



Power and Karma

There are only two things in this world. You came empty handed. In due periods of time, You got different types of powers. Physical power, Mental power, Intellectual power, power of Imaginations, Material power and Financial power. These are all powers which you use throughout your life. When did you use or misuse which power? According to that sometimes you got good and sometimes bad results. Sometimes the pot of karma gets filled and the fruit is available in this birth itself and if the pot is not filled, then it is available in the next life. This is what keeps on going or happening. We keep on taking birth after birth. And remain engrossed in doing good or bad deeds and in suffering or enjoying their good or bad results.

It is just like the question paper and answer sheet you get in the examination hall. You have to write answers to

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the questions in your answer sheet in the specific given time. If you have written good and correct answers then you will get good marks. But if you have written bad and wrong answers, you will get less marks. These low marks are sorrow and good marks are happiness. If you want to get rid of all these shackles and bondages, then you have to try to attain salvation. For that more and more meditation has to be done. During meditation, a cosmic energy enters us which destroys our accumulated karmas. For salvation it is necessary to get freedom from the outcomes of both good and bad deeds. But until we get salvation, we have to do karma. We are doing actions every moment with body, mind and words. Sometimes knowingly and sometimes unknowingly. That is why great Saints say, be alert while performing any action through any mode so that we get happiness and we can concentrate towards attaining salvation lest our life should spent in accumulating sources of happiness only. If we do bad deeds, then we would get sorrow and we would be busy in taking measures to get rid of sorrows. We will not be able to even think about the efforts to attain salvation. That's why good deeds should be done until nothing is attained. So that taking birth in human form may be successful.

Do you know that animals and birds come on this earth only to pay for their deeds. And they do not get any opportunity to make efforts to attain salvation, while man has got the opportunity to get salvation along with suffering or enjoying the outcomes of his deeds. The sooner our eyes open, the better it will be for our future and the life.

The biggest abuse of the power received is to think and speak about others. If you speak, it means you have thought too. And there is no greater misuse of power than thinking and speaking about others because we do not get anything out of it, but deeds are done through mind and speech, which have to be suffered later. Everyone is doing their own work. They are suffering the fruits of their own deeds. Everyone is on their own personal journey. No one has anything to do with anyone. These relationships come again only as an opportunity to fulfill the gaps, that was missed in the previous births. That's why there is no need to get too much entangled in the strings of these relationships. That's why Tulsidas ji has said—"Kam, krodh, mad, moha, lobha, Nath narak ke prth". The sooner we understand all these things, the better it will be for us.

For this it is also necessary to understand that we should see only the positive aspect of everything and not the negative. And all this has to be done in time not after time. Where are we and where are we going to reach. Understand all this from this couplet.

A pot tight pack, filled with water, is put in a sea. It is floating. As it breaks, water inside and outside get mixed up immediately. The same way, This physical body is a pot of clay whereas, soul residing inside resembles to water. As soon as the death approaches, soul is free from the surroundings of physical body and is ready to mix with almighty God, though this mixing is a long process of "Salvation."

- Sulekha Shrivastava

SNA prestigious Award to Vilas Janve

Vilas Janve received SNA prestigious Award from the President of India. He was awarded SNA Sammam for the year 2021 in the field of Mime. He received Tamrapatra, Rupees One Lakh and Angwastram from HE president of India Smt Draupadi Murmu. Hailing from Udaipur, Rajasthan, Vilas Janve (68) has been engaged in the art of Mime for more than five decades. He is among 128 performing artists of India who were honored SNA awards and Fellowships by the President of India at Vigyan Bhavan, New Delhi today.



Vilas Janve (born 1954) is a prominent versatile artist who has scripted, produced, directed and enacted in many Mimes presented in National and International Mime Festivals. He has actively participated in almost all National Mime Festivals, (at Delhi, Kolkata, Dimapur, Guwahati, Imphal, Jalpaigudi, Shantiniketan, Prayagraj, Ujjain, Mumbai, Thiruvananthapuram, Udaipur, Jaipur and Jodhpur). He has also several shows to his credit in many towns, villages, Doordarshan and on line country wide.

Vilas Janve has been honored with "Senior Fellowship in the field of Mime" by the Ministry of Culture, Government of India (year 2000-2002). Worthy Disciple of Guru Padmashri Niranjan Goswami (Director National Mime Institute and Indian Mime Theatre, Kolkata), Janve has conducted Mime Workshops in collaboration with WZCC, CCRT, State Academies, Educational and Cultural Institutions in the states of Maharashtra, Gujarat, Goa, Rajasthan, Delhi, Haryana, Punjab, Madhya Pradesh and Chandigarh. Janve has worked for West Zone Cultural Centre and Centre for Cultural Resources and Training and now heading Martand Foundation, Udaipur, Trust dedicated for conservation of Culture.

Bahubali is a special package of hitting Motana and the unseen beauty of Rajasthan

Rajasthani Bahubali film is a special package of untouched tribal culture and unseen beauty of the state. This movie by director Vipin Tiwari also becomes special because it teaches the youth to make non-violence their weapon instead of adopting the path of violence. This thing is very much needed in today's time because there is no patience among the youth. They lose their temper on very small things and then choose the wrong path which leads them into the world of crime. This is also an example for those misguided youths who consider criminals as their role models and try to adopt the wrong ways to get justice. In today's time when there is a glut of films full of violence and obscenity, OTT is full of such content which cannot be watched while sitting with the family. At such times, this message-filled film is like a breath of fresh air.

Story of the movie

This is the love story of Mangal, a tribal youth and

Mangali, a young woman, who have to leave their village due to the evil practices of their tribe, Dhapa and Motana. From there, Mangal goes to participate in the national archery competition and behind, alone in the forest, Mangli is killed by a conspiracy by her mother Kali Bai and the village headman Khamman. Returning to the village after winning the medal, Mangal loses his temper when he learns that his family has been lost.

To give vent to this anger, the Naxalite leader Comrade hands over a gun to him, only then Mangal's elder brother Dungal arrives to stop him from doing so and takes him to Gandhian Mama Dayal. Doesn't Mangal pick up the gun or follow the advice of Mama Dayal and his brother? If Mangal does not pick up the gun so how does he take his revenge? Does he join the Naxalites again? One has to watch the movie to see all this.

cast performance

Amitabh Tiwari played the lead role in the film. He carries



the weight put on his shoulders very gracefully. One as a folk singer and one as a lover, where he is innocent, while the other one is a rough n tough role. His hard work for this role is visible on the screen. This is Vani's first film as Mangli. She has not shown any weakness in her debut role, be it the emotional part or the colour of the bubbly tribal beauty. Shivraj played the role of Mangal's elder brother Dungal. He has done full justice to his role, especially in emotional scenes. In the role of Kali Bai, Vijayalakshmi has shown strong character. Khaman

turned Deepak Meena aka Panya Sepat has done wonders as the vicious Baba. Whether it is a baba treating people stuck in superstition or a tantrik conspiring, Deepak has left a mark everywhere. Shravan Sagar has a cameo in the movie. He played a strong part in the movie in the form of Maharana Pratap and Jhala Mann. The rest of the cast has also done good justice to their roles.

Song-music and location

The strong side of this movie is its songs and music. Along with this, the untouched location of Rajasthan shown

in it is its USP. Cinematographer Baljit Goswami has shown amazing camera skills. Nizam Khan has given amazing music for the songs written by director Vipin Tiwari. All the songs have turned out to be great, but 'Saanson ki sargam mein hai... Dil ki har dhadkan mein hai... tu hi tu saeniye.... heer e...' is a heart touching one. 'Sun Le O Pagli Kamal Kar Di' is soothing to the ears.

Direction

Director Vipin Tiwari has maintained complete control over the film. The beginning is a bit slow, but after the inter-

val, the movie keeps you hooked in such a way that it doesn't even give you a chance to think. At some places the pace slows down a bit, then the song inserted there compensates for it. The hard work done by the director on the actors and on the scene is visible in every frame of the film. In this movie, the direction has been very different from his previous films. Vipin Tiwari has done good research even on small scenes which are reflected on the screen.

Why watch this movie

If you love the Rajasthani cinema, then you should go and watch this movie. If you want to connect with tribal culture in a live form or you want to see it in real form, then the Rajasthani film Bahubali is a great option.

Unseen, untouched locations of Rajasthan and a new look of the state will also be seen in this movie. It's a good package for those who watch movies with the family. If you want to watch a masala movie then this movie is not for you.

- Ritu Sodhi

Discover Peace of Mind through Positive Mindset

Every living being wants peace. Everyone is affected by sorrows and uneasiness in life. Each and every human being wants peace but does not want to follow the right path. How can one reach the destination without following the right path? Without following the path of peace, how can peace be attained? If there are problems in life, there are solutions for them too. There is a need to take steps towards the solution. Try and leave the result to the one above. Those who give a big shape to the problem by sitting and thinking are bound to be disappointed, frustrated and unsuccessful in life. There are many obstacles in the way of success. But these obstacles are not as big as the doubts of the mind. Doubts one after another do not allow us to trust ourselves or others. We are not what we used to be. Rumi has said, 'Why do you shrink your heart with useless thoughts and whispering doubts? Do you turn this happy world into a narrow prison?'

People who live in narrow thinking and limited circles spend their whole life in unrest. The biggest centre of peace and happiness is the mind. That's why it is necessary to train the mind and control the mind. Mind is a huge collection; it is a junction of different thoughts. Various thoughts, fantasies, hopes, memories, frustrations etc. live in it. Because of this the mind remains restless. The mind is where the seeds of unrest first germinate. A man planted an acacia tree and took care of it very diligently. People saw

him working so hard on the thorny plant and said, "What are you doing?" that you are crazy, where can mangoes grow on the acacia tree? But that man did not understand. Every day he used to see with curiosity that now mangoes will be planted on it, now it will be planted, but where were the mangoes to be planted, which would be planted.

Most of the people in the world are like that ignorant person. They sow the seeds of sorrow and think that they will reap the harvest of happiness and peace. This is never possible. This is why there is a proverb- "As you sow, so shall you reap." The great philosopher saint Acharya Mahapragya has said that when the mind merges with the mind and when the lamp of consciousness is ignited by consciousness, the functional power appears; that is peace of mind. If the mind is distressed, agitated, fearful, restless, then even if one sleeps on a bed of velvet and flowers, sharp thorns will continue to prick him. As long as the mind is not healthy, calm and meditated till then the experience of burning will continue even in an air-conditioned room in every way. Peace is related to the mind in the mind. Peace is not in the external comforts, but in the mind within the person. Man has to become aware of the inexhaustible power hidden within him.

Man has money, glory, family, house, business, fridge, cooler, computer, and car. Despite the huge increase in the means of life's comforts, there is an atmosphere of

unrest all around, the nation is in turmoil, the home is in turmoil, and even man himself is in turmoil. All around there is an empire of tension, suffocation, tragedy and violence. Why is it like this? Wealth and glory can provide the minimum requirement of man-bread, cloth and house. Today the problem is not of bread, cloth, house, but of peace. Recitation of peace and peace will not bring peace. Peace will not descend on earth from the sky. Peace is not an item to be sold in the market, factory, mill, factories. Shakespeare said that wise men never weep for their present sorrows, but prevent their causes in the present. Life has to be given height, so depth is also necessary. The deeper the foundation, the higher and stronger the house will be.

In this way, our personality associated with the superiority

of life values itself becomes ideal. Nevertheless, in the journey of life, it is necessary to have unwavering faith in the mind towards your objectives. It is said that a man does not walk, his faith walks. Self-confidence binds all the qualities in one place, that is, in the light of self-confidence, the whole personality and action of a man is revealed and this brings peace in life.

If a person wants to establish peace in life, then he has to imbibe human qualities like love, compassion, harmony, tolerance, equality, kindness, simplicity, alertness, sympathy, peace, friendship.

Invest your time, labor and energy in acquiring these qualities. Such efforts are desired which can make a person calm, responsible and socially oriented. In the present way of life, the mutual distance and the difference that has

arisen between words and deeds has to be removed. As long as your human life does not give the seeds of peace, irrigation of affection, sunshine of discipline, air of friendship, skilful protection of selflessness, sustenance on the smiling and blooming fertile land of life, till then the cultivation of spiritual happiness and peace will not flourish. If you want real peace, make a resolution that you will develop the power of renunciation. Will develop maximum restraint in life. Everyone should remember the incident related to Alexander's life. When Alexander asked the monk to go to Greece with him, he flatly refused.

At that time Alexander introduced himself to him as a world conqueror. There was a long dialogue between the hermit and Alexander and in the end world conqueror

Alexander had to accept his defeat in front of that self-conquering hermit. When the defeated Alexander asked for something after being pleased with the sacrifice of the monk, the monk said - 'Move to a side and let the sun shine.' Restraint is very important in this materialistic consumerist time. If life is to be run smoothly, to live a peaceful life, then there is no other way than self-restraint and sacrifice. Peace begins where ambition and craving end. Colton has said that peace is the evening star of the soul, whereas virtue is its sun. These two are never separated from each other. Only through this does spiritual happiness and true peace result. Peace is the highway to all possibilities of development. Eternal happiness resides in peace. The desire for peace should be the way to happiness.

- Lalit Garg



Expert Lecture on SSB Selection Process & Modes of Entry in Armed Forces at SPSU

Udaipur: Under the visionary guidance and efficient leadership of the President and Vice Chancellor Prof. (Dr.) Padmakali Banerjee the NCC unit of Sir Padampat Singhania University, Udaipur organised an expert lecture on "SSB Selection Process & Modes of Entry in Armed Forces" on Feb 22, 2023. Col. Inderjeet Ghoshal, Commanding Officer 10 Rajasthan Battalion NCC, Defence Institution of Psychological Research (DIPR/DRDO) Assessor and Group Testing Officer in Selection in SSB Allahabad and

Bhopal was the distinguished expert. He highlighted that when it comes to entering the armed forces and leading from the frontlines, there is nothing better than being an officer in the Indian Army, Navy, or Airforce. SSB is the bridge that connects this dream of aspirants to reality.

He briefed the students of the University about the assessment criteria and the variety of psychological and personality tests that are used to determine a candidate's suitability for working in the Indian Armed Forces.

The information regarding the exams under SSB like National Defence Academy & Naval Academy Examination (NDA & NA Exam), Combined Defence Services Examination (CDSE), Technical Entry Scheme, NCC Special Entry Scheme and Air Force Common Admission Test (AFCAT) was also shared with the students. Col. Sanjiv Tomar, Pro Vice Chancellor also motivated the students to serve the Nation. Dr. DS Chouhan Associate NCC Officer SPSU coordinated the event.

