

## ***Pioneers***

*This issue of the Journal is dedicated to the following pioneers who have been constant source of inspiration.*

- To keep the body in good health is a duty, for otherwise we shall not be able to trim the lamp of wisdom, and keep our mind strong and clear.  
- ***Gautam Buddha***
- In every walk with nature one receives far more than he seeks.  
- ***John Muir***
- I have two doctors, my left leg and my right.  
- ***G.M. Trevelyan***
- Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.  
- ***B. K. S. Iyengar***
- The concept of total wellness recognizes that our every thought, word and behavior affects our greater health and well-being.  
- ***Greg Anderson***
- Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well.  
- ***M. K. Gandhi***
- Get happiness out of your work or you may never know what happiness is.  
- ***Elbert Hubbard***
- An individual has three friends on whose company he relies .Wealth goes with him only while good fortunes last. Relatives go only as far as the grave. But his good deeds go beyond this life.  
- ***The Talmud***
- Self- preservation is the first law of nature  
- ***S. Butler***
- Self-reverence, self-knowledge and self-control, these three alone lead life to sovereign power.  
- ***Tennyson***