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## A NOBLE INITIATIVE

Khadayata Community Business Forum (KCBF) has been at the forefront once again in supporting a fellow Khadayata who was in dire need of funds for medical emergency.

**Mr. Mann Shah** (Khadayata no dikro) staying at Ahmedabad at young age was found suffering from cancer and needed immediate funds to take care of his medical expenses. His father died during covid times and is being taken care by his mother. KCBF and it's members have once again open their purses and wholeheartedly supported this noble cause. We were able to collect an **amount of Rs. 2.5 Lakhs.**

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MA SANDEEP SHAH

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Meanwhile what has been manufactured and supplied by the private company is well taken by the public at large.

Chandrayaan-3, is the third Indian lunar exploration mission under the Indian Space Research Organisation's Chandrayaan programme. It consists of a lander named Vikram and a rover named Pragyan, similar to those of the Chandrayaan-2 mission.

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Operator: ISRO

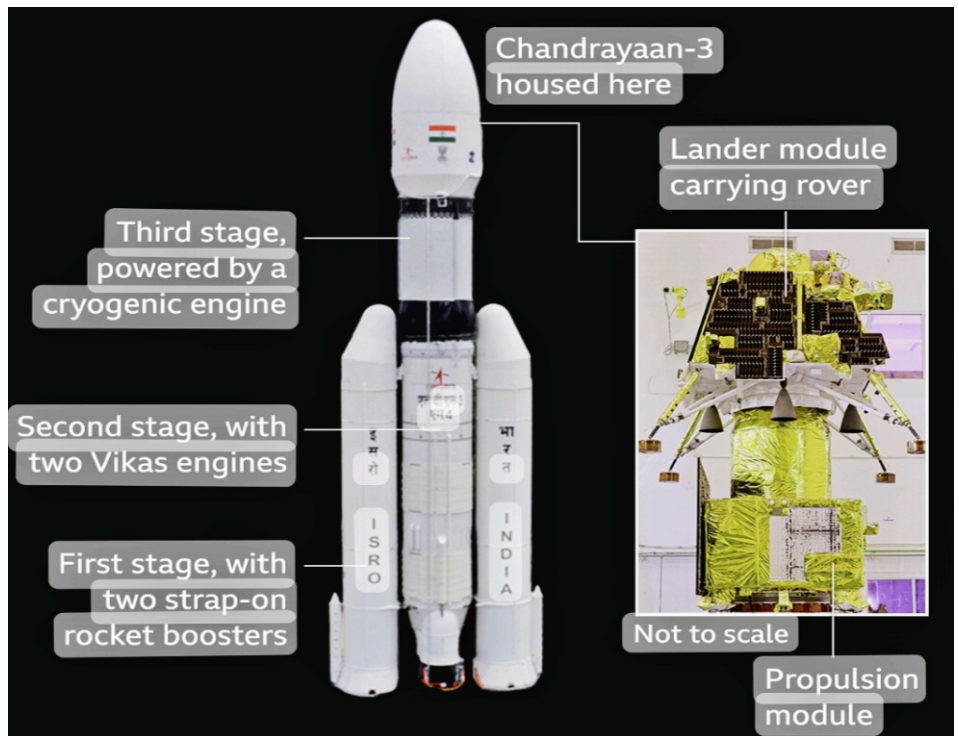
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Sandeep V Shah

MA : Numismatics and Archaeology






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# JANMASHTAMI: UNITING SCIENCE AND SPIRITUALITY

DR. PURRVI PATEL

**J**anmashtami, a revered Hindu festival commemorating the birth of Lord Krishna, seamlessly weaves together the realms of science and spirituality. The festival, celebrated with great fervour and enthusiasm, holds within its essence a harmonious blend of ancient beliefs and modern understanding. This article delves into the intricate connection between the birth of Lord Krishna and its resonance with both scientific and spiritual aspects.

## The Celestial Alignment

The timing of Janmashtami, falling on the eighth day of the Krishna Paksha in the month of Bhadrapada, aligns with celestial events that enhance its significance. According to scholars, Lord Krishna's birth is believed to have taken place around 5,000 years ago. Interestingly, astronomical calculations suggest that during that period, there was a rare planetary alignment involving key celestial bodies.

The presence of the moon in the lunar house of Rohini, along with the alignment of Jupiter and Venus, has been proposed as a possible astronomical explanation for the divine timing of Lord Krishna's birth. This convergence of celestial bodies adds a scientific dimension to the narrative, highlighting the interconnectedness of cosmic occurrences and human beliefs.

## Symbolism and Scientific Allegory

Lord Krishna's birth narrative, intertwined with spiritual symbolism, also holds scientific allegory. The image of Krishna being born in a prison cell symbolises the human condition—bound by the limitations of the physical world. His miraculous escape across the Yamuna River mirrors the eternal quest for freedom from life's challenges.

In a scientific context, Krishna's birth signifies the potential for transformation. The metaphorical prison represents the constraints of our own perceptions, and the river signifies the flow of consciousness. The act of crossing the river becomes a metaphor for transcending limitations and accessing higher states of awareness.

This duality between symbolism and science is a testament to the richness of the Janmashtami narrative.

## Quantum Philosophy in Krishna's Teachings

The teachings of Lord Krishna, particularly his discourse in the Bhagavad Gita, align remarkably with principles explored in quantum philosophy. Krishna's emphasis on the interconnectedness of all beings resonates with the concept of non-locality, where particles can be entangled regardless of distance. This interconnectedness echoes Krishna's assertion that all life is intricately linked.

Moreover, Krishna's proposition of detaching from the outcome and focusing on the present moment is reminiscent of the concept of quantum superposition—where particles exist in multiple states until observed. This analogy emphasises the importance of mindfulness and conscious living, reflecting the synergy between spirituality and quantum thought.

## Epigenetics and Krishna's Legacy

Recent advances in epigenetics shed light on the enduring legacy of Krishna's teachings. Epigenetics explores how environmental factors can influence gene expression, impacting not only the individual but also future generations.

Krishna's emphasis on righteous action without attachment aligns with the concept of positive epigenetic inheritance.

Just as Krishna's wisdom transcended time, epigenetics suggests that our actions and thoughts can reverberate through generations, shaping the collective consciousness. This confluence of spiritual insight and scientific discovery underscores the timeless relevance of Krishna's guidance.

## Celebrating Janmashtami Today

The celebration of Janmashtami transcends cultural and geographical boundaries, fostering unity through its shared

significance. Communities around the world come together to honour Lord Krishna's birth, embracing both the spiritual teachings and the scientific allegories embedded in the narrative.

From traditional devotional practices to contemporary interpretations, Janmashtami continues to evolve, mirroring the dynamic interplay between tradition and modernity. The festival serves as a reminder that spirituality and science are not mutually exclusive but can coexist harmoniously, enriching our understanding of existence.

## Conclusion

Janmashtami, the celebration of Lord Krishna's birth, exemplifies the seamless fusion of science and spirituality. Through its astronomical alignments, allegorical narratives, and resonances with scientific concepts, the festival bridges the gap between ancient wisdom and contemporary understanding. As we commemorate Lord Krishna's birth, we are reminded of the timeless quest for knowledge that transcends the boundaries of time, culture, and discipline.

## \*KRISHNARPAN\*

### 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](http://www.rutuja.org)), Advisor at IPRU Life Insurance Company  
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# ACIDITY

DR ROMIL MEHTA

## What is Acidity?

Acidity is a condition that is characterized by heartburn and reflux. It is caused by overproduction of stomach acids. It can be cured with lifestyle changes and certain medications.

The acidity of liquids is determined by the concentration of hydrogen ions. Water molecules naturally release these ions through a process called autodissociation. Hydrogen ions make things acidic, and hydroxyl ions make things basic.

### Acidity

Acidity is a property that determines the ability of a solid, liquid or gas to turn blue litmus paper red. It also determines how corrosive it is, which in turn affects its interaction with metals. Acidity can be caused by both natural and human-induced factors.

High acidity levels can be harmful to the environment and people. For example, acidic water can leach heavy metals from copper pipes and damage them over time. It can also be dangerous to drink, particularly if it contains high concentrations of copper.

In the body, acidity can cause heartburn and indigestion. It can also lead to changes in the tissue lining the esophagus (Barrett esophageal cancer). Acidity can be treated by consuming antacids and following a healthy diet. The symptoms of acidity include a burning sensation in the stomach and throat, constipation, sour taste in the mouth and difficulty digesting food.

Measuring pH is easy and inexpensive using a simple test kit or sensor. Identifying acidity is important in industrial settings, where water is used for many purposes. Keeping acid water in check can prevent costly repairs and downtime in your business.

### Acidity Reflux

Acid reflux occurs when the sphincter muscle in your lower esophagus (the tube that connects your throat to your stomach) becomes weak or relaxes when it shouldn't.

This allows the contents of your stomach, including food and acid, to back up into your throat. The symptom of acid reflux is called heartburn and it feels like a burning feeling behind your breastbone or in your neck. If you have heartburn more than twice a week, your doctor may recommend an esophageal pH study or another test.

Occasional acid reflux is normal in infants and healthy children and adults, especially after eating a large meal. However, frequent episodes can cause a condition called gastroesophageal reflux disease, or GERD. GERD is more serious than acid reflux because it can damage the lining of your esophagus over time.

You can reduce your risk for acid reflux and heartburn by eating smaller meals, not lying down right after you eat, and not exercising vigorously after eating. You can also take over-the-counter antacids and H2 blockers or proton pump inhibitors to decrease the amount of acid produced in your stomach.

### Acidity Symptoms

Acidity symptoms include a burning sensation in the stomach and throat. This is caused by stomach acid that rises into the esophagus, which can damage it and lead to other complications. Acidity is usually caused by poor diet and lifestyle habits, including unhealthy food choices. It can also be triggered by certain medications, such as non-steroidal anti-inflammatory drugs (NSAIDs).

The gastric glands in the stomach produce acid to break down and digest foods. This acid can also kill germs that enter the digestive system. However, if you are experiencing acid reflux on a regular basis, it could be a sign of a serious medical condition.

To prevent acidity, eat smaller meals throughout the day, avoid carbonated drinks, and reduce spicy and oily foods. Additionally, drink plenty of water and eat bananas. These fruits are natural antacids that help relieve acidity and boost digestion. It is also helpful to avoid eating right before going to bed. A

brief episode of acid reflux after eating is normal, but if it happens frequently, it should be evaluated by a doctor. acidity home remedy

Acidity is a condition caused by the excess secretion of stomach acid, mainly hydrochloric acid. This condition can cause heartburn, acid reflux and indigestion. It can be caused by many factors such as eating a heavy meal, lying down immediately after dinner, having a late dinner and sleeping on the right side.

The good news is that there are several home remedies for acidity that can help alleviate the symptoms and provide instant relief. Using these natural remedies will also prevent acidity from returning in the future. The best part is that these ingredients are readily available in your kitchen and pantry!

Cinnamon has natural antacid properties and can help relieve acidity. Add a half teaspoon of cinnamon to boiling water and drink twice a day to get immediate relief. Basil leaves have soothing and carminative properties that can relieve acidity. Eat a few basil leaves at the first sign of acidity, or boil three to five basil leaves in a cup of water and sip frequently. Apple cider vinegar can also reduce acidity and prevent acid reflux by neutralizing stomach acid. Drink a tablespoon of raw ACV mixed with a glass of water two or three times a day to relieve acidity.

### Acidity Definition

Acidity is a property of substances that affects their interactions with other chemicals. The term is used to describe the tendency of a substance to cause an acid-base reaction. Acidity of a substance can be measured by comparing its activity to that of unbuffered dilute aqueous solutions brought into equilibrium with the system under investigation.

The strength of an acid can be determined by its ability or tendency to lose a proton (protonation). A strong acid completely dissociates in water, i.e., one mole of acid HA dissolves in water to yield one mole of hydrogen ions and no conjugate base, A<sup>-</sup>. A

weak acid, on the other hand, only partially dissociates and at equilibrium both the acid and its conjugate base are present in solution. The latter is characterized by an acid dissociation constant  $K_a$ .

The concentration of acids and their conjugate bases can be determined by measuring the activities of unbuffered dilute aqueous solution of pH that has been brought into equilibrium with the material under study. The concentration of hydrogen ions, denoted by  $[H^+]$ , is then proportional to the activity of the acid and can be expressed as an exponential ratio by the equation:  
acidity tablet

Sodium bicarbonate is the most common ingredient in commercially available antacids. It is weak and short-acting, but it can neutralize excess acid in the stomach. It is also inexpensive and readily available over the counter in liquid or tablet form. Many of the commercial antacids on pharmacists' shelves contain other ingredients.

These tablets work by counteracting (neutralizing) the excess acid in your stomach and relieve indigestion and heartburn for a

few hours. However, they do not treat the underlying cause and are not recommended for long-term use. If you need regular relief, talk to your GP about getting prescription medication to reduce acid production. These include H2 blockers, such as cimetidine and ranitidine, and proton pump inhibitors, such as omeprazole. These medications may be better suited for you than antacids.

#### Acidity Medicine

Several over-the-counter and prescription acid-reducing medicines are available to treat heartburn. These include H2 blockers, proton pump inhibitors (PPIs), and antacids. Each type of medicine has a different mechanism, but the overall goal is to neutralize stomach acid. Some of these medications can have side effects that are more serious than others, so it's important to review the label and follow the instructions for each one.

Antacids are medicines that neutralize stomach acid and help relieve heartburn, indigestion, and other stomach problems. They usually contain ingredients such as sodium bicarbonate, calcium carbonate, magnesium hydroxide, and aluminum. They also contain peppermint flavoring, which

encourages belching by relaxing the lower esophageal sphincter. Some antacids also contain simethicone, which breaks down gas bubbles in the digestive tract, making it easier for them to be expelled.

Various antacids have different durations of action, with sodium bicarbonate having the shortest and aluminum hydroxide having the longest. Some antacids are sold as liquids and some as tablets. Tablet antacids require chewing, and their duration of action is less than that of liquid antacids.

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# EXAM PERFORMANCE - PHYSICAL AND MENTAL PROBLEMS

DR BIJAL SHAH

**P**eople know that HOMOEOPATHY can help EXAM related issues without any side effects. When I sat down to write the article I realised that in the new scenario of corporate jobs people go through exam-like situations every day.

In the long length of schooling and college training no one really teaches how to handle pressure... Let's talk about it today. Exam basically symbolises pressure to achieve target oriented tasks in a given framework of time. Pressure to achieve that task gives rise to the need for adaptation for changes; be it temporary or permanent. Person has to break a lot of habits too. Of course, this can be overwhelming.

## Aetiology

- Today hard work means a lot of LAZINESS OF MUSCLES.. Except for the eye muscles and a few others that help in maintenance of posture all the other ones are at rest.
- Late hours of working
- Irregular eating pattern.
- Excessive consumption of caffeine drinks-tea, coffee.
- Prolonged screen time.

## Symptoms

- The body has an internal clock. If you have a set routine then it functions properly. Too many changes in the routine tends to disturb the clock. As a result a person can develop constipation, sleep disturbances, menstrual irregularities etc.
- Weakened immunity. Stress is a major factor responsible for diseases. Any long term illness a person has, it tends to flare up during stressful circumstances like recurrent exams or presentations.
- Mental pressure can lead to Anxiety, sleep disorders and sometimes breakdown in the form of inability to perform, panic attack, fight or flight response etc.
- If the person has to perform on stage then stage fright gives rise to inability to speak.
- Some people get symptoms like diarrhoea etc. when they have to face stress.

## Preventive measures

These measures can be divided into food management, sleep management, anxiety management and acute management.

## Food management -

- As far as children are concerned mother's become extra caring. They want to feed the most nutritious diet to their kids. Let me tell you that it kind of becomes counter-productive. If you have eaten just before the exam the blood supply gets diverted to the stomach in order to digest the food they have eaten, so the brain will rather not be alert and the person may actually feel drowsy. It is better to give them a light diet which is easy to digest. Protein and fats require more time to get digested so rather give roti, paratha, bread etc.
- It is very important to maintain the hydration level of the body. Give a lot of liquids in the form of buttermilk, soups, rasam, osaman etc. Salads and fruits have a lot of water content. They help tremendously. Of course a full bladder will make them go to the loo which we do not want so drink up at least 1-2 hours before the exams!
- It is always a good idea to give a gap of 1-2 hours before the person appears for a paper or presentation. That way the stomach is relatively empty before the child goes for his exams. Person is able to focus better.
- It is best to keep away from outside food during exams. Due to stress the immunity is anyway low hence the child tends to fall sick faster. It may not be completely possible for an adult but it is recommended.
- Some people feel nausea before exams. This normally happens due to increased secretion of acids in the stomach as a result of anxiety. Small amount of cold milk or even plain water helps to reduce the burning chest and nausea. At a working place if milk is not available then plain soda or an aerated drink helps reduce the acidity. Mind you this is not a healthy alternative.
- Due to constant reading, eyes tend to feel tired. Simple eye exercises like rotation of eyeballs etc help. People tend to come down with stye or redness of eyes very often. This happens due to rubbing eyes with dirty hands. Instead of rubbing it is better to splash the eyes with water.

## Sleep management

None can tell you how much is enough preparation for YOU but it is good to have a proper sleep before any big event. Your most

important tool is your brain and you can not afford to have a DULL/ DROWSY brain.

Problem is that it is sometimes difficult to sleep when you are anxious. Repetitive dreams about presentation /exam or the preparation part of it also occur due to anxiety. There are a few ways I suggest to my patients.

- Soothing instrumental music helps.
- Even a light-hearted television show for a very short time can also be helpful in relieving anxiety. Both the above measures are helpful in one condition. They must be repetitive. When the number of impulses occurring in the brain decreases, sleep happens. If you are watching or listening to something new then you will be diverted but not asleep.
- Our religions are full of techniques to help you focus your mind. Paying attention to your breath, meditation, watching a diya flame etc are full of them. This also calms the mind and helps you to sleep.

## Some extra tips

- Maintain good posture
- It is a good idea to move around in the break time. Even light exercise helps both mentally and physically.

## Medication.

People have relied on Homeopathy for a long time for all the above complaints.

- There are medicines available for diarrhoea due to Fright, examination funk, stage fright etc.
- Low immunity also can be corrected with some courses of homoeopathic medicines.
- There are people who experience fear to the extent that they are simply unable to perform. They require medication. In allopathy they suggest counselling and psychotherapy. We as homoeopaths beg to differ. We have observed that the more you try to talk about the problem the more they tend to get confused. Since inability to face stress is innate to the person, no amount of talking helps. As a possible explanation, the problem lies in the subconscious and we are trying to rectify it at a conscious level.
- When a person comes to us, we note down all the complaints that he has related to his body. On top of it we take a detailed study of

his nature as a person like fears, likes and dislikes, sleep pattern, dreams, his preference for food etc. We come to a medicine that we call it CONSTITUTIONAL REMEDY. This remedy helps in almost all the complaints both at physical and mental level. Mind you you can see that there are no psychotropic drugs that we use. The medicine that takes care of sinusitis will also cure anxiety issues.

- Very often people are scared to take medicines for the mental complaints thinking that they may be habit forming. Again Homeopathy does not have psychotropic drugs. So there is no way to develop dependence on these medicines. Just like a physical illness all that the medicine does is to make the body aware of the exact problem a person has. Be it mental or a physical problem the person is capable of healing himself.
- Another important thing is that allopathic medicines given for psychological causes

simply suppress the actual problem. They often cause a lot of sleepiness. As far as studying capacity is concerned, there are some medicines available in the market but they have severe side effects. In fact they are legally banned for the same reason. In contrast to that, Homoeopathic medicines calm the nerves down for the person without causing either sleepiness or overexcitation! In general it builds up the person's self confidence in himself.

- Homoeopathy works at a level of higher centre in the brain. First thing to happen is that the person begins to realise that he is scared. It sounds funny but a lot of the time the awareness is not there. Next thing to happen is, he works his way around to look for his problem area and tries to rectify them by himself. Mind you, we as physicians do not work out strategies for him rather we allow them to discover that on their own.
- The way we help a body to heal itself in physical illness, the same way the mind

learns to heal on its own. Trust me the process is so smooth that most of the time patients and their parents both actually forget what they had come to us for.

**DR. BIJAL SHAH**

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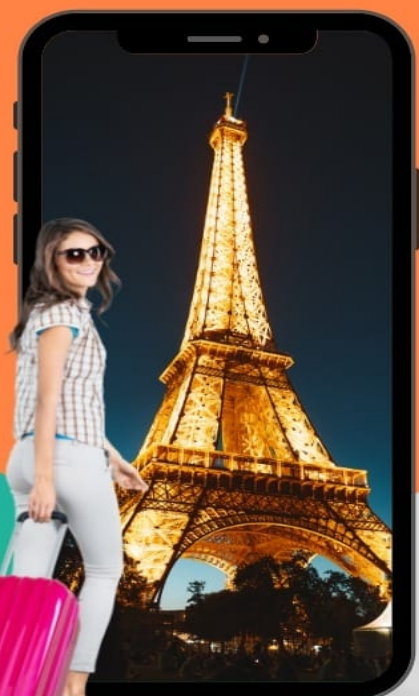
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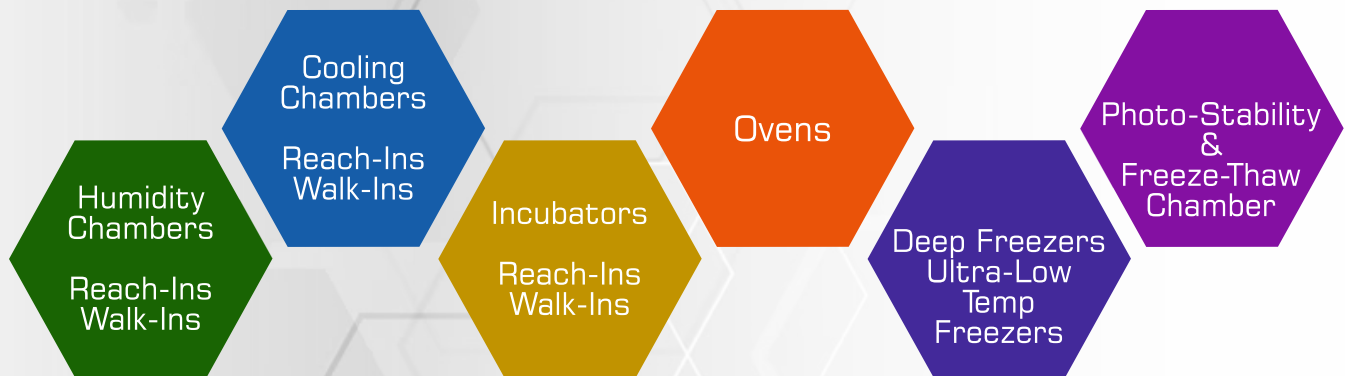




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# UNDERSTANDING SHANTI MANTRAS

KRUPA SHAH

**H**i friends, I am Krupa Shah and congratulates everybody on the historical breakthrough of Chandrayan – 3. 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 decode another 'SHANTI MANTRA'. In this article, we are going to mention about various 'Shanti Mantras'.



It is also called Lokshema Mantra – a mantra for the welfare of the whole world. Meaning: May all be happy, may all be disease-free, may everyone's life be blessed and may none be a part of sorrow. Oh God give us such a blessing.



Meaning: O God, may there be peace in the Sky and in Space. May there be peace on land and on the waters. May herbs and vegetation bring us peace. May all personifications of God bring us peace. May God bring us peace. May there be peace throughout the world. May the peace be peaceful. May God give me such peace also. Shanti Mantra are chanted in the Sanskrit language quite regularly. We found various Santi mantras in Sanskrit texts and they may vary from being small to vary elaborate one. Here these mantras are a part of Panch Mahabhut.

Mantras protect the chanter and the listener as they connect one to the divine. They energised the environment and create positive vibrations. Mantras heal at the physical, physiological and mental levels. Vedic chanting calms the mind and makes it fit for deeper meditative practises. We are always shaped by our thoughts. We become what we think and when mind is pure, joy follows like shadow. When we chant mantras, we are changing the way we think. We are replacing our habitual negative thoughts with pure thoughts. When we chant loudly, the air around or surround become positive and the words used for chanting, gives a person a positive audio effect, soothes the brain and has a calm effect.

Benefits of chanting:

Relaxes the body and releases the stress  
Helps to manage the mind – the mind becomes silent and negative and persistent thoughts are stopped, replaced by positive thoughts  
Regulates and balance all body systems  
Strengthens the immune system to fight against disease

Reduces inflammation

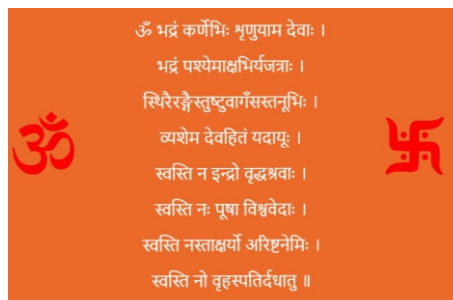
Lowers the blood pressure

Regulates the level of sugar in blood

If done in a group, the effects are multiplied by the synchronicity of the collective brains

The best time to chant this mantra is during early morning – 6 am to 8 am. Before beginning, meditate for few minutes to infuse optimism into your well – being and calm your physical and mental health. At the end of this mantra, the word 'Shanti' is frequently recited three times. Generally, they are also recited at the beginning and at the end of religious rituals and discourses. These mantras are invoked in some topics of Upanishads. They are supposing to calm the mind and the environment of the recital. Reciting them is also believed to be removing any obstacles for the task being started. Mostly, 'Shanti' word is repeated three times since it is chanted: -

1. For peace in the body, mind and spirit
2. To make the past, present and future peaceful
3. To purify the body and relieve it from sufferings, diseases and discomforts.



Meaning: Om, May we here only good and what is auspicious with our ears. May we See all the auspicious and adorable with our eyes, May we be Prayerful in life with Steadiness in our Bodies and Minds. May we offer our lifespan allotted by the devas for the service of God.

Why most of the Hindu rituals end with the chant. .... 'Shanti Shanti Shanti'?????

The answer remains in the fact that peace and harmony are natural to nature and man. Where there is peace, there is happiness. But we have seen many people who seem to have everything – name, fame, financial stability, social status and good health – but are still not happy, content and at peace. This is because peace is of two types – internal and external. He gets prosperity and success but not peace. This means that success in the material and physical world does not come with assurance of peace. Hence, he yearns for it.

Man, peace is disturbed by his own fears and worries which arises within or because of his circumstances. Our Rishis and Sages of ancient Indian analyse the sources that disturbed man's mental equilibrium and found that all agitations, problems and sorrows originate from three sources:

1. The unseen divide force of nature over which man has little or no control. Eg: volcanic eruption, earthquake (Aadhidevika)
2. Source comprise known factors like accidents, crime, unhealthy relationships, lust, passion and jealousy. (Aadhibhautika)
3. Man's last actions that have not been repaid by him in his previous births constitute the third source (Aadhyaatmika)

And this is what motivated Rishis to come up with Trivaram Satyam – that which is said thrice comes true. For emphasizing we repeat a thing thrice. Shanti word is chanted aloud the first time, addressing the unseen forces. It is chanted softer the second time, directed toward immediate surroundings and those around and softest the last time as it is addressed to oneself.

So, guys, it is a very deep sea and the more we dwell into it, we understand the dynamics and the regulations of each and every mantra as each and every aspect has its own essence and for that one needs to read Vedas and Upanishads under proper guidance as Sanskrit needs assistance. So with this, I end here... OM SHANTI SHANTI SHANTI!!!!

SUBHAMASTU  
KRUPA SHAH





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## Why Khadayata Ratna ?

**K**CBF – 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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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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