

The Powerful message of Buddha for a healthy world

Gautama Buddha is an illuminator, his birth anniversary is celebrated as Buddha Purnima, his attainment of knowledge was fulfilled on the full moon night and his Nirvana Day' was also accomplished on the full moon day. That's why Buddha has lightened up the human race. It was the day when Buddha was born, got knowledge, sacrificed the body and attained salvation. Buddha is also called 'Tathagata', which means to attain the ultimate truth through the practice of enlightenment. Two and a half thousand years ago, the knowledge which he imbibed, the preaching of that knowledge which he shared among his followers, the relevance of that message still has significance in today's time and it has a solution to cope up with this pandemic. Whether the grief is of corona epidemic or any other sorrow; the negative impact of both cannot ruin the integrity of humans. For this, he gave the mantra of 'Appo Deepo Bhava', that is, to become light yourself, one cannot reach the destination through the other's support. Self realization is important. Buddha Purnima is an important day not only for the

followers of Buddhism but also for the entire human race. Buddha became the most popular Indian spiritual saint, social-reformer, spiritual teacher with his high values and knowledge. He touched the hearts of not only many effective personalities but also the common people and brought positive changes in their lives. We can also call him the person and ideologue along with the spiritual revolution. His ideologies are not only a reflection of his revolutionary personality, but also an inspiration of intense sarcasm and change on religious, social distortions and blind people, which changed the life direction of innumerable human beings. His inspirations have problem solving ability in this tough time of pandemic. He preached about 'sorrow prevention' and said that this world is full of sorrows, but the end of sorrows is possible; which he called Nirvana.

Siddhartha was the prince of Kapilavastu before becoming a monk. In search of peace, he left home at the age of 27, leaving the royal life. While traveling, Siddhartha reached Samath near Kashi, where he converted into a monk. Here

he meditated hard under the Bodhi tree in Bodhi Gaya. After rigorous penance, Siddhartha attained enlightenment, and he came to be known as the great monk Gautama Buddha. With his knowledge he lit up the whole world. When Buddha saw the people of his era engulfed in ignorance about religious-social, spiritual and other sacrificial rituals, found ordinary people in ignorance in the name of religion, saw women being humiliated, and atrocities against Shudras, he felt pity.

He himself took the fast for the attainment of the first knowledge and, after wandering in the forests for years, did penance and enlightened the soul with knowledge. The enlightenment and light with which he has lived each moment of his life is an important chapter in the history of the Indian sage tradition. He himself received the light of truth, lived an inspiring life and then raised the voice against the evils in the public. The efforts he made to elevate folk life are amazing and surprising. Expressing the essence of his knowledge, he said that there is a reason for every grief. The most impor-



tant reason for the Corona epidemic being so widespread on the world stage is human ignorance, indulgent lifestyle, indiscipline and perverted food. Buddha says that in the core of the things in which people seek happiness, sorrow ultimately comes out of grief. Presently, even in the transition phase of the Corona crisis, the person who finds himself drowned in pleasures, convenience and narcotics in search of happiness, the end of it is sure to be more sad and painful. Therefore, it is important for a person to make his lifestyle eco-friendly and intoxicated.

In this way, by becoming a monk, Gautam Buddha paid more attention to social welfare than to get himself trapped in the fruitless disputes of the soul and the divine. His teachings became the means of liberating human beings from sorrow and suffering, as well as inspiring the solution of social and worldly problems, which have their own special place in making life beautiful and transmitting honorable values in public opinion. This is the reason that his words started coming into the understanding of the people easily. While Mahatma Buddha propagated the ten pupils with non-violence while adopting the middle Way, people found them easily connected to his words. He believed that if a man conquers his desires, he can attain nirvana. Thus he attacked the priesthood and established the importance of the person.

Gautama Buddha practiced Buddhism and very efficiently organized Buddhist monks and developed a sense of unity among them in a democratic form. Its doctrine of non-violence and compassion was so intriguing that after two thousand years, Emperor Ashoka, influenced by it, accepted Buddhism and stopped the wars. In this way, Buddhism crossed the boundaries of the country and spread its light to every corner of the world. Even today, the humanistic, intellectual and populist hypotheses of this religion cannot be denied and through them a strong system of discrimination can be attacked. This Buddhism is able to provide peace and well-being to the gripped, afflicted and restless humanity even in the Corona crisis. It is developing religious unity in the mind of the people by attacking high, low, discrimination, casteism. It has an important role in paving the way for the development of art, literature and culture by creating an environment of world peace and mutual brotherhood.

Mahatma Buddha was the pinnacle of the social revolution. His philosophy is not only a philosophy of non-violence and compassion, but a philosophy of revolution. Not only did he enforce the pilgrimage culture but he also created new values and standards for an advanced and healthy society. He not only gave the right direction to progressive ideas, but he broke the stagnation in them and heralded a new revolution. Buddha said - hurry up and do great deeds as soon as possible, otherwise sins overlap the good deeds. It is a great expectation of the present era to highlight his contribution in the context of social revolution.

Only by doing this will we be able to build a healthy society. The Buddha preached an egalitarian society. Asymmetry arises where there is attachment and malice. A person wanders in the corridors of inequality to nurture his selfishness, display ego, degrade others, and grab power and property.

The Buddha made himself alone, empty, before coming among the people, before sharing his life experiences, before performing rigorous penance and knowing the truth of life. Then he said, do not let anything inside you pollute the inner world. Look neither bad, nor listen bad, nor say

bad. This is the message of emptiness, the path to happiness, peace and good health. He spoke of 'Appo Deepo Bhava' - becoming your own lamp. Because, surrounded by day-night resolutions-choices, happiness-sorrow, joy and sorrow, scorching in the anxiety of tomorrow, carrying the load of stress, how can the mind be empty in such a situation? How can it be balanced? How can it be grasped? How to be able to get rid of corona? The practice of living in the present is necessary to cope with these conditions. Neither the memory of the past nor the worry of the future. One, who learns to live today, must understand that he has attained the meaning of human life and only a society made of such human beings can be balanced, healthy and equitable. There is a need to introduce the teachings of Mahatma Buddha in life for the liberation of corona and building a balanced society. It's a need of time to establish Buddhism qualities among the masses. Do not limit Buddha in only preaching, but make Buddha a part of life, shape your life with Buddhism culture.

- Lalit Garg

By the way

Warriors are never defeated

With a CT score of 21 & Oxygen 30, I had a tough fight with Happy Hypoxia this year.

I moved to Sriganganagar last year as Assistant Director of Information and Public Relations. I suffered with mild fever and I was quarantined according to the guidelines of that time with my younger son. I did not know that after one year we will have to face same problem once again but in a much horrific way.

I was tested corona positive on 11th April. I got myself admitted in hospital the very next day. I was given the best treatment and I was discharged on 16th evening. My mom is 84 years old and my younger son is 17 n half who was also positive. It was my duty to save them anyway. Meanwhile I came to know that my other family members are



also corona positive including my elder son and daughter in law. It was the most crucial moment for me. I came to know that my sister's son in law was very serious. His son is only 2 n half and whole family was diagnosed positive.

On 18th morning I felt little low and called my doctor to discuss about medicines. After 2 hours I checked my oxygen and it was absolutely not okay. I was admitted in hospital but my health was deteriorating every hour. Doctor visited me on 20th evening and asked me to shift to a multi-speciality hospital. I understood his concern and managed to get an oxygen bed in Jansewa hospital in Sriganganagar. Ambulance dropped me at the gate of the biggest Covid care centre on 20th April night. I was breathing heavily and my oxygen was 78 when I entered the CT scan room. I was immediately shifted to ICU where

I was surrounded by machines and doctors. They started the treatment. I was struggling for one easy breath. Suddenly I saw the screen, my oxygen dropped down to 56. Para medical staff told me to keep calm and cooperate with them. I got unconscious and when I woke up it was early morning. Doctors struggled to revive me physically. I was put on 16000 litres of oxygen

through bi-pap. I was having illusions and it was hard to realize what was real and what was unreal. My oxygen was dropped down to 30 and CT score was 21. Doctors revived me from one second. I got a new birth which is dedicated to mankind now. After this incident I saw drastic change in my behaviour. I tried my best to engage my mind to see the positive side of everything I was going through. I was not able to eat or speak for next 3 days. On 24th April I had my marriage anniversary. A para medical staff informed me that the oxygen supply is low and he told me to move from this hospital to some bigger place. I got upset for a moment and remembered God. I immediately sent messages to all the concerned officers. I dropped messages to my family group and asked my sister to talk to them. I got immediate

response when DM Sir gave orders to arrange oxygen for the hospital. I was watching everyone from my bi-pap. After 2 hours I was told by the hospital staff that everything was under control. This incident repeated after 5 days and again we were saved by District administration's sincere efforts. Meanwhile I lost my biggest support in the city on 25th April, a young journalist who was like family. I was shattered for few hours but I regained my strength. I remembered the day when I lost my husband and father in 24 hours. I could not shed tears because of my poor health condition. It was the biggest loss.

Every morning came with a new challenge. Serious patients came and recovered. I was watching them go with the determination that one day I will see the world too. I struggled for 14 days in

the ICU with courage and patience. I prayed for all the patients at night. I wrote articles from ICU with drip in one hand and oxymeter and other machines attached to another hand. I did my duty from ICU bed and tried to give positive messages to the people of my city. When I was released from ICU, I got emotional to see the outside world. It was a moment of great joy for all of us. I am back home and recovering now. My oxygen still drops sometimes but I always pray in mind to think positive in tough times. Corona period has changed everything for the world and we still have to learn to cope up with the new situation. There are numerous questions in mind and I am unable to find the right answers. It's necessary to change the perspective of humankind to create a better world in future.

250 Vaccinated in the Camp Organized by Mohanlal Sukhadia University, Udaipur



Udaipur: In a step towards social welfare, Vice-Chancellor Prof Amarika Singh reiterated that the University will continue to extend prompt services in CSR by all means and this vaccination camp is a step in that direction. He informed that more than 2 lakh masks have been distributed as part of consciousness-raising activities and more than 100 webinars on COVID-19 and its prevention have been organized to make people aware of the COVID-19 protocol behavior. The camp was organized to facilitate the pensioners, staff, parents of the students along with the localities and 250 people got themselves vaccinated. 93 year old, Shrimati Devkanya, also got herself vaccinated, thereby setting an example for others. The camp was successfully organized under the supervision of Prof G S Rathore, Dean, University College of Science. Dr. P. S. Rajput, Convener, Red Ribbon Club, and Dr. Khushpal Garg, Rover Scout Leader, also contributed actively.

The Camp will also be held on May 23, 2021, for people above 45 for the first and the second dose.

SB Energy Comes Under Adani Green's Solar Portfolio For 3.5 billion USD

100% share acquisition deal of SB Energy is completed between Adani Green and its previous 80:20 stakeholding owners SoftBank and Bharti Group - An event of biggest business transfer in renewable energy sector of India, so far. It is confirmed by the chairman of Adani Green Energy Limited (AGEL), Mr Gautam Adani on last Wednesday, May 19, 2021, where he said that SB Energy assets are 'excellent' in term of his company's own growth plans to be the world's largest renewable company by 2025. In present financial year, AGEL's net renewable portfolio has 14,840 MW projects. 3.5 billion USD worth SB Energy venture planned and started by Japan's SBG in 2015 along with Bharti Group of India, currently includes 84% solar capacity (4,180 MW), 9% wind-solar capacity (450 MW) and 7% wind capacity (324 MW) building its net energy capacity of 4,954 MW based in four states, Rajasthan, Andhra Pradesh, Karnataka and Madhya Pradesh. For this project, 1,400 MW capacity is already functional and the rest 3,554 MW is in the process of construction with 25-years PPA made with sovereign rated units, like, Solar Energy Corporation of India (SECI), NTPC and NHPC. In his statement, Masayoshi Son, SBG Representative Director mentioned that SB Energy Projects were initiated with a vision of generating top-level clean energy in India. SBG's current focus being on developing potential AI industries requiring for this business transfer, where both SBG and Bharti Group managements, on Wednesday, have expressed their optimism and expectation on AGEL to help enlarge it even more. Mr Gautam Adani has anticipated it himself in his words saying that SB Energy projects have a promising scope of job opportunities and foreign investments to incorporate AGEL's clean energy missions in India, their major futuristic endeavour in support of making a pollution-free non-toxic world.

-Arkaprava Das

Three days National Webinar Organized by Consumer Rights Organisation

Udaipur: Consumer Rights Organisation, Rajasthan has organized National Webinar successfully on dated 21, 22 and 23rd May 2021. The first day of webinar focused on COVID-19 followed by question and answers of participants. Speaking on pandemic Dr. Krishna Bihari Badoliya, M.B. B. S and M. D. Virology R. S. M. M. blindly focused on Covid-19 and its precautions. He said that everyone has to wear mask and maintain a distance of 6 feet. Further he added person suffering from diabetes and above 60 years of age should keep high precautions as they are at major risk of these symptoms. He focused on early symptoms, regular doctor consultation and medication. He also focused on the vaccination and said every individual should go for it and save lives. Naveen Sharma, National President Consumer Rights Organisation marked the presence by saying this is the tough time for all of us and every consumer should be aware and educated about his or her rights.

HOSMAC is designing Vedanta's 100-bed Covid Hospitals in Dariba and Barmer

Udaipur: In order to meet the pressing medical needs in smaller towns, Vedanta, a leading producer of metals, oil, and gas, is setting up 100-bed state-of-the-art field hospitals, with critical COVID care facilities, in the Dariba and Barmer districts of Rajasthan. HOSMAC, Asia's leading healthcare management, and planning consultancy, is responsible for designing, equipping, and managing project execution of these hospitals and ensuring that the facility is well maintained for six months. All these hospitals are



twinning with a District Hospital, enabling clinical and general management of the hospital with oxygen support.

In the past, HOSMAC was appointed for turnkey hospital consultancy of prestigious medical facilities such as Paras JK Hospital in Udaipur, Eternal Heart Hospital in Jaipur, and Noon Hospital in Bhawani Mandi. Currently, the company is working with the Geetanjali Medical University of Udaipur to develop a 150 admission Teaching Hospital & Medical College in Jaipur. Dr. Vivek Desai, Founder & Managing Director, HOSMAC, says, "Unlike the 2020 COVID scenario, this second wave has reached Tier III towns and even rural areas. Vedanta Field hospitals will help the administration to combat the acute need for oxygen-supported beds and critical care beds with ventilators in small towns. Medical infrastructure is underdeveloped in most areas of Rajasthan, making it difficult to take healthcare to the last mile, especially during crucial times such as now. There is also a shortage of human resources and technological advancement. The development of hospitals as well as medical colleges needs to accelerate to fill the gap. State-of-the-art medical infrastructure can be achieved through synergistic public-private partnerships."

Yoga is the key to happiness: Dr. Dipendra Singh

Udaipur: In a webinar on Yoga and Wellbeing, the Coordinator of the Sports Board of Sukhadia University said as a special guest that the importance of Yogadarshan of Patanjali had increased today. It has become a part of our daily routine as a lifestyle.

Giving information about the yoga sessions being run by Sukhadia University for the immunity boosters of the common people, he said that this is such an initiative of the education world that every person can join in the morning and improve their health. The primary purpose of this Yoga is also to Survey Bhavantu Sukhinah, Survey Bhavantu Niramaya.

Now the whole world has recognized that Yoga is the best for a healthy body and mind. The program's keynote speaker, Garima Vinayak, taught experimental methods of laughter therapy and Sujok therapy and breathing techniques. She said that there are many benefits from Bhramari, Pranayam, Kapalabhati, Anulomavilom.

They increase the hormones that please the man, by which we keep ourselves happy and keep others happy. Professor Vijayalakshmi Chauhan said that self-confidence should be taken in with each breath and let out fear. Dr. Dolly Mogra said that the selection of appropriate garments could enhance the quality of Yoga. Dr. Alpna Singh said in a welcome address that every human being should strive for their level to bring prosperity to society. The Academy of Wellbeing Society is also making continuous efforts that by connecting common people on similar topics and work for their mental peace and wellbeing. In this challenging time of covid, Dr. Paul Matthews spoke peace through prayer.