



RAINBOW

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PRIYADARSHNI ACADEMY ENTERS SILVER JUBILEE YEAR WITH A ROUSING GLOBAL AWARDS FUNCTION



September 19, 2008 -- was a momentous day for the Academy. It entered its Silver Jubilee year with its flagship event -- the Global Awards function. The awardees were from the galaxy, the best-ever assembled in the history of the Academy and the dignitaries on stage, as good as they come. There was Maharashtra Chief Minister Shri Vilasrao Deshmukh as the Chief Guest; Minister of

State for Civil Aviation, Government of India, Shri Praful Patel, as the Special Guest of Honour; none other than Dr. Michael Nobel, Executive Chairman of the Nobel Family Trust, and Shri Jayantrao Patil, Maharashtra State Minister for Finance and Planning, as the Guests of Honour; Shri Suresh Prabhu, MP, Dr. Indu Shahani, Sheriff of Mumbai, Shri Milind Deora, MP, Shri Anand Mahindra, Vice-Chairman and Managing Director, Mahindra and Mahindra Ltd., Shri Nana Chudasama, World Chairman, Giants International, and Mr. Joseph Massey, MD & CEO, Multi Commodity Exchange of India Ltd., as Special Guests.

Leaders from all walks of life came early to grab the best available seats to have a good *dekh* of the proceedings, and by the time the function began, the Regal Room of The Trident, Nariman Point, was filled to capacity.

It was an appropriate time to reminisce about past glory -- the unique function we held in Parliament to present a portrait of Late Shri Rajiv Gandhi, the presence of Shri Vilasrao

Deshmukh at the Academy's very first function no less than 24 years ago; the wonderful things that the Academy has done, over the years, for the benefit of humanity; those glittering array of people who have supported the Academy through thick and thin and contributed to the Academy attaining its elevated pedestal today; Shri Praful Patel remembered his very first meeting with Shri Vilasrao Deshmukh many years ago when I too was present, and reflected on his days with Shri Shashi Tharoor when they studied in the same school together. Many other fond memories were related.

Everyone connected with the selection of the awardees and the organization of the function went out of the way to ensure that the program created a new benchmark. I take this opportunity to thank all of them for establishing a new high to emulate for the future. I owe special thanks to Shri Jayantrao Patil for hosting a pre-event 'Greet the Awardees' dinner on the 18th at the Sahyadri.

This issue prominently features the Global Awards function with abundant photographs that should help recapture the throbbing moments. There are also reports about a number of other important events from the Academy's calendar, and a few interesting articles. I am sure you will enjoy the issue.

Nanik Rupani
Chairman



A view of the celebrities and Global Awardees. Seen from (R- L) are: Dr. Shashi Tharoor, Mr. Tulsii Tanti, Mr. Deepak Parekh, Mr. Mac Maharaj, Mr. Steve Killelea, Mr. Robert Hagarty, Dr. R. F. Beramji, Mr. Jim Balsillie, Dr. Mohanbhai Patel, Mr. Dinesh Khanna and Smt. Jaywantiben Mehta

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SILVER JUBILEE GLOBAL AWARDS FUNCTION



Chief Guest Shri Vilasrao Deshmukh, Chief Minister, Maharashtra, lighting the traditional lamp. In the picture : Shri Jayantrao Patil, Maharashtra State Minister for Planning & Finance, Dr. Mashelkar, Mr. Rupani, Dr. Michael Nobel, Executive Chairman, Nobel Charitable Trust.

The proceedings began in a traditional and auspicious manner with Chief Guest and Maharashtra Chief Minister Shri Vilasrao Deshmukh and other leading dignitaries on the stage giving light to the ceremonial brass lamp, an ancient Indian tradition which signifies the spread of wisdom, knowledge and goodwill throughout the length and breadth of the earth.

Mementos were then presented to Shri Vilasrao Deshmukh, Shri Praful Patel, and Dr. Michael Nobel. Flower bouquets were presented to Shri Jayantrao Patil, Shri Anand Mahindra, Shri Suresh Prabhu, Shri Nana Chudasama, Mr. Joseph Massey and Shri Milind Deora.

Shri Rupani gave a cordial welcome address at which he reminisced about important events in the Priyadarshni calendar over the last 24 years and the distinguished personalities who made the Academy what it is today as it entered the Silver Jubilee year. He stated that the Academy's first public function, 24 years ago, was graced by Shri Vilasrao Deshmukh as the Guest of Honor. He profusely thanked the many supporters, well-wishers and sponsors.

He also cited in brief the numerous programmes that the Academy had undertaken, over the years, for the benefit of humanity with support to education being in its forefront. He requested Shri Deshmukh for free land so that the Academy could establish a big convention centre which is a requirement for the city of Mumbai.

In his address, Dr. Mashelkar, who presided over the



Dr. R. A. Mashelkar, Chairman, Global Awards Advisory Committee, addressing the audience. Mr. Anand Mahindra, Mrs. Geeta Rupani, Shri Jayantrao Patil are also seen in picture

awards function, stated that "we are proud that the Priyadarshni Academy awards have acquired a unique status and special prestige, that being because of the status and prestige of the awardees. We bask in their glory. There is no limit to human endurance and achievement. All the awardees are tall achievers. They have brought new values before us in their respective fields. These iconic figures should be role models for all of us for the standards they have set for themselves and for us to follow -- as benchmark of excellence and achievement. Each year we try to raise the bar and learn from best practices." Dr. Mashelkar expressed his thanks to his colleagues on the Global Awards Advisory Committee who made it possible for such luminaries to be present at the function to receive awards.

The presentation of the global awards followed after which a few special mementos and special bouquets were also presented.

In his address, Chief Guest Shri Vilasrao Deshmukh spoke about his association with Priyadarshni Academy in its initial stages, the growth of the Academy to great heights. He added that he is fully aware that the Academy is dedicated to the welfare of humanity. He promised to look into the request for free land which Mr. Rupani and Mr. Chudasama requested for Priyadarshni to establish a big convention centre in the city.

Shri Praful Patel, Special Guest of Honour, spoke of the superlative achievements of the awardees and added that Indians too should attain similar heights. He emphasized the importance for Indians to 'THINK BIG'.

SILVER JUBILEE GLOBAL AWARDS FUNCTION



Shri Praful Patel, Minister of State for Civil Aviation, Government of India, addressing the audience

He quickly noted, however, that "achievers like Shri Deepak Parekh, Shri Tulsi Tanti, and Shri Shashi Tharoor are indeed thinking big and achieving great results but we, as a nation, collectively, are not thinking and doing enough. We still have a lot of poverty, lack of education, and lacunae in a lot of other issues all around us although we are an advanced society and we are not able to do much about them. It is, therefore, that when we meet to honour people such as are assembled today, we need to take cues. I think we get a lot of praise for doing so little. The expectation levels of people need to go up considerably."

"We need to do so much more. There is so much opportunity in our country. In the field of aviation, if city states of Singapore and Dubai which are considerably smaller in size can attract 15 to 20 million tourists a year, why are we not able to attract anywhere near that figure? I am not giving you the larger picture as it is too complicated, but even in small, soft areas, we are not making enough difference. We can create and generate so much employment. We also need to increase our confidence levels.

"Mumbai is a city which can generate its own revenue. It only needs facilitation. It needs to create an environment to attract large investments. We need to create a platform. Maharashtra State has so many things to offer. It cannot be paralleled by any other state in our country.

India is certainly a country which cannot be ignored as people like Tulsi Tanti (jo paisa hawa se banate hai' (who creates money out of air) belong to our country."

Dr. Michael Nobel, Guest of Honour, said he was



Dr. Michael Nobel, Executive Chairman, Nobel Charitable Trust, seen addressing the audience

honoured to be at the function and added that the function has seen magnificent arrangements made. "I would like to say that mankind does not live by bread alone. Once the primary need of bread, butter, and roof are satisfied, then recognition is needed to move upwards and appreciation and recognition are needed for efforts made in life. Only 700 Nobel prizes have been presented thus far. That works out to 13 awardees per year out of 6.3 billion people in the world. This clearly shows the need, therefore, for organizations such as Priyadarshni Academy to fill the gap. The Nobel prizes are given in fields that were of interest to Alfred Nobel – physics, chemistry, literature, medicine, peace, etc. There is clearly a need for strong awards in other areas, notably the practical and applied sciences, humanitarian efforts and commercial development. Today, we are seeing a rich sampling. I am glad for the opportunity to be here.

Shri Nana Chudasama, Special Guest, supported Shri Rupani's request for free land from the Chief Minister for establishing a big convention centre in Mumbai.

Shri Hiranandani, Vice Chairman, Priyadarshni Academy, talked about leadership which was present in the truest meaning of the word in the achievements of all the silver jubilee awardees. He specially cited the instance of Shri Deepak Parekh who gave home loans when no other bank in the country dared to do so. Today, other financial institutions are competing with HDFC and giving home loans. That is the type of leadership our country has created. So, it is correct to say that the leadership of those who received awards today is not just leadership in the normal sense, but one that has set trends and created systems and changed paradigms for the benefit of mankind."

SILVER JUBILEE GLOBAL AWARDS FUNCTION



Mr. Nana Chudasama, World Chairman, Giants International, addressing the audience

Shri Anand Mahindra, Special Guest, spoke very highly of the Priyadarshni Global awards and said that the Sept. 19 date every two years is firmly fixed in his calendar as it is in the calendars of many Indian leaders, whether they are in the city, outside Mumbai, or outside India. He also thanked Mr. Jim Balsillie for accepting the award which has been named after his father. He was also all praise for the effectiveness of Blackberry which Mr. Balsillie founded.

Mr. Nayan Patel, Vice Chairman, Priyadarshni Academy, proposed a Vote of Thanks.

Ms. Sarita Sethi and Mr. Vinod Advani compered the proceedings.

The function ended with the singing of the national anthem.



Mr. Niranjan Hiranandani, Vice Chairman, Priyadarshni Academy, addressing the audience

A grand pre-event 'Greet the Awardees' dinner was hosted by Shri Jayantrao Patil, Minister for Finance & Planning, Govt. of Maharashtra, at the Sahyadri Guest House on the 18th. Mr. Rattan Keswari, President, Trident Hotels, Mr. Devendra Bharna, Executive Vice-President, The Oberoi Hotels & Resorts, and his team hosted a lunch for all 700 plus invitees following the awards function. Shri Chandru Raheja, Shri Neel Raheja, and Shri Ravi Raheja hosted a similarly grand "In Honor of the Awardees" dinner at the Jewel of India on the 19th. Priyadarshni Academy is grateful to all of them for making this invaluable social contribution and making the awards program a bumper success.

PRIYADARSHNI HELP TO FAMILIES OF POLICE AND ARMED FORCES WHO DIED IN TERRORIST ATTACKS

While Giving the tragic terrorist attacks on the city, the Managing Committee of Priyadarshni Academy has at the same time, decided to offer Educational Scholarships / Financial Assistance to the children of Police and Armed Forces personnel who succumbed to the bullets of the terrorists while protecting the lives and properties of the citizens on November 26 and 27, 2008.

An amount of Rs. 10 lakhs has been earmarked for this purpose. We request all our members and well wishers to contribute their mite to this noble cause. Please send your contribution to: Priyadarshni Academy, Arcadia, N. C. P. A. Marg, Nariman Point, Mumbai 400021



Mr. Anand G. Mahindra, Vice-Chairman and Managing Director, Mahindra & Mahindra, addressing the audience

SILVER JUBILEE GLOBAL AWARDS FUNCTION



Mr. Jayantrao Patil, Minister for Finance & Planning, Government of Maharashtra, welcoming guests at the pre-event "Greet Awardees" dinner hosted by him at Sahyadri Guest House on September 18. (L-R) Dr. Michael Nobel, Dr. & Mrs. Beramji, Dr. Shashi Tharoor, Shri Nanik Rupani, Mr. Jim Balsillie, Mr. Robert Hagerty, Mr. Steve Killelea, Mrs. Zarina, Mr. Mac Maharaj



Mr. Dilip Walse Patil, Guest of Honor, addressing the audience at the post-event "In Honour of the Awardees" dinner hosted by Mr. Chandru Raheja, Mr. Neel & Mr. Ravi Raheja, Dr. Michael Nobel, who Mr. Rupani and Mr. Murli Adnani are also seen in picture

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Mr. Jim Balsillie, Co-CEO, Research In Motion Ltd., Canada, receiving the Harish Mahindra Memorial Award for Outstanding Contribution to Innovative Leadership in Business from Mr. Vilasrao Deshmukh. Mr. Anand Mahindra, son of late Harish Mahindra. Mr. Rupani, Dr. R. A. Mashelkar and Mr. Jayantrao Patil are also seen in picture



Dr. Rumi Beramji, Orthopaedician, Mumbai, receiving the Award for Outstanding Contribution to Medical Services from Mr. Vilasrao Deshmukh, Mr. Rupani, Mr. Praful Patel, Dr. R. A. Mashelkar, and Mr. Jayantrao Patil are seen in the picture



Mr. Robert Hagerty, Chairman & CEO, Polycorn, Inc., U.S.A., receiving the Award for Contribution to Unified Communication and Business Innovation from Shri Praful Patel. Seen in picture are Mr. Rupani, Dr. R. A. Mashelkar and Mr. Vilasrao Deshmukh



Mr. Steve Killelea, Chairman, Integrated Research Ltd., Australia receiving the Award for Outstanding Contribution in the Field of Social and Business Innovation from Mr. Praful Patel. Seen in picture are; Mr. Rupani and Mr. Vilasrao Deshmukh



Mr. S. R. (Mac) Maharaj, Leader, South Africa, receiving the Award for Outstanding Contribution to Human Rights, from Dr. Michael Nobel. Seen in the picture are Mr. Vilasrao Deshmukh, Mr. Rupani and Mr. Praful Patel



Mr. Deepak Parekh, Chairman, HDFC Ltd., Mumbai, receiving the Award for Outstanding Contribution to Banking and Financial Services, from Shri. Jayantrao Patil. Seen in the picture are Mr. Vilasrao Deshmukh, Dr. R. A. Mashelkar, Mr. Rupani and Dr. Michael Nobel

SILVER JUBILEE GLOBAL AWARDS FUNCTION



Mr. Tulsi Tanti, Chairman & MD, Suzlon Energy Ltd., Pune, India, receiving the Award for Outstanding Contribution to the Development of Wind Energy, from Shri. Jayantrao Patil. Seen in the picture Dr. R. A. Mashelkar, Mr. Vilasrao Deshmukh, and Mr. Rupani



Dr. Shashi Tharoor, former Under-Secretary-General of the United Nations, U.S.A. receiving the Award for Outstanding Contribution to the Field of International Diplomacy, from Dr. Michael Nobel. Mr. Vilasrao Deshmukh, Mr. Rupani, and Mr. Praful Patel are seen in picture



Ms. Preity Zinta, renowned film actress, receiving the Smita Patil Memorial Award for Best Actress from Mr Vilasrao Deshmukh. Seen in the picture are Mr. Prateek Bubber, Mr. Rupani, and Dr. R. A. Mashelkar



Mr. Joseph Massey, MD& CEO, Multi Commodity Exchange of India Ltd., receiving Commemorative Memento from Dr. Michael Nobel for the first Green Exchange established by MCX. Seen in picture are: Mr. Rupani, Shri Vilasrao Deshmukh, and Shri Praful Patel



Mr. Sanjay Asher, receiving a Memento from Mr Praful Patel. Seen in the picture are Mr. Rupani and Mr. Vilasrao Deshmukh.



Mr. Keyur Patel, receiving bouquet from Mr Vilasrao Deshmukh for designing and creating Priyadarshni Academy's prestigious Global Awards Trophies. Mr. Rupani is also seen in picture.

Mr. Rupani addresses the International Business and Leadership Symposium on "Ethics in Business-Corporate Culture and Spirituality" on November 14 in the European Parliament in Brussels



Panel Discussion on The Noble Cause – a key for inspiration sustainability and best talents? From Left to Right – Dato Vijay Eswaran, Group Managing Director and CEO, Q1 Group, Dr. Sanjay Pradhan, Vice President, World Bank Institute, Mrs. Rajita Kulkarni, Director, International Association for Human Values, Mr. Ludo Bammens, European Public Affairs Director, EU Group, Coca Cola, Mr. Nanik Rupani, Founder Chairman, Priyadarshni Academy, Rabbi Awrahan Soetendorp, Earth Charter Commissioner Rabbi for the Liberal Jewish Community, The Netherlands. Following is the Text of Mr. Rupani's Address:

At the outset, I wish to express my sincere thanks to Mr Nirj Deva, Member of the European Parliament, and Mr. Hans Martin Schempp, President - International Association for Human Values, for giving me an opportunity to express my views on a subject which is close to my heart.

In today's changing business environment, companies that conduct business in an ethical, transparent and socially responsible fashion are expected to do better than their peers, and so they get rewarded by almost all stakeholders of the business community and society.

Thus, it makes a strong business case for companies to become good corporate citizens. Incorporation of ethics in business is no longer philanthropy but a business imperative. The culture of business is slowly getting evolved in a manner that minimizes environmental damages.

I firmly believe that companies with socially responsible behaviour will create better societies. This, in turn, will lead to sustainable cities, a concept gaining momentum because more than half of the world's population is living in urban areas.

Although corporate governance in India was in practice even in the ancient era, the modern saga of "business ethics" and "Corporate Social Responsibility" has gained momentum globally only after the Asian Financial Crisis in 1997. The current ongoing global financial turmoil proves

once again the importance of business ethics and good governance practices.

Global meltdown is largely due to failures in lending standards, risk management and corporate governance by the world's major lending institutions. Today's financial crisis has its roots in corporate irresponsibility and unethical practices.

The crisis goes deeper as it wasn't just that the loan seekers were at fault, but the mortgage providers and the bankers were equally at fault. People got home loans without verification of their income or assets.

'Companies today have become bigger than many economies. Companies are little republics. These are engines of efficiency and growth. If companies don't do responsible things, who is going to do?'

Well-managed CSR supports the business objectives and goals of the company and builds relationship with the key stakeholders whose opinion is valuable in such turbulent times.

Social awareness movement has raised expectations of businesses to use their massive financial and social influence to address social problems such as poverty, crime, environmental issues and lack of educational facilities. As business and commerce gained importance, business operations have become more complex. This has led to the emergence of "business ethics" as a

management discipline.

Even Kautilya (also known as Chanakya), India's most illustrious political economist of all times, around 2,400 years ago in his Arthashastra, suggested balancing of procedures and systems for avoiding malpractices.

One of Kautilya's recommendations at that time was – "The government taxes should be so low as the honey bee sitting on the flower and sucking the nectar without damaging the flower" - It should be so low as to discourage tax evasion.

We take pride in saying that Indian thoughts and philosophies have always advocated "CSR as an ingrained business value." The saints and sages in ancient India possessed nothing in the material world, but worked with the sense of mission of serving the society for the welfare of mankind. In ancient times, Indians were involved in promoting community development projects. There is an ancient saying "Helping others is punya (good), hurting others is papa (evil)". But why to gain this punya (good)? The simple answer in the Indian philosophical context is "cause-effect relationship and reincarnation".

Once upon a time, spirituality was left at the office doors; however, today spirituality is focused upon as a management tool. The number of organizations which are moving towards "spiritual" direction is increasing. Today, along with physical, emotional and intellectual elements, spirituality is also considered as the key factor for growth.

Indian religion and philosophy has always promoted spirituality at the work place. Swami Vivekananda has rightly said that the unique genius of India is that India is a spiritual country. In the ancient Indian context, corporate spirituality was supported. Work is considered as Yajna or a sacrifice. Work or karma or service purifies the mind which is an essential pre-requisite to any spiritual quest. Selfless service dedicated to God is the process of mind purification. The Travancore Maharaja used to call himself as "daasa" (servant) and ruled over his kingdom in his Lord's name. India's unique genius is spirituality and we consider life itself as a spiritual journey. Though in recent times, the West has adopted spirituality as a management tool, India has always been a spiritual country and has believed in work-life spirituality.

Moreover, Indian philosophy claims that a moral and balanced life would free us from a sense of guilt, tension, anxiety, stress and frustration. This can be assumed to be secular concepts and values. As per Bhagavad Gita, a prayerful attitude, working in the name of God without attachment to the end results and accepting the results as God's blessings would add a spiritual element to the secular values.

Indian philosophy teaches that the Change is the Ultimate Truth and one has to realize that.

Many management Gurus in the western world also teach

the same and they say "Change or Perish".

With advancement in living standards, science, technology and economy, an increasing need is being felt for a profitable but yet sustainable growth.

Rapid industrialization has created imbalances in the economy. There is a widening gap between the rich and the poor. Climatic changes and environmental pollution have resulted in depletion of resources thereby leading to an increase in the prices of basic and essential commodities.

Some analysts have said the current crisis sweeping financial markets may leave no money for investments in limiting greenhouse gas emissions. However, ignoring the threat of climate change would send the world into an economic tailspin far greater than that of the global financial meltdown. As Mahatma Gandhi said "The Earth provides enough to satisfy every man's need, but not every man's greed".

We must remember that we are all inter-connected with each other. What affects one, directly or indirectly, affects all. To state the Ultimate Truth "What you do to others, you do to yourself".

I, being the Founder and Chairman of Priyadarshni Academy, would like to give you a brief idea of what Priyadarshni is and what it does.

Priyadarshni is well-known in India and on foreign shores for its prestigious Global Awards programmes. It is also involved in Education, Protecting the Environment, Promotion of Natural Living, International Cultural Exchange, Vedic Research, and a number of other activities.

"Healthy Youth Healthy India" is an initiative taken by Priyadarshni. This program addresses the growing rate of depression and suicide among students.

One of our prominent and most important programmes is 'National Integration through Dances and Music'. This programme provides a platform to encourage young upcoming artistes in the field of classical music and dance.

Priyadarshni firmly believes :

"Service to Humanity is the Best Work of Life"

"The Reward of Service is more Service"

"When You Give, You are being Blessed"

"When you go up, don't go in debit balance"

In conclusion, I would like to quote Albert Einstein:

"A 100 times every day, I remind myself that my inner and outer life depends on the labours of other people, living and dead, and that I must exert myself in order to give in the same measure as I have received and am still receiving."

Thank you.

Ms. Bijal Doshi's Column

Interiors are what lies within your body... not your house, clean and renovate those first



It was disheartening to hear a student at the Prana Yoga studio requesting for an 'extension period' to 'make up' for the sessions he would miss due to renovations starting in his apartment. "Ma'am, my interiors are being done up, so I will need a break from yoga classes

since I will have no time for 6 – 8 months till the work is done". He never returned to class after that. As renovations in apartments take much longer than expected, he had crossed the 'grace period' too. When we met him at a social function (he had time for that, even though kadias, carpenters, painters, and architects generally work from 10 AM onwards, not when he came to class at 6.30 AM), we hoped he had at least continued his practice with a private yoga instructor or on his own, for which he was pretty geared up. He said he never got back to it.

Another student coming to the Yoga class wanted to do 'make up' classes instead because she would not be able to attend all the Yoga classes, the reason being she was starting to commence Diwali cleaning. In the Yoga class, we teachers generally comprehend the word 'cleaning' as a 'shodhan kriya'.... cleansing ritual which includes the famous Kapalbhathi, often seen on TV and many others like Neti, dhauti, Basti, Kunjal, etc.

The moment you take the first step to benefit from anything that enables you to think more clearly, breath more effortlessly, and move more efficiently, realize that your renovation and cleansing are at their pinnacle from the moment you take that step.

One may find it difficult to locate a book or have a teacher who gives an exhaustive study of human anatomy and the interwoven Yoga asanas, their classifications, actions and effects on joints, the circulatory systems, the endocrine system, the cardio vascular system, the nervous system, and explain the science of yoga. No single book or teacher may be able to do that.... because yoga has an infinite number of details and extends itself to 84 lac postures, excluding Pranayam techniques and Shodhan Kriyas..... all of which are endlessly fascinating and potentially useful in some way or the other.

However, you as a seeker (Drashta) need to find out how you can accomplish your targets and fulfill your dreams by discovering the right blend for yourself.

Realize that no teacher is wrong, whereby you need to unlearn something you had been practicing; it is only his understanding of the original texts that may have been construed or interpreted differently. So, let the mind not get confused with different traditions and various names because all of them are pathways leading to the same destination.

Just as our experience of breath and gravity was the starting point of our life on this planet, yoga is the

integration and binding of everything and anything that crosses our way. One of the greatest heart breaks we can ever have is to get to the fag end of our life and realize that we did not manifest our dream, achieve our targets and fulfill our most cherished desires. The reason for that often is because we consider our 'exteriors' as our interiors.... and blame others for our time constraint. Your time is as much personal and your very own as your body is. So use it well.

Much has been said and read about looking within, cleaning the interiors, awareness of our own inner self, feeling inner sensations, time management, and yet we give all our time and importance to what is outside.

Understand the anatomy of prioritizing v/s. procrastinating before understanding the anatomy of the body. The anatomy of the body is more unwavering than our nature, temperament and disposition.

Each one of us has wounds within us, physical and emotional inner or outer, that are pleading to be healed and time spent in following the discipline of yoga and on learning the various techniques shown to us in the ancient scriptures like 'Yogasutras of Patanjali', Hathayoga Pradipika, Gerhand Samhita will eventually help us heal those wounds, physical and emotional, external and internal. You can get the fruits only by working on the roots..... your root, your core in what will give you your fruit.

Let the inner voice within you, guide you to take the steps towards inner realms of calm. Think within. "Our field is much bigger than what we dwarf ourselves to believe" My yoga teacher would say... so, try to reach beyond with unwavering insistence to find your own truth, a truth that unites our mind, body and breath.

The moment you step from dependence to independence, you move from the first four limbs of ashtanga yoga (meaning yoga of 8 limbs or steps) namely Yama (abstentions), Niyama (observances), Asanas (Postures), Pranayam (control of vital energy) to the next four limbs, namely Pratyahar (withdrawal of senses), Dharna (concentration), Dhyana (meditation), Samadhi (eternal bliss and super-conscious state).

The magnificent language of yoga arose from the true-to-life anatomical experiments of millions of seekers and watchers of thousands of years..... and all these Drashtas shared one common anatomical, biological and chemical laboratory - the human body. Give this beautiful body its daily dose of yoga with no excuses of any kind.

"Asanas are treated of in the first place, as they form the first stage of Hathayoga. One should practice Asanas, as they make one firm, free of decease, and light of limb." Hathayoga Pradipika 1 – 19.

So, let the dirt, wounds and scars not deepen in us with procrastination and irregularity if we want to continue transforming our lives with movements of pride (asana) and breaths of glory (pranayam).



In modern times, 'empowering women' is an extremely difficult challenge, but it is also an essential requirement for improving their status in male-dominated societies. An aspect of empowering women is to enable them with scientific knowledge of their genetic superiority over men. Since women

are mostly unaware of their inherited advantages, improving their self knowledge would hopefully lead to better utilization of their talents and enormous abilities. It is an accepted fact that traditional societies that refuse to give them the deserving respect and recognition are also economically and culturally most backward and regressive. Evidently, the best solution to improve the lot of mankind is to empower women for more active participation to achieve better standards of life.

There is the genetic, neuronal and hormonal justification of women's unique status in the evolution of human species. There are also different personalities imposed upon them cyclically every month by changes in body chemistry. The chronological development of identity crises at various stages of their life would show that the roots of their problems are chemical rather than any inherent deficiencies or inferior heritage.

Women are vulnerable to deep depression and there are reasons. Her constant low level stress leads to immunity deficiencies and loss of important brain chemicals. Consequently, she is physically and mentally challenged giving rise to more negative thoughts, emotions and actions. The main culprit is stress hormones that continuously circulate in her blood as she is ravaged by real or imaginary triggers all the time. Issues like jilted love affairs, unreliable partners, concerns for children's health, and setbacks in career keep on pumping her with cortisol. In the later part of life, they are confronted by rejection or loss of partner and children's indifference. Anxieties

associated with loss of sex drive and women specific sicknesses also keep stress alive.

Insomnia, loss of memory, and constant fatigue ultimately lead to serious diseases like diabetes, cancer and even failure of vital organs. Women get temporary relief by using medicines and faith-healing processes, but the lasting solution is in empowering the mind to remove fear and anxieties. The stressors should be identified first and imbalances in attitudes and habits corrected consciously with realistic appraisals.

The spiritual potential of women has to be unveiled to achieve excellence in life. She has to get proper education, freedom and respect. Knowledge inputs need to be given to awaken her potential to reach higher rungs of awareness and to convert basic instincts to qualities like compassion, tolerance, creativity and humanity. Brief scientific facts on universe, life, and various amazing co-incidents need to be explained to create in them an abiding impression of their unique spirituality. The roll of 'X' chromosomes in her life has to be explained to indicate her inherent capabilities to perform in all spheres much better than men. The special features of human female like estrus, bigger brain circuits and hormonal swings have to be narrated in detail to indicate her unique status and capacities. Finally, a scientific, self-help method needs to be prescribed for removing fear and anxieties from the mind and making it resilient and more responsive to challenges.

The focus of their training should be given secular explanations to empower them with wisdom of the unity of all existence that she can grasp better than her male counterpart. It is intended to reduce mental conflicts and to improve the unused advanced brain capacities in communication and memory. The essence of scientific knowledge and mystic wisdom has to be understood that would hopefully give them a wakeup call for more active participation in uplifting the cultural and economic standards on a global basis.

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YOUNG MP MILIND DEORA INAUGURATES 'HEALTHY YOUTH HEALTHY INDIA' PROJECT



Immediately after the inauguration, a two-hour awareness session was held for over 200 students. An intensive interactive workshop for students on Life Skill Education and Healthy Lifestyle was conducted on July 17 and 18. An intensive interactive workshop was held on July 19 and 20 for parents to understand to deal with Adolescence and help them adapt a healthy life style

The successful launch of the project was as a result of the painstaking efforts over several months of K C College, Delhi-based new NGO AACCI (Association of Adolescent Child Care in India) and Priyadarshni Academy.

Priyadarshni Academy will continue to conduct these programs for a larger student body in the years to come.

Priyadarshni Academy's ambitious 'Healthy Youth Healthy India' (HYHI) project took wings on July 15, 2008 with a grand opening at the K C College Auditorium on July 15, 2008. The project was inaugurated by young MP, Shri Murli Deora, Dr. Indu Shahani, Sheriff of Mumbai, Mr. Jignesh Shah, Chairman & Group CEO, Financial Technologies (India) Ltd., and Mr. Vynsley Fernandes, COO, INX News & Group Director, Network Operation, INX Media, were the Guests of Honour, and Prof. Nanik Shivdasani, Director, Jai Hind College, was the Special Guest. Mr Deora praised the Academy for continuing its efforts to do innovative programs for the development of the mental and physical health of the adolescent population in India. Mr. Vynsley Fernandes, COO of INX News, announced the electronic media cooperation between INX News and the Academy. The program was attended by an SRO audience which was standing in aisles and sitting on carpets in the upper tier of the auditorium.

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Mr. Pralhad Chhabria Receiving Award



Prime Minister of Israel presents 'AWARD OF HONOR' to Mr. Pralhad Chhabria for Significant and Direct Contribution to Israel's Economic Growth.

Mr. Pralhad Chhabria, Chairman of **Finolex Plasson Ltd.**, was presented Israel's 'Award of Honor' by the Prime Minister of Israel on November 12 at a ceremony held in Jerusalem during the Prime Minister's Conference for Export and International Cooperation. The award acknowledged Israel's appreciation and gratitude for Mr. Chhabria's company's close and continuous business cooperation with

Plasson Ltd. Maagan Michael, over many years, to promote exports and Joint Ventures with Israeli companies.

The recognition emanated from the Israeli business community and its leaders and was initiated by the Manufacturers' Association of Israel, The Israel Export & International Cooperation Institute, The Federation of Israeli Chambers of Commerce, Ministry of Industry, Trade & Labor, the Israel Ministry of Foreign Affairs, and the Israel Federation of Bi-national Chambers of Commerce and Industry.

Mr. Chhabria is a leading member of the Priyadarshni Academy family and has been a pillar of support to the Academy for many, many years. Priyadarshni Academy extends its heartiest congratulations to Mr. Chhabria and wishes him many, many more successes in the future.

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