

The First Lesson on Self-Exploration of Spiritual Knowledge - Sister Poonam

Udaipur: As part of the nine-day "Goodbye Stress - Happiness Program" organized under the aegis of the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Sister Poonam conducted the first spiritual knowledge session titled "Recognizing Myself: Who Am I?" On the third day of the program. According to the program's media coordinator, Sister Poonam explained that most people define "Who am I?" based on their material identity (such as lineage, profession, citizenship, etc.), while in reality, this identity pertains



to the impermanent body. In truth, I am a powerful soul, and this body is merely a manifestation of the radiant energy of the soul. With spiritual knowledge, the mind aligns

with the soul and becomes compelled to act according to its guidance.

To attain spiritual knowledge, one must continuously contemplate within oneself, recognizing oneself as a powerful entity, an energy. As long as I (the soul) infuse energy into this body, I perceive my consciousness. Conversely, when I (the soul) withdraw energy from this body, my consciousness ceases, and my body dies. This body is mortal, but I (the soul) am immortal. One should always consider themselves as energetic

and powerful. Embracing this understanding brings several benefits in life: the cessation of the fear of death, the prevention of negative thoughts, clarity in decision-making, freedom from mental tension, enhanced focus, and the development of self-healing powers within the body.

The mantra of today's happiness is to adopt three affirmations in life:

1. Let go of the past; accept that whatever happened was destined. Forget the past. Such thinking transforms negativity into positivity.

2. Each day is unique.

3. Fully accept and appreciate individuals who are with you, whether in personal or professional settings, and instead of criticizing, express appreciation for their efforts.

The media spokesperson for the Happiness Program, Professor Vimal Sharma, mentioned that following today's spiritual knowledge session, Sister Poonam will guide the participants in experiencing profound divine sensations during the joyous celebration scheduled for tomorrow, Tuesday

Shankaracharya's Manifestation Festival: A Spiritual Spectacle

Banswara: The Sri Peethambara Ashram reverberated with the echoes of various religious ceremonies during the Shankaracharya's Manifestation Festival. The occasion witnessed the recitation of the musical hymns of the Saundarya Lahari, igniting waves of spiritual fervor among the devotees.

Under the guidance of Professor Dr. Rajesh Joshi, guardian of Gayatri Mandal and an adept in Sanskrit scriptures and Sri Vidya Sadhana, groups of practitioners participated in the collective recitation of hymns composed by Shankaracharya and other rare stotras, infusing the atmosphere with devotion, reverence, and joyous spirituality.



Accompanied by melodious renditions, including the Saundarya Lahari, by practitioners such as Pt. Vinay Bhatt, Pt. Sushil Trivedi, Animesh Purohit, Dromil Trivedi, Anant Joshi, Pt. Chandresh Vyas, Pt. Rakesh Shukla, Pt. Manoj Narhari Bhatt, Nilesh Upadhyay, and Dilip Adhikari, the collective chanting immersed the attendees in waves of blissful ecstasy.

Prior to this, led by Pt. Rakesh Shukla, the ceremony commenced with the worship of the guru paduka (sandals) of Adi Shankaracharya, accompanied by Vedic chants and hymns. Participants, including Pt. Anuj Kumar Tiwari, Vinod Shukla, Subhash Bhatt, Kanhaiyalal Joshi, Subhash Trivedi, Advocate Yashpal Gupta, Kamalkant Bhatt, Arun Vyas, and Anil NH Bhatt, actively engaged in the ritualistic worship, followed by their participation in the collective recitation of the Saundarya Lahari.

The women's wing of Gayatri Mandal, 'Peetambara Shakti,' represented by practitioners such as Neena Gupta, Manju Shukla, Rachna Vyas, Divyabala Joshi, Pushpa Vyas, Vanita Pathak, Suman Acharya, Neena Purohit, Tanushree Acharya, Yogita Vyas, also contributed to the musical rendition of the Saundarya Lahari and various hymns.

Moreover, the festivities included the performance of rituals such as the Hanuman Pooja and the collective recitation of the Hanuman Chalisa, along with rituals dedicated to Bagalamukhi and Sri Vidya Sadhana, invoking divine blessings and spiritual grace.

The celebration of Shankaracharya Jayanti culminated in a vow-taking ceremony, where all present pledged to integrate the teachings of Adi Shankaracharya into their lives, thereby fostering a deeper connection with spirituality.

Adding a green touch to the festivities, under the guidance of former forest officer and Gayatri Mandal's guardian, Dr. Dinesh Bhatt, divine trees were planted within the premises of the Sri Peethambara Ashram.

Overall, the Shankaracharya's Manifestation Festival served as a vibrant spiritual spectacle, resonating with the timeless wisdom and divine grace of Adi Shankaracharya, and reaffirming the commitment of devotees to preserve and propagate the eternal traditions of Sanatana Dharma.

Release of the 21st Book 'Maa Shabri' by the Writer Purushottam Pallav

Udaipur: Dr. Dev Kothari, former President of the Rajasthan Language and Culture Academy, expressed that in the rich literary world of Rajasthan, the book 'Maa Shabri' stands as a vibrant representation of the contemporary tribal environment, art, and culture. He emphasized that literature of this kind enriches the Rajasthani literary world even further.

Dr. Kothari was addressing as a guest speaker at the release event of the 21st book 'Maa Shabri' by the eminent writer Purushottam 'Pallav,' honored by the Rajasthan Bhasha, Sahitya, and Sanskriti Academy, Bikaner, at the Science Committee Hall, Udaipur.

During the event, he remarked that 'Maa Shabri' represents a culmination of Pallav's 60-year journey of creativity and extensive research. Dr. Kothari praised Pallav's long-standing contribution to Rajasthani literature and also commended the content of the book.

In his introductory speech, Dr. Suresh Salvi, Head of the Rajasthan Department at Sukhadia University, highlighted that 'Maa Shabri' is the first literary work in the Mewari dialect, showcasing Pallav's long-unseen insights into the subject matter.

Ravindra Shrimalli, former President of the Udaipur Institute of Technology and social worker, praised Pallav's literary skills, stating that Pallav has a firm grip on Rajasthani and particularly Mewari literature. He appreciated Pallav's inclusion of various aspects of local culture in his creations. Shrimalli stressed that the poetic creation on 'Maa Shabri' in Matruka meter is significant for enriching the Rajasthani literary world.

Dr. Radhika Laddha, Editor of Bappa Rawal Patrika, conveyed her admiration for Pallav's literary creation, considering it the first deep literature on a tribal subject, which she has been working on among forest dwellers for a long time. She congratulated Pallav for delving into this untouched subject matter with his pen.

During the event, Yugadhara founder Jayaprakash Pandya recited poetry and congratulated Pallav for the successful publication of his book. Similarly, Deepak Dixit, Director of Lok Dhara, showcased his commitment to dramatic representation based on Pallav's book 'Maa Shabri.'

Pallav himself provided insights into the subject matter of his book during the launch. Dr. Priyanka Bhatt commenced the program with Saraswati Vandana, and the book's review was conducted by Kiran Bala Kiran, Chairperson of Yugadhara.

The event was attended by various dignitaries who adorned Shaul and offered floral tributes to the eminent writer Purushottam 'Pallav' on the successful publication of his 21st book 'Maa Shabri.' Additionally, Lok Dhara honored 30 personalities associated with the field of literature and art. On this occasion, literary figures and art enthusiasts from Udaipur, Nathdwara, Kankrol, and several other cities, including writers Pramod Sanadya, Triloki Mohan Purohit, Radheshyam Sarawgi, Madhav Dharak, Secretary Dr. Simmi Singh, Prakash Tated, Dr. Nirmal Garg, and co-founder of Lok Dhara, Kirti Dixit, and artist Hemant Joshi, were present.



Speaking at the launch, Rahul Agrawal emphasized that these books are a significant step in creating awareness among patients visiting the hospital's prenatal, infertility, and menopause clinics.

Dr. Rajrani Sharma, Department Head and author, stated, "Women's health is the cornerstone of the family and society. A healthy woman is fundamental to a healthy family and prosperous society. Our aim is to educate the general public in simple language about various aspects of pregnancy, infertility, and the second most common cancer among Indian women, cervical cancer, along with the available screening methods."

Dr. Sharma added, "Our Obstetrics and Gynecology Department is well-equipped to provide comprehensive care to women from menstruation to menopause. We are committed to serving our patients with compassion, care, and dedication."

The camp commenced with a musical welcome for the enthusiastic participants, as the school's Principal, Mrs. Shubha Jos, greeted them with fervor. She extended her best wishes for the successful conduct of the creative and interactive camp, praising the efforts put into its organization.

Throughout the camp, students engaged in various activities tailored to their interests, including Vedic mathematics, captivating demonstrations of magic science, art of cooking without fire, arts and crafts, music, dance, mehndi designing, basketball, netball, javelin throw, shot put, badminton, skating, and personality development. These activities aimed to impart fundamental skills under the guidance of trained instructors.

On the final day, nearly 200 students showcased their newly acquired skills with excellence in a concluding ceremony, receiving applause from the gathered audience. Mrs. Shubha Jos praised all participants for their patience, dedication, and eagerness to learn, while distributing certificates of participation.

The camp concluded on a high note, with colorful presentations marking the end of an enriching experience for all involved.

The unveiling ceremony was led by Pacific Medical University, Udaipur's Chairman Rahul Agrawal, PMCH Executive Director Aman Agrawal, and Department Head and Senior Professor Dr. Rajrani Sharma.

The program concluded with a vote of thanks delivered by Rotaract Secretary Sanjay Upadhyay, marking the culmination of a memorable and talent-filled event that celebrated the cultural diversity and creative spirit of the region.

The contribution of Rotaract members Najma Bano, Kanchan Rangwani, Khushbu Salvi, Deepak Meena, Savai Singh, Deepti Palwal, Seema Chauhan, Nandini, Rajesh Meghwal, Kheta Ram, Himanshu Shrimali, Nishika Rathore, Pranjal Mogra, Meenakshi Patel, Jeenal Patel, Feba Jacob, and Saina Meena was lauded for adding to the success of the event.

It was the 7th of May when the medical fraternity witnessed a remarkable event. In the Obstetrics and Gynecology department, a woman, despite facing challenges of gestational diabetes, preeclampsia, anemia, and hypothyroidism, delivered triplets six weeks earlier than anticipated.

Dr. Rajrani Sharma, the head of the department, shared that the cesarean section was performed seamlessly, ensuring the safety of both mother and babies.

Paras Hospitals Successfully Treats Premature Twins in 28 Weeks

Udaipur: In an extraordinary case of premature birth (preterm birth), twins were born after only 28 weeks of gestation. At the time of birth, the weight of these babies was merely 800 grams and 690 grams, respectively. Typically, babies born between 37 weeks have a normal weight of around 2.5 kilograms, but in this case, the weight was less than a kilogram. In India, babies born before 28 weeks are not usually considered viable, but these babies were born at 28 weeks.



Emergency delivery of the twins was performed by Dr. Sheetal Kaushik, Senior Consultant in Gynecology & Obstetrics. Immediately after birth, the infants faced severe complications due to premature lung development. They required intubation, ventilation, and surfactant therapy to support their respiratory function. Despite the challenges of low birth weight and early lung development, Dr. Ashish Thite, Neonatologist at Paras Health Udaipur, provided treatment and administered surfactant therapy, which proved to be a crucial treatment for the prematurely born babies, aiding in the development of their respiratory system.

Dr. Thite stated, "The birth of these extremely low-weight twins posed several challenges, including cardiac and neurological issues, infections, and gastrointestinal problems." Despite these difficulties, the doctors at Paras Health worked tirelessly for nearly two months to stabilize the twins. Gradually, they were weaned off respiratory support and shifted to oral feeding. Currently, the boy weighs 1,840 grams, and the girl weighs 1,940 grams. This improvement in weight is a testament to the exceptional care provided by Paras Health.

Dr. Thite further added, "This case is an exemplary example of the dedication of the Paras Health team and the application of the latest advancements in neonatal care. With proper treatment and unwavering support from the team, even the most fragile preterm infants can overcome serious challenges and lead healthy lives."

Paras Health provided emotional and financial support to the family. The success of this case highlights the importance of high-quality neonatal care, especially in regions where premature birth rates are high, emphasizing the critical role of neonatal care.

World Asthma Day: Promoting

Awareness, Management, and Well-being

Udaipur: World Asthma Day, observed annually on the first Tuesday of May, serves as a pivotal platform for global awareness and management of asthma. Geetanjali Hospital and the Respiratory Department organized a program to commemorate this day, shedding light on crucial aspects of asthma management.

Understanding Allergies and Triggers: Allergies significantly contribute to asthma exacerbation. Identifying common triggers like pollen, dust mites, and pet dander is paramount to preventing asthma attacks and maintaining control over the condition.

Importance of Breathing Devices: Breathing devices like inhalers and nebulizers are indispensable tools in asthma management. Proper usage of these devices ensures effective medication delivery, providing rapid relief from symptoms and controlling inflammation.

Incorporating Yoga and Exercise: Pulmonary exercises, including yoga, play a pivotal role in enhancing the quality of life for asthma patients. Engaging in pulmonary rehabilitation programs can improve lung function and overall well-being.



Conclusion: On World Asthma Day, it's crucial to emphasize correct inhaler technique, participate in rehabilitation programs, and regularly monitor lung function. By fostering awareness and advocating for comprehensive asthma care, we empower individuals to actively manage their condition and lead fulfilling lives. Together, let's prioritize asthma education, support, and advancements in treatment to ensure better outcomes for all affected individuals.

Launch of Books on Safe Motherhood, Cervical Cancer, Infertility, and Menopause

Udaipur: A woman faces numerous changes in her life, and during these times, it is essential to raise awareness about women's health. In pursuit of this goal, Pacific Medical College and Hospital (PMCH), through its Obstetrics and Gynecology Department, launched books on safe motherhood (ante and postnatal care), cervical cancer, infertility, and menopause.

The unveiling ceremony was led by Pacific Medical University, Udaipur's Chairman Rahul Agrawal, PMCH Executive Director Aman Agrawal, and Department Head and Senior Professor Dr. Rajrani Sharma.

Summer Skill Development Camp Concludes

Udaipur: St. Gregorius Senior Secondary School organized a seven-day summer skill development camp, showcasing an array of talents and fostering creativity among participants.

The camp commenced with a musical welcome for the enthusiastic participants, as the school's Principal, Mrs. Shubha Jos, greeted them with fervor. She extended her best wishes for the successful conduct of the creative and interactive camp, praising the efforts put into its organization.

Throughout the camp, students engaged in various activities tailored to their interests, including Vedic mathematics, captivating demonstrations of magic science, art of cooking without fire, arts and crafts, music, dance, mehndi designing, basketball, netball, javelin throw, shot put, badminton, skating, and personality development. These activities aimed to impart fundamental skills under the guidance of trained instructors.

On the final day, nearly 200 students showcased their newly acquired skills with excellence in a concluding ceremony, receiving applause from the gathered audience. Mrs. Shubha Jos praised all participants for their patience, dedication, and eagerness to learn, while distributing certificates of participation.

The camp concluded on a high note, with colorful presentations marking the end of an enriching experience for all involved.

Inter-School Cultural Competition

Showcases Talent in Udaipur

Udaipur: In a vibrant display of talent, Aishwarya College in Udaipur hosted an inter-school cultural competition organized by the Natya Aishwarya Department. The event, held today, saw enthusiastic participation from numerous schools in the region.

Dr. Rashi Mathur, the program coordinator, outlined the diverse range of competitions featured in the first session. These included calligraphy, solo acting, stand-up comedy, antakshari, mimicy, solo and group singing, among others.

The winners from the first session were announced, with schools such as Ascent International Senior Secondary School, Maharana Mevad Public School, and St. Anthony Senior Secondary School securing top positions in various categories.

Over 600 participants from different schools showcased their talents in the cultural program, making it a lively and engaging event. Harsha Marwah, a committee member, highlighted that all participants received certificates from the college, with special recognition given to the first and second prize winners.

Distinguished guests, including Colonel Yadavendra Singh from the Military Hospital in Ekalangarh, Nirmal Singhvi from PGDCI Rotaract International, and Dr. Rashmi Bohra, Director of Vardhman Mahavir Open University, graced the occasion. The judging panel, comprising Sangita Bhatnagar and Gagan Bhat, adjudged the performances with expertise.

The contribution of Rotaract members Najma Bano, Kanchan Rangwani, Khushbu Salvi, Deepak Meena, Savai Singh, Deepti Palwal, Seema Chauhan, Nandini, Rajesh Meghwal, Kheta Ram, Himanshu Shrimali, Nishika Rathore, Pranjal Mogra, Meenakshi Patel, Jeenal Patel, Feba Jacob, and Saina Meena was lauded for adding to the success of the event.

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Woman Gives Birth to Triplets Prematurely

Udaipur: In the heart of Udaipur, amidst the bustling corridors of Pacific Medical College and Hospital, a tale of resilience and hope unfolded as a woman defied odds and gave birth to three healthy babies prematurely.

It was the 7th of May when the medical fraternity witnessed a remarkable event. In the Obstetrics and Gynecology department, a woman, despite facing challenges of gestational diabetes, preeclampsia, anemia, and hypothyroidism, delivered triplets six weeks earlier than anticipated.

Dr. Rajrani Sharma, the head of the department, shared that the cesarean section was performed seamlessly, ensuring the safety of both mother and babies.

NIMS University Launches Rajasthan Football Team Jersey

NIMS University collaborated with the Rajasthan Football Association to unveil the Rajasthan football team's jersey for the upcoming Under-20 National Football Championship. Dr. B.S. Tomar, Chairman of NIMS University, emphasized the university's commitment to developing football through initiatives like the NIMS Football Academy. Prof. America Singh, Advisor at NIMS, echoed this sentiment, emphasizing the significance of promoting football in Rajasthan for enhancing sports culture. Mahipal Singh Nimbada, Director of First India News, lauded NIMS University's efforts in this regard.

The event, graced by Mr. Nimbada, also featured discussions on providing advanced sports equipment and facilities.

Dr. Shobha Tomar, Vice-Chairperson of NIMS University, emphasized the jersey launch as a symbol of unity and determination for the Rajasthan football team. Dr. Ashok Acharya, Governor's Representative, commended NIMS University's dedication to sports excellence. Dr. Kuldeep Singh Jhala proposed immediate actions for national-level football fields, supported by Prof. America Singh. Dilip Singh Shekhawat, Secretary of the Rajasthan Football Association, expressed gratitude for NIMS University's support in preparing the team. The event gathered officials, faculty, and dignitaries, marking a significant step in promoting football in Rajasthan.

The inauguration of the Professional Certification Program, 'Skill Set Studio', took place at the VIFT College in the city on Saturday. A brief overview of all the creative and technical workshops of the present time was given.

Opening of 'Skill Set Studio' at VIFT College

Udaipur: The inauguration of the Professional Certification Program, 'Skill Set Studio', took place at the VIFT College in the city on Saturday. A brief overview of all the creative and technical workshops of the present time was given.

More than 200 students attended the program, where they received guidance on various career fields. Experts related to this workshop, including Shrinivasan Ayyar, Vilas Janve, Rakesh Sharma 'Rajdeep', Narendra Goyal, Devarshi Mehta, Mohammad Yunus, Sandhya Mehta, Deepak Singhal, Abhishek Singh, and others were present.

The Chairman of the association, Ashish Agrawal, stated that a career is a vast subject and it is essential to provide complete information about it to today's students, and through these certification programs, the skills of the youth of Udaipur will be developed. Dr. Rimjhim Gupta, Director of VIFT College, expressed gratitude to all the attendees.