



Tourist Mindfulness via Experience *Satvik* Cuisine

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Abstract: Food plays a significant role into human being from early era. This study, focus on the role of sativa food into human life in present days. Many f the human being wants to lives the pleasant and peaceful life but it seems to be difficult due to presence of stress in both the dimension; professional and personal life and there is only one reason that is “BUSYNESS” and fast life. In order to received the views about sativa food and mindful session a set of questions were asked from the participants who are 68 in number on likert scale consisting 5-1 scale with some demographic aspect like age group, educational level, and income group. Then these data were interpreted with different statistical tools like descriptive , frequency and test statistic to validate the result of the study. Some demographic aspect also presented in a tabular and graphical way which helps to make the study in a easy manner to readers.

Key words: Satvik Food, Demographic, Likert scale, Descriptive Statistic, Frequency Statistic, Test Statistic, Tabular, Graphic Presentation.

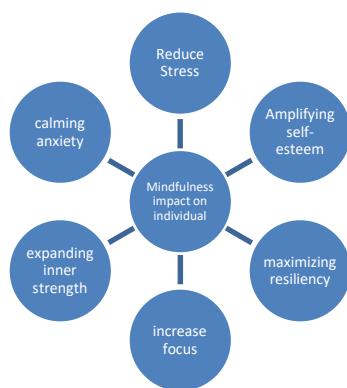
Introduction: In present days, many people finding peace, relax, and calmness of soul in the

world .For some of them its next to impossible due to lifestyle, work culture, and full of social responsibilities. People as tourist visit many places of different part of world with the motives of with the aim of “INTERNAL PEACE OF SOUL”. In order to accomplish this motives as purpose they indulge themselves as tourist to visit particular destination may be designated as pilgrim, participated into “YOG SHIVER” also known as camps and spend fruitful time to accolade their body or soul. While participating into YOG camp they involve into many activities like “DHYAN FOR SOUL”, “CARING ECOLOGICAL BALANCE”, having “HEALTHY SATVIK DIET” along with Preparation and learning of dishes.

“The first and best victory is to conquer self.” — Plato

“One who conquers himself is greater than another who conquers a thousand times a thousand on the battlefi eld.”—Buddha

There are many positive result of mindfulness session as mention in below table:



Source:https://supportkindness.org/meditation/?gclid=CjwKCAiAkrWdBhBkEiwAZ9cdcODsmpFV86ItNoJEo9JCriH6hcqk7x5MSwxwj-jEqK-bZ3OrCt-4NxoCvtsQAvD_BwE

Mindfulness: Mindfulness is an action which involve group of activities that helps to improve the mental health with humongous effect on deals with daily routine numerous actions of every human being like judgments, taking decision, critical situations facing and many more. When considering about the practicing of mindfulness activities mainly involves mediations , yoga, and helping others , where as some people also focusing on having of healthy diet belongs to cuisine in way of dishes belongs to particular places and session that the amiable to mindfulness session.

Cuisine:- Cuisine is the art of preparing food in a specific ways that involve different aspect of having food as per the norms considers the traditions, cultures, beliefs as well as cultivations of crops and climatically conditions. Therefore it's correct to say that cuisine differs from place

to places. In aspect of Mindfulness, Mental and body health involve many chemical balances includes internal and outside of the bodies .Preparation of classical dishes of specific cuisine offers loves with knowledge about the key ingredients in term of role plays by these, by using the specific ways to add into dishes which helps enhance the healing of soul or mental health and shows the atmosphere near around of individual.

Cuisine Experience: Considers the cuisine experience involves many points like tasting of food dishes, involve in the learning of preparation of specific dishes via attending the workshop as well as understand the concept of handling of key ingredients in a specific way. Along with serving and having the dishes into the meal in a traditional , cultural and as per beliefs.

List of Activities:

Activities	Explain in Short
MEDITATION	Focusing One mind for a period of time.
YOGA	Yoga is a group of exercise involves mental, physical and spiritual practices.
Mindful eating	Maintaining an in-the movement of awareness of food and drink.

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Culinary Experiences	Tasting and experiencing of the dishes or food.
Mindful Games	Indulge a group of person to play the games as the team members for common objective
Mindful Breathing	Focusing on the breathing via closing the eyes and increase the reach from body to soul.

Literature Reviews: Literatures in large numbers in form of manuscript presented their views with the significance of mindfulness in human life in present days. That helps to come out in stressful life in both the dimension; personal and professional. As they both are the faces of single coin of life. As per the author views mention in study it's very important to live every movement of life in full whatever comes into human being life, it's focusing about the giving full attention in movement of life as well as happening into life. Author explain this concept by practicing about acceptance, friendliness , experienced and attribute of curiosity more over to judgmental and criticism habit. Author also elaborated about the science aspect in concern with psychological with improvement related to preparedness and orient attentions, increase in memory with processing speed, offering the quick and accurately output in term of thoughts, level of self awareness and sensory processing , reduce stress, depression and anxiety, enhance regulation of emotions reactions and increase positive attitude(Consider Health and wellbeing), along with improvement relationship via creating interpersonal relationship, empathy compassion and creativity (Cognitive & Neuroscience, 2011). According to author this mindful becomes a industry in billion dollar that imparts training , product and services with excellent experiences, this industry offers program to managers that deals with phenomenal mindfulness and operational difficulty situations concerning market places for the business and business operations. Author proposed the modalities of mindfulness in respect of observation, memorizing, discrimination , and contemplation.(Berthon & Pitt, 2019)

As per the study mindfulness deals with the peaceful practices which involve many of the practices like meditation , yoga and being eating that contributes a lot for the internal and external of human body. As per study mediation is seems difficult in first and second week at the initial days of practicing but from third and forth weeks onwards it shows their significant effect on the human personality as individual. Study also presented the result in term of dealing with stress, depression and being eating in to individual which belongs to any demographic segmentation. Study also disclose about the dealing of chronic conditions like BP ,and diabetes health issue(*The-Science-of-Mindfulness.Pdf*, n.d.) Author elaborate “BUDDHIST” teaching including three threads within connections each other first thread involve Pali words: sati-involve spirit of recollection, appamada-ethos of ethical care, sampajanna- sense of spiritual development, then the another threads considers paticcasamuppada-law of conditionally . utu-niyama-physical, bija-niyama-biological , citta-niyama-mental, kamma-niyama- ethical dhamma-niyama-spiritual. And in the last threads focus on the five path of contemporary teaching of BHUDHIST that are integration,skilful intention, spiritual death , spiritual rebirth and compassionate spontaneous activities. (Lomas, 2019) In the study on mindfulness author suggested many important aspect of mindful like meditation is the way to develop the positive personality in term of thoughts, and discipline traits of states dealing with mindfulness via awareness on sensations, feeling and external stimuli. Different forms of mediation mainly prayer, yoga, attentions on focal point, loving kindness, tai-chi & qi, visualization,

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mindful exercising and eating meditation. This study also helps to raise the points in regards to identification of mindful or mindless considers emotions, thoughts, behaviours, autopilot mode for decision making ,body aspect like breath rate, muscles, thinking about past and future, mind wander and more. Along with some health benefits of mindfulness like mood swing situations, increase self-awareness, reducing muscle tension, clarity in thoughts and peace of mind, improves healthy relationship with himself and others, reduce stress, anxiety, depression, improves blood pressure , improve memory and boosts concentration, and strength immune system of body (Chi, n.d.).As per the study based on Taiwan and Chinese region of Asian regarding the mindfulness awareness practices opted by the students consider with interest of putative positive on both mental and physical health. As per author mindfulness meditation aiming two fold i.e. inner calmness and nonjudgmental of mind in daily life activities, as per study mindful course consider course orientation, mindful eating, basic body scan, 3 minutes berating meditation , walking meditation, classical meditation courses, how do we know the work, benefits of mindful speech , balance views about or and corn. In the sum up of the articles the study disclose about attributes related to learning effectiveness and improve the memory in regards of cognitive performance of every individual. (Ching et al., 2015)According to author Mindfulness plays an effective role in the education by involving the philosophy and practices accompany with key terms. As per the literature reviews by the author for the study related to Buddhism, Eastern and western and Eastern mindfulness practices as per traditions, beliefs and cultural . As per the respondents of the study as students and professional mindfulness offers the growth to both in their career advancement. (Kim, 2022) As per the author there are three main aspects of mindfulness practices as intention, attitude and attention. Authors focused on the classical practices aiming the three aspects. Authors linked these each of three one with state,

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traits and practices to physical and psychological and in short it helps individual to enhance the well being of them.(Jazaieri & Shapiro, n.d.) As per article of author observation in regards for theory of establishment between the attentation and awareness in day to day affairs by considering the evidences which plays an significance role in to curtailing negative function and positives results into several areas of life of an individual by keep in mind mental health, physical health, interpersonal relation and behavioral regulation. Author presented about the different advantages of mindfulness like nonattachment, clarity in vision and insight, expose and enhance mind-body functioning. (Brown et al., 2007). As per the study of the author, many important aspects of workplace considers which improves the efficiency of the professional and employees into organization that helps to achieve the common goal and stir drive into mission and vision for which the organization comes into existence via reducing the stress, resilience, job-satisfactions and engagement along with that also remove the conflict of interest among peers of an organization. (Goilean et al., 2020)As per the views presented by the author into study in term of outline five dimension of mindfulness consider by author these are; bare attention, ethical discernment, attentional control , intention and context of mindfulness practices and wholesome control (Dorjee, 2014)

As per the study mindfulness consider as the Science and and self regulation. Author consider the human being as the conflicted animal with desire of multitude aspect like sex, food safety, certainty, and self esteem. More over human being spend the time in services of cultural values. The study make the consider the two point for practicing the mindfulness; one with the short term point which indulge paying attention with the present- movement and gaining the experiences in concern with nonjudgmental, whereas the second pays more attention towards the long term meditation exercises to achieve the

necessary in life. As per study of mindfulness concern core aspect consider people as a personality, provisionally encourage among meditation-naïve partakers as an investigational treatment, go behind from clinical interventions, or the outcome of official meditation teaching outside the framework of a clinical intervention (Ostafi et al., 2015). The capacity to center one's attention inspire success in several everyday jobs, but intentional concern cannot be continued for wholesale stages of time. In the laboratory, sustained-attention breakdown is obvious as a turn down in perceptual sensitivity with increasing time on task, known as the vigilance decrement. Training produced developments in visual unfairness that were connected to add to in perceptual sympathy and improved watchfulness during continued visual attention. Consistent with the reserve form of watchfulness, these output propose that perceptual development can trim

Hypothesis: After having the literature reviews, significance of the culinary practices deals with sativa food at mindfulness session is missing most of the time. Therefore, hypothesis of the culinary practices is formed in order to make the results validate into mindfulness session.

Alternative Hypothesis: H1: Satvik Culinary Experience plays a significance role in to mindfulness session output. ($\mu = 3$)

down the supply demand compulsory by aim favoritism and thus make it easier to sustain unpaid notice.(MacLean et al., 2010)

Objective: The objective of the study is to find out the role of dishes and cuisine in term of their impact on the mindfulness session activities. And promote the dishes in to their meal which not only helps to maintain the physical health whereas also offers the good mental states to deals with stress, interpersonal skills, clarity in the vision and thoughts of an individual.

Variables: The above section mentioning the literature reviews helps to identify the variables majorly in term of demographic aspect which involves age-group, occupations (concerning students, professional , retired personnel) for participating into mindfulness activities and have inculcated of the mindful actions into daily life affaires.

Null Hypothesis: H0: Satvik Culinary Experiences not plays the significance role into mindfulness session output. ($\mu \neq 3$)

Population/Sampling: Population for the study, as sampling for the study are the general who are practicing and not practicing the satvik food into their daily life routine at different meal time.

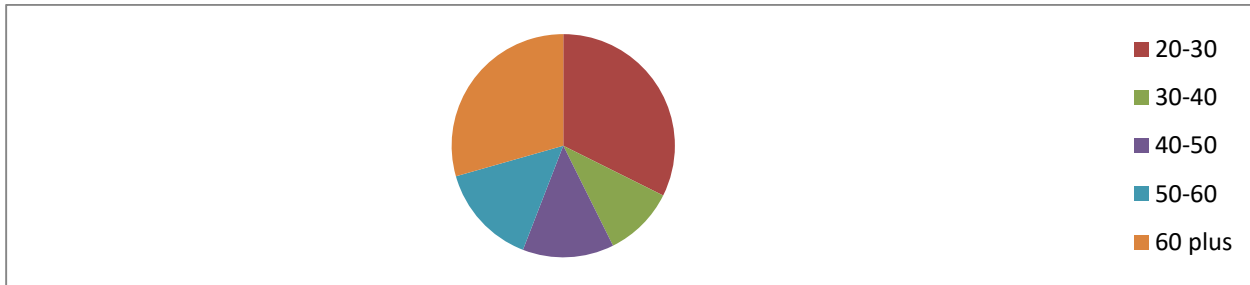
Data Analysis:

TABLE: 1.1A: Age classification of Sample

		Frequency	Present	Valid Present	Cumulative Percentage
Valid	20-30	22	32.35	32.35	32.35
	31-40	7	10.29	10.29	42.64
	41-50	9	13.24	13.24	55.88
	51-60	10	14.70	14.70	70.58
	60 Plus	20	29.42	29.42	100
		68	100	100	

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GRAPH: 1.1G: Age classification of Sample



Findings and understanding: Above table 1.1A showing the participants age group who experienced the mindfulness activities in the life and considered for the study. They were 68 in numbers as belongs to different age group

likewise 20-30, 31-40, 41-50, 51-60 and 60 plus in numbers 22,7,9,10 and 20 respectively. In term of percentage present and valid present as 32.35, 10.29, 13.24,14.70 and 29.42 in order mentioning table

TABLE: 1.2A: Gender classification of Sample

		Frequency	Present	Valid Present	Cumulative Percentage
Valid	Male	33	48.53	48.53	48.53
	Female	35	52.47	52.47	100
Total		68	100	100	

Finding and Understanding: Table 1.2A showing the gender classification in term of male and female present into the study in number 33 and 35 in total

68 for the study. With the valid present of 48.53 and 52.47 as per above . these shows that females are slightly higher in number as compared to male and presented the fruitful contribution into the study.

GRAPH: 1.2G: Gender classification of Sample

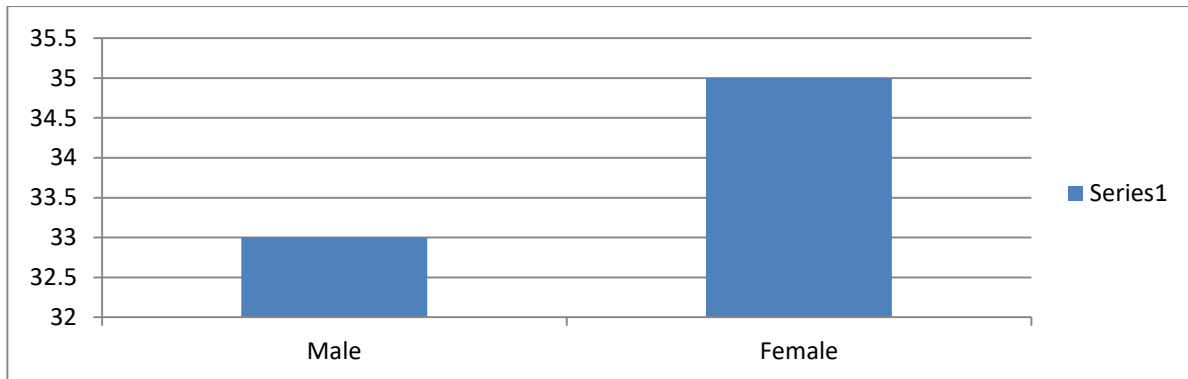


TABLE: 1.3A: Occupation classification of Sample

		Frequency	Present	Valid Present	Cumulative Percentage
Valid	Student	21	30.88	30.88	30.88
	Professional	26	38.24	38.24	69.12
	Retire	21	30.88	30.88	100
	Total	68	100	100	

Finding and Understanding: As per the above structure table the occupation mainly consider as student, professional and retire who presented their views in concern of mindfulness activities and culinary experiences regarding the SATVIKC

food dishes in number of 21,26 and 21 with the valid present of 30.88, 38.34 and 30.88 respectively. They all are 68 in total numbers for the study.

Graph: 1.3G: Occupation classification of Sample

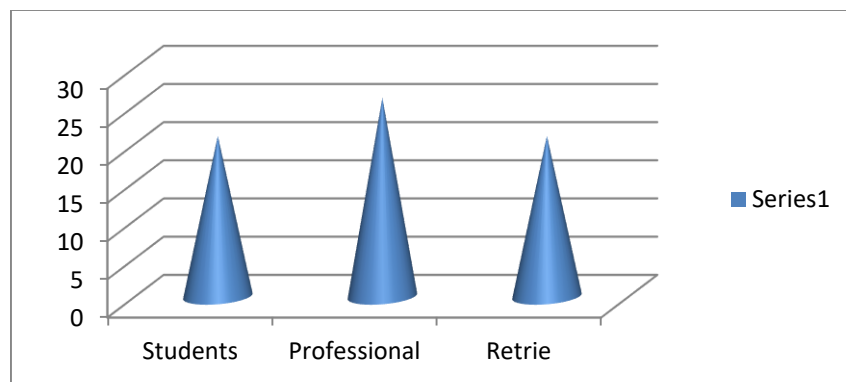


TABLE: 1.4T: Educational Level classification of Sample

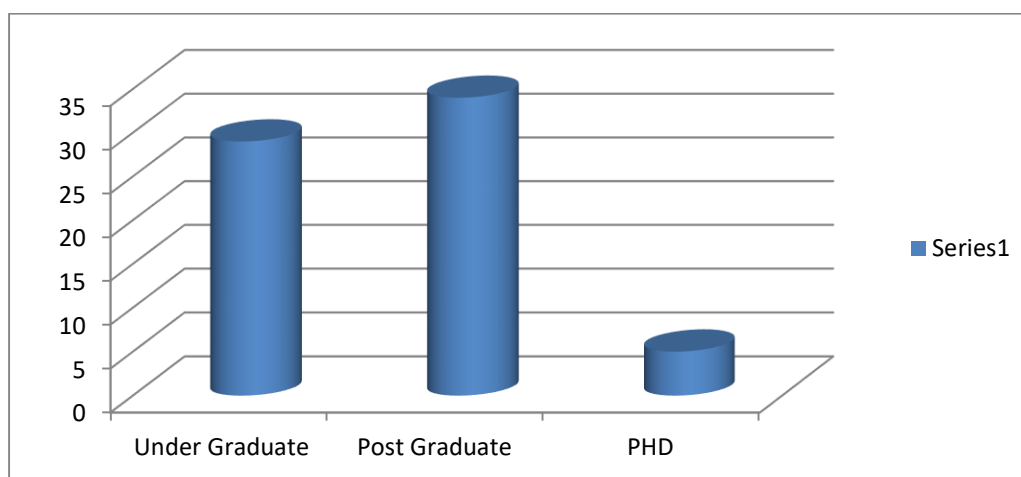
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		Frequency	Present	Valid Present	Cumulative Percentage
Valid	Under Graduate	29	42.65	42.65	42.65
	Post Graduate	34	50.00	50.00	92.65
	Ph D	5	7.35	7.35	100
	Total	68	100	100	

Finding & Understanding: As per the table 1.4A referring to the education classification concerning about the three main level that is under Graduate, Post graduate and Ph D given their significance contribution into the study in total of 68 in number. As per the breakup of 68

undergraduate are 29 in number whereas 34 post graduate submitted their views and 5 PhD given their submission in regards for the study. They are valid present in 42.65, 50.00 and 7.35 in to the study concerning with the mindfulness.

Graph: 1.4G: Educational classification of Sample



Descriptive Statistics

Factors	N	Minimum	Maximum	Mean	Std. Deviation
Satvikk food dishes Taste attract you.	68	2	4	3.51	.611
Satvikk food improve personality	68	2	4	3.32	.722
Satvikk food increase outcome of mindfulness session.	68	1	4	3.34	.803
Satvikk Food dishes get better the mental health.	68	2	4	3.37	.667

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Satvike Food Dishes focus on antioxidant ingredients.	68	1	4	3.29	.754
Satvike food needs preparations time	68	1	4	3.00	.930
Valid N (listwise)	68				

Finding and Interpretation: The above table **Descriptive Statistics table** disclose about the factors consideration with figures of standard deviation in concern with figures for factors consideration such as taste of Satvik food in term of taste, personality and concentration in mind contribution, reduce anxiety, enhance of mental health and preparation of Satvik food (in figure) 0.611, 0.722, 0.803, 0.667, 0.754, and 0.930 respectively with the mean of 3.51, 3.32, 3.34, 3.37, 3.29, & 3.00.

		Frequencies					Total
		1	2	3	4	5	
Satvike Food Dishes helps to improve the physical health.	Category			2	3	4	
	Observed N	0	0	7	31	30	68
	Expected N	13.6	13.6	13.6	13.6	13.6	
	Residual	-13.6	-13.6	-6.6	17.4	16.4	
Satvike Food Improves the mental health.	Category			2	3	4	
	Observed N	0	0	7	29	32	68
	Expected N	13.6	13.6	13.6	13.6	13.6	
	Residual	-13.6	-13.6	-6.6	15.4	18.4	
Satvike food needs long time in preparations.	Category		1	2	3	4	
	Observed N	0	6	11	28	23	68
	Expected N	13.6	13.6	13.6	13.6	13.6	
	Residual	-13.6	-7.6	-2.6	14.4	9.4	
Raw material of Satvik food are available in local markets.	Category		1	2	3	4	
	Observed N	0	5	13	28	22	68
	Expected N	13.6	13.6	13.6	13.6	13.6	
	Residual	-13.6	-8.6	-6	14.4	8.4	
Satvike food digest in more time.	Category			2	3	4	
	Observed N	0	0	5	24	39	68
	Expected N	13.6	13.6	13.6	13.6	13.6	
	Residual	-13.6	-13.6	-8.6	10.4	25.4	
Taste of the Satvike dishes	Category			2	3	4	
	Observed N	0	0	4	25	39	68

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	Expected N	13.6	13.6	13.6	13.6	13.6	
	Residual	-13.6	-13.6	-9.6	11.4	25.4	

Finding and interpretation: The Frequency table show the factors which mention in figures about the factors mainly mentioning about the health aspect; physical & mental, preparation concern, availability of raw material as ingredients, digestion and appealing human being.

Hypothesis Test Summary

	Null Hypothesis	Test	Sig.	Decision
1	The distribution of Taste of the sativic food dishes appeal you. is the same across categories of Sativic food Improves the immune system of the human body..	Independent-Samples Kruskal-Wallis Test	.773	Retain the null hypothesis.
2	The distribution of Sativic food enhance the result of mindfulness session. is the same across categories of Sativic food Improves the immune system of the human body..	Independent-Samples Kruskal-Wallis Test	.933	Retain the null hypothesis.
3	The distribution of Sativic Food Dishes using more antioxdient ingredients. is the same across categories of Sativic food Improves the immune system of the human body..	Independent-Samples Kruskal-Wallis Test	.598	Retain the null hypothesis.

Asymptotic significances are displayed. The significance level is .05.

Finding & Interpretation : The above table shown the result in favor of Null Hypothesis that Stivik Food stand with the values of 0.733, .933, and 5.89 with significance value 0.05.

Test Statistics

	Sativik Food Dishes contribute physical health.	Sativik Food enhance mental health.	Sativik food preparations time.	Raw material easily available in local markets.	Sativik food takes digestions time.	Sativik food taste Dishes attract you.
Chi-Square	72.441 ^a	72.735 ^a	40.088 ^a	39.500 ^a	88.029 ^a	90.971 ^a
df	4	4	4	4	4	4
Asymp. Sig.	.000	.000	.000	.000	.000	.000

a. 0 cells (0.0%) have expected frequencies less than 5. The minimum expected cell frequency is 13.6.

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Finding and Interpretation: Above table elaborating the chi-square with df. With aspect of factors like Satvik food contribution in physical health, mental health, and many more aspect with concern of Satvik food.

Conclusion: The study present the facts about the Satvik food during the during the mindful session and practicing in daily routine life of human being.

The study considers the manuscripts as articles from different journal specially mindfulness

activities and statistical tools as descriptive and frequency table along with test statistic. In this study ,68 participant in different demographic scale used, who given their valuable views in regards of Satvik food. And how they are feeling after dieting in to daily life of Satvik food at different meal time The Hypothesis was framed for the validation of study and after interpretation of data with test statistic and hypothesis testing summery disclosed about accepting of null hypothesis in this study .

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