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Reporting Fact of the Matter

Weekly



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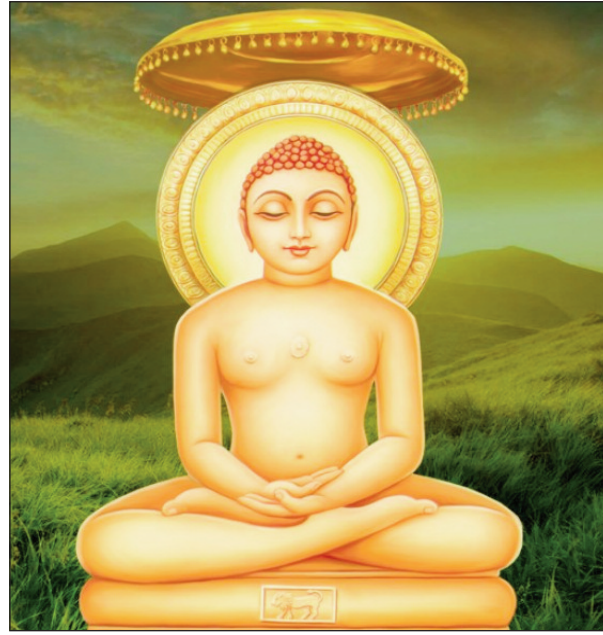
Lord Mahavira : A Symbol of Self-Realization

The entire life of Mahavira is a living inspiration for the rise of self and other. He has illuminated millions and millions of people with his aura of positivity. Therefore becoming a Mahavira is a symbol of the meaning of life. To become a Mahavira means to lead a healthy life, to develop immunity, to illuminate the soul and become a person who is self-reliant. Every year we celebrate the birth anniversary of Lord Mahavira, but this year the birth anniversary has to be purposeful, not mere planning. For this, every person should do spiritual practice to look within himself; Mahavira is not only worshiped, but should be imbibed in life. It is necessary that we inculcate the teachings given by Mahavira in our life and practice.

Every person prepares to become a Mahavira, then only one can get rid of problems. Mahavira can only become a person who is completely devoted to the goal, whose lifestyle is restrained and disciplined, who has the capacity to bear the sufferings. One who can maintain equanimity, restraint and balance even in adverse circumstances, which

is ready to practice silence and heat the body. In whose mind there is a feeling of coexistence towards the whole being. One who not only knows how to change his destiny through effort, but also wishes for a bright future for the entire humanity.

Mahavira was born centuries ago, but his life and teachings are more effective and relevant in today's time of crisis and many diseases. Mahavira is a wave of health-evolution, a smokeless crest of healthy life-light. There is an unnamed river of courage and restraint. There was a hint of eternity in his dialogues. His lifestyle was so dominant that he would have been bound by a once-living. There was such brilliance in his eyes that the one who saw him once could not forget. There was such an invitation in his call for a healthy life that it could not be ignored. His guidance was so perfect that the one who found him could never go astray. His presence was so inspiring that one would get transformed. He said 'appana sachhameja' - find the truth yourself. He did not make anyone run with the help of crutches. If you have



the ability to walk on your feet, then you can walk whenever you want and reach wherever you want. He not only illuminated the way, but also created the inner light. These are all the reasons that remind us of Mahavira.

Mahavira believed in a healthy life. They lived on their own. He also taught others to live by themselves. They were healthy. No disease could touch him. He gave many

sources of health. One of them was the formula - Kayotsarga. Kayotsarga means purification of the body, maintenance of the body, purity and restraint towards the body. Kayotsarga is also the starting point of sadhana and it is also the final point. This is the first understanding of health and the final conclusion. It is the shield for emergency situations involving the body. It is the use of stress-immersion and is free

from all sorrows.

Mahavira's sadhana period lasted twelve and a half years. In it he repeatedly used kayotsarga. The wearer of protective armor or bulletproof jacket does not have the fear of being shot, similarly after going into deep Kayotsarga, the effect of adverse conditions of major diseases and deadly and life-threatening attacks is attenuated. Like Mahavira, one who practices Kayotsarga becomes healthy-hearted, becomes light and can lead a happy life by being absorbed in expansive meditation.

The person who wants to get rid of various kinds of diseases, wants to become healthy and has to take medicine in the form of Kayotsarga. Mahavira had the science of medicine whose constituent elements are not mentioned in medical science, he gave such an unfading system of health, which is as easy as it is difficult. Kayotsarga is a type of penance. In which physical restlessness and anger etc. have to be immersed. The focus has to be on the breath. Is the mind fickle or the restlessness of the mind is the mind. On the basis

of this concept, it seems difficult to stop the restlessness of the mind.

In the practice of Kayotsarga, words like relaxation, shavasana or relaxation for the body are used. Kayotsarga is such a door, from where one can get a glimpse of the soul, a feeling of existence apart from the gross body. In Kayotsarga, the body and mind get complete relaxation. There are many misconceptions about Jainism in the public. Jainism is a religion that hurts the body. Mahavira talks of giving rest to the body. How can the principle of suffering be valid in such a situation? Any austerity or penance does not mean to cause pain to the body, but to cultivate the body. The mind cannot be controlled without the body. Therefore, through yogic processes, a way has been made to cultivate the body.

Kayotsarga has a special significance in the field of spirituality. Its usefulness in medical science is also undeniable. Kayotsarga also plays a big role in various investigations done by the modern equipment of medical science. In every medical examination, it is advised

to leave the body a little loose and slow down the breathing, it is said to leave the mouth loose even during the extraction of teeth. In case of high blood pressure, it can be balanced by kayotsarga. Unbalanced lifestyle and stress are the major problems of this time. Small and big, rich and poor, everyone is surrounded by this tension. This is a problem for which doctors do not even have a cure. Kayotsarga can be a permanent solution to the problem of stress and fear. If Kayotsarga is done regularly, then there will be no leave for tension and fear to arise. Through Kayotsarga, both body and mind can be kept healthy. Kayotsarga is a mantra for self-meditation, in the same way, health is also a mantra for spiritual practice. In modern life, the practice of silence, mantra cultivation and restraint is very useful. Silence gives rest, happiness comes. But the glory of silence that is accompanied by Kayotsarga is different. Be it silence, meditation, fasting or any other restraint ritual, all have a useful place in getting rid of diseases. Those who want physical, mental and spiritual health,

want to avoid epidemics and diseases, they should use this great mantra Kayotsarga of Mahavira. Kayotsarga is medicine and highway to health. Anyone following this can lead a healthy life.

Lord Mahavira is truly a shining beam of light and the founder of universal religion. He is the savior of the human mind of this creation. Mahavira had given maximum emphasis on fasting, restraint and character. Mahavira's entire life is the culmination of austerity and meditation, so he is self-motivated. The teachings of the Lord are life-giving in which the solution of life's problems is contained. Lord Mahavira is Chinmaya Deepak (a lamp that has the never lasting illumination light) The lamp removes the darkness, but the usefulness of the Chinmaya lamp to defeat the darkness of ignorance is undeniable. In fact, Mahavira's discourses and teachings are millions of beams of light. In order to be flooded with the rays of knowledge, it is necessary to immerse in them, only then will we be able to move towards a healthy life.

- Lalit Garg

Women Achievers Awards - 2022 organized by Sanchi Group

Udaipur: (Dr. Munesh Arora) 'Samman 2022 - Women Achievers Award' was organized by Sanchi Group at Shouryagarh Resort & Spa, in which 40 women who excelled in various fields became a symbol of inspiration for the society; Divisional Commissioner Rajendra Bhatt honored.

On this occasion, H.E. Ghadiyali was appointed as the Global Ambassador by the United Nations University for Peace.

Sanchi Group Chairman Shantilal Maru, Sanchi Group Director Sandeep Maru, Chirag Maru Sonali Maru, Sanchi Group National Head Sales & Marketing Mohit Sharma, Sanchi Group Head Sales & Marketing International Hussain Ghiwala, Shourya Collection Hotels & Resorts General Manager Rupam Sarkar were present. The jury selected women achievers, including Haseena Chakkiwala, former Vice President of UCCI Ashish Chhabra, Sonali Maru, and Rupam Sarkar.

Actress Neelam Kothari says that this program organized by the Sanchi Group for women empowerment will encourage women to move forward. Giving information about her film career, she said that after joining films at the age of 16, she left the film career at the top of that time by working in 40 films. Neelam noted that her family's support and encouragement were the keys to her success, from cinema to joining her family jewelry business. Karan Johar gave him a chance to join the film world again with Bollywood wives. In the function, Shantilal Maru said that the objective of Sanchi Samman 2022 is to encourage and encourage women to do excellent work so that they get inspired. He said that women need to be given rights by the society



along with the rights of the constitution so that they can contribute shoulder to shoulder to the progress of the society.

EKA, the Rock Band from Delhi, moved and made the audience dance and enjoy the show. The nationally and internationally awarded Rock Band and called its music 'Swatantra Rock' which is music beyond music, time and boundaries. The band comprises of Hitesh 'Rikki' Madan on Vocals & Guitars (Ex-Euphoria) and Lokesh Madan on Vocals & Bass. The audience grooved to the high-energy and highly interactive performances of the band. From a list of many successful women from different walks of life, the big task of finalization of the names of the award winners was done by the eminent 4 member jury of Sonali Maru (Director, Sanchi Group), Ashish Singh Chhabra (MD, Hotel Ashish Palace), Haseena Zaki Chakkiwala (Co-founder, Quality Marble Exports) & Rupam Sarkar (General Manager, Shourya Collection Hotels and Resorts). official corporate video of Sanchi Group was revealed at the event in front of the audience.

The prestigious "Life Time Achievement Award" was given to Mrs. Alka Sharma, Director of Central Public Senior Secondary School, Rockwoods High School and Rockwoods International

School for her outstanding contributions in the field of education.

AWARDS AND HONOURS

An inspirational figure, it comes as no surprise that Ms. Sharma is the recipient of many awards and accolades. She has been felicitated with 'the Icon of Mewar,' 'Jewel of Udaipur' and the prestigious 'Women Inspirations of Rajasthan' awards. In addition to these, her school has been awarded the Best School Award 2017 by DNA along with Best Day-Cum-Boarding School 2021 Award by Education World & C-Form Survey. Her outstanding efforts were also recognized by the then President of India the Late Dr. A.P.J. Abdul Kalam, when the school received the Computer Literacy and Excellence Award.

The following were the other winners of the Sanchi Samman 2022 - Women Achiever's Award:

• Dr. Vasudha Neelmani, Principal Rockwoods International School, • Dr. Monita Bakshi, Director, Seedling Group of Schools • Archana Shaktawat, Clinical & Counselling Psychologist and Personality Enhancement Trainer, • sweta Dubey, Director - Fusion Business Solutions Pvt. Ltd. • Saroj Sharma, Director - Nritya-Yoga Gram • Pushpa Singh, Director of The Udaipur Mahila

Urban Cooperative Bank Ltd. • Shikha Rathore, Director of Crossroads International School • Smriti Kedia, Chief Executive of Sadhna • Meena Khamesra, Owner of The Bake Affair • Riddhima Khamesra, Owner of Diet Clinic • Aastha Murdia, Director of Indira IVF • Madhavi Lodha, for Outstanding Achievement in Yoga & Wellness

• Dr. Deepa Singh, Director, Arth Skin and Fitness • Dr. Shilpa Goel, Consultant gynecologist and laparoscopic surgeon • Mamta Shekhawat, Director - Human Resource, • Miti Godawat, Pilot with Asia's one of the leading airlines • Priyanka Joshi Chaplot, Founder of Foogie • Vijayshree Shaktawat Jagat, Director Jagat Collection & The Indie Electric • Labhdi Surana, International Speed Skater • Meeta Khaturia, Founder of Pinks & Peaches Makeover Studio • Mamta Talesra, Managing Director Wedding Vings • Saumya Luthra, FOUNDER OF STUDIO PAPER CONCEPTS • Prateeksha Dave, for Outstanding Achievement in Anchoring

• Mahiya Chittara, RADIO JOCKEY with 94.3 MYFM • Aakriti Mallik, Jigisha Joshi, Initiator Of An Organization KUTUMB • Alka Sharma, Founder of Aavaran • Kanisha Mehta, for Outstanding Achievement in Photography. • Priyanka Arjun, Principal Architect, • Erika Abram, founder of Animal Aid • Preeti Shaktawat, MLA Vallabh Nagar • Shikha Saxena, for Outstanding Achievement in Tourism. • Anjana Sukhwai, Rajasthan Police Service • Suchita Nagori, for Outstanding Achievement in Legal Services.

The event was also co-sponsored by Shourya Collection Hotels and Resorts and Discovery Tours and Travel.

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• Contact: 80035 97929

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• Rera No.: RAJ/P/2021/1500
• RK Circle - Shobhagpura Road Opp Coffee Culture. Udaipur (Raj.)

ARCADE



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2/3/4 BHK Premium Apartments
• Rera No.: RAJ/P/2019/964
• New Bhopalpur Behind Laxman Vatika Udaipur, (Raj.)

LOVENEST



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• Rera No.: RAJ/P/2019/1156
• Rajeshwari Resort Geetanjali Road Manwakheda, Udaipur (Raj.)

ARCHI'S GALAXY



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• Rera No.: RAJ/P/2018/788
• NH 76, Airport Road Opp. Power House Debari, Udaipur (Raj.)

TLC The Lotus County



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• Rera No.: RAJ/P/2020/1245
• Udaigagar Lake Road Udaipur (Raj.)

Ground Floor, Archi Arihant Building, 100 ft. Road, Nr. JK Paras, Sobhagpura Circle, Udaipur - 313001

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