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CA Narendra Shah - 9702643000

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Mr Rajiv Patwa - 9821188516

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NUMISMATICS : A HEALTHY HOBBY

MA SANDEEP SHAH

Coin Collecting, also called numismatics, the systematic accumulation and study of coins, tokens, paper money, and objects of similar form and purpose. The collecting of coins is one of the oldest hobbies in the world.

Coin collecting can also help people feel a sense of purpose. Additionally, coin collecting can help some people meet new people.

Coin collecting has been a popular hobby for many years. The World History Encyclopedia reports that wealthy and scholarly people began collecting coins starting in the 1800s. Today, coin collecting has become a common interest among many people. So, why is coin collecting a good hobby?

Historical & Artistic Value. Although there is no definite answer to when coins were first invented, the World History Encyclopedia reports that coins were first introduced as a form of payment around the 6th or 5th century BCE. Coins can be considered historical artifacts that carry a lot of value. They are pieces of history that help people learn more about local, national, or even world history.

Additionally, coins are unique forms of design and craftsmanship. Coin engravers and designers have helped impact Indian history through creative means.

Some coins can have great monetary value based on their historical and artistic significance. Certain collectors coins can be priced in the millions. For example, the Akbar Gold Dinars minted almost 500 years ago sold for 1.5 Cr in recent auctions. Although this is one of the more extreme cases, other coins can range in the thousands. However, coins in this price range are pretty rare. Coin collecting does not need to be this expensive for everyone. Many people are casual collectors and don't spend any money at all.



There are also a lot of people who would prefer to keep their coin collecting casual. A fun way to expand a coin collection is to find them when traveling. One common way for people, especially retirees, to collect coins is to visit each state exhibition. Coin collecting is a great excuse to see a new state exhibition and explore. Each destination has unique coins, so they can be great souvenirs to remember time spent on a trip. Some people focus their coin collecting on specific places like national parks, museums, or famous landmarks.

For many, collecting coins can relieve stress. Often, someone will go through a pile of coins to see what they can find. Sifting through and picking out desirable coins can be a calming process for some people. Coin collecting can also help people feel a sense of purpose.

Although coin collecting does not fix the root of mental health issues, it can give people a course of action throughout their day-to-day life.

Additionally, coin collecting can help some people meet new people. Hobbies often help

bring groups of people together to bond and socialize. Connecting with others can be a great help to those struggling with specific mental health issues. This is especially true for the elderly, who tend to become more isolated as they age. It's fun.

No matter how serious or casual a person is about coin collecting, it's always a fun hobby. It provides a fun challenge for people to find the right coin and a satisfying feeling when it's finally found or bought.

There are a lot of fun activities surrounding coin collecting as well. Many companies and government organizations create customised coins for people to collect.

Sandeep V Shah

MA : Numismatics and Archaeology

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TIME MANAGEMENT: A PATH TO PRODUCTIVITY & BALANCE

DR. PURRVI PATEL



Time is an invaluable resource, and effective time management is the key to unlocking one's full potential in both personal and professional spheres. With the rapid pace of modern life and countless distractions vying for our attention, the art of managing time has become increasingly crucial. In this article, we will explore the significance of time management, its benefits, and practical strategies to improve our efficiency, productivity, and overall well-being.

Understanding Time Management:

Time management refers to the process of planning and organizing how to divide our time between specific activities to achieve desired goals and outcomes. It involves identifying priorities, setting goals, creating schedules, and making conscious choices about how to invest our time wisely. Effective time management enables individuals to strike a harmonious balance between work, family, social life, and personal pursuits, fostering a sense of accomplishment and reducing stress.

The Importance of Time Management

- 1) **Enhanced Productivity:** Properly managing time allows individuals to make the most of their productive hours, resulting in higher output and better-quality work.
- 2) **Reduced Stress:** When we organize our time effectively, we minimize the pressure of impending deadlines, enabling us to approach tasks with a calm and focused mindset.
- 3) **Goal Attainment:** Time management

empowers us to set clear objectives and allocate the necessary time and effort to achieve them.

- 4) **Improved Decision-making:** By understanding the urgency and importance of tasks, we can make better decisions on how to prioritize our actions.
- 5) **Better Work-Life Balance:** Time management helps prevent work from encroaching on personal time, promoting a healthier work-life balance.

Strategies for Effective Time Management

- 1) **Set Clear Goals:** Define both short-term and long-term objectives and break them down into smaller, manageable tasks. This approach provides a clear roadmap for achieving success.
- 2) **Prioritize Tasks:** Use tools like the Eisenhower Matrix to categorize tasks based on their urgency and importance, allowing you to tackle high-priority items first.
- 3) **Create a Schedule:** Develop a daily or weekly schedule that includes specific time slots for various activities. Stick to this routine to build discipline and consistency.
- 4) **Avoid Procrastination:** Recognize procrastination as a time thief and adopt techniques like the Pomodoro Technique to maintain focus and stay on track.
- 5) **Limit Distractions:** Identify and minimize distractions, such as social media, excessive noise, or multitasking, which can hinder productivity.
- 6) **Delegate and Collaborate:** Learn to delegate tasks that others can handle, and collaborate with colleagues or family members when appropriate to share the workload.
- 7) **Learn to Say No:** Respectfully decline requests that do not align with your priorities, preventing overcommitment and burnout.
- 8) **Regular Breaks and Rest:** Taking short breaks throughout the day can rejuvenate the mind, leading to better concentration and overall well-being.
- 9) **Utilize Time Management Tools:** Employ various productivity tools and apps to

help with planning, organizing, and tracking tasks efficiently.

- 10) **Review and Adjust:** Periodically review your time management strategies and be willing to make adjustments as needed to optimize your productivity.

Challenges and Overcoming Them

Despite the benefits of time management, implementing effective strategies can be challenging. Procrastination, lack of self-discipline, and unexpected interruptions are common hurdles. Overcoming these challenges requires commitment, self-awareness, and resilience. Developing a growth mindset and being open to learning from setbacks will help individuals refine their time management skills.

So, Time management is a fundamental skill that significantly impacts personal and professional success. By mastering the art of managing time, individuals can increase productivity, reduce stress, and achieve a better work-life balance. It is an ongoing journey that requires dedication and adaptability, but the rewards are profound - a life filled with accomplishments, satisfaction, and a sense of fulfillment. So, let us take charge of our time, make the most of every moment, and unlock our true potential.

"Lost time is never found again."
- Benjamin Franklin

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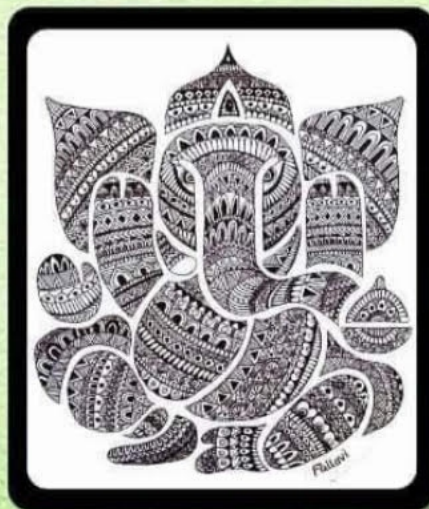
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WHAT YOU SHOULD KNOW ABOUT PRP HAIR

DR ROMIL MEHTA

PRP hair is a procedure that uses your blood platelets to thicken thinning hair. It is a safe and natural treatment that works for most people. The only side effects may be tenderness in the injection area and minor bleeding. This will usually last a few days. Acetaminophen can be taken if needed to ease the pain and swelling.

PRP hair

PRP hair treatment is a fairly simple procedure that involves taking blood from your body and spinning it in a centrifuge. The process separates the platelet-rich plasma from the red and white blood cells, and the doctor will use only the PRP for the hair restoration treatment. The procedure is pain-free and doesn't take long.

PRP is a great solution for people who are losing their hair and want to restore it naturally. It is especially useful for men with androgenetic alopecia (the kind of baldness that occurs when your hairline begins receding at the temples or thinning on top of the head). It's also helpful for women who are suffering from thinning hair or a bald spot.

The results of the treatment are usually visible two to three months after your first session. It's recommended that you have a series of 3 to 6 sessions, followed by regular maintenance sessions once a year.

PRP hair treatment price

Hair PRP micro-needling can give you amazing results for hair restoration and is a great option for people with thinning or balding hair. It is less expensive than a hair transplant and more effective than topical solutions. However, you should know that it requires multiple treatments to see optimal results.

Platelet-rich plasma is a concentrated form of blood that contains your body's natural growth factors. It helps to promote cell growth and slow down hair loss. When injected into the scalp, it increases blood flow to the hair follicles and prolongs their anagen phase. The result is increased hair growth and a fuller head of hair.

The cost of a PRP treatment depends on the provider, location, and other factors. For example,

doctors who are highly regarded in their field may charge a premium price. This is because they invest in the necessary equipment and have higher overhead costs.

The procedure is non-invasive, and it takes a short amount of time to perform. However, there is some discomfort during the blood draw. The blood is then placed in a centrifuge, which separates the platelet-rich plasma from other components. Then, a specialist uses the plasma to stimulate your scalp's hair follicles.

PRP hair loss

PRP hair loss is a relatively new procedure, but there is growing evidence that it is effective in boosting growth and thickness of hair. The procedure is a series of injections in areas where the scalp has been affected by thinning or balding. The treatment uses platelet-rich plasma to stimulate the hair follicles to grow thicker and healthier, and it is often used in conjunction with other treatments for baldness such as oral supplements or topical solutions such as Best of Beauty winner Rogaine.

During a PRP session, a medical professional will draw blood from your body and put it in a centrifuge, which separates the blood into red blood cells and plasma. This plasma is then injected back into your scalp, where it can help increase the amount of growth-promoting nutrients in the area.

The procedure is very safe, and there is no downtime after the treatment. However, patients should avoid exercise or drinking alcohol on the day of their treatment and should wait a few days before washing their hair afterward. It is also recommended that you don't wear a hat or a wig during this time frame.

While more research is needed, there are many benefits of this type of treatment. It is a great option for men and women with androgenic alopecia, or hormone-related balding.

PRP hair treatment results

PRP hair treatment is a non-surgical procedure that uses the platelet components of your blood to promote growth and cell repair in the scalp. It

can slow down and even reverse the process of thinning or falling hair. It can also help to stimulate the growth of new, healthy follicles and give you a fuller head of hair.

PRP can be used alone or in conjunction with other hair loss treatments. For example, it can be used to enhance a follicular unit transplant (FUT) procedure. This is a treatment that removes small groups of hair follicles from the back of your scalp and then inserts them into the areas where you are losing or balding.

Depending on the severity of your hereditary hair loss, you may need several PRP treatment sessions before seeing results. Most people who undergo this procedure start to see a difference in their hairline after three sessions, and some begin to notice new follicles grow before that. In addition, patients should plan on undergoing maintenance sessions once or twice a year to maintain their results. Some people experience increased shedding of telogen hairs in the first few months after treatment, but this is normal and will improve.

PRP hair growth

PRP hair growth is a technique that uses the body's natural healing properties to promote hair growth. It involves drawing a small amount of blood and then injecting it into the scalp. This blood contains a high concentration of platelets, which are important for the blood clotting process. It also has many other proteins called growth factors that can stimulate tissue regeneration and hair growth. During the procedure, patients may feel a slight stinging sensation.

PRP treatments have been shown to boost hair growth by increasing the number of active follicles and stimulating the growth of new hair. They may also help slow down future hair loss by increasing blood flow to the scalp and promoting cell renewal. However, more research is needed to determine how effective these treatments are and how they work.

PRP therapy is an option for both men and women with androgenetic alopecia, the most common form of hair loss. Unlike other forms of hair loss, androgenetic alopecia causes the

thinning of both the scalp and the hair follicles. PRP injections have been shown to help promote hair growth in this condition by activating follicular stem cells, upregulating fibroblast growth factor 7 (FGF-7) and b-catenin signaling pathways, and prolonging the anagen phase of the hair cycle.

PRP hair injection

PRP is a popular treatment for many health and beauty concerns, from hair restoration to facial rejuvenation. The treatment uses your own blood to promote cellular growth and revitalize old or damaged cells. It also contains a concentrated mix of cytokines and growth factors that can stimulate dormant hair follicles to grow new hair.

The procedure is minimally invasive and can be performed in your dermatologist's office without the need for an operating room. There are no scars from this treatment, as it only involves a small needle. It's an excellent option for men and women suffering from thinning hair, alopecia areata, or androgenic alopecia.

The process is relatively painless, and you can return to your normal activities right away. There may be some tenderness or soreness at the injection site, but this will quickly subside. It is best

to avoid consuming alcohol, NSAIDs, or any other blood-thinning medications for 24 hours following your treatment. You should also take Tylenol to alleviate any discomfort or pain. It is important to consult with an expert before undergoing this treatment. Dr. Michele Green in NYC is a world-renowned expert on PRP hair restoration treatments. She can help you choose the best treatment for your unique hair loss condition.

PRP hair procedure

PRP hair restoration is a non-surgical treatment that promotes hair growth and reduces hair loss. It involves drawing a blood sample and spinning it in a centrifuge to isolate plasma that is rich in platelets and other blood components. The plasma is then injected into the scalp to stimulate hair follicles and encourage new hair growth. It can be used as a standalone treatment or in conjunction with a hair transplant.

The benefits of PRP hair treatment include a natural-looking result and less downtime. It is also safer and more cost-effective than other hair restoration treatments. Additionally, the procedure does not cause scars or leave marks on the skin. The doctor only uses a needle for the blood draw and injections, which makes it a

minimally invasive treatment.

In addition to promoting hair growth, PRP hair treatment can help patients overcome issues like androgenic alopecia. This is a genetic type of hair loss and can affect both men and women. It can be treated with other hair restoration procedures, such as mesograft hair transplantation. Mesografts use mesenchymal stem cells to improve the condition of thinning hair and restore a full head of hair. This treatment is highly effective and can be performed in the office.

Dr Romil Mehta is a general practitioner who has a clinic called Era Clinic which is close to Panchsheel Housing Society
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GLIMPSES OF FIRST KCBF JOB FAIR



FEEDBACKS BY CORPORATES & CANDIDATES CLICK ON THEM TO VIEW ON YOUTUBE



GLIMPSES OF CA FELICITATION



HOW TO KNOW IF YOUR HOMOEOPATH IS ADDING STEROIDS TO YOUR MEDICINE!

DR BIJAL SHAH

In today's world adulteration is rampant. Be it food/ milk/whatnot! Feeling concerned about getting cheated is natural.

Incidences of Adulteration of medicines with corticosteroids have come to light in the past. So there is no point denying it. But I presume that the number of doctors indulging in such practice must be very few. Yet concern of the general population is valid. It is not particular to any system or pathy but it can happen in any branch of medicine! Problem is that it has led to such chaos and confusion in the minds of patients that they do not know whom to trust!

I am a Homoeopathic Physician myself so I can talk about my system; that is about Homeopathy. As far as I know most of the sincere homoeopaths are honest. They would rather love it if their patients got their medicines checked and got themselves satisfied rather than leave on the basis of some fake assumptions.

Knowing how I faced this question at my clinic will be interesting! I was fresh out of my advanced course on homoeopathy and excited to see the magic happening in many of my cases. A small baby girl around 5 years of age came with a chronic urinary tract infection. She was suffering for 6 months. She was continuously on antibiotics and yet the burning micturation was not relieved. After I took the case my prescription was quite standard - sepi 200 single dose! After many months the girl had a sound sleep that night. 3 days later her parents came up. Instead of feeling happy and thankful they were anxious and they were concerned that I may have used steroids! I got scared and so I reduced the potency thinking it will slow down the pace of recovery and not alarm the parents but it rather "confirmed their suspicion that maybe I withdrew the steroid that I was giving at the START". Doubt has no remedy... They left.

In the same week another incidence happened.

I was treating one old uncle for benign enlargement of prostate. He also had hypertension but he didn't expect me to treat it. He had come for a follow up. Since I didn't have enough indications; I was not sure how frequently he would need the remedy I prescribed. I decided to check his BP and use it as an indication for my prescription dosage. (We consider the whole body as a single unit and so constitutional treatment that we give includes all the body systems, not just prostate). As per Homoeopathic guidelines I decided to give the medicine as a water dilution. He was made to sit in my OPD for 20 minutes and I checked the BP once again. It had come down. I was exhilarated at the result but realised later that the patient did not come back.

This was a wakeup call for me. I realised the results I gave were too good for a homoeopathic system of medicine. The thing is if homoeopathic medicine is given as per its principles in its right doses and power it works as fast / faster than modern medicine.

As I discussed the problem with my patients I also realised that practice of putting medicine in water was not so common, hence it raised an eye of suspicion.

There is one more complaint a lot of patients have! Some of them want to know what medicine we are giving. It is only logical to feel safe that way. We, classical homoeopaths run a boutique-style practice. We not just individualise the medicine but also its power and frequency at each visit. The medicines given in more than required doses tend to produce the same set of symptoms as the disease. I have tried giving extra doses to the patients trusting their sound judgement. More often than not they come with overdose symptoms. We, Homoeopathic doctors and our family go to our teacher for treatment. We don't take medicine on our own. The protocols same for us as well. We are not allowed to know our own remedy! Of course once the treatment is over we have no problem divulging our course of treatment!

In spite of our best efforts this question about steroid use keeps coming up from time to time. The real problem is there is a lack of knowledge in the general population. The method of prescription as well as ways of giving medicine are different from other systems. (We make the medicine stronger by diluting it. Contradictory statement isn't it!)

This is the very reason I am writing this article. I am assuming that there must be many more Bijal Shahs facing this challenge in practice and there are definitely many many patients who want to take homoeopathy but are hesitant mainly because they can not trust any doctors!

Homoeopathy as a system of medicine has been highly underrated. It is seen as a last resort when all other systems fail to give hope. Of course a lot of people saw its potential during corona. While the rest of the world was running crazy with hospitalisation, severe morbidity and deaths; for families who were on homoeopathy it was business as usual. Of course the patients fell sick but intensity was much less and so was the hospitalisation. So many homoeopathic doctors worked in ICU as a civic duty and saved so many lives with our 'humble sugar pills'. If the medicine can reverse critical conditions like corona then why should a person doubt if a fever or any other acute condition can be treated with homoeopathy or not! We do not need the help of steroids to achieve that result...

Yet the question still has to be answered. HOW TO DETECT IF THERE IS STEROID ADULTERATION IN THE HOMOEOPATHIC MEDICINES?

If someone is put on steroid medication there will be soft clinical signs. That is was may indirectly indicate steroid consumption.

INDIRECT CONCLUSION

Steroid when given for a long time gives symptoms such as Weight gain; Mood changes such as irritability,

anxiety etc; Low immunity and falling sick more often; Fatigue and lack of energy; High BP; Moon face
Person on homoeopathy rather has opposite symptoms.

Final answer can be obtained only by testing the sample of medicine at a laboratory.

LABORATORY TESTING

When an uninformed person/lay person goes to a pathology test to ask for a steroid test; they do either CALORIMETRIC TEST OR UV SPECTROPHOTOMETRY.

Both these tests are non specific for steroids. Colorimetric test is based on thermal reaction which is indicated by change in colour of the solution to be tested. Similarly, even spectrophotometry also depends on colour change.

Homoeopathic medicines contain sugar pills, Powder known as sacrum lactose- made from cow's milk alcohol. Now all the above substances react with the chemicals used for the above steroid test giving a FALSE POSITIVE RESULT. This is the reason the steroid story got hyped especially for homoeopathic medicines.

There is another test that is sanctioned by MEDICAL COUNCIL OF HOMOEOPATHY.

The name of the test is TLC- THIN LAYER CHROMATOGRAPHY OR HPTLC HIGH POWER THIN LAYER CHROMATOGRAPHY.

Anyone interested in checking for adulteration can get the above test from any reputed laboratory. Medical council Homoeopathy also provides a facility for checking the medicines at subsidised rates.

Although the topic is very uncomfortable for us yet we encourage patients to share their concerns rather than get carried away by rumours. You can check the medicine sample any time without informing the doctor as well.

It is unfortunate that we as a homoeopathic community are still not able to generate enough trust in the community.

DR. BIJAL SHAH

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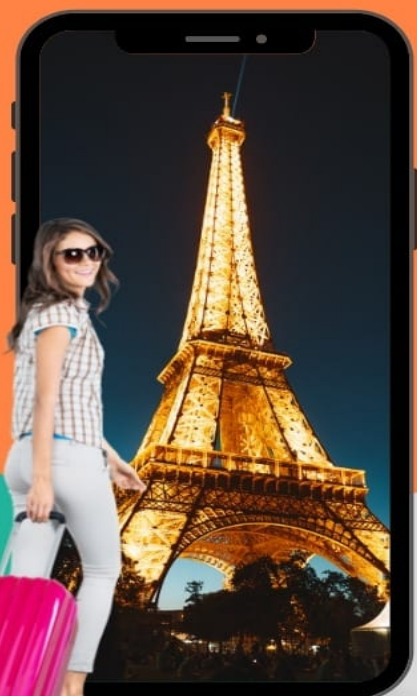
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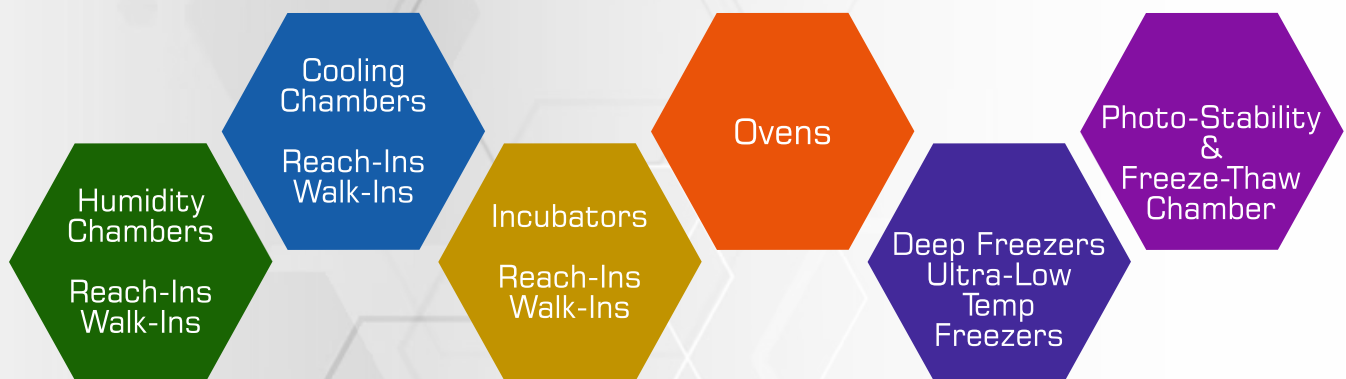
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UNDERSTANDING ADHIKA-MASS

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 time we are going to know the 'Adhika-Masa' and 'Moon' (Chandra).

Adhika-Masa is also called Mala-Masa and the Purushottama-Masa. During this month, mostly Hindus worship Vishnu. It is an extra month (Intercalated) in the Hindu calendar is inserted to keep the Lunar calendar aligned with the months of the year. So, this month is an extra lunar month and added to the solar calendar every three years. Thus, lunar and solar years are synchronised along with agricultural cycles and seasons.

Now we will talk about the scientific calculation for this extra month. The moon takes about 27.3 days to make one complete orbit around the earth. The earth orbits around the Sun, once every 365.24 days. The Earth and the Moon in 27.3 days have moved as a system about 1/12 of the way around the Sun. This means that from one full moon (Purnima) to the next full moon, the moon must travel 2.2 extra days before it appears again as a full moon. Due to the curve of the earth's orbit around the Sun, this creates a variance of 10.87 days a year between a lunar year and a solar year. To compensate for this difference, the additional month is added after every 32.5 months on average.

When the Sun does not at all transit into a new Rashi (30 degrees sidereal Zodiac) but simply keeps moving within a Rashi in a Lunar month before a new moon, then lunar month will be named according to first upcoming transit. It will also take the epithet adhika or "extra". The transition of Sun from one Rashi to the next is called Sankranti, for eg: If lunar month elapsed without a Sankranti, the next transit is into Mesha (Aries), then this month without transit is labelled Adhika Chaitra. The next month will be labelled according to its transit as usual and will get original or Shudh, in this case, it is called Nij Chaitra. Same we can understand with Adhika Shravana Mass and then Nija Shravana.

No Adhika Mass falls during the month of Margashirsha to Magha and adhika-mass during the month of Karthika is extremely rare but in the 250 years spent (1901 – 2150 CE) it occurred once in 1963 CE. Looking at these calculations it amazes one how marvellous and brilliant were these calculations in astrology.

Regarded to be a holy month, many people perform the Adhika-Mass Vrat (fast). People engage in practises such as Mala japas, Pradakshinas, Pilgrimages, Scriptural reading and Parayanas. People perform various types of rituals such as keeping fast, recitation of Mantras and prayers, performing various types of Pujas and Havan of various duration (full day, half day, weekly, fortnight, full month). It is said that people performing good deeds Satkarma in this month conquer their senses (Indriyas) and they totally come out of Punarjanam (The cycle of Rebirth). In this month performances of rites as weddings do not take place. In the Beed district of Maharashtra, village named Purshotampuri where there is a temple of Purshotam, regional form of Krishna, and in every adhika-mass there is big fair and lot of people come to invoke the blessings of deity.



According to astrology in Vedas, it is a factor of mind, mother mental state, morale, material things, happiness, peace, wealth, left eye, chest. Moon is lord of Cancer in Zodiac sign and Rohini in constellations, Lord of hand and hearing constellations. It is a ruler of tides in the ocean and also the ruler of our emotional hurricanes and the ebb and the flow of life. It is considered to be the most influential planet, though it gets energy from Sun but it is very cold so it governs our mind, emotions, instincts, emotional makeup, temperament, behaviours and feelings. In astronomy, moon is an object which orbits a planet or something else that is not a star. So, moons are sometimes called natural satellites.

FULL MOON: A full moon appears when moon is on the opposite side of Earth from the Sun. a lunar cycle is about 29 days so most month have one full moon. Every 2.5 years a single calendar month has 2 full moons. The second full moon is called Blue moon. The planet or body that a moon orbit is called its primary. Just as Gravity holds a planet in our solar system in orbit around the Sun, gravity also keeps moon in orbits around their primaries. Most moons are

made of rock, ice, gas and other chemicals. Earth has only one moon but Jupiter has 63 moons, Saturn has 60 moons, Uranus has 27, mars have 2 and Venus and mercury don't have moons. The surface of earth's moon is pockmarked with millions of craters left when asteroids and other space rocks crashed into its surface over millions of years, sometimes from earth the pattern of crackers looks like a face peering down. Its diameter is about one quarter of earth's diameter. It lacks any significant atmosphere, hydrosphere or magnetic field. Its surface gravity is about 1/6th of earth's gravity. The amount of the moon's earth facing surface that is illuminated by the Sun varies from none up to 100%, resulting in Lunar phases that form the bases for the months of the Lunar calendar. The gravitational attraction that the earth, moon and the sun exert on each other manifest in a slightly greater attraction on the sides to closest to each other, resulting in Tidal forces. Ocean tides are the most widely experienced result of this but they are considerably affecting other mechanics of the earth as well as the moon and their system. According to the recent research scientist suggest that the moon's influence on the earth may contribute to maintain earth's magnetic field. The tides are two bulges in the earth's ocean. One on the side facing the moon and the other on the side opposite. As the earth rotates on its axis, one of the ocean bulges high tides is held in place under the moon, while another such tide is opposite. As a result, there are two high tides and two low tides in about 24 hours. Since, the moon is orbiting the earth in the same direction of earth's rotation, the high tide occurs about every 12 hours and 25 minutes. The 25 minutes is due to the moon's time to orbit the earth. So now we understand the essence of high tide and low tide in Mumbai coastal region.

With this, I end this article. see you all the readers in the original Shravana mahina. Have a happy spiritual adhika-mass.

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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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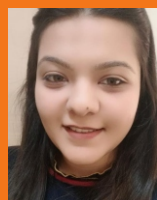
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