**Synthesis of Science and Spirituality in Technological Society**

**Theme Abstract**

Today’s generation is blessed with a technologically advanced society. Textbooks are replaced with e-books, written communication is taken over by email, verbal communication through mobile communication etc., Competitive examinations have also gone online and given massive awareness in various fields of learning, technology facilitated customization and intensification of information and knowledge. Knowing or unknowingly, many students enter this world of never ending running race, without knowing the potential aftereffects of such stiffer and tougher challenges in life.

Due to all these, the younger generation and especially the student and young professional community are in a constant flux of stress to always perform and reach highest accolades. Long working/learning hours, regular assessments, daily and weekly deadlines in either job or in education give raise to enormous amounts of stress and often this could potential affect the mental health of a person in terms of depression and lack of interest.

In the theme “**Synthesis of Science and Spirituality in Technological Society**”, based on personal realizations, the student and young professional community would provide important issues of concern for the young minds in a technologically driven society along with potential solutions. These issues include

1. Cultivation of **Persistent Positive Thinking** in the midst of continuous failures to reach goals and targets.
2. **Stress Management** (Avoidance, Relaxation and Mitigation) strategies and techniques during long working/learning hours at work desk/college.
3. **Crisis Management** strategies that attempt to resolve personal, professional and social crisis and conflicts.
4. **Career success and growth**  strategies that involve multi-tasking, art of doing things etc.,
5. **Holistic management** strategies that demand apt application of professional values and ethics in decision making for the complimentary optimality of task, monetary/material, human resource and time management.
6. Cultivation of **Professional values and ethics** to harmonizethe relation between the self and the society.

Authors are expected to do a critical analysis of available short term and long term solutions for the above issues of prominence through a complimentary or holistic integration of principles associated to science and spirituality.