

## Avoiding Anger: The Key to a Bright Future, Advises Mr. Chandraprabh

**Udaipur:** National Saint Chandraprabh Maharaj emphasized the detrimental impact of anger on our future, urging thousands of individuals to commit to overcoming this destructive emotion.

During a discourse series organized at the Municipal Corporation's Town Hall ground, Saint Pravar spoke about instantly eradicating anger. He stressed that our lives are filled with energy, and when we channel that power in the right direction, it brings forth love, peace, joy, and harmony. Conversely, if misdirected, it leads to anger, animosity, and conflict. Just as turning the key in the correct direction opens locks while the opposite direction closes them, our lives are like a match – they can illuminate the world or set it ablaze.



The saint highlighted many people's paradoxical situation, with air conditioning cooling their physical surroundings while their minds burn with anger. This internal conflict is a major cause of family troubles. Saint Pravar explained that a mere four minutes of anger can negate the benefits of an entire day's worth of

nourishment. It weakens our destiny, destroys the knowledge cells in our brains, and erodes relationships that took years to build. With such knowledge readily available, we should be aware of the destructive nature of anger. Saint Pravar cautioned that expressing inappropriate words in anger creates rifts in relation-

ships, leaving lasting scars akin to a nail hammered into a wall. He urged individuals to awaken their prudence and avoid acting on ignorance-driven anger. He reminded the audience that if Lord Krishna could forgive Shishupala's countless mistakes, they could show similar nobility in forgiving their family members' minor transgressions. Drawing inspiration from Lord Mahavir, who tolerated a nail being hammered into his ear during meditation, Saint Pravar encouraged patience in bearing a few harsh words from others. Anger leads to the soul's decline, exemplified by the Chandkoshik snake that bit Lord Mahavir's thumb in a previous life. Due to its fury, the snake reincarnated from an ascetic saint to a venomous serpent. Thus, contemplating

the consequences, one can only imagine the future consequences of harbouring anger daily. Providing a mantra for anger control, Saint Pravar suggested the K.F.P approach: taking adverse incidents lightly and reflecting on the insignificance of others' words. He advised responding positively even in unfavourable environments and, whenever possible, remaining silent. He emphasized the power of silence, explaining that spending just ten minutes during anger helps preserve energy. Practising two hours of silence daily prevents impulsive reactions, curbs hurtful language, and fosters an environment of self-control and reflection.

Saint Pravar recommended observing a weekly fast from anger, particularly during seven crucial moments: waking up in

the morning, commuting to work, interacting with customers, returning home, eating meals, engaging in worship, and sleeping at night. He also introduced the Paramashanti meditation technique, where one inhales while focusing on becoming calm and exhales while envisioning a smile.

Inspired by Saint Pravar's teachings, thousands of people raised their hands, taking a pledge to never succumb to anger again. In the event of an unintentional lapse, they vowed to abstain from consuming salt the following day. The function was successfully conducted by Hansraj Chowdhary, and future events will feature a special lecture by Lalitprabhu on "Life Management: The Foundation of a Successful Life," as announced by the union president, Raj Lodha.

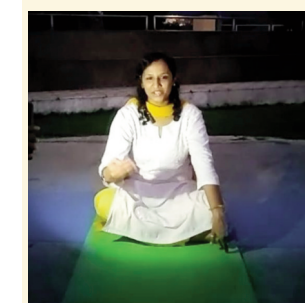
## Rotary Udaipur Elite conducts plantation of rare trees.

**Udaipur:** Rotary Elite Udaipur, in collaboration with the village panchayat of Royda, has successfully carried out the plantation of 500 rare trees in the selected location of Royda village with the support of the international organization TOFI (Trees Outside Forests International). Club President Vikas Shrimaali stated that the geotagging of these trees will be conducted by TOFI and Trees Outside Forests in India, enabling real-time monitoring from anywhere. Club Secretary Ajay Lohra mentioned that the club has spent approximately INR 1.5 million on this project. Sarpanch Chhogaram of Royda Panchayat affirmed that the complete care of these trees is the responsibility of the panchayat. The panchayat will regularly maintain and ensure the development of these trees. Dr Satyaprakash Mehra, the state coordinator of TOFI, revealed that the organization has selected various locations in seven states of India for such projects, and today's tree plantation took place at one of these locations. TOFI, in collaboration with different organizations, is making efforts to develop rare and endangered trees in nearly three million hectares of land in India. He expressed gratitude for the support provided by Rotary Elite Udaipur in this campaign.

Deputy Governor Kamlesh Talesara and many club members were present on this occasion. The members also pledged to adopt ten or twenty trees individually. Following the tree plantation, club members, under the guidance of bird science expert Devendra Mistri, engaged in bird watching and gained interesting knowledge about the world of birds.

## Chandra Namaskar: Serenity and Energy

**Udaipur:** Jito Ladies Wing organized a special program on Tuesday, focusing on Chandra Namaskar and Chandra



Meditation. Vijaylakshmi Galundia, Chairperson of Jito Ladies Wing, mentioned that Bhavna Jain, a yoga and meditation guru, explained the significance of the full moon day when the moon's energy is complete, and special rays are emitted. Performing Chandra Namaskar and Chandra Meditation on this day brings tranquility to mind, instils a

sense of coolness, and helps alleviate various ailments. Bhavna Jain also highlighted the importance of this meditation practice on Guru Purnima, as it allows us to pay homage to all the teachers of this world and enriches our meditative experience.

The event, which took place physically at Vidyateerth International School and was also accessible to those residing outside Udaipur, saw participation from several members, including Asha Aada, Anita Bhanawat, Manjula Gelda, Anita Gandhi, Seema Jain, Sushila Mehta, Suman Lundia, Archana Jain, Lata Gandhari, and Rekha Jain. Vijaylakshmi Galundia extended a warm welcome, and Preeti Sogani expressed gratitude during the proceedings.

## Thali Naad Movement: Awakening Government



**Udaipur:** The Bharatiya Janata Party (BJP) Mahila Morcha will hold a protest at the Chief Minister's residence on July 5 to raise awareness about the increasing incidents of violence against women in Rajasthan. The demonstration will be attended by women MPs, MLAs, former MLAs, party officials, and female activists from various organizations, with a tar-

get of mobilizing approximately 20,000 women from across the state. A significant number of women from Udaipur will also participate in the protest. Speaking to journalists at the BJP office, former President Rajni Dangi expressed concern over the Rajasthan government's indifference towards the safety and well-being of women in the state. She highlighted

the alarming rise in crimes against women, including rape cases, and criticized the government ministers for evading responsibility.

Dangi cited data from the National Crime Records Bureau, which shows Rajasthan having the highest number of reported rape cases in the country. She emphasized that despite these grim statistics, the ministers have failed to provide adequate answers.

Deepthi Maheshwari, a lawmaker from Rajsamand, mentioned a recent incident in which the son of a Congress MLA, Johri Lal Meena, was implicated in a rape case but was not initially apprehended by the police, despite an FIR being filed.

She attributed the growing discontent among women in the state to the callous policies of the Congress

government. Maheshwari criticized the government's nonchalant attitude and the irresponsible statements made by its ministers. She asserted that the women's movement would expose the government's negligent behavior. Kiran Tanted, a member of the Mahila Morcha, announced a symbolic protest called "Thali Naad Andolan" (a protest involving the banging of plates), through which women would disrupt the government's complacency.

Sangeeta Chauhan, the regional in-charge of the Mahila Morcha, stated that incidents of crimes against minors and young girls have become distressingly common.

To demand action against the increasing incidents of violence against women, the protest rally would commence at 11 AM from the

BJP office on Sardar Patel Marg in Jaipur.

Rekha Untawal, a councilor, stated that the Mahila Morcha is determined to expose the arrogant and insensitive behavior of the Gehlot government during the rally.

Kavita Joshi, the district president of the Mahila Morcha, and Ritu Agarwal, the rural district president, also addressed the press conference and ensured the active participation of women from both urban and rural areas of Udaipur in the protest. The press conference was attended by Chanchal Kumar Agarwal, the BJP Media Coordinator for the region, Yashwant Mandawara, the Social Media Coordinator, and Mohit Sanadhya, the District Coordinator for the Yuva Morcha IT Cell.

- Dr Munesh Arora

## Program Organized to Promote Healthy Living

**Udaipur:** JSG Ananta organized a morning walk program at Govardhan Sagar Di Park as part of their True Wealth: Health Signature Project. This event marked the second program in the series. Piyush Vasita conducted and led the aerobic session.



According to Secretary Rajesh Sisodia, the Jain Social Group Ananta's program aimed to foster unity, love, and enthusiasm. More than 100 couples from the group participated.

Chairperson Dr Shilpa stated that the promotion of excellent health through JSG Ananta's program will gradually expand throughout the entire Mewar region, where there are currently approximately 2,500 couple members.

The morning event was attended by former Chairman Mohan Bohra, Treasurer Gajendra Jodhawat, Lalit Kachhara, Shashi Jain, Ajit Jain, Ashok Kothari, Sunil Jain, Anand Chordiya, Ramesh Vagariya, and others from the Mewar region.

The program coordinators, Vishal, Anisha Mehta, Yashwant, Abha Bafna, and Rajesh Varsha Babel, arranged a delicious Jain breakfast. A new member, Kamal Meena Ji Pagariya, also joined the group during the event.

## Residents of Kotra receive the precious gift of clean drinking water

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**Kota:** RO and UV filters were installed in 53 educational institutions and hostels

Over 12,000 students to benefit from this initiative. Udaipur, Hindustan Zinc's remarkable effort to provide pure drinking water to students in the remote tribal region of Kotda has garnered appreciation. It is expected that other organizations will also step forward to contribute to the educational development of the tribal area.

District Collector Tarachand Meena expressed his admiration during the RO and UV filters inauguration ceremony sponsored by Hindustan Zinc, held at the Vivekananda Girls Hostel in Kotda. These filters will benefit students from 53 govern-

ment schools.

He emphasized the significance of clean drinking water for students and commended Hindustan Zinc for their initiative. The provision of pure water is crucial for their well-being. Collector Meena also raised awareness about water conservation and stressed the importance of water resources. He provided information about ongoing efforts for the development of the Kotda region and announced the organization of a grand-scale tribal youth festival and Tribal Welfare Day.

Furthermore, he shared plans to establish the Sitaphal Excellence Center, Forest Produce and Medicinal Excellence Center in Kotda, with an investment of 10-10 crores. These centers will not only generate employment opportunities but also contribute to the overall development of the region.

The inauguration ceremony witnessed the presence of Collector Tarachand Meena, Hindustan Zinc's CEO Arun Mishra, Deputy CEO Krishna Mohan Narayan, CSR Head Anupam Nidhi, Corporate Communication Head Maitreyi Sanhla, Tehsildar Mughalaram Meena, and principals of the 53 government schools in Kotda, along with representatives of the local community.

Arun Mishra, CEO of Hindustan Zinc, expressed his gratitude and highlighted the positive impact of this initiative. He emphasized that over 12,000 beneficiaries, including government schools and hostels in Kotda Block, will now have access to clean drinking water, which will significantly contribute to their health and prevent waterborne diseases. He emphasized that this initiative is a stepping stone towards a healthier and prosperous future for the youth, who are the nation's future builders.

## DURAND CUP TROPHIES TOUR IN JAIPUR



**Jaipur:** Jaipur witnessed an enthralling and enthusiastic support to Durand Cup Football Tournament Trophy Tour on 09 July 2023.

The countrywide trophy tour as part of 132nd Edition of Durand Cup is being conducted under the aegis of Kolkata based Headquarters Eastern Command. The trophy Tour in Jaipur was organised by Headquarters South Western Command with support from the state government and local football organizations.

The trophy Tour commenced with a Press Conference at Rajasthan International Centre which highlighted the legacy of Durand Football Tournament.

The event was graced with the presence of senior political civil & Defence dignitaries to include Shri Mahinder Jeet Singh Malviya Cabinet Minister, Department of Water Resources Govt. of Rajasthan, Shri Lal Chand Kataria, Agriculture Minister, Department of Agriculture Govt. of Rajasthan, Air Vice Marshal Prashant Mohan AOC Advance Headquarter, Maj Gen Rai Singh Godara GOC HQ 61 Sub Area, Col Navneet Singh Thiara Nodal Officer Durand Cup, Shri Dharmendra Singh Chairman, Rajasthan Tourism Development Corporation, Dr. Ashutosh

Pant Independent Director & Chairman Indian Oil Corporation Limited, Shri Krishna Kumar Tak Chairman Rajasthan United Football Club and Shri Rajat Mishra Founder & Director, RUFC.

The press conference was followed by interaction of Durand Cup Football Committee and Rajasthan United Football Club with schools, regional clubs and football academies. Subsequently the trophies were toured across the city and placed at Albert Hall for the rest of the day for display to the masses.

The tour of trophies namely President Cup, Durand Cup and Shimla Cup is aimed to popularise Football and empower the sports ecosystem in the nation.

The trophies will move to Karwar on 10th July as part of its nationwide tour. A total of 24 teams will compete in this year's Durand Football Tournament including teams from the Indian Army and the state of Rajasthan.

The matches of the tournament, this year are being held at Guwahati, Shillong, Kokrajhar and Kolkata. The tournament commences on 03 August and the final is scheduled for 03 September at Kolkata.

## Poonam Ankur Chhabra Extends Gratitude to CM

**Jaipur:** Poonam

Ankur Chhabra, the

national president of the

liquor ban movement,

expressed her gratitude

to Chief Minister Ashok

Gehlot for his support

and commitment

towards the de-addiction

campaign in the state. Poonam

Ankur Chhabra, who leads

the "Sw. Gurusharan Chhabra

Public Awareness Campaign"

dedicated to de-addiction,

personally met with the

Chief Minister and requested

a budget for the campaign

on April 3, 2023, and April

17, 2023. A letter was

also sent to the Chief Minister

by Amin Kagzi, the chairman

of the Haj Committee, and

former MLA Gopichand

Gurjar, advocating for the

allocation of funds for the

campaign.

In response to these

requests, the Chief Minister

has announced a budget of

Rs 2.5 crore for the public

awareness campaign. This

funding will facilitate a

large-scale public awareness

drive across the state to

combat drug addiction.

Poonam Ankur Chhabra,

as the national president

of the liquor ban movement,

warmly welcomes this

decision, generating a

wave of joy among the

members of the Justice

for Chhabra ji organization

and all those involved in

the prohibition movement.

Expressing her happiness,

Poonam Ankur Chhabra,

daughter-in-law of the late

Gurusharan Chhabra ji and

national convener of the

complete prohibition

movement, appreciates

this noble initiative by

Chief Minister Ashok

Gehlot, along with MLA

Amin Kagzi ji and former

MLA Gopichand Gurjar

ji. She extends her

gratitude towards them

for their support.

The State Organization

General Secretary of the

Justice for Chhabra ji

Sangathan, Manish

Kapuria, as well as

members including

Babu Bhai Frijwala,

Rakesh Dahiya,

Premraj Saini Dera,

Mohammad Asif

Dawoodi, Surendra

Singh Chandesara,

Vishal Bhardwaj,

and Vikas Daulatpura,

have also welcomed

and supported the

government's

announcement.

They pledge their

positive cooperation

in this government-

led de-addiction

campaign under the

leadership of

Poonam Ankur

Chhabra.

The state government

has taken a significant

step towards

motivating the

general public to

overcome drug

addiction in the

state, and this move

is widely appreciated.

## Promotion to Deputy Director for Nahar



**Udaipur:** Rajendra Nahar, a senior officer from the 1994 batch of the Indian Broadcasting Service, has been promoted to Deputy Director by the Ministry of Information and Broadcasting. Also, Nahar has been appointed Deputy Director of All India Radio Udaipur. In his new role, Nahar will oversee six All India Radio centres in South Rajasthan. It is worth mention-

ing that under Nahar's leadership, several centers of All India Radio have been honoured with prestigious awards at the national and zonal levels for their excellence.

Under Nahar's guidance, All India Radio Udaipur, the flagship centre in the state's southern region, has also been allowed to host various esteemed conferences. On this occasion, all the officers and staff of the centre expressed their appreciation for Nahar's achievements and contributions.

## ICAI Organizes Cyclothon for Environmental Conservation

**Udaipur:** The Institute of Chartered Accountants of India (ICAI), Udaipur, organized a Cyclothon at Fatehsagar Lake to promote the message of nature and environmental conservation and appeal for a pollution-free Udaipur. The event saw the participation of 125 members and students.

The approximately 8-kilometre Cyclothon was flagged off by Chairman CA Abhishek Sancheti and Secretary CA Rahul Maheshwari, who raised the green flag. CA Pratibha Jain, Sikasa's Chairperson, administered the tree protection oath to all participants and urged them to contribute to more tree plantations. R.N. Kogta, Pawan Talesara, Raunak Jain, Hitesh Bhadada, Chirag Dharmavat, Vishal Menaria, Gaurav Vyas, Nitesh Doshi, Shailendra Kunavat, and others were present during the event.

## Eye Donation Awareness Workshop Organized by Lions Club Kota, Hadoti

**Kota:** Lions Club Kota, Hadoti organized an awareness workshop on eye donation in collaboration with Shine India Foundation on Monday, along with the RAC (Rotaract Club) jawans. In this workshop, jointly organized by Lions Club Regional Secretary Upendra Jain, Club Secretary Mukesh Saxena, and Program Coordinator Kalpesh Shah, Dr Kulwant Gaur from Shine India Foundation provided detailed information on the importance, usefulness, and misconceptions about eye donation. He also explained how to care for the deceased body before receiving the eye donation to ensure the safety and optimal quality of the cornea. RS (Assistant Commandant) Pawan Jain emphasized the significance of eye donation, stating that donating the eyes of a deceased person and preserving the body as ashes after death is a highly virtuous act. Eye donation brings hope of light to visually impaired people. It should be our moral responsibility to make eye donation possible after death.