



Namaste All!

As we present this new issue of Euphoria, I am filled with immense pride and gratitude for the remarkable contributions from our global community of researchers, educators, and trainers. Each piece in this edition reflects the spirit of inquiry, innovation, and dedication that defines our ever-evolving fields.

However, as we navigate complex challenges and opportunities, one message resonates deeply with me: the need for mindfulness in every aspect of our work. Whether in research, education, or training, being fully present and aware is not just a practice but a responsibility. Mindfulness allows us to engage with our environment, our peers, and the world around us with greater empathy, intentionality, and clarity.

To the brilliant authors and writers contributing to this edition, your passion and creativity have truly shaped this issue. Your voices, perspectives, and ideas remind us all of the profound impact that thoughtful, mindful work can have on the world. It is through your insights that we continue to inspire, challenge, and push boundaries.

I urge every researcher, educator, and trainer to embrace mindfulness when in the field. In doing so, we cultivate not only better outcomes but also a deeper connection to the purpose and impact of our work. Let this issue be a reminder that progress and awareness go hand in hand, guiding us toward a more compassionate and thoughtful future.

With warm regards,

Dr. Navneet Kaur

Chief Editor, Euphoria