

Articles, talks and interviews given since March 2020 **(English)**

Marathi articles in Sakal and Agrowon [are here.](#)

[Anil K Rajvanshi](#)

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2020-21 (till March 3, 2021)

1. [Mantra to fight Corona virus.](#) How to reduce stress and improve body's immune system. South Asia Monitor, 22 March 2020.
2. Shivam Patange, Nandini Nimbkar, Anil K. Rajvanshi "[Low-cost drinking water technology – rainwater harvesting with solar purification](#)". Current Science Vol. 118, No. 6, 25 March 2020.
3. [Follow Newton's Example to Utilize Lockdown Time Gainfully.](#) An essay on how we can be creative and think deeply about various issues during lockdowns. Thrive Global, 27 March 2020.
4. [Ashok Desai, I knew.](#) South Asia Monitor. 15 April 2020.
5. [India's response to Corona is out of fear and not planning.](#) South Asia Monitor. 29 April 2020. The [original article with links is here.](#)
6. [Reformat your memory.](#) Uncluttering the brain by removing memories can make it more productive. Edit Page Article; Times of India (TOI), 2 May 2020.
7. **Video:** [Washington Calling; Frank Islam in conversation with Anil Rajvanshi, 24 May 2020.](#)
8. [Secular Nehru helped spread Vivekananda's ideas.](#) Edit Page Article; Times of India (TOI), 27 May 2020. The [original article with links is here.](#)
9. [What are Prophetic and Solution Dreams?](#) Thrive Global, 18 June 2020.
10. [How to stop Unpleasant Thoughts affecting us.](#) Thrive Global, 20 June 2020.
11. [How sustainable lifestyle can overcome future Pandemics.](#) Thrive Global, 23 June 2020.

12. [Low-Cost Drinking Water Technology for Rural Areas](#). South Asia Monitor. 27 June 2020.
13. [How fast exhalation exercise may help Detoxify the Brain and Tone the Body](#). Thrive Global, 29 June 2020.
14. [How Yogic Exercises help the body at cellular level](#). Thrive Global, 1 July 2020.
15. [How Better Time Management helps produce Happiness](#). Thrive Global, 3 July 2020.
16. [Death, Karma and Reincarnation](#). Modified article 6 July 2020.
17. [Practicing spirituality should be the new normal in post-COVID times](#). Thrive Global, 16 July 2020.
18. [Prophecies and solutions experienced in dreams](#). Edit page article in Times of India. 18 July 2020.
19. [Only inspired leadership can fight COVID-type pandemics; not shock and awe](#). South Asia Monitor, 21 July 2020.
20. [Why is the world going through so much Turmoil?](#) Thrive Global, 24 July 2020.
21. [Dr. Atma Ram – A personal Tribute](#). Published in *Science and Culture*, July/August 2020.
22. [Sweet sorghum syrup R&D in India](#). A detailed research paper on our work published as a general article in Current Science. Vol. 119, No.12, 25 December 2020.
23. [Can the mystery of reincarnation be explained?](#) Thrive Global. 29 July 2020.
24. [What is the nature of desire and how can it be resolved?](#) Thrive Global. 2 August 2020.
25. [India @73 – Musings of an Ordinary Indian](#). August 2020. Published in [South Asia Monitor, 14 August 2020](#).
26. [What is Ego and a Possible Way to Tame it?](#) Thrive Global, 17 August 2020. [The original article with links is here](#).
27. [Mind Matter Interaction for podcast](#). The [article on it with links is here](#). 26 August 2020.

28. [My Mother](#) – A small tribute to my mother Hemlata Rajvanshi who passed away on 12 September 2020.
29. [Can Mind Interact with Matter? – A Conjecture](#). An essay on relationship of human thought and gravity. September 2020. Also [published in Thrive Global](#).
30. [Agri Reforms in India: What should be the true price of farm produce?](#) Published in South Asia Monitor. 14 October 2020.
31. **Audio:** [Technology at the Grassroots - Dr. Anil Rajvanshi](#). A Podcast interview of Dr. Rajvanshi regarding challenges in running a rural NGO. 17 October 2020.
32. [What is Consciousness?](#) Published in [Thrive Global, October 2020](#). Also published as an [edit page article in Times of India](#). 4 November 2020.
33. [What is the Science of Pranayama?](#) Published in Thrive Global. 2 November 2020.
34. [Nature of Form – Why Life is Attached to it?](#) Or why we fear death? Published in Thrive Global. 16 November 2020. Also published as half page article in [Times of India. 26 December 2020](#).
35. [Sustainable living can help us cope with future pandemics](#). Published in South Asia Monitor. 21 November 2020.
36. **Video:** [Sustainable Living](#). A video made by [Madhura Rajvanshi](#). December 2020.
37. [How Homeopathy Might Work? – A Conjecture](#). Published in [Thrive Global, 17 December 2020](#) and other websites.
38. [Era Gone By – My Love Affair with Steam Engines](#). Published in [Thrive Global. 24 December 2020](#).
39. [Mahatma Gandhi as they Knew Him – Personal Anecdotes](#). Published in Thrive Global. January 31, 2021.
40. [How Elderly Can Cope Up with COVID-19 Pandemic](#). Thrive Global, 4 February 2021.
41. [One of my Heroes – Albert Einstein](#). Thrive Global. 6 March 2021.
42. [Touched by Light – A conjecture on How Human Thought and Gravity are Related](#). Thrive Global. 22 March 2021.

2021-22 (April to March)

43. [Sunder Lal](#). About one of the powerful MPs of India. 4th April 2021.
44. [Purpose of Life is Helping Others](#). Thrive Global, 16 April 2021.
45. [H. N. Bahuguna: A Man Who Could Be Prime Minister](#). South Asia Monitor, 24 April 2021.
46. [Failure of Leadership in India](#). South Asia Monitor, 1 May 2021.
47. [How to Keep Cool in Summer – A Low Cost, Non-electrified Airconditioning System](#). 15 May 2021. Also published in [South Asia Monitor](#).
48. [Pandemic, Death and Rejuvenation of Soul](#). Thrive Global. 19 May 2021.
49. [Reaching for Stars may Provide Ultimate Happiness for Mankind](#). Space travel as a spiritual experience. Thrive Global. 25 May 2021.
50. [Indian government needs to reconsider its decision to blend ethanol with petrol for automobiles](#). South Asia Monitor. 4 June 2021.
51. [Memory Formation and Removal – A Conjecture](#). 15 June 2021.
52. **Video:** [Sleep and Dreams](#). A talk given to class 8th students of [Kamala Nimbkar Bal Bhawan](#), Phaltan. 1st July 2021
53. [From Personal God to Universal Consciousness](#). How to relate and reconcile the two. Thrive Global. 3 July 2021.
54. **Video:** [Spirituality + Technology = Happiness](#). A talk given on this subject. 29 July 2021.
55. [What Happens to Our Memories after death?](#) Thrive Global. 4th August 2021 and South Asia Monitor.
56. **Video:** [What does Independence Day mean to us?](#) A lecture (zoom format) given to students of class 7-10 of [KNB school](#) in Phaltan. 15th August 2021.
57. [Was Sage Patanjali an Ancient Astronaut?](#) Published in [South Asia Monitor, 26 August 2021](#).
58. **Video:** [Science of Patanjali Yoga Sutras](#). A talk published as YouTube video. 28th August 2021.
59. [Why ethanol is not a good fuel for automobiles](#). An article (in Marathi) in Agrowon newspaper. 17 September 2021
60. [Science of Patanjali Yoga Sutras](#). Thrive Global. 28th September 2021.

61. [Mantra of Development should be Spirituality with High Technology – The Gandhian Way](#). Published in South Asia Monitor. 2 October 2021.
62. [Deep Science of Patanjali Yoga Sutras](#). Published in [South Asia Monitor](#).
63. [Lessons from Spiritual Traditions of India](#). Thrive Global, 15 October 2021.
64. **Audio:** [COP26 and Challenges for India](#). A 23-minute interview of Dr. Anil K Rajvanshi was broadcast on All India Radio, Nashik on 13 November 2021. The video was made by [Madhura Rajvanshi](#).
65. **Video:** [Renewable Energy for Postproduction Agriculture – Challenges and Opportunities](#). An invited talk given at [XV Agriculture Science Congress](#), BHU, Varanasi on 14 November 2021.
66. [How India can fulfill its COP26 pledge](#). Published in [South Asia Monitor](#), 17 November 2021. Also available in [podcast format](#).
67. [How India can fulfill its COP26 pledge](#). Agrowon (Marathi), 19 November 2021.
68. [World Needs Spirituality Now More Than Ever](#). Published in [South Asia Monitor](#), 3 December 2021. In [podcast form](#).
69. [Neurobiological basis of Eureka Moments](#). Published in [South Asia Monitor](#), 12 December 2021. In [podcast form](#).
70. [The Eureka Moment](#). Editorial in Speaking Tree, Times of India. 15 January 2022.
71. **Audio:** [All India Radio Nashik interview](#) after the announcement of Padma Shri Award. 7 February 2022.
72. [Cooked meals for poor in India: An idea whose time has come](#). Published in South Asia Monitor. 12 February 2022.
73. [The Rahul Bajaj I knew – He always supported good ideas](#). Published in South Asia Monitor. 18 February 2022.
74. **Video:** [An interview given to IIT Kanpur after getting the Padma Shri Award](#). 29 January 2022.
75. **Video:** [From Lucknow to rural Maharashtra via USA – Journey of a local boy](#). A talk given to IIM Lucknow students and faculty. 1 March 2022.
76. **Audio:** [An interview on All India Radio \(Pune\) in Hindi](#) after the announcement of Padma Award. 3 March 2022.

77. [Einstein's Spirituality](#). Published as an editorial article in Sakal Newspaper (Marathi). 16 March 2022.
78. Anil K Rajvanshi. [Memory formation and removal – A conjecture](#). Article published in Science and Culture Journal. Vol. 88, No 3-4, March-April 2022 (pg. 119-122).

2022-23 (April to March)

79. [Altruistic Mindset is necessary for creating economical and sustainable solutions for poor](#). A TEDx talk given at MNNIT, Prayagraj, 9 April 2022. The [podcast of the talk is here](#).
80. [Revive greenery, get rid of pollution – Padma Awardee](#). An interview published in Times of India, 14 April 2022.
81. [Changing the rural landscape](#). A detailed story on Anil Rajvanshi was published in Dignity Dialogue Magazine. May 2022.
82. [Where has my Lucknow gone?](#) An article published in South Asia Monitor. 19 April 2022.
83. [How to Make a better India](#). Article published in South Asia Monitor. 30 April 2022. [Republished in Yours Positively](#), 3 May 2022.
84. [Role of Corporates in Bringing Social Transformation](#). A keynote address given to Tata group at their annual TAAP convention, Mumbai, 8th June 2022. A truncated version of this talk was published in [South Asia Monitor](#) and [Sakal \(Marathi newspaper\)](#). A [podcast of the talk is here](#).
85. A small document on [Padma Award given to Dr. Anil K Rajvanshi](#), June 2022. A detailed [diary of Padma Award](#) ceremony is here.
86. [Desire for Experience as an Engine of Evolution](#). An article published in [South Asia Monitor, 6 July 2022](#).
87. [Article published in Sakal \(Marathi daily\)](#). 16 July 2022.
88. [Improving mental Health for producing happiness](#). An article published in South Asia Monitor, 26 July 2022.
89. [Making Learning fun and why it is necessary to Teach children Ethics of Work](#). An article published in South Asia Monitor, 5 August 2022.
90. **Video:** [Anil Rajvanshi speaks with Mayank Chhaya](#). SAM conversations. 6 August 2022.

91. **Video:** [Man who Invented E-Rickshaw - Padmashri Dr Anil Rajvanshi](#). A YouTube video made by Nabeel Rizvi on our invention. 13 August 2022.
92. [What Does Independence Day Mean to Us?](#) An article published in South Asia Monitor. 15 August 2022.
93. **Video:** [“Junoon, Nation Building and Happiness”](#). A keynote address given to incoming MBA freshmen class at National Institute of Construction Management (NICMAR), Pune. 16 August 2022.
94. **Book:** My latest and 5th book [“Exploring the Mind of God – How Technology Guided by Spirituality can produce Happiness” was published by Story Mirror](#). 18th August 2022.
95. [My teacher Sage Patanjali](#). An article on Teacher’s Day, 5 September 2022.
96. **Video:** [An Institute lecture given at IIT Kanpur](#), 15 September 2022.
97. **Video:** [My latest book release function, Lucknow](#), 16 September 2022.
98. [Invited talk on my latest book given at Pune International Center](#), 1st October 2022. The [podcast of the talk is here](#).
99. [Genesis of Fear and How to Reduce it](#). Neurobiological basis of fear. Published in South Asia Monitor, 20 October 2022.
100. [Distinguished Alumnus Award from IIT Kanpur](#), 2 November 2022.
101. [Better Time Management for Happiness and Success](#). Published in South Asia Monitor, 15 November 2022.
102. [The Hypocrisy of COP meetings: Be the change you want to see](#). Published in South Asia Monitor. 24 November 2022. The original article [is here](#).
103. [Where will we get engineers to build this country?](#) Article published in South Asia Monitor. 26 December 2022.
104. [How Sinuses Help in Humming](#). Published in [South Asia Monitor. 6 January 2023](#).
105. **Video:** Was invited by Shri Om Birla, Speaker of Lok Sabha [to give a talk to the members of Parliament on our work](#) on 27th January 2023. I was one of the 18 Padma Awardees invited to do so. The [Lok Sabha webcast of the talk is here](#).

106. [Need to inculcate reading habits in children in this age of audio-visual addiction.](#) Published in South Asia Monitor. 3 February 2023.
107. Gave an inspirational talk to students, teachers and parents at Dnyansnvardhini Madhyamik School, Shirval. 17 February 2023.
108. Chief Guest lecture at Phaltan Engineering college, Phaltan. 24 February 2023.
109. **Video** of [National Science Day Public lecture](#), organized by Indian National Academy of Science, New Delhi. 28th February 2023.
110. [How to reduce fear in Children: Encourage reading; expand mental horizons.](#) Published in South Asia Monitor, 17 February 2023.
111. **Video:** [How to be a good Citizen.](#) An inspirational talk given to students and staff of Rayat Shikshan Sansathan, Satara. 17 March 2023.
112. [How India can rightly become a “Vishwaguru”.](#) Published in South Asia Monitor. 20 March 2023.
113. **Video:** Gave an [Inaugural talk at Techkriti 23 at IIT Kanpur.](#) 24 March 2023. [The YouTube of the talk is here.](#)

2023-24 (April to March)

114. [Understanding the Science of Patanjali Yoga Sutras.](#) An article published in South Asia Monitor. 18 April 2023.
115. [Our Ladakh trip diary.](#) 30 May 2023.
116. [Challenges in Ladakh: Appropriate technology can Improve Standards of Living.](#) Article published in South Asia Monitor. 31st May 2023.
117. [Patanjali Demystifies the Sky Full of Stars.](#) Op-ed article in Times of India, 14 June 2023.
118. **Video:** [Nation Building, Junoon and Happiness.](#) Invited lecture at HAL Academy, Bangalore. June 2023.
119. **Booklet:** [Exploring the Deep Science in Patanjali Yoga Sutras.](#) July 2023. Also published [as Kindle e-book.](#)
120. [India’s Ancient Tryst with Space Travel.](#) Blog in Speaking Tree, Times of India. 17 July 2023.

121. [In the Heart of Mountains](#). Article in Dignity Dialogue Magazine on our Ladakh trip. August 2023 issue.
122. [Oppenheimer and his usage of Gita Verse](#). An article published in [South Asia Monitor](#) and [Yours Positively](#). July 2023.
123. **Video:** [“Ethics of Work – How to become a Good Citizen”](#). An invited lecture given to incoming freshman MBA class at NICMAR University, Pune. 25 July 2023.
124. [Thoughts on 77th Independence Day](#). An article [published in South Asia Monitor](#). 11 August 2023.
125. [Focused Thought as a Key to Happiness](#). Op-ed article in Times of India, 22 August 2023.
126. **Book:** [Sattarchya Dashakatali America \(Marathi\)](#). My book “1970s America...” translated by Dr. [Nandini Nimbkar](#). Published by Story Mirror, Mumbai and available in all online bookstores. 28 August 2023.
127. [Mind-Matter Interaction: A Conjecture](#). Essay on how human thought and gravity could be related. 4 September 2023.
128. [Simple and Sustainable Living: Tribute to Mahatma Gandhi](#). An essay on how I have tried to live in a sustainable manner for the last 35 years. 14 September 2023.
129. [Concept of Time in Bhagwat Gita](#). Article published in South Asia Monitor, 18 September 2023.
130. [Time unveiled: Gita’s cosmic revelation](#). Op-ed article in Times of India. 26 September 2023.
131. [Relevance of Mahatma Gandhi Today](#). Article published in Boloji.com, 2 October 2023.
132. [Dr. M.S. Swaminathan – Going Behind Halo](#). Article published in South Asia Monitor. 3 October 2023.
133. **Audio:** [Spirituality in the Modern World- A Journey Within](#). A podcast on Round Table discussion dialogue with Delhi University Students. October 2023.

134. **Video:** A nice [video clip on our work was shown on National TV](#) on 8th October 2023. This is a part of “Hamare Padma” series broadcast on Doordarshan TV.
135. **Audio:** [Ethics of Work – How to be a Good Citizen](#). Chief guest lecture at Nasik HAL to mark the start of Vigilance Awareness Week. 30 October 2023.
136. [Deep Science in Patanjali Yoga Sutras](#). An [Institute lecture](#) delivered at IIT Kanpur, 9 November 2023.
137. An [interview of Anil Rajvanshi, taped by IIT Media Cell](#) , November 2023.
138. **Video:** [Innovative Water Technologies – Possibilities for Rural Applications](#). An [Institute lecture](#) delivered at IIT Bombay, 4 December 2023. The [podcast of the lecture is here](#).
139. **Video:** [Inaugural address at 3rd International Conference](#) on Water Technologies, organized by IIT Bombay, 4-7th December 2023. The [script of the lecture is here](#).
140. [India of my Dreams](#). An editorial article in Speaking Tree (Times of India). 11 December 2023.
141. [The Untold Story of Electric Rickshaws in India](#). Published in South Asia Monitor. 25 December 2023.
142. **Audio:** [Podcast of interview on Khulke.com about my life lessons](#) to youngsters. The interview (English/Hindi format) covered my journey from US back to India; challenges in running NARI; problems solved for rural areas and advice to youngsters. 27 December 2023.
143. [Water Crisis in India – Need for Developing Innovative Technologies. Published in South Asia Monitor](#), 7 January 2024.
144. [Some Technological Challenges in Agriculture](#). Webinar talk given to about 100 participants of agritech startups. Organized by IIT Kanpur Incubation Cell. 17 January 2024.
145. [Millets Should Be Used as Food and not for Fuel](#). Published in [South Asia Monitor](#), 23 January 2024.

146. [How Rural India is Changing – Not necessarily for Better](#). An article on [changing landscape of Phaltan](#) where I have stayed since 1981. Published in South Asia Monitor, 31 January 2024.
147. **Audio book:** [1970s America – An Indian Student’s Journey. An audio book](#). February 2024.
148. [Who is Afraid of AI?](#) An article published in South Asia Monitor, 21 February 2024. The [original article is here](#).
149. Reworking of article [“Mind- Matter Interaction – A Conjecture”](#). Also [made a podcast on it](#). 28 February 2024.
150. **Video:** An Institute lecture given at IIT Kanpur on 12 March 2024. The lecture entitled [“Life Lessons from a Spiritual Engineer”](#) was received nicely by the student community. The [podcast of the lecture is here](#).
151. **Audio:** [How to live in a Sustainable and Emotionally Satisfying Manner](#). A podcast interview conducted by Madhura Rajvanshi. March 2024.

2024-25 (April to March)

152. [Why Life? And Its Purpose](#). Published in [South Asia Monitor, 12 April 2024](#). A nice [podcast discussion on this subject is here](#).
153. Anil Rajvanshi gave a talk on 25th May 2024 in Bay Area, California, US entitled “My Journey from IITK to USA and back to Rural Maharashtra”. [The details of the talk are here](#).
154. Anil K Rajvanshi and Nandini Nimbkar, [“A low-cost multi-fuel biomass furnace for food processing in rural areas”](#). A paper (cover story) published in Current Science. 24 June, 2024 issue.
155. [How Indian Americans can contribute to India’s Development: Impressions from US trip](#). Published in South Asia Monitor, 7th July 2024.
156. [What is the Purpose of Life?](#) Published in South Asia Monitor. 14th July 2024.

157. **Video/Audio:** Anil Rajvanshi was the chief guest at the 6th Convocation of IIT Palakkad on 20th July 2024. The [video of the convocation address is here](#). And the [podcast of the address is here](#). The [full speech in pdf is here](#).
158. [Technology Guided by Spirituality Can Lead to Sustainability and Happiness – A New Paradigm of Development](#). Also published in [South Asia Monitor](#), 16 August 2024.
159. **Booklet.** [What is Thought? – Neurobiological and Physical Basis of Its Production, Transmission and Interaction with Matter](#). Published as [Kindle Book in Amazon](#). October 2024. (34 pages A4 size).
160. **Audio Book:** [What is Thought?](#) Published in October 2024.
161. [Ratan Tata: A Business Legend who set an example in humility and altruism](#). My small tribute to a great man published in South Asia Monitor, 11 October 2024.
162. [Knowledge Gain via Quantum Entanglement](#). Published in [South Asia Monitor](#), 24 October 2024. Also published as [editorial in Times of India](#) (Speaking Tree blog), 4 November 2024.
163. **Audio Book:** [Deep Science in Patanjali Yoga Sutras](#). November 2024.
164. [Can we reduce the Fear and Pain of Death?](#) Published in [South Asia Monitor](#), 30 November 2024.
165. [The Manmohan Singh I knew](#). Published in South Asia Monitor, 30 December 2024. The [full article with photos is here](#).
166. [Jimmy Carter: An Indian Perspective on a US President](#). Published in South Asia Monitor, 4 January 2025.
167. Invited as Chief Guest at the Bureau of Indian Standards (BIS) Foundation Day celebrations, Pune 6 the January 2025.
168. [India that I Desire to See in Future](#). An essay written for the Republic Day. [Published in South Asia Monitor, 25 January 2025](#).
169. [What AI Can and Cannot Do](#). Chief Guest Lecture at the Inauguration of 7th IEEE International Conference on Emerging Smart Computing & Informatics 2025, AISSMS, Pune. 5th March 2025. The [video of the lecture is here](#).

170. [What AI can and cannot do: AI needs hard ground-based data to deliver solutions](#). South Asia Monitor, 10th March, 2025.

171. [Clean drinking water for rural schools: India-developed technology can be scaled up, shared with other countries](#). Published in South Asia Monitor, 12 March 2025. [The original article is here](#).

2025-26 (April to March)

172. A nice story on our work of providing clean drinking water to rural schools was [published in Better India, 3 April 2025](#).

173. [A tribute to my dear friend Madhur Bajaj](#) who passed away on 11 April 2025. It was also [published in South Asia Monitor, 11 April 2025](#).

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[Marathi articles in Sakal and Agrowon are here](#).

All my [Podcasts \(more than 170 of them\) are here at this site](#).