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Weekly



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Lord Mahavira : The Founder of Universal Religion

The entire life of Mahavira is a living inspiration for the rise of self and others. 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 worshipped, 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, who 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 sacchameseja' - 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 in himself. 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, 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 dis-



eases, 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 med-

ical 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

Open heart, greetings to Raghuveer

Salubar : People expressed their gratitude to the Gehlot government by welcoming Congress leader, former MP Raghuveer Meena, with open hearts after the demand of the nearly four-decades-old districts of the Salumber region was fulfilled. During the program, which lasted for about four hours, hundreds of people made Meena wear turbans and garlanded her with flowers. Many leaders, including Meena, addressed the meeting held at Gandhi Chowk. Hundreds of people gathered from Salumber, including Sabla, Aspuri, Lasadia, Jhallara, Kurabad, Jaisamand, etc.

Welcomed at every step, greetings -

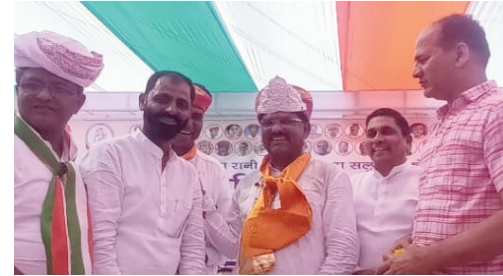
Congress leader Raghuveer, his wife, and former MLA Basanti Devi reached the headquarters at 1 pm. Party workers received both amid grand fireworks at Ashirwad Garden. After this, both of them were taken out in a procession.

The procession passed through Turki Darwaza, Rawalpindi, Bohar Wadi, Holi Chowk, and Khatik Wada, reaching the Gandhi Chowk venue. More than 100 welcome gates and banners were put up on behalf of various societies and organizations along the route. After stopping the procession, the Meena couple was welcomed with flower showers and fireworks. People expressed their gratitude by wearing turbans and uppers.

Congress government is dedicated and sensitive to public service: Raghuveer

Addressing the civil felicitation ceremony at

Gandhi Chowk as the chief guest, he said there is no alternative to Congress in service of the country and public service. The Congress government of Rajasthan has dedication, sensitivity, and determination towards public service, as a result of which it gave the gift of the district to the backward, tribal areas. Meena also assured the development of the new district in a planned manner. On this, the pandal echoed with the cheers of Raghuveer.



The speakers said in one voice that the district's debt must be repaid.

Former Union Minister Dr. Girija Vyas, Dhariyavad MLANagraj Meena, former zila pramukh Chhaganlal Jain, PCC members Parmanand Mehta, Kachru Lal Chaudhary, Block President Laxman Singh, Meval Mandal President Bhanwar Nagda, Dr. Vimla Bhandari, etc. addressed the ceremony. The speakers said in one voice that only a leader like Raghuveer can fulfill the district's demands.

This historical gift will be remembered for generations.

The district's announcement has put debt on every person in the area. It is the collective responsibility of all of us to clear this debt by electing Congress in the coming elections.

Worn a silver crown, weighed with coconut

At the ceremony, Adarsh Gandhi, former city president of the Youth Congress, presented a silver crown to Raghuveer. On the other hand, Meena was weighed with a coconut on behalf of Seva Dal. Similarly, about two dozen organizations, including District Banoo Sangarsh Samiti, Sarafa Vyapar Sangh, Food Grocery Vyapar Mandal, Readymade, Shoes Hosiery Association, Rajasthan Panchayati Raj Teachers Association, Kallaji Vikas Sansthan handed over felicitation letters welcoming Meena on the stage. In the beginning, Chairman Pradyuman Kodia gave the welcome address. Operation was done by Laxmikant Sharma, Biharilal Purohit. Municipality Vice President Abdul Rauf proposed a vote of thanks. City President Sunil Sewak, Rohit Bhatt, Suresh Kachoria, Mahipal Khetawat, etc., were present.

Demand to merge Badi Saadi, Kanod with Salubar

During the felicitation ceremony, people from Badi Saadi and the Kanod area also came in large numbers. He handed a memorandum to Raghuveer and demanded that his area be included in the Salubar district for proper development.

Scientific workshop on future space missions, including Aditya L1 mission launch

Udaipur (Dr. Munesh Arora): three-day Solar Physics Workshop, "Multi-scale Solar Phenomena: Current Potential and Future Challenges [USPW-2023]", under the aegis of Udaipur Solar Observatory, concluded with the inaugural ceremony, research lectures, and panel discussion. The workshop was inaugurated by Padmashree A S Kiran Kumar, Former Chairman Indian Space Research Organization (ISRO), Member Prime Minister's Science, Technology, and Innovation Advisory Council, and Chairman of the Government of India. Kiran Kumar said that new results can be obtained by establishing new dimensions of research through scientific observations and information, innovative techniques such as artificial intelligence, and machine learning. For this, an enabling environment is being created in the

country.

Inspired scientists to design an upcoming solar mission - Professor Anil Bhardwaj, Director, Physical Research Laboratory, Ahmedabad, in his welcome speech about advanced technology solar telescopes (e.g., MAST, GONG), Solar radio telescope E-Callisto (E-Callisto) installed at Udaipur Solar Observatory. He discussed the XSM payload sent with



Chandrayaan-2, built by the Physical Research Laboratory, which plays a valuable role in studying microscopic solar flares.

Workshop convenors Dr. Bhuvan Joshi and Dr. Ramit Bhattacharya outlined the three days sessions. When will Manav, the conqueror of the Moon, become the conqueror of the SunSun?

In 1970, the country's top scientists, Padmashree Kiran Kumar, and Dr. Anil Bhardwaj were overwhelmed by seeing these lines engraved on the door

of Vidya Bhawan's auditorium. When these two scientists came specially to meet the students in the Vidya Bhawan Auditorium when, the other engraved lines on the door, "Are our brothers in other planetary constellations also"? Both the scientists remained in serious thought for some time.

It is worth mentioning that on July 20, 1969, when a man went to the Moon, then on the very next day, on July 21, this scientific achievement was celebrated

at Vidya Bhawan's foundation day function. Along with this, it was also discussed when the human SunSun would become the winner. This curiosity is engraved on the wall. Both the top scientists were felicitated by wearing a Mewari turban and presented with a statue of Maharana Pratap.

Addressing the students and dignitaries present in the program, Dr. Kiran Kumar described the journey of the Indian Space Research Mission so far. He said that India's space mission is

different from other countries in that instead of military objectives, we have worked on it to research and solve common people's problems. He also shared details of Indian Chandrayaan Mission 1 and 2, and Mangalyaan Mission launched in the past years. He described the Aditya L1 mission as a revolutionary step in the research of the SunSun. Prof. Anil Bhardwaj called upon the students to pursue a further career in space research and said that children should visit the space launch center and watch the launch of spacecraft. Kiran Kumar answered the students' questions and said we would soon send Indian astronauts to the Moon. Also noted that together we have to create such an environment and work culture in India so that not only our talent work here instead of outside but also we have to attract talented researchers from other countries.

Former President of Udaipur Chamber of Commerce Komal Kothari, Vidya Bhawan Governing Board's Gopal Bamb, Pushpa Sharma, Revati Raman Shirmali, Principal of Vidya Bhawan Polytechnic College Dr. Anil Mehta, School Principal Pushparaj Singh, Scientist Maheep Bhatnagar were present in the program.

Mahaveer Swami's Pad

Pad means cloth. The painting done on cloth is called pad painting. Pad is also called Phad. First of all, Devnarayan's feet were made. After that, Pabuji's pad came into existence. These two are famous folk deities. Devnarayan mainly belongs to the Gujar caste, and Pabuji is most respected in Raika society. First of all, Dr. Mahendra Bhanawat wrote on these two.

The whole story related to his life is depicted in the pad. These paintings are made by the painters of Shahpura-Bhilwara, who is Joshi. Among them, Shri Lal Joshi gained the most fame. He was also honored with Padma Shri. Moving ahead of the tradition, he made other experimental paintings and contributed to many museums in foreign countries.

On the 2500th Nirvana event of Lord Mahaveer, Bhilwara's artist Nihal Ajmera did a meaningful, innovative experiment by getting Mahaveer Swami's pad prepared in the traditional pad style of Rajasthan. This pad has two parts, top and bottom, pictured from right to left. The sixteen dreams of Trishala

respectively in the upper part, Indrani handing over Mahaveera to Saudharma Indra, King Siddhartha and his courtiers, birth auspicious scene, Lord being taken to Mount Meru, gods and goddesses singing and dancing in their praise, mountain Celebrating Jalabhishek, Prince Vardhaman's snake-



test by the God, Sangam Dev assuming a faceless human form, Vardhaman being named Mahaveer and the pictures of Panch Parmeshthi, Arihant, Siddha Acharya, Upadhyay, and all the sages are beautiful. In the lower part respectively, the crow is black while pointing towards the crow of the prince, saying, swinging, Siddhartha with the courtiers, Madhu-Bindu, Sansar-Darshan, and Lord Mahaveer engrossed in

penance, Rudra's prefix, Deeksha Kalyanak, Vastralankar There are pictures related to sacrifice and Panchmushti Keshalunchan, Chandanbala giving food, Indrabhuti Gautam's defamation (Man Bhag), God's sermon in Samavasaran created by the gods and Mahaveer's body being cremated by the

gods after his salvation. In this way, it is as if the entire biography of Mahaveer has become idolized in this episode. Like Pabuji's pad, this pad is made to stand on the stage in front of the audience. There are two people in it. One reader asks about the paintings while the other explains them dramatically in a Rajasthani narrative style with dance rhythms. After that its singing starts.

- Dr. Tuktak Bhanavat

Pankaj Sharma as Media Coordinator



Udaipur: On Sunday, the Rajasthan Pradesh Congress Committee appointed 8 spokespersons, 7 media panelists, and 3 media coordinators. Udaipur Congress spokesperson Firoz Ahmed Shaikh said that Pankaj Kumar Sharma had held many important posts like NSUI, Youth Congress, Youth INTUC District President, and State Congress Secretary for 30 years and been appointed as Media Coordinator by the State Congress Committee. Presently Sharma is the District Coordinator of Mahatma Gandhi Jeevan Darshan Samiti and Shanti Ahimsa Cell. Sharma expressed gratitude to PCC President Govind Singh Dotasara.

Pic of the Day

