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Dhanteras 2019 Occasion marks start of Diwali festivities

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This day marks the beginning of the festivities of Diwali, which include other festivities like Lakshmi Puja and Bhaidooj. Observed on the 13th day of the month of Ashwin, according to the Hindu lunar calendar, the festival is celebrating on 25 October this year.

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Dhanteras 2019: Dhanteras is part of the Diwali festivities, when Hindus invest in metal utensils as well as gold and silver ornaments. The word Dhanteras (or

Dhantrayodashi in Maharashtra) symbolises wealth or 'dhan' while 'tera' means the 13th day of the Kartik month when the festival is celebrated. This day marks the beginning of the festivities of Diwali, which includes celebrations like Lakshmi Puja and Bhaidooj.

Puja timings:
According to Drikpanchang.com Lakshmi Puja on Dhanteras or Dhantrayodashi should be done during Pradosh Kaal which starts after sunset and approximately lasts for 2 hours and 24 minutes. Dhanteras Puja Muhurat: 07:08 pm to 08:15 pm

Duration: 01 hour 07 minutes
It is believed that the word Dhanteras translates to wealth and prosperity. On this day, people purchase gold, silver, and utensils

along with new clothes and offer their prayers to Goddess Lakshmi—the Goddess of wealth. On this day devotees also light diyas in their homes to welcome her and seek her blessings. Many also worship Kuber—the God of treasure.

For decades, it has been believed that the buying of gold, silver, jewellery and utensils acts as protection against ill-will and will bring good luck to every member of the family. This ritual can be traced back to one of the legends behind this festival which narrates the story of a 16-year-old son of King Hima whose death was predicted by a snake bite on the fourth day of his marriage. However, his wise wife didn't allow her husband to sleep on that day. To prevent his death, she also collected ornaments and

coins in a heap and placed it at the door of the bedroom and lit lamps everywhere.

When Yama, the God of Death, arrived as a serpent, he was blinded by the light of diyas and glittering jewellery. Unable to enter the room, he sat there listening to the stories that the king's wife narrated to keep her husband awake all night long. Yama left in the morning and spared the young prince's life.

To this day, the ritual of buying gold and silver jewellery or new utensils is believed to protect one against ill luck and is said to be the harbinger of prosperity. However, those celebrating this auspicious day must avoid buying plastic and glass as they are believed to bring bad luck.



BANISH PLASTIC, BANISH POLLUTION



After the Cleanliness Campaign, now the government has come out with the proposal to ban the use of Single Use Plastic. The plastic items that are used once and then thrown away are called Single Use Plastic Products. These products include mainly bottles for keeping drinking water, cold drinks, milk etc., packing materials used, especially by e-Commerce companies, carry bags, cups for serving tea and straws to sip liquids.

The Central Pollution Control Board Ministry of Environment, Forest and Climate Change, Government of India has come out with an alternative to use compostable bags certified by ISI7088.

The Prime Minister has suggested that earthen pots should be used in office in place of plastic bottles. People should carry cloth bags for shopping. In homes, single use plastic item are not to be used. Shopkeepers have also been advised to make minimum use of plastic items.

Use of plastic has resulted in adverse change in the environment and climate. Global warming is a matter of great concern. It is imperative to check the havoc caused by

plastic. Plastic waste management has become a big challenge. Everyday used plastic items that are non-degradable are thrown away and they get mixed with soil. This in turn affects crop production. Plastic can cause diseases such as Cancer, Immune Disorders and Birth Defects. They also choke drains and pollute rivers, lakes and underground water.

Udaipur city generates about 155 metric tons of garbage every day. Through 400 containers seven dumpers and 115 vehicles garbage is collected from 55 wards of the city.

The more than thirty big 'nallas' in the town are choked by plastic. Udaipurites can be rightly proud

of easy Flux Polymer Pvt. Ltd Udaipur that is the only company in Rajasthan and M.P. to be certified by Central Pollution Control Board, GOI for manufacturing and marketing compostable bags in the Indian market.

Easy Flux bags are made with maize starch that is hundred percent harmless and converts automatically into fertilizer in six months when they come in contact with earth.

It is heartening to see media campaigns that promote the concept of reuse, recycle and refuse plastic items. Campaigns can be led by religious leaders, saints, social workers etc. Motivating students can have the additional benefit of involving their parents in attitudinal change.

Miraj Cinemas brings 'aache din' of entertainment in Nathdwara



Nathdwara / Udaipur: India's leading business conglomerate Miraj Group promoted multiplex chain -- 'Miraj Cinemas' -- now brings 'aache din' of entertainment in its hometown, where it launched two screens multiplex at 'Miraj -Meridian Mall' in Nathdwara. With this launch, Miraj Cinemas returned to its home turf to open the gateway for first multiplex experience for the movie connoisseurs residing in Nathdwara- 'Gateway of the Lord' amidst the Aravalli Hills.

On this occasion, Mr. Mantraraj Paliwal, the Vice Chairman of Miraj Group said, "It is a happy moment for the whole Miraj family today to gift best in-class movie-watching experience to our own home city residents of Nathdwara. Our main objective is to ensure satisfaction for our customers while watching movies. Our deep sense of commitment and passion towards taking multiplex experience to our audience across socio-cultural strata pushes us to move forward. We are thankful to our valued customers and partners for supporting and trusting us in our journey so far." The new property of Miraj Cinemas in Nathdwara has 320 seating arrangements including recliner seats offering wholesome movie-watching experience to its patrons. Commenting on their expansion plan, Mr. Amit Sharma, the Managing Director of Miraj Cinemas, said, "As a truly national multiplex operator we have fast tracked our growth trajectory across the nation. With our rapid expansion plans, we expect Miraj Cinema's growth will be much faster and able to touch the 200-screen milestone pan India by mid 2020." At present, Miraj Cinemas boasts of 121 screens at 44 multiplexes in 33 cities of 13 states pan India.

Ayurveda is not only ancient but also very effective - Dr. Sharma

Udaipur: Dr. Raghu Sharma, Minister of the Department of Medicine, Health and Ayurveda of the State, has said that Ayurveda, Unani and Homeopathy treatment systems are as old as human health. Ayurveda has special significance since ancient times, in the Vedas, Ayurveda has been described as nectar. There is a need to keep it alive as well as proper conservation and enhancement, which the state government is doing through such a fair. Cabinet Minister Dr. Sharma was addressing as Chief Guest at the inauguration of the State Level Health Fair at Fatah School premises in Udaipur on Saturday.

Minister Dr. Sharma said that currently due to seasonal diseases as well as environmental pollution, wrong eating habits of the younger generation, many diseases are cropping up and Ayurveda treatment method is beneficial for prevention and treatment of these diseases. He said that Ayurveda is the safest system of medicine today. He said that the government is always striving for the health of the people of the state and new innovations are being made constantly to strengthen and make effective the medical system of the state along with Ayurveda, Yoga and Naturopathy systems. He said that the government is making efforts to get the benefit of Ayurveda treatment system to the tourists visiting here. This will give a boost to tourism and spread Ayurveda in the country and all over the world. Giving information about this four-day state level health fair, he said that this is a unique effort to provide treatment and counseling of various diseases to the needy under one roof. He said that there are no side effects of Ayurveda and treatment done with different therapies of Ayurveda is effective in rooting out the disease. Due to the continuous efforts by the organization of the Arogya Mela, the trend towards Ayurveda has started increasing among the people.

Naturopathy centers to be built in 19 places in the state: We have revived the Medical Plantation Board and have identified 19 locations for Naturopathy Centers which will be developed as centers of Yoga, Naturopathy, Organic Farming, Medical Plant, Naturopathy, to see its positive results in the coming times.

Ayurveda structure has been strengthened in past years: Health Minister Dr. Sharma said that the infrastructure of Ayurveda has been strengthened in the last 70 years. According to the thinking of Chief Minister Shri Ashok Gehlot, Ayurved University has been established in 700 acres area in Jodhpur, where there is also a chemist.

500 Health Wellness Centers will be opened soon : Dr. Sharma said that in view of the health of the people of the state, 500 health wellness centers are being opened in the state very soon. Various health facilities will be available in these health centers.

Effective efforts to de-addiction : Effective efforts are being made for de-addiction throughout the state. A campaign was launched in Jodhpur against de-addiction under which 1 crore 14 lakh people took oath of de-addiction in a day. Along with this, the government is also serious about banning Jarda-gutkha in State. Rajasthan is the first state where the right to health is being granted.

Ayurveda saved the state from the havoc of seasonal diseases.

Addressing the program, Cabinet Minister Dr. Sharma said that a few months ago there was an outbreak of seasonal diseases and swine flu in the state, Ayurveda made a decoction for its prevention, this decoction was given to the people of the state up to Gadadron on the Pakistan border of western Rajasthan. For this he appreciated the Department of Ayurveda and described it as a major achievement. On this occasion, Minister Dr. Sharma honored medical officers, experts and Bhamashahs who provided remarkable services in the field of Ayurveda. These include Dr. Achal Chand Sanghvi of Bhamashah Pali and Om Prakash Gattani, a resident of Bikaner, along with Dr. Babulal Kumawat, Assistant Director of Ayurveda Department, Deputy Director Dr. Ramashankar Pachauri, Medical Officer Dr. Satish Chandra Shukla, Dr. Vinod Kumar Sharma and Dr. Narendra Kumar, Compounders Hemant Kumar Sharma and Anil Sisodia, Assistant Administrative Officer Mrs. Usha Aswani, Senior Assistant Ramkishore Sharma, Attendant Sher Singh Su Awat and Shanti Banjara were honored.

Exhibition overview of the activities of AYUSH institutes

After inauguration, Dr. Sharma inquired about various medical practices at various stalls. Here he also interacted with patients receiving health benefits. On this occasion, the Central Council for Research in Ayurvedic Sciences, Central Council for Research in Homeopathy, Central Council for Research in Unani Medicine, Research Council of Yoga and Naturopathy, and National Board of Medicinal Medicine visited the exhibition of latest research and development activities in the field of AYUSH. Similarly, Rajasthan Ayurved University, Jodhpur, Directorate of Ayurveda, Directorate of Homeopathy, Unani Directorate operates district hospitals, hospitals and dispensaries, State Drug Plant Board, Herbal Garden, Herbal Garden development and related government facilities and subsidies. During the fair, he also reviewed the health benefits being given under the Swarnaprashan Sanskar. Initially, the welcome address and fair was introduced by Ayurveda Director Seema Sharma. Department Secretary Mrs. Gayatri Rathore said that there is no side effect in the Indian system of medicine, Ayurveda, Homeopathy, Naturopathy, Yoga. This health fair will become a powerful medium to bring this fact to the people. Former MLA Trilok Purbia also appealed to take the importance of Ayurveda to the people. On this occasion, former MLA Sajjan Katara, Trilok Purbia, Neelima Sukhadia, social worker Vivek Katara, Unani Director Mohammad Usman, Homeopathy Director Ren Bansal, Additional Director of Ayurveda Department Dr. Babulal Jain, Deputy Director Dr. Pushkarlal Chaubisa, Dr. Mahmood Arun, Dr. Ashok Mittal etc. were present. The function was organized by social worker Pankaj Sharma, RNT College Principal Dr. D.P. Singh, CMHO Dr. Dinesh Khara, Dr. Shobhalal Audichya, Manohar Parik. while the program was expressed by Dr. Anand Kumar Sharma, Nodal Officer and Additional Director of the fair.

- Ritu Sodhi, PRO, Chittorgarh

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Opp. Old Chunginaka, Bhuwana Main Road, Udaipur (Raj.) 313001