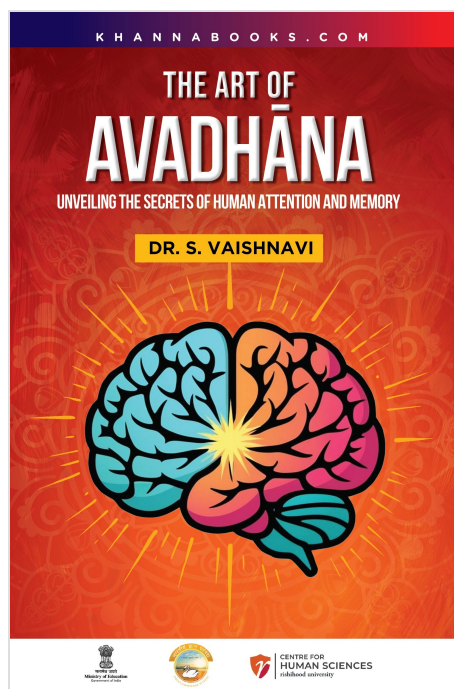




The Art of Avadhanam (Unveiling the Secrets of Human Attention and Memory)

by S. Vaishnavi

ISBN-13	9789355382269
ISBN-10	935538226X
Edition	1
Format	Both
Publishing Year	2025
Categories	New Arrivals, Book Store, Education & Knowledge Systems
Original Price	₹199.00
Discounted Price	₹149.25
Stock Status	In Stock (17 available)

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.

About the Author(s)

S. Vaishnavi