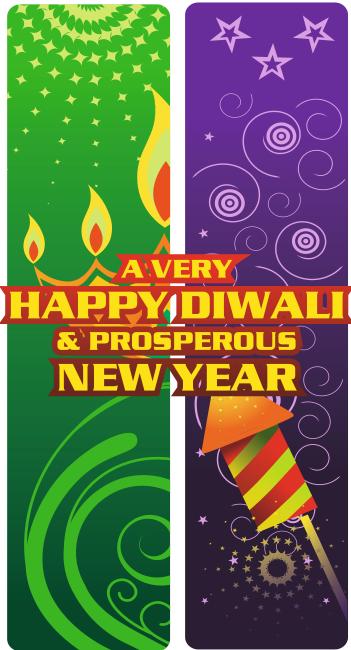


THE TIMES OF KHADAYATA

410, Yusuf Building, Veer Nariman Point Road, Fort, Mumbai 400001. • Tel.: (022) 2287 5333







02 - FROM THE PRESIDENT'S DESK

04 - GIFFEN GOODS: AN INTERESTING CONCEPT OF ECONOMICS

06 - THE POWER OF MINDFULNESS IN A DIGITAL AGE

08 - MULTIPLE INTELLIGENCES: TYPES - PART 2

11 - UNDERSTANDING NIRVAN SHATKAM

13 - GLIMPSES OF KCBF'S 5TH TRADE FAIR

14 - WHY KHADAYATA RATNA ?

From the President's Desk



n the spirit of Diwali, I am thrilled to reflect on the extraordinary journey of the Khadayata Community Business Forum throughout this remarkable year. Our path has been adorned with milestones, a beautiful tapestry woven with threads of success and community spirit.

The saga commenced with the **Business** Seminar at the exquisite Sai Palace Banquet in Malad. This event set an inspiring tone with a record-breaking turnout of over 100 registrations, marking the beginning of a series of impactful events. The Business Seminar not only provided a platform for networking but also served as a source of invaluable knowledge, fostering a deeper understanding of various business aspects. This knowledge-sharing session proved to be instrumental in equipping our community members with the insights needed for entrepreneurial success.

Following the enlightening seminar, the inaugural Khadayata Job Fair at Suba International, Andheri, showcased our unwavering commitment to creating employment opportunities. More than 15 companies and 200 candidates participated, leading to numerous success stories as many found fulfilling job placements.

The pinnacle of our achievements unfolded at the fifth Khadayata Trade Fair hosted at the prestigious Balaji Banquet in Kandivali on the 28th and 29th of October. This grand event featured 73 stalls, including 61 business stalls and 12 food stalls. The venue buzzed with entrepreneurial spirit, witnessing transactions worth over 25 lakh rupees in just two days. A staggering 2500 people attended, transforming the fair into a dynamic marketplace of opportunities. I extend my heartfelt gratitude to the stall owners, sponsors and visitors whose pivotal roles contributed to the resounding success of the trade fair. Your support is the driving force propelling us towards greater heiahts.

This year, we not only celebrated our achievements but also laid a robust foundation for the future. The KCBF team's tireless efforts in enhancing program quality and maintaining professionalism have been instrumental. Our commitment to providing constructive support for the Khadayata community remains steadfast. KCBF has evolved into more than a forum; it is a thriving platform that nurtures dreams. fosters entrepreneurship and provides unparalleled growth opportunities. Our community boasts diverse businesses. from builders to digital marketers, insurance advisers to gift item manufacturers and much more.

As we celebrate Diwali and welcome the New Year, let's not only revel in our past successes but also anticipate a future filled with innovation, collaboration and community strength. I implore each member of the Khadayata community to step forward, support one another and unite on the KCBF platform. Together, we can achieve greatness.

In conclusion, my sincere thanks once again to our sponsors, stall owners and the entire KCBF team for their unwavering dedication. This Diwali, may prosperity shine on all and may the coming year be adorned with even more milestones and accomplishments.

A special acknowledgment goes to our sponsors, admin support and the diligent office bearers who worked tirelessly behind the scenes. The success of our events was magnified by the support and dedication of these essential contributors. The choice of exceptional venues this year signifies significant growth for KCBF, making our events more impactful, memorable and knowledge-enhancing. We owe this success to the collective effort and hard work of everyone involved.

Thank you for your unwavering commitment and dedication to the growth of KCBF.

Jai Shree Krishna! **Premal Parikh**

Secretary of Khadayata Community
Business Forum (KCBF), Former Vice
President of Shree Khadayta Samaj,
Former Vice President of Khadayta Yuvak
Sangh, Secretary of Shree Nadiad
Khadayta Samaj

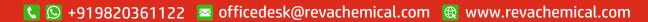
Premal is a LIFE INSURANCE Advisor and owns a factory manufacturing file clips, metal cutting and pressing jobs.

Email: premal0209@yahoo.com
Mobile: 9820999056



REVACHEMICAL PRIVATE LIMITED

AN ISO 9001:2015 & ISO 14001:2015 CERTIFIED COMPANY





1

Manufacturer of

Cleaning & Hygiene Chemicals for Institutions

We also do

white label manufacture for third parties

Full range of products Kitchen,

Housekeeping, Laundry, Sanitizers Personal Care & Disinfectants

We provide

complete support for product & packaging development

Quality matters

GIFFEN GOODS: AN INTERESTING CONCEPT OF ECONOMICS

VOGESH K SHAH

et me introduce to a very interesting phenomenon of Economics: "Giffen Goods". Generally we all know that if price increases, demand falls. And if price falls, demand increases. This is the Standard Law of Economics. In the language of Economics, price and demand are inversely proportional. If one increases, the other decreases and vice versa. In econometrics, this results in downward sloping demand curve. This is our standard law of demand. .. But Certain goods like bread, vegetables etc. are low income, non-luxury products that do not follow standard economics demand theory. Latest example is of tomato's price. It skyrocketed, people reduced the consumption but didn't stop totally. In fact, when prices of such goods increase, demand rises and people will purchase more, if no substitutes are available. People will purchase more in expectations of further rise

in the prices. That is to say, price increases, demand also increases. Similarly when prices fall, people will not purchase more and demand falls with the expectations that such goods are going to be easily available. Why to purchase more now? This concept, as mentioned, focuses on low income, non luxury goods. In econometrics, Giffen Goods show upward moving Demand Curve.

Similar to Giffen Goods, we have another interesting case of "Veblen Goods"

These goods are non-ordinary luxury goods like Gold and other precious metals, precious stones, branded products etc. Here also even if price increases, the demand for such goods, doesn't fall down. Instead of that, surprisingly, demand increases.

Veblen Goods are premium products which are celebrity endorsed. So they become

status symbol. Perfumes, watches, cars,fine wines etc are Veblen Goods. Here high price is associated with high social status symbol. High income consumers find these goods more desirable at higher price. Such status symbol goods are not affected by substitutes.

Friends, Economics generally study common principles and tries to predict changes in demand and supply, circulation of money and labour. But again, as explained, certain goods like Giffen Goods and Veblen Goods do not follow standard laws of Economics.

For those who know economics and for those who don't know, for all, this is interesting. Isn't it? Your response awaited

Zaptop Macom Macom

Complete Laptop Solution info@laptopwala.com 81083 66640



EXCEPTIONALS

REVIEW YOUR INSURANCE & INVESTMENT **PORTFOLIO TODAY WITH THE GLOBAL ACCREDITED** EXPERT.

We can help you with:

✓ Insurance Audit ✓ Financial Planning

✓ Investment Audit ✓ Employer-Employee **Schemes**

Tax Planning

BOOK YOUR APPOINTMENT TODAY

in cfprimaparikh



Certified Financial Planner with 23 years of experience in financial advisory. **AIA GAMA Global Award** Winner, 2022.

Contact Us +91 98204 38268



THE POWER OF MINDFULNESS IN A DIGITAL AGE

DR. PURRVI PATEL

n a world that rarely sleeps, where digital screens are our constant companions, finding a moment of true peace and presence can seem like an impossible dream. The incessant notifications, the lure of social media, and the relentless flow of information all contribute to a state of perpetual distraction. This digital dilemma has profound implications for our well-being, leading to heightened stress, anxiety, and decreased productivity.

But, there is a remedy—a powerful antidote that can transform the way we navigate this digital age. It's called mindfulness, a practice rooted in the simple act of being fully present in the moment, without judgment. In this article, we will explore the profound impact of mindfulness in our digitally-driven world, from alleviating the stress and anxiety induced by our screens to enhancing our emotional regulation and cognitive performance.

The Digital Dilemma: How our constant connection to screens can lead to stress, anxiety, and reduced productivity.

Our incessant connection to screens in the digital age has ushered in a range of unintended consequences. Firstly, it can lead to stress. The constant stream of notifications, emails, and social media updates keeps our minds in a state of perpetual alertness, triggering the release of stress hormones. This continuous exposure to stressors can, over time, contribute to chronic stress and its associated health issues.

Anxiety is another byproduct of our screencentric lives. Constantly checking and responding to messages, worrying about the next email, or fretting about the number of likes and comments on a social media post can foster a sense of anxiety. Fear of missing out (FOMO) is a common manifestation of this anxiety.

Moreover, the paradox of our digital age is that while we are more connected than ever, our productivity can suffer. Multitasking, a common response to digital distractions, can reduce our ability to concentrate and complete tasks efficiently. The continuous stream of information can lead to cognitive overload, making it challenging to focus on important work.

Benefits of Mindfulness: Explore the scientifically proven benefits of mindfulness, including stress reduction, increased emotional regulation, and better cognitive performance.

Mindfulness, as a counterbalance to the digital dilemma, brings a multitude of benefits. Scientific research has repeatedly shown that mindfulness practices can significantly reduce stress. Engaging in activities like meditation, deep breathing exercises, or simply focusing on the present moment can trigger the body's relaxation response, reducing the production of stress hormones.

Mindfulness also enhances emotional regulation. By learning to observe thoughts and emotions without judgments, individuals can develop a greater capacity to manage their reactions to challenging situations. This can lead to more balanced emotional responses, improved relationships, and a greater sense of well-being.

Furthermore, mindfulness can significantly improve cognitive performance. Regular practice has been linked to enhanced attention, memory, and problem-solving skills. It encourages a more focused and clear-minded approach to tasks, ultimately leading to better productivity.

Practical Tips: Practical tips for incorporating mindfulness into daily life, such as meditation, mindful breathing exercises, and digital detox strategies.

Incorporating mindfulness into daily life can be a transformative process. Meditation is a fundamental practice. It involves finding a quiet space, sitting comfortably, and directing your attention to your breath, bodily sensations, or a specific object. Even a few minutes of meditation daily can yield significant benefits.

Mindful breathing exercises are another practical technique. These exercises can be done anywhere, at any time, and they are particularly useful in moments of stress or anxiety. They involve taking slow, deliberate breaths, focusing your attention on the sensation of breathing.

To combat the digital overload, consider digital detox strategies. This entails setting specific

times or days when you intentionally disconnect from screens. It might involve turning off notifications, designating tech-free zones, or dedicating time to engage with the physical world, be it through a nature walk or simply enjoying a book without distractions.

Incorporating these practical tips into your daily routine can help you experience the remarkable benefits of mindfulness, reducing stress, improving emotional regulation, and enhancing cognitive performance in our digital age.

So, In our ever-connected, digital world, the practice of mindfulness emerges as a lifeline. By addressing the digital dilemma and its consequences—stress, anxiety, and reduced productivity—mindfulness offers a path to serenity, emotional balance, and enhanced cognitive abilities. By weaving practical mindfulness techniques into daily life, we can harness the power to navigate our digital age with intention and grace. Remember, it's not about escaping the digital world but about embracing it mindfully, finding balance in a frenetic digital age.

Dr. Purrvi Patel

Consulting Homoeopath, Nutritionist, Certified Mindfulness Coach for Teens and Adults, Author, Trustee at Rutuja Organization working for women's health (www.rutuja.org), Advisor at IPRU Life Insurance Company Contact: 9967713034 Website: https://pep.live/purrvi

VISION:

TO HELP PEOPLE TO LIVE THEIR LIFE TO THE FULLEST BY GIVING THEM COMPLETE CURE AT THEIR MENTAL, PHYSICAL AND EMOTIONAL LEVEL

ADVENTURE AWAITS



Our Services



Hotel Booking

Flight Booking

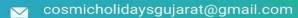


Holiday Planning

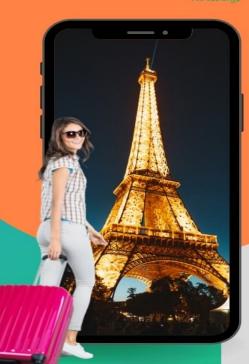
Cruise Trips







121, Bhanu Hills, Koparli Road, Opp R.K. Desai College, Vapi - 396191. Valsad. Gujarat





Dharmesh Shah

MEETI INDUSTRIES

A-22, Jai Bonanza Ind. Estate, Ashok Chakravrti Road, Kandivali (E), Mumbai - 400101.

> Call: 9769142255 meetiinds@gmail.com

MULTIPLE INTELLIGENCES: TYPES - PART 2

KOMAL SHAH

ypes of Multiple Intelligences:

1. Verbal-Linguistic intelligence:

- Ability to use words and language well, both when writing and speaking.
- Capable of learning new languages and understanding how to use language to meet current needs.
- Have highly developed auditory skills (sensitivity to the sounds, meanings and rhythms of words)
- Elegant speakers (Well-developed verbal skills)
- Think in words rather than pictures.
- · Remember written and spoken information
- Enjoy reading and write well too
- Debate or give persuasive speeches
- Are able to explain things well
- Use humour when telling stories

Example: Analysing facts and preparing a speech to deliver to an audience.

Potential Career Choices

- Writer/journalist
- Lawyer
- Teacher

2. Logical-Mathematical intelligence:

- Ability to use reason, logic and numbers.
- · Think conceptually and abstractly
- Capacity to discern logical and numerical patterns, making connections between pieces of information.
- Always curious about the world around them
 ask lots of questions
- Good at reasoning, logically analyzing problems and solving abstract problems.
- Think conceptually about numbers, relationships, and patterns
- Have excellent problem-solving skills
- Enjoy thinking about abstract ideas
- Like conducting experiments
- Very good at mathematical operations. Can solve complex computations

Example: Using mathematical concepts to solve a real-life mortgage scenario.

Potential Career Choices

- Scientist
- Mathematician
- Computer programmer
- Engineer
- Accountant

3. Spatial-Visual intelligence:

 Ability to perceive the visual. Very good visual and spatial judgement.

- Capacity to think in images and pictures, to visualize accurately and abstractly.
- Create vivid mental images to retain information.
- Enjoy looking at maps, charts, pictures, videos, and movies.
- Interpret pictures, graphs, and charts well
- Good with directions
- Read and write for enjoyment
- Are good at putting puzzles together
- Enjoy drawing, painting, and the visual arts
- Recognize patterns easily
- Use visual aids to arrive at a solution.

Example: Using an imaging tool to design a new logo

Potential Career Choices

- Architect
- Artist
- Engineer

4. Bodily-kinesthetic intelligence:

- Ability to control body movements and handle objects skillfully.
- Express themselves through movement.
- Good sense of balance and excellent handeye co-ordination and dexterity. (E.g. ball play, balancing beams).
- Remember and process information, by interacting with the environment around them (Remember by doing, rather than hearing or seeing)
- Good at body movement, performing actions, and physical control.
- Capable of using the entire body and engaging in movement to skillfully address a challenge.
- Are skilled at dancing and sports
- Enjoy creating things with their hands. Very good motor control.
- Excellent physical coordination

Example: Doing complex dance movements easily and with grace

Potential Career Choices

- Craftsperson
- Dancer
- BuilderSurgeon
- Sculptor
- Actor

5. Musical intelligences:

- Ability to produce and appreciate music / sound
- Have a rich understanding of musical structure, rhythm, and notes
- Able to analyze pitch, rhythm and timber
- Good at musical composition and

- performance
- Think in sounds, rhythms and patterns.
- Immediately respond to music, either appreciating or criticizing what they hear.
- Many are extremely sensitive to environmental sounds (e.g. fans, bells, dripping taps).
- Enjoy singing and playing musical instruments
- Recognize musical patterns and tones easily
- · Remember songs and melodies

Example: Writing / composing a song on a topic, instantaneously.

Potential Career Choices

- Musician
- Composer
- Singer
- Music teacher
- Conductor

6. Interpersonal intelligence:

- Good at understanding and interacting with other people.
- Communicate well verbally (spoken words)
- Are skilled at nonverbal (e.g. eye contact, body language) communication
- See from other people's point of view, to understand how they think and feel.
- Have an uncanny ability to sense feelings, intentions, desires and motivations.
- Skilled at assessing the emotions, motivations, desires, and intentions of those around them, and responding appropriately.
- Resolve conflicts, maintain peace in group settings and encourage co-operation.
- Use both verbal and non-verbal language to open communication channels.
- See situations from different perspectives
- Create positive relationships with others
- Great organizers, although they sometimes resort to manipulation.

Example: Preparing sales pitch with product discovery questions, for a stubborn client.

Potential Career Choices

- Psychologist
- Philosopher
- Counselor
- SalespersonPolitician

7. Intrapersonal:

- Capacity to be in tune with inner feelings, values, beliefs and thinking processes.
- Have excellent self-awareness
- Aware of their own emotional states, feelings, and motivations
- Analyze and understand their strengths and weaknesses well

Konnect • Kommunicate • Konduct Business

KCBF KONNECT - PAGE 9

- Enjoy analyzing theories and ideas, to understand the basis for their own motivations and feelings
- Able to fully understand oneself and effectively regulate one's own life and emotions
- Good at self-reflection and being aware of one's inner state of being.
- Assess and understand their inner feelings, dreams, relationships with others (Introspection)

Example: Reflecting on their career goals and steps to take to meet them.

Potential Career Choices

- Philosopher
- Writer
- Theorist
- Scientist

8. Naturalist intelligence:

- Abie to recognize and classify plants, animals and other environmental species in ones' surrounding.
- In tune with nature and interested in nurturing, exploring the environment, and learning about other species.
- Hghly aware of even subtle changes to their environments.
- Are interested in subjects such as botany,

- biology, and zoology
- Categorize and catalog information easily
- Enjoy camping, gardening, hiking, and exploring the outdoors
- Dislikes learning unfamiliar topics that have no connection to nature
- Good at finding patterns and relationships to nature

Example: Labelling different plants using their scientific name during a trip.

Potential Career Choices

- Biologist
- Conservationist
- Gardener
- Farmer

9. Existential intelligence:

- Sensitivity and capacity to tackle deep questions about human existence such as, "What is the meaning of life? Why do we die? How did we get here?"
- Being able to ask deep and critical questions about the broader human experience.
- Ability to delve into deeper questions about life and existence.
- Contemplate the "big" questions about topics such as the meaning of life and how actions can serve larger goals.
- Have ability to see the big picture

- Have a long-term outlook
- Able to consider how current actions, influence future outcomes
- Interest in questions about the meaning of life and death
- · Strong interest and concern for others
- The ability to see situations from an outside perspective

Example: Asking questions like "why are we here? What is the purpose of life?

Potential Career Choices

- Philosopher
- Theologian
- Alternative Healer
- Spiritual Seeker

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.

+91 9920 302 402



Innovative Solutions To Your Laboratory Requirements

PLC based Control System

Stand-By **Humidity** & Cooling

> Highest List Of Alarms

ICDAS 21 CFR part 11 Software

Touch Screen Display

Mobile Alerts

Audit Support

Documentation





WE MANUFACTURE

Cooling

Humidity Chambers

Reach-Ins Walk-Ins

Chambers

Reach-Ins Walk-Ins

Incubators

Reach-Ins Walk-Ins

Ovens

Deep Freezers Ultra-Low Temp Freezers

Photo-Stability Freeze-Thaw Chamber













NEWTRONIC LIFECARE EQUIPMENT PVT. LTD.



Corporate Address: Kanakia Wall Street, A-Wing 612, 6th Floor, Chakala, Andheri-Kurla Road, Near Chakala Metro Station, Andheri (E), Mumbai-400 093, India

> Manufacturing Unit: Plot No- 1205 & 1206, G.I.D.C. Industrial Estate, Umbergaon - 396171, Dist- Valsad, Gujarat.

Contact No.: 022 6853 4600 / +91 82918 21223 Email Id: enquiry@newtronic.in www.newtronic.in

UNDERSTANDING NIRVAN SHATKAM

KRUPA SHAH

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'. Now we are decoding the remaining 4th, 5th and 6th shloka of Nirvana shatakam.

न पुण्यं न पापं न सौख्यं न दुखम् न मन्त्रो न तीर्थं न वेद न यज्ञहः अहं भोजनं नैव भोज्यं न भोक्त चिदानन्द रूपः शिवोहम! शिवोहम्!

अर्थ: मैं न गुण हूं, न पाप, न सुख, न दुख, मुझे किसी मंत्र, किसी तीर्थ, किसी शास्त्र या अनुष्ठान की आवश्यकता नहीं है, मैं अनुभव नहीं हूँ, अनुभव की वस्तु नहीं हूँ, अनुभव करने वाला भी नहीं हूँ, मैं चेतना और आनंद का स्वरूप हूं, मैं शिव हूं (वह जो नहीं है)...

Meaning: I am not virtue nor vice, not pleasure or pain,

I need no mantras, no pilgrimage, no scriptures or rituals,

I am not the experience, not the object of experience, not even the one who experiences, I am the form of consciousness and bliss, I am Shiva (that which is not)....

અર્થ: હું ગુણ કે દુર્ગુણ નથી, આનંદ કે દુઃખ નથી, મારે કોઇ મંત્રોની, કોઇ તીર્થયાત્રાની, કોઇ શાસ્ત્રોની કે ધાર્મિક વિધિઓની જરુર નથી,

હું અનુભવ નથી, અનુભવનો પદાર્થ નથી, અનુભવ કરનાર પણ નથી,

હું યેતના અને આનંદનું સ્વરુપ છું, હું શિવ છું (જે નથી)....

न में मृत्यु शंका न में जाति भेदः पिता नैव में नैवा माता न जन्म न बन्धुर न मित्रं गुरुर नैव शिष्यः चिदानन्द रूपः शिवोहम ! शिवोहम !

अर्थ: मैं न मृत्यु और उसके भय से बंधा हूँ, न जाति या पंथ से

मेरा न तो कोई पिता है, न माता, न मेरा जन्म, मैं न सगा हूँ, न मित्र हूँ, न गुरु हूँ, न विद्यार्थी हूँ, मैं चैतन्य और आनंदस्वरूप हूँ, शिव हूँ (वह जो नहीं है)...

Meaning: I am not bound by death and its fear, not by caste or creed,

I have no father, nor mother, or even birth, I am not a relative, nor a friend, nor a teacher nor a student, I am the form of consciousness and bliss, am Shiva (that which is not)...

અર્થ: હું મૃત્યુ અને તેના ભયથી બંધાયેલો નથી, જાતિ કે સંપ્રદાયથી નથી.

મારે કોઈ પિતા નથી, માતા નથી, અથવા જન્મ પણ નશી

હું કોઈ સંબંધી કે મિત્ર નથી, શિક્ષક કે વિદ્યાર્થી નથી, હું યેતના અને આનંદનું સ્વરુપ છું, હું શિવ છું (જે નથી)... अहं निर्विकल्पो निरकाररूपः विभूत व्याच्य सर्वत्र सर्वेन्द्रियनाम न च संगतं नैव मुक्तिर न मेया चिदानन्द रूपः शिवोहम ! शिवोहम् !

अर्थ: मैं द्वैत से रहित हूं, मेरा स्वरूप निराकार है। मैं सर्वव्यापी हूं, मैं हर जगह मौजूद हूं, सभी इंद्रियों में व्याप्त हं.

मैं न आसक्त हूं, न स्वतंत्र हूं, न सीमित हूं, मैं चैतन्य और आनंद स्वरूप हूं, मैं शिव हूं (वह जो नहीं है)...

Meaning: I am devoid of duality, my form is formlessness,

I am omnipresent, I exist everywhere, pervading all senses,

I am neither attached, neither free nor limited, I am the form of consciousness and bliss, I am Shiva (that which is not)...

અર્થ: હું દ્વૈત રહિત છું, મારું સ્વરુપ નિરાકાર છે, હું સર્વવ્યાપી છું, હું સર્વત્ર અસ્તિત્વમાં છું, બધી ઇન્દ્રિયોમાં વ્યાપી છું,

હું ન તો જોડાયેલ છું, ન તો મુક્ત કે મર્યાદિત નથી, હું ચેતના અને આનંદનું સ્વરુપ છું, હું શિવ છું (જે નથી)...

This Nirvan Shatakam or Atma shatakam is dedicated to self-realisation. It is also dedicated to anyone who has mistakenly identified himself with his body and not aware of the conscious that is Shiva. According to Adishankar Acharya, shiva is our consciousness whose nature is Sat-Chit-Anand (Existence, Consciousness, bliss absolute). This verse is his introduction to his Guru, his complete identification with Brahma / Shiva / Consciousness.

The verse goes in the format of Neti-Neti (not this-not this) as in Advait Vedant Philosophy. Shiva in this verse doesn't signify that personal God covered in ashes sitting at Kailash, but Shiva means consciousness/Purusha/Sat-Chit-Anand in this verse and Shivoham means 'I am Shiva' in pure consciousness.

Each and every living being in this universe is a manifestation of pure consciousness or eternal formless Shiva. Whether you realise this non-duality with 'direct experience' or you stay lost in this dream called 'life', this is the only truth. So, this Nirvan Shatakam dedicated to every human being and clearly defines what a human is in reality and everything that he is not. Adi Shankaracharya was an 8th century Indian Vedic scholar and teacher (Acharya). His works present a harmonizing reading of Shastras with the liberating knowledge of self at its core.



He propagated Advait Vedanta (non-dualistic philosophy). He also unified Bharat by spreading his Vedic teachings across the length and breadth of bharatvarsh. He established 4 Mathas in the 4-cardinal direction of Bharata for spreading his teachings. These Mathas has played an essential role in keeping Hindu dharma intact. The 4 mathas are as follows:

Jyotirmath: It is located in Joshimath in Uttarakhand's Chamoli district. This peeth is associated with Atharva Veda. This matha is the northern peeth and headquarters of the Giri, Parvat, and Sagar sects of the Dasnami sects. Giri, Parvat, and Sagar are used as the titles/suffixes by the peethadipatis.

Shrigeri math: This peeth is a southern peeth licated in Karnataka's Chikkamagalur district on the banks of the river Tunga. This peeth has authority over Yajurveda. Aham Brahmasmi (I am Brahma) is the Mahavakya of the Shringeri math. Saraswati, puri, Bharti, aranya, tirtha, giri and Ashrama are the titles/suffixes of the peethadipatis.

Govardhan Math: It is established in Odisha's puri. It is the eastern peeth and has authority over Rigveda. The regions from Bihar, Jharkhand and Chhattisgarh to Rajahmundry in Andhra Pradesh and Odisha, west Bengal, Assam, north eastern states, Telangana & up to Prayag. Mathadhipatis of this mathas uses suffix, Aranya.

Dwarka Math: This peeth is a western peeth which is known as Dwarka Shardha peeth, also known as Kalika math. This math has authority over Samaveda.

These are four math Shankaracharya established to protect our Hindu religion. This is the story of adi Shankaracharya and its nirvanshatakam. I like it very much as many time I read and think, really I get the answer from this shlokas.

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 Diwali,dev Diwali,with light & sweets. Bye!!!!

Jay Shree Krishna, Happy Diwali

SUBHAMASTU KRUPA SHAH







The Name You Can Trust, Save Money, Live Better!

Why is insurance needed?

- · For a better tomorrow
- · Security for loved ones
- Child's Future Needs / Education /Marriage
- Holding your head high in preparation for retirement
- Security against housing and business loans

Services for all insurance needs including-

- · Premium collections
- · Nomination changes for policies
- Name and address change
- · Maturity claims
- · Death claims
- Arrangement of loans on existing policies and many more....

26/A, Khetwadi 3rd Lane, 2nd Floor, Opp. Tara Bhuvan Bldg., Mumbai - 4. Tel.: 2309 4350 • Mob.: 9820999056 Email : premal0209@yahoo.com







PAPER POUCHES

Paper Pouches- Food Grade



MONOCARTON BOXES

Pharma Mithai Cosmetic



PAPER BAGS

Shopping Paper Bags Luxury Paper Bags



PAPER ENVELOPES

Paper Courier Bag Envelopes

ADDRESS:

EMINENCE PAPER SOLUTIONS

C/152, Ghatkopar Industrial Estate, L.B.S. Marg, Behind R-City Mall, Ghatkopar West, Mumbai - 400 086. DIAL US : PAARTH SHAH +91-9920003042 / +91-7021056225

GLIMPSES OF KCBF's 5th TRADE FAIR

KCBF ADMIN TEAM



Why Khadayata Ratna?

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 Khadayatas who have contributed substantially own community people who can act as the "Role Model" for current as well as future generation/s.

into Districts like Sabarkantha, Aravalli etc. Within

this further classification into different

it's NOBEL PRIZE – in all different categories. Bharat Ratna, Padma Bhushan, Padma Vibhushan at National level. Similarly, there are different awards in Vivekanand, Swami Chinmayanand in spirituality etc.

ups of such prominent Khadayatas for coverage in

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 Email: info@khadayatabusinessnetwork.com • WhatsApp: 9820999056 | 9821138471 | 9820395856

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.

Admin Committee



Mr Premal Parikh



Mr Sandeep Shah



Dr CA Chaitanya S Shah



CA Narendra Shah



Dr Rajendra L Bhalavat



Mr Akshay Vani



CA Jigar Shah



CS Vaibhavi Shah



Dr Jignesh Bhalavat



Mr Rajiv Patwa





Ms Purvi Bhalavat



Mr Hardik Nadivana



Mr Nainesh Shah



Ms Pratibha Shah



Ms Lata Shah



Ms Monica Shah



Ms Hemmali Nadiyana Committee Member



Ms Hiral Shah





