

**PANCH PARIVARTAN:
A FIVE-FOLD JOURNEY
FROM TRADITION TO
TRANSFORMATION IN INDIA**

**PANCH PARIVARTAN:
A FIVE-FOLD JOURNEY FROM TRADITION
TO TRANSFORMATION IN INDIA**

Editors:

**Dr. Rishi Vivek Dhar
Shweta Upadhyay Dhar
Prof. Manjula Upadhyay**

Published By:

Anu Books

Delhi Meerut Glasgow (U.K.)
www.anubooks.com

PANCH PARIVARTAN: A FIVE-FOLD JOURNEY FROM TRADITION TO TRANSFORMATION IN INDIA

First Published: August 2026

ISBN: 978-93-7847-006-6

Book Code: AB371-A226

Price: Rs. 895/-

© *Editors*

‘Authors/contributors are solely responsible for the originality/ authenticity/accuracy of the ideas/information/views/content/data produced in their respective papers. Publisher and the Editors shall not be responsible for any liability arising on account of any civil or criminal proceeding(s) in any court/tribunal/judicial body under any law for the time being in force.’

All rights including copyrights and rights of translation etc. are reserved and vested exclusively with the editors. No part of this publication shall be reproduced or transmitted in any form or by any means, including electronic, mechanical, photocopying, recording or otherwise or stored in any retrieval system of any nature without the express permission of the editors.

Published by:

Mr. Vishal Mithal

Anu Books

Publishers & Distributors

GF-01, Navkar Kunj, Saket, Meerut. U.P. 0121 7964594, 8800688996

Branch: Green Park Extension, New Delhi-110016, 9997847837

Glasgow (UK) +447586513591

E-mail: infoanubooks@gmail.com

Printed, Design & Published in India

DEDICATION

With profound reverence, We dedicate this book to Lord Kishna and the sacred Shrimad Bhagwat Gita, whose timeless teaching inspire the ideas of self-transformation, social harmony, family values, environmental stewardship, self-reliance and responsible citizenship- the very essence of Panch Parivartan:

1. विद्याविनयसम्पन्ने ब्राह्मणे गवि हस्तिनि। शुनि चैव श्रपाके च पण्डिताः समदर्शिनः ॥ (भगवद्गीता 5.18) (“The wise see with equal vision a learned and humble brahmana, a cow, an elephant, a dog, and even one who eats dogs”)

The Shloka promotes equality, dignity, and social harmony beyond caste or status.

2. उद्धरेदात्मनात्मानं नात्मानमवसादयेत्। आत्मैव ह्यात्मनो बन्धुरात्मैव रिपुरात्मनः ॥ (भगवद्गीता 6.5), (One must elevate oneself by one's own efforts and not degrade oneself. The self alone is one's friend, and the self alone is One's enemy.)

The Shloka Inspires self-discipline, self-help, and self-reliance.

3. अन्नाद्धभवन्ति भूतानि पर्जन्यादन्नसम्भवः। यज्ञादभवति पर्जन्यो यज्ञः कर्मसमुदभवः ॥ (भगवद्गीता 3.14) (All living beings depend on food; food is produced by rain; rain comes from sacrifice (responsible action); and sacrifice arises from prescribed action)

The Shloka Highlights ecological balance, sustainability, and responsible stewardship of nature.

4. यद्यदाचरति श्रेष्ठस्तत्तदेवेतरो जनः। स यत्प्रमाणं कुरुते लोकस्तदनुवर्तते ॥ (भगवद्गीता 3.21) (Whatever a noble person does, others follow. Whatever standard they set, the world pursues.)

The Shloka Emphasizes value-based leadership within the family and society through personal example.

5. कर्मण्येवाधिकारस्ते मा फलेषु कदाचन। मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥ (भगवद्गीता 2.47) (You have a right only to perform your duty, never to its fruits. Let not the fruits of action be your motive, nor let your attachment be to inaction.)

The Shloka Encourages responsible citizenship by performing One's duties sincerely without selfish attachment.

PREFACE

India's transformation over the past century represents one of the utmost noteworthy development stories in modern history. The country has changed from colonial rule to a democratic republic, from extensive poverty and low literacy rate to extensive gains in education, health, technology, infrastructure and economic growth. India's progress reflects pliability, institutional progress and the united efforts of governments, civil society, private enterprise and citizens. As India's developments toward the vision of Viksit Bharat 2047, sustaining inclusive, environmentally accountable and innovation driven growth will remain essential to its forthcoming development. The last hundred years have been a period of extraordinary transformation in India. From a colonized nation under British rule in 1925 to one of the world's fastest rising economies in 2025-26, India has experienced deep changes in its economic, political, Social, technical, environmental, educational and cultural landscape. These transformations have been driven by freedom movement, constitutional democracy, liberalization, globalization, digitalization and growing international engagement.

The concept of Panch Parivartan embodies an all-inclusive idea of economic and social transformation centered on social harmony, self-reliance, environmental management, family values and civic responsibility. It emphasized that lasting national development depends not only on economic progress but also on ethical conduct, community participation and responsible citizenship. The evolution of Panch Parivartan reflects the continuity of ideas articulated within the RSS. '*Dr. Keshav Baliram Hedgevar ji*' believed that national regeneration begins with character building, discipline and social unity. '*M.S. Golwalkar (Guruji)*' emphasized cultural unity, social cohesion and self-service as essential for national development. '*Deendayal Upadhyay ji*' developed Integral Humanism, linking the individual, family, society and economy. '*Dattopant Thengadi ji*' gave the idea of the principle of Swadeshi and decentralized development. '*Mohan Bhagwat ji*' integrated these themes into the contemporary framework of 'Panch Parivartan'.

Panch Parivartan: the five-fold transformation is a social vision promoted by Rashtriya Swayamsevak Sangh (RSS) to inspire holistic development of individuals, families and society. It underscores value based social change through active citizen involvement rather than depend only on government initiatives. The concepts seek to strengthen social interconnection, cultural values, environmental responsibility, economic self-reliance and civic consciousness, thereby contributing to nation-building. The five dimensions of Panch Parivartan are: (1) **Social Harmony** (Samajik Samrasata); aims to create an inclusive society by reducing discrimination based on caste, religion, language, region or economic status. It promotes mutual respect, equality and social integration with the objective of foster unity in diversity while preserving India's rich cultural traditions. Several Government of India programs and initiatives include; Ek Bharat Shreshth Bharat (2015), Azadi ka Amrit Mahotsav (2021), PM Jan Dhan Yojna (2014), Beti Bachao Beti Padhao (2015), PM Poshan (20121) are related with this idea of social harmony. (2) **Self-Reliance & Indigenous Development** (Swadeshi); advocates the use of indigenous products, domestic entrepreneurship and the idea of economic self-reliance by encouraging local production, innovation and sustainable consumption. The Government has launched Make in India (2014), Skill India mission (2015), Digital India (2015), Startup India (2016), Stand-Up India (2016), One District One Product (2018), Vocal for Local (2020), Atmanirbhar Bharat Abhiyan (2020), PM Vishwakarma Scheme (2023) for this purpose. (3) **Environmental Conservation** (Paryavaran Sanrakshan); emphasized sustainable development and optimum use of natural resources, protect forests and biodiversity, promote water conservation and reduce pollution. The Indian government has launched Swachh Bharat Mission (2014), Namami Gange Program (2014), Green India Mission (2014), Jal Jeevan Mission (2019), Atal Bhujal Yojna (2019), PM KUSUM Yojna (2019) and Amrit Dharohar Yojna (2023) for environmental conservation. (4) **Family Enlightenment** (Kutumb Prabodhan); aims to strengthen family relationship, promoting intergenerational respect and nurturing responsible citizens through value-based upbringing. Preserve Indian cultural traditions and family values. Atal Pension Yojna (2015), PM Matru Vandan Yojna (2017), Ayushman Bharat (2018), Mission Shakti (2020) can be related with family enlightenment in India. (5) **Civic Responsibility** (Nagarik Kartavya); focuses on developing responsible and law-abiding citizens to

promote constitutional values, encourage active participation in democracy. The government of India launched MyGov (2014), Swachh Bharat Mission (2014), Digital India (2015), Jal Shakti Abhiyan (2019), Fit India Movement (2019), Meri Mati Mera Desh (2023) programs to strengthen civic responsibility among the citizen of the country.

India's journey over the years reflects an energetic transition from deep rooted traditions to a modern, progressive society formed by several key transformations. The first is Economic transformation, marked by a shift from an agrarian, state-controlled system to a liberalized, globally integrated economy driven by innovation and entrepreneurship. The second is social transformation, where rigid structures like caste discrimination and gender inequality are gradually giving way to inclusiveness, education, and social justice. Third is environmental transformation as growing awareness about sustainability, climate change, and individual behavior towards a greener future. The fourth dimension is cultural transformation, where country continues to preserve its rich heritage while adapting to globalization. Finally civic transformation highlights the rise of responsible citizenship and awareness of rights and duties.

Together, these transformations describe India's rising identity; where continuity and change coexist. While tradition provides a strong foundation, transformation ensures progress, resilience, and adaptability. This journey reflects India's aspiration to become a balanced, inclusive and developed nation, harmonizing its past with the demand of the future.

With sincere regards,

August 03, 2026

Editors

Dr Rishi Vivek Dhar
Dr. Shweta Upadhyay Dhar
Prof. Manjula Upadhyay

CONTENTS

1. The Role of Agricultural Exports in Building a Developed India: With Special Reference to Rice Exports
Dr. Rishi Vivek Dhar, Dr. Amit Kumar Singh 1-11
2. An Empirical Analysis of The Relationship Between Domestic Tourism and India's Economic Growth (2001-2021)
Dr. Dharmnath Uraon, Saty Prakash 12-23
3. Economic Self-Reliance through Domestic Supply Chain Development
Prof. Neetu Singh 24-35
4. From Ayurveda to Nanomedicine: India's Five-Fold Journey in Healthcare Innovation
Dr. Anupma Singh 36-45
5. Between the Nation and the World: Economic Nationalism, Globalisation, and the Enduring Relevance of Deen Dayal Upadhyay's Economic Philosophy
Dr. Monica Awasthi 46-57
6. Role of Local Markets in Strengthening Sustainable Rural Economies in India
Dr. Pragati Krishnan, Dr. Raj Kamal Roy 58-71
7. From Education to Employability: A Gendered Spatial Analysis of Workforce Participation in India
Dr. Shreyanshi Shukla, Dr. Kumari Priyanka Singh, Dr. Alka Gautam 72-82
8. An Empirical Analysis of the Trend and Productivity of Pearl Millet between Uttar Pradesh and Rajasthan
Arvind Kumar Kanaujiya, Prof. Ashok Kumar Kaithal 83-95

9. Role of Agriculture in Strengthening Rural Economies:
Pathways to Sustainable Development and Economic
Empowerment
Muskan Upadhyay, Dr. Abhishek Pandey 96-109
10. Sustaining Tomorrow: Pathways to a Green Economy
and a Resilient Planet
Neha Agarwal, Joy Sarkar 110-119
11. Fertility Transition and India's Economic Transformation:
A Demographic Perspective
Vimal Kumar Jaiswal, Sonali Yadav 120-129
12. Economic Development and Rural Transformation:
The Role of MSMEs within Public Policy Frameworks
Dr. Preeti Mishra 130-145
13. Cultural Identity and Economic Change in Mauritius:
The Legacy of Indian Indentured Labour
***Dr. Kumari Priyanka Singh, Dr. Shreyanshi Shukla,
Dr. Alka Gautam*** 146-158
14. An Analysis of Structural Changes in India's Foreign
Trade Since 2001; With Special Reference to Petroleum
Products
***Anjali Sharma, Dr. Shweta Upadhyay Dhar,
Prof. Manjula Upadhyay*** 159-169
15. Women's Entrepreneurship under Prime Minister's
Employment Generation Programme (PMEGP):
Strengthening Employment and Inclusive Growth
Neha Dubey, Dr. Vivek Singh 170-181
16. Localization as a Driver of Global Trade: A Comparative
Analysis of Japan's OVOP and India's ODOP Export
Outcomes
Dr. Anil Kumar 182-193
17. Physical Education and Sports as Strategic Drivers
of Inclusive Growth, Economic Development, and
Cultural Transformation in India
Prof. Seema Pandey 194-205

18. UPI Adoption and the Transformation of India's Digital Payment Ecosystem: Comparative Growth Patterns of P2P and P2M Transactions (2018-2024)	
<i>Dr. Priyanka Jaiswal, Rritam Mitra, Debjit Dutta</i>	206-215
19. Mathematics Education: From Tradition to Transformation in India	
<i>Rama Jain</i>	216-224
20. Self-Help Groups and Their Contribution to Economic Development	
<i>Dr. Divya Pal</i>	225-234
21. Integrating Practical Skills in Higher Education: Challenges and Solutions	
<i>Kumari Neelam</i>	235-244
22. A Study on Impact of One District One Product (ODOP) Scheme on Economic Development and MSME Growth in Uttar Pradesh	
<i>Dr. Pratibha Chauhan</i>	245-255
23. Green Economy and Sustainable Development: Pathways to Environmental Responsibility	
<i>Dr. Mamta Verma</i>	256-266
24. Transition from Linear to Circular Economy through Efficient Waste Utilization	
<i>Dr. Chitij Shukla</i>	267-278
25. Ethical Consumerism and Value Concern in India's Sustainable Transformation: An Analysis	
<i>Dr. Reena Yadav</i>	279-290
26. Morphometric Analysis for Sustainable Watershed Management in the Pindar Basin, Central Himalaya, India	
<i>Dr. Alka Gautam, Dr. Shreyanshi Shukla, Dr. Kumari Priyanka Singh</i>	291-303

