

# Report

## 6th SIR (Spirituality In Researchers)

### Conference and Meditation Retreat on

### **"Spectrum Of Spirituality (SOS) - a Holistic Approach in Research**

07th - 10th September, 2011  
Gyan Sarovar, Mount Abu

The inaugural session was organised on 7<sup>th</sup> Sept with a small talk by Kum Shraddha emphasizing the need to inculcate spirituality, followed by a dance performance.

**BK Geeta, Sr Rajyoga Teacher, Mt Abu** welcomed the delegates and expressed hopes that at the end of the 4 days' Conference they would derive the benefits of the stay here.

**BK Ambika, National Co-ordinator, SpARC Wing** enlightened the august gathering about the aim & objectives, activities of BKs organisation and the purpose of setting up the SpARC Wing, with the aid of power point presentation. She also said that Rajyoga is effective in various ways to living beings, environment, etc. She added that BKs are associated in research activities for improving quality of life with DRDO/Delhi & NIMHANS/ Bangalore.

Briefing the huge scientific fraternity, **Rajyogi BK Ramesh N Shah, Addl. Secy Genl, Brahma Kumaris and Chairperson, SpARC Wing** said that Science and Spirituality are progressing at a fast pace and as a result the world is turning out to be a global village. The advancement of science re-defined an illiterate as one not having knowledge of internet or does not have an e-mail id, while spiritual advancement re-defined liberation as getting rid of vices rather than recourse to forsaking household.

**Guest of Honour Shri Nisar Juma, MD, Adidas Team Sports Ltd, Kasena Intl. Ltd. and Orbits Sports Ltd, Kenya**, said that science and business seek but proof of different kinds. General feeling is that science and spirituality are contraries, as science proves, but religion does not and intellect is switched off. Spirituality gives satisfactory proof which is acceptable to all. General feeling is also never to mix spirituality with normal life. But spirituality, he said, brings elevated thoughts in day-to-day life and elevated thoughts lead to elevated actions, elevated leader and an elevated person and has no dogma, postures, etc. since it happens in intellect as a thought process. He also revealed that as a corporate and business person, only after carrying out research, through professionals, did he accept BKs philosophy. Business people, he mentioned, do not join spirituality unless it makes sense and admitted that spirituality helped in everything viz., reducing stress, anger, ego, etc. Paradoxically people feel that this is only for women and weak. But, of late, spirituality has been gaining more and more acceptance even in west where people are very careful to accept spirituality. He advised the delegates to adopt spirituality not because it is fashionable but because it is helpful. Spirituality teaches that everything is (i) cyclic (2) logic - devoid of magic and (3) just – there is no injustice. What we are today is because of the past. We have no control on past but only on present and future. He did not want spirituality to be seen as incidental and other things important, but said it has to be vice-versa. He told the delegates to learn to meditate, remain constantly stable, control stress, be less bothersome, be in-charge of self, not to be controlled by others, etc.

**Guest of Honour Shri Natarajan, Former Scientific Adviser to Raksha Mantri, DRDO, Delhi**, said that spirituality is essential in everyday life. Presently peoples lives are disgusting due to lack of spiritual knowledge. He also said that if the present is taken care of future destiny will be good. While science needs intelligence and gives proof, spirituality does not need intelligence, but the proof is satisfying and we have to accept it.

**Chief Guest Shri Jagdish Rokde, Hon'ble Member Scheduled Caste State Commission, Bhopal** said that he had visited all the campuses of BKs and experienced peace. He has been visiting Mt Abu as it is holy, spiritual and religious place. He also mentioned that peace is most sought-after by mankind. He also

informed of his plans to fund the expenses of the Global Hospital & Research Centre so that the poor can avail health benefits free of cost.

**Guest of Honour, Shri Kunwar Dr Dhirinder Pratap Singh** said that Mt Abu is a light house for world and that he planned to stay here for 3 days, to experience the peaceful and spiritual atmosphere.

The Conference was blessed by **Rajayogini Dadi Ratan Mohini ji, Jt. Chief of Brahma Kumaris**, who expressed happiness to be in the midst of the scientific gathering. She said that with scientific inventions, the expectations were on the rise but there is lack of peace. 50 years ago, the family system was filled with love and happiness, but not now. The reason for this is absence of knowledge of *soul* and *Supreme Soul*. She opined that with worldly knowledge, it is necessary to have proper knowledge and understanding of *soul and Supreme Soul*. Deities are revered because of their purity and vicelessness. By inculcating purity and becoming viceless, we too can become deities. With the aid of guided meditation she made the audience experience sweet silence and the art of generating positive and pure thoughts.

#### PLENARY SESSION - I (8<sup>th</sup> September 2012)

##### “Essential Spiritual Skills”

**Mr Raj Deva Singh, Director, Natl. Institute of Hydrology, Roorkee** stated Spiritual skills are like fresh water, which is essential to manage the self and this applies to researchers too. He cited an incident in which owing to inculcation and practice of spirituality he defused a situation where staff in his organisation resorted to agitation.

**Dr HV Tiwary, Chairman, AFRC, Regulatory Body, Bhopal** said that starting from zero we have immense power to achieve a lot of things and therefore researchers can do research accordingly so that humanity will be benefited.

**BK Ambika, Natlational Co-ordinator, SpARC Wing** said the best way to practice spirituality is to perceive situations with clarity and deal with them accordingly. She also added that one's thoughts influence others and with powerful spiritual thoughts it is definitely possible to change situations by transforming others' influence which cause adverse situations.

#### PLENARY SESSION - II (8<sup>th</sup> September 2012)

##### “Rethink your Mindset - Thinking outside the 'box'”

**Prof. SK Sinha, HOD Centre for Electronics Design & Technology, Indian Institute of Science (IISc) Bangalore** mentioned that while working in a system and moving accordingly everything is fine. However, while thinking off the system, due to compulsions or otherwise, problems arise. There is a lot of difference between getting involved in a situation and looking at it being a detached observer. All problems have solutions which can be found with this approach.

**Shri BK Bala Kishore, VP, SQCD, United Online Software Dev. (India) Pvt Ltd, Hyderabad** shared his thoughts about how a mindset is formed without our knowledge and how we operate within our 'box' of world-view. He explained the process of re-thinking and also detailed how this rethinking can be developed with the help of Rajyoga meditation. He gave a formula for this - 5 Relax, Rethink, Reconnect, Recharge and Recreate.

#### PLENARY SESSION - III - (8th September 2012)

##### “Inner Leadership - A new Way to enhance the Efficacy of Research”

**Dr. Prof Manas K Mandal, Director, Defence Institute of Psychological Research (DIPR), DRDO, Delhi** said that mere presence of positive traits; do not certify the absence of negative traits. He defined

self-awareness as knowledge of how one feels in real time. He explained human nature in various perspectives like leadership, relationships, etc.

**BK EV Swaminathan, Dynamic Trainer, Counsellor & Consultant, Mumbai** gave a vibrant talk and said that with happiness the world becomes a better place to live in. Leadership is proper understanding of Management. *Managem* is an abbreviation of Man A Gem, *en* is enlightenment, nature & understanding and *t* is transform the self to achieve success. Imagination is more powerful than knowledge and Rajyoga is a technique for empowerment.

### Meeting with Seniors (8th September 2012)

**Bro BK Suraj, Sr. Rajyogi, Mt Abu** briefed the delegates that BKs organisation was founded in Sind, Hyderabad in 1937 and in the year 1950 re-located to Mt Abu. The institution's founding father had divine visions of destruction of present world, visions of a New World and received intuitions to establish a New World. He practiced, inculcated and imparted very high spiritual knowledge, values to founding members and because of His spiritual powers and sense of renouncement, the organisation is offering spiritual knowledge to mankind all over the world through about 8,000 centres where people of all religious faiths, etc. are availing benefit, transforming their lives and leading a quality life.

### PAPER PRESENTATION (8th September 2012)

1. **Mrs. Hema Sahu** presented the findings of a study on "Effect of Rajyoga". The conclusion was that Rajyoga practice improved the overall quality of life in combination with daily discourse.

2. **Shri Mahadevan Shankar Iyer** - on Past Life Therapy and the importance and value of spiritual powers, the mental and emotional status which affect the behaviour pattern including that on a would-be born child. He substantiated the spiritual power of Gandhi b'cos of which India got freedom.

3. **BK Dr. Shailaja** - From Research to Practice – Creating Friendly Workplaces, and detailed the technique to draw the energy required, creating most subtle and positive environment and efforts that are required to create positive vibrations which would benefit the self and surroundings.

4. **Dr. Krishna** - Patanjali Yoga and its benefits, shared insights that Yoga is supposedly the greatest spiritual gift from India to world. One needs to charge mind with spiritual powers daily like charging cell phone batteries.

5. **Shri Ashutosh Arora** – purity and divine birth techniques – threw light on the basis of findings done as a part of his research, wherein it was found that physical union was redundant in the process of reproduction. He regarded this as 'pious' and cited instances from scriptures like Jesus Christ, etc. to substantiate his finding.

6. **Sis. Mita Shah**, presented a paper on The Method of Past Life Regression and said that this is a technique that uses hypnotic and non-hypnotic methods, depending upon the merit of the case, to uncover or tap the dormant memories of past lives which will aid healing process.

7. **Dr BK Seema** presented a paper and summed -up by stating that lesson #s 1 to 5 taught by BK centres reveals much more and relevant spiritual knowledge about (i) self (2) cosmos (3) realities (4) cosmocony (5) astrology. This knowledge is not available or imparted anywhere else except Brahma Kumaris Organisation.

### PLENARY SESSION - IV (9th September 2012)

#### "Spiritual Space in Research"

**Shri V Bhujanga Rao, Distinguished Scientist, Chief Controller R&D (HR), DRDO, Delhi** spoke about negative feelings and attitudes in today's world. He mentioned that while physical diseases could be

cured with medicine, the mental diseases like loneliness, hopelessness, etc. can be cured only with spirituality. He also stated that meditation technique need to be imparted to the armed forces and their family members, to get rid of stress, etc.

**Rajyogi BK Ramesh N Shah, Addl. Secy Genl, Brahma Kumaris and Chairperson, SpARC Wing** said spirituality gives knowledge of original identity. Spirituality and religion which are mixed and need to be separated as both were different. Human being does not consist of five elements alone, but is composed of subtle faculties viz., mind, intellect and resolves too. The present phase of life should be utilized in such a way that future phase of life will be free of worries and stress and peaceful. should be happy. He detailed the findings of CAD programme conducted recently by the Medical wing of BKs in which by-pass surgeries were averted and blockages opened with the aid of rajyoga meditation technique, change in lifestyle and food habits.

#### PLENARY SESSION - V (9th September 2012)

##### “Clarity amidst Chaos”

**Rajyogi BK Nirwair, Secy General, Brahma Kumaris and Chairperson, Education Wing** clarified that it is always the mind that flies and travels, more than anything else. This eventually gives the soul the experiences, the emotions, the feelings, etc. He quoted excerpts of his speech delivered at UN wherein he said that the nuclear arsenals in silos would go off due to anger in minds leading to world war. There are about 8,000 BK centers all over the world and 25,000 youngsters having a deep desire within have dedicated their life for spreading Godly knowledge to interested souls. Even in the history of Brahma Kumaris institution, majority of the patrons were young people who had spiritual inclinations.

#### PANEL DISCUSSION (9th September 2012)

##### “From Research to Practice - Creating Friendly Workplace”

Answers, to questions received from the delegates, were given by the 3 panelists - **Dr. Pratap Midha, Director, Global Hospital & research Centre/Mt Abu, Suraj Sr. Rajyogi, Mt Abu and M Natarajan, Former SA to RM, DRDO, Delhi.**

**Dr Pratap Midha** said that the workplace needs to have a family atmosphere should be stress-free and energetic. Staff at sub-ordinate should be given opportunities at regular intervals to express their concern and these have to be resolved with love, regard, free interaction and understanding.

**Shri Natarajan** said that acknowledging the contribution and efforts of each and every member is significant. If in a team all are equals and pioneers and none below the mark, then the result would probably be a disaster.

**BK Suraj** said there is “respect” and there is “self-respect” which are important. Self-respect is not an ego camouflaged, but is something very mentally uplifting. A capable person can never be stopped and should never get disappointed.

#### PLENARY SESSION - VI (9th September 2012)

##### “Value based Research - A New Paradigm “

**Dr. BK Hemlata, SpARC Core Group Member, Hindupur** spoke about various types of values viz : personal, family, social, Universal, the spectrum of values namely, core, moral, human, spiritual. Spiritual values are necessary for spiritual growth. She then focused on impact of core values of self in relation to various aspects namely, personal, family, social, professional, environment and spiritual. The present crisis is due to lack of morals and therefore it is necessary to impart value-based education. Impact of negative values like anger, fear, etc. was also elaborately explained.

**Dr. Jagirdaar Venkatramana Rao, Head of Nano Technology Dept, JNTU, Kukkatpally/Hyderabad** said bringing together novel ideas is a must in today's research we need to have open an dialogue on this. Of late, matter related to consciousness is the question which science is posing. The classical laws are not working, so a new paradigm should be developed. Due to global warming countries like Ceylon, Mauritius, etc. would get sunk. He shared his experience while working in a project headed by Dr. Abdul Kalam wherein an engineering system which was being designed resulted in failure. He maintained silence for 2 days and later discussed with his boss. In the meantime, everyone pressurized Dr Kalam to change the entire system and there was pressure, even from ministry level. But he rectified it in 2 months which he attributed to inculcation and practice of spirituality.

**Shri Sunil Sharma, Director, Directorate of Rajbhasha and O&M & Dir. DRDO, Delhi** said the problem in Spirituality is inability to do quantification in research. Without peace, whatever done is in vain. He said that inspite of achieving so many goals we have never celebrated a single one because of continuously chasing the goals. Spirituality is the only way that teaches us to be happy and peaceful. In strategic decision making, Spirituality plays a major role. A wrong decision at the corporate level can affect even the nation badly.

**Dr. BK Binny, PRO, GHRC, Mt Abu** elaborated the results of various research studies done. She has been imparting spirituality to newly inducted policemen of Mt. Abu for the last 15 years. She listed 26 values of which truth, peace, etc are the real values which need to be imbibed in life. She quoted that Global Hospital & research Centre has been doing research since 15 years on heart patients. With successful results, the same will be detailed in the World International Congress Cardiologists' conference to be held in Shantivan in during second week of Sept '12 where 2,000 cardiologists are expected to participate.

VALEDICTORY SESSION (10 th September 2012)

“Researching Within - A Roadmap to a New World Order”

**Rajyogini Dr. Dadi Janakiji, Chief of Brahma Kumaris** appreciated the efforts of SpARC wing in going a long way in pursuing spiritual research and organizing the conference. She expressed happiness that the conference was trying to make researchers and scientists understand not only the value of spiritual life but also the importance of leading spiritual life. She also said that by coming in contact with BKs, one becomes free of vices viz., sex lust, anger, attachment, greed and ego and becomes victorious. Spirituality is an inner force which is of use to all irrespective of profession. She hoped that at the end of the conference the delegates would practice spirituality and glorify SpARC organization. She also stated that scientists are conducting lot of research with regard to soul – how soul enters the body, leaves the body, etc. but have not been successful so far. Whereas Supreme Soul has defined soul in simple terms. In this connection she related the excerpts of Godly version “soul is like supreme soul in form the difference lies only in the extent of attributes. Supreme Soul is Father of all souls and teaches how to play its role, the effect of actions (karma). By performing pure actions, soul gets purified and becomes peaceful. By this the old negative traits gets transformed and new positive traits get imprinted through mind and intellect. She said even while in London her spirit is in Mt Abu and extended her good wishes for the success of the conference. She also said that success always is on the side of truth. She shared a few positive thoughts - who am I - a soul, who is mine - Supreme Soul. With the knowledge from Supreme Soul I transform myself and give peace to others which will them happy and we receive blessings. We have to be peaceful and be in remembrance of original abode which is also the abode of God. We should always remember as to from where did we come, where do we go, whatever actions performed should be as per God's sermons and perform elevated actions to enter the new world. She finally said we have to practice to be detached from the body and be a loveful child of God like a lotus flower.

**Prof. (Dr) Ram Gopal, Chairman, Res Advisory Board, IRI for Integrated Medicine, Howrah** shared his experience as a research scientist in spirituality. In 32 years he had treated 2.8 lakhs on pro-nature, drugless therapies with spirituality as a part and also on de-addiction where spiritual healing has played a great role. He sought spiritual expertise from BKs to develop research centres. In spite of trying to led a peaceful, happy, stress-free life due to lack of correct knowledge people are in pursuit of worldly pleasure. But now we have learnt the correct knowledge i.e. self transformation leads to to global transformation. In the absence of spirituality, all attempts to bring a better society will be futile as this will tempt one to look for appreciation, fame, etc. Therefore, he opined, that spirituality must be practiced so

that standard of people improves leading to better human beings, leading a happy, peaceful life, etc which is the aim of scientists and researchers. He quoted Paul Goodman, a well known scientist who said that scientific research and technology is a branch of moral philosophy and not only of science. He also gave displayed a list of Ethics and Values, Dimensions of Signals & telecommunication, non-adherence to ethics which lead to ozone layer depletion, Bhopal Gas Tragedy, scam, etc., and practical aspects of practicing Ethics. He also said that not all religious people can be spiritual or follow values, but not vice-versa. He listed 7 sins of current times – business without morality, politics without principles, education without character, worship without sacrifice, wealth without hard work, human existence without regard for scriptures and devotion without austerity. He also spoke about “Crisis and its management and India’s Vision – 2020 and 5 safety aspects – national, food, economic, environment and health and education to transform a developing India into developed India which is in tune with the day’s theme. Entire world for centuries has been suffering because of lack of spirituality. He explained about Gratitude Quotient (1) it is being thankful in return for whatever benefits or services received (2) having regard for the one giving it (3) it is being indebted for anything and everything (4) it is in our culture to reciprocate (5) we do it as a part of our daily life (6) it is being done mechanically without realizing its inner truth and strength (7) commonly used word is ‘Thank you’ but it is something more than that. He summed up saying, nothing can be obtained for free as it is against law of nature, we get only when and what we give. He also shared a list of inner peace values.

**Prof Dr MG Hiremath, Prof HOD PG Research Programmes/Rani Chennamma University, Programme Officer of IRDP, A Moderator & Examiner of Research Paper in Annamalai University, American Accounting Assn, New York, FBAS, Karnataka Govt, Municipality Dept.**

At the outset, he expressed the feeling that, like others, he too has become a full-fledged doctor to prescribe medicine for the soul. He opined, Rajyoga pill cures all diseases when taken in the morning, afternoon and at night. He stated that rajyoga meditation has proved to be of great value, energises the individual, gives great knowledge, strength and, above all, inner strength, greater defence for an individual similar to a soldier defending himself first and then the country. He stated that in 18<sup>th</sup> and 19<sup>th</sup> centuries research had been carried out by Henry Fiol, Elton, Mayo, FW Teller, Abraham Marcelo, etc. which revealed that human beings share relationship with materials and forges a bond with things liked; he compared this finding to each child liking a particular toy amongst many, students liking books pertaining to a particular subject, or married people preserving particular gifts received during wedding, etc. He also revealed that lot of research and innovation is being carried out on this subject. In one of the researches, he said, employees were instructed to talk to tools and materials instead of quarrelling as only a bad workman quarrels with his tools. He further added that human beings’ thought vibrations influence material objects too. He substantiated this with his observation that for the smooth conduct of this conference, various components like mike, seating arrangement, electricity, etc. were influenced by the positive vibrations and was convinced with the philosophies of BKs. He also shared his experiment’s finding where in the vibrations of his college students for 21 days reduced the effect of disaster in Belgaum. In reality, he suggested that we need to express our gratitude to the objects/ materials at our service.

**RS Bhatia, Group Director, ISRO, TBC, Bangalore,** said that as a result of attending the conference, for the last 4 days, realized ‘who we are’. He also shared his experience of having to combat a severe problem during launching of communication satellite and in spite of his best efforts could not find a solution and had to go through stress, sleepless nights. One night, his mind was calm and a ‘**bright light**’ appeared and stared at him; an intuition dawned, telling him to go to the site where a solution was awaiting; and the next day the problem was solved – with this experience his **inward** journey started, leading to his realization and realizing his **original** identity which is different from body. This later-on lead him to take up to spirituality. He shared his experience that when the mind is blocked, stressed and emotional the intellect mal-functions for which spirituality is the remedy. The soul which is the original identity is impure and has to be cleansed and the only way is to insulate from impurities and connect to supreme soul. He likened the Mind to Hardware, Intellect to Software and Sanskars (Resolves or nature) to Operating system. He summed up his talk saying that we are children of one Father (Supreme Soul) and we need to play the game of life.

**BK Shukla didi, National Co-ordinator of Security Wing, Harinagar, Delhi,** said all of us know well that life is valuable. Experiencing love, peace, happiness in life requires payment of a price like paying for commodities depending upon its worth and utility. We have been hearing how to lead an elevated life, elevated thoughts, decorating life with divine qualities and becoming a treasure of divinity. Presently,

sacrifice is replaced with desire, faith with suspicion and service with selfishness, resulting in increasing setbacks and stress. It is God's plan to establish of a New World (Bharat) - a land of deities - filled with greenery and happiness; where 5 elements of nature and living beings are perfect and with prosperity reigning. It is a place where every one is filled with divine virtues to the extent that goat and tiger drink water from same source simultaneously. This requires elevated thoughts on the basis of proper understanding and powerful knowledge which only God, the Almighty, can bestow. Mankind refers to Him as *Satyam, Shivam and Sundaram* from whom he receives elevated awakening, thoughts, powers, etc. With elevated thoughts our actions becomes elevated and thus a prosperous world emerges. This is possible only with constant link with Him, coupled with undiluted love. It is said that life's worth is in real love which demands *prima-facie* love of *self* and giving rise to love of society and creation of a new world. Positive thoughts, belief in self and God are like elixir. Therefore, it is imperative to identify, understand and generate positive attitude. She requested the delegates to introspect and contemplate on knowledge acquired during 3 – 4 days understand the self in pursuit of a new direction. She related an incident in which a researcher in pursuit of finding out the bitterest thing took to forest and after a while returned, having failed. On arrival his wife, who was generally nice, abused him. This radical change in her behaviour stunned him and also made him laugh at himself and admitted to her that his taking to forest did not serve the purpose, but he found it now – bitter words. Therefore she suggested to the delegates to utter sweet, inspiring, at slow pace, tactful, wishful words, in low tone.

**BK Ambika, National Co-ordinator, SpARC Wing** spelt-out the future plans of SpARC wing which is focusing on establishment of a Global Village where only peace, prosperity and happiness would prevail. SpARC is in constant touch with DRDO scientists to have further collaboration in the field of inculcating spirituality, is rendering services to DRDO scientists all over the country and ready to offer services to soldiers who are working in high altitudes as they are facing loneliness and depression. Through rajyoga, she said, soldiers can be motivated and made to feel happy so that they can come out of the problems. Plans are under way to tie-up with Natl. Disaster Management Authority officials on the same lines. She said that usually calamities like earthquake, tsunami, etc. leaves a trauma effect on the survivors and therefore with rajyoga package, the sufferings can be minimized. She quoted a recent incident in Belgaum in which the only survivor of a family, of 9 members who were drowned, was severely affected mentally and was on verge of committing suicide. On the advice of her neighbours, she underwent the foundation course in rajyoga mediation and after 3 days gained her composure and now has set-up a centre in her own house. Similarly, the inner strength attained from God through rajyoga practice neutralises not only external but also internal effects which BKs were every ready to offer even for research purposes as it has beneficial effects, because disasters can strike in future too. She also highlighted the support and guidance intended to be extended to researchers who are interested in doing PhD on BKs philosophy's various topics. Work is on for preparation of documents and database which will serve as vital information in this direction. She further stated that scientists of NIMHANS/Bangalore have come forward to work on a project "Neural Co-relates of well-being through rajyoga meditation" with BK Ajay to study the functioning of brain and its effect on human body.

**Rajayogi BK Ramesh bhai, Addl. Secretary General, Brahma Kumaris & Chairperson, SpARC Wing** stated that dignitaries on the dais and delegates had, after 3 days' stay, become "divine family members" as they had journeyed, worked and experienced together with the organizers. He recounted an incident when during a function organized by BKs, Defence Minister Jagjivan Ram was invited and while delivering speech said that he did not know the purpose of him being invited as he was a defence minister and had nothing to do with spiritualism. BK Ramesh being the next speaker clarified to him that as India's defence minister he could discuss defence matters with India's neighbours and do something for the indians. This made the minister raise his hands, point upwards and remark "I cannot do anything for the Indians". In reply, BK Ramesh said that by advocating spirituality he could reinforce the inner defence mechanism of Indians, as man is not only composed of 5 elements but something more. He said that together with material science, we need to have knowledge of the other disciplines of sciences too. He quoted a book *Man the Unknown* by Nobel Laureate Alexis Carrel which mentions about **telepathy science – communication through thought vibrations** and felt dismayed about it not being put to proper use, by proper methods. Whatever actions, one performs is guided by the soul and executed by the body, which is a medium of the soul.

**BK Prof Bipin Chandra, Sr. SpARC Member, Ahmedabad** thanked all the Dignitaries, Speakers, Guests, Delegates and organizers for the successful conduct of the Conference.

### Good News

It is our immense pleasure to inform all BK family that during this conference in the presence of Rajayogi BK Ramesh N Shah, **Chairperson, SpARC Wing**, Rajayogini BK Ambika Behn, **National Coordinator, SpARC Wing**, Padmashree M. Nataraja, **former Scientific Advisor to Defence Minister, Govt. India**, Dr. Bhujanga Rao, **Distinguished Scientist, Chief Controller R&D (HR), DRDO, Delhi**, Dr. Manasa K Mandal, **Director, Defence Institute of Psychological Research, DRDO, Delhi**, **Prof. SK Sinha**, HOD Centre for Electronics Design & Technology, Indian Institute of Science, Bangalore and other senior scientists SpARC has inaugurated a Psycho-Physiological Lab to carry out scientific study on Rajayoga Meditation on 09<sup>th</sup> September 2012.