



**Review of the Book of Autobiography of Dr. Sohan Raj Tater, Published by Scientific Publishers (India), Price Rs 750/-Reviewer : Dr. Shiv Charan Sharma, 76-Sanjay Colony, Vinay Marg, Alwar (Raj.)**

An Autobiography is a literary form of self written memoir (Life story) of an author about his ups and downs, success and failure, merits and demerits and joy and agony in his life.

It is not an easy task for a writer to analyse his own personality in his autobiography. If an autobiographer describes only his merits and good characteristics, he will be called proud and egoistic. If he reveals his demerits of his personality, he will be defamed, If he hides the reality of his life, he will be defaulter of hiding the truth of his life-story.

The writer writes in his autobiography about the life-account of his achievement. In an autobiography a good writer tries to depict his merits and demerits both in a balanced and pictorial manner. It is rather difficult for a writer to write his autobiography entirely on an objective basis. Biography and autobiography are the two literary forms of memoir which put forth the deep impression on the minds of the readers.

In autobiography a writer reveals his memoirs of his childhood, youth, adulthood and old-age systematically. The autobiographer, on the other hand he expresses his emotional feelings with each reality of life. The autobiographies of well-known personalities become the source of inspiration for the generations to come.

Criticism and analytical review of a literary book is the art of interpreting the art. The critic and the reviewer both explain the full meaning and value of literary work to those who might not understand without its explanation.

In an autobiography, the writer gives ample space for family background, social, religious, cultural and educational backgrounds, life-values and professional fields. But plenty of thoughts, sometimes, interrupts the natural flow of autobiography of the writer.

Any form of literature is useless if it does not serve a definite social and cultural purpose. literary work is a creative art. Vision and mission of a creative art should be the service of humanity.

Dr. Sohan Raj Tater's autobiography depicts the life story with great achievements in an earnest and objective manner. The academic profile of Dr. Sohan Raj Tater is excellent with great merit. His academic qualification is M.E (Mech.) M.A (Philosophy), M.Ed. M.Sc. (Yoga), Ph. D., D. Litt. (Education), D.S.C. (Yoga) and D. Litt (Philosophy).

Dr. Sohan Raj Tater is a learned scholar who has got an inending thrust of knowledge in his mind. By virtue of his hard work and unrelenting search for wisdom. Dr. Sohan Raj Tater has done a great job. He has given the details of his books, research work, social services and awards in his autobiography. He has written about 128 Reserch Books, hundreds of research papers have been published in national and international journals of repute. Dr. Tater participated hundreds of seminars, confreneces, book-shops, symposias and endowment lectures. He organised hundreds of camps of yoga in various institutions, schools, collages, universities and common public places to give practical demonstration of yoga, thousands of people were benifitted in these camps.

He made his vision and mission of his life to preach, teach, educate, train and spread awariness among indian sociely for re-estabilishing humane, moral, cultural, and spiritual values though his

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literature, philosophy, yoga, science and education.

Dr. Sohan Raj Tater autobiography is comprised of seven chapters: the first chapter deals with his Birth, childhood and early education. The second chapter is related to his marriage, collage education and services. The third chapter tells us about his family education and service. The fourth chapter describes about the settlement of his service. The fifth chapter is related to his academic work and social service. The sixth chapter gives the details of opinions of others about the author and his work. The last seventh chapter gives us the details of author's ideology about philosophy, yoga, education, jainism psychology, woman empowerment, naxalism and colour therapy.

Dr. Sohan Raj Tater was born on July 5, 1947 in village Kanor in Barmer District of Rajasthan, His mother and father were not literate but they were sincere, honest and hardworking. It was due to their influence, the writer could develop his own thinking, personality and character. Dr. Tater got his early education from village schools and got mechanical engineering degree from engineering collage Jodhpur, He got first position in every examination.

He got life values from their parents and true love from his wife, Mrs. Laxmi Devi, He also inculcated moral and cultural values in the mind of his sons to make them true citizen of our nation.

In his autobiography, Dr. Sohan Raj Tater express his ideology on different subjects. According to him, philosophy is the criticism and interpretation of life. His philosophy of life is to do the selfless service of humanity through yoga, science, education. In yoga, enlightenment through meditation leads to moksha (liberation of life) . Physical health is the manifestation of internal health of mind and soul.

Educational philosophy plays a vital role in creation of good person and a new world social order. Education of non-violence is the solution of all problems. The author has also written a research book on Jain Doctrine of Karma and the Science of Genetics. According to him religion is one, its nature is diverse. Religion is one, its nature is diverse. Religion unites one man to another, one community to another and one nation to another. The purpose of religion is to serve the humanity.

The author gives us the valuable idea on women empowerment. Women are violated at each and every stage. Women should have equal rights with men and equal protection of law. Our education system should sow the seeds of love in our growing boys and girls, Vasudhev Kutumbkam is our Indian cultural and spiritual concepts. The author expresses his views about the national problems of Naxalism and Maoism. These national problems should be dealt with the equal development and justice.

According to the author there is a great effect of colour on body, mind and soul. "VIBGYOR" is a word in which initial letter of each colour is given-Violet, Indigo, Blue, Green, Yellow, Orange and Red. Blue colour has soothing effect. Red colour shoots up the blood-pressure. White colour is the colour of purification. Therefore, colours influence us emotionally. Green colour is made of blue and yellow, it is a mind sedative.

To conclude, it can be said that professor Dr. Sohan Raj Tater is a legendary figure in the field of social service, literature and education, He is great social scientist, earnest yogi and popular research scholar who has devoted his whole life for the service of country, community and humanity.

I congratulate Dr. Sohan Raj Tater for his vast literary work and social services, God bless him good health and creative mind to serve humanity.