

# ROYAL HARBINGER

Reporting Fact of the Matter

Weekly



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**Nine-Day Camp "Goodbye**  
**Tension" Concludes ...**



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## Udaipur Braces for Sweltering Heat Wave: Precautions and More

As temperatures soar past 45 degrees Celsius in Udaipur, the city is facing the wrath of a blistering heat wave. With the mercury rising to unprecedented levels, it becomes imperative for residents to take precautionary measures to safeguard their health and well-being. Here are some essential tips to beat the heat and stay safe during this scorching weather:

**1. Stay Hydrated:** Dehydration is a significant risk during heat waves. Drink plenty of water throughout the day

to stay hydrated. Avoid caffeinated and alcoholic beverages as they can contribute to dehydration.

**2. Limit Outdoor Activities:** Minimize outdoor activities, especially during the hottest hours of the day, typically between 10 a.m. and 4 p.m. If you must go outside, wear lightweight, loose-fitting clothing, and use sunscreen to protect your skin from harmful UV rays.

**3. Seek Shade:** When outdoors, seek shade whenever possible. Use umbrellas, hats, or sunglasses to shield your-



self from direct sunlight. Plan outdoor activities in the early morning or late evening when temperatures are relatively cooler.

**4. Cooling Measures at Home:** Keep your home cool by closing curtains or blinds to block out the sun's heat. Use fans or air conditioning to maintain a comfortable indoor temperature. Take cool showers or baths to lower your body temperature.

**5. Check on Vulnerable Individuals:** Keep an eye on elderly relatives, young children, and those with chronic

illnesses, as they are more susceptible to heat-related illnesses. Ensure they have access to cool environments and an adequate supply of water.

**6. Recognize Heat-Related Illnesses:** Be aware of the symptoms of heat exhaustion and heatstroke, including dizziness, nausea, rapid heartbeat, confusion, and unconsciousness. If you or someone you know experiences these symptoms, seek medical attention immediately.

**7. Stay Informed:** Stay updated on weather forecasts

and heat wave warnings issued by local authorities. Follow their recommendations and advisories to stay safe during extreme heat conditions.

In addition to these precautions, it's essential to prioritize self-care during heat waves. Get plenty of rest, eat light and refreshing meals, and avoid strenuous activities that can exacerbate heat-related stress. By taking proactive measures and staying vigilant, residents of Udaipur can navigate through the sweltering heat wave with resilience and caution.



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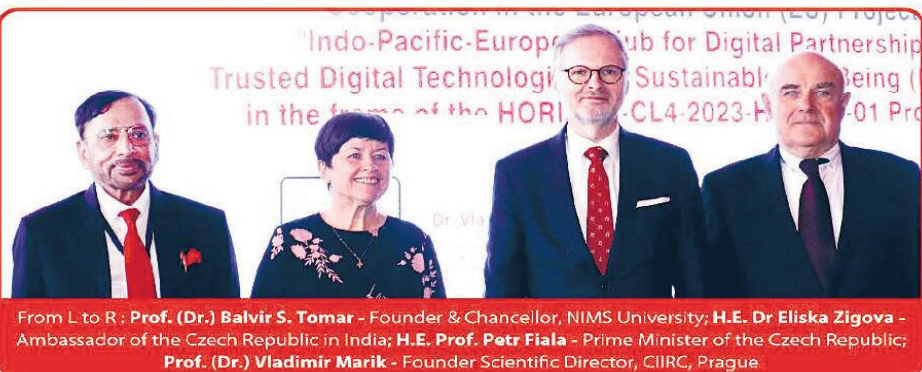
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### Golden Jubilee of Initiation Acharya Mahashraman : A Beacon of Peace

Acharya Mahashraman stands as a beacon of spiritual enlightenment and cultural revival in the rich tapestry of India's history. Continuing the legacy of luminaries like Mahavira, Buddha, Gandhi, Acharya Tulsi, and Acharya Mahapragya, he epitomizes the essence of peace, non-violence, love, and harmony, propagating the ethos of Vasudhaiva Kutumbakam to the world. His life's work symbolizes the dawn of a new era, a new consciousness, and a new humanity.

of non-violent ideals and spiritual awakening. Encountering Acharya Mahashraman's profound wisdom and boundless compassion is akin to witnessing the sun pierce through the mist, illuminating the path ahead. His teachings resonate deeply, dispelling the clouds of ignorance and guiding humanity towards higher truths. Central to his vision is the revival of India's cultural heritage, rooted in values of sacrifice, restraint, and spirituality. He ardently believes that India's cultural legacy holds



Central to Acharya Mahashraman's transformative journey is his unwavering dedication, resolute determination, and profound devotion to his ideals. Like a genius summoned by nature to fulfill a profound purpose, he has embarked on monumental endeavors, notably the Ahimsa Yatra. This historic pilgrimage, spanning eight years and traversing seventy thousand kilometers across India and neighboring nations, exemplifies his commitment to spreading the gospel of non-violence and peace. In the annals of India's illustrious tradition of padayatras, Acharya Mahashraman's Ahimsa Yatra stands as a testament to the power of grassroots activism and public engagement. From the remote corners of Rajasthan, his journey has touched countless lives, inspiring a resurgence

the key to solving contemporary challenges and reclaiming lost glory.

His impassioned advocacy for cultural unity and spiritual resurgence underscores India's timeless resilience and indomitable spirit. Acharya Mahashraman's discourse transcends sectarian divides, offering solace and wisdom to people from all walks of life. His profound insights into politics, philosophy, society, and spirituality have ignited a spiritual renaissance, touching the hearts of millions across the globe. In the twilight of his tenure as Acharya, Acharya Mahashraman has left an indelible mark on the collective consciousness of humanity. His legacy endures as a guiding light, illuminating the path towards a more compassionate, harmonious, and enlightened world.

- Lalit Garg

### Dr. Kamal Singh Rathore stood as a beacon of knowledge and inspiration

Udaipur: Dr. Kamal Singh Rathore, head of Pharmaceutics at BN College of Pharmacy in Udaipur, was honored with the National Education Gem Award for Excellence in Mentorship and Leadership by Amethi University, Oma Society, and PAEI. Esteemed for his prolific contributions, including 20 books, 120 research papers, and 70 presentations, Dr. Rathore is a beacon of knowledge and inspiration.

His involvement in over 1200 webinars during the pandemic further cemented his legacy.