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READING FOR CONNOISSEURS OF THE UNKNOWN

THE MONKEY-MAN OF
DELHI
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STALKED CHINNAPPA
GARDEN
ARE PARALLEL
UNIVERSES REAL?
CONTROL YOUR MIND
MEET THE MAN:
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FROM THE EDITOR

There's an easy way to live life. The Buddha said, reign in your desires and you will be free from all pains. But humans as we are, we are instruments of chemicals and evolution. And we are prone to fall for our genetics and senses. So while a few of us have the willpower and integrity to cut down on our wishes, a majority of us are very human, and inclined to fall prey to temptations. But despite the hazards of such living, there's an easy solution to finding a fine balance in life. And that goes by the term - control your mind.

Control your mind and you control your life.

Learning to "control your mind" is really about developing self-awareness and practicing techniques to manage your thoughts and emotional reactions. It's a continuous process, not a switch you flip. So, do not act out of control. Do not let habit, instinct, or peer pressure force you to do anything. Control your every move. And you'll be a winner all the way.

Enjoy the read!

PHIL DASS



The Monkey-Man of Delhi

The "Monkey Man of Delhi" was a mysterious, ape-like creature that reportedly terrorized the Indian capital in May 2001. The sightings and attacks were determined by police and forensic experts to be a phenomenon of mass hysteria, fuelled by intense summer heat, widespread superstition, and rolling power blackouts.

Details of the panic

- The entity: Witnesses gave inconsistent descriptions, though the creature was typically described as being between 4 and 8 feet tall and covered in thick black hair. Some claimed it had glowing red eyes, metallic claws, a helmet, and buttons on its chest.
- Attacks: Reports involved the Monkey Man scratching and attacking people, mostly during the night. The alleged attacks predominantly took place in East Delhi's poorer neighbourhoods, where many residents slept on rooftops to escape the extreme heat.
- Consequences: During the two-week panic, hundreds of sightings were reported, and more than 60 people suffered injuries. At least two people died

- after falling from rooftops or down stairwells while trying to flee from the perceived attacker.
- Police involvement: The Delhi Police deployed thousands of officers, offered a Rs 50,000 reward, and released artist's sketches based on witness descriptions. However, they found no physical evidence, such as footprints.

Explanation of the phenomenon

As the frenzy died down in late May 2001, the prevailing theory was mass hysteria. Forensic analysis of the alleged victims found that their injuries were likely accidental or self-inflicted.

Several factors likely contributed to the panic:

- Social conditions: Poor, cramped living conditions, illiteracy, and high levels of anxiety among low-income residents of East Delhi provided the perfect environment for panic.
- Environmental stress: Severe heatwaves and frequent power cuts during the night led many to sleep outdoors, where any sound or shadow could be interpreted as a threat.
- Media coverage: Sensational news reports intensified the public fear.



The Ghost who stalked Chinnappa Garden

Ukay. You can write it off as an overreaction, but the truth is that it happened to me in Bangalore some years ago. I was living near Chinnappa Garden Road and despite the fancy sounding name it was a cluster of low-income or middle-income group of houses in the many streets near the main road. It was crowded and and choc-a-block with people from out of Bangalore trying to make a living.

I was one of them.

I was working in a small company with a low salary barely making a living. But the good thing was I had a job. It required to be in the office by 9 AM and then I had to go out into the field making sales calls.

I lived in a house made up of only two rooms. The front room was where I slept and during day it was a living room. The back room was a small kitchen – more like a pantry – where I did my cooking. There were common bathrooms and toilets for people who were on the same floor. I was on the second floor and there were ten rooms like mine on the floor. Some of them had two people staying in a room. So, it was crowded. After a few days of moving in I got adjusted to the routine. I had stayed in tougher situations.

Two weeks in I had my first strange encounter.

My neighbour who staying in the next room was in my room in the morning when I was getting ready for work. He said hi to me and sat down on the chair. He looked distraught.

I asked him – What's the matter? Everything fine?

He looked at me in a weird way. Deciding whether to tell me or not?

He got up from the chair and paced up and down, not that there was much space to walk around. Then he turned to me and said – Yesterday night I had a pretty awful night... uncomfortable but I slept off despite the heat and the power being off. The power had been off

for nearly three hours. Even I had been awakened by the ceiling fan going off.

He continued – Then I woke up in the morning and I felt some irritating pain in my chest. I was wearing a lungi and had no shirt or vest. I look down at my chest and I saw that I had long scratches on my chest. He stopped and opened his shirt and showed me the scratches. It was like he had been scratched by an animal or human.

I looked at him and smiled. – It's probably a cat which prowled into your room...

– You think so?

– Yes – I said.

He left me and I could see the relief in his eyes.

I came back from work, cooked some food for my supper and went to sleep around 11 PM. I had forgotten about my neighbour's tale. But I had an uncomfortable sleep with a revolving pattern of dreams, or nightmares, that did not make any sense. When I finally woke up in the morning, I saw there was blood on my chest and a dull ache. I pulled off my shirt and looked into the mirror on the wall. There were bloody scratches on my chest, the right side. Four marks of scratches that ran from my lower ribs to the centre of my chest. They were raw and tender. As if it had been done recently.

Could it have been done by the cat.

I rushed to my neighbour and showed him my scratches. He looked worried and fearful.

We went to the landlord who stayed in the

(To be continued in next issue.)



Parallel Universes Are Real?

A parallel universe is a hypothetical, self-contained alternate reality that coexists with our own. In science, the concept of parallel universes is part of the broader multiverse theory, suggesting that our universe is one of many. These ideas are largely speculative and are explored differently in physics, philosophy, and fiction.

Parallel universes in science

Different scientific theories propose the existence of parallel universes based on varying principles.

Levels of parallel universes (Max Tegmark)

Astrophysicist Max Tegmark categorized four levels of parallel universes based on theoretical physics:

- Level I (The Infinite Universe): If our universe is infinite, then eventually all possible cosmic arrangements must repeat themselves. Far enough away, there could be another "Hubble volume"—a patch of space with identical conditions to ours, including an identical "you".

Level II (Bubble Universes): This concept arises from the theory of eternal inflation, which suggests that after the Big Bang, our universe expanded like a bubble in a larger, ever-expanding multiverse. Other bubble universes could exist, each with different physical laws and constants.

- Level III (Many-Worlds Interpretation): From quantum mechanics, the Many-Worlds Interpretation (MWI) posits that every time a quantum event has multiple possible outcomes, the universe splits into multiple new universes, with each outcome occurring in a separate universe. All possible versions of reality are happening simultaneously.
- Level IV (Ultimate Ensemble): The most radical level proposes that every mathematically possible universe exists. This suggests that there could be universes with fundamentally different mathematical structures and laws of physics.

Other theories

- String Theory: This theory requires 10 or 11 dimensions and suggests our universe is a "brane" floating in a higher-dimensional space. The collision of branes could theoretically cause Big Bang events, suggesting other universes exist.
- Cyclic Theory: This model suggests that the

- the universe undergoes endless cycles of creation and destruction, with each cycle forming a new universe.

Arguments and evidence

The existence of a multiverse is a controversial and unproven idea in science, though some research has explored potential evidence.

- For the theory: Proponents, such as cosmologist Max Tegmark, argue that the multiverse offers a more elegant explanation for why our universe's laws appear so perfectly tuned for life. The anthropic principle suggests that we simply live in one of the few universes where life could evolve.
- Against the theory: Critics argue that because parallel universes would be causally disconnected from ours, they are unobservable and untestable, which places them outside the realm of traditional empirical science.

Parallel universes in philosophy and religion
Possible Worlds (Modal Realism): In philosophy, the concept of "possible worlds" is used to analyse logical possibilities and hypothetical statements. Some philosophers, like David Lewis, believe that all possible worlds are just as real as our own—a position called modal realism.

- Hindu Cosmology: Ancient Hindu texts, such as the Puranas, describe the concept of a multiverse containing multiple universes, each with its own celestial beings. This ancient idea of multiple, interconnected realities is seen by some as aligning with modern theories.
- In science fiction, parallel universes are a popular plot device used to explore alternative narratives.
- Alternate History: This genre imagines how history would have unfolded if a specific historical event had a different outcome.
- Mirror Universe: In series like Star Trek, a "mirror universe" shows alternate, morally inverted versions of familiar characters.
- Intersecting Worlds: Some stories involve characters or events that can jump between different universes.
- Japanese Isekai: This subgenre of anime and manga involves protagonists who are transported or trapped in a parallel, fantasy world.





CONTROL YOUR MIND

Learning to “control your mind” is really about developing self-awareness and practicing techniques to manage your thoughts and emotional reactions. It’s a continuous process, not a switch you flip.

Practice Mindfulness and Meditation

- Mindfulness is the simple act of paying attention to the present moment without judgment—to your breath, the sounds around you, or the sensations in your body. It trains you to be an observer of your thoughts rather than being swept away by them.
- Meditation is a structured way to practice this. Even 5–10 minutes a day can strengthen your “attention muscle.” When your mind wanders (which it will), gently bring your focus back to your anchor (like your breath).

Learn Deep Breathing and Grounding Techniques

The 5-4-3-2-1 Technique is a great way to interrupt a cycle of worry or anxiety by focusing on your senses:

1. 5 things you can see.
2. 4 things you can touch.
3. 3 things you can hear.
4. 2 things you can smell.
5. 1 thing you can taste.

- Mindset and Cognitive Strategies
- Acknowledge, Don’t Fight Unwanted Thoughts
- Identify Distorted Thinking
- Limit Exposure to Negativity
- Focus on Physical Well-being
 - Exercise
 - Eat Well
 - sleep well



LAUGH AWAY THE BLUES

A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No, your mom was talking about her side of the family."

A dumb guy is overweight, so his doctor puts him on a diet. 'I want you to eat regularly for two days, then skip a day, and repeat that for two weeks. The next time I see you, you'll have lost at least five pounds.' When the guy returns, he's lost nearly 20 pounds. 'Wow, that's amazing!' the doctor says. 'Did you follow my instructions?'

The guy nods. 'I'll tell you, I thought I was going to drop dead the third day.'

'From hunger, you mean?' said the doctor.

'No, from skipping,' replied the guy."

During a visit to the mental asylum, I asked the director, 'How do you determine whether or not a patient should be institutionalized?'

'Well,' said the director, 'we fill up a bathtub, then we offer a teaspoon, a teacup, and a bucket to the patient and ask him or her to empty the bathtub.'

'Oh, I understand,' I said. 'A normal person would use the bucket because it's bigger than the spoon or the teacup.'

'No,' said the director, 'A normal person would pull the bathtub drain plug.'

Do you want a bed near the window?'

Rajesh Ranganathan

THE MAN AND THE MOMENT

Rajesh is a sales veteran with positive thinking and smart working attitude. Patience and professionalism is his mantra to tackle problems efficiently. He has successfully woven a path to achieving his goals. Currently he is a sales head at GSS Projects, a leading real estate firm in Mysuru.

**Q**

What's life?

Life is perplexing at times but with time we understand that everything happens for a reason. Of course, we can make sensible decisions and those decisions will alter the way life turns out to be. The reality of life is it is not where we are born or raised or educated, it is how we respond to situations and people. If we are civil to others, others will be civil to us.

Q

What makes you tick?

I will have to say that everything pleasant makes me tick. Work and doing well professionally is a major booster. Having a good and responsive team at work, and an understanding and inspiring boss, is always a a fillip. So far, I have been lucky on both fronts. And that's a good motivator. Challenges are welcome as they lend an over-all sense of purpose and traction.

Q

What's your take on work-life balance?

Work is always a priority. I can maintain a lifestyle, a family because of my work. Here at GSS, working is a pleasure. With my residence nearby, and being in Mysuru, traffic is one of my least concern. I get sufficient time to take care of my family. I am health and fitness conscious as I am towards achieving my sales goals. and targets. So, it's all good.

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I DOUBT, THEREFORE I THINK. THEREFORE I AM

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*the unknown / beyond life / travel / offbeat / art
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