

## From the Chief Editor's Desk

Dear Readers,

Welcome to the inaugural volume of **Dharma for Life Echoes**, an online yearly magazine on India's ancient wisdom in modern light. As we step into the new year 2025, we are reminded that growth and transformation belong not only to the physical world but also to the inner world. Dharma for Life, a unit of Tulip Foundation has completed its first year, and on its first anniversary, this volume throws light upon what we did and achieved in the past year.

We are proud to present a collection of articles from esteemed scholars who bring their unique perspectives to the table. The very first issue of our magazine includes ten write-ups. The first article is by Dr Shugan C. Jain, who keeps showering his blessings on us and guides us thoroughly. He compares the interconnectedness of Dharma (in Jainism) and Morality. Dr Pratap Sanchetee, a Neurologist and renowned Jain Scholar (Jodhpur), was also one of our prominent speakers. The second article covers his take on the mind, and he compares the mind as described in Modern Science and Jain philosophy. The third writeup is from the budding and talented scholar Ms Aarti Gulgulia's brain, who attended all the events organised by DFL and created a beautiful annual report from her observations. Then we have another write-up on the management lessons from the Navkar Mantra from Associate Professor at Bennett University, Dr Palakh Jain and Mrs Aditi Jain, Founder and MD of EKO Consulting. Our next segment is the interview conducted by Dr Rekha Jain, a former economics professor at the University of Delhi; it was a pleasure to share my thoughts with her.

Dr Divyansh Jain's article discusses Osho's meditation techniques and how they can help people live peaceful lives. Mr Mohit Jain compares Jain philosophy with science in his research article. Dr Arihant Jain's article analyses the differences and similarities between Dharma, Sect, and Spirituality. Muskan Seth Jain, an alumna of the University of Toronto and University College London, shares her thoughts on how the youth sees religion. Lastly, we have a report on a recent international conference held at Karanja Lad, Maharashtra.

From the teachings of timeless Indian wisdom to the intersection of science and spirituality, each article offers valuable insights that can inspire and enrich our lives. Additionally, we have included testimonials that showcase the positive changes our community members have experienced through their engagement with our work.

As you read through this volume, we hope you find inspiration and guidance that resonates with your own journey. Let this magazine be a source of encouragement as you seek to deepen your understanding of yourself and the world around you. Thank you for joining us on this transformative path. We look forward to continuing this exploration of dharma together in the years to come.

Warm regards,

January 1<sup>st</sup>, 2025

Medhavi Jain