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## INSIDE

- 03 - MAHATMA GANDHI IN NUMISMATIC WORLD
- 03 - LAB GROWN DIAMONDS ECO-FRIENDLY & POCKET FRIENDLY DIAMONDS
- 05 - EMPOWERING SENIORS: BREAKING DOWN MYTHS ON AGING
- 07 - HOW TO PREVENT COLD COUGH FEVER IN INFANTS AND THE ELDERLY
- 07 - PURSUE CHANGE
- 09 - THYROID DISORDER AND HOMOEOPATHY
- 10 - MULTIPLE INTELLIGENCES - PART 1
- 12 - UNDERSTANDING NIRVAN SHATKAM
- 14 - WHY KHADAYATA RATNA ?



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## MAHATMA GANDHI IN NUMISMATIC WORLD

MA SANDEEP SHAH

**M**ohandas Karamchand Gandhi : Father of the Nation also known as Mahatma Gandhi is the only Indian who has in his name maximum countries who has minted coins in his name.

More than 25 countries have minted coins of Gandhiji. In this article I share some specimens.

1) UK 999.9 fine gold one ounce Mahatma Gandhi £100 coin from The Royal Mint. Gandhiji known for his commitment to non-violence and his successful campaign for Indian independence, this is the first time that the lawyer and activist has been celebrated on an official Royal Mint coin.

2) Country Mongolia. Year 2020, Face Value - 1000 Togrog. Gold, 0.5 g "Every revolution begins with a single act of defiance." Those words mark the legacy of one of the greatest political and spiritual leaders of modern history.

Mahatma Gandhi or just Gandhi as most of the world would come to know him, was an inspiration for so many around the world, and through his actions, proved that one person can make its mark through non-violent means. This coin pays tribute to his legacy and features an image of Gandhi that is instantly recognizable. Struck in a large, nearly 14 mm Diameter 1/2 gram gold proof with a mintage of only 5000.

3) Mahatma Gandhi on Indian Numismatics has coins in Silver, Nickel, Brass, Bimetal & different denominations. Gandhiji has overall influenced Indian Monetary System very largely. He is covered in Notes, Stamps, Tokens, Coins, Medallions, Badges, Cap Badge & Commemorative coins.

Sandeep V Shah

MA : Numismatics and Archaeology



## LAB GROWN DIAMONDS ECO-FRIENDLY & POCKET FRIENDLY DIAMONDS

RAJIV PATWA

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# EMPOWERING SENIORS: BREAKING DOWN MYTHS ON AGING

DR. PURRVI PATEL

**A**ge is not a matter of years, but a measure of strength, wisdom, and resilience.

The journey through our golden years should be a time of empowerment, where the joys of life continue to flourish, and independence remains an achievable goal. Yet, amidst this desire for fulfilment and self-sufficiency, there exists a web of myths that cast a shadow over the ageing process. These misconceptions, often rooted in stereotypes and misinformation, can deter older individuals from embracing the richness of their later years. As we embark on a myth-busting journey, let us remember the quote above and explore how seniors can defy the myths, live healthily, and unlock the potential for a vibrant and self-reliant life in their later chapters.

Different kinds of Myths around old age:

**Myth 1: Ageing Means Decline**

**Fact:** While some physical changes are normal with age, such as decreased muscle mass, cognitive decline is not inevitable. Many older adults maintain their mental sharpness through mental exercises and a healthy lifestyle.

**Myth 2: Older Adults Can't Learn New Skills**

**Fact:** Lifelong learning is possible at any age. Many older individuals take up new hobbies, learn new languages, or acquire new skills, proving that age is not a barrier to learning.

**Myth 3: All Older People Are Lonely**

**Fact:** Loneliness can affect people of all ages, but it's not a universal experience among older adults. Many maintain active social lives, connecting with friends, family, and communities.

**Myth 4: Seniors Are Technologically Challenged**

**Fact:** While some older adults may be less familiar with technology, many have embraced it. Smartphones, tablets, and computers are used by seniors for communication, entertainment, and information.

**Myth 5: All Older Adults Are Unhealthy**

**Fact:** Health varies greatly among older individuals. Some maintain excellent health through a healthy lifestyle, while others may have chronic conditions. Regular healthcare and a healthy lifestyle can make a big difference in health outcomes.

**Myth 6: Older Workers Are Less Productive**

**Fact:** Older employees often bring valuable experience, problem-solving skills, and reliability to the workplace. Age does not necessarily correlate with reduced productivity.

**Myth 7: Older People Don't Enjoy Physical Activity**

**Fact:** Many older adults engage in physical activities

like walking, swimming, or yoga to maintain fitness and flexibility. Staying active is crucial for overall health at any age.

**Myth 8: Seniors Can't Adapt to Change**

**Fact:** Older adults can be quite adaptable when given the opportunity. They've navigated numerous changes throughout their lives and can embrace new technologies and lifestyles with the right support.

**Myth 9: Memory Loss Is Inevitable**

**Fact:** While some memory changes can occur with age, severe memory loss is not a normal part of aging. Memory-enhancing activities and a healthy lifestyle can help maintain cognitive function.

**Myth 10: Older Adults Are Dependent**

**Fact:** Many older individuals live independently and lead active lives. The desire for independence remains strong, and support services can enable them to do so.

As we age, staying healthy and independent becomes a top priority. Fortunately, there are simple yet effective ways for older adults to maintain their well-being and continue living life to the fullest. Below are few tips to stay healthy and enjoy life :

1. **Stay Active:** Regular exercise is key. Even gentle activities like walking or yoga can keep muscles and joints flexible. Aim for at least 150 minutes of moderate activity per week.
2. **Healthy Diet:** Eat a balanced diet rich in fruits, vegetables, whole grains, lean protein, and low-fat dairy. Stay hydrated and limit processed foods and sugary drinks.
3. **Regular Check-ups:** Don't skip doctor's appointments. Regular check-ups can catch health issues early, when they're easier to manage.
4. **Social Connections:** Stay socially engaged. Spend time with friends, family, or join clubs and classes to combat loneliness and maintain mental health.
5. **Mental Exercise:** Keep your mind active with puzzles, reading, or learning new skills. This wards off cognitive decline.
6. **Medication Management:** Follow your doctor's instructions for medications. Organize pillboxes or use reminder apps to ensure you take them as prescribed.
7. **Fall Prevention:** Make your home safer by removing tripping hazards, installing grab bars, and improving lighting.
8. **Financial Planning:** Plan for the future, including retirement and long-term care. Consult a financial advisor for guidance.
9. **Stay Positive:** A positive outlook can improve overall health. Engage in activities that bring joy and reduce stress.
10. **Seek Help When Needed:** Don't hesitate to ask

for assistance with daily tasks if necessary. Services like meal delivery or home care can help maintain independence.

By following these tips, older adults can enjoy a healthy and independent life, full of vitality and joy. Ageing is a journey, and with the right habits, it can be a fulfilling one.

In conclusion, the path to empowerment in one's senior years is illuminated when we confront and dispel the myths surrounding aging. We've journeyed through these misconceptions, revealing that age is not a sentence to decline, but an opportunity for growth, resilience, and a vibrant life. As we've seen, seniors can maintain their vitality through physical activity, nourishing diets, social connections, and lifelong learning.

The journey into old age should be guided by the knowledge that one's golden years hold the promise of independence, wisdom, and fulfilment. By embracing the facts and discarding the falsehoods, seniors can continue to contribute to their communities, enjoy life's pleasures, and relish the rich tapestry of experiences that come with each passing year.

Let us remember that age is not a limitation but a canvas upon which we paint our life's masterpiece. With these truths at heart, we can empower ourselves and our loved ones to age gracefully, debunking the myths and unlocking the true potential of a thriving and fulfilling senior life.

**Dr. Purrv 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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## HOW TO PREVENT COLD COUGH FEVER IN INFANTS AND THE ELDERLY

DR ROMIL MEHTA

**C**old cough fever is a common illness caused by viruses that affect the nose, throat and upper respiratory tract. Most of us will experience this illness a few times a year, but it can be more serious in infants and the elderly.

The main symptom of a cold is a runny nose with a watery, mucous discharge. A cough, sneezing, headache and sore throat are also symptoms. A cold is usually milder than the flu and does not cause a fever, chills or body aches.

A cold can lead to ear or sinus infections, which can last for up to two weeks. It can also trigger asthma or chronic bronchitis and worsen them in people with these conditions. It's important to drink plenty of fluids and get rest during a cold.

You can prevent colds by washing your hands frequently and regularly, especially after coughing or sneezing. Using hand sanitizers is also helpful. Washing frequently used surfaces, such as doorknobs, is another good way to prevent the spread of germs. Keeping infants away from people who are sick and washing their hands often is also important. Avoid kissing, hugging and shaking hands when you have a cold. Instead, use

a tissue to touch others. Try to sneeze or cough into your elbow rather than your hands.

It's normal for healthy children to get 6 to 10 colds a year. A cold may become more severe and cause a fever, muscle aches and sore throat. It's also possible for a cold to become a chest or sinus infection, which can be life-threatening in babies and the elderly.

Most children will recover from a cold on their own in about a week. However, if they have a high fever, headache, achy joints and muscles or an uncontrollable cough, they should see a doctor immediately.

Over-the-counter pain relievers such as acetaminophen (sample brand name: Tylenol) and ibuprofen (sample brand names: Advil, Motrin) can help ease discomfort and a headache. Drinking warm liquids, such as juice or broth, can help loosen congestion. Honey can soothe a cough in children older than one year.

Children and adults with a long-lasting or severe cold or flu should stay home from school or work to rest and prevent spreading the virus to others. They should also avoid touching their eyes, mouth

or nose and sneezing into the air. They should wash their hands often, and clean frequently-used surfaces like doorknobs, kitchen counters and remotes. Getting enough sleep and exercising regularly helps strengthen the immune system so it can fight off viral illnesses. It's important to stay hydrated during a cold, but not to overdo it, as this can dehydrate the body. It's also important to stay hydrated when taking antibiotics, as they can dehydrate you more than a cold alone. This can make recovery more difficult. If your child has a very severe cold or the flu, contact your healthcare provider for treatment options.

**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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## PURSUE CHANGE...

MR KETUL SHAH



**W**hat does that mean to you? I think we all have at least one thing we would like to change. As you get older change will be so important, you may start to crave it. **Change is not always easy and you need to know the difference between good change and bad change.** With every change we make in our lives there is always going to be risk and you must think about the pros and cons of each change you are thinking about making.

**What is a bad change?** Think about some of the changes you have made in your life. It probably won't take you to long, to remember a change you have made that has left you with at least some regret. You could have left a good paying job for a different job that didn't quite work out. Or maybe you changed what you were studying in school and it ended up being the wrong decision. When you make the decision to make a big

change and it doesn't work out we are all left with the one feeling you never want to have. What is that feeling? Feeling lost and not knowing where your life is going. It is for this reason you must study all the benefits and consequences of the change you want or need to make.

**Change can be a beautiful thing despite the risks associated with it.** The chances to meet new people, make more money, or improve your education are aspects that can change your life for the better. It is important to know what changes you want to pursue and try to make a list of reasonable changes you could make. Find the one that matters to you most and lock in on it. Then you have to make a **plan with a realistic timeline** of achieving this goal. Let's use the example of someone who wants to go back to college. This obviously is a big change in your life that can have financial repercussions both positive and negative. Most view it as a necessary change to get where they need to be so they must come up with a plan to turn it in to reality. There are factors that would make it difficult, whether it's your family, paying your EMI and bills, or just finding the time. They would have to research on it, including financial help required to really figure out their situation. More important than the plan is **establishing a**

**timeline and a realistic timeframe** for most changes in your life should be one years' time. This gives you a definite goal to shoot for and gives the next year of your life with more meaning as you are fighting for change.

While there are positives and negatives for every change, **don't let fear stop you.** Don't tell yourself that it's too late for change or that you're too old for change. Staying in the status quo when you are feeling incomplete will just leave you feeling like there is something missing inside you. There is only one way to fill that vacuum inside of you and that will be to take a risk to make your life better. All you need to do is **recognize the change you need to make** and come up with a plan to make it a possibility. Change doesn't happen overnight it may take some time and lots of hard work but that will bring a positive change in your life.

**Pursue change in your life and see where life takes you..**

**KETUL SHAH**

**HR CONSULTANT**

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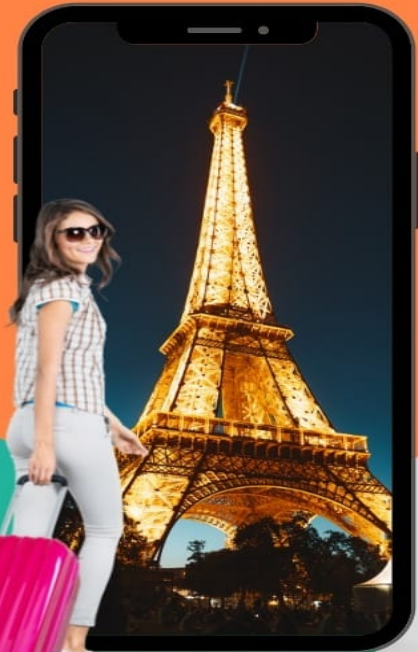
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# THYROID DISORDER AND HOMOEOPATHY

DR BIJAL SHAH

**T**he thyroid is an organ situated in the neck, attached to the windpipes (larynx) from outside. It is a gland that secretes hormones named T3 and T4. These hormones function as catalysts in various body functions. They regulate the body's metabolic rate, growth and development. It plays a role in controlling heart, muscle and digestive function, brain development and bone maintenance.

Modernisation has blessed us in many ways. But there are a lot of downsides to it. It has a huge impact on our health. We call them lifestyle diseases. Thyroid is one of them. Recent study shows that the 2.9% of Indian population is suffering from thyroid problem as compared to 2.2% 5 years ago. It just means that numbers are rising..

Diseases related to the thyroid gland. Largely speaking the diseases of thyroid can be summarised into following.

- Hypothyroidism (goitre)
- Hyperthyroidism
- Tumours in thyroid - benign and malignant.

## ABOUT HYPOTHYROIDISM

Following are the symptoms of a person suffering from hypothyroidism.

Tiredness, More sensitivity to cold, Constipation, Dry skin, Weight gain, Puffy face, Hoarse voice, Coarse hair and skin, Muscle weakness, Muscle aches, tenderness and stiffness, Menstrual cycles that are heavier than usual or irregular, Thinning hair, Slowed heart rate, also called bradycardia, Depression, Memory problems.

Thyroid disorder is a problem more common in females than males. Statistically the rates have risen phenomenally in recent times. Very often it presents at changel phases in life like puberty, pregnancy, menopause and any stressful situations mentally or physically. In day to day practise I have noticed that since the disease has impact over entire body and to start with the symptoms are really subtle, it is missed very easily. Patients may have just one or few symptoms. I had a patient who didn't have complaints but her haemoglobin levels were not rising in spite of iron tablets. Reduced ability to work may be one of the indication which can be missed in the guise of increasing age or circumstances. Sometimes the only presentation symptom is hair fall!!

We as homoeopaths are into treating the person holistically. We tend to take symptoms of the whole body even if the patient comes with a single problem. This is the reason we are able to diagnose the problem early on.

## HYPERTHYROIDISM

weight loss despite an increased appetite, rapid or irregular heartbeat, nervousness, irritability, trouble sleeping, fatigue, shaky hands, muscle weakness, sweating or trouble tolerating heat, frequent bowel movements, an enlargement in the neck, called a goitre

## TUMOURS IN THYROID

Small nodes in thyroid glands can occur at any age starting from puberty. If the thyroid hormones are in the normal range it is known as EUTHYROID GOITRE. There can be a small portion of the gland that gets enlarged or the entire gland enlargement is also possible. A small portion of gland forms nodules that function more than required gives rise to hyperthyroidism in the individual. Sometimes the nodes in the gland can be cancerous. These cancers can occur at younger ages of 35+- but the good news is that they are very slow growing.

This is a disease which shouldn't be taken lightly as it has an impact on the entire body. If left untreated it does have an effect over vital organs of the body. Some patients who are averse to taking regular medicine either take medicines intermittently or skip too many doses. Since the effect on the body is slow to appear and again the symptoms are vague they do not realise the deterioration for a really long time.

A Healthy balanced life is key to almost all diseases and so is thyroid. Healthy balanced diet and regular sleeping pattern helps, Regular meditation and yoga tends to help regulate natural production of the hormone and in return restoration of health.

Now there are some patients who suffer from thyroid related symptoms but on testing the TSH /T3 /T4 levels they come in the normal range. There is a disease known as Hashimoto's thyroiditis which is an autoimmune disorder in which gradually thyroid gland gets destroyed by the body's own cells- in such a condition since the body simultaneously tries hard to maintain thyroid levels, patients do experience the symptoms but tests come negative. HOMEOPATHY IS VERY HELPFUL FOR THESE PATIENTS.

As is true for any other disease, the earlier the stage of treatment the faster the treatment. There are patients who are already on Eltroxin (lab made thyroid hormone), come to me. Many of them have health issues in spite of having the thyroid tablets.

My job starts with getting the patient's health back while still continuing the thyroxine tablet that a

patient is on. It is not advisable to start tapering immediately. Once the patient becomes reasonably healthy we start tapering off the medicines. We deliberately go slow in the process to ensure the body gradually starts making the hormone on its own. We also have to ensure that the body is able to withstand change in the internal system ( menses for example.)

I have seen that patients tend to become over-enthusiastic to reduce the medicines as they begin to feel better. But that is counter productive. It is advisable to go according to the physician's guidelines.

## Treatment of HYPERTHYROIDISM also goes on a similar line.

Simple goitre responds well to homoeopathic treatment. YOU NEED NOT GET OPERATED FOR ENLARGED GLAND BE IT PARTIAL OR COMPLETE. Thyroid cancers too respond well to homoeopathy. If there is no lymph node involvement then the prognosis is better. We advise patients to start the treatment of homoeopathy side by side while figuring out what is the best course of action. In that time patients may start showing improvement which gives them courage to stick to us for longer. Since the disease is slow growing this does not harm the patient.

The Advantages of not getting operated on are many. You are able to avoid a supra major surgery. The important artery and vein lie close to the gland. Hence the risk is major. Cost of surgery is another important factor. Once the gland is removed the patient has to depend on the external source of thyroid hormones for life.

Some patients choose to go ahead with chemo and radiotherapy. In these patients we help them to curtail the side effects these therapy. Example bone marrow suppression, bowel disturbances, chemotherapy induced fever to name a few.

**DR. BIJAL SHAH**

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# MULTIPLE INTELLIGENCES - PART 1

KOMAL SHAH

**W**hat is Multiple Intelligences, some of you may ask. And it's a very valid question. I came across these words, when I was doing my Life Coaching training. As I came to know more about it, it amazed me to know how well and accurately in certain cases, it could explain a human beings preferences, learning methods, thinking style, etc. It is too vast a subject to cover everything in this article, though I encourage the reader to use this article as an introduction - a starting point, to gain more information on this subject.

## Theory of Multiple Intelligences

Multiple Intelligences (MI) is a theory, first proposed by Harvard developmental psychologist - Howard Gardner, in his 1983 book, *Frames of Mind: The Theory of Multiple Intelligences*. When the word intelligence is used, the concept of IQ may immediately come to mind. According to a traditional definition, intelligence is a uniform cognitive capacity people are born with. This capacity can be easily measured by short-answer tests.

Gardner suggested that all human beings have various kinds of "intelligences". His theory suggested that traditional psychometric views of intelligence are too limited and that multiple different types of intelligence may exist. These multiple intelligences range from the use of words, numbers, pictures and music, to the importance of social interactions, introspection, physical movement and being in tune with nature. These multiple intelligences can

be nurtured and strengthened, or ignored and weakened. The idea behind the theory of multiple intelligences is that people learn and acquire information in a variety of different ways. "I believe that the brain has evolved over millions of years to be responsive to different kinds of content in the world," says Gardner.

According to Howard Gardner, intelligence is:

- The ability to create an effective product or offer a service that is valued in a culture;
- A set of skills that make it possible for a person to solve problems in life;
- The potential for finding or creating solutions for problems, which involves gathering new knowledge.

Gardner's early work in psychology and later in human cognition and human potential led to his development of the initial six intelligences. Today there are nine intelligences, and the possibility of others may eventually expand the list.

According to Gardner,

- All human beings possess all nine intelligences in varying amounts.
- Each person has a different intellectual composition.
- We can improve education by addressing the multiple intelligences of our children.
- These intelligences are located in different areas of the brain and can either work independently or together.
- These intelligences may define the human species..

## Use for Education sector

Traditionally, education emphasises the development of logical intelligence and linguistic intelligence (reading and writing). While many children function well in this environment, there are those who do not. Gardner's theory proposes that children will be better served by a broader vision of education, wherein different methodologies, exercises and activities are used to reach all students, not just those who excel at linguistic and logical intelligence. When MI theory is applied, children begin to understand how they are intelligent. In Gardner's view, learning is both a social and psychological process. When children understand the composition of their own multiple intelligences, they begin

- To manage their own learning
- To value their individual strengths

Remember, Learning more about multiple intelligences can give a better understanding of a person's strengths and preferences. This person could be your child, your spouse, your parents or even yourself!

**Awareness is EMPOWERING**

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.  
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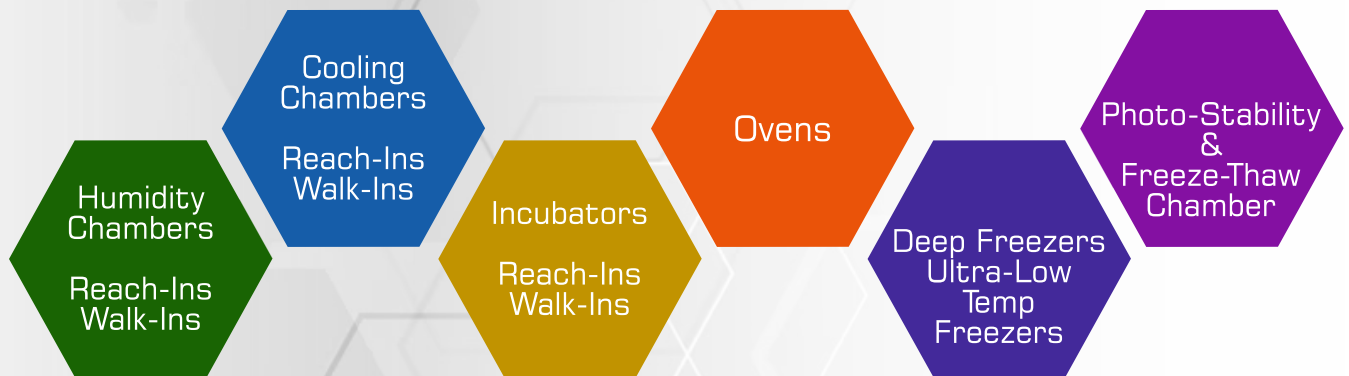
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# UNDERSTANDING NIRVAN SHATKAM

KRUPA SHAH



**H**i 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 walk through the roads of life of 'Aadhi Shankar Acharya'. We will start with understanding of 'Sanathan Dharma' which is our religion 'Hindu'.

Meaning of Sanathan Dharma: translates to 'Eternal Religion'. It is a religion which had no 'Start (Aadhi)' and 'End (Anth)'.

Our Hindu religion is very ancient.

गायन्ति देवाः किल गीतिकानि धन्यास्तु ते भारतभूमिभागे।

स्वर्गापवर्गास्पदहेतुभूत भवन्ति भूयः पुरुषाः सुरत्वात्।

अर्थ: स्वर्ग और अपवर्ग (मोक्ष - केवल्य) के मार्ग स्वरूप भारत भूमि को धन्य धन्य कहते हुए देवगण इसका शौर्य गान गाते हैं। यहाँ पर मनुष्य जन्म पाना देवता पद प्राप्त करने से भी बुरा है। (विष्णुपुराण 2/3/24)

arth: svarg aur apavarg (moksh - kevaly) ke maarg svaroop bhaarat bhoomi ko dhany dhany kahate hue devagan isaka shaury gaan gaate hain. yahaan par manushy janm paana devata pad praapt karane se bhee bura hai.

The great adi Shankar Acharya of the 8th century summarised the entirety of Advaita Vedanta (non – dualistic philosophy) in six stanzas. When a young boy of eight, while wandering in the bank of Narmada River, seeking to find his guru, he encountered, a sage who asked him, 'Who are you?'. The boy answered with these stanzas, which are known as 'Nirvana Shatakam' or 'Atma Shatakam'. 'Nirvana' is complete equanimity, peace, tranquillity, freedom and joy. 'Atma' is the True Self. मनोबुद्ध्यहङ्कारचित्तानि नाहं न च श्रोत्रजिह्वे न च

घ्राणनेत्रे । न च व्योम भूमिर्न तेजो न वायुश्चिदानन्दरूपः शिवोऽहं शिवोऽहम् ॥१॥

Meaning in

Hindi: मैं बुद्धि, अहंकार या स्मृति जैसा मन का कोई पहलू नहीं हूँ।

मैं सुनने, चखने, सूँघने या देखने की इंद्रियाँ नहीं हूँ, मैं न अंतरिक्ष हूँ, न पृथ्वी, न अग्नि, न वायु, मैं चेतना और आनंद स्वरूप हूँ, शिव हूँ (वह जो नहीं है)...

English: I am not any aspect of the mind like the intellect, the ego or the memory, I am not the organs of hearing, tasting, smelling or seeing,

I am not the space, nor the earth, nor fire, nor air, I am the form of consciousness and bliss, am Shiva (that which is not)...

Gujarati: હું બુદ્ધિ, અહંકાર કે સ્મૃતિ જેવું મનનું કોઈ પાસું નથી,

હું સાંભળવાનું, ચાખવાનું, સૂંઘવાનું કે જોવાનું અંગ નથી,

હું અવકાશ નથી, પૃથ્વી નથી, અગ્નિ નથી, વાયુ નથી, હું ચેતના અને આનંદનું સ્વરૂપ છું, હું શિવ છું (જે નથી) ...

न च प्राणसंज्ञो न वै पंचवायुः, न वा सप्तधातुः न वा पञ्चकोशः ।

न वाक्पाणिपादौ न चोपस्थपायु, चिदानन्दरूपः शिवोऽहम् शिवोऽहम् ॥ 2 ॥

meaning in

Hindi: मैं न प्राण हूँ, न ही पंच वायु हूँ । मैं न सात धातु हूँ, और न ही पांच कोश हूँ । मैं न वाणी हूँ, न हाथ हूँ, न पैर, न ही उत्त सर्जन की इन्द्रियाँ हूँ । मैं तो शुद्ध चेतना हूँ, अनादि, अनंत शिव हूँ।

English: I am not the Vital Life Energy (Prana), nor the Five Vital Airs (manifestations of Prana),

I am not the seven essential ingredients nor the 5 sheaths of the body, I am not any of the body parts, like the mouth, the hands, the feet, etc.,

I am the form of consciousness and bliss, I am Shiva (that which is not)...

Gujarati: હું મહત્વપૂર્ણ જીવન ઊર્જા (પ્રાણ) નથી, કે પાંચ મહત્વપૂર્ણ વાયુઓ (પ્રાણના અભિવ્યક્તિઓ) નથી,

હું સાત આવશ્યક ઘટકો નથી કે શરીરના 5 આવરણ નથી, હું શરીરના કોઈપણ અંગો નથી, જેમ કે મોં, હાથ, પગ વગેરે.

હું ચેતના અને આનંદનું સ્વરૂપ છું, હું શિવ છું (જે નથી)...

न मे द्वेषरागौ न मे लोभमोहौ मदो नैव मे नैव मात्सर्यभावः । न धर्मो न चार्थो न कामो न मोक्षश्चिदानन्दरूपः शिवोऽहं शिवोऽहम् ॥३॥

Meaning in

Hindi: न मुझे घृणा है, न लगाव है, न मुझे लोभ है, और न मोह । न मुझे अभिमान है, न ईर्ष्या । मैं धर्म, धन, काम एवं मोक्ष से परे हूँ । मैं तो शुद्ध चेतना हूँ, अनादि, अनंत शिव हूँ।

English: There is no hatred nor passion in me, no greed nor delusion, There is no pride, nor jealousy in me, I am not identified with my duty, wealth, lust or liberation, I am the form of consciousness and bliss, I am Shiva (that which is not)...

Gujarati: મારામાં કોઈ દ્વેષ કે રાગ નથી, કોઈ લોભ કે મોહ નથી,

મારામાં કોઈ અભિમાન કે ઈર્ષ્યા નથી, હું મારા કર્તવ્ય, સંપત્તિ, વાસના કે મુક્તિથી ઓળખાયો નથી, હું ચેતના અને આનંદનું સ્વરૂપ છું, હું શિવ છું (જે નથી)...

If you see the above three shlokas which were decoded in three languages with deep knowledge and philosophy. If we go through our life we will realise that for our relaxation and peace of mind that we try to pursue by roaming here and there and watching movies, spending money for travelling, visiting many holy places but .....not getting that thing by which our soul can get peace, but simply by reading this decoded shloka in real life, philosophy and our understanding of our existence gets in awareness and we are somewhere answerable to question of 'What we are?' and our sanatan dharma, hindu religion will help one into it. Shankracharya was born to give this truth of our life only. Really amazing!!!!!!

Recite these shlokas many times in audio and even self-recitation and will feel something different. With this I am finishing this write-up. See u soon. Enjoy dudhpak or kheer in pitru paksh and garba in Navratri with remaining 3 shlokas. Bye!!!! Jay Shree Krishna

**SUBHAMASTU  
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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.

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

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

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

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

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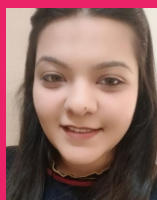
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