

#MIND&BODY

Wellness Retreats

Long walks out in nature and arts and crafts sessions can be just as restorative.



The past few difficult years have represented a complete sea change in the way we think and talk about wellness. Sure, a great massage or facial will never go out of style but it's just one piece of the puzzle in keeping our minds as well cared for as our bodies. Long walks out in nature and arts and crafts sessions can be just as restorative as a punishing workout, and a nourishing meal (with an excellent glass of wine) might be just what the doctor ordered.

Whether you're into hiking or yoga, or just need a nap-inducing Swedish massage, book one of these wellness retreats in 2023 to rejuvenate both mind and body.

Civana Wellness Resort and Spa, Arizona

Scottsdale is certainly not wanting for covetable destination spas, but if you're looking for the most truly immersive, you'll have to head out to the Sonoran Desert foothills and the appropriately named neighborhood town of Carefree.

After a morning intention ceremony, you'll embark on a choose-your-own-adventure of wellness options that might include a self-guided meditation walk along a stone labyrinth path, a sunset sound bath, or a spin through the aqua therapy circuit. But the resort also takes full advantage of its Sonoran surroundings, meaning you might find yourself stand-up paddleboarding in Tonto National Forest or gaining 1,200 feet of elevation on the blood-pumping hike up to Tom's Thumb.

A "zero deprivation" approach to dining means out with the guilt-inducing diet language and in with craveable, southwestern-tinged fare like elote corn ribs, zucchini enchiladas, and plenty of Arizona-grown wine.

The main building of The American Club, set in Kohler, Wisconsin, formerly served as housing for the workers toiling across the road in the manufacturing plant (the latter is still there, in case you're wondering).

The resort feels a little like an upscale college campus; the cluster of stately stone, and brick buildings includes posh, modern rooms, five in-house restaurants, and plenty more within walking distance; and a separate spa and golf course, both accessible via a compi-

Six Senses Fort Barwara, India

Don't let the militaristic exteriors fool you! Although this Rajasthan fort was constructed in the 14th century to keep out invaders, it was reborn as the newest Six Senses sanctuary, opened in October 2021.

In a way, it serves the same purpose: Its five-foot-thick rock walls, some of which rise 20 feet, successfully repel the onslaught of external stressors from which you're trying to escape. Unsurprisingly, Ayurveda and yoga feature heavily in the wellness program here, while spa treatments incorporate such regional ingredients as saffron, Kashmir lavender, and mogra (aka "the queen of jasmine").

And there are plenty of ways to slow down outside of the treatment room, including Hindu blessings and rituals in the adjacent temple and reviling walks around the grounds to see how horticulturists are working to attract back native birds, leopards, and jackals.

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mentary shuttle (though you can probably walk).

Six Senses Douro Valley, Portugal

Set on the terraced slopes of one of the world's oldest wine regions, Six Senses Douro Valley recasts a 19th-century manor house with unexpectedly modern and colourful flair-making it much more than a place to sleep off one too many glasses of vinho.

The American Club, Kohler, Wisconsin

If you generally associate Kohler with stainless steel bathroom appliances, you're not alone-but we're here to tell you that the all-American company offers much more than a beautiful faucet. The brand also has a stake in the hospitality game, with a resort that doesn't stray too far from its roots-literally.

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They Were Minors But Thrived As Rulers (...1)



Prakash Bhandari
The writer is a senior journalist

#DUNGARPUR

Dungarpur, the southern-most region of Rajasthan has been traditionally known as Vagad. From the seventh century of the Vikram era, three Guhilotvanshi dynasties held sway over the region, while the two dynasties rule intermittently for short periods it was the third dynasty known more commonly as the Guhilot-Ahadia dynasty that ruled for over eight centuries. It's a record as not many dynasties have ruled that long.

According to the current titular Maharawal Mahipal Singh in the long history of Dungarpur state, a very significant phase was from the mid-twentieth century when three rulers in succession- Maharawal Udal Singh, Maharawal Vijay Singh, and Maharawal Lakshman Singh ruled the tiny state.

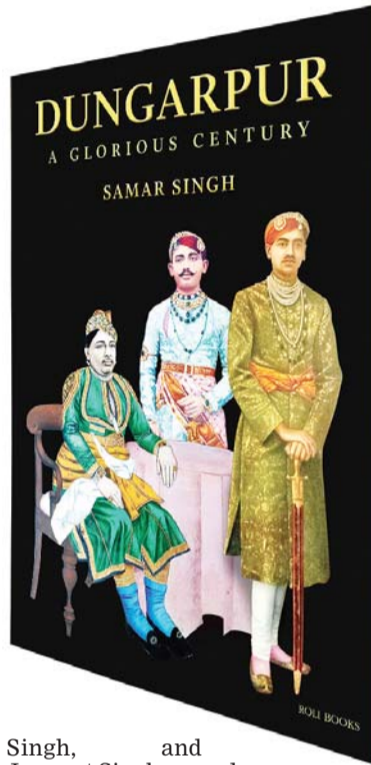
Samar Singh, a former IAS and son of Virbhadra Singh, another IAS has taken the task to write the history of Dungarpur and its rulers. Interestingly both father and son were not IAS of Rajasthan cadre, but of Madhya Pradesh cadre. Virbhadra Singh before the independence served for 15 years as the Dewan (Prime Minister) of the Dungarpur state. The book chronicles the period

when the three rulers Maharawal Udal Singh, Vijay Singh, and Lakshman Singh ruled the state and achieved eminence. Interestingly all three rulers started their innings as minors, but by sheer dint of merit coupled with utmost dedication and diligence, went on to acquire themselves exceptionally in the larger interest of the state and its people. Virbhadra Singh after his retirement as a civil servant took up the task of writing the history of Dungarpur. Prior to him, Dr Gaurishankar Hirachand Ojha wrote Dungarpur Rajya Ka Itihas which was published in 1936. But the book by Dr Ojha covered only history up to the year 1928 when Maharawal Lakshman Singh got his ruling power and it does not include the ruling period from 1928 to 1948.

But Virbhadra Singh and later his son Samar Singh documented the history and archaeology of the Vagad region. The book has interesting sections of the period between 1932 to 1948, when Virbhadra Singh was the Musahib-i-Ala Dewan of Dungarpur and later became an IAS.

The last decade of the eighteenth century was the gloomiest period for the Dungarpur rulers. Maharawal Shiv Singh (1785-85) ruled the state admirably despite facing the attacks of the Marathas and Pindaris.

But after him, his successors Maharawal Vaisal Singh, Fateh



Singh, and Jaswant Singh proved to be unsuccessful rulers. The British under the treaty of Subsidiary Alliance with the rulers of the British forced Maharawal Jaswant Singh to renounce his ruling power and he was forced to adopt his successor Dalpat Singh from Pratapgarh region and young Dalpat Singh was made the ruler.

This forced adoption from outside the Dungarpur clan was resented, but the royals could not oppose the British and their decisions. Interestingly, Dalpat Singh, who was from Pratapgarh and who was virtually ruling Dungarpur was made the ruler of his home state Pratapgarh following the death of his grandfather. He tried to merge Dungarpur with Pratapgarh with the backing of the British. But this did not work and both Dungarpur and Pratapgarh remained separate entities. Dalpat Singh became the ruler of Pratapgarh and Maharawal Jaswant Singh was sent to Vrindavan in exile. The Thakur of Sabil's son, Udal Singh was seven-years old when he was adopted and was made the ruler as a minor. He ruled between 1846 to 1898 and after his death, his grandson Vijay Singh, who was also a minor like his grandfather was made the Maharawal and he ruled from 1898 to 1918. He had three sons Lakshman Singh, Virbhadra Singh and Nagendra Singh, who rose to become a judge of the International Court of Justice.

Maharawal Vijay Singh passed away in 1918 and after his death his eldest son Lakshman Singh, who was a minor was made the Maharawal during his period as minor several people assisted in helping him to rule and that included Major D M Field, the political agent, after whose name the Udaipur's Field Club was named.

This for 776 years, the Dungarpur state was ruled without a break by a single family, despite all the countless invasions and incursions of the time.

What is interesting and revealed by Samar Singh's book is the fact that the descendants of the Sisodia's of Udaipur, the Maharajwals of Dungarpur represent the elder branch whereas the rulers of Mewar represent the younger branch.

Samar Singh's book focuses on the last three rulers who ascended the throne at the tender ages of 7, 10, and 10 again respectively. Three minors became highly successful rulers. They were guided by able and loyal officials and relations who were committed to the bloodline.

Yet, there were no palace intrigues or conspiracy to kill the minor rulers.

The rulers were progressive. Maharawal Uday Singh (1846 to 1898) worked to stop the practice of female infanticide and Sati, which were extremely com-



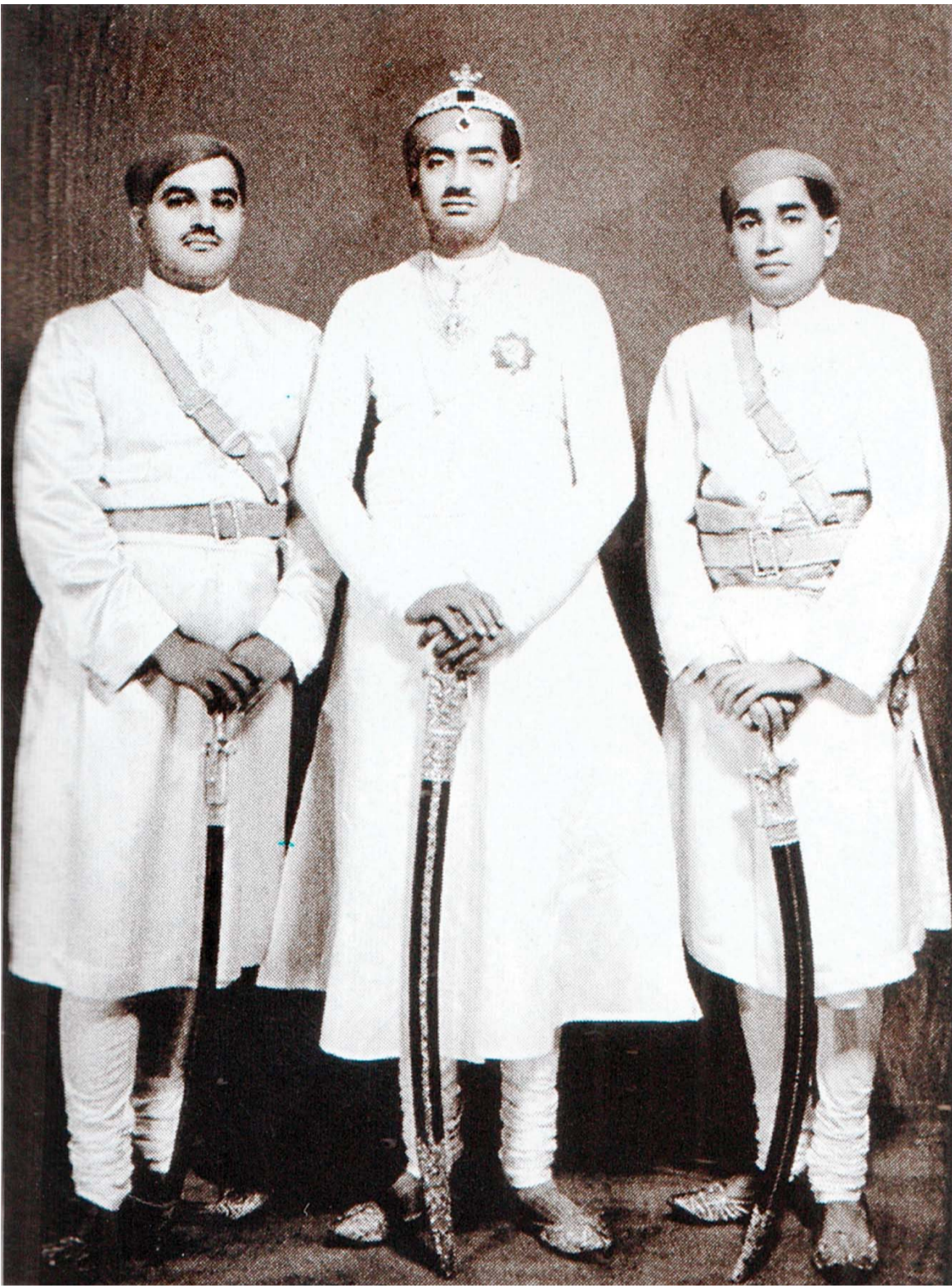
Samar Singh, book author.

mon in Rajasthan. He was also an active participant in the social and economic reform of his people.

Maharawal Vijay Singh (1898 - 1918) believed in exhaustive legwork- he toured the state and got to know firsthand, the problems on the ground. He was the first to introduce the practice of elections for the Dungarpur municipality. His administration was prompt to take up the grievances of the people and the British residents were all praise him.

Maharawal Lakshman Singh (1918-1948) sacrificed his career as a cricketer in the interest of the service of the people of the state. He remained active even after independence. His Raj Tilak was done immediately after the death of his father. As a minor, he was assisted by a number of persons. He was a good cricketer and also a shikari and he was only 10 years and 10 months when he shot a panther with his gun. He along with his brothers was sent to study in Ajmer's Mayo College and they were put under the guardianship of W Fanshawe, a teacher in Mayo then.

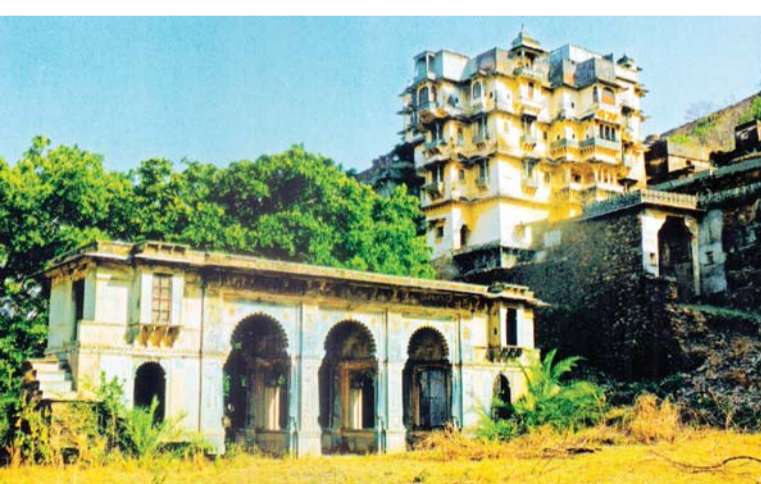
While still in school Lakshman



Maharawal Lakshman Singh with his brothers Maharaj Virbhadra Singh (L) and Maharaj Nagendra Singh (R).



Maharawal Udal Singh II with his courtiers beside gaisagar lake (mural in Juna Mahal).



Udaivilas Palace.

Freethinkers Day



Freethinkers Day falls on the birthday of Thomas Paine, a prominent thinker whose work and publications promoting a philosophy of Enlightenment heavily influenced the course of the American and French revolutions. Although he was English-born, Paine was a courageous man whose life and work was an inspiration for those who wanted to find their independence (particularly from his native land of England). Particularly, his efforts promoted the rejection of abstract authority that embodied power and self-promotion over reason.

Nathu Singh for training in Sandhurst and later he rose to become a Lt General.

Lakshman Singh was invested with full ruling power in 1928 and a special function was organized where the British officers and the ruler of Mewar were present. In the same year Lakshman Singh was married to Dr Kamni Singh of Bikaner, and another daughter Hemant Kunwar was born. The third issue was Mahipal Singh and the fourth issue was a daughter Krishna Kunwar and then two more sons Jai Singh and Raj Singh, the cricketer and who later became the President of the BCCI.

Lakshman Singh's sister Rama Kunwar was married in 1929 to the Prince of Wankaner Kumar Pratap Singh. This marriage was a great occasion and it was a marriage which saw all kinds of royal splendor.

Virbhadra Singh returned after obtaining his B A (Honours) degree in modern history from Oxford. His mother Devendra Kunwar was a very intelligent lady and helped the Maharawal in running the state administration, asked Virbhadra Singh to appear for the ICS examination. But, Virbhadra Singh refused to serve the British and opted to serve his own state. He was made the Dewan of Dungarpur.

Lakshman Singh established hospitals and schools and improved the irrigation system and set up a judiciary. He set up different courts for civil and criminal matters and appointed Justice Chunnial Setalwad as the chief judge of the High Court. Lakshman Singh improved the state revenue and by the year 1945, the revenue of the small state was worth Rs 22 lakh. He also built roads to improve the transport system and also it helped to build an effective postal system. Dungarpur cared for its forest it also earned them revenue and Forest Act was enacted to protect forests and wildlife. Though, Maharawal was himself a hunter, but he would go hunting very selectively. Even family members were not allowed to go hunting. Dungarpur way back in 1933 enacted Wild Animal Act and this resulted in the Dungarpur becoming a big sanctuary of wildlife.

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To be Continued...
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The rulers of Dungarpur.



The interior of Udaivilas.



Mural in Juna Mahal showing African Elephant Shyamghata and Indian rhino Mohan Lal in a procession.

The States alone, more than 90 times the 1960 amount of plastic municipal solid waste was generated in 2018. Single-use packaging contributes millions of tons of plastic waste to that total each year.

In addition to the number of times that a reusable container is used, the material type (e.g., polypropylene, the bioplastic PLA, aluminum), the study also found that customer behaviour will be a significant factor in sustainability performance.

If 5% of customers make trips by vehicle solely to return used containers, the reusable system has higher life-cycle greenhouse gas emissions than the single use, says coauthor Christian Hitt, a dual-degree graduate student and Center for Sustainable Systems research assistant.

"We also looked at the water usage of at-

#RECYCLING

Reusable Take-out Containers

The number of times a reusable take-out container gets used is a key factor affecting how sustainable it is, a new study indicates.

In an effort to reduce plastic waste in the restaurant industry, single-use takeout containers, specifically-

The researchers compared the lifetime environmental impacts of single-use and reusable take-out food containers. Depending on the single-use container being replaced, the researchers found that the reusable alternatives-which initially use more energy and generate more climate-altering greenhouse gases-can break even with single-use containers after four to 13 uses.

"Reducing the quantity of single-use plastics in the restaurant industry by implementing reusable takeout container systems has the potential to reduce greenhouse gas emissions and save on energy, water, and cost," says study author Greg Keoleian, director of University of Michigan's Centre for Sustainable Systems (CSS) at the School for Environment and Sustainability. "Our study found that reusable containers can outperform single-use in almost all categories."

The study, published in the journal Resources, Conservation & Recycling, reports that on a global scale, plastic production has accelerated dramatically over the past decades-leading to a sharp increase in plastic waste.

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"We also looked at the water usage of at-



home cleaning of the containers," Hitt says. "Excessive washing can tip the balance against the primary energy impacts of reusable containers."

According to the study, education will be key in counteracting these potential downsides by encouraging customer best practices. Informational labels on containers, signage in restaurants, employee dialogue with customers, and online information are a few educational tools that the study recommends.

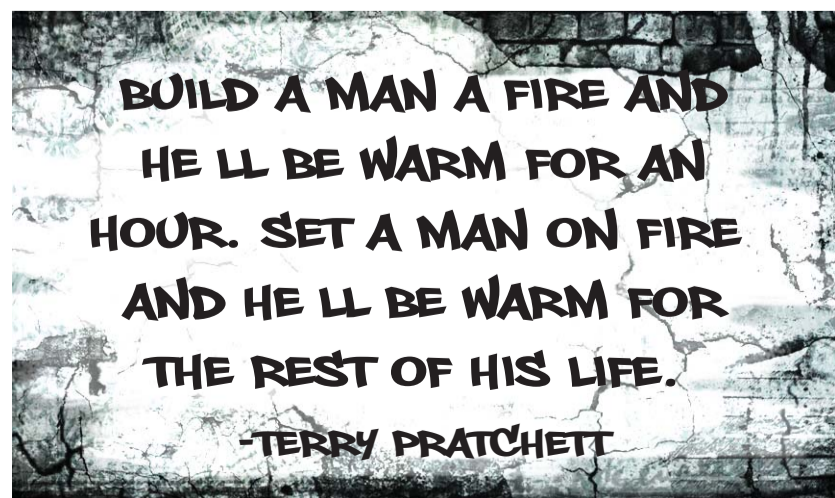
Convenience can also play a part. City-scale systems with common containers across multiple restaurants may prove advantageous, as customers can return containers to different locations, decreasing the likelihood of customer travel for the sole purpose of container return.

Study authors recommend further research on actual customer behavior-including the effectiveness of incentives that encourage best practices, such as discounts to customers wearing bike helmets or meal discounts if returning a container.

It is also possible that container deposits could encourage returns, the study reports, citing the example of plastic bottle recycling rates in states with deposit programs compared to those without them (62% vs. 13%).

As a base for their model, the researchers studied the pilot program for returnable takeout containers launched by the nonprofit organization Live Zero Waste in Ann Arbor. The program, Ann Arbor Reduce, Reuse, Return (A2R3), is now in its second pilot phase and was implemented in partnership with the city of Ann Arbor's AZZERO carbon neutrality plan.

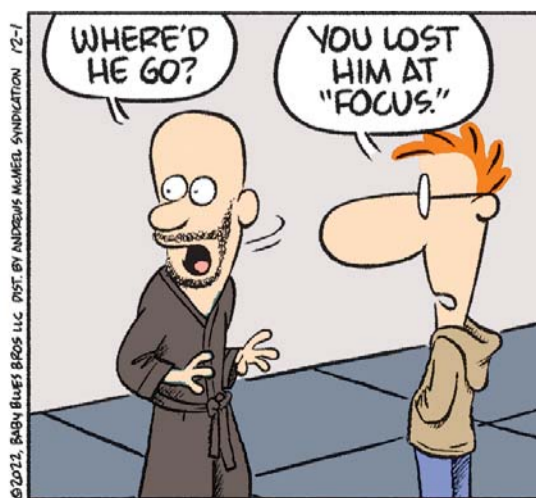
THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott



ZITS



By Jerry Scott & Jim Borgman

