

Foreword

The 'Guru' Series of Lectures is a novel initiative to bring eminent personalities from all walks of life to speak on topics of broad interest, providing a platform for intellectual discourse and lifelong learning for the students and faculty of Shoolini University. The series are aptly named after the great spiritual guru Parmahansa Yogananda who with his profound wisdom spread the message of inner knowledge emanating after self-realization based on the age old heritage of transcendental yoga.

The objectives of these lectures are to impart knowledge to students on issues other than course work for their holistic growth and motivate them to overcome the obstacles that stand between them and success. Launched in late 2014, the Guru Series of lectures have been delivered by an array of distinguished national and international personalities, including a Nobel Laureate, writers, educationists, scientists, corporate managers and leaders, defence personnel, spiritual gurus, political and NGO leaders.

This booklet gives brief background of Guru Series speakers and the summaries of their lectures. The University proposes to compile the full texts of all lectures in a compendium form.

(PK Khosla)
Vice Chancellor

Guru Series

'Guru Series lectures' is an initiative of our Vice Chancellor in memory of Swami Parmahansa Yogananda ji, who was born at Gorakhpur on the 5th of January 1893 and left his physical body for his heavenly abode on the 7th of March 1952 at California. He was born as Mukunda Lal Ghosh and was one of the most revered and evolved souls of all times. He was a true Yogi who was specially responsible for the teaching of Kriya Yoga and meditation to the western world, where he spent 32 years in the USA. It is because of his knowledge and services that he has a 'home page' on the International Yoga Day declared by the United Nations. Some of his better known quotations are the following:-

- I. Let my soul smile through my head and my heart smile through my eyes, that, I may scatter rich smiles in sad hearts.
- II. Remain calm, serene, always in command of yourself and you will then find out how easy it is to get along.
- III. The season of failure is the best time for sowing the seeds of success.
- IV. God is in every man, but every man is not in God, and that is why there is suffering.
- V. Read little, reflect more, and think of God all the time.

Shoolini being a young (7 years) university specialising in the basic sciences, pharmacy, engineering and management, it is our endeavour to have people who have excelled in various walks of life to share their journey of life and achievements with our young students and faculty. The idea is to inspire one and all at Shoolini to not just know their true potential, but to constantly strive hard to further stretch their limits in every way. We believe that anyone who has done well in his/her chosen profession is a 'champion' in his field of work and activity, and by sharing their success stories with our children they would inspire young impressionable minds to do the same. "To seek, to strive to struggle, and not yield" Lord Tennyson, and follow knowledge like a sinking star. To leave this world/universe a better place to live in than one inherited.

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List of Speaker till date

Sr. No.	Date	Name	Topic
1	5/12/2014	Lt General Baljit Jaswal	"Pro-active Leadership"
2	6/2/2015	Mr. Vivek Atray	"Bouncing Back in Life"
3	28/08/2015	Prof. Arun Deep Ahuwalia	"Global Climate Change and it's Effect on the Eco-system of the Himalayas"
4	11/9/2015	Major General Ajay Chaturvedi, AVSM, VSM (Retired)	"Disaster Risk Mitigation in the Himalayas"
5	16/10/2015	Ms Mohini Singh	"Art of Creative Writing"
6	20/10/2015	Dr. Kamaljit Singh Bawa	"Clean Air"
7	20/11/2015	Prof RC Sobti,	'Stem Cell Culture and its Applications.'
8	1/1/2016	Swami Smaranananda Giri, General Secretary	"Sciences and Spirituality"
9	19/02/2016	Dr. Baldev Singh Aulakh	KNOW ABOUT KIDNEY, PROSTATE& STONE PROBLEMS
10	4/3/2016	Brig MM Chopra	"Mansik Swachhata" (Cleanliness of the mind)
11	18/03/2016	Mrs. (Dr.) Kiran Bedi I.P.S retd.	"Character Building"
12	1/4/2016	Genral K.J. Singh	"Patriotism"
13	11/4/2016	Mr. Narinder Parmar	"The Seven Secret of Success"
14	17/06/2016	Swami Krishnananda Giri	"Science of Meditation"
15	20/05/2016	Dr. Bhupinder Singh Bhoop	"Overcoming Biological Barriess using Nanotechnology approaches"
16	5/7/2016	Ms. Shinjini Kumar	"Significance of Paytm"
17	25/07/2016	Yuji Nishikawa San	"Science and Technology"
18	9/9/2016	Lt General Kamal Davar	"Leadership Building"
19	22/09/2016	Anandmurti Gurumaa	"An Awakened being, a Profound Mystic and a Contemporary Master"
20	14/10/2016	Prof. Saranjit Singh	"Industrial prospects of Quality Control and Quality Assurance"
21	11/9/2016	Proff Howarth	"Micro and Nanostructures for The Light Control"
22	18/11/2016	Proff Peter H. Raven	"Conservation of Biodiversity"
23	18/11/2016	Proff Harrison	"Cosmology and High Energy"



{Lt General Baljit Jaswal}

Lt General Baljit Jaswal, was our first Guru speaker who spoke on pro-active leadership. He stressed on the fact that people are the core to the success of any organization and a dynamic and proactive leader can play an important role in creating and nurturing a motivated, confident and effective team. He exhorted that a leader needs to have a keen eye of the work environment, anticipate the changes and shape the environment to make a mark on the future.



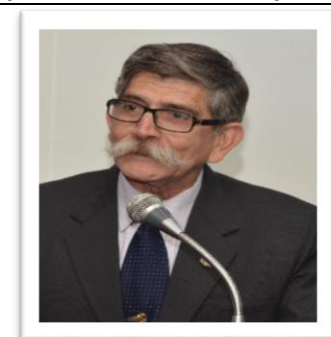
{Mr. Vivek Artay}

Mr. Vivek Artay, a young IAS officer with the Govt. of Haryana spoke on the importance of being versatile, and an achiever without compromising of core, moral, ethical values. His own achievements while working in the govt. and also the private sector were elaborated and left the audience at Shoolini inspired and confident to chase their own dreams.



{Prof Arun Ahuwalia}

Professor Arun Ahuwalia, a distinguished geologist spoke in detail about our physical world, and how we need to take care of it. He stressed more on the land mass and its degradation and how this would impact our well being unless we are not reckless about it. Related to this, he also urged the audience to take care of the rest of our environment, specially our space and water. He spoke quoting extensively from his research work with good examples.



{Maj Genral Ajay Chaturvedi}

Major Genral Ajay Chaturvedi, who is a soldier scholar, specializing in Engineering inspired one and all with his inspiring thoughts on 'leadership' and 'character'. Giving examples from his life experiences and battles, he spoke about the essence of being self disciplined to begin with, and there after the need to be hard working and sincere. He took a lot of questions from the audience on military life and some areas of his specialized research on 'water, a potential source of conflict and 'the role of Pakistan in India's Energy Security'.



{Mrs. Mohini Singh}

Mrs. Mohini Singh, educated our children and faculty on the importance of Defense analyses and keeping our 'archives' well prepared and updated. She highlighted the need to develop healthy hobbies, not just to relax and take our mind off from our daily routine and pressures, but more importantly to develop our artistic and esthetic aspect of personality.



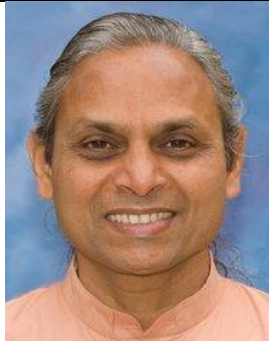
{Dr Kamaljit Singh Bawa}

Dr Kamaljit Singh Bawa (fellow Royal Society London), an evolutionary ecologist and conservation biologist shared his views on topics ranging from Indian education system to the issue of carbon foot print. He said that education has no boundaries and by not having international collaborations we are only hurting our own selves. He also mentioned that poor governance is killing the education system and simple steps like greater autonomy, better rewards and incentives would help it to thrive.



{Dr R.C. Sobti}

Dr R.C. Sobti, former Vice Chancellor of Punjab University spoke to the children and faculty of Shoolini on various topics in Biotechnology and cell biology, specially structural and functional aspect of Eukaryotic Chromosomes, Zoology and cytogenetic research. He also spoke on the importance of environmental health. Dr Sobti's talk was full of detailed knowledge on his topics which he explained at length in a simple manner.



{Swami Smarananda
Giri}

Swami Smarananda Giri, who is a science teacher/scientist having studied at the IIT Kharagpur where he also taught afterwards, spoke on Kriya Yoga, and the science behind meditation. He explained in a very simple and scientific manner the process and benefit of meditation, and how it leads to a better body, mind, emotions and our spirit. He stressed on the significance of finding balance in our life and living in moderation. He gave examples of how he benefitted personally from meditation.

	<p>Dr Baldev Singh Aulakh, professor of urology and transplant Surgery spoke on the significance of donating our physical organs to those who are in need of them. He clarified a lot of myths and fears on this aspect and stressed upon the need to give life to another person. His talk was full of energy, humor and he connected very well with the young minds at Shoolini. He answered a lot of queries of the children and staff and motivated many to be organ donors.</p>
<p>{Dr Baldev Singh Aulakh}</p>	<p>Brig M.M. Chopra, spoke to the children and faculty on ‘Mansik Swachhhta’ (cleanliness of the mind). In spite of being a military man, Brig Chopra touched on purity, cleanliness, connecting to ones inner self and living a life of spirituality. He spoke also about the Brahm Kumari’s of Mount Abu and their message of living a balanced and meaningful life with no compromise on character. While speaking on such inner qualities he stressed that one need not give up working or ones family at all in order to live purely and correctly.</p>
	<p>(Brig M.M. Chopra)</p>
	<p>Dr. Kiran Bedi, ex super cop and now the Governor of Pondicherry was perhaps one of the most popular Guru speakers for Shoolini this year. She spoke at length about the moral decay in our lives and society, and how this can be corrected by first beginning with correcting our own selves. She spoke a lot on developing leadership skills and character building, especially about leading by example, and leading from the front. She answered a lot of questions from the children on all relevant topics, including Politics.</p>
<p>{Dr Kiran Bedi}</p>	<p>Lt Gen K. J. Singh, former Commander in chief of the Western Command was one of the best ‘Guru Series’ speakers we had at Shoolini. Like Dr. Kiran Bedi he connected instantly with the young students and our faculty because of his patriotism, his experiences from battle and insurgencies, and also his passion. Even before he entered our auditorium, there was great expectations and excitement as he was then still in service, and he came in full uniform. He highlighted the sacrifices made by our jawans and all wings of the armed forces, and extolled our children to be patriotic, good and strong.</p>
	<p>{Lt Gen K.J. Singh}</p>



{Mr. Narinder Parmar}

Mr. Narinder Parmar, a life coach and motivational speaker based in Australia spoke on how to develop a 'winning mindset'. He specifically stressed on the role of emotional intelligence, smart goal setting, how to be an effective presenter and finally a great leader. He himself was very motivated and bubbling with ideas and energy. Children enjoyed every moment spent with him and he answered their entire question at length.



{Swami Krishnananda}

Swami Krishnananda, too was a wonderful Guru speaker at Shoolini who came all the way from Ranchi to address children and faculty at Shoolini. Even though Swamiji is an engineering graduate from IIT and other world renowned engineering institutes, he embraced spirituality whole time early in his life and explained to the audience why he did it, and how he has benefitted from it. He went into the depth of meditation and explained Brahm Sutras and how to realize the absolute. Needless to say, he kept everyone spell bound in the audience and also answered questions of children.



{Prof Bhupinder Singh Bhoop}

Professor Bhupinder Singh Bhoop, a world renowned Pharmaceutical Scientist from the Punjab University Chandigarh was a very lively and energetic speaker who shared his knowledge on optimized self nano emulsifying systems with enhanced Bioavailability potential. He spoke also about the importance of optimized drug delivery, Lipid based, nano structured systems and *Pharmacokinetics* and finally biopharmaceutics. At the end he answered questions with simplicity.



{Mrs. Shinjini Kumar}

Mrs. Shinjini Kumar, Director at Price Water House Cooper is a corporate 'honcho' hugely successful in her profession as varied as the banking sector, and the corporate world. She spoke about her journey in life starting from a small village in Bihar where her schooling was done at the village and higher studies at Patna. Against many odds she battled to come out victorious always because of her inquisitiveness, fire in the belly, an all hands on approach, and inspired one and all by her success. Her energy, fluency and simplicity touched many hearts.



{Prof Yuji Nishikawa San}

Professor Yuji Nishikawa San, from Japan science and technology agency spoke at length of how children from our university could gain admission to some of the leading universities at Japan. An engineer by profession he also shared business and trade practices of his country. By his experiences and explanations he left a mark on most speakers, and inspired them to come to Japan for further higher studies and employment.



{Lt General Kamal Davar}

Lt General Kamal Davar, one of the most distinguished and decorated soldier of our country, a war veteran of the 1965 and 1971 India Pakistan wars and also a scholar on military science and warfare shared with all of us his real battle experiences. By his talk he inspired everyone, and highlighted the need to have a high level of moral and ethical character, and how not to compromise with corruption in our life. He also stressed on leadership skills and the need to be God fearing and humble.



{Guru Anandmurti Gurumaa}

Guru Anandmurti Gurumaa, was again one of our more popular Guru Series speakers, who with her radiant personality, charm, eloquence and depth of spiritual wisdom highly educated and inspired all of our university children and faculty. She spoke about the importance of meditation, simple ways of how to do it, the need to find balance and harmony in our life, and rekindle our divinity. She also mesmerized us all by singing some bhajjans. Just her presence and a few words were enough to add energy and joy in our lives. We were blessed.



{Dr Saranjit Singh}

Dr Saranjit Singh, ex Dean and presently head of the dept. of pharmaceutical analysis as NIPER, SAS Nagar spoke on drug stabilizing testing, degradation chemistry, impurity and metabolite profiling, and also work on stability and bioavailability issues on anti TB fixed dose combinations. Though much of his talk was technical, but it benefitted our pharmaceutical students immensely. Some of our faculty members from the pharmacy dept. included our Dean have been his students too.



{Prof Howarth Bouis}

Professor Howarth Bouis, a doctorate from Stanford University and Director of Harvest plus program spoke about the history and achievement of the harvest plus Biofortification program and also the mineral and vitamin deficiency pattern. He spoke of how their programme helped eradicate the hidden hunger in 30 countries. Professor Howarth answered many questions raised by our students and did so in a very simple manner.



{Prof H. Raven}

Peter H. Raven, a leading botanist and advocate of conservation and biodiversity who received his Ph.D. from the University of California Los Angeles spoke on the necessity of preserving our biological diversity from pollution. He also spoke about how our “flora and fauna” sustain our livelihood at a deeper level, and the need to reduce consumption. He answered some questions from our students and faculty.



{Prof Harrison Prosper}

Professor Harrison Prosper, a distinguished research Professor of Physics at Florida State University USA spoke to our students and faculty on high energy physics, cosmology, advanced analysis methods and Bayesian statistics. His talk was very illuminating and thought provoking. He also answered questions raised by our students.