

Vedic messages focus on 'Dharma', 'Artha',
'Kaama' and 'Moksha' - which are the four
principles for making life fruitful and purposeful.

Statement of the Problem

- The essence of present research work lies in establishing the **causal relationship** between **individual development** and Vedic principles and practices
- The study identified the invaluable Vedic principles and individual potentials whose intertwining led to remarkable revelations
- In the present stressful, competitive world, the principles of Sanathana Dharma are the panacea for physical, psychological and emotional issues.