

Sanatan Chaturmas - 54 Kund Maa Baglamukhi Mahayagya Commences

Udaipur (Dr. Munesh Arora) : Starting on Sunday, the Navaratri ritual marks the beginning of the Sanatan Chaturmas at the Badbarshwar Mahadev Temple in Balicha, Udaipur. Alongside, the construction of 54 kunds (ritual fire pits) has already been completed in the Saptadweep Yajnasala. The sacred yagna ceremony, set to last for nine days, has seen the arrival of over 200 Acharyas (spiritual leaders) from all over the country.

Media coordinator Manoj Joshi mentioned that the Sanatan Chaturmas is dedicated to the worship of Goddess Baglamukhi, the



bestower of fulfilling all desires, world peace, prosperity, strength for India, and social harmony. Before the Yagna ritual, a Kalash Yatra procession was conducted from

Goverdhan Sagar to the Yajna venue. The yagna, which started on Sunday at 8 AM, will continue until 2 PM. Devotees can perform parikrama (circumambulation) of the Yajnasala

during the ceremony, which is considered significant. After the yagna, from 2 PM to 5 PM, the Devi Bhagavat Puran Katha will be narrated by Acharya Kamal Kishor Banaras Wale.

The main sponsor for this katha is Ram Singh Khetavat from Ahmedabad.

Before the yagna commenced, a Kalash Yatra was carried out, starting at 7 AM on Sunday, and going on till 2 PM. During the ceremony, devotees uphold certain rules, including fasting, practicing celibacy, and abstaining from shaving and the use of soap. Kalacharya Mai Baba, in the presence of local Acharyas, issued directions and supervised the mahayagna.

Maresh Chashak, secretary of the Sarv Samaj Sanatan Chaturmas Samiti, revealed that during the mahayagna, they have constructed six types

of kunds, with nine each in every type. These include the Chatushkunda, Trikon Kund, Yonikund, Ardh Chandra Kund, Shatkona Kund, and Ashtadal Kamal Kund, each holding its own significance.

Organizing Chief Himanshu Bansal added that during this Sanatan Chaturmas, Jagadguru Shankaracharya Narendranand Saraswati of Kashi Sumeru Peeth will grace the ceremony. He is expected to arrive on the evening of October 22. On October 23 and 24, he will give blessings at the Yajnasala. A special puja of Aparajita and Shami will also be held on October 24 during the Purnahuti

Brighter Faces from the Heartfulness Institute's Meditation Camp

Udaipur: The Heartfulness Institute Udaipur concluded a three-day meditation camp organized for the residents of Archie Arcade Apartments. Dr. Tuktak Bhanavat, the Chairman, informed that under the leadership of RAS officer and Heartfulness trainer Mukesh Kalal, a three-day meditation camp was organized. On the first day, relaxation and meditation were



taught. Videos of Kamlesh D. Patel, the Global Guide of Heartfulness, and the headquarters at Kanha Shanti Van were also presented.

On the second day, self-purification practices and meditation were conducted under the guidance of zone coordinator Lata Patel, who was present during the session. The third day focused on prayer, meditation, and meditation practices, led by zone coordinator Madhu Mehta. Discussions were held on topics like the main elements of meditation, pranahuti energy, clean meditation, dealing with thoughts during meditation, and how to practice regularly.

Dr. Rakesh Dashora, the center coordinator, shed light on these topics. The highlight of the third day was the Brighter Mind Show presented by the children of the Heartfulness Institute, with Varunika Singhvi leading the way. Participants were astonished by activities such as brain exercises, recognizing numbers on charts, color recognition, reading numbers from notes, and book reading, among others.

Trainer Mukesh Kalal thanked everyone and announced the commitment to hold a weekly collective meditation every Wednesday evening in the Archie Arcade Hall for physical, mental, and spiritual balance. After the three-day meditation camp, all participants had brighter faces and expressed their commitment to developing the art of living a balanced life in a physical, mental, and spiritual way. The camp was greatly supported by the organization's volunteers, including Abhay Jain, Ranjana Bhanavat, Deepak Menaria, Roshandeep, and others.

Understanding Arthritis: A Growing Concern Due to Lifestyle Changes

Udaipur: With the ever-evolving lifestyle and unhealthy dietary habits, a wide range of diseases are on the rise. Among them, arthritis, or gathiya as it is commonly known, is becoming a cause for concern due to the deficiency of proper nutrition and a lack of physical activity. This ailment is no longer limited to the elderly; even the youth are experiencing pain due to arthritis, with knees and hip joints being the most affected areas, causing discomfort and hindering their ability to move freely.

Dr. Ashish Singhal, Senior Consultant Orthopedic at Paras Health, Udaipur, explained that arthritis comes in various forms, with the most common being Osteoarthritis and Rheumatoid Arthritis. However, there are several other types such as Psoriatic Arthritis, Ankylosing Spondylitis, Polymyalgia Rheumatica, Reactive Arthritis, Gout, Pseudo-Gout, and Systemic Lupus Erythematosus, which are crucial to understand.

To prevent and manage arthritis effectively, it is vital to seek immediate medical attention upon noticing any symptoms. Pay close attention to indicators such as knee pain, swelling due to pain, pain in any joint of the body, continuous pain, weight loss, reduced appetite, and constant fatigue. If these signs persist, consult a doctor.

Doctors recommend exercises that make joints more flexible and may suggest dietary changes to prevent the condition from becoming severe. If these measures do not show significant improvement, surgical intervention can be a viable option.



French Cultural Festival Enthralls Udaipur

Udaipur: Rajasthan's rich cultural heritage now intersects with French artistry in the five-day French Culture Festival, jointly organized by the French Institute in India, France's High Commission in Udaipur and Jaipur. The festival commenced on Friday, where various French artists came together to showcase their talents in different parts of the city.

The primary objective of this event is to strengthen the partnership between France and India, with a specific focus on Rajasthan and Udaipur. During the festival, artists hosted a mesmerizing circus show named "TOYO" for children. This unique performance blends the imagination between a clown and a construction worker, promising a spectacular, adventurous act. In the heart of this spellbinding play is Gail Charles-Messens, an experienced clown rooted in traditional circus arts. Her outstanding performance in "TOYO" ignites the children's imaginations and provides pure entertainment.

On Friday, the first show was presented to students from Mevar Public School and Rockwoods School. In line with the festival, a group of renowned French artists, including Sandre, are collaborating with Alliance Française Network to host a Wall Art Festival, where they will create a mural in MMPS School.



As we explore the cities, history, and natural landscapes, we eagerly anticipate the amalgamation of color, culture, and creativity in vibrant public spaces. With the progression of the cities, bustling markets, serene heritage sites, and attractive public places, all come alive with the passion and touch of our renowned artists. Sandre, who has established her genuine urban narratives in France, Paris, Cambodia, Vietnam, and Belgium, will paint from the 12th to the 15th of October. She will also conduct painting workshops with MMPS students.

On Friday, all the artists met Dr. Lakshyaraj Singh Mewar, the former member of the Mewar royal family, and introduced him to their artistic contributions. This event promises to be a cultural bridge between India and France, fostering a deep appreciation for both nations' artistry and heritage.

Shalini Crowned Miss Mudita 2023 at S.S. College of Education Freshers' Party

Udaipur: The Freshers' Party "Mudita 2023" at SS College of Education, under the aegis of Swami Sharanam Education Institute, concluded with great excitement and charm.

Dr. Subhash Rajak, the College Director, revealed that the college organized the Miss Fresher competition as a part of the Mudita 2023 Freshers' Party at Gorbhand Vatika. The event was graced by Dr. Lakshmi Sharma, Principal of Ravindranath Teacher Training College, Udaipur, who also presided as the chief guest. Dr. Vatsala Paradia, Director of Vivekanand College, Vallabh Nagar, and Dr. Vani Bhatt, Principal of Sanjeevani Teacher Training College, Udaipur, were the distinguished guests. The Secretary of the College Management Committee, Mrs. Ina Rajak, and the Treasurer, Mr. Digvijay Rajak, were also present.

Shalini Soni was crowned as Miss Mudita 2023, securing the first position, with Hitesha Sirwala as the first runner-up and Deepmala Katara as the second runner-up. The college's second-year students presented captivating cultural performances, showcasing enchanting dance acts.

The program recognized exceptional performers, with Pinki Sen receiving the title of Star Performer and Jeenal Raval being awarded the Best Performer.

The welcome address was delivered by Dr. Purnima Nananiya, Principal of Udbodhan Mahavidyalaya, and the vote of thanks was given by the college's director, Dr. Subhash Rajak. The event was hosted by second-year students Meenal Gaur and Sonali Choudhary.

The event witnessed the presence of the college's advisory board members, including Mrs. Ranjana Bhatnagar, Mr. Purnesh Kothari, Mrs. Meena Menaria, Mr. Shiv Prasann Singh Dahiya, Mrs. Payal Paneri, Mrs. Heena Jain, and Mrs. Ekta Soni.

The Freshers' Party was a joyous occasion, filled with glamour, talent, and a celebration of new beginnings for the students of SS College of Education.



Janata Sena secured a victory in committee elections

Udaipur: Before the state assembly elections, the Janata Sena secured a victory in committee elections in Savna and Sangarpura Kanod, which could potentially be a significant advantage for Janata Sena supporters. Despite the current Congress government and legislators in place, the Janata Sena-affiliated individuals have taken control of the Gram Seva Sahkari Samitis.

In Savna, Bhindar, the Janata Sena-affiliated Nirvirodh won the position of president. In addition to this, the vice president's position went to Laluram Dangai, and the following members were also elected: Unkarlal Ravat, Harisingh Sisodiya, Ramlal Ravat, Amarsingh Ranawat, Ramubai, Ramlal Meena, Savlal Dangai, Bhagwatsingh, Deu Bai. The Gram Seva Sahkari Samiti in Savna now appears to have a Janata Sena influence before the elections, which seems to be a significant shift in favor



of Janata Sena, going against the Congress.

Similarly, in Sangarpura Kanod in the Bhindar constituency, the Janata Sena supporters successfully took control. Prakash Chand Jat was elected as the Nirvirodh president. The vice president was Chaganlal Shrimalli, and the elected members included Ramlal Meena, Lakshmlal Gurjar, Pema Jatia, Kalulal Gurjar, Karansingh, Navalsingh, Lalibai, Mangilal Bhl, and Arjunsingh. Notably, ever since the formation of the committee, Congress-affiliated members have consistently held the president's position. However, the Janata Sena-affiliated president in these committee elections before the state assembly elections is a significant blow to Congress.

This shift in leadership of the Gram Seva Sahkari Samitis indicates changing political dynamics in the region, setting the stage for an interesting competition in the upcoming state assembly elections.

ph-Special

Special Discussion on International Day of the Girl Child: "Education and Rights of Daughters"

Kot: On the occasion of the International Day of the Girl Child, a special discussion program on "Education and Rights of Daughters" was organized by the Government Public Library Kota. The event was chaired by Apeksha Chaturvedi, and the chief guests included Gunjan Hada, a prominent music researcher, and distinguished guest Pavani Sinha. Sneha Lata Sharma, the Principal of the Government

Senior Secondary School Borada, was the main speaker, and Nimita Park, a renowned lecturer at Jawaharlal Nehru Teacher Training Institute, and Guest of Honor Bigul Jain, retired Deputy Chief Engineer of Thermal, also graced the event.



On this occasion, Pavani expressed that daughters understand unspoken emotions. Chief guest Gunjan stated that the avatars of mehndi, roli, and kangana are not as significant as Raksha Bandhan and Bhai-Dooj, but the celebration of the birth of a daughter is essential. Nimita Park mentioned that Rakhi requires a sister, storytelling requires a grandmother, being stubborn requires an aunt, feeding requires a paternal aunt, fulfilling responsibilities requires a wife, and to fulfill all these relationships, daughters must be alive. Sneha Lata Sharma shared that a daughter is a sweet smile; indeed, the recognition of the house that is unknown. Bigul Jain highlighted that when sons cause pain, daughters apply the balm, and when sons leave, daughters stand by.

Dr. Deepak Kumar Shrivastava honored 11 girls for their outstanding achievements in various fields with "Shakti Padak" on this occasion.

Boiling Udaipur, Not Warming Up

Udaipur: Dr. P.C. Jain, a water conservation advocate, demonstrated the rooftop rainwater harvesting system installed at Lokmanya Tilak B.Ed College, Dubok, to students. He explained how rainwater, collected on the rooftop, is channeled into a tube well to recharge the groundwater. This process, when effectively implemented, helps raise the water table, which, in turn, contributes to cooler land temperatures. Furthermore, with adequate tree plantation, the trees absorb and retain water in their roots, reducing local temperatures.



Today, Udaipur faces challenges due to deforestation and declining green cover, contributing to rising temperatures in the region. To mitigate this and combat increasing tem-

peratures, it's essential to implement cost-effective and straightforward techniques, such as recharging rainwater into the ground, preventing Udaipur from boiling up.

Participants in the program included Seema Shek, Piyush Meghwal, Pawan Vaishnav, Nishant Singh, Pooja Dangai, and Nirmal Paliwal.

National Chest Conference in Delhi Led by Geetanjali Hospital's TB and Chest Department Physicians

Udaipur: In New Delhi, at the country's largest National Chest Conference, "Napcon," physicians from Geetanjali Medical College and Hospital's TB and Chest Department assumed the chairmanship of various sessions. Notably, Dr. S.K. Luhadiya presided over a symposium on Interstitial Lung Disease and Pulmonary Alveolar Hemorrhage. Dr. Rishi Kumar Sharma chaired a session based on Tuberculosis Prevalence and Shorter Regimens for Drug-Sensitive TB.



In addition, discussions took place on Impulse Oscillometry for the Modern Assessment of COPD and Asthma patients. Dr. Atul Luhadiya presided over discussions on topics related to valve and surgical management in Nemothorax disease. The conference also featured e-poster presentation sessions, where physicians served as judges.

This conference witnessed the active participation of chest and TB specialists from across the country and abroad.

Ameta Sets World Record

Udaipur: Avir Shambhulal Ameta, a 2-year and 9-month-old resident of Ghayala village in the Rajasamand district of Rajasthan and currently residing in Vasai West, Mumbai, has set a world record by reciting the entire Hanuman Chalisa in 2 minutes and 55 seconds. Prior to this, the record stood at 4 minutes and 24 seconds. Ameta's remarkable religious talent was nurtured with the support of his parents, father Shambhulal and mother Sunita Devi.

Avir was born in a small village, and his father runs a marble business in Mumbai while his mother is a homemaker. It was due to the

significant contribution of his parents in honoring his religious talent that Avir was able to recite the complete Hanuman Chalisa in just 2 minutes and 55 seconds, setting a new world



record. Living in a metropolis like Mumbai, Avir, originally from the Rajasamand district in Rajasthan, has not only made his family proud but has also brought glory to the land of warriors, Rajasthan.

Aakriti Malik Represents India at Skoltech University

Udaipur: Aakriti Malik, a native of Udaipur, has achieved a significant milestone after making her mark in the world of beauty and modeling. She recently represented India as a mentor at Skoltech University in Moscow during a 10-day innovation workshop.

Aakriti described Skoltech University as one of the top universities in the world. The workshop saw participation from representatives of 26 countries. During her tenure as India's representative, Aakriti Malik delivered lectures on



business expansion, business development, personality development, and self-confidence.

Aakriti proudly noted that no one from Rajasthan had ever attended a workshop of this kind before. This accomplishment is a matter of great pride and distinction for Udaipur and the state of Rajasthan.

Maina Chauhan Conferred with a Ph.D. Degree

Udaipur: Under the guidance of Prof. Lalit Singh Chauhan in the Department of Pharmacy at Udaipur Mohanlal Sukhadia University, Maina Chauhan, daughter of Shri Bhanwar Singh Chauhan Kothariya, has been awarded the title of "Vidya-Vachaspati" (Ph.D.). Maina conducted her research on the development of controlled-release microspheres for anti-diabetic drugs, particularly focusing on Kenagali Flavonoids. Throughout her research journey, Maina published research papers at both the national and international levels and delivered several presentations. Her work contributes to the field of pharmaceuticals, especially in the context of diabetes treatment.