

Vol. I, Issue-I, February, 2015

ISSN 2454-5620

*International Journal*  
*on*

***THE ETERNAL QUEST  
OF MANKIND***

Chief Editor : Dr. Suniti Ahuja



# INTERNATIONAL JOURNAL on THE ETERNAL QUEST OF MANKIND

Volume-I Issue -I

February 2015

## **Chief Editor**

Dr.(Ms) Suniti Ahuja

Associate Professor

Coordinator, MA(English) & BCA Department

DAV Centenary College, Faridabad



**DAV Centenary College**  
NH-3, NIT, Faridabad

ISSN : 2454-4620

©DAV Centenary College, Faridabad

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or any information storage or retrieval system, without prior permission in writing from the copyright holder.

No responsibility for loss caused to any individual or organization acting on or refraining from action as a result of the material in this publication can be accepted by author/editor.

**Chief Editor**

Dr.(Ms.) Suniti Ahuja

**Published by:**

DAV Centenary College, NH-3, NIT  
Faridabad, Haryana(India)

The publisher believes that the content of this book do not violate any existing copyright/intellectual property of others in any manner whatsoever. However, in case any source has not been duly attributed, the publisher may be notified in writing for necessary action.

# INTERNATIONAL JOURNAL

on

## THE ETERNAL QUEST OF MANKIND

### Chief Patron & Executive Editor

Dr. Satish Ahuja  
(Guinness World Record Holder)  
Principal  
DAV Centenary College, Faridabad

### Chief Editor

Dr.(Ms.) Suniti Ahuja  
Associate Professor  
Coordinator, MA(English) & BCA Department  
DAV Centenary College, Faridabad

### Associate Editor

Dr. Chandra Shekher  
Director of Education(India)  
The International Open University for Complementary Medicine,  
Colombo, Sri Lanka

---

### Editorial Board

---

1. Prof. Dr. Ittikorn Wattana  
President of Human Resource  
Development Institute of Thailand  
President of Institute for Science of Life  
Energy Research and Development Thailand.
2. Dr. Saroj Sawhney  
Department of Economics Suffolk  
University 8 Ashburton Place Boston, USA
3. Dr. S. Vishwanathan  
Director, Centre for Yoga Studies  
Annamallai University Chidambaram, Tamilnadu
4. Air Mashal P.S. Bhangu  
Chairperson, Dynamic Sigfa Healing & Education.
5. Anmol Ahuja  
Delhi University
6. Prof. Dr. Narong Nimsakul  
Director Institute of Modern Medicine, Thailand  
Honorary President, International Society  
Laser Surgery & Medicine  
President, Anti -Aging Society Thailand.
7. Devika Ahuja  
Symbiosis Institute of Business Management  
Bengaluru, Karnataka(India)
8. Dr. Biswaroop Roy  
President, Dynamic Memory  
Chief Editor Asia Book of Records
9. Dr. D.N Sharma  
Vice President, International Naturopathy  
Organization Delhi
10. Nandan Kumar  
Visiting Faculty of TNPESU, Chennai.



# **INTERNATIONAL JOURNAL**

on

## **THE ETERNAL QUEST OF MANKIND**

### **International Advisory Members**

1. Ms. Mechtchild Tenhtoft  
President ISHO, Germany
2. Humphrey Ramprasad  
President, SIGFA, Holand
3. Cindrella  
HOD –Ayurveda Centre Germany
4. Mr Vishnu Bandhu  
President, ISHO, Newyork, USA
5. Dr Govind Das  
Senior Cardiologist, Dhaka

### **National Advisory Members**

1. Dr. S.C. Manchanda  
Department of Cardiology  
Sir Ganga Ram Hospital New Delhi.
2. Mr. Naveen Bhari  
Managing Director Dynamic  
SIGFA Health and Education.
3. Dr. Ashok Mehta (Oncologist)  
Director BSESMG Hospital Mumbai,  
BC Roy Award Winner.
4. Dr. Azeem Dana  
Project Director of Psycho Analysis and Delta  
Healing –SIGFA Solution
5. Dr. Rajeev Sharma  
International Psychotherapist
6. E.V. Swaminathan  
International Coach, Mind and Memory



**Dr. Suniti Ahuja**

Associate Professor

Coordinator, MA(English)& BCA Deptt.

Dav Centenary College, Faridabad

---

## EDITORIAL.....

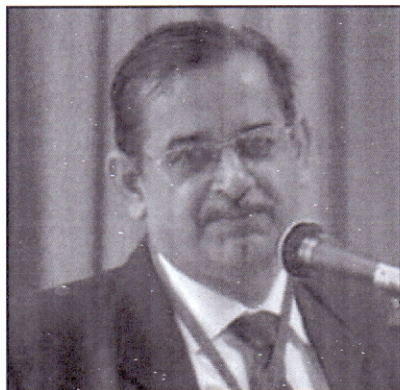
It is instilling a great sense of pleasure in all of us for being the editor of such a nice journal "THE ETERNAL QUEST OF MANKIND". As the name itself proves its significance.

It is unfortunate that man is losing faith in himself. We suffer from a feeling of utter helplessness. We live in an age which seems to be purposeless, which is greatly concerned but unconvinced, which hesitates between the past and the future. The human mind is at conflict with itself. The sole reason behind this pathetic situation is that we reduced ourselves to the status of an object shaped by impersonal forces. This is man's self-defeat.

Millions upon millions of words have been written for the solution of this crucial problem. This journal is also just like a drop in the ocean in this regard. There is no doubt in it that to be happy is the ultimate goal of all ambition, all endeavour, all hopes and plans.

If we think minutely then we will find that if the principles of contentment are not within us, no material success, no pleasures or possessions, can make us happy. And I am sure that without understanding the power of inner peace, we will not be able to engross the principle of contentment in ourselves. Because it should be the way of life.





**Dr. Satish Ahuja**

Guinness World Record Holder

Principal - DAVCC, Faridabad

---

Message

It is giving me immense pleasure and utmost satisfaction to render my appreciation for publication of this special journal which deeply presents the views and expressions of POWER OF INNER PEACE in the sphere of Spirituality and Psychology. I hope that this journal will prove a serene fortitude in the face of disappointment and chagrin of our society.

Most of us in our passage through life, whether we are religious or not, yearn for the mental security of a spiritual home. In such a turbulent time, we constantly feel the need of inner resources which give us hope, strength and peace of soul. So I accept it from the recess of my heart that if you are able to connect with the abundances of your own inner peace, it helps you to meet the problems of life and makes you able to see yourself through the dark hours that inevitably come to us all.

It is a matter of pleasure for me to enunciate that the publication of this journal of Spirituality and Psychology will prove a milestone for creating a happy and peaceful society. I am sure that the overwhelming response of writers will certainly be able to ignite the lamp of peace and prosperity.

My greetings and best wishes for successful publication of this journal, "THE ETERNAL QUEST OF MANKIND". I also extend my greetings and good wishes to everyone who are associated in bringing out this journal.



**Dr. Chandra Shekhar**

Guinness World Record Holder

President, SIGFA Solutions

Program Director, TNPESU

Director of Education for India, The International Open  
University for Complementary Medicine, Colombo

---

Message

In this critical period of human history, we will have to understand that as a human being we are born to love and create--not to hate and destroy. We will have to upgrade our state above the strife, above the battle, where we all can think ourselves as the servants of God and humanity. By raising our own spirits, each individual becomes the symbol of Divine. We will be able to see the dwelling light in ourselves. We cannot be regarded as deserted by the Supreme. If the Supreme is there, that Supreme protects every individual in this world and nobody is deserted by Him.

By understanding this in detail, we will be able to overcome the real conflict of the minds of men. If we really become faithful to the inner voice of conscience, the divine law then we will understand the moral law that binds the members of the human family together and give us a new sense of responsibility for the safety and happiness of the whole human family. By being ourselves we best serve the interest of others. So the importance of the topic **"THE ETERNAL QUEST OF MANKIND"** at this crucial juncture can be treated as a noble endeavour in this regard.

On this joyous occasion of the publication of this journal, I offer my warmest congratulations to each one who is associated with the publication of this journal. With the firm pledge of social parity in society, this journal will indubitably prove a source of inspiration for many to follow.



---

*INTERNATIONAL JOURNAL*  
on  
**THE ETERNAL QUEST OF MANKIND**

**CONTENTS**

- |     |   |    |
|-----|---|----|
| 1.  | Experience In Using Life Energy For Health And Healing In Thailand: Integration of Post Modern Science, Spiritual Science And Psycho Neurobics<br><i>Prof. Dr. Ittikorn Wattana</i> | 9  |
| 2.  | Educating Children In Psychology And Spirituality For Peaceful World<br><i>Dr. Satish Ahuja &amp; Azeemdana</i>   | 11 |
| 3.  | Creation Of Leaders With Spiritual Values<br><i>Prof. Dr. Narong Nimsakul</i>   | 18 |
| 4.  | Bridging The Gap Between God And Human Beings<br><i>Dr.(Ms.) Suniti Ahuja</i>   | 21 |
| 5.  | New And Better Education For Better World<br><i>Prof Dr. S.Viswanathan</i>  | 27 |
| 6.  | Ancient Indian Scriptures And Their Application In Today's Science<br><i>Air Mshl. P. S. Bhangu</i>   | 30 |
| 7.  | Alternative Nature Care For The World<br><i>Dr. D.N. Sharma</i>   | 34 |
| 8.  | Health Management By Power Of Mind<br><i>Dr. Chandra Shekhar</i>  | 68 |
| 9.  | Application Of Spirituality In Science, Religion And Politics<br><i>Major Gen. Sunil Kumar Jha</i>  | 46 |
| 10. | Nature And Nurture -- The Influence Of Environment And Heredity Over Child's Behaviour And His Personality<br><i>Devika Ahuja &amp; Anmol Ahuja</i>                                 | 57 |
| 11. | Marketing Of Spirituality In India<br><i>Dr. ViBha Bhandari &amp; Dr. Anjali Chopra</i>   | 60 |





**D.A.V. CENTENARY COLLEGE**

**NH-3, NIT, FARIDABAD**

**Website : [www.davccfbd.com](http://www.davccfbd.com)**