

## TEACHER'S ACTIVITY REPORT 2016 - 2017

**FACULTY:** Science

**DEPARTMENT/ COMMITTEE :** Biochemistry

**IQAC ACTIVITY No:** SVC/2016-17/BIOCHEM/SOC/4

**NAME OF THE ACTIVITY:** Interview with Dr. Pradeep Chhalliyil, Cancer Biologist, Uni5 Sakthi Foundation

DATE	FACULTY	DEPARTMENT/COMMITTEE	COORDINATORS NAME
February, 2017	Science	Biochemistry "Catalysis" Biochemical Society	Dr. Vandana Malhotra Dr. Nandita Narayanasamy (Teacher-in-Charge)
TIME	VENUE	NUMBER OF PARTICIPANTS	NATURE: Outdoor/Indoor
10.00 am – 12.30 pm	Online	2 staff and 7 students	Indoor
<b>SUPPORT/ASSISTANCE:</b>	No Funding (Independent)		

**BRIEF INFORMATION ABOUT THE ACTIVITY (CRITERION NO. II, VII):**

TOPIC/SUBJECT OF THE ACTIVITY	Conduct of an interview with an eminent Cancer Biologist – Dr. Pradeep Chhalliyil, Director Uni5 Sakthi Foundation
OBJECTIVES	<ul style="list-style-type: none"> <li>To provide students with the opportunity to interact with a biologist to discuss about the current situation of the world.</li> <li>Train them in the conduct of an interview and to translate the interview into a published document after proper editing</li> </ul>
METHODOLOGY	<ul style="list-style-type: none"> <li>Screen for a suitable personality for the given subject.</li> <li>Obtain their consent for the interview and fix a convenient time.</li> <li>Conduct the interview with prepared and extempore questions</li> <li>Write, edit, format and publish in the Department Annual magazine 'Expressions'</li> </ul>
OUTCOMES	<p>Uni5 Sakthi Foundation was identified as a non-profit organization and global welfare community that provides holistic healthcare services based on ancient Indian philosophies. Students learned the importance of ancient Indian treatments and appreciate the concept of energy flow in our bodies and its connection with mind and healing.</p> <ul style="list-style-type: none"> <li>They appreciate the discipline and decorum necessary when interacting with scientists and administrators in a professional space</li> <li>Hands on experience in journalistic skills.</li> <li>Positive encouragement and inspiration towards higher education and research.</li> </ul>

**PROOFS & DOCUMENTS ATTACHED (Tick mark the proofs attached):**

Notice & Letters	Student list of participation	<b>Activity report</b> ✓	Photos	Feedback form
Feedback analysis	News clip with details	Certificate	Any other	

IQAC Document No:	Criterion No: II and III	Metric No:
Departmental file no	IQAC file No;	

NAME OF TEACHER & SIGNATURE	NAME OF HEAD/ COMMITTEE INCHARGE & SIGNATURE	IQAC COORDINATOR (SEAL & SIGNATURE)
Dr. Vandana Malhotra Dr. Nandita Narayanasamy	Dr. Nandita Narayanasamy Teacher in charge Department of Biochemistry	Dr. N. Latha IQAC Coordinator Sri Venkateswara College

For Reference:

Criterion I	Curricular Aspects (planning & Implementation)	Criterion V	Student Support & Progression
Criterion II	Teaching Learning & Evaluation	Criterion VI	Governance
Criterion III	Research, Innovations & Extension	Criterion VII	Institutional Values & Best Practices
Criterion IV	Learning Resources and Infrastructure		

## Proofs

- Interview report

### Uni5 "Sakthi" Foundation – Healing with a difference! In conversation with Dr. Pradheep Chhalliyil

#### Catalysis Editorial Board



Uni5 Sakthi Foundation is a non-profit organization and global welfare community that provides holistic healthcare services based on ancient Indian philosophies. Since its conception in 1998, it has grown to include clinics, schools and international programs in USA and Indonesia. We interviewed Dr. Pradheep Chhalliyil, co-founder of the Uni5 Sakthi Foundation and a cancer biologist by profession, to find out more about their enigmatic ideology.



Dr. Pradheep Chhalliyil, PhD  
Cancer Biologist, USA

**SVC students:** What inspired you to start such an organization like Uni5? Could you tell us something about your organization and how it is different from others?

**Dr. Pradheep Chhalliyil:** It is a long story, I was around 15-16 years old when I started to be very much interested in the native and old methods of healing. I loved learning, so I used to learn, understand and comprehend it. Then I started applying it for health and all, and the patients became better. When I was around 19-20, I even started to go beyond my family members and neighbors. There were a couple of cases – like there was a case of infertility. The doctors said that lady will not have a child at all because the uterus is under-developed. I suggested some dietary modifications, and after six months she became pregnant, and now the child must be around 25 years old. Then I did my PhD in cancer biology. *Cleistanthus collinus* is an herb from my friends village that people use to commit suicide. I had an intuition that it might be helpful to kill the cancer cells. I applied it, and that became my PhD thesis.

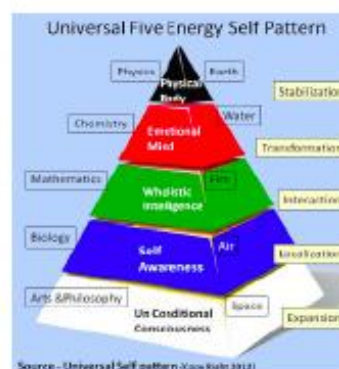
**How it is unique** - The system we are following is based on the principle that the entire Universe is made up of 5 elements. The whole universe is made up of energy that follows a particular pattern. This pattern is what the 5 elements are. I use my hand to show it – I didn't discover it, it was Kapila Acharya who formed the first thinking on Energy and how it manifests in 5 levels. The thumb represents the unconditional form of energy, without time and space. When it becomes conditioned or localized- that is what the fore finger is. When it starts to interact, that is what the middle



finger represents. When it starts to change that is the ring finger. Finally, when it attains a stable state, that is what the little finger represents. How to count this energy led to the Indian number pattern.

In Uni5 Sakthi Foundation, our *modus operandi* and philosophy is very different from NGOs and other such organizations. Our mission is to unify everyone giving up the notion of separatedness. In this unification, we still appreciate and enjoy the cultural differences from its own perspective. Our focus is on global peace by understanding that all our thoughts have differentiated from one single source or Truth. That one single Truth appears to be different only because of different fragmented views of it.

Our universal pattern view can serve as a template to see how our fragmented views align with it. It also gives a correct stand for viewing the Truth as it is. Understanding these patterns and self identifying with the complete picture one attains peace with oneself and with everyone. We try maximally to benefit others and not to charge money for it. We teach in Indian pattern based manner like the number system, once you learn it, you're free from the teacher. We have also started Uni5 schools in 2007 for pre-primary children. Once people learn the Uni5 pattern from us, they become independent. That's the strength because that is what real education is about... the real *Gyana* or knowledge, makes you independent and free, and that freedom is *moksha*.



**SVC students: How do you define health and ill-health/sickness in purview of your concept of the Universal energy?**

**Dr. Pradheep Chhalliyil:** When the energy is enough or sufficient, then we are healthy. When there is a deficiency of energy, we call it ill health. It is like rich and poor, where it based on the amount of energy as money one has. If they have enough, they are rich, if not then poor. However, everybody is different due to energy-budgeting. We all budget our energy and some people who have budgeted energy for health, will have insufficiency in other aspects of life. Ultimately, it all ties to energy and how we have budgeted it. It is a great concept. If someone is deficient in health energy, they may take whatever treatment but they will not get cured.

**SVC students: We were intrigued by your PhD thesis about the herb you used to treat cancer. Could you tell us more about it? How is it explained in context of energy?**

**Dr. Pradheep Chhalliyil:** As I mentioned earlier *Cleistanthus collinus* is a poisonous nature. There are several plants which are poisonous but they quick-killing, but this one gives a slow death. I had a feeling that it should be acting at the genetic level, the others act biochemically.

They contain cyanides etc., hence the quick death whereas this is a genetic toxin. I didn't want to use the crude extract, I wanted to purify which compound actually causes the effect, and then I took some major components and I added it to cancer cells grown in the laboratory. I found that the concentration is what determines the toxicity. At the 'Effective Treatment Dose'; it damages the DNA of the both normal and cancer cells. However, the cancer cells are not able to repair the DNA damage, so they die whereas the normal cells can overcome the damage, and repair themselves. It is the chemical nature of the toxin in the herb, the medicinal component of the herb that is specific for cancer cells.

Western science is based on the Greek and Roman philosophy that suggests that everything is a random event. But nothing is random, everything is determined by energy. We say that cancer is caused by mutations, but it is like a chain of events. Say a reaction occurs like A to B to C to D to E to F. F is the result and we are looking at B or C stage and saying that it is responsible for the result F. But what about A? A gene gives rise to RNA, which forms protein, and then the protein gives rise to the structural or functional problem. But we are discounting the upstream events to DNA, which the modern science still does not understand. Because we are only looking at the problem at one particular level we are unable to figure it out.

**SVC students: Your organization is deeply influenced by Hindu philosophy. Are there any ancient texts or authors that have molded your ideology? When you come across novel cases, what or whom do you consult?**

**Dr. Pradheep Chhalliyil:** See, we all tend to look at things the way we feel is correct. And everybody is correct, nobody is wrong. This concept also comes from *Sankhya* philosophy. There is an Indian story about five blind people touching an elephant - they all have their own views and they talk about the elephant in a different way but the truth is different. That truth is called *Darshan*. Religion and Science are nothing but different views or different ways of looking at the same truth in different levels. When we look at the truth in an emotional way we call it religion, when we look at it in the totally untouched by our senses it is called *Darshan*.

You ask about who we consult, I think there is nobody to consult. It is my own self. It sounds arrogant but that's not my intention. I would explain with the help of numbers. Say you come across a new number – whom do you consult? There is nobody to consult. You know it. Everybody in the world through Indian number system knows every number, not by name, but you know it. That comes because of the pattern you have learnt. So you don't need to consult anybody, you know it. In the classical traditional Indian methodology, given by Kapila Acharya, it is called *Sankhya*, I have renamed it in the modern language as Uni5, and in it you learn the health system based on patterns. Once you learn a pattern, and then you can apply in any form. Ayurveda is also based on this pattern.

**SVC students: Do you think that the mind can control the onset of a disease?**

**Dr. Pradheep Chhalliyil:** The mind does influence the body. That is why pharmaceutical companies have a tough time in approving a drug because they are perplexed why people who are given the real medicine do not show a 100% response. There is only 60-70% response. It is surprising that even in placebo, 50-60% people are responding. In the Uni5 system, the 5 fingers, the shortest is the body, then is the MIND, that's only two but then there are three other fingers. The third is the intelligence and the fourth is the luck factor. When we say mind has an effect, it has its own limitations. Like the body is limited, the mind is also limited. It has its limitations and it doesn't have full control. This makes sense because ultimately, the mind is only getting energy from the universal energy source.

**SVC students: Does the consciousness contribute to the energy flow in the body? Is there a correlation between this energy flow and chakras?**

**Dr. Pradheep Chhalliyil:** You have to understand consciousness is not energy. Consciousness becomes energy when conditioned in time and space. Our ancient Masters explained it with a simple analogy – the consciousness is like the ocean. One cannot pinpoint the water drops in time and space. But when it crystallizes into ice, then we can define it in this specific space and time whereas for ocean water there is no space-time concept. Ice is the same ocean water; however, they're not the same thing in their respective forms. The moment it is conditioned in time and space it (consciousness) becomes energy. Ice is ice, water is water. However, ice is made of nothing but water. From that energy perspective, there is a connection.

**SVC students: Lastly, You mentioned Uni5 schools. Do Uni5 schools teach the energy philosophy?**

**Dr. Pradheep Chhalliyil:** Uni5 schools are completely based on energy science. For children aged 2-5, we bring together all the knowledge of Indian science, *Sankhya* philosophy, Uni5 philosophy everything. We are easily able to introduce physics, chemistry, even molecular biology in their level and they do understand and grasp it. We're sure in 5-6 years, if research is done on them, the positive impact on them will be visible. I have also taught older children, where they can connect everything to the 5 fingers and the five levels. Everything, like energy, undergoes the same pattern of expansion, localization, interaction, transformation and stabilization.



**SVC students: Thank you Sir, for a very insightful conversation. What your foundation does is really unique ! The universal energy pattern of healing is intriguing and implores more in depth reading.**



**SRI VENKATESWARA COLLEGE**  
(University of Delhi)

**Internal Quality Assurance Cell**

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Prof C. Sheela Reddy  
Principal  
Sri Venkateswara College

**IQAC Coordinator**

Dr. N. Latha  
Department of Biochemistry

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Department of Biochemistry  
University of Delhi South  
Campus

Prof Alo Nag  
University of Delhi South  
Campus

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Shri D. Venkat Ramana  
A.O( I/C)

This is to certify that the Activity report (Teacher/Department /Society/Association) has been submitted for documentation to IQAC, Sri Venkateswara College, University of Delhi.

*N. Latha*

IQAC Coordinator  
Sri Venkateswara College

**Coordinator, IQAC**  
**Sri Venkateswara College**  
**(University of Delhi)**  
**Dhaulta Kuan, New Delhi-110021**

*C. Sheela Reddy*

PRINCIPAL  
Sri Venkateswara College

**PRINCIPAL**  
**Sri Venkateswara College**  
**(University of Delhi)**  
**Dhaulta Kuan, New Delhi-110021**