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Editorial

Landmark Achievement of BOMRIM

Shrii Prabhat Ranjan Sarkar- the greatest intellectual, neohumanist and spiritualist of 20th century, propounded the concept of Microvita on 31st December 1986 and gave a clarion call to scientific community to start research on this aspect as early as possible for the benefit of humanity. Microvita is the mysterious emanation of cosmic factor; the minutest living entity; the connecting link between the matter and consciousness and responsible for creation and destruction of life in Universe¹. In order to work on His vision, Society for Microvita Research and Integrated Medicine (SMRIM), was constituted in August 2008 at Udaipur, Rajasthan, India (registered under Rajasthan Societies Registration Act, 1958) and later on awarded as Best NGO of the Year–North Zone by Time2Leap Awards in 2020. The publication of its triannual official Journal entitled '*Bulletin on Microvita Research and Integrated Medicine* (BOMRIM)' was initiated in March 2009. The journey thus began is kept on going incessantly till today. The journal has stepped into 16th year of its publication in 2024; which in fact, is a pride, privilege and blessings of Almighty. This International journal is peer-reviewed and registered with International Standard Serial Number since 2013 (ISSN 2321-2349). It was the first journal started for propagation of the concept and studies on various aspects of Microvita along with research in the field of Integrated Medicine in the World.

On 24th August, 2023, the Journal was accepted for indexation in the prestigious **Asian Science Citation Index (ASCI)–Database** which is a landmark achievement in its journey. The ASCI-Database is widely recognized as a leading platform for scholarly research, and the inclusion of the "*Bulletin on Microvita Research and Integrated Medicine*" underscores its academic significance and contribution to its respective field. The recognition gained from this indexation will undoubtedly amplify the visibility and impact of microvita research published in this journal. In this journey, editors are highly thankful to all the authors who have contributed their valuable views and research so that BOMRIM could grow and achieve this stage. Notably, authors from all over the India as well as from the other countries of the world selected BOMRIM for publication of their work. Theme-based special issues and Guest edited volumes were also a hallmark of BOMRIM in the past 15 year's long journey. Editors welcome original scholarly articles from the researchers worldwide for the upcoming issues within the scope of the journal.

Reference

1. Sarkar P.R. 1991. *Microvita in a Nutshell*. AMPS Publications, Tiljala, Calcutta.

---Editors

The Six Essential Factors for a Stable and Sustainable Society and the Vision of a New Era University for its development

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Abstract

Throughout the course of human history, great civilizations and empires have been built, have thrived, and declined. Also, many civilizations and societies in the world have suffered from natural disasters and climate change, epidemic diseases and environmental degradation, intercultural conflicts and wars between countries that have caused intense human suffering. Let us consider what has happened from the time of colonization to slave trading, to ongoing wars between countries, to poverty and turmoil in many countries today. So then, what are the factors for a stable and sustainable society, promoting progressive living for the people. This brings us to what Shrii Prabhat Ranjan Sarkar has provided as the six factors or tenets of a stable and sustainable society.

Today, the predominant Socio-Economic-Political order is collapsing, and humanity is at the threshold of change. The crisis created by big wealth disparities, unaffordable healthcare systems, global pandemics, and unaddressed climate change (with reduced food production) has greatly affected people's living and well-being. Primarily, conflicts within and between countries have brought the world to a critical junction. With the well-being of the common people and the sustainability of our world society in peril, we are forced to think about a systematic change in the present inept social-political-economic order. So, there is a big need for people in all countries to know about these six Factors for a Stable and Sustainable Society and how this can be brought about.

So in this article, the Six Factors required to provide worldwide stability and progressive living for all the people are described in detail. To bring about such a progressive society, we need to also provide the vision and academic structure of a new era University, based on the concept that "the University needs to have a pulse of the problems challenging society and a clear delineation of its role in cultivating the requisite solutions for its progress". So herein, we are also outlining in detail the academic structure of this New Era 21st Century University. Therein, we have provided new academic programs and courses that can contribute to building such a progressive society required for safe and comfortable living of the people worldwide.

Keywords: Spiritual ideology, Spiritual practice, Socio-Economic Theory, Prout, Social outlook, Scripture, Preceptor, UN Sustainable Development Goals.

I. What are the six factors of a stable and sustainable society?

Shrii Prabhat Ranjan Sarkar has stated that there are six factors which guide the society, which make it vibrate in bliss when its different entities realize the fullness of existence in every fiber of their existence. These six essential factors are: Spiritual ideology, Spiritual practice, Socio-economic theory, Social outlook, Scripture, and Preceptor.

Factor #1: Spiritual Ideology

As per Shrii P. R. Sarkar's¹ guidelines, "There should be a spiritual ideology in the life of both the individual and the collective body. Much of your energy is misused due to the ignorance of your own self and the destination towards which you are moving. This misuse of energy is bound to cause destruction."

The ideology of Ananda Marga is Self-Realization and Service to Humanity. Both aspects are complementary to each other, and both are necessary for a balanced and fulfilling life. Our wellbeing depends on the wellbeing of others, and vice versa. We are all linked by an intricate web of interconnectedness: all people, animals, plants, the whole planet, indeed the entire universe. Universal wellbeing depends on the wellbeing of each and everyone.

Self-Realization: We all have the feeling of existence; of "I exist". That "I am" feeling dictates our thoughts, our memories, our feelings, and our actions. It defines who we are as individuals. It is our identity of our mind with our body and with the world around us. If we take the time and the effort to look deeper into our "I am" feeling, we will find a deeper sense of being: a deeper "self". The realization of that experience is not merely one of "I am", but the more profound experience of "I know that I am". That "I" of "I know" is the essence of our existence: pure consciousness. And the realization of that consciousness – our inner self – is called self-realization.

Service to Humanity: Service means giving of oneself without expecting anything in return. In our present society, we have been conditioned to think that the more we gain for ourselves the happier we will be. But in fact – as we are all realizing – inner happiness lies in giving more, not taking more. Giving is indeed receiving. When we give, we increase our sense of connection and feeling of oneness with all people and all things. Indeed, with the essence of all. The transformation of selfishness to selflessness is the transformation of one's limited sense of awareness into the greater Self of infinite awareness. In this process, our radius of love gradually increases to encompass the whole universe.

The more we expand our sense of self and connection with others, the more we feel that we're all in this cosmic drama together and we're all helping each other through it. That feeling of connection comes from daily introspection and service. The more you feel it internally the more you feel like sharing it. And the more you share it the more you feel it internally. The two aspects – self-realization and service – are complementary, feeding into each other like a river feeds into the sea, the sea water in turn evaporating and feeding back into the river in a beautiful cycle of integrated oneness. "It is action that makes a person great. Be great by your *sadhana* [spiritual practice], by your service, and by your sacrifice."

Factor #2: Spiritual Practice or Sadhana Process

As per Shrii P. R. Sarkar's guidelines, "The second factor for the progress of society is the *sáadhaná* process". The Ananda Marga system of Meditation is a comprehensive meditation system of six lessons that can be designated as Meditation for psychosomatic health, wellbeing, and liberation.

The Consciousness pervading all around us is the focus of this meditation. In meditation, we become aware of the presence of the Divine Entity (or Cosmic Mind, referred to as Consciousness in our analysis below) around us, and we address it in the form of a 2-syllable mantra (to rhyme with our breathing). In this process, we are requesting the Divine Entity to put divine energy (i) into our bodies, by which we get psychosomatic wellness, and (ii) into our minds, by which we can become liberated from our psychic propensities and become enlightened. So then what is meditation? It is being mindful of the divine presence

around us, and our taking time out of our worldly involvements to be with the Divine Entity. So, enlightenment is not an abstract term but is a subjective term by which one feels the divine light within. This can even be validated through auras, using Kirlian Photography.

Energy Centers (or *Cakras*) and Endocrine Glands, linking the Mind and Body: The mind and the physical body are linked by subtle energy centers called the cakras. The cakras are associated with and control specific endocrine glands, as depicted in **Figure 1**. The cakras regulate organ function through these glands, by stimulating their hormonal secretions; this is how the cakras influence the body. Both mental and physical health and the behavioral response of the individual depend on the proper energy balance between the cakras and between the endocrine glands to which they are related. Disease is caused by an imbalance in the energy flow to and from one or more cakras.

In meditation, we can energize the cakras by ideating on Consciousness at these cakras, using an appropriate (2-syllable) mantra (which synchronizes with breathing). This in turn energizes the associated endocrine glands (as depicted in **Figure 1**) to secrete hormones into the organs. In this way, the organ systems get affected and cured of their ailments. For example, energizing the Anahata cakra can help to promote the healthy functioning of the heart, and cure hypertension.

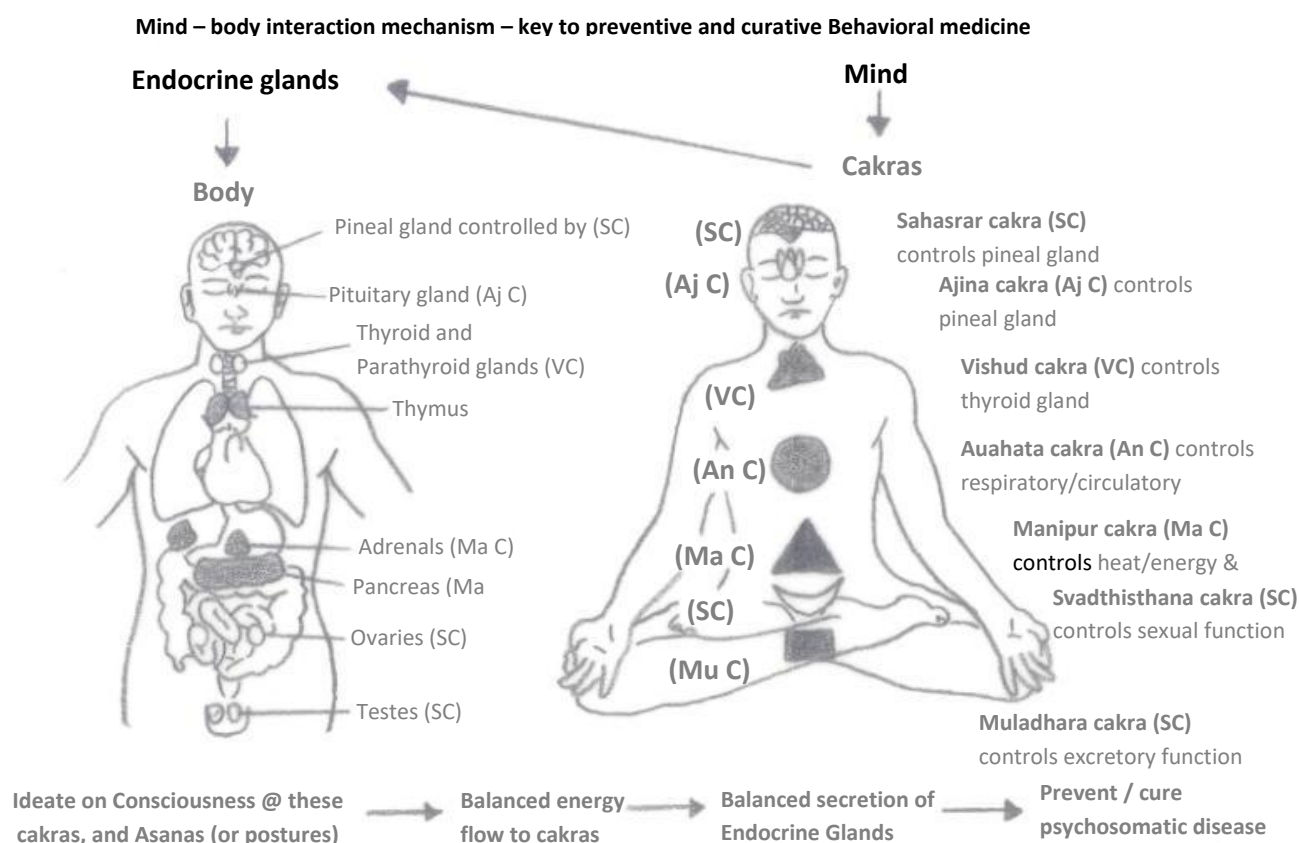


Figure 1. *Cakras* or Energy Centers and their association with Endocrine Glands

The Human Mind: The mind has always something to ideate on; it has to have objectivity. In daily life, the objectification of the mind resulting from harsh interactions and painful situations produces deformations of the mind. At times, these situations persist and the resulting feeling of helplessness, at not being able to alleviate or cope with the resulting painful deformations of the mind, produces mental pain and psychic ailments.

Influence of Consciousness on the mind: By effacing the previously acquired psychic impressions in the subconscious mind and by preventing the formations of new impressions, the mind becomes more amenable to the attractive influence of Consciousness. How? The erasing of past impressions (or *samskaras*) can be affected by ideating on Consciousness. This elicits positive microvita into the mind, which in turn intensifies the attractive influence of Consciousness on the mind.

How to prevent new psychic impressions? If the perceiving portion of the mind were to ascribe Consciousness to the object of its perception, and if the 'doer' portion of the mind also ascribes the 'doer' activity to Consciousness, then the mind does not acquire new impressions (which may be essentially painful).

Thus, by effacing old psychic impressions and preventing new psychic impressions on the mind, the attractive force of Consciousness is felt on the mind, which now starts moving centripetally in the ectoplasmic field of Consciousness, as schematically shown in **Figure 2**. This provides transcendence to the mind, rejuvenates the mind, and constitutes the basis of psychic expansion (or evolution) of the mind, progressing to enlightenment.

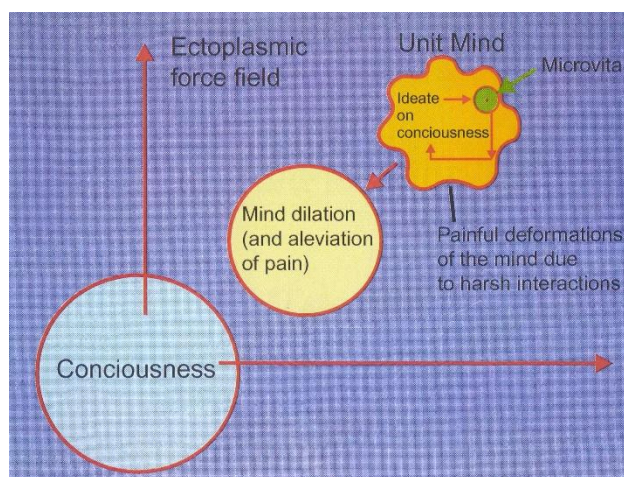


Figure 2. The Consciousness field and the presence or location of mind in it. It is schematized that when a person (or her/his mind) ideates on Consciousness (by meditation), the mind dilates *i.e.*, develops in ectoplasmic density. This, correspondingly, enhances the Consciousness-field force on it and alleviates the mental pain. The mind keeps dilating until it merges into Consciousness, to attain enlightenment leading to *salvation* or *nirvana*.

Integrated Yogapathy and Allopathy System, for a Modern Medical Curriculum

The Yogapathy system affects both body and mind, and promotes holistic wellbeing in contrast to the Allopathic system of medicine. So we have developed Yogapathy into a new form of mind-body medicine². Now based on the benefitting effects of Yogapathy, it can even be part of the medical system. Hence, a new medical system integrating Yogapathy and Allopathy is proposed.

Factor #3: Socio-Economic Theory

As specified by Shrii P. R. Sarkar, "The third factor which is a blending of *Asti* (existence) and *Bhati* (growth) is socio-economic theory. There should be a priori knowledge regarding the social structure, the distribution of wealth and its growth. For want of this knowledge, there can't be a solid ground for the construction of the social edifice."

The prime cause of human setbacks in countries is inadequate political-economic and community-sustaining policies. The solution to this crisis involves restructuring of the Democratic Governance system and Economic System, in the form of (i) People-participatory Democratic Governance System (**PPDGS**) without political parties, whereby the most qualified representatives of all the functional sectors of the community get elected to the city and state legislatures, and (ii) People-sharing Cooperative Economic System (**PSCES**) of cooperatively managed corporations and business enterprises, whereby the corporation's shares are only distributed within the company and owned by the company employees, thereby promoting economic equity³.

People-participatory Democratic Governance System (PPDGS)

In this system, there is a direct link of the government with the grass-roots people through the various sectors of the community, such as the education sector, healthcare sector, legal sector, agricultural sector, industrial sector, finance and banking sector, transportation sector, etc. Each sector can be represented by an association, such as the association of schoolteachers, association of doctors, association of lawyers, association of farmers, association of businesses, association of bankers, etc. Each sector is concerned with promoting its optimal function, such that the sector serves the people in the best possible way, and the interests of people working in the sector are also served. Hence, if each sector's association elects its most competent representative to the state legislative assembly or government, then this representative would be in the best position to enable the sector to best serve the people as well as look after the interests of the people working in the sector. This PPDGS system would hence be most fair, economical, and benefitting for the common people.

People-sharing Cooperative Economic system (PSCES)

In this system, all businesses are to be cooperatively structured and managed, the employees' contributions in the corporations' performance are recognized, and the profits capital is to be shared among them (thereby resulting in, what may be termed as, collective capitalism). Hence, the cooperatively managed corporations will replace the capitalist corporations, in which only the managers and administrators share the profits and reward themselves with bonuses. This change will lead to economic equity, which we have never had.

Political Restructuring at the grassroots level

This integrated People-participatory Democratic Governance System (PPDGS) and the People -sharing Cooperative Economic System (PSCES) needs to be first established at the grassroots level, in the form of **self-reliant communities or SRCs**, chartered to provide employment and fulfilling lifestyles for all. A typical self-reliant community (SRC) can comprise of several cities with a large rural hinterland. Sustainable development for cities would be concerned with developing adequate standards of living, based on the provision of community services and environmental quality, maintenance of trade linkages with their rural hinterland, and measures of social justice. On the other hand, sustainable development in the rural hinterland would have to deal with the means of generating revenue (by supplying their produces to the cities and other neighboring SRCs), to support their community services (such as healthcare, public transport, education, water supply, sanitation, electrical power) and sustain small businesses. These self-reliant communities (SRCs) could also lead to the long awaited Third World development.

Then a set of mutually compatible SRC(s) would constitute a self-reliant socio-economic bloc or SEB comprising two or more states or provinces of a nation, depending on how they can interact in a mutually compatible fashion. These SEBs would be equivalent to the provinces or states of nations. Then, two or more neighboring nations (within a continent) or SEBs could come together to form a mutually benefiting self-reliant regional union (SRU, like the European Union, South Asian Association for Regional Cooperation, and the African Union), towards implementing the concept of cooperative progressive living: all for one and one for all.

This new political-economic system would thereby be structured in the form of self-reliant communities (SRCs), within self-reliant socio-economic blocs (SEBs), within self-reliant regional unions (SRUs)³. Then the integrated system of PPDGS (people-participatory democratic governance system) and PSCES (people-sharing cooperative system), to be implemented within SRCs, can provide grass-roots socio-economic-political empowerment. This system of SRCs, SEBs, and SRUs would then come under the aegis of (and collectively represented by) a **democratically structured World government** (representing grassroots SRCs), over-seeing the development of a comprehensive charter of human rights and social justice for all the people of the world³.

Now this global welfare catering **World Government and its Parliament** will have its elected ministers representing all the self-reliant communities, socio-economic blocs, and self-reliant unions. The prime role of the World Government Parliament would be to ensure local, regional, and global socio-economic-political stability and physical security as well as the implementation of constitutional guarantees, to thereby foster progressive living for the people of all SRC(s) throughout the world³.

The United Nations Security Council has five permanent members: China, France, Russia, the United Kingdom, and the United States. They control the UN Policies and the UN reaching out to other countries. **So, the proposed World Government constitution will provide equal representation to all the countries (especially the Developing countries),** and it will be dedicated to the progressive development of all the regions of the world. **This can have many big effects:** (i) end of wars and prevention of invasions of countries, (ii) fair treatment of all communities within countries (especially the Developing countries), and progressive living of their people, and (iii) implementation of the **UN Sustainable Development Goals (SDGs):** **1. End poverty** in all its forms everywhere. **2. End hunger,** achieve food security and improved nutrition, and promote sustainable agriculture. **3. Ensure health care** for all and promote wellbeing for all at all ages. **4. Ensure inclusive and equitable quality education,** and promote lifelong learning opportunities for all. **5. Achieve gender equality** and empower all women and girls. **6. Ensure availability and sustainable management of water and sanitation** for all. **7. Ensure access to affordable, reliable, sustainable, and modern energy for all.** **8. Promote sustained, inclusive, and sustainable economic growth, full and productive employment, and decent work for all.** **9. Build resilient infrastructure,** promote inclusive and sustainable industrialization, and foster innovation. **10. Reduce inequality** within and among countries.

Factor #4: Social outlook

As Shrii P. R. Sarkar has stated, "The fourth factor is social outlook. All living creatures in this manifest universe are the children of the same Cosmic Entity. They are the progeny of the same Supreme Progenitor. Naturally they are bound in a thread of fraternal relations. This is the central spirit of Neohumanism."

Neohumanism Principles⁴

In the long evolutionary journey of a living being, there dawns the auspicious moment when the thought arises that if I am intelligent, what then is the source of my intelligence? The incessant urge to fathom this Consciousness is what characterizes human progress. And what is the process of progress? It is to ideate on that Entity who is the embodiment of absolute truth. A progressive society is then verily the composite of those beings who are engaged in the noble task of creating a conducive environment for human progress.

Now if Consciousness be the origin of the expressed universe, and the origin as well as the desideratum of all minds, then surely all human beings and indeed all living beings constitute one singular entity with a common goal, and hence their welfare has to be interlinked. So then narrow and patriotic sentiments favoring one's region and nation, social group and religion, and promoting their interests at the expense of others are contrary to the spirit of one indivisible human society. History bears testimony to the wanton destruction and loss of human lives resulting from these narrow geo- and socio- sentiments.

As Shrii P.R. Sarkar has advocated that we are to rise above these narrow sentiments and embrace humanity as one entity. However, He wants us to not only fulfil the needs of human beings, but also recognize the existential value of all creatures as well as the existential and utility value of vegetations and forests. For human beings, He wants to identify and to redress those psychic propensities and sentiments that disturb universal peace. The application of Neohumanism principles will provide liberation of intellect, and liberation from complexes and propensities through spiritual practice. The conversion from sentimentality to spirituality constitutes an important aspect of Neohumanism. Then only, freed from this burden of afflictions, will the people be able to make not only their existence meaningful but also help to build a Neohumanist society.

Neohumanism and Universalism

A progressive human society is to comprise of people moving together and helping one another to reach their macrocosmic desideratum. Neohumanism facilitates and promotes this higher dimension of living, by inspiring people to rise above narrow geo sentiments and socio sentiments that have governed human thinking and living throughout history, resulting in immense conflicts and sufferings. Neohumanism also extends humanism to caring for animals, wildlife, and plants, and recognizing their living need and ecological value. In this way, Neohumanism elevates humanism to universalism, enables liberation from complexes, and promotes a higher order of human living. Verily the time has come for us to think and act in a more evolved way, by rising above narrow sentimentality and embracing universalism, to build a new civilization on this planet⁴.

Neohumanism will help people understand that human beings, as the most thoughtful and intelligent beings in this created universe, will have to accept the great responsibility of taking care of the entire universe. This philosophy will liberate them from all inferiority feelings and defects, and make them aware of their own importance; it will inspire them to build a new world. As Shrii P.R. Sarkar has indicated, the requirements and necessities of all human beings are the same; so humanity is a singular entity; humanity is one and indivisible. For this purpose, we should always maintain equilibrium among different human beings for the development of all, irrespective of caste, creed, nationality and religion. There must not be any shortage of food or water in this world. Nowhere in the world should people die of starvation. We are for all - everything is for all.

Teaching Neohumanism Courses in Schools and Universities

Neohumanism concepts can be taught in schools, at high school level. This can enable students to embrace all their friends, and not be conscious of their color or race or religion. Then at the university level, we can offer a 3-semester course on Neohumanism. In Semester 1, we can cover the history of human divide resulting in discrimination, suppression, and even wars. This can provide the basis of how in Semester 2, Neohumanism can be incorporated in all aspects of human living, to prevent discrimination in community living, employment, and even college admissions. Then in Semester 3, we can teach Neohumanist Society: based on social values and human cardinal principles, subjective approach through objective adjustment, and socio-economic self-reliance (socio-economic units, and geopolitical union of countries: SAARC, ASEAN, European Union, African Union)⁴.

Factor #5: Scripture

As indicated by Shrii Sarkar, "The fifth factor for the progress of society is for it to have its own scripture. There is a need for the company of elevated persons (*satsaunga*) in all spheres of life. That which elevates society by dint of *shásana* is called *shástra*. We should have a *shástra* of our own". There are some of the important works of Shrii P. R. Sarkar⁵⁻¹⁹, constituting the scripture

Factor #6: Preceptor

As per Shrii Sarkar: "The last but not the least important factor for the progress of society is for it to have its own preceptor. The stable social structure of a society is dependent on these six factors. Where these factors are present, there the movement is towards A`nanda or divine bliss. The groups that have these six factors will be able to educate *Sadvipras*, whose efforts are directed towards the attainment of A`nanda".

II. Progressive Human Society incorporating the Six Essential Factors

Now the composition of an ideal progressive human society could be outlined, based on these six essential factors. Essentially, we want to have a society in which (i) everyone can have all their work, education, healthcare, and living needs satisfied, (ii) everyone can live cooperatively to make this happen, and see that no one is left behind stranded, and (iii) everyone can proceed together to their cosmic desideratum.

Now the question is how to bring about such a progressive society?

For that, we need progressive, society-building Universities, based on the concept: "A University is verily a laboratory for the development of a progressive society, by delineation of its ideals in all fields of human thought and endeavor, and by the development of education and research programs for imparting these ideals. A University hence needs to have a pulse of the problems challenging society and a clear delineation of its role in cultivating the requisite solutions for its progress."

III. Vision of a New Era 21st Century University (to bring about a progressive human society)

For the realization of this concept of the role of university in society, we have the Vision of a New Era 21st Century University, to (i) develop cosmic thinking and new knowledge across academic disciplines, (ii) formulate smart governance of cities and states,

for progressive living of the people, (iii) promote global citizenship and harmony among nations, and (iv) address the UN sustainable development goals²⁰.

Academic Structure of our New Era 21st Century University:

For this model of 21st century University, the following academic structure of University colleges is proposed:

1. College of Humanities and Social Sciences: to develop humanitarian values of living, and the constituents of political science and governance for progressive living. In this College, courses in Neohumanism⁴ and PROUT³ could especially be offered.

Our Socio-Economic Democracy system delineates a neo-humanistic global order, for promoting local and global socio-economic justice, progressive governance benefitting the people, and a neo-concept of human rights, to serve as a beacon of ideological torchlight for an enlightened society, and (through it all) for sustainable peace. Echoing the concerns and wishes of the supreme neo-humanist Shrii P. R. Sarkar (the propounder of Progressive Utilization Theory), let:

- every human being be guaranteed the minimum physical requirements of life,
- all human beings get scope for full utilization of all their potentialities,
- all human beings get equal opportunity to attain the fulfillment of enlightened living,
- in through this movement, let humanity be made conscious of the purpose and meaning of life.

The World Government Program (jointly with the College of Law, Governance, and Public Administration): The World Government constitution can enable the United Nations to (i) represent all the countries, and prevent domination by the five permanent members of the UN Security Council, (ii) prevent domination of some countries over other countries, and subjugation of some communities within countries, (iii) strictly enforce human-rights implementation within all nations as well as in inter-nation matters, and (iv) address the living needs of people in the developing countries, to thereby promote the implementation of the UN Sustainable Development Goals²⁰.

2. College of Sciences and Mathematics: to provide education in physical sciences, biological and life sciences, mathematics, and computer science. In this College, a course on the Cosmology Cycle (Brahmacakra) could also be offered²¹.

In the early stage of the Cosmological cycle, the Cosmic mind emanates microvita, which energize matter to form an ectoplasmic mind. Under the influence of microvita, matter evolves into subtler structures through synthetic reactions, thereby providing the templates of primitive life structures on Earth, represented by primitive states of mind (and consciousness)²². From this point onwards, the process of organic evolution begins, whereby primitive unicells and bacteria give rise to simple plants and animals, and eventually to self-conscious human beings. Increasing psychic dilation of a living being's unit mind leads to intellectual development, and eventually to parapsychic and intuitional development. The psychic dilation of the mind eventually culminates in its achieving mental liberation, from its psychic propensities embedded in the subconscious mind, based on our interactions and thinking²¹.

3. College of Engineering: to offer courses in all fields of engineering.

We are now entering a new era of (i) Biomedical Engineering in Precision Medicine and Surgery, (ii) Engineering based Medical Education, (iii) Mathematical, Scientific, and Engineering based formulations of Medical and Clinical Sciences, leading to scientific and

technological formulations of medical and surgical procedures, towards more precision computational medicine and surgery.

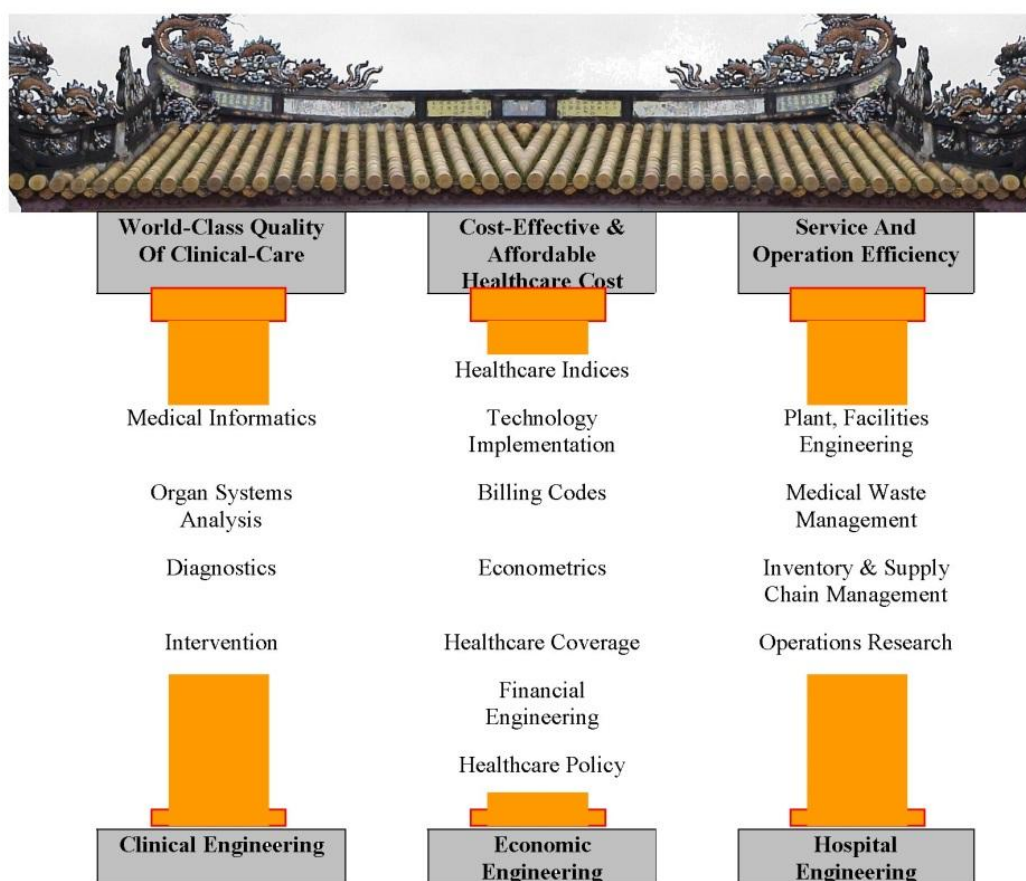
This will even entail structuring of (i) MD-PhD (Biomedical Engineering) Program, to train competent medical specialists in precision medical diagnostic and treatment procedures, and surgical specialists in patient-tailored computationally designed surgical procedures, to thereby enhance the level of specialized clinical care.

Biomedical Engineering is providing the gateway for this new emerging scenario of (i) quantitative formulation of physiological and organ systems functions, (ii) signal and image processing-based design of medical appliances for accurate medical diagnosis, (iii) design of 3d printing of prosthetic limbs and human organs, (iv) biomedical engineering based medical education curriculum, and (v) technologically oriented precision medical and surgical procedures.

Together, this constitutes a new format of Biomedical Engineering in Translational Medicine (BETRAM): STEM format of Medicine²³⁻²⁵.

4. College of Management Science and Business Administration: to offer courses in management science and business administration.

There is a big need for affordable and effective healthcare delivery by hospitals and healthcare organizations. The Hospital and Healthcare Management (HOHM) Program²⁶⁻²⁷ is designed to provide hospital and healthcare administrators the relevant multidisciplinary knowledgebase in business administration, clinical and hospital engineering, economics and financial management, related to cost-effective operation of hospitals and healthcare delivery (as represented by the below depicted three pillars of HOHM).



The HOHM program is designed to offer MBA degree as well as MD-MBA program jointly with the College of Medicine and Health Sciences, to prepare graduates for careers as administrators in hospitals

5. College of Law, Governance, and Public Administration: Providing smart governance for promoting economically sustainable cities and urban-rural communities.

Governance is the act of governing. It is the creation of laws and policies that shape a state or country through deep analysis, research, and discussions. Governance is the brain that creates the various aspects of society. Public Administration on the other hand, is the act of implementing the end results of governance, ensuring that a work force of enforcers can carry out the will of governance.

In this College, we can offer a novel “Governance and Public Administration Program” to educate competent and learned public politicians. Going forward, we could even make it mandatory for all politicians (including prime ministers and presidents of countries) to have degrees in this program.

A unique feature of this College will be the launching of the *Journal of Social Justice and Equality*, to provide the gateway for the development of innovative solutions to mitigate injustice, in the form of education programs, community programs, and government legislations.

The World Government Program (jointly with the College of Humanities and Social Sciences): The formation of the World Government is a necessity,

- to draw the curtain down on the hegemonial era of big nations making decisions for small nations on all matters, ranging from environmental and ecological safeguards to nuclear weaponry development and control of globalization.
- to initialize globalization by the remit of ‘food-for-all, health for all, and education for all’; only after this base has been established, can we move to free trade and open markets.

6. College of Education and Integrated STEM Field: Preparing teachers, counselors, and administrators to promote excellence in education. STEM is operating in (i) our natural world: sun, and stars, lands and oceans, weather and natural disasters, animals and plants, (ii) our communities, in engineering, infrastructure development and home appliances, computers and smartphones, transportation systems and airports, and even (iii) within our body, in the form of physiological engineering and biomedical engineering. For all that, a program could be offered in IASIAM (Integrated Approach to Science, Engineering and Medicine) Education, by Dhanjoo Ghista²⁸. This Program can address the big demand to educate school and college teachers in an integrated approach to the study of STEM disciplines and their applications in diverse fields, such as physiology, medicine, and sports science.

STEM Education in the 2020 Era

The STEM Education Odyssey opens the student minds to a wide arena, and it teaches them how to think divergently. Now the jobs and demands of the future will be dictated by the biggest problems that the world faces: healthcare and wellbeing, food and water supply, urban and rural infrastructure development, climate change and renewable energy. No matter whether the technology or solutions exist today or need to be developed, the skills that will be in most demand will be connected to finding the best solutions to the above-mentioned problems. Scientists, Engineers, and Doctors will be addressing a lot of these problems, and

this brings us to the importance of the STEM field. In this 21st century, we need to offer our students education and learning in a wide range of the STEM field, involving (i) physical, biological and mind sciences, (ii) engineering and technology, (iii) medical sciences and clinical sciences, (iv) cosmology, universe, and life development, (v) city and hospital management, and (vi) sports physics and engineering.

7. College of Sports Science and Engineering: To educate scientific sports coaches for working in Universities and professional sports, to provide knowledgeable training to sports persons and athletes, and enhance national performance in international tournaments and Olympic Games.

Sports Science deals with the analyses and mechanisms of sports plays and maneuvers, such as soccer corner curving kicks, hockey dribbling, tennis serves, high jump and pole vault, and long-distance running.

Sports Engineering deals with the design of sports equipment, such as design of baseball bats, hockey sticks, tennis racquets, and sports protection gear.

For educating scientific sports coaches, a novel program in Sports and Engineering Program could be offered²⁹⁻³⁰.

Some of the topics that can be elaborate in Teaching and Research are:

1. Soccer: Mechanics of the Spinning ball kick, based on the lateral force acting on the spinning ball; Computing the curved trajectory of a spinning soccer ball kick, into the corner of the net; benefits of curving corner kicks to reach the forwards³⁰.

3. Basketball: Analysis of Foul Throw basketball motion; how imparting backspin to the ball produces an upward lift force, which enables the ball to have a higher trajectory and a bigger entering angle into the basket³⁰.

3. Long Distance Running, Determining the Optimal Long-distance Running Mode of an Athlete: This is based on the Double-Compound Pendulum model of the athlete's lower limb pivoted at the hip joint, based on the athlete's limb properties (mass and moment of inertia). From analysis of the sinusoidal oscillations of the limbs, we can determine the natural (or intrinsic) stride length and stride frequency of the athlete. This combined stride length and stride frequency also yields the best cardiac fitness test performance for the athlete; in other words, this combined stride length and stride frequency is optimal for the athlete's performance²⁹.

8. College of Yoga and Meditation: To educate yoga teachers for schools, colleges, and hospitals, for promoting health and wellness, cognitive development and mind-body medicine.

In this College, courses could be offered in (i) Yoga History, Yoga Systems, Yoga Science, (ii) Yoga Practice, Yoga Lifestyle, Meditation Science, (iii) Yoga Therapy and Healing^{2,31}. **The EEG response to meditation is a novel way to demonstrate its effectiveness.** It is seen that for a subject doing regular meditation (by ideation on consciousness, as described above), there is a pronounced shift in EEG to a lower frequency spectrum during meditation. Now a shift of the EEG energy state to a lower frequency band is associated with decreased mental tension and increased relaxed state and tranquility. In other words, the effectiveness of meditation can be characterized in terms of the enhancement of the percentage of (i) EEG alpha waves (8–12 Hz) relative to beta waves (12.5 and 30 Hz), associated with a more relaxed mental state, and (ii) theta waves (4–8 Hz) relative to alpha and beta waves, associated with deeply relaxed mental state and higher consciousness feeling.

Meditation effectiveness can also be represented in terms of the heart rate response. It is well noted that meditation can enable decrease of heart rate (HR). So let us say that we monitor the HR at the start of meditation (HR_s) by means of a wearable device. Let HR_t be the heart rate at time 't' during meditation.

Now let us plot HR_t v/s time, and then simulate this data by means of this expression:

$$HR_t = HR_s t^{-k}, \text{ to determine the value of } k \quad (1)$$

Let HR_f be the final value of HR at the end of meditation.

We can then develop the expression for

$$\text{Meditation Effectiveness Index (MEFI)} = k [(HR_s - HR_f)/HR_s] (100) \quad (2)$$

It can be seen that greater the value of k and MEFI, the more effective will be the meditation. So, we can develop a wearable device that can determine MEFI for meditation subjects, to determine the effectiveness of their meditation. In this way, MEFI could even enable people to assess the effectiveness of their meditation at home.

9. College of Medicine and Health Sciences: to develop a novel STEM Model of Medicine, involving quantitative physiology, precision medicine, and technological patient-specific surgery³². This College can also offer an MD-PhD (Biomedical Engineering) Program³³⁻³⁵.

In this College, a new MD-MBA (Hospital and Healthcare Management Program as well as 'Integrated Yogapathy and Allopathic Medicine' Program² could be offered.

Today, the most significant developments are taking place at the interface of medicine with biomedical engineering, towards the development of life changing and technologically precise medical and surgical procedures. The College of Medicine and Health Sciences will be offering STEM based medical education, contributing to precision medicine and surgery, and hence to enhanced quality of healthcare delivery.

The STEM Model of Medicine can involve the following developments:

Cardiovascular Medicine: Left Ventricular Wall Stress and Contractility Index, Vector Cardiogram and ECG Signal Processing, Coronary Blood flow and Myocardial Perfusion, Myocardial Infarct detection and Heart Failure, Intra-Ventricular Blood Flow and Candidacy for coronary bypass surgery, Pulse wave velocity and Detection of Arteriosclerosis, Aortic Pressure Profile and Aortic stiffness determination, Coronary Bypass surgery design for maximal patency, Prosthetic Aortic and Mitral Valve designs.

Pulmonary Medicine: Lung Ventilation modeling for lung disease detection, Lung Ventilatory Index, Lung Gas Transfer performance analysis, Determination of O₂ and CO₂ Diffusion coefficients, Non-dimensional Gas-transfer index, Indicators for Extubation of Mechanically ventilated COPD patients.

Diabetic Medicine: Glucose-Insulin Regulatory Control systems, Oral Glucose Tolerance Test modeling and model parameters determination, Non-dimensional indices for glucose and insulin responses, Non-dimensional Diabetic Index for diabetes detection.

Renal Medicine: Kidney Functional analysis, Countercurrent mechanisms and modelling of urine concentration, Osmolality in the descending and ascending limbs of the Loop of Henle, Compartmental model of renal clearance kinetics, Physiological measurement of the Glomerular

Filtration Rate (GFR), Relationship between blood creatinine levels and the renal clearance rate, Renal clearance convolution analysis; Renography modelling and determination of normalized urine flow rate index to differentiate between obstructed and normal kidneys.

Orthopedic Biomechanics and Surgery: Osteoporosis Index for osteoporosis detection; Structural analysis of plate-reinforced fractured bone and optimal design of the fixation plate; Osteosynthesis using hemihelical plates for fixation of oblique bone fractures; Finite Element analysis and design of Bone-Plate assemblies and Helical Fixation plate.

Spinal Biomechanics and Surgery: Biomechanical Simulation of Scoliotic Spinal deformity and Correction, Presurgical Finite-element Simulation of Scoliosis Correction; Structural analysis of the Spinal Vertebral body as an intrinsically optimal lightweight and high-strength structure, Clinical Biomechanics of Spinal Fixation: Anterior and Posterior Fixations, Fractured Vertebral body fixation techniques and design of a vertebral body cage; Structural analysis of Intervertebral Disc as an intrinsically optimal and minimally deformed structure under spinal loading.

IV. Embarking on this visionary Odyssey

So, as we embark on this inspirational odyssey to set up such a new era university, we want that: (i) Everyone can live in peace and harmony, and (ii) Everyone can have unbarred opportunities for all-round development and for contributing to mutual welfare.

Let everyone move together in unison, to the pinnacle of human existence and cosmic desideratum.

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Secretarial Desk

मर्ज बढ़ता ही गया ज्यों ज्यों दवा करी@सेमल संरक्षण

उदयपुर 24 मार्च. सोसाइटी फॉर माइक्रोवाइटा रिसर्च एंड इंटीग्रेटेड मेडिसिन (स्मरिम), उदयपुर द्वारा चलाये जा रहे सेमल संरक्षण अभियान के तहत शनिवार को शहर और आस-पास के स्थानों पर किये गए सर्वे में सामने आया की जितने अधिक प्रयास सेमल वृक्ष को बचाने के लिए किये जा रहे, उतने ही अधिक सेमल वृक्ष कटते जा रहे. सोसाइटी अध्यक्ष डॉ. एस. के. वर्मा ने बताया की पिछले कुछ वर्षों में कोरोना वाइरस के प्रभाव में सेमल पर इतनी कुल्हाड़ियाँ नहीं चली जितनी इस वर्ष कटे हुए सेमल वृक्षों की संख्या हैरान कर देने वाली हैं. इसी के साथ ही सेमल का मूल्य भी रु.1000 से 1500/- हो गया है. विस्मयकारी तो ये दिखा की एक अत्यधिक विशाल सेमल का वृक्ष जिसकी ऊंचाई लगभग 45-50 फीट होगी और जो अभी अपने पुष्पन के चक्र से गुजर रहा था वो भी शहर की सर्वाधिक ऊँची होली जलाने की लालसा में सिसकियाँ ले रहा था. जाहिर है की यदि उसे पुष्पन की अवस्था में ही काट दिया गया है तो फल और बीज लगने की गुंजाइश को ही समाप्त कर दिया गया और इसके साथ ही एक प्रजाति के प्राकृतिक संवर्धन को रोक दिया गया.



सोसाइटी सचिव डॉ. वर्तिका जैन ने कहा की सोसाइटी द्वारा सेमल के स्थान पर निरंतर अन्य विकल्प प्रस्तुत किये गए हैं जिसमें लोहे को होली, गोबर के कंडों की होली इत्यादि सम्मिलित है परन्तु बुद्धिजीवी वर्ग अभी भी इसे स्वीकार नहीं कर पा रहा है और इसकी परिणति आने वाले वर्षों में दक्षिणी राजस्थान से सेमल के विलुप्त होने के रूप में होगी. सोसाइटी सदस्यों ने सेमल संरक्षण अभियान को सफल बनाने हेतु निरंतर सेमल के नए पौधों को रोपित और संरक्षित करना तथा सामूहिक होली जलाने का संकल्प लिया और सुझाव दिया की इस अभियान में वन विभाग से भी सेमल की सुरक्षा में सहयोग लेना होगा ताकि सेमल की कटाई पर ही रोक लगा दी जाय.

Donation of books to PMCH Library by SMRIM, Udaipur

Udaipur 27 March 2024. Several books and Journals related to the field of Medicine as well



as some other valuable literature were donated to the Library of Pacific Medical College and Hospitals (PMCH), Udaipur for second time on Wednesday, 27th March 2024 in the presence of Dr. S. K. Verma, President, Society for Microvita Research and Integrated Medicine (SMRIM), Udaipur. He told that the librarian and

others appreciated this effort of SMRIM for the benefit of students and provided a certificate for this noble work.

What is Microvita ?

Microvita:

Micro- Small, *Vita-* Living

Definition:

Entities or objects which come within the realm of both physicality and psychic expressions, which are smaller or subtler than atoms, electrons or protons; and in the psychic realm, may be subtler than ectoplasm or its extra-psychic coverage; endoplasm have been termed as “Microvita” (Singular- *Microvita*) by Shrii P. R. Sarkar.

Physicality: The position of microvita is just between ectoplasm and electron, but they are neither ectoplasm nor electron.

Categories:

A) Based on density or subtlety -

First: Coming within the scope of a highly developed microscope.

Second: Not coming within the scope of a perception but coming within the scope of perception as a result of their expression or actional vibration.

Third: Not coming within the scope of common perception but coming within the scope of a special type of perception which is actually the reflection of conception within the periphery of perception.

B) Based on nature -

1. Positive 2. Negative 3. Neutral/Ordinary

Movement:

- Move throughout the entire universe.
- Move unbarred, without caring for the atmospheric conditions.
- Move through a medium or media sound, form, figure, smell, tactuality or ideas.

Root cause of life:

Microvita create minds and bodies and also destroy minds and physical bodies. The root cause of life is not the unicellular protozoa or unit protoplasmic cell, but this unit microvita.

Aims and Objectives of SMRIM

1. To propagate the knowledge and science of microvita by psycho-spiritual practice in individual and collective life.
2. To increase moral values, to generate scientific thinking, to remove dogma with the spread of knowledge of microvita at School, College and University levels.
3. To initiate and inspire about research on Yogic, Vaedic, Naturopathic, Ayurvedic and Homoeopathic schools of medicine.
4. To incorporate faculty of Physics, Chemistry, Botany and Medicine for research on microvita and integrated medicine; including research on medicinal plants and Homoeopathic medicine.
5. To organize free medical camps in villages and cities involving specialists of different system of medicine.
6. To publish result of the research in national and international journals and interact with other people working in the field in and out of the country.
7. To make judicious use of different systems of medicine and microvita for the treatment of diabetes, hypertension, heart diseases, cancer and diseases of modern era.
8. To establish laboratory and research centers for relentless research on microvita and integrated medicine for the welfare of entire humanity.

Who can join?

Any person interested in serving humanity through research on Microvita and Integrated medicine and abides rules and regulations of the society can become the member of the society.

**Life Membership fee: Rs. 2000/-
(Rupees Two thousand only for Once)**

Bulletin on Microvita Research and Integrated Medicine started in March, 2009 is an official peer reviewed Journal of Society for Microvita Research and Integrated Medicine (SMRIM), Udaipur, Rajasthan. It publishes three issues in a year having original research, reviews, short notes, case studies, Letter to editor in the field of microvita and integrated medicine in both hard and soft copies. Book reviews are published after approval by Editor. The Journal does not levy any Article Processing Charges or Article Submission Charges. Previous issues are available online at : www.microvitamedresearch.com

Instructions to Authors

Preparation of the Manuscript

Manuscripts should be typed in double space (12 pt, Times New Roman font) on one side of the paper of 22×28 cm. All pages should be numbered consecutively. SI units should be used and Symbols should conform to standard guidelines.

Title

It should be short & informative (14 pt), to be typed in only first letter of the first word capital; also, after colon or hyphen, first letter of the first word capital. Latin names are to be given in italics.

Keywords

Four to five keywords (in normal; 11 pt) should be given indicating the contents of the manuscript.

Authors

Names of authors to be typed in first letters capital (12 pt).

Addresses of Authors

Addresses of the affiliating institution (s) along with e-mail address (10 pt) should be given.

Main Headings

Each manuscript should be divided into the following main headings (typed in bold, first letters capital, on the left hand side of the page; 12 pt): Abstract, Introduction, Methodology, Results, Discussion, Acknowledgement, References.

Sub-Headings

Typed in flush left, bold, first letters capital (10 pt).

Abstract

It should be brief within the limit of 200 words and typed in normal font (11 pt).

Introduction

A brief and precise literature review with objectives of the research undertaken and essential background could be given.

Methodology

Methodology should include location of survey area, the source and nature of material, experimental design and the techniques employed.

Results

Results should contain data, which are essential for drawing main conclusion from the study. Wherever needed, the data should be statistically analyzed. Same data should not be presented in both table and figure form.

Discussion

The discussion should deal the interpretation of the results. Wherever possible, results and discussion can be combined.

Tables

Tables should be typed in double space on separate sheets and numbered consecutively. Table headings should be typed with the first letter capital (12 pt).

Figures

Relevant good quality illustrations/ photographs/line drawings etc. could be sent in JPEG format through email. Text figures should be numbered in Arabic numerals. Lettering, numbering, symbols and lines in the graphs/illustrations should be sufficiently clear. Captions

and legends to illustrations should be typed on a separate sheet of paper.

Acknowledgement

Acknowledgements should be made in brief.

References

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1. Verma SK. 2016. Microvitopathy. *Bull. Microvita Res. Integr. Med.* 8(1-3):3.

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1. Sarkar PR. 1987. *Microvita in a Nutshell*. p.56. AMPS Publ., Tiljala, Kolkata.
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