

Lord Shiva: The Symbol of Universal Consciousness

Mahashivaratri is celebrated on the Chaturdashi of the Krishna Paksha of Phalgun month, a religious festival of Hindus, which is celebrated as the birth anniversary of Mahadev i.e. Shiva, the principal deity of Hinduism. This is the occasion of union with Shiva. On this day, 'Shivlinga' emerged at midnight. That is why this auspicious festival is celebrated with gaiety and zeal throughout the country and the world. This festival is the light ray of cultural and religious consciousness. This awakens our consciousness, happiness in life and fills the whole world with fellowship, harmony, energy, self-purification and light of inspiration abound. This festival gives inspiration to adopt the best and the most powerful vows, resolutions and thoughts of life.

The festival of Mahashivaratri is very important for those who follow the spiritual path. This festival holds great importance for the people who are householders and also for the ambitious people. Those who are householders among the family celebrate Mahashivaratri as a celebration of Shiva's marriage. People surrounded by worldly ambitions find this day important because Shiva conquered all his enemies. Mahashivaratri is an opportunity and possibility. It takes you to the experience of that bottomless void

hidden within every human being, which is the source of all creation.

Lord Shiva is called as 'Aadidev', 'Devo ke Dev as Mahadev'. Of all the gods, he is the supreme, the greatest; he is the destroyer of sorrows. If he is welfare, he is also a destroyer. Shiva is a naïve steward and is the welfare of the world. Destruction of dilapidated objects is necessary for the welfare of the world. The seeds of creation are hidden in this destruction itself. Therefore, Shiva is also an inspiration for creation and new life as a destroyer. Whenever there was any crisis on the creation, he was at the forefront to solve it. Whenever any crisis was faced by the gods and demons, they remembered Shiva and Shiva protected them.

Both the Gods and the demons were engaged in the churning of the sea (Samudra Manthan). Everyone wanted nectar, got nectar, but before that, there was a poison in the sea, whose heat, heat and crisis made everyone distraught and put them in trouble, the poison should destroy the whole creation, the question was who should take this then Mahadev was remembered. He appeared and took this poison and protected it from the crisis present in front of the universe. He kept this poison till the throat and he was called 'Neelkanth'. Similarly, Lord



Shiva cooperated to bring Ganga to earth. Because of how the earth could bear the immense pressure and flow of the Ganges, Shiva incorporated the Ganges in his 'jatas' (hair knots) to solve this problem, and then the flow of Ganga flowed from his jatas with favorable speed.

There are many mythological stories related to the creation and the sequence of Shiva's efforts to get rid of them, for which Shiva gave new life to the world using his powers, penance and meditation. Shiva means welfare, he is Shankar, and he is also Rudra. In Shankar, 'Shan' means welfare and 'kar' means the maker. In Rudra, Ru means sorrow and Dra means defeat. In this way, Rudra means one who removes sorrows or does wel-

fare. The third eye is definitely made in the idols of Shiva, the pagoda is not completed without the Nandi idol, the question is whether it is only a matter of faith and worship or its deep and creative meaning? Shiva's third eye is not a physical eye; Nandi is also not just a bull, these are meaningful structures connected to both life and creation, only by understanding its merits can we be capable characters in the cultivation of Shiva. In fact, it is this amazing inspiration and power that inspires us to see life like Shiva.

The festival of Shivaratri is also inspiring to remove sorrows and create happiness in the physical and materialistic world. Bholenath is hungry for emotion; anyone can offer his wishes for fulfillment by offer-

ing flowers of true devotion, faith and love to him. A scholar-illiterate, rich and poor, who is free from pretence and illogical pride, can worship and pray to him with his convenience and ability. Shiva resides neither in the wood, nor in the stone, nor in the idol of the clay, nor in the grandeur of the temple, they reside in the Bhavas. It is believed that by worshipping and consecrating on this day, the worshiper gets the blessings from all the pilgrimages.

The fasters of Shivaratri, after consuming all the bhogas of this folk, go to Shivaloka at the end. Shivaratri should be worshiped in the four hours of the night. Shiva is very fond of bilvapatra, dhatura flowers, and cannabis in Prasad. Milk, yogurt, ghee, sugar, honey - these five nectar (Panchamrit)

are used to worship in a temporal point of view. Mahamrityunjaya Mantra is the Mahamantra of Shiva worship. Shivaratri is the time that frees all three types of anguish, sorrows, pangs, from otherworldly, mental and physical. The night of Shiva provides rest to body, mind and speech. Provides such peace to the body, mind and soul that it is possible to attain the essence of Shiva. The union of Shiva and Shakti is the integration of dynamic energy.

In the cosmic world, the common meaning of gender is a sign that identifies the masculine, feminine and impotent gender. The Shiva linga is beyond the cosmic. For this reason there is a gender. It is a soul. Shiva is the destroyer. They are destroyers of sins. Upon reaching Shiva's lap, every person is freed from fear. According to Shiva Purana, at the beginning of the creation, Brahma created Shiva in the form of Rudra on this day. Shiva and Himalayan daughter Parvati were also married on this day. Therefore, it is also the night of complete harmony of Shiva and Shakti. He is the creator of the universe. Those human beings are not only the creators of life, but also the creator and nurturers of the world. He gave a new vision of life to mankind and taught the style of living.

Shivaratri is an inspiration against the philanthropic atti-

tude, of restraint, of renunciation, of devotion, of balance. Those in the midst of facilities have the opportunity to think whether they live with the essential needs or demand more than the needs. In this Shiv Bhakti and fasting journey, every person awakens, not ego, but infancy. Not anger, forgiveness is good. There is no distraction of mind in sufferings, patience to endure. This austerity is a process of change of self. It is not the performance but the inspiration of the spirit's rise. It is not the ambition to get material results, it is the renunciation of all desires.

Shiva has lived both materialistic world and salvation. He gave new and perfect style to life. Imparted training in the need and utility of earth, water, fire, air, vegetation in life. Set standards of cultivation with arts, literature, crafts, psychology, science, ecology and education. He taught everyone the meaning of work, meaning of religion and effort of salvation. He is the leader of Indian philosophy of life. Today, his entire personality and curiosity has become an indelible article in the history of creation. His entire life is a source of inspiration. But we are so naive that we could not understand our Shankar, understanding, knowing and assimilating them can prove to be a self-respecting and self-enhancing experience. All the

dimensions of human life attain perfection from Shiva.

Today, there is dominance of immorality, terror, anarchy and indiscipline. Person, society and nation - everywhere there are cracks, everywhere there is shattering and disintegration. Human vision and life value are not being found. Man has ceased to be a human being, his nature has become demonic. Humanity is moaning and mutilating. The reason for all this is that we have forgotten the self aspect. Only Mahadev can save us in these difficult situations, because Shiva made repeated and many times undertakings to protect the world. In fact, making your opponents and enemies friendly is true Shiva devotion. Shiva embraces those whom the society despises. That is why the untouchable snake as the necklace, deadly poison in his throat, the ghost of the infamous ghost-vampire are companions of Shiva. Those whom society neglects, Shankar accept them. The fact that in Shiva's marriage, vampires, demons and negative forces also came. In this sense, Shiva is a pure impure holy man. Due to his nature, apart from gods, demons also respect Shiva. Really! We are blessed with his teachings, tolerance, perseverance, determination, patience, self-respect and unbroken spirituality.

-Lalit Garg

Celebs & Dignitaries Awarded With Make Earth Green Again MEGA Achievers Awards

With the mission to reverse the environmental damage caused by mankind, Make Earth Green Again MEGA Foundation, an environmentally conscious organization strives for the sustenance of Mother Earth and her children inhabiting the planet. The brainchild of Egalitarian Earth Warriors Anusha Srinivasan Iyer, Nimal Raghavan and Vedant, the foundation, in its myriad ways, not just repaints the Earth green, but also mobilizes and inspires the youth to commit to save and protect our environment, and thus, ourselves. The Make Earth Green Again MEGA Foundation, along with IndiaOne.TV, organized the maiden edition of the Make Earth Green Again MEGA Achievers Award. IndiaOne.TV is a leading news portal helmed by Delhi-based media veteran Pawan Kumar Bhoot. He avers, "It was a pleasure to have organized and hosted the Make Earth Green Again MEGA Achievers Awards in association with Make Earth Green Again MEGA Foundation. The award function was witnessed by several celebrities and dignitaries taking a stand for environmental and humanitarian



activism. We had a special segment for Young Achievers and animal activists too!"

The Make Earth Green Again MEGA Foundation, through its MEGA Achievers Awards recognized and lauded the award recipients' efforts and initiatives. Celebs including Dharmendra, Divyanka Tripathi, Radhika Madan, Adah Sharma, Ritvik Dhanjani, Preeti Jhangiani, Parvin Dabas, Pearl V Puri, Kanika Maheshwari, Aditi Budhathoki, Amit Behl, Anangsha Biswas, Tina Datta, Sukirti Kandpal, Angela Krislinzki, Heena Shaikh, Urvashi

loved by the audience, Sanjay and Benaifer Kohli, were present with their star-cast lead of 'Bhabhi Ji Ghar Par Hain!' - Rohitashv Gaur and Shubhangi Aatre Poorey. They were awarded for being the amazing laughter therapists that they are! Anita Peter of the Cancer Patients Aid Association was also present at the do and was awarded for her invaluable accomplishments. Gaurav Chanana was awarded for social filmmaking where he showcased the creativity and passion of artisans or 'Karigars' with the Amazon Karigar - Handcrafted With Love

campaign! Smita Thackeray, Krishna Tamang, Ajay Harinath Singh, Priya Dutt, Harneet Jolly, Vinta Nanda, Rahul Kanal, Aroona B Bhat, Jacqueline Jindal, Parimal Alope, Dr. Anel Kashi Murarka and Basant R Rasiwasia were lauded and awarded for philanthropy and women empowerment. Vijaya Shelar, Jagrat Desai, ACP Sudhir Kudalkar, Sushant Divigkar, Mukesh Kaneri and Mohammed Nehal Bagwan were recognized and felicitated for animal activism and welfare. Vishvas Mote, the Assistant Commissioner of K-West Ward, BMC, was awarded for being the Egalitarian Earth Warrior that he is. Sangram Singh and Manoj Bhurke were awarded for being health and fitness icons.

Valli Saran, Lavanya Alagesan, Jayalakshmi, Thanga Kannan, Gunasekaran Punniamoorthy were awarded the Make Earth Green Again MEGA Achievers Award for their social work in the domain of water conservation, disaster management, village development and sustainable development with organic farming. Arvind Srivastav and Senthilkumar Murugan were awarded for their contribution towards afforestation & green cover development.

Dr. Kriti Bharti awarded with Pride of the Nation Excellence Award



Jodhpur: Dr. Kriti Bharti, Managing Trustee and Rehabilitation Psychologist of Saarthi Trust, Jodhpur is awarded the Respect India's Pride of the Nation Excellence Award 2021 in New Delhi on International Women's Day.

A national level event was organized in New Delhi on the occasion of International Women's Day by Respect India. National Chairman of Respect India, noted academician Nirmal Gehlot has nominated Dr. Kriti Bharti, Managing Trustee of Saarthi Trust, for the Pride of Nation Excellence Award 2021 for her unique work of annulment and prevention of child marriage. Dr. Kriti Bharti is honored by Lok Sabha Speaker Om Birla, Jammu and Kashmir Lt. Governor Manoj Sinha, former Governor of Sikkim BP Singh and MP & noted film actor Manoj Tiwari among others. At the event, all the guests including the Speaker of the Lok Sabha praised Dr. Kriti Bharti for her bold and unique mission of eradication of child marriages especially for the exclusive work of Child Marriage Annulment in India.

It is worth mentioning that Dr. Kriti Bharti of Saarthi Trust had annulled the first child marriage of the country which was recorded in Limca Book of Records & World Records India. Later CBSE Board has also included Kriti's campaign in the Class 11 syllabus. Recently America's chocolate company Hershey featured Dr. Kriti's photo and her campaign on to their chocolate cover and sleeves. Dr. Kriti Bharti has so far annulled 41 pairs of child marriages. At the same time there are more than 1400 child marriage stops. In 2015, Dr. Kriti Bharti annulled two child marriages in three days and registered names in several records including Unique World Records, World Records India and India Book of Records. Dr. Kriti Bharti also has been included into the List of World Top Ten Activist by USA Based TAFED Magazine, List of 100 Influential Women by BBC, Marwar and Mewar Ratna and other national and international honors for saving the children from exploitation. Dr. Kriti has also been included into the International Advisory Committee of the UK Government's None-in-Three Centre.

Tumor causes unbearable headache removed

Udaipur: Unbearable pain due to brain tumor, blurred vision, a woman was operated on at the Neuro Sciences Department of GBH American Hospital. This tumor was affecting the main artery of the brain and the light vein of the eye.

Recently, a 35-year-old woman Sunita was brought to the family by the GBH American Hospital. The woman had difficulty in the eyes and was also having difficulty walking. She had unbearable headaches, which were not cured even by medicines. Due to this, she again fell in the house several times. Dr. Nitin Bhakal, a neurosurgeon in the Department of Advanced Neuro Sciences, underwent an MRI after seeing the woman. A lump of six x five centimeters was found near the main artery of the brain and the inferior vein. It was in such a complicated condition that it was pressing on the artery and vein. It is called medial sphenoid wing meningioma in medical science.

Dr. Nitin Bhakal and the team of Dr. Tarun Bhatnagar and Dr. Deepak Bajaj of the Department of Anaesthesia planned this operation in which the operation was carried out using a microscopic machine to reach the knot site with the help of a microscope. During the three days of admission to the hospital, the woman was relieved of headaches and got rid of any difficulty in seeing and walking. The woman was discharged on Saturday. According to the CEO and Director Dr. Yatin Talwar, such operations have generally been carried out in the metro city itself. The CUSA machine was used in this complex operation.

Keeping couples safe

That the Punjab and Haryana High Court has had to make the availability of safe houses for runaway couples in each district of Punjab and Haryana as also Chandigarh mandatory is a sad reflection of a misogynist culture. That so many such homes are required is testament to the deeply entrenched socio-cultural mores of caste, creed and clan. The HC is swamped by a huge number of petitions filed by young couples seeking protection of life and liberty from families dead against their union. The court reportedly hears 100 such petitions every day and even during the lockdown, there was a daily count of 20-25 cases. This underscores the regrettable fact that oppressive and regressive norms have prevailed despite the overall education-driven progress.

Editorial

The killing or forcible separation of young couples who dare to defy the social norms prevailing in the name of family honour remains a social evil in this region, cutting across educational and financial strata. In a big relief to the men and women in love, the court has since 2002, when the first runaway couple approached it, always endeavoured to ensure a mechanism that upholds Article 21 that guarantees protection of life and personal liberty as sacrosanct. The verdicts, over the years, have put right to life on a higher pedestal, regardless of the legality of the couple's marriage or even in cases of live-in relationships.

Interestingly, on one occasion last June, the court sought to play the concerned family elder as it cautioned the runaway couples that real life was not the 'Bobby-like' reel world. The fairytale dreams of many a smitten adolescent come crashing down when they face the harsh realities of life and intimacy as well as affection turn into hostility. Sound advice to keep the youngsters grounded along with ensuring shelter, help desks and legal aid to couples tying the knot against their families' wishes is the required judicious mix.

"PMCH Oncology Symposium in Continuous Method National Molecular Oncology" Organized

Udaipur: A one-day online and offline workshop on the topic "PMCH Oncology Symposium in Continuum Method National Molecular Oncology" was organized by the Cancer Disease Department of the Pacific Medical College and Hospital. The workshop was inaugurated collectively by the Chief Guest, Dr. Poorvish M. Parikh, Chairman Rahul Agarwal, Preeti Agarwal, Aman Aggarwal, PMU Vice-Chancellor Dr. AP Gupta, IMA Udaipur Chapter President Dr. Sunil Chugh, Secretary Dr. Anand Gupta, Cancer specialist Dr. Manoj Mahajan and cancer surgeon Dr. Saurabh Sharma.

On this occasion, Dr. Purvish M. Parikh of the Asian Institute of Oncology, Mumbai discussed important medicinal aspects during the patient's treatment. While explaining the Consumer Protection Act, Dr. Purvish said that every doctor should be aware of the medicinal aspects while writing the medicines in the course of treatment of the patient to reduce the legal complications in the future.

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