04

& Much More

By the Way World is not enough

I am neither talking about James Bond's movie nor talking about taking any revenge.

A thought just appeared in my mind today about our purpose of taking births.

Many people believe in reincarnation and most people do not. It's not a question whether to believe it or not. Reincarnation

is a truth. Few decades ago Dr. Brian Weiss has proved this in his research. He has written many books on this topic and when he revealed this to the world, many experiences came from the entire world.

People of all races and genders had their own stories to Dr. Brian had gone beyond imagination when he revealed that

souls take birth again and again to learn something, not only on this plan-

et but anvwhere in this universe

"When we die and our souls progress to higher dimensions, we take our behaviours, our deeds, our thoughts and our knowledge with us. How we treated others in relationships is infinitely more important than what we have accumulated materially. Also, we may gain and lose many material objects during the course of our life time." Dr. Brian said this in "Messages from Masters."

Our planet Earth is like twelve standard, where all souls are indulged in deep emotions. There are definitely some other dimensions where souls approach after expanding. It may take hundreds or thousands years to evolve.

It means that world is not enough for all of us. We take births in similar conditions n mostly in our families unless we break the chains of suffering.

Science denies this completely but there are people who have described their past life incidents which are being proved right in many cases.

Some souls learn more than others and complete their mission. They leave this planet in search of serenity and purity. "Humans always think of themselves as the only beings.

This is not the case. There are many worlds and many dimensions...many, many

"Souls exist in many dimensions, they are attracted to our planet in increasing numbers because our planet, one of many schools, is a very popular school.

There is so much to learn here.

Within one dimension or plane, many sub levels exist. Another way of saying this is that there are many levels in heaven. We progress step-wise along these levels as we become more and more enlightened. Earth, the three dimensional world, is not really our true home. We are spiritual beings and our true home is a spiritual one, a timeless place that many call heaven. " Dr.

If this research is true then there is no place of hatred in this world. All souls are same. Colour, caste and genders are man made to make us learn the truth behind reincarnation.

But we forget our true purpose and become non aware of the existence of souls. We see physical bodies and start loving each other. Souls take birth to improve their knowledge but mostly souls die before knowing the truth.

The purpose of writing on this difficult topic is to put light on the true purpose of taking births. World is getting complicated day by day, hatred is increasing everywhere. It's really necessary to explore our innerselve to know the truth. May be this way we can stop others who are spreading violence only. All souls are aliens. Let us join hands to make our planet a beautiful place where many souls can come and go after enlight-

World is not enough for us, don't limit our thoughts and try to learn as much as we can. Each and every soul around us, is ready to teach and learn simultaneously. Expand your soul, learning process will be easy. When you will be able to remove the dust and debris, a whole new dimension will appear. On that particular day you will pass out this level and move to the next level without any problem.

Fruit & Nut choco bites

Ingredients: Cooking Dark chocolate 200gm, Almonds, raisins,

cashew nuts, walnuts 3 tbsp each finely chopped Method: Melt the chocolate in microwave for 1 minute. Stir the softened chocolate with a spatula and microwave for 30 seconds more

Roast nuts in a microwave safe bowl for 3 minutes. Add these nuts to the chocolate mix. Take butter paper. With a spoon. drop rough heaps of the chocolate mixture on butter paper. Set this in refrigerator for half an hour.

Wrap in decorative paper. Gift or eat with your family.

Dr Sadhna Kothari takes over as Dean, Arts College



Udaipur: Prof Sadhna Kothari assumed office as dean of UCSSH Prof Sadhna assured students for taking care of their problems while asked faculty members to work towards establishing an environment that is conducive to both the academic and overall development of the students. Prof Sadhna is a senior professor in Geography department at MLSU. She remained a member of various boards and committees in the University. She was president of Rajasthan

GeographyCouncil. Dr.sadhna was awarded with the best Geography teacher award by Mysore University in 2012. She has written 5 books on geography. Her work has also been appreciated in various national and international sem-She has an honor to present papers in USA, Germany, South Korea, Nepal, Malaysia and other countries. Vice Chancellor J.P.Sharma wished that she takes the college to newer heights in her

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Meenal Singhvi CGPA (10)



- Witty International School -

Khushboo Malviya Hiranshi Shah



CGPA (10) CGPA (10) CGPA (10)

100 Chairs to **Information Center**

Udaipur: Rotary Club Mewar has handed over 100 chairs to information center udaipur in a function organized, in which Arjunlal Meena and Phool singh Meena along with Rotary Club Mewar, Hansraj Chaudhary, Yogesh Pagaria, Mukesh Chaudhary, Chetan Jain and Pankaj

Bhanavat graced the ceremony held at information center auditorium. Shri Hansraj Chaudhary repeated the resolution of the continuous cooperation while discussing the social obligations of the club in detail.

Describing the club's work as exemplary, the MP and MLA

said that the club is eligible for virtuousness for participation in the continuous participation of discharge of social obligations. Gaurikant Sharma & APRO Pawan Sharma expressed gratitude to all. On this occasion readers and staff members of the information center were present.

153 trans dermal patches of senior citizens

Udaipur: Under the Mahaveer International and Udaipur Orthopedic Society, an Orthopedic Shivir was organized on Fateh Sagar pal in the morning for those who enjoy morning walk.In which 153 senior citizens were given respiratory relief by painting a trans dermal patch at the

place of pain in the chest. Dr. BL Kumar, President of Udaipur Orthodoxy Society, said that relief is given to the patient by applying transcemorphic patches at the painkiller's place. It is mainly beneficial for patients with patch frozen hemorrhoids, arthritis, event pain, chronic lower back pain.

One day this nature will feed our next generation - Sunil Duggal

Udaipur: Nature has two aspects, one is importance and another is its power, we must also keep in mind the aspect of the power of nature. This fact is not necessary for our kindness. This is what Sunil Duggal, Chief Executive Officer of Hindustan Zinc said , while addressing employees and their families in Hindustan Zinc Colony on the occasion of World Environment Day. Shri Duggal said that rather than ignoring the nature, one should have more concerned about his protection.

He expressed confidence that every person is determined towards the protection of energy, water and environment but we should understand that decreasing quality of life



towards the environment directly affects the quality of our lives. If we have the power to use in nurture then we should preserve it. If we come to this criterion, then one day it will naturally nurture our next generation.

On this occasion, the Chief Guest, Sunil Duggal, Environment Head V. Jyraman, CSR Chief Neelima Khaitan. ,Sonal Shrivastava, Unit Chief Akhilesh Shukla and every family member, took pledge for environmental protection every

The painting made for the awareness of environmental protection by the children of employees was displayed in Bird Park, Zinc Colony.

Free Kidney & Urine Disease Medical **Checkup Camp Organized**

Udaipur: Free Kidney & Urine Disease Medical Checkup Camp Organized on June 4, 2017 at Keraliya Ayurvedic Panchakarma Centre, Total 82 patients suffering from Urinary tract infection, Kidney stone, Enlarge prostate, Chronic renal failure, Chronic Kidney Disease, Nephrotic Syndrome, Nephritis, were treated in this camp. As per Panchakarma Centre In charge Shatrughan Gupta ati usna-teekna ahara(hot & spicy food), atimaithuna (excess sexual intercourse), Less water intake, acidic urine, Suppression of urge of urination, more intake of calcium containing food, parathyroid disease and excess intake of painkillers are causes of urine and kidney related diseases. As per Keraliya Panchakarma Centre's Ayurveda Panchakarma Specialist Doctors Chronic kidney failure (CRF) related patients can be treated with very good results with strict diet regimen as per Ayurveda, naturopathy, Yoga and Classical Ayurveda Panchakarma Therapy. Dialysis can be prevented or can be reduced by using panchakarma procedures like Basti karma, Shirodhara, Steambath and Ayurvedic medicines.

Completes A 10 Days Camp

Udaipur: Mayor Chandra Singh Kothari said that if there is no morality in life then there can be no sanskars in life. Speaking as a chief guest on the occasion of the concluding ceremony of Jain religious moral ritual ceremony being organized at Devendra Dham, He said during these ten days if children and adults adopt single saying of Lord Mahaveer



then the camp will be considered as meaning ful. On this occasion, Rural MLA Phoolsingh Meena said that the Jain Achrya Deendra Mahila

Sansthan, which has taken initiatives to introduce the rituals in children, will be thrown into the form of a new plant. Rite being given out to the children to decide direction of their lives. During the ceremony, the girls performed yoga and martial arts learned during Shivir. Kamakhya shared the knowledge and experience she has gained during ten days.guests, service associates and Bhamashahs Chandra singh Kothari, Phool singh Meena, Inder Singh Mehta, Ranjana Mehta, Kiranmal Savansukhha, Dharma chand Nagauri Sushila Nagauri, Bhuvana Sarpanch Sangeeta Chittora, former sarpanch Anil Chittora, Bhimraja Ranka, Sampat Kothari, Ganesh lal Sahlot, Virendra Dangi, Ganeshlal Gokhuru, Mansingh Ranka, Hiralal Ranka, were not only graced in the ceremony but fell by organizers. In the beginning, the institute president Dr. Sudha Bhandari welcomed the guests and said that so far more than 2 thousand children have taken advantage of camps organized Trained scholars play a very important role in keeping children connected with their rituals during the transition period. Mamta Ranaka informed that on this occasion women of the institute performed dance on the welcome song. In the function children gave a presentation of dance Navkar spells.

Distributed **Garments To Poor**

Udaipur: A campaign to distribute garments to poor people on every Sunday is being organized by Bharat Vikas Parishad Pratap throughout the year. On Sunday huge free textile distribution and collection program organized in Ganesh tekri at Krishnpura, Bhopalpura.Program convener Narendra Khabiya said that under this campaign, members of the Branch collect useless but wearable clothes from people, and these are given to meet necessities. In textile distribution program, President Sanjay Bhandari, Lalit Maheshwari, Om Prakash Yadav were present, who distributed clothes to the people. Sanjay Bhandari said that for cloth collection, centers in 10 places have been set up in

CP Joshi elected as president of RCA

Udaipur: CP Joshi elected as the President of RCA, succeeding outgoing President Lalit Modi's son was deputed by margin of five votes 33 Votes were polled on 29 May, the counting of which took place t in the presence of ombudsman Justice Gvan

Getting in line with the Lodha Committee recommendations, elections for RCA were held on 29 May. Post the polling on 29 May, the ballot boxes were sealed, while waiting for a decision from the High Court, which finally came on Tuesday, permitting for the votes to be counted. Joshi, who has already been President of the RCA earlier, had tough competition in the form of Ruchir Modi, son of outgoing President Lalit Modi.

MS Krishnawat awarded



Udaipur: Noted Astrologer & activist Manohar Singh Krishnawat was honored in Chandigarh by Punjab Government. For his services for overall development of educational institutions special research in astrology. Governor VP Singh speaker Punjab Assembly Rana KP Singh, Ministers of the state government present during felicitation ceremony Governor and speaker honored Krishnawat with shawl and citation in a grand function

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Range Harbinger