Navkar Mahamantra Divas

Prelims – *Current events of national and international importance.*

Mains (GS-I) – *Indian culture will cover the salient aspects of Art Forms, literature and Architecture from ancient to modern times.*

Why in News?

Recently, Navkar Mahamantra Divas was inaugurated in line with celebration of Mahavir Jayanti.

> ***Mahavir Jayanti*** is celebrated on April 9the every year to *commemorate the birth of Lord Mahavir, the 24th Tirthankara of Jainism.*

- **Navkar Mantra** – It is not just a mantra but the core of our faith and the essence of life.
- It is *central to Jain prayer*, is more than a collection of sacred syllables, it is a rhythmic flow of energy, stability, and light.
- 9 resolutions are anchored in a commitment to knowledge, action, harmony, and rooted progress.
- Repeating the mantra 9 times, or in its multiples like 27, 54, or 108 *represents spiritual completeness and intellectual clarity*.

Navkar Mantra – Nine Resolutions for a New India	
9 Resolutions	**Description**
1 Water Conservation	Emphasizing the need to value and save every drop of water.
2 Plant a tree in Mother's Name	Planting of over 100 crore trees in recent months and urging everyone to plant a tree in their mother's name and nurture it like her blessings.
3 Cleanliness Mission	Understanding the importance and contributing to cleanliness in every street, neighbourhood and city.
4 Vocal for Local	Promotion of locally made products, turning them global and supporting items that carry the essence of Indian soil and the sweat of Indian workers.
5 Explore India	To explore India's diverse states, cultures, and regions before traveling abroad, emphasizing the uniqueness and value of every corner of the country.
6 Adopting Natural Farming-	The Jain principle of "One living being should not harm another", and for freeing Mother Earth from chemicals, supporting farmers, and promoting natural farming.

7 Healthy Lifestyle	Following Indian dietary traditions, including millets (Shri Anna), reducing oil consumption by 10%, and maintaining health through moderation and restraint.
8 Incorporating Yoga and Sports-	Making yoga and sports a part of daily life, whether at home, work, school, or parks, to ensure physical health and mental peace.
9 Helping the Poor	Assisting the underprivileged, whether by holding a hand or filling a plate, as the true essence of service.

- **Ecological relevance of Jainism** - Lord Mahavir's timeless teachings *align beautifully with Mission LiFE* (Lifestyle for Environment), a national call for sustainable living.
- ***Jainism's emblem, "Parasparopagraho Jivanam***", meaning the mutual interdependence of all life offers a deeply ecological worldview.

On Mahavir Jayanti in April 2024, a commemorative stamp and coin on the occasion of 2550th Bhagwan Mahaveer Nirvan Mahotsav.

Reference

PIB| Introduction of Navkar Mantra

