

# The Light House

BULLETIN OF THE ROTARY CLUB OF MADRAS - INDIA

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**District : 3230**

**Inaugurated : 10.05.1929**

**Chartered : 19.07.1929**

**Charter No : 3186**

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**COMING  
UP**

Luncheon meeting at 1.00 pm  
on Tuesday January 21, 2003  
at the Ball Room, Taj Connemara

CHIEF GUEST :  
Mr. David Davidar

TOPIC :  
"Publishing in India"

*The system of Ojas promotes the vedic path for a healthy living. Ojas needs to be developed to satisfy the physiological and psychological needs of individuals for a better life. Mental energy that is dormant and untapped is harnessed and released into the system. This mental energy has the potential to enhance the quality of health and life itself.*

*"That what establishes itself within the body is known as Ojas," quoted Sri. Tatwamasi Dixit, Founder of Ojas Foundation.*

*Any deviation of Ojas in the system will result in the disturbance of the body and the mind. This manifests itself as loss of energy, distraction and depression. Statistics indicate that eighty percent of the worlds' population suffer from some form of depression. Anger, hunger, anxiety, sorrow, grief, physical*

## "OJAS AND HEALTH"

*strain, etc. depletes the Ojas in the system leading to all sorts of complications in the mind and the body resulting in obsessive compulsive disorders.*

*Body disorders are divided into four areas - structural, chemical, emotional and energy imbalances. Ojas is connected and deals with the last two aspects mentioned above.*

*The thrust of the Ojas system is on chanting, meditation, stress reduction, diet modification and exercise to deal with health challenges of day to day living.*



Theme of the Month : Rotary Awareness

