

ROYAL HARBINGER

Reporting Fact of the Matter

Weekly



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Conference 2025 ...

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Bikaner House...



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Restoring Inner Balance in a Restless Nation

Dr. Sweety Chhabra's unique approach to energy healing, sound therapy, and aura scanning brings solace to troubled youth, distressed families, and neglected elders

Udaipur: In an era plagued by digital dependency, fragile relationships, and rising mental health concerns, a quiet revolution in holistic healing is underway in Udaipur. Leading this transformation is sociologist and renowned energy healer Dr. Sweety Chhabra, whose integrative therapies are restoring emotional harmony to a wide demographic-from disillusioned youth to lonely elders.

With a PhD in sociology from Lucknow, Dr. Chhabra has channeled her academic grounding into a spiritual mission: to help individuals reconnect with their inner selves. Her toolkit includes aura scanning, chakra healing, sound therapy, and zero-gravity floatation sessions-all designed to counteract the psychological toll of modern living.

Healing in the Age of Disconnection

Nestled in Meera Nagar, her NICC Centre offers a tranquil refuge from the noise of daily life. One of its most talked-about therapies features a Dead Sea-inspired floatation tub, enriched with 800 kg of Epsom salt. In this silent, weightless environment, clients experience 55 minutes of deep theta-state



meditation, fostering neurological balance and emotional clarity.

"In that silence, a person reconnects with themselves. The nervous system settles. Anxiety reduces. Emotional clarity improves,"

- Dr. Sweety Chhabra
This experience, she notes, is especially impactful for youth struggling with overstimulation, identity confusion, and screen-induced stress.

Concern for the Country's Youth

Pointing to alarming suicide rates in cities like Kota, Dr. Chhabra believes the root issue is spiritual disconnection.

"The youth of India are not short on talent-they're short on guidance. They've lost touch with their inner self,"

- Dr. Sweety Chhabra
She calls for a revival of mindful discipline-daily meditation, early rising, and the chanting of 'Om'-not as religious acts, but as mental reset tools

essential for survival in a chaotic world.

Reconnecting with Elders

Deeply concerned about the emotional neglect faced by India's senior citizens, Dr. Chhabra offers free sound therapy sessions for elders, using Tibetan singing bowls to stimulate emotional release and inner peace.

"These sessions are not just about sound-they are about dignity. The generation that gave everything to build our lives is now being left behind. We must heal them too,"

- Dr. Sweety Chhabra
Her therapy room is tuned to seven healing frequencies, each targeting a specific chakra. The results: better sleep, reduced anxiety, and a rekindled sense of self among the elderly.

A Society Losing Its Center
Reflecting on societal trends, Dr. Chhabra critiques the rise of over-individualism and entitlement-based parenting.

"When we were young, we ate what was served. Today, if a child refuses rajma, parents make chole. It begins with food and becomes a lifetime habit of entitlement,"

- Dr. Sweety Chhabra
She believes that trust and sharing, once the bedrock of Indian families, are fast eroding-creating instability in both children and adult relationships.

The Power of the Aura

A cornerstone of Dr. Chhabra's practice is aura reading-the interpretation of energy fields around the body. She trains clients to become self-aware of their energetic signatures.

"When people become aware of their aura and energy levels, they start making healthier choices. Their frequency rises, negative thoughts diminish, and life starts changing,"

- Dr. Sweety Chhabra

A Mission for National Wellbeing

For Dr. Chhabra, healing is more than a profession-it's a national responsibility. Her free services for senior citizens reflect her commitment to emotional justice and spiritual upliftment.

"If someone brings a parent or elder in need, I will serve them at no charge. This is my duty. We need more than economic progress-we need emotional and spiritual healing,"

- Dr. Sweety Chhabra
As India confronts rising stress, emotional fragmentation, and a disconnect from its spiritual roots, healers like Dr. Sweety Chhabra offer a vital path forward-grounded in awareness, discipline, and the courage to pause.

Interviewed by Dr. Munesh Arora and written and compiled by Mohsina Bano

SPSU organised Thrilling Horse Show Showcasing NCC Cadets' Equestrian Excellence



Udaipur: Sir Padampat Singhania University, Udaipur organised a spectacular Horse Show on July 23, 2025. Conducted by NCC and 2 RAJ R & V Regt. NCC Navania, the event is an extension of ongoing NCC camp in the university. The NCC cadets welcomed the Guest of Honour, Hon'ble Col. (Dr.) Sanjay Sinha, Vice President & Head of Education, Education Vertical, JK Cement Ltd and Prof. (Dr.) Prithvi Yadav, Hon'ble President and Vice Chancellor, SPSU. The Commanding Officer, Col. Prakash Kumar N, 2 Raj. R&V Regt., Navania, also graced the event. Their presence added a special encouragement of the cadets.

The show featured an impressive performance by NCC cadets, who demonstrated their skill, precision, and coordination to the delight of the audience. Their powerful connection with the horses and remarkable control over each jump reflected the rigorous training and dedication they bring to their roles. The cadets exhibited remarkable control, agility, and coordination, leaving the audience in awe of their equestrian skills.

The event provided a platform to promote values of courage, commitment, and com-

munity among young cadets. It highlighted the importance of physical training, discipline and perseverance in shaping future leaders. With galloping hooves and soaring jumps, the Horse Show successfully blended sportsmanship with entertainment, drawing appreciation from all quarters.



SPSU continues to promote holistic development by encouraging such co-curricular activities, and nurturing not just academic excellence, but also character, leadership and active citizenship through real-world learning. The event was successfully coordinated by NCC Coordinator and Deputy Dean, Student Welfare Lt. Dr. D.S. Chouhan.



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