

To,

The Editor-in-Chief,
Scientific American

Dear Madam,

With reference to the article “Coping with Pandemic Stress” in the *Scientific American* March 2021 issue, we would like to make the following points:

Dayalbagh has a long history of pursuing Ultimate Reality through Ultra-Transcendental Meditation and, in this context, we have scientifically made valid observations to support the measures taken by us during the novel COVID-19 pandemic, which have a universal application. However, it seems that *Scientific American* does not wish to shower any laurels on Oriental countries and cultures, which have a long history (much farther back than American or anyone else) in this regard. The ancient Indian Universities of Patliputra, Nalanda and Taxila attracted scholars from everywhere, and it is invidious to ignore their role in spreading Old World culture throughout the 6 continents of the physical world.

At Dayalbagh, we have addressed the challenges of the pandemic by opting for a modern, sustainable “Healthcare Habitat” that develops a healthy body, mind and spirit through selfless community service in agricultural fields and elsewhere, regular exercise, and self-defence training for women and young

children. We build up our immunity by working outdoors in bright sunlight and fresh air, and practice integrated medicine to treat illness. Wearing safety helmets, masks and following social distancing norms are other practices that have protected us from COVID-19. We consider ourselves part of an intuitive system that generates ideas and solutions, similar in spirit to a “Ramanujan Machine”. Our holistic approach is validated by both, scientific as well as experiential evidence.

We hope that our observations will be taken into consideration.

Yours sincerely,

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