

**Vol.14****No.1****April 2022****ISSN 2321 – 2349*****Chief Editor*****Dr. S. K. Verma**

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Editorial

“Centenary Celebration of Shrii P.R. Sarkar’s Advent - The Propounder of Microvitology”

The world celebrated Birth Centenary (1921-2021) of our spiritual master Shrii Shrii Anandamurtii ji and propounder of microvita concept Shrii P. R. Sarkar. Shrii Shrii Anandamurtii ji alias Shrii P. R. Sarkar has been a versatile personality, the personality with all the qualifications and attributions, rather He is above all the attributions.

Society for Microvita Research and Integrated Medicine (SMRIM), Udaipur with Renaissance Universal (RU) club, Udaipur and AMPS initiated to propagate his contributions to scientific field of physico-psycho-spiritual arena. In this context, a series of seminars, dialogues, conferences and group discussions were started online through Zoom Platform. People all over the world participated in these programs. The topics of discussion were selected in such ways that different aspects of His varied subjects may be covered which were commonly not much talked about. Experts in the subjects from India and other parts of the world were also invited as keynote speakers.

The series started with “Biopsychology and Microvitology”, “the Microvitology behind *Prabha`t Samgiita*”, “flora and fauna in *Prabha`t Samgiita*”, “*Kiirtan* and microvita science”, “Neohumanist Education”, “the science behind fasting”, “the microvita attracting plant *Semal*, and its medicinal, pharmacological, commercial, socio-cultural and other importance as well as conservation issue”, “the science of psycho-spiritual meditation”, “the concept of gurukul and its implication- the road ahead” and “the tortures of Shrii P. R. Sarkar and sacrifice of various whole time workers around the world”.

His contribution to other fields like Agriculture, Literature, Grammar, History, Socio-Economic Theory- PROUT, Yaogic Cikitsa, Tantra Vigyan, Arts, Dance and Music, Archeology etc. still needs research and discussion. We hope that in the coming years, His contributions to humanity will be properly elaborated so that it can reach the masses for their all round development.

-- S. K. Verma

Life Transforming *Kiirtan*

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Abstract

Kiirtan is repetitive singing of a particular mantra. Various studies have shown that it is capable of affecting mind, nerves, glands and even the genetic material. Moreover, it also helps in improving memory and cognitive functions. A proper kiirtan mantra can liberate the soul and even help in attaining salvation.

Keywords: Brain, Neuron, Memory, Alzheimer

Our brain makes us different from other beings; but we are not able to use its capacity and live happy and prosperous life. In fact, we get depressed and stressed by wrongly using our brain even in a seemingly simple situation. Why, we do not know to use our brain?

We learn and then behave. We are not born human being by behaviour. We become so by learning. We learn everything, speaking, walking, reading, interacting etc. In everything we do, many brain parts are involved. Hence circuits are to be created to associate the concerned part to make things happen. Circuits are neural pathways which learning creates.

Neurons, the brain cells which wire together fire together, this principle guides learning process. But for formation of healthy circuits/ neurons firing should be steady. Rhythm and repetition helps this. To regulate attention and emotion, enhance learning and memory, better overall cognitive ability, whole brain preparation is required. That is what kiirtan does. It stimulates prefrontal cortex, basal ganglia, thalamus, anterior cingulate gyrus. These areas govern important brain functions related with focus, attention, emotion, learning and memory.

The effectiveness of kiirtan has been verified in treating a memory patient by Alzheimer Research and Prevention Foundation in collaboration with Pennsylvania University. The finding is surprising. It was published in Alzheimer journal. In two months, the distributed symmetry of left and right brain was restored. The dimples in front part of the brain caused due to lack of blood supply disappeared. In this kiirtan, Satnam mantra was used (Website 1).

Present humans possess very developed nerves and glands. We can evolve much faster than our predecessors. We can understand the functioning of our brain much better. Taking into consideration all these factors and in response to the urgent need of the situation, a new kiirtan has been designed by Shrii Shrii Ananda Murtijii. Mantra is the crux of kiirtan. It impacts mind, nerves and glands, even genetic expression. The recent research by a team of scientist from Russia, support this. The sounds of different frequencies can cause changes in the DNA of living beings and in material stored in the nucleus of cells in which instruction for making and maintaining body cells are coded. Hence, suitable mantra has the power to change cells. The change in the cells cause change in appearance and behaviour. The person changes when cells change. The face of long term meditators reveals this.

Reference:

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सेवा और त्याग की प्रतिमूर्ति - डॉ. विजय कुमार खिलनानी को श्रद्धासुमन

सोसाइटी फॉर माइक्रोवाइटा रिसर्च एंड इंटीग्रेटेड मेडिसिन, उदयपुर के आजीवन सदस्य, डॉ. विजय कुमार खिलनानी, मानव सेवा को समर्पित एक ऐसे व्यक्तित्व थे जिन्होंने निष्काम भाव से नारायण सेवारत रहते हुए जीवन यापन किया। आपका जन्म दिनांक 30 मई 1945 को कराची में हुआ। एस. एम. एस. मेडिकल कॉलेज से एम.बी.बी.एस. डिग्री पूर्ण करने के उपरान्त 1970 में राजकीय चिकित्सालय, नंदवाई, जिला चित्तौड़गढ़, राजस्थान में चिकित्सा अधिकारी के पद पर प्रथम नियुक्ति हुई। आपकी जीवन यात्रा की सहभागिनी डॉ. पुष्पा के साथ दिनांक 26 फरवरी 1971 को देवगढ़ में विवाह संपन्न हुआ।



डॉ. खिलनानी, ने 1993 में जिला राजसमंद में जिला स्वास्थ्य अधिकारी तथा वर्ष 1995 में जिला मलेरिया अधिकारी के पद पर सेवायें दी। तत्पश्चात जीवन के वृहत उद्देश्य मानव सेवा हेतु वर्ष 2001 में राजकीय सेवा से स्वेच्छिक सेवानिवृत्ति ले ली। इसके बाद, पहले तो ये अकेले ही स्कूटर पर बड़े से थैले में दवाईयाँ भर कर जरूरतमन्द गांवों और ढाणियों में चिकित्सा सेवा और स्वास्थ्य शिक्षा का दायित्व निभाने लगे। धीरे-धीरे कई युवा इनके सेवामूलक कार्यों से प्रेरित होकर इस सामाजिक कार्य में सहायता देने लगे।

राजसमंद जिले का ऐसा कोई गांव नहीं बचा होगा जहाँ इन्होंने चिकित्सा शिविर नहीं लगाया हो। अपनी पेंशन की राशि से विगत बीस वर्षों में 5500 से भी अधिक शिविर लगाकर 40 लाख से अधिक मूल्यों की दवाएं बांटी। इसके साथ ही आवश्यकता पड़ने पर वे अन्न-वस्त्र इत्यादि की मदद भी करते थे। यही कारण है की डॉ. खिलनानी को राजसमंद का हर व्यक्ति पहचानता है और आदर देता है।

डॉ. खिलनानी के जीवन से हमें सतकर्म को मूर्त रूप देने, ज्ञान का समुचित उपयोग करते हुए भक्ति में प्रतिष्ठित होने की सीख मिलती है। बिना किसी लोभ के सेवा देने वाले डॉ. खिलनानी, त्याग की प्रतिमूर्ति हैं। अध्यात्म जगत में इष्ट और आदर्श के प्रति उनका समर्पण अनुकरणीय है। भौतिकता के इस युग में जहाँ मानव अत्यंत स्वार्थी हो गया है, वहां डॉ. खिलनानी ने नव्य-मानवतावाद को अपनाते हुए मनुष्यों के साथ ही पेड़-पौधों और पशुओं की भी सेवा की व्यवस्था की।

कोविड-19 जैसी संक्रामक महामारी के दौरान जब भयग्रस्त हो कर सभी घरों में कैद थे, तब भी उनका सेवा अभियान जारी रहा। दुखद ये था की 10 मई 2021 को कोरोना विषाणु से वे जीवन की जंग हार गए और हज़ारों लोगों के लिए मानवता के मसीहा का अवसान हो गया।

उनके परिवार में एक पुत्र, एक पुत्री और दो पौत्रियां हैं और डॉ. खिलनानी के निधन के पश्चात भी ये परिवार सतत सेवा कार्य करते रहते हैं।

सोसाइटी फॉर माइक्रोवाइटा रिसर्च एंड इंटीग्रेटेड मेडिसिन, उदयपुर के समस्त सदस्य उन्हें श्रद्धासुमन अर्पित करते हैं और उनके सेवा प्रकल्पों को आगे बढ़ाने हेतु प्रयत्नरत हैं।

Secretarial Desk

A Dialogue on Biopsychology and Microvitology In context with Meditation

Society for Microvita Research and Integrated Medicine (SMRIM), and Renaissance Universal (RU), Udaipur jointly organized "A Dialogue on Biopsychology and Microvitology in Context with Meditation" on Sunday, 16th January, 2022. Program was started with *Prabha't Samgiita*, '*Vishva Dolay Dol Diyecho*'. Then, the 13th volume of the official journal of SMRIM, Bulletin on Microvita Research and Integrated Medicine (BOMRIM) was virtually released. In the beginning, Dr. Kailash Choudhary introduced the various achievements of the Keynote speaker Dr. S. K. Verma, who is currently working as Professor Emeritus, Pacific Medical College and Hospitals, Udaipur.

Dr. S. K. Verma addressed the theme of the Dialogue in detail through his PPT presentation. He told that, Biopsychology is a new science given in 1987 by Shrii P. R. Sarkar and tells about the relation between biology, psychology and cosmology and in individuals, it gives the connection between human propensities; their expression and control by mind, glands and hormones. Changing the biology can change the psychology and vice versa. The best examples of this are various yaogic postures (Asans) which act on different plexii, glands, nerves, hormones and change the propensity of different plexii leading to change in human behavior or psychology. This change in psychology and control on propensities will help in physico-psycho spiritual practice that is meditation. Similarly, the microvita as the smallest living entity created by the cosmic mind also acts on these plexii and controls hormonal secretion. For the proper process of meditation, positive microvita should be increased in its density through engaging in good music, good literature, good thinking, good company, meditation and service. Negative microvita can also be utilized by doing social service. In general, there should be a balance between positive and negative, individually and collectively. Presently, we are living in the era where there is dominance of negative microvita over positive microvita and producing a status of dengeration. Efforts should be made to raise the number of positive microvita for better psycho-social development. Dr Verma told that there is an urgent need for research in this arena to solve the many problems of society in a nice way.



Organizing Secretary and moderator of the Seminar, Dr. Vartika Jain said that more than 100 participants have attended the program held on Zoom platform with live streaming on YouTube from all over the country and also from Nepal and USA. She said that the Microvita concept was given by Shrii Sarkar as the Presidential address of the RU platform on 31st December, 1986 and SMRIM is working to propagate Microvitology among the masses through various media and planning for organizing more such programs in future.

Queries of all the participants were also resolved by Dr. Verma in the question and answer session. Program was smoothly conducted with active support of Rajesh Sharma, Bhavika Kunwar and Yash Verma. In the end, Vice President of SMRIM and the convener of the Dialogue Shrii Dinesh Sharma proposed a vote of thanks to Dr. Verma, all the participants, and the entire organizing team.

National Seminar held on Education based on Neohumanism

Society for Microvita Research and Integrated Medicine (SMRIM) and Renaissance Universal (RU), Udaipur organized a National Seminar on Education based on Neohumanism on Wednesday, 26th January, 2022. The virtual seminar was started with *Prabhat Samgiita 'Ek Phali Chand shudhu aakashe'*. Organizing Secretary and moderator of the Seminar, Dr. Vartika Jain welcomed all the guests, speakers and participants and introduced about the aims and objectives of SMRIM and RU.

The Keynote speaker of the Seminar was Shrii Dinesh P. Sharma who is Trainer of State Resource Group, Rajasthan spoke on 'Education beyond Education: Neo-humanist Education'. He discussed basics of teacher training required to implement Neo-humanist philosophy in practical way. Neohumanism is the love for all whether animate or inanimate. Basic principles of Neo-humanist education is holistic development, universal cardinal human values, universal love, implementation of astanga yoga and application of whatever is learnt for human welfare.



President, SMRIM, Dr. S. K. Verma told that Real Education is which liberates the soul ('*Sa Vidya ya vimuktaye*'). He discussed that Education does not always mean Literacy rather educated people are those who have learned much, remembered much and utilized his knowledge in practical life and education must create thirst for more knowledge.

Plenary speaker, Dr. Madhavi Tripathi from Udaipur spoke on Gandhian Philosophy in context with Neo-humanistic Education. She told that Gandhiji told that overall development of a child is required and for that, his goal and the way to reach that goal should be crystal clear. For an ideal society, moral and human values should be incorporated in education to make a human being perfect as a life long process.

Queries of all the participants were also resolved by the speakers in the question and answer session. Seminar was smoothly conducted on Zoom platform with live streaming on YouTube with active support of Rajesh Sharma and Bhavika Kunwar. In the end, I. S. Rathore proposed a vote of thanks to all the participants, speakers, and the entire organizing team of the Seminar and told that Neo-humanism should be part of the Education as it is the need of the hour and should be implemented at the earliest possible.

'सेमल दिवस' पर ऑनलाइन राष्ट्रीय सेमिनार

सोसाइटी फॉर माइक्रोवाइटा रिसर्च एंड इंटीग्रेटेड मेडिसिन (स्मरिम), उदयपुर द्वारा बुधवार 16 फरवरी को माघी पूर्णिमा पर घोषित 'सेमल दिवस' के उपलक्ष्य में ऑनलाइन राष्ट्रीय सेमिनार का आयोजन किया गया। सेमिनार की शुरुआत प्रभात संगीत संख्या 4108 'शिमूल फुलेर मधु मेखे' के द्वारा हुई।

सेमिनार में राजकीय मीरा कन्या महाविद्यालय से भाविका कुंवर ने सेमल वृक्ष के पारिस्थितिक महत्व को समझाया। उन्होंने कहा की सेमल एक छत्रक वृक्ष की तरह विभिन्न जीव-जंतुओं और पक्षियों को आश्रय प्रदान करता है। सेमल की जड़ें पानी को रोकने में सहायक होती है और तालाबों के किनारे इसे लगाकर ग्रीष्म ऋतु में भी जल की उपलब्धता बनाये रखती है। परन्तु इतना बहुपयोगी वृक्ष संरक्षण के अभाव में उदयपुर के आस-पास से लुप्त होता जा रहा है जिसकी सुरक्षा के लिए सबको मिलकर प्रयास करने होंगे।

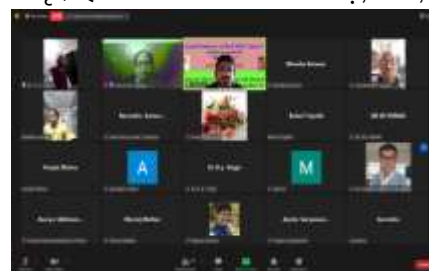


पेसिफिक मेडिकल कॉलेज, उदयपुर से डॉ. प्रेरणा गुप्ता ने सेमल वृक्ष के लोक-वानस्पतिक और आर्थिक महत्व पर प्रकाश डाला। डॉ. प्रेरणा ने बताया की सेमल, प्रदर रोग, नपुंसकता, उदर रोग, मुहांसे आदि कई व्याधियों के उपचार में पारम्परिक चिकित्सा पद्धतियों में उपयोग लिया जाता रहा है। इसके अतिरिक्त इसकी लकड़ी विभिन्न वाद्य यन्त्र जैसे ढोलक, मांदल बनाने, माचिस उद्योग, नावें, ताबूत, चम्मच, कृत्रिम पावें इत्यादि बनाने में देश के विभिन्न राज्यों में इस्तेमाल होती है। इसकी रेशमी रुई गद्दे-तकिये भरने के अलावा सोफे, कुशन, रजाईयां आदि भरने में काम आती है। इसके अर्धपक्व फलों को मराठीमोग्गु मसाले के रूप में दक्षिणी भारत में इस्तेमाल किया जाता

है। इसके बीजों से तेल निकाला जाता है।

सोसायटी अध्यक्ष डॉ एस. के. वर्मा ने बताया की सेमल एक बहुदेशीय वृक्ष है जिसका प्रत्येक भाग जड़, तना, पत्ती, फूल, फल, गोंद, बीज, रुई, कांटे, छाल औषधीय महत्व रखता है। विभिन्न शोध निष्कर्षों में वर्तमान में प्रचलित मधुमेह और हृदय रोग जैसी बीमारियों में भी इसके उत्साहवर्धक परिणाम सामने आये हैं। सेमल वृक्ष से कई उपयोगी रासायनिक तत्व भी निकाले गए हैं जो विभिन्न रोगों के उपचार में औषधीय रूप से महत्वपूर्ण हैं।

सोसाइटी सचिव डॉ वर्तिका जैन ने बताया की वर्ष 2021 में इस बहुमूल्य वृक्ष के प्रति जागरूकता बढ़ाने हेतु सोसाइटी ने प्रतिवर्ष माघी पूर्णिमा पर 'सेमल दिवस' मनाने का संकल्प लिया और जिसके तहत प्रथम बार



पूर्णतया एक वृक्ष को समर्पित यह राष्ट्रीय सेमिनार आयोजित किया गया। उल्लेखनीय है की माघी पूर्णिमा पर ही सेमल का डंडा होलिका दहन हेतु रोपा जाता है। डॉ. वर्तिका ने सेमल के सामाजिक-सांस्कृतिक महत्व को बताते हुए कहा की विभिन्न समुदाय अपने उत्सवों, प्रथाओं, पहेलियों, लोक-गीतों इत्यादि में सेमल वृक्ष का प्रयोग करते हैं। परन्तु उदयपुर शहर में प्रतिवर्ष हजारों की संख्या में होलिका-दहन में औषधीय वृक्ष सेमल को जलाया जाता है जिसके संरक्षण हेतु सोसाइटी विगत 15 वर्षों से सेमल संरक्षण अभियान में लगी है, इसके तहत सेमल के बीजों को एकत्र कर उनसे नए पौधे बनाना और विभिन्न स्थानों पर

पौधारोपण करने के साथ ही वर्ष 2011 से लोह-स्तम्भ पर पर्यावरण-संरक्षी होलिका दहन करने की पहल को अधिक से अधिक लोगों तक पहुंचाने का प्रयास कर रही है। उन्होंने कहा की सेमल जैसे बहुदेशीय वृक्ष की उपेक्षा होती रही है अतः इसे उचित सम्मान देने हेतु सेमल दिवस के साथ ही सेमल वृक्ष पर राष्ट्रीय सेमिनार आयोजित करना सोसाइटी की एक अभिनव पहल है।

सेमिनार में कमांडर अरुण प्रकाश भट्टाचार्य (नई दिल्ली) ने श्री प्रभात रंजन सरकार द्वारा रचित प्रभात संगीत में सेमल चित्रण विषय पर अपने विचार रखे। उन्होंने बताया की कुल 31 प्रभात संगीत में सेमल वृक्ष का वर्णन है और अधिकतर गीत बसंत ऋतू के संदर्भ के साथ ही रहस्यवाद प्रदर्शित करते हैं। अंत में सोसाइटी सचिव ने सभी वक्ताओं को धन्यवाद ज्ञापित करते हुए कहा की सेमल का डंडा जलाने वाले सभी लोगों से अपील करनी चाहिए की वे हर वर्ष कम से कम पांच सेमल के पौधे लगाने और उन्हें विकसित करने की पूर्ण जिम्मेदारी लें तभी आने वाली पीढ़ियों तक परम्परा का संवहन करने हेतु सेमल वृक्ष बचेगा। यह ऑनलाइन सेमिनार जूम प्लेटफॉर्म के साथ ही यूट्यूब पर भी लाइव प्रसारित किया गया। सेमिनार में देश-विदेश से विभिन्न प्रबुद्धजन और शोधार्थी शामिल हुए। कार्यक्रम का संचालन डॉ. ऊरवांश मेहता द्वारा किया गया।

International Seminar held on 40th Year of Neohumanism Philosophy

Society for Microvita Research and Integrated Medicine (SMRIM) and Renaissance Universal club (RU), Udaipur, Rajasthan, India jointly organized an **International Seminar on 40th Year of Neohumanism Philosophy (1982-2022)** on the Zoom platform and streamed live on Youtube. Seminar was started with *Prabha't Samgiita* no. 03 'Andhar sheshe Alor deshe..'.

In the beginning, President of SMRIM & RU, Dr. S. K. Verma welcomed all the participants and the Keynote speaker Prof. Dhanjoo Ghista. Dr Verma said that Neohumanism is the love for the Supreme which ultimately overflows to all the entities whether living or nonliving created by the Supreme. The term was first given by Shrii P R Sarkar in 1970 but the concept was officially expanded into a comprehensive philosophy in 1982 in his book "**The liberation of intellect:**



Neohumanism". The first discourse of this book '**Devotional sentiment and Neohumanism**' was given on 21st February 1982 and this year is the 40th year since the philosophy was developed as a universal outlook based on spirituality. Though, still humanity has not properly understood Geo-sentiment, Socio-sentiment and Human sentiment and now this needs to be properly understood for welfare of the entire humanity. He also expressed views of Shrii P R Sarkar on the occasion of International Mother Language Day on 21st February. Dr. Vartika Jain, Secretary, SMRIM and Dr Verma felicitated Prof. Ghista with Honorary Life Membership of

SMRIM on the virtual platform.

Keynote Speaker of the program, Prof. Dhanjoo Ghista from USA gave a broader vision on Neohumanist Education and Neohumanism University. Prof. Ghista told that there is an urgent need to alter the primitive community structure, thinking and living, by developing progressive societies involving Neohumanism and Universalism, Cosmic Thinking and Knowledge, Smart Governance and Prout, Global Citizenship and Global Harmony. He discussed that Neohumanism is a holistic philosophy for sustainable living, free from narrow sentimentality and based on this, a New Era Neohumanism University should be developed in which both faculty and students



embrace universalism and global citizenship, and are inspired to develop a progressive universal society, providing the basis for a better quality of life for the common people, in all public forums incorporating education, healthcare, human rights (particularly women's rights), social justice and equality, industrial development and public transport, safe community living and employment for all. Prof. Ghista told that seven colleges should be part of a University, these are: College of Arts, Education and Yoga, College of Sciences, College of Engineering and Community Infrastructure Development, College for Agriculture and Forestry, College of Business Management and Industrial Development, College of Medicine and Health Sciences and College of Law and Social Justice and explained how Neohumanism will be incorporated in the education imparted in these Colleges. This vision can help in developing self-sufficient sustainable rural units.

Moderator of the Talk, Dr. Urvansh Mehta said that more than 60 participants attended the Seminar from the country and abroad and extended heartfelt thanks to Prof. Ghista for delivering an excellent vision on Neohumanism Universities. Queries of all the participants were also resolved by Prof. Ghista in the question and answer session.

Dialogue on Biopsychology and Microvitology of Fasting

Society for Microvita Research and Integrated Medicine (SMRIM), Udaipur organized "**Dialogue on Biopsychology and Microvitology of Fasting**" on Saturday, 26th February, 2022. Program was started with *Prabha't Samgiita* no. 2569 '*Ami, Pathe Pathe Khunji Tomare*'. In the beginning, Dr. Urvansh Mehta introduced the various achievements of the Keynote speaker Dr. S. K. Verma, who is currently working as Professor Emeritus, Pacific Medical College and Hospitals, Udaipur.

Dr. S. K. Verma addressed the theme of the Dialogue in detail through his PPT presentation, He told that, there is a difference between fasting and *Upvaas*. Fasting is '*Anshan*' that is not taking anything whereas *Upvaas* means to sit near the Supreme entity. Fasting, without the food and water purifies the body but *Upvaas* purifies the mind. *Upvaas* which is done during specific days of lunar cycle that is Full moon, new moon and 11th days of both is highly beneficial for body, mind and soul because these are the days when gravity and electromagnetic forces and radiations from different celestial bodies



affect the various glands and water content of human body maximum. Therefore, it is prescribed to do fast on these days because Biopsychology is a new science given in 1987 by Shrii P. R. Sarkar and tells without food and water. He also discussed the correct method of starting and breaking the fast. If a fast is done in the proper way, the body will imbibe the positive microvita otherwise the negative microvita preferentially affects the body and mind resulting in harmful effects. A properly done fast will raise the human mind from physicality to psycho-spirituality and will ultimately help to reach the desideratum of human existence. Dr Verma concluded that a nicely done fasting makes physico-psychic activities at a faster pace than usual and therefore, the body has to fast without food and water and the mind should feast with his beloved Supreme.

Guest of the honor, Dr. Vijay Laxmi Chouhan said that the happy, calm and content state of mind is very important while eating and also during fasting. Organizing Secretary and moderator of the Seminar, Dr. Vartika Jain said that more than 60 participants attended the program held on Zoom platform with live streaming on YouTube from all over the country and also from abroad. She said that the Fasting is followed in many religions but the scientific basis of keeping fast on Ekadashi, Purnima and Amavasya supports ancient knowledge of rishis and munis and breaking of fast in a proper manner is also very essential to get maximum benefit of fasting.

Queries of all the participants were also resolved by Dr. Verma in the question and answer session. Program was smoothly conducted with active support of Rajesh Sharma, Bhavika Kunwar and Yash Verma. In the end, Vice President of SMRIM, Shrii Dinesh Sharma proposed a vote of thanks to Dr. Verma, all the participants, and the entire organizing team.

National Seminar held on Kiirtan In context with Microvitology

Society for Microvita Research and Integrated Medicine (SMRIM), Udaipur organized "**National Seminar on Kiirtan in context with Microvitology**" on Sunday, 27th February, 2022. Program was started with *Prabha't Samgiita* no. 138 '*Ámi Je Dike Tákái Heri O Rúpa Keval*'.

Keynote speaker, Dr. S. K. Verma, Professor Emeritus, Pacific Medical College and Hospitals, Udaipur talked about the history and science of Kiirtan in detail. He told that, Kiirtan should be of eight syllable siddha mantra which should be recited with *Lalit Marmik* dance loudly. Kiirtan helps in controlling the mind, glands and hormones. Microvita are the smallest living entity created by the cosmic mind and move through inferences and also act on different plexii and control hormonal secretion. Positive microvita prefers subtle sound inferences whereas negative microvita's preference is crude smell inferences. Therefore, kiirtan's sound inferences invite positive microvita which affects the human body and mind in a positive direction. Positive microvita create congenial environment for psycho-spiritual meditation and should be increased in its density through engaging in good songs and kiirtan, sentient food, good literature, good thinking, good company and scripture. Invitation of positive microvita is required to enhance the overall progress of humanity from physical to psycho-spiritual and ultimately pure spiritual. Dr Verma told, that there is an urgent need for research on the scientific aspect of kiirtan at the earliest.



Plenary speaker, Engineer Shrii Madan Prasad Singh ji from Jamshedpur talked about available scientific evidences regarding the effect of Kiirtan on neuronal cells and its circuits as well as the genetic structure. The studies have shown that Kiirtan improves the cognitive, vestibular and locomotor functions effectively. He said that Kiirtan is a kind of easy meditation where the goal is fixed and body parts are engaged in singing and dancing in the thought of the Supreme entity. He also emphasized to start further scientific research on 'Baba Naam Kevalam' Ashtakshari siddha mahamantra and its therapeutic benefits.

Moderator of the Seminar, Dr. Vartika Jain said that more than 50 participants have joined the program held on Zoom platform with live streaming on YouTube from India and abroad. Tattvik Paras Nath ji appreciated the efforts of SMRIM for regularly organizing wonderful sessions on such interesting topics. Queries of all the participants were also resolved in the question and answer session. In the end, Vice President of SMRIM, Shrii Dinesh Sharma proposed a vote of thanks to Dr. Verma, Shri M.P. Singh ji, all the participants, and to the entire organizing team.

माइक्रोवाइटा सोसाइटी द्वारा सेमल संरक्षण मिशन की प्रगति पर हुआ मंथन

सोसाइटी फॉर माइक्रोवाइटा रिसर्च एंड इंटीग्रेटेड मेडिसिन (स्मरिम), उदयपुर द्वारा सोमवार 14 मार्च को विगत सोलह वर्षों से चलाये जा रहे सेमल संरक्षण मिशन की प्रगति पर उदयपुर जागृति परिसर में मंथन हुआ। सोसाइटी अध्यक्ष डॉ एस. के. वर्मा ने बताया की उदयपुर शहर में प्रतिवर्ष हजारों की संख्या में होलिका-दहन में औषधीय वृक्ष सेमल को जलाया जाता है और सेमल एक बहुदेशीय वृक्ष है जिसका प्रत्येक भाग जड़, तना, पत्ती, फूल, फल, गोंद, बीज, रुई, कांटे, छाल औषधीय महत्व रखता है। विभिन्न शोध निष्कर्षों में वर्तमान में प्रचलित मधुमेह और हृदय रोग जैसी बीमारियों में भी इसके उत्साहवर्धक परिणाम सामने आये हैं। सेमल वृक्ष से कई उपयोगी रासायनिक तत्व भी निकाले गए हैं जो विभिन्न रोगों के उपचार में औषधीय रूप से महत्वपूर्ण हैं। उन्होंने कहा की सेमल एक छत्रक वृक्ष की तरह विभिन्न जीव-जंतुओं और पक्षियों को आश्रय प्रदान करता है और अग्नि-प्रतिरोधक गुणों के कारण जंगलों में लगने वाली आग को रोकने में भी सहायक हो सकता है। इसकी जड़ें पानी को रोकने में सहायक होती है और तालाबों के किनारे इसे लगाकर ग्रीष्म ऋतु में भी जल की उपलब्धता बनाये रखती है। डॉ वर्मा ने बताया की सेमल, पंचवटी का यह एक मुख्य वृक्ष है जो धनात्मक माइक्रोवाइटा को आकर्षित कर ऋणात्मक माइक्रोवाइटा को दूर करने में भी अपनी भूमिका निभाता है।

सोसाइटी सचिव डॉ वर्तिका जैन ने बताया की इस अति महत्वपूर्ण वृक्ष को बचाने हेतु चलायी जा रही मुहिम में सेमल के बीजों को एकत्र कर उनसे नए पौधे बनाना और विभिन्न स्थानों पर पौधारोपण करने के साथ ही वर्ष 2011 से लौह-स्तम्भ पर पर्यावरण-संरक्षी होलिका दहन करने की पहल को अधिक से अधिक लोगों तक पहुंचाने का प्रयास सम्मिलित हैं। उन्होंने कहा की इससे कई टन सेमल की लकड़ी जलने से बची और वातावरण की शुद्धता में भी योगदान हुआ। डॉ जैन ने कहा की सेमल के उपयोगों को विश्व स्तर पर बताते हुए प्रथम बार स्प्रिंगर, जर्मनी से पुस्तक का प्रकाशन भी वर्ष 2012 में किया गया। इस बहुमूल्य वृक्ष के प्रति जागरूकता बढ़ाने हेतु सोसाइटी ने वर्ष 2021 में प्रतिवर्ष माघी पूर्णिमा पर 'सेमल दिवस' मनाने का संकल्प लिया और जिसके तहत 16 फरवरी 2022 को प्रथम बार पूर्णतया सेमल वृक्ष को समर्पित एक राष्ट्रीय सेमिनार आयोजित किया गया जो सोसाइटी की एक अभिनव पहल है। उल्लेखनीय है कि माघी पूर्णिमा पर ही सेमल का डंडा होलिका दहन हेतु रोपा जाता है। डॉ. वर्तिका ने सेमल के सामाजिक-सांस्कृतिक महत्व को बताते हुए कहा की विभिन्न समुदाय अपने उत्सवों, प्रथाओं, पहेलियों, लोक-गीतों इत्यादि में सेमल वृक्ष का प्रयोग करते हैं। परन्तु इसके बहुपयोगी उपादेयता से अनभिज्ञता के चलते इसकी कटाई अत्यधिक मात्रा में होने लगी जिससे होलिका-दहन का भार अन्य वृक्षों जैसे गोंडल, अरडू, हरसिंगार इत्यादि पर आने लगा है।

सोसाइटी सहसचिव गिरधारी लाल सोनी ने कहा की लोहे की होली के विकल्प के साथ ही सोसाइटी, कंडो की होली और गो-काष्ठ की होली जलने का विकल्प भी रखती है और जनसाधारण से अपील करती है की वे सेमल को जलने से बचाकर पर्यावरण संरक्षण में अपना बहुमूल्य योगदान दे तथा हर वर्ष कम से कम पांच सेमल के पौधे लगाने और उन्हें विकसित करने की पूर्ण जिम्मेदारी लें तभी आने वाली पीढ़ियों तक परम्परा का संवहन करने हेतु सेमल वृक्ष बचेगा। अंत में उपस्थित सोसाइटी सदस्यों ने ने अपने-अपने क्षेत्रों में सेमल वृक्ष को बचाने हेतु "सेमल संरक्षण अभियान" जारी रखने का संकल्प लिया।

लौह-होलिका दहन के साथ सेमल संरक्षण जारी

बहुपयोगी औषधीय वृक्ष सेमल को होलिका दहन में जलने से बचाने के लिए सोसाइटी फॉर माइक्रोवाइटा रिसर्च एंड इंटीग्रेटेड मेडिसिन (स्मरिम), उदयपुर की प्रेरणा द्वारा लौह-स्तम्भ पर पर्यावरण-संरक्षी होलिका दहन कर सेमल संरक्षण अभियान जारी रखा जा रहा है।

सोसाइटी अध्यक्ष डॉ एस. के. वर्मा ने बताया की गुरुवार 17 मार्च, 2022 को होलिका दहन के अवसर पर उदयपुर शहर की पत्रकार कॉलोनी, चित्रकूट नगर, पंचवटी के अतिरिक्त कानोड़ में विभिन्न स्थानों पर लौह स्तम्भ पर चारा और घास बाँध कर अल्प-प्रदूषण युक्त सामूहिक इको-फ्रेंडली होलिका दहन किया गया। सेमल वृक्ष के स्थान पर लौह-होलिका दहन को कार्यान्वित करने में सत्येंद्र सिंह चौहान, अजय आचार्य, इंंदरसिंह राठौर, गिरधारी लाल सोनी, मोड़ सिंह, ओम व्यास, गोपाल सोनी, राहुल, कैलाश चौधरी, आचार्य ललितकृष्णानंद अवधूत का पूर्ण सहयोग रहा। डॉ वर्मा ने कहा की वर्तमान में सेमल की होली भी 1000 से 1200 रु. में बेची जा रही है जबकि लगभग उसी मूल्य में लौह-स्तम्भ भी होलिका दहन के लिए उपलब्ध है और एक किफायती, टिकाऊ और पर्यावरण-संरक्षी विकल्प है जो साल दर साल उपयोग में लिए जा सकते हैं।



सोसाइटी सचिव डॉ वर्तिका जैन ने बताया की सेमल वृक्ष को बचाने हेतु, सोसाइटी वर्ष 2011 से निरंतर लौह-होलिका दहन कर रही है। जनसाधारण को इस वृक्ष के प्रति संवेदनशील होना होगा क्योंकि रूढ़िवादी परम्परा के पोषण हेतु पेड़ को काटना कदापि धर्मसम्मत कार्य नहीं है अतः लौह स्तम्भ अथवा गो-काष्ठ अथवा कंडो की इकोफ्रेंडली होलिका दहन ही पर्यावरण सम्मत कर्म है। उन्होंने बताया की सोसाइटी सेमल पौधारोपण द्वारा भी सेमल संरक्षण अभियान को सफल बनाये रखने में प्रयासरत है।

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. 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

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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

References should be cited in the text by the consecutive **numbers** of their occurrence; the numbers are to be shown as superscript at the end of the statement related to that particular reference, e.g. Microvita are mysterious emanations from Supreme Consciousness¹. Following the same sequence of the text, the list of references should be appended under the **References** heading. Each reference should provide names and initials of all the authors, giving coma in between the authors. In case, the authors are more than five, then use *et al* after the 5th author. It should be followed by year of publication, title of the paper, abbreviated title of journal (in italics)/ book title in italics, volume number, issue number and the starting and closing page numbers. Abbreviated titles should conform to the international guidelines, e.g. The Chemical Abstracts Service Source Index (CASSI) or BIOSIS. The style of references should be:

Research Papers

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

Books

1. Sarkar PR. 1987. *Microvita in a Nutshell*. p.56. AMPS Publ., Tiljala, Kolkata.
2. Jain V. & Jain SK. 2016. *Compendium of Indian Folk Medicine and Ethnobotany (1991-2015)*, pp. 1-542. Deep Publ., New Delhi.
3. Jain V. 2017. Chapter 5.1: A glimpse of culture-based man-plant relationships in Indian folk life. In: *Methods and Approaches in Ethnobotany (Concepts, Practices and Prospects)* (Ed. Jain SK and Jain V), pp. 151-157. Deep Publ., New Delhi.

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