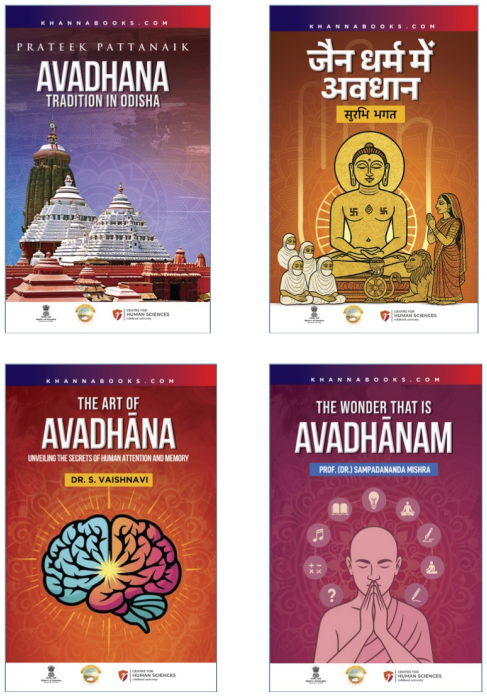


Prateek Pattanaik, Sampadananda Mishra, S. Vaishnavi, Surbhi Bhagat

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Prateek Pattanaik

Prateek Pattanaik is a researcher and a Musician. an Odissi vocalist and Binakara, he was initiated into music by his grandmother, then continued training under Guru Brundabana Khandual and finally Pt Ramarao Patro, in the lineage of early 20th-century maestro 'Astabadhani Acharjya' Tarini Charan Patra. He is currently engaged as a research scholar on the 17th-century treatise 'Sangitanarayana' in the Department of Odia, Berhampur University. His work primarily delas with palm leaf manuscripts, early gramophone records and neglected musical forms across the state. He is the author of two books on Odissi music and the Odia Language.

Sampadananda Mishra

Dr. Sampadananada Mishra, a distinguished scholar in Sanskrit and indian Knowledge Systems (IKS), has dedicatedhis life to the study, preservation, and propagation of india’s richlinguistic and philosophical heritage. He holds a BA and MA in Sanskrit from utkal University, where he also completed his Ph.D.with a dissertation on the evolution of the Sanskrit language, inspired by Sri Aurobindo’s perspectives. Dr. Mishra is renownedfor founding the World’s first 24-hour Sanskrit radio channel, Divyavani Sanskrit Radio, in 2013, adFor his role as Associate Editor of the ‘ Collected Works of Vasishtha kavyakantha Ganapati Muni; a landmark twelve- volume publication . His contributions to Sanskrit have earned him several prestigious awards, Including the president’s Maharshi Badarayana Vyasa Samman and the Sri Aurobindo Puraskar 2024. His Career has been marked by a passionate commitment to ensuring that Sanskrit and IKS flourish within both academic and cultural landscapes.

S. Vaishnavi

Dr. S. Vaishnavi is a leading Sanskrit scholar, researcher, and educator dedicate to integrating traditional wisdom with modern learning. Her expertise spans Traditional

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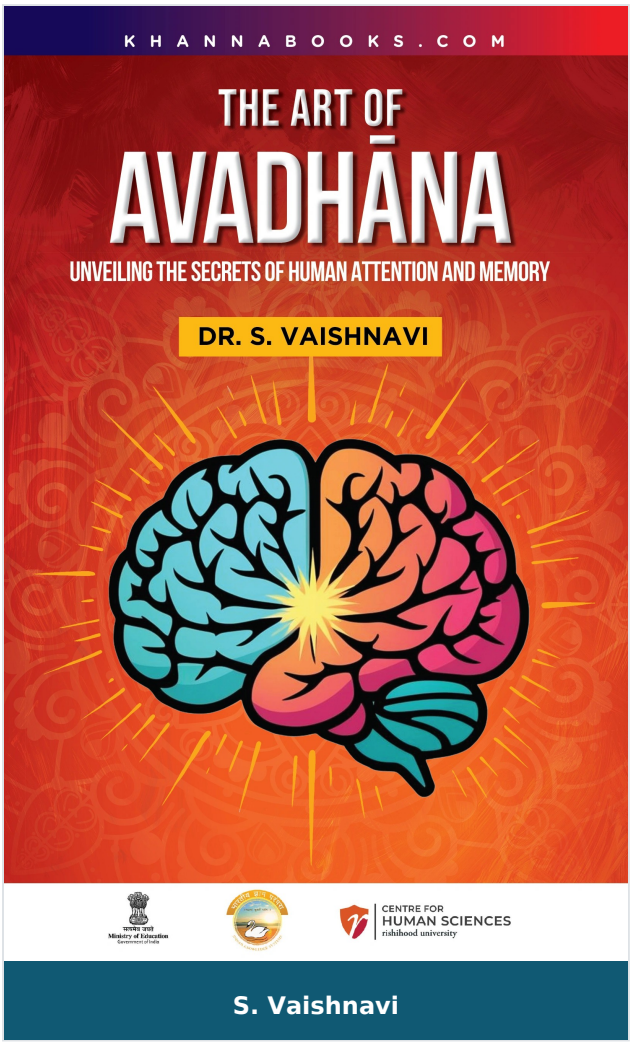
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The Art of Avadhanam (Unveiling the Secrets of Human Attention and Memory)

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Product Description

The human mind, with its vast and intricate capabilities, has been a subject of wonder and inquiry across cultures and epochs. Amidst the profound legacy of Indian intellectual traditions, the ancient art of Avadhana shines as a remarkable testament to the extraordinary cognitive potential of the human mind. Rooted in classical disciplines of Sanskrit and other Indian languages, Avadhana exemplifies the harmonization of memory, multitasking, and creativity, encapsulating the extraordinary synergy between linguistic mastery and mental agility. This book delves into the multifaceted dimensions of Avadhana, exploring its relevance as a cognitive phenomenon and its profound implications for understanding human intelligence. The chapters within aim to bridge the traditional practice of Avadhana with contemporary perspectives on memory, focus, and the neuropsychology of learning. By doing so, I hope to illuminate its enduring significance, not only as a literary and cultural treasure but also as a practical framework for enhancing mental faculties in today's world. I was extensively inspired by the Avadhana art form and its remarkable demonstration of the human mind’s responses and functions. Witnessing this art directly was a transformative experience, deepening my appreciation of its cognitive intricacies and its potential applications. The foundation of this work owes much to the tireless efforts of Prof. Sampadananda Mishra, whose vision and leadership under the Indian Knowledge Systems (IKS) initiative have been instrumental in shaping this project. Prof. Mishra has been at the forefront of reviving and promoting the art of Avadhana, organizing three outcome-oriented workshops and training programs at the National Sanskrit University, Tirupati. These programs have not only provided practical insights into the nuances of Avadhana but have also cultivated a new generation of practitioners and researchers dedicated to this extraordinary tradition. I sincerely thank Prof. Mishra, my mentors, colleagues, family, and the custodians of this ancient tradition, whose insights, guidance, and unwavering encouragement have deeply enriched this work. This book is an invitation to rediscover the boundless possibilities of

the human mind and the timeless wisdom embedded in India’s cultural heritage. May it inspire a renewed appreciation of Avadhana and spark meaningful conversations across disciplines.

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Author

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Dr. S. Vaishnavi is a leading Sanskrit scholar, researcher, and educator dedicate to integrating traditional wisdom with modern learning. Her expertise spans Traditional pedagogies, psychology, and Cognitive Science, Holding a Ph.D. in Sanskrit from national Sanskrit University, Tirupati, alongside degree in Education, Psychology, and other disciplines, she boasts a strong academic foundation. as an Assistant Professor at national Sanskrit University for five Years, Dr. Vaishnavi mentored research scholars and contributed significantly to academia through publications and lectures. She has presented at numerous national and international conferences and actively participated in educational projects like Digital Chitrapadakosha and Swayam Prabha courses. Known for her oratory skills and leadership in education, she bridges the gap between ancient

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