

LALITKUMAR VALLABHBHAI KACHHADIYA

AntahKaran® Vigyāni

Researcher, Science & System Provider

Inner Wellness, Health and Excellence Development

(Cognitive, Conscience and Consciousness Development)

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PROFESSIONAL IDENTITY

Lalitkumar Vallabhbhai Kachhadiya is the **Founder of Yujom Life Science, Inventor of the Kalpdroom® Science System**, and a **PhD Scholar at Sardar Vallabhbhai National Institute of Technology (SVNIT), Surat**.

He is engaged in the development and provision of an **AntahKaran-based science and system for Inner Wellness, Health and Human Excellence**. His work is centered on **cognitive, conscience and consciousness development** through research, educational frameworks, guided experiential systems, and direct participation pathways for individuals.

A key distinguishing feature of this science and system is its **inside-to-out approach** and its orientation toward **root-cause transformation**. In this framework, human development is not approached only from the level of the body, behaviour, or surface mental patterns, but through a deeper inner progression — **body, mind, intellect, chitta, and mūla chetana (root consciousness)**.

This work holds that the deeper dimensions of the human inner system carry progressively greater transformative power: the power of the **mind** is greater than the body, the power of the **intellect** is greater than the mind, the power of **chitta** is greater than the intellect, and the power of **mūla chetana** is greater than chitta.

Through this science, individuals are guided to gradually open, access, and align with this deeper conscious potential for inner wellness, balance, clarity, and excellence.

His work is not limited only to academic or institutional collaboration. It also includes **direct science and system provision for individuals**, so that interested persons may connect with this work in a practical and meaningful way through structured guidance, participation, and developmental programs.

CORE FOCUS AREAS

- Science of **Inner Wellness, Health and Excellence Development**
- **Cognitive, Conscience and Consciousness Development**
- **AntahKaran-based Human Development Science**
- **Inside-to-out human development framework**
- **Root-cause transformation through deeper consciousness orientation**
- Indian Knowledge Systems (IKS)
- Yoga psychology and applied inner development
- Educational and experiential systems for lifelong inner growth
- Exploratory AI- and EEG-assisted research in consciousness-related education
- Human development frameworks supporting clarity, self-regulation, discernment, and conscious living

CONCEPTUAL ORIENTATION

This work is based on the understanding that lasting human development requires attention not only to outer achievement, but also to the refinement of the **inner human instrument**. Its central movement is **inside to out** — from deeper inner alignment toward outer wellbeing, clarity, conduct, and excellence.

Within this approach, **AntahKaran** is understood as an integrated inner system through progressive developmental levels:

- **Body Level** – physical condition, habits, and functional life expression
- **Mind Level** – thought flow, emotions, attention, and reaction patterns
- **Intellect Level** – discernment, understanding, judgment, and direction
- **Chitta Level** – deeper awareness-field, inner impressions, and conscious depth
- **Mūla Chetana Level** – root consciousness, source-alignment, and fundamental inner potential

A key principle of this framework is that deeper levels of the human system hold greater transformative significance. Accordingly, this science is positioned as a **root-cause transformation framework**, seeking to support improvement not merely from the outer or symptomatic level, but from progressively deeper inner levels of human development.

It is through this deeper conscious development that individuals may begin to unlock greater balance, clarity, responsibility, inner wellness, and excellence in life.

NATURE OF WORK

At its core, this work is not limited to surface-level improvement models. It is oriented toward **deeper transformation from within**, with the understanding that when the deeper inner levels are refined, outer life, conduct, and wellbeing may also become more aligned and elevated.

His current work broadly operates across two interconnected domains:

1. Research, Academic and Institutional Domain

- Development of AntahKaran-based scientific and educational frameworks
- Research in inner wellness, consciousness, and human development
- Academic teaching, curriculum design, and interdisciplinary collaboration
- Exploratory integration of Indian Knowledge Systems with modern tools

2. Direct Science and System Provision for Individuals

- Providing structured access to AntahKaran-based science for interested individuals
- Guided participation through experiential and developmental programs
- Supporting inner wellness, balance, clarity, self-regulation, and excellence development
- Offering practical pathways for direct connection with this science and system

RUNNING PROGRAM

Yujom® AntahKaran® Excellence Vigyan – DreamSleep® Practice

A currently running guided program under **Yujom Life Science**, designed as an AntahKaran-based experiential pathway for **inner wellness, health and excellence development**. This running program supports participants through a practice-centered approach related to:

- inner rest and restoration
- clarity and cognitive balance
- conscience refinement
- conscious living and awareness development
- lifelong inner growth and human excellence

DISTINCTIVE SCIENTIFIC ORIENTATION

A defining feature of the **Kalpdroom® Science System** is its orientation toward **root-cause transformation** through an **inside-to-out developmental approach**.

Rather than focusing only on outer symptoms, behaviour, or surface mental states, this system is based on the understanding that deeper inner levels of the human system hold greater transformative power. In this framework, the progression is understood as:

body → mind → intellect → chitta → mūla chetana

Accordingly, this science seeks to support individuals in opening and developing access to deeper consciousness-based potential, so that improvement may emerge from the **root inner level outward**.

It is presented as an **original and pioneering AntahKaran-based system** for inner wellness, health and excellence development.

EXPERIENCE

20+ years of interdisciplinary work across:

- Research and innovation
- Inner wellness and human development systems
- Consciousness-based learning and guided development
- Education and curriculum design
- Academic teaching and public knowledge dissemination
- Science and system provision for individuals and groups

INTELLECTUAL PROPERTY (SELECTED)

Copyrighted System

- **Kalpdroom® Science System**

Registered Trademarks / Labels (Selected)

- **AntahKaran®**
- **DreamSleep®**
- **Yujom®**
- **IKS RIDE®**
- **My 2i(ii), Who am I?!®**

Full IPR list may be shared where relevant for formal communication or collaboration.

INDEPENDENT RESEARCH AND SYSTEM THEMES

1. Inner Wellness, Health and Human Excellence

- AntahKaran-based science for inner wellness and excellence development
- Human inner development through cognitive, conscience, and consciousness refinement
- Root-cause transformation through the progressive development of body, mind, intellect, chitta, and mūla chetana
- Inside-to-out development for inner wellness, balance, and excellence
- Lifelong frameworks for clarity, self-regulation, responsibility, and conscious living

2. Consciousness and Inner Development

- Consciousness-centered education and experiential development
- Self-awareness, observation, and inner growth
- Applied inner science for individual and collective advancement

3. Yoga Psychology and Applied Inner Science

- DreamSleep® as a guided experiential innovation
- Yoga-based approaches for restoration, awareness, and inner balance
- Practical applications of yogic and Indian psychological principles in development and wellbeing

4. Education, Ethics and Development

- Educational frameworks for cognitive, conscience, and consciousness development
- Ethical intelligence, inner maturity, and excellence development

- Human development rooted in inner clarity and balanced growth

5. Exploratory Interdisciplinary Research

- AI- and EEG-assisted exploratory study in consciousness-related education
- Bridging traditional knowledge systems with modern exploratory tools
- Framework-building for future interdisciplinary research in inner wellness and developmental science

ACADEMIC AND TEACHING EXPERIENCE

- **Visiting Teaching Faculty – IKS / Yoga**, Bhagvan Mahavir University, Surat
- **Former Teaching Faculty – Journalism and Mass Communication**, Veer Narmad South Gujarat University, Surat
- **Former Teaching Faculty – Center for Hindu Studies**, Veer Narmad South Gujarat University, Surat
- **Former Honorary Faculty – Lakulish Yoga University, Ahmedabad**

EDUCATION

PhD (Ongoing)

Centre for Indian Knowledge Systems & Holistic Education, SVNIT, Surat

Research Area:

“Kalpdroom® Science System: An AntahKaran-Based Educational Framework for Inner Wellness, Cognitive Development, and Consciousness Studies (Exploratory AI- & EEG-Assisted Study)”

M.A. Hindu Studies – First Class with Distinction (Gold Medal Rank)

M.A. Yoga Education – First Class with Distinction

B.A. Yoga Education – First Class with Distinction

Diploma in Yoga

Diploma in Pharmacy

PUBLICATIONS AND PRESENTATIONS

He has contributed through publications, book chapters, academic teaching, and research presentations in areas including:

- yoga and holistic health
- consciousness education
- Indian Knowledge Systems
- human development and future learning models
- cognitive and consciousness-oriented education

APPROVED UNIVERSITY COURSE

Personal AntahKaran® Management Science (PAMS) – Kalpdroom®

Approved certificate course under the MDCC framework, Veer Narmad South Gujarat University

This course reflects long-term work in developing AntahKaran-based frameworks for **inner wellness, self-management, cognitive clarity, conscience development, and conscious living.**

INSTITUTIONAL TESTIMONIALS, RECOMMENDATIONS & APPRECIATIONS

Formal letters of appreciation and institutional recommendations received from:

- **RK University, Rajkot** — **Denish Patel**, Executive Vice President
- **St. Xavier's High School, Surat** — **Fr. James, SJ**, Principal
- **Take On Business Group, Surat** — **Hardik Goti**, Business Owner
- **Arpan Hospital & IVF Center, Surat** — **Dr. Chandresh Chandpara** (MBBS, DGO, MD)
- **Orkid Hospital & IVF Center, Surat** — **Dr. Kaajal Mangukiya** (MD, DGO, MCG)
- **BAPS Yuva Talim Kendra, Sarangpur** — **Harikrushna C. Mehta**, Administrator
- **People's Education School, Surat** — **Amit Tripathi**, Principal
- **J.Z. Shah Arts & H.P. Desai Commerce College, Surat** — **Dr. R.D. Rana**, In-Charge Principal
- **Center for Hindu Studies, Veer Narmad South Gujarat University** — **Dr. Paresh Joshi**, Coordinator
- **Lakulish Yoga University, Ahmedabad** — **Dr. Shobhanadevi Gohil**, Head – Karma, Jnana & Bhakti Yoga
- **Veer Narmad South Gujarat University, Surat** — **Dr. Kishorsinh N. Chavda**, Vice-Chancellor

Copies of recommendation letters and appreciation certificates are available at this webpage: <https://yujom.com/testimonials/>

WHO CAN CONNECT WITH THIS WORK

This work may be connected with through multiple pathways, including:

- direct individual participation
- guided programs and experiential pathways
- academic and research collaboration
- educational and institutional initiatives
- workshops, seminars, and developmental programs
- interdisciplinary projects integrating traditional insight with modern exploratory tools

CONTACT FOR PARTICIPATION, INTRODUCTION OR COLLABORATION

Yujom Life Science

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