers something of value at each stage of life by giving an all-encompassing approach. Due to the fact that this method is used, the traditional yoga practice is accessible to all individuals, irrespective of their age or the physical characteristics they possess. During the process of putting in place this system in order to fulfill the needs of the people who are now living in the present day, a great deal of consideration was given to the scenarios that are currently taking place inside the modern society. On the other hand, the ancient teachings' singularity and significance were not altered in any way while they were being preserved.

This is the original language of the word "Yoga," which literally means "to join, to unite." Sanskrit is the language that the word "Yoga" comes from. Yoga has a holistic effect, which means that it puts the body, mind, consciousness, and spirit into harmony with one another. Therefore, yoga is a practice that has a holistic influence. We are able to better manage the stresses, problems, and worries that we encounter on a daily basis by practicing yoga, which helps us cope with these things. A more profound acquaintance with oneself, the purpose of life, and the connection that we have with God may be developed via the practice of yoga, which helps in the development of these attributes. By bringing the individual self into touch with the universal self, the practice of yoga, which is a component of the spiritual path, enables us to achieve the greatest degree of knowledge and enjoyment that will stay forever. Yoga is an example of a cosmic principle that is considered to be the ultimate. The guiding light of life, the worldwide creative consciousness that is always awake and never goes to sleep; this is something that has always been, always is, and will always be. This light is the source of illumination for the whole planet.

Rishis, who are often referred to as wise men and saints, are said to have meditated in India many thousands of years ago in order to get a better understanding of the natural world and the cosmos. In addition to obtaining an awareness of the connections that exist across the universe, they made the discovery of the principles that govern the material world and the

spiritual realm. Their inquiry included a wide range of topics, including the laws of nature and the elements, the laws of the universe, the laws of life on earth, and the forces and energies that are at work throughout the universe. In addition to being carried out in the physical domain, an inquiry was also carried out that was spiritual in nature. There is a description and explanation of the effects of the elementary powers that can be found in the Vedas. Additionally, the Vedas give information about the oneness of matter and energy, the origin of the universe, and the general structure of the universe. A significant portion of this knowledge has been uncovered and verified by the most recent scientific studies.

Yoga is a system that started and supplied us with vital, practical instructions for the body, breath, attention, relaxation, and meditation. It is a system that is far-reaching and all-encompassing. The experiences and realizations that we have gained as a result of practicing yoga are as follows. As a result of this, the techniques that are discussed in this book have already been shown to be successful over the period of thousands of years, and an enormous number of people have found that they are useful to them.

The "Yoga in Daily Life" approach is taught in a variety of settings all over the world, including but not limited to yoga centers, adult education centers, health institutions, fitness and sports clubs, rehabilitation centers, and health resorts.

It is suitable for people of all ages since it does not need any "acrobatic" ability on the part of the participant. In addition, it provides the chance to practice yoga to those who do not engage in physical activity, as well as to those who are handicapped, sick, or recuperating from an illness. From the mere name, one would deduce that yoga is something that can and should be performed "in Daily Life." This is something that one might infer.

The levels of the workout were defined via discussion with medical experts and physiotherapists. As a consequence, everyone is able to do the exercises on their own at home as long as they adhere to the restrictions and precautions that have been given. The practice that is often referred to as "Yoga in Daily Life" is an example of a holistic approach. This implies that it takes into consideration not only the physical aspects, but also the mental and spiritual aspects. It is possible to achieve self-knowledge and self-realization via the practice of positive thought, perseverance, discipline, orientation toward the Supreme, prayer, compassion, and understanding. Each of these practices is necessary for achieving these goals.

The main goals of “Yoga in Daily Life” are:

- Physical Health
- Mental Health
- Social Health
- Spiritual Health
- Self- Realization or realization of the Divine within us

These goals are attained by:

- Affection and assistance for all life forms
- Honoring life, preserving the natural world, and safeguarding the environment
- Possessing a calm and level head
- Complete non-animal diet
- Unadulterated ideas and a favorable way of life
- The disciplines of the body, the mind, and the spirit
- Compassion and acceptance of all peoples, civilizations, and beliefs

Physical Health

It is of the utmost significance in life to ensure that the body is in good health. A physician named Paracelsus, who was born in Switzerland, made a very astute observation when he observed, "Health is not everything, but without health everything is nothing." Various approaches, including physical exercises (Asanas), breath exercises (Pranayama), and relaxation techniques, are used in the process of maintaining and restoring health.

An eight-level structure is used to organize the traditional asanas and pranayamas that are included in the book "Yoga in Daily Life." The first level is called "SarvaHitaAsanas," which literally translates to "Exercises that are good for everyone." There are seven further portions that come after this preparation level and take the practitioner through the practice of asanas and pranayamas in a chronological order. From the fundamental movements, a number of specialized programs have been created, including "Yoga for Back Pain," "Yoga for Joints," "Yoga for Seniors," "Yoga for Managers," and "Yoga for Children." To keep one's health in excellent condition, the purifying methods of Hatha Yoga are among the various beneficial activities that are included in the book "Yoga in Daily Life." These include Deep Relaxation, often known as Yoga Nidra, Concentration Exercises, such as Trataka, and Mudras and Bandhas, which are specialized yoga methods.

The foods that we consume are an even more important component in the process of preserving our health. Both our physical and mental selves, as well as our routines and characteristics, are influenced by the food that we consume. To put it simply, the food that we consume has an impact on our whole constitution. The source of our physical energy and vitality is the food that we consume. Grains, vegetables, legumes, fruit, nuts, milk and milk products, as well as honey, sprouts, salads, seeds, herbs, and spices, either raw or freshly cooked, are all examples of foods that are considered to be balanced and healthful. Foods that have been warmed, denatured, or are old, as well as meat (including all products derived from meat and fish), and eggs, should be avoided. In addition, it is recommended to abstain from substances like alcohol, nicotine, and narcotics since they quickly deteriorate our health.

Mental Health

The mind and the senses are the ones that, regardless of whether or not we have control over them, are the ones that lead us through life the majority of the time. "To properly take control of the mind, however, we must first purify it and then expose it to an introspective investigation. Only then will we be able to successfully manage the mind. Negative thoughts and fears are the driving force behind an imbalance in our nervous system, which in turn causes our physical functions to be disrupted. This imbalance is the outcome of the imbalance. A significant proportion of illnesses and afflictions may be traced back to this one factor. To have a good mental state, it is essential to have the ability to think clearly, to have inner freedom, to be content, and to have a healthy degree of self-confidence. As a result of this, we make it a top priority to gradually break free of the negative qualities and ideas that we have, and we also strive toward establishing positive thoughts and actions.

The book "Yoga in Daily Life" presents a number of different methods that may be used to attain mental wellness. These methods include the recitation of mantras, the observance of ethical principles, the preservation of constructive relationships, and the reading of uplifting texts in order to purify and free the mind. "Self-Inquiry Meditation," which is a meditation technique that incorporates self-analysis and is practiced in a step-by-step manner, is a crucial tool for self-exploration and self-knowledge. This approach is also known as "Self-Inquiry Meditation." We are able to develop a link with our subconscious, which is the source of our desires, complexes, behavioral patterns, and prejudices, via the practice of meditation. This connection allows us to connect with our subconscious." We go from the stage of self-

acceptance to the stage of self-realization as a result of the practice, which enables us to get acquainted with our own nature, both in terms of who we are and the causes that lie behind who we are. Through the use of this strategy, we are able to overcome negative qualities and routines, and it also provides us with assistance in better handling the obstacles that we encounter in our respective lives.

Social Health

The capacity to be happy inside oneself and to be able to make other people happy is what we mean when we talk about social health. It is the cultivation of true touch and conversation with other individuals, the assumption of duty within society, and the working for the betterment of the community. Additionally, the capacity to unwind and take in the splendor of existence is an essential component of social wellness.

The addiction to drugs is one of the rising challenges that our times are facing. Clearly, this is an indication of a social sickness. The method known as "Yoga in Daily Life" has the potential to aid individuals in overcoming this sickness and provide them with a fresh, constructive goal and purpose in their lives. As a result of the fact that companionship shapes and creates our personality and character, the significance of maintaining positive and positive company has a significant impact on our mental state. In the process of spiritual growth, having positive company is of utmost significance. "Yoga in Daily Life" refers to the practice of working simultaneously for one's own benefit and for the benefit of others. preserving nature and the environment, working for global peace, and doing work that is both beneficial and constructive for our neighbors and the community are all goals that we strive to achieve. Through the practice of yoga, one is able to engage in activity in the most constructive manner and to strive for the betterment of all people.

Spiritual Health

The most important principle of spiritual existence and the most important commandment that humanity has is as follows:

AHIMSA – PARAMO- DHARMA

The idea of nonviolence is embraced by this precept, which requires nonviolence in thought, speech, emotion, and deed. Spiritual health may be achieved by practices such as prayer, meditation, mantra, positive thinking, and tolerance. Instead of being destructive, humans need to be defenders. These are the characteristics that really define what it is to be human:

the capacity to give, to comprehend, and to forgive. The main practice of the Yoga teachings is to safeguard life and respect the uniqueness and independence of all forms of life. This is essential to the practice of yoga. Not only does adhering to this rule foster more tolerance, understanding, mutual love, assistance, and compassion within individuals, but it also fosters these qualities across all people, countries, races, and religious beliefs.

Self-Realization or realization of the Divine within us (Healthy Life)

Develop a will that cannot be defeated. The practice of self-control and self-mastery is essential. Make sure you have self-confidence. Acquire the ability to discern independently. No one should dispute. The pursuit of self-realization should be an ongoing endeavor. Ignore this little pride of yours. Become a lover of pure love. Raise yourself beyond all categorizations, including those of caste, creed, and color. "I-ness" and "Mine-ness" are concepts that should be abandoned. If you are looking for happiness, which you have been looking for in vain in the sensory items, you should look inside.

The culmination of life is referred to as moksha. In other words, it means liberation from births and deaths. No, it is not complete destruction. It is the complete and total destruction of this small 'I'. Discovering one's own self is the means by which one might get it. It will be necessary for you to acquire knowledge of the Truth via direct intuitive experience. Through meditation on the self, you will be able to tear the curtain of ignorance apart. When this occurs, you will radiate the heavenly brilliance and spotless purity that surrounds you.

Attempting to push away ideas that are unnecessary and irrelevant is not a sensible strategy. Your efforts will result in a greater number of returns, and they will acquire more power as you continue to exert them. Only your willpower and energy will be put to the test. Turn apathy into indifference. The mind should be filled with ideas of the divine. As time goes on, the remaining ones will disappear.

Through the practice of meditation, you may establish yourself completely in Nirvikalpa Samadhi.

Without having complete Brahmacharya, it is impossible to make significant improvement in your spiritual life. On the spiritual road, there is no room for compromise or compromise. To begin, take command of your body. Prayer, Japa, Kirtan, Vichara, and meditation are all spiritual practices that might help you cleanse your mind. Decide with absolute certainty, "Starting today, I will be a perfect Brahmachari throughout my entire life." Pray to the Lord

that he would give you the spiritual power to withstand the temptations that life throws at you and to put an end to desire.

You will be able to live a good life if you make it a habit to keep studying the lives of saints. You are going to assimilate highly excellent characteristics. You will undergo a progressive transformation as you go along the spiritual path. You will find that they are a source of inspiration. An inner impulse to make an effort to realize God will be there inside you. You should pray to the Lord so you may attain the status of a saint.

The Techniques of Pranayama

Many people believe that practicing yogic practices might help them perform better overall. Although it is a significant component of yoga, pranayama is not well understood. In the same way that many other ancient Indian skills were nearly entirely unknown to the general public, the art and science of yogic breathing was virtually entirely unknown until very recently. It used to be that those who knew it were extremely hesitant to give their knowledge and expertise with anybody, unless a pupil demonstrated via examinations that he was prepared to accept it.

“Tasmin sati swasprashwas yogartivich Pranayama”

The practice of "Pranayama, which refers to the management of inspiration and expiration¹, has been responsible for this accomplishment. One of the characteristics of pranayama is the cessation of both the inspiration of prana-vayuishswasa and the expiration of prana. Prashwasa is the term used to describe both of these processes. Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi are the eight angas (components) of yoga that Patanjali mentioned in his Yoga Sutra. Samadhi is the eighth angas. Pranayama and Asana (Postures) are considered to be incredibly crucial components in the modern, materialistic world. Modern medicine also advises these practices. Pranayama and Asana are the third and fourth components. On the other hand, according to the consensus, the third and fourth parts are the most important. Numerous Pranayama techniques have been shown to have positive effects, and there is a strong scientific basis for this assertion. This has been subjected to thorough documentation. Certain investigations have shown that the practice of pranayama may improve the capacity of the lungs and widen the chest wall. This is a benefit of pranayama.

Among the hundreds of nadis, according to the ancient sages, there are three that are the most potent energy conduits. This was another discovery that they made. When these nadis have been adequately purified, they have the capacity to foster the growth of the human person on all three possible planes: the physical, the cerebral, and the spiritual. We are able to attain greater levels of awareness as a result of this."The channels IDA, PINGALA, and SHUSHUMNA are referred to as Nadis. These are the names that have been given to these channels. In order to purify the nadis, which are comprised of these three basic energy channels, pranayama techniques have the capacity to work. It has been recognized for a very long time by Yogis that inhaling via the left nostril activates the IDA nadi, which is also referred to as the "moon channel." This nadi is related with the parasympathetic nervous system. On the other side, one may activate the PINGALA nadi, sometimes referred to as the "sun channel," by blowing via the right nostril. This nadi is related with the sympathetic nervous system. Activating the major energy channel known as SHUSHUMNA and bringing the activity of the nervous system as a whole into harmony may be accomplished by attaining a balance in the functioning of both nadis, which are the two sections of the autonomic nervous system." This allows us to bring about the desired effect of bringing the nervous system into harmony.

Conclusions

After considering all of this, we have arrived at the realization that the primary idea behind "Yoga in Daily Life" is the liberty to practice one's faith. Because it is the source of both spirituality and knowledge, yoga is not considered to be a religion; rather, it is considered to be the root of all religions. The spiritual discipline of yoga enables one to transcend the constraints that are imposed by religion and reveals the way to unity.

The book "Yoga in Daily Life" offers the spiritual seeker guidance on the path that life ought to pursue at all times by using the practices of Mantra Yoga and Kriya Yoga on a daily basis. It is possible for humans to recognize their genuine nature and their inner self, which will ultimately be God. our is due to the fact that humans are the most highly developed species that exist on our planet. The spiritual goal that may be attained via the practice of yoga is God-Realization, which can also be phrased as the union of the individual soul with God. To begin, we need to acknowledge that we are all related to God and that we have the same roots. This is the first thing that has to take place. The choices you make will have an impact

not just on your physical and mental health, but also on your capacity to lead a life that is liberating and full of pleasure. Without a doubt, you will be successful if you continually put in the work and maintain your determination.

I wish that all of you who are already practicing yoga as well as those who are still in the process of becoming practitioners be blessed with joy, success, health, harmony, and pleasure in life, as well as the God's blessing.

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