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KCBF CALENDAR 2023



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CA. PRATIQ SHAH

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KCBF is planning its 1st Mega Job Fair for our own community members. The goal of this fair is to bring together best talent of / for our own people.

Mr Ketul Shah - ketulshah80@gmail.com

OCTOBER 2023

Annual Trade Fair

KCBF's 5th Annual Trade Fair is lined up for October 2023. An important event in KCBFs calendar where businesses meet.

CA Narendra Shah - 9702643000

DECEMBER 2023

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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For more details contact

Ketul Shah - 98920 64369 • Hiral Shah - 99202 84078 • Jignesh Bhalavat - 98203 95856
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ORIGINS & COINAGES OF REPUBLIC INDIA

MA SANDEEP SHAH

Indian Civilization is since 2500 BC, Agriculture & Commerce was developed by the inhabitants of Indus Valley. In 1500 BC the Origins of this civilization declined & the Aryans conquered & developed a Brahminic Civilization, they introduced Caste Systems.

Many Empires flourished in India over the Centuries in which their prominence were Mauryans, Guptas & Mughals. Portuguese were the first Europeans to arrive off Calicut in 1498, followed by East India Company.

By 1757 the British firmly established and acquired dominion over most of India by intrigue and force and ruled directly or through puppet Princely States.

In World War I India sent 6 million troops to fight at the side of the allies, thus Indian Nationalism was sparked and intensified. National Congress under the leadership of Mohandas Karamchand Gandhi revolted against the British Authority. As Britain wanted India to participate in war against Germany in Sept 1939, the Congress demanded Independence as a condition for co-operation.

India became Independent on August 15th 1947 and was separated by the majority Muslim State of Pakistan which became independent on 14th August 1947. However, coins of British India dated 1947 were struck until 1950.

With Independence it was not possible to put a sudden break to this currency as it could have resulted in chaos in the economy. So till the country was formally

declared as a Republic, no new coins were minted and currency notes of the British in the denomination of Rs 1, 2 and 5 which were already printed but were not issued to the public were released in the independent country to run the economy smoothly. RED Serial number notes were used, that was the note of Republic India Between 1947 to 1949.

India became Republic on 26th January 1950, On the occasion of the 3rd anniversary of independence, new coins were introduced. These coins followed the earlier British coin in respect of their value, weight, metal and fabric, but the designs were drastically changed to do away with the vestiges of foreign dominance. The new designs introduced represented India's glory and the hopes and aspirations of the future. On Obverse of all the coins, right from Rupee to Pice, the effigy of the British Monarch was replaced by the representation of the Lion - Capital of the Great Ashoka Maurya's pillar at Sarnath near Varanasi in UP. The pillar represents non-violence and peace, which the Republic of India has adopted its insignia. The name of the king was replaced by the super inscription GOVERNMENT OF INDIA. On the reverse of the coins of Rupee, 1/2 Rupee and 1/4 Rupee, a new motif, a pair of ears of wheat, was placed on the two sides of the English numerals showing the value. The value was written in Hindi, year of the issue in English.

The Rupee coins were security - edged, while the 1/2 and 1/4 Rupee coins were milled. Other lower denomination coins, viz 2 anna, 1 anna & 1/2 anna adopted the figure of a bull on the reverse which was taken from the base of the Lion - Capital of Ashoka. On the coins of 1 pice, a

horse was placed on the reverse which too was again adopted from the base of the Lion-Capital. All these coins were issued in continuation of the earlier standard called the Anna Series.

Anna Series (1947-1957) & Decimal Currency (1957 onwards..) Anna Series: Also called as Standard Coinage. This represented the currency during the transition phase (1957 to 1964) till the establishment of the Indian Republic. In 1947 only 30 % of the Indian population was literate. Herein, One Rupee was divided into 64 pice or 192 pies or into 16 annas. 1 Anna was equal to 4 pice, 8 Anna was equal to 32 pice and 1 pice was equal to 3 pies. Decimal Series: In September, 1955 the Indian Coinage Act was amended and the Country adopted the Metric System of Coinage. 8 Anna is equal to 1/2 rupee is equal to 50 paise 4 Anna is equal to 1/4 rupee is equal to 25 paise and 2 Anna is equal to 1/8 rupee.

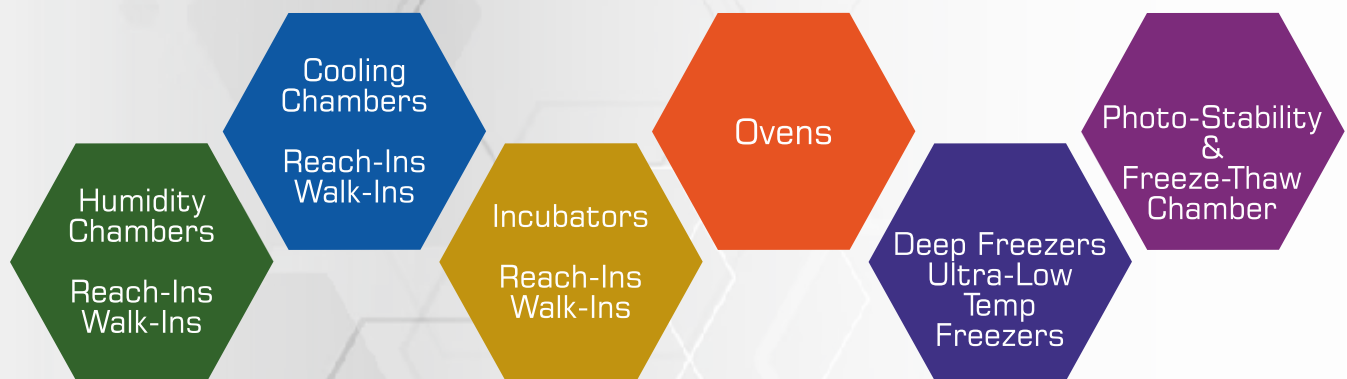
The Anna Series: This series was first introduced on 15th August, 1950 and it represented the first coinage of the Republic of India. The King's Portrait was replaced by the Lion Capital of the Ashoka Pillar. A corn Sheaf replaced the Tiger on the One Rupee Coin. In some ways it symbolised the shift into progress and prosperity. India motifs were incorporated on the coins. The monetary system was largely retained with One rupee consisting of 16 Annas.

Sandeep V Shah
MA : Numismatics and Archaeology

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HAIR FALL

DR. BIJAL SHAH

Hair has been considered as a sign of beauty and youthfulness. It is not surprising that a person who goes through it freaks out because of it! This is one of the commonest problems people want advice for. Physicians take them very lightly but people end up spending a huge amount of money for it!!

Since they do not get diagnosed; people end up buying off the counter medicines or products for hair. Till the time there is correct diagnosis; unfortunately however expensive the product it doesn't give results.

Hairfall can be classified in different categories depending on the area of hairloss.

- If the hair is lost in a small area it is known as alopecia areata. It generally occurs due to fungal infection of the hair roots. This type of hair loss has a good prognosis and hair can regrow almost completely.
- In males the hair line tends to recede and /or hair thinning starts on the top of the head- This is androgenic hair loss. This starts with more advancement of age but sometimes it can start early. This type of baldness generally has genetic predisposition.
- Androgenic hair loss can also happen in women. They usually have a generalised HAIR THINNING.

The Reasons for HAIR FALL in males and females are very different and so is the treatment! Also, at different ages the causes keep varying.

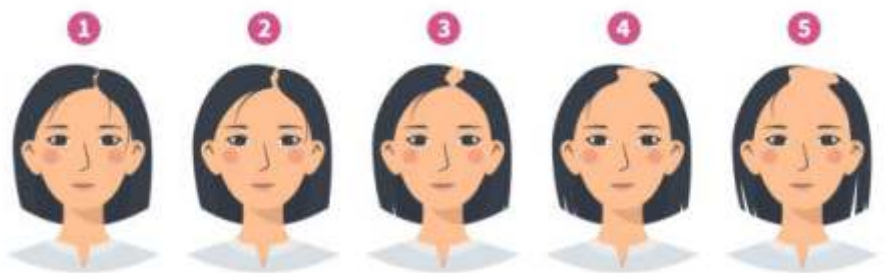
You can consider hair as a health metre for your body. Any illness can affect the immunity of the body and that in turn affects the hair.

It is important to know for a person that sometimes hairfall can be due to some immediate cause and simply removal of the cause may be sufficient to prevent further hair loss. Example, use of some hair product if it is not suitable for hair. Frequent hair colouring, straightening etc are known causes for hair fall. In such cases you will see that hair becomes rough and brittle. Frankly our everyday shampoo and conditioner also can be a culprit to it. This is

MALE PATTERN HAIR LOSS



FEMALE PATTERN HAIR LOSS



the reason pinpointing the exact cause is important.

After a high grade fever like typhoid/malaria etc person tends to have hair fall for a few days. But such a case does not require any special treatment for hair. They recover on their own in some time.

Another commonest cause is nutritional deficiency. It may sound odd how nutritional deficiency can be a factor in a well fed person but there are many reasons for it.

Hair needs calcium, iron, B etc. as basic upkeep in addition to some other trace elements. These are the same elements that are needed in repair of any body tissue. If a person suffers from bleeding of any kind due to any natural (menses) or unnatural reason the same elements are needed to produce haemoglobin. You can see how women easily suffer from deficiency!

So far we saw all the simple reasons that do not require a specific hair treatment. Now let us focus on the deeper problems of hairfall.

- 1) Hormonal disturbances
 - a) In men age related baldness
 - b) In women
 - i) PCOS- There is hormone disturbance due to ovarian cyst formation.
 - ii) Menopause- gradually the ovaries

reduce generation of certain hormones
c) Thyroid disorders- hypo and hyperthyroid both can cause hair fall.

- 2) Skin conditions like psoriasis, eczema, seborrheic dermatitis of the scalp may be associated with hair fall.

Now depending upon the root cause the treatment is decided. It is common to have more than one cause for the same and all of them have to be taken care of.

When a patient comes to us for homoeopathic treatment after establishing the cause we still need to take a thorough case from a homoeopathic perspective in order to give the best suitable homoeopathic medicine. The case taking may take 45 min to one and half hours.

Advantage of homoeopathy is the treatment is safer and much cheaper.

DR. BIJAL SHAH


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VACATION !!!

KHYATI SHAH

This is the most beautiful, overwhelming, adored, and eagerly awaited time of life. Especially when we are studying this word gives different levels of relaxation, freedom, and peace of mind.

Times have changed and with that vacation days have also changed. Our childhood vacation means going to mama's house and having fun, playing with friends whole days for hours and hours, going to picnics, doing dabba parties, and so on. But now times have changed. All cousins and friends almost had holidays in the same period so all come together and enjoy.

Now times have changed. There are different boards with different dates of vacations so all are free in different periods. Being together for a long time is not much possible now. Also being nuclear and in small families with both parents working going outstation is not possible. So parents have to think differently to keep their kids busy.

Because of all these factors we find many innovative and creative summer camps and short courses which can keep kids engrossed and explore their untouched part of mental growth. They may be outdoor activities or indoor or creative ones with a different concept maybe art, craft or something which will enhance their abilities and keep them away from the screen.

Outdoor activities make kids physically and mentally both ways fit. But as it's summer time and harsh sunny days we have to keep kids busy in some indoor activities. For that we can send them to regular drawing or chess or games classes or to some art classes where they can learn our cultural art forms or learn to write in some stylish ways of handwriting. Our Indian art forms keep kids connected to our roots in a different, colorful, and creative way. Somewhere these forms create a strong base and help anyone in balancing their inner and outer mental growth. It helps them

increase their concentration, find mental peace, and keep them engrossed in something which challenges their mind in positive ways and makes them more creative and confident.

If interested can help plan such time for kids and even give good break time to parents also in creating something beautiful in their spare time and utilize it properly. Creativity and art in any case are a great combination of a peaceful mind and a soulful heart.

Stay Creative !!! Stay Healthy !!!
- KHYATI SHAH

STATUTORY DEADLINES FOR APRIL 2023

CA NARENDRA SHAH

TDS / TCS

- 15th Uploading declarations received in Form 15G/H for January to March 2023
- 30th TDS/TCS payment for March 2023

INDIRECT TAXES

- 11th Details of outward supplies in GSTR 1 for March 2023
- 13th Quarterly Return GSTR 1 for January to March 2023 for QRMP filers
- 13th Return for Input Service Distributor in GSTR 6 for March 2023
- 18th Quarterly Statement for composition taxable person in CMP 08 for January to March 2023

- 20th GSTR 3B for March 2023 if aggregate turnover above Rs. 5 crore
- 22nd GSTR 3B for month/quarter ended March 2023 if aggregate turnover below Rs. 5 crore
- 25th ITC-04 for FY 2022-23
- 30th Annual Return of FY 2022-23 for Taxable person under Composition scheme in GSTR 4

OTHERS

- 15th PF & ESIC- Payment for March 2023
- 30th Prof. Tax- Monthly Return Tax Liability of Rs. 1,00,000/- & above for March 2023

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UNDERSTANDING GAYATRI MANTRA

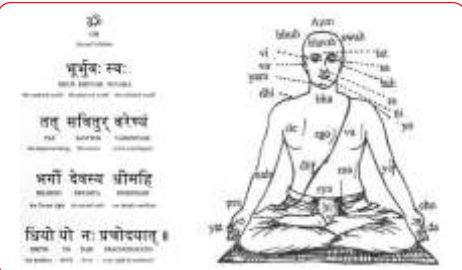
KRUPA SHAH

Hi friends, I am Krupa Shah and welcome back to next episode of reviving the ride to mysterious world. Let's open the untouched walls of this world. This world is named as 'GAYATRI MANTRA.'

ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यम् ।
भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात् ॥

The third mandal of Rigveda contains the Gayatri Mantra which was compiled in the praise of Sun God Savitri. It was composed by Sage (Rushi) Vishwamitra.

MEANING: We bow to the Sun who give slife to all living beings, who takes away the sufferings of all and provides everyone with all the comforts. His divine rays may inspire our intellect on virtuous path.



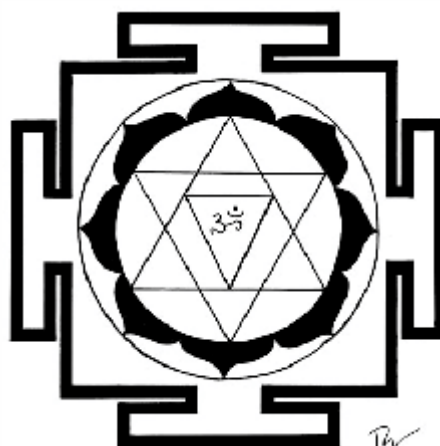
Body of all. Mind of all. Spirit of all. May we meditate on the radiance of the inner light. May that self illumine our thoughts. Peace, peace, peace.

The Gayatri Mantra also known as the Savitri Mantra is a highly revered mantra from the Rig Veda (Mandala 3. 62. 10). Gayatri is the name of the goddess of the Vedic meter in which the verse is composed. The Gayatri is life – enhancing prayer. It is the most powerful mantra in the universe and it is sacred to chant 108 times. It is mother of vedas and destroys all sins. The Gayatri is considered to be the sound incarnation of Brahman. According to Hari Bhakti Vilasa, the Brahman Gayatri mantra is a prayer to Gayatri Devi, the eternal consort of Sri Vishnu. She is also called Lakshmi, Saravati, Savitri and Sandhya. The word Gayatri is composed of two words, "Gaya" which means "Reveal" and "tri" which means "Three Vedas". This mantra represents a meaningful combination of Sanskrit words which are written and sung in a particular grammar and meter respectively. The chanting of Vedic mantras make people relieve from the materialistic anxiety and they become spiritually inclined. Gayatri is often associated with Savitr – a solar deity in the Vedas. According to the Skanda purana, Gayatri is another name of Saraswati, and is the consort of Brahma.

The outermost form of the yantra is a square with four protrusions known as Gates. These are four sacred doors opening to the four directions. Yantras are drawn with Mathematical precision. Each angle is symmetrical. It is a type of formula of primal shapes much like a formula of individual sounds in a mantra. The forms are building blocks of energy patterns just as atoms are building blocks in metal. Central to the Gayatri Mantra symbol meaning is the Sanskrit syllable



"According to the sacred texts, The Gayatri is Brahma, Gayatri is Vishnu, Gayatri is Shiva, Gayatri is Vedas. Gayatri later came to be personified as a Goddess. She is another consort of lord Brahma. She is shown as having five heads and is usually seated on a red lotus - this signifies wealth. The four heads of Gayatri represent the four Vedas, the fifth head represents the almighty God. In her ten hands she holds all symbols of Lord Vishnu. The weapons held by the ten hands of Gayatri give a divine protection, desired boon to the aspirant, at the same time all the enemies and bad elements working unfavourably against the devotee are killed."



Geometry of Gayatri Yantra: Yantras usually have a central form radiating out from the centre. The intent of the Yantra is to focus the mind as well as to serve as the repository of spiritual energy. For this reason, Yantras can also be used as protective devices. Hindu Yantras are like Buddhist Mandalas. One difference is the relative simplicity of design in yantras compared with more complex mandalas. Mandalas often include depiction of the form of a particular deity whereas yantras are usually composed of geometry forms and stylized symbols based on nature.

OM. Yantras and Mantras are always found in conjunction with one another. The form of the Yantra is viewed as condensed or crystallised sound. The lines and planes in the yantra are viewed as a kind of circuitry for conducting spiritual electricity. Spaces are also creating a sacred place for manifestation. Specific forms have meaning as following:

Triangles are the simplest form which can create space. If there are less than three lines, there is no way to have a boundary around a form. So, triangle signifies the first possible shape. From this first shape, comes the original symbol of duality: the masculine and feminine. A triangle sitting on its base represent the masculine and inverted triangle represent the feminine.

For the Gayatri Yantra symbol meaning, the two triangles overlap to form a star hexagon. This is not only symbolic the union of male and female but also spirit and matter. The numerical equivalent is a six, the total of all sides.

Gayatri Yantra circle means Cycle of time. There is also connection to astrological cycles. Since the circle has no beginning and no ending, the circle also represents infinite time. There are two circles in the Gayatri yantra. Outer circle encloses all of the other forms and the inner circle anchors the lotus petals. The lotus petals in the inner circle of the Gayatri yantra symbol means the unfolding of spirituality and divinity. Lotus is also connected to the act of creation. Many deities in the Hindu religion are shown springing forth from lotus flower, holding a lotus flower or sitting on a lotus seat. The lotus petals are also present in the depictions of 7 Chakras.

Gayatri Yantra includes multiple layer of spiritual significance. The term "Gayatri" refers to Vedic poetic meter of 24 syllables or any hymn composed in this meter. Hence, there exists a whole family of Gayatri yantra which serve as meditative aids. There are over 400 estimated Gayatri poems in Hindu tradition.

Decoding Gayatri Mantra:

Om: the primeval sound; **Bhur:** the physical body and physical realm; **Bhuvah:** the life force or mental realm; **Suvah:** the soul or spiritual realm; **Tat:** God as That, like the Hebrew I AM That I AM; **Savitur:** the Sun, Creator or Source of all life; **Vareṇyam:** adore; **Bhargo:** effulgence of divine light; **Devasya:** the supreme; **Dhimahi:** to meditate; **Dhiyo:** the intellect; **Yo:** may this light; **Nah:** our; **Prachodayat:** illumine or inspire

So, indeed the importance and existence of Gayatri Mantra holds a crucial position in spiritual world. The write-up helps us understand the basics of Gayatri mantra and how it can have huge impact on one's life. Although, if we go to the depth of the understanding, I believe as a writer I can fill in unlimited pages on how effective Gayatri Mantra is and what is the real beauty of it. So now when the readers have got a glimpse of the meaning, reciting it with a meaning in mind will be more impactful and cherishing. See you in next bulletin!!!

IS PARENTING IMPORTANT

KOMAL SHAH

Attending the seminar on the unlimited powers of the subconscious mind, has been a BIG milestone in my life. It introduced me to the concepts of Law of Attraction and Abundance, which clearly reveal **Our life is a consequence of what we think and believe.**

Our life experiences build a unique blueprint of the individual we are, which is used to navigate life and make decisions. This blueprint is made up of our memories, feelings and belief systems. Did you know that we learn and form most of our **beliefs** in our childhood – roughly from the age of 0 to 14 years. It reinforces the importance of those years in an individual's life – how it truly influences the thoughts, behaviour and choices we make as adults. We are more-or-less bound by the blueprints formed in our childhood, mostly subconsciously and unknowingly. Transforming at this stage can be as challenging as trying to change the shape of a baked clay utensil. This made me think, how could I contribute and **make a difference**, when the clay was still wet and mouldable – when we are still willing and impressionable. I received guidance to become a **Parenting Coach**.

Understanding the Parenting Universe

Who is a Parent?

Any unit (single or group) of people who are involved in the regular upbringing of a child, are taking responsibility and are held **ACCOUNTABLE** for raising the child, is termed as a **Parent**. It can include mother, father, grandmother, grandfather, uncle, aunt, etc. all those who do the above. Its important to note, that all

parents together need to take collective responsibility of raising the child effectively. It's a joint responsibility, where each person is an equal participant and has to agree to take their share of responsibility in the input and outcome, during the process.

What is Parenting?

Whatever a Parent (as detailed above) does directly or indirectly, for or with the child, which **IMPACTS** the child's mental, physical or emotional growth is **Parenting**. Many people have this myth that it is limited to only something done directly with child – talking, playing, etc. Though, the truth is, whatever is done in the presence of the child, is absorbed by them and is part of parenting. Similarly, decisions taken, which directly or indirectly impact the child, are also part of Parenting. Unfortunately, the most important role – Parenting, and there is a huge lack of structured knowledge-sharing, which can help parents and parents-to-be, perform their role more effectively.

What does a Parenting Coach Do?

A Parenting Coach, enables parents who have parenting challenges, by

- offering alternative perspectives around family situations,
- suggesting strategies to shift behaviour and family dynamics and
- helping achieve parenting goals,

Parenting coaching is a process that

- assists parents overcome the hurdles of parenthood, by guiding them on how to comfortably handle most parenting issues

- guides parents on how to coach themselves through situations as it develops, making parenting more effective and easier.

Parenting Coaches provide professional one-to-one consultations and also conduct trainings on various Parenting-related topics.

Conclusion

Our children are the future citizens of the world and we have a duty – to raise aware and mindful individuals.

Remember, a child's mind is like a recorder – everything that happens around them, gets recorded on it (and is used to make the blueprint of their life) Parenting plays a significant role, in determining the quality of life, contributions made and success of the child.

Mindful Parenting is a suggested approach to raise healthy, responsible, joyful children.

Komal Shah is serving society as a Life Coach and Relationship Mentor. She is a certified Transformation Coach, Subconscious Mind Trainer, Fingerprint (Dermatoglyphics) Analysis Consultant and Parenting Coach. She can be contacted at +91 9920 302 402 for consultation appointments.



Dharmesh Shah

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TASTY GUJARATI FOOD RECIPES

DR ROMIL MEHTA

Whether you're looking for something to snack on during the day or are looking for an inviting main course, Gujarati food has a lot to offer! We've rounded up Tasty Gujarati Food Recipes that are sure to keep you coming back for more.

Dal Dhokli is a classic vegetarian dish made by boiling wheat flour noodles in pigeon pea stew. Local Gujaratis also use other dals such as moong and masoor, which makes it even more hearty and filling.

Dudhi Muthia

Dudhi Muthia is a simple and traditional Gujarati food recipe that can be served for breakfast or as a snack. It is made with bottle gourd (lauki) and a medley of subtle spices.

Grated bottle gourd is mixed with a mix of flours to form the dough, which is then shaped into log-shape dumplings and steamed. The steamed dumplings are then quickly sauteed to give them that perfect crisp texture and flavour.

This is a great way to use up leftover rice, gram flour, and chickpea flour. Combined with grated lauki, it makes for an easy meal that you can whip up in no time.

Ingredients for making doodhi muthia are grated bottle gourd, whole wheat flour, gram flour, semolina, besan, ginger paste, green chilli paste, turmeric powder, cumin seeds, baking soda, sugar, lemon juice, coriander leaves, asafoetida and oil. The mixture is then kneaded to form a soft dough.

You can serve these dudhi muthia with chutney or as an evening snack. They are a delicious and nutritious snack that will keep you full for a long time.

Steamed muthias are tempered with a combination of mustard seeds, cumin seeds and curry leaves before serving. This tempering gives them a wonderful nutty, crunchy texture and the addition of a little sugar adds a sweet touch to them as well.

This is an easy and healthy snack that can be enjoyed with tea or a glass of milk. It's also a great way to use up leftover vegetables. They can be steamed or deep fried and are delicious with a variety of chutneys and dips.

Poha

Poha, also known as parched rice & beaten rice is an integral part of Indian cuisine. It is steam cooked with onions, spices and herbs to make delicious dishes.

It is popular in many states of India including Maharashtra, Goa and Gujarat. It is a versatile, healthy & easy-to-make dish that can be eaten as breakfast, snack or dessert.

There are numerous variations of this dish in different regions. Some of them are aloo poha, chhole bhature, chakki poha, batata poha, and many more.

This is an extremely simple recipe which can be made in minutes and can be enjoyed with a cup of chai or tea. You can make it as a breakfast or as a snack, and it is a great way to use up leftovers.

To make this dish, you will need potatoes, onion and peanuts. All of these ingredients are readily available in your kitchen.

Once you have the required ingredients, prepare this tasty pakoda dish with just a few simple steps. To start with, heat the oil on medium flame. Once the oil is hot, add the mustard seeds & cumin seeds and splutter them. Next, add the curry leaves and sliced green chillies to the pan.

After sauting these ingredients, add the potato cubes to the pan along with some salt and turmeric. Mix them well. Keep the lid on and cook for a few minutes on low-medium flame.

When the potatoes are done, you can now add a few tablespoons of water. This will help to soften the poha flakes and make it easier for them to puff up.

You can also add vegetables like boiled peas and finely chopped capsicum for added nutrients and flavor. It is also a good idea to add some ginger garlic paste and lemon juice for extra taste.

Once the mixture is ready, you can serve it with curd or chutneys and some fresh coriander leaves. You can even garnish it with some pomegranate seeds to make it look more appetizing.

Sev Khamani

Sev Khamani is one of the most popular Gujarati food recipes. It is a simple, non-fried, delectable and protein-packed snack from Surat city of

Gujarat. It has a balanced flavours of spicy, sour and sweet from green chillies, lime juice and sugar. It is topped with sev (fried gram flour vermicelli) and pomegranate that adds crunch to every bite.

It is a quick and easy Indian snack recipe that can be prepared in just half an hour. It is perfect for a breakfast or as an evening snack. Serve it along with a cup of tea to enjoy its delicious taste.

For this recipe, first, prepare a batter by mixing Bengal gram (chana dal), ginger, garlic, lemon juice and spices. Once the batter is ready, steam it in a double boiler for about 15 minutes. Then, crumble the khamani in a large bowl and pour it into a deep dish with tadka and garnishings like sev, pomegranate and coriander leaves.

Then, temper the khamani with mustard seeds, asafoetida and garlic. Mix well so that the tempering spreads evenly over the dhoklas.

To top it off, garnish with chopped cilantro and pomegranate seeds. These ingredients are very essential to this recipe as they provide a bright colour and amazing flavor.

This tangy, soft and savoury snack is a popular choice among the locals in Surat as it is a healthy option for people who are on a diet. It can be served for breakfast or as an evening snack with a glass of milk and tea.

It is also a great choice for kids as it is not too savoury, but still has a tangy flavor. You can also add some chutney to it if you wish.

If you are looking for a tasty and crunchy Gujarati snack to serve your guests then you should try this one soon. This easy and nutritious appetiser can be prepared in no time with simple ingredients that you have in your kitchen. You can even make it as a surprise gift for your loved ones. It will surely be a hit with your friends and family!

Cabbage Dumplings

Cabbage Dumplings are a popular appetizer in Chinese cuisine, and they can be made with a variety of fillings. They're easy to make, and if you're on a low-carb or keto diet, they're a tasty option.

They're also a great choice for anyone on a grain-free or gluten-free diet, as they don't contain wheat flour or other grains. The pork and

cabbage filling is a traditional mixture, but you can add other herbs or spices to make it your own.

You can steam these dumplings in a bamboo steamer (see below) or pan-fry them on the stove top. Either way, they're a great choice for a quick and easy meal that can be paired with your favorite dipping sauce.

The savory dough can be mixed in advance, then refrigerated until it's time to assemble the dumplings. It's best to do this in batches, as the dough may dry out if it's left sitting for too long.

For the filling, minced pork is combined with scallions, ginger, light soy sauce, ground Sichuan pepper and dried shrimp. Then, the cabbage is drained to remove any excess liquid, leaving behind a rich, meaty filling that's perfect for steamed dumplings.

Once you have the filling, wrap each piece of wonton wrapper in the dough, and seal the edges tightly by pressing down with your finger. Repeat with the remaining dough. If your wrappers aren't perfectly round, you can fold and pleat them.

To serve, place a few of the dumplings on a plate and drizzle them with your preferred sauce. You can also cook some in advance and freeze them for later use.

If you want to make this dish nut-free, replace the nuts with cashews. The resulting dish is a delicious, creamy treat that's a fantastic addition to any diet.

You can enjoy this dish with a hot cup of tea or coffee, but it's also great as a breakfast or lunch! To make this a little more special, try serving it with a tangy sonth chutney. You can find a variety of these chutneys online or in Indian grocery stores, or you can make your own.

Dhokla

Dhokla is a classic Gujarati dish that's a favourite across the country. It's light, spongy and can be served for breakfast, lunch or snacks.

Dhokla can be made with a variety of ingredients, including rice, lentils, millets and semolina, and can be served hot or cold. It's a low-calorie, healthy snack that is packed with protein and fibre.

You can make dhokla in a wide range of ways, from using flour, to blending cooked ingredients, or steaming the batter. Dhokla is also available in different flavours and with a variety of toppings, so there's something for everyone.

The best part about dhokla is that it's super quick and easy to make. It can be prepared in a few minutes and is perfect for a quick snack or an

appetizer for parties and game nights!

To prepare dhokla, first mix together besan, rava and sour curd in a bowl. Add water and whisk well to make a thick, smooth mixture.

If you'd like to give it some extra texture, try adding a tablespoon of sooji. It will help make the dhokla a bit fluffier and easier to cut into squares.

Once you've combined the ingredients, pour the dhokla batter into greased plates and set them in a steamer over a trivet or small stand. Let the plates steam for 10 to 12 minutes over medium flame.

Then temper the dhokla with tadka, which is made with oil, mustard seeds, jeera and green chili. This will give the dhokla its signature flavours and softness.

The tadka should be thick enough to coat the back of your spoon but thin enough not to form a ribbon. You can add more water if needed until you get the consistency right.

Khakra

Khakra is a crunchy, crispy, and tasty flatbread that is made from wheat flour. It is a popular Indian snack and can be eaten as a meal or a side dish.

It is a great source of dietary fiber and is also rich in calcium and iron, making it an essential part of the daily diet. It also helps reduce cholesterol and prevents heart stroke.

To make khakra, start by mixing wheat flour, gram flour, fenugreek leaves, turmeric powder, chilli powder, salt and oil in a bowl. Mix well to form a dough and then knead it with a little water. Cover it and let it rest for 15 minutes.

Once it has rested, divide the dough into equal portions forming a round shape. Roll each portion into thin circles and dust them with dry flour to get an even coating.

You can serve the khakras hot with tea or any subzi for breakfast. You can also store them in airtight containers for about a week to a month.

Alternatively, you can bake the khakras in your oven. This method is simple and requires less time. Once you are done, you can store them at room temperature for up to 15 days.

The khakhras are very easy to prepare and are a must-have in every Saurashtra home. These rotis are very crispy and have a delicious smoky flavour. They are a great treat to enjoy with tea during the weekend. They are also perfect for snacking on during train travel.

Undhiyu

Undhiyu is a traditional Gujarati dish made with

seasonal vegetables during the winter. It's a delicious and filling dish that's best enjoyed with puris or roti. It's also a great way to get more vegetables into your diet!

It's prepared with a variety of vegetables and steamed balls called muthia, which add texture and flavour. It's a hearty vegetarian dish that is packed with essential vitamins, minerals and fibre.

To make this dish, a mixture of different root vegetables like potatoes, purple yams and sweet potatoes is cooked with papdi (pohe) and other spices. Other vegetables, such as okra, cauliflower and cluster beans are also added for extra colour and flavour.

The dish is a staple in Surat and Kathiavadi regions of Gujarat. It is often served on Makar Sankranti, but can be eaten at any time of the year.

Traditionally, it is prepared in earthen pots which are sealed and then cooked upside down on top of a fire pit dug into the ground. This method imparts a rustic flavour to the dish that is hard to replicate in a regular cooking pan.

For those who do not have a clay pot or 'matlu', you can use a pressure cooker instead. The only difference is that you'll need to increase the water in the recipe.

Once the ingredients are layered into the pan, cover it and simmer on low heat for about 10 minutes. After that, it is ready to be served.

You can also freeze the undhiyu to save it for later. However, it is advisable to let it cool completely before freezing it so that all the ingredients are mixed well and don't get mashed while it's in the freezer.

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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.

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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.

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