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'Azadi ka Amrit Mahotsav' which had an excellent response with more than 135 entries in less than 32 hours. Click anywhere on the page to relive some of the moments.





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Winners of the Azadi Ka Amrit Mahotsav

KCBF ADMIN TEAM

Friends, As our country celebrated its 75th Year of Independence, we at KCBF thought to share our love towards our beloved country too. We organised the theme of '**Azadi Ka Amrut Mohatsav**' which got a excellent response. We had got more than **135 entries** of our community members through different groups of KCBF in less then 32 hours of the proposed event. The entries had all age groups, family involvements, themes such as patriotic song, dance, painting, message, awareness in society, Indian values, drawings & creative & meaningful concepts.

The event was on what's app and was judged by esteemed 5 judges. It was very difficult for the judges as all the entries were one notch higher then the other. But finally they gave a very deceptive judgements with all different themes created given a chance. This event showed the love for our country. From children to aged members all took active part and shared there Pictures or Video's. We at KCBF are proud of our community members who took the challenge & gave such a beautiful concepts. As we had many aspirants for the prizes we are KCBF have

decided to give all participants a Participant Certificate, 10 Winners as well as 10 Consolation Winners a prize & a certificate of acknowledgement. The distribution of prizes and certificates will be done by KCBF TEAM with the help of Cosmic Holidays who have again sponsored this event.

Below are the photos of the 9 Winners and the 10th Winner is Alpa Shah from Baroda for Creating Awareness in the Society (Photo Not Available).



1) Madhavi Narshana: Indian Dance



2) Dharti Sheth: Conceptual Song & Dance



3) Purvi Patel: Good Speech & song



4) Rekha Bhalavat: Creative Content



5) Khyati Shah: Colourful concept & drawing



6) Hiral Shah: Meaningful concept



7) Narendra K Shah: Nice speech & song



8) Lata J Shah: Creative theme with colours



9) Bela N Shah: Family orientation

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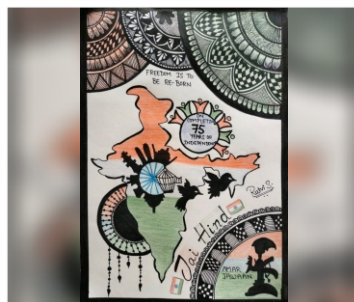
Consolation Winners of the Azadi Ka Amrit Mahotsav

KCBF ADMIN TEAM



Consolation Prizes

- 11) Pratibha Shah: Complete family based
- 12) Rajiv Patwa: Theme based
- 13) Dr Purvi Shah: Concept based
- 14) Shilpa Dhuvad: Indian art & display
- 15) Raksha Kothari: UAE born with deep rooted India values.
- 16) Chirag Shah: Family Unity
- 17) Dharmesh Shah: Nice singing & concept
- 18) Dewberry Holidays: Nice presentation
- 19) Rutvi Brijesh Shah: Beautiful drawing
- 20) Lata Amritlal Shah: Nice drawing




Dharmesh Shah

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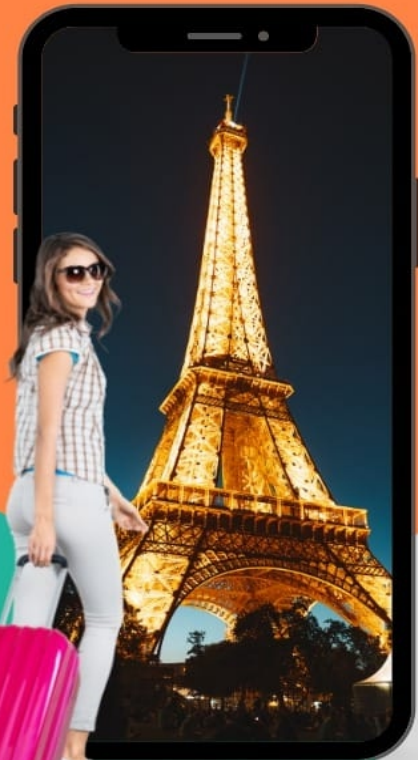
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KCBF PAST & FORTHCOMING PROGRAMS FOR THE YEAR 2022

JULY

9th, 2022

Business Seminar

Well appreciated & acknowledged by more than 100 + participants. The Speakers were excellent and was a really insightful seminar.

Dr CA C S Shah
9322232039

SEPTEMBER

2022

Factory Visit

Seeing a factory firsthand can allow individuals to not only understand best practices but also interact and create business opportunities.

Mr Nainesh Shah
9821138471

OCTOBER

8th/9th, 2022

Annual Trade Fair

KCBF's 4th Annual Trade Fair is coming up and already **15+ stalls have been booked**. An important event in KCBF's calendar where businesses meet.

CA Narendra Shah
9702643000

DECEMBER

2022

Picnic

Socials are an integral part of any networking group which helps in building strong bonds paving their way for a more fruitful and strong relationships.

Mr Rajiv Patwa
9821188516

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Mindfulness For Teenagers:

DR. PURRVI PATEL

I want to share today with you all something interesting about my teenager life. I was born in 1977 and I had my teenager life from the year 1990 to 1997. So it was almost 3 decades back when I was a teen. I was literally a shy teen, introvert having lots of inferiority complex and lack of confidence. I remember I always enjoyed myself in indulging reading books most of the time story books, listening music (vividh Bharati), dance and playing badminton. I am an average student in academics but I enjoyed my studies. But due to my overthinking nature and some disbeliefs, I couldn't enjoy my teenage that much. I missed so many moments to Cherish and so many things I couldn't notice to be grateful for. I always saw myself as in lack. Lack of love, lack of self confidence, lack of self love, lack of courage and so on. Today when I look back to my teen age I feel that there are so many things and so many happy moments I didn't enjoy just because I was waiting for that perfect moment of my life to be happy for. And now at the age of 44 I realised how could I be so harsh on myself. When I learnt Mindfulness at this age I got all the answer about why I was in thinking of lack when I was a teenager.

This thought make me realised that though I can't bring back my teenage again and re-lived my life but there are 100s, 1000s, 10000s and lakhs of teenagers around the world who are still living their life just like me living a teenage life.

So, as a Mindfulness coach for teenagers I want to share some useful tips or you can say daily routine which I follow and which I think that if I have followed in my teenage time then I would not have the regret of not living life of teenage at the fullest. You know what? Teenager life is the best life time during our whole life. As a teenager you can explore the world which is so much easy for you in this internet age. right?

A teenager who have no responsibility of anything, who can make his or her life goal, who can design own life if he or she does everything mindfully by being aware of all their 5 senses. Mindfulness is not something that you have to cultivate in your life, it's there in you naturally and you just have to become aware of it and it's not something extra you need to add in your routine.

Let me give you brief introduction about Mindfulness so that you can understand it more precisely.

Let me ask you 2 questions:

1) Does your life seem to keep moving faster and

faster?

2) Do you sometimes find yourself doing so many things you can't appreciate any of them fully?

You may benefit from practicing mindfulness, an awareness of the moment. Mindfulness means being aware of your thoughts, feelings, emotions bodily sensations and surroundings in non-judgemental and non resistant way. There are uncountable benefits of practising Mindfulness in routine. Some important benefits are-

1) Mindfulness has been found to promote Mental health and happiness for many people.

2) Research suggests that mindfulness can improve your mood, reduce negative thinking, and ease stress.

3) It can also help enhance productivity, concentration, creativity and reduce anger.

Let me tell you some ways to practice Mindfulness in routine:

Limit multitasking:

As much as you can, do one thing at a time and give it your full attention. Avoid switching back and forth between tasks. Keep in mind the words of the psychologist Mary Pipher, who says in her book Seeking Peace: "A very simple definition of mindfulness is doing one thing at a time."

Practice mindfulness when you're with others.

Listen closely to people, whether they are new acquaintances, close friends, or relatives, and try not to interrupt. Focus on what others are saying—not on what you want to say next.

Unplug your devices.

Periodically, turn off your television, phone, tablet, or laptop so they won't distract you from your thoughts, feelings, and actions. Or keep your gadgets in a room where you can't see or hear them.

Use all five of your senses.

Let yourself see, hear, touch, taste, and smell your world. Before you peel an orange, smell it, notice its color, and feel its texture. Eat the orange slowly. Observe your reactions. Does the orange have a different taste or bring more pleasure when you take time to savor it?

When you sit to sip some tea or coffee, bring your complete focus to it. Take in the tea's scent or aroma of coffee, savor its taste, and feel its warmth. Sit outdoors with your eyes closed. Notice the sounds of birds, the scent of the flowers, and the feel of the breeze on your skin. Try to stay in

the present moment instead of dwelling on what has happened in the past or may happen in the future. Using all of your senses will make you more aware of your surroundings and may make you appreciate them more.

Try progressive muscle relaxation.

This technique may help if physical tension makes it hard for you to practice mindfulness. Sit or lie down in a quiet place. Then tense and relax different muscle groups one at a time. Start by holding out your right arm and making a fist. Tense your arm and fist for a slow count of 10. Then relax your arm and fist for a slow count of 10. Repeat with your left arm. Then do the same with your legs, stomach, and other muscle groups.

Be patient with yourself.

Avoid judging or criticizing yourself if being mindful is hard at first. It can be a challenge to stay in the present moment if you're used to multitasking. Stick with the process, if only for a few minutes a day. With regular practice it will get easier.

Practiced consistently and over time, mindfulness can lead to positive changes in your life and overall Mental Health.

I wrote this article to help my teenager friends to share with them key to live life to the fullest.

Dr. Purvi Patel

**Consulting Homoeopath, Nutritionist, Certified Mindfulness Coach for Teens and Adults, Author, Trustee at Rutuja Organization working for women's health (www.rutuja.org), Advisor at IPRU Life Insurance Company
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Why Khadayata Ratna ?

KCBF – Konnect eBulletin Team has introduced the column of “**Khadayata Ratna**” since last almost a year. During this period the eBulletin Team has tried to bring before its readers the highlights of prominent Khadayatas who have contributed substantially during their life span – in their respective profession, society and to Khadayata community in particular. The objective is clear – to highlight our own community people who can act as the “**Role Model**” for current as well as future generation/s.

There are almost eight billion humans (7.9) on our planet. They are spread over different continents and countries. E.g., in India we have 1.3 billion people. They further get divided in to states – like Maharashtra, Gujarat, Uttar Pradesh etc. further into Districts like Sabarkantha,

Aravalli etc. Within this further classification into different communities – like Khadayatas, Kshatriyas, Brahmins etc.

If you observe, in order to acknowledge the people for their contribution to the SOCIETY they serve they are acknowledged from time to time. E.g., **Internationally it's NOBEL PRIZE** – in all different categories. **Bharat Ratna, Padma Bhushan, Padma Vibhushan at National level.** Similarly, there are different awards in other fields like Film Industry, Literature, Army, Sports, Police etc. the objective being not just to acknowledge their contribution but to also provide the present and future generations to take lead from their life and to act as role model. E.g. Sachin Tendulkar – could be a role model for many budding cricketers. Lata

Mangeshkar, Akshay Kumar in film industry, Swami Vivekanand, Swami Chinmayanand in spirituality etc.

It is with this objective we decided to provide brief profile, achievements and contributions of the prominent Khadayatas in our monthly bulletin. The name/s are approved by the majority consensus. One of the objectives of the KCBF is to also try and hold our community together at a time when the social structures and joint family systems are getting disintegrated and replaced by nucleus family units – whereas Western countries are increasingly appreciating and turning to Indian culture.

We would be glad to receive the names and write-ups of such prominent Khadayatas for coverage in forthcoming issues.

Editorial Team: Mr. Premal Parikh | Mr. Nainesh Shah | Dr. Jignesh Bhalavat | CA Jigar Shah | Ms. Pratibha Shah

Release Date: First Week of Every Month; **Frequency:** Monthly

Please send in your article / content before the 25th of the preceding month to be published in the ebulletin

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Note: We, at KCBF, have decided to publish profile of each life members and hence requested them to share details about their Business / Professional / Service etc including family in their own words (150/175). We also thought to introduce a renowned Khadayata under “Khadayata Ratna” - A person of eminence from Khadayata community who can be Businessman / Professional or Service at highest position from any field. It's a prerogative of KCBF Admin Committee from the name suggested and/or forwarded to KCBF. The honour given is based on individual's contribution to profession, community and society at large. The award carries no material/monetary medal or certificate but the basic objective is to bring to light our own people as role model for current and future generation of our community.

Disclaimer: KCBF has compiled this ebulletin with care. However, KCBF, its editorial team or the admin committee (hereafter called as “The Publishers”) does not warrant that information in this ebulletin is free of errors. The Publishers also does not necessarily agree with or endorse any statement or opinion either in the editorial material or advertisements in this ebulletin and the use of any information in this ebulletin is entirely at the risk of the reader / user.

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