



# KONNECT

THE TIMES OF KHADAYATA

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## THE COINAGE OF INDIA

SANDEEP SHAH

**C**oinage in India began anywhere between early 1st millennium BCE to the 6th century BCE. It consisted mainly of copper and silver coins in its initial stage. The coins of this period were Karshapanas or Pana.

*Ancient India: Coins featured motifs from Greek, Mesopotamian, Zoroastrian, and Indian mythology.*

*Medieval India: Coins were issued by various dynasties like the Delhi Sultanate, Khilji Dynasty, Tughlaq Dynasty, and Vijayanagara Empire.*

*A variety of earliest Indian coins, however, unlike those circulated in*

*West Asia, were stamped bars of metal, suggesting that the innovation of stamped currency was added to a pre-existing form of token currency which had already been present in the Janapadas and Mahajanapada kingdoms of the Early historic India.*

*The kingdoms that minted their own coins included Gandhara, Kuntala, Kuru, Magadha, Panchala, Shakya, Surasena, Surashtra and Vidarbha etc.*

*The tradition of Indian coinage in the 2nd millennium evolved with Indo Islamic rule in India & the British Raj in the 19th century. Sher Shah Suri, born Farid Khan, was the founder of*

*the Suri Empire in India, with its capital in Sasaram in Bihar. Sher Shah Suri issued the first Rupiya from 'Tanka' and organized the postal system of the Indian Subcontinent. He is called the father of Indian coinages.*

*The first-ever gold coins in India were issued by the Kushana dynasty. The first important ruler of the Kushana dynasty was 'Kujula Kadphises' or Kadphises I.*

**Sandeep V Shah**

**MA : Numismatics and Archaeology**

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# SETTING INTENTIONS FOR A FULFILLING 2024

DR. PURRVI PATEL

**A**s we welcome the first light of 2024, a new chapter unfolds, inviting us to craft our story anew. In the words of Rumi, 'Don't be satisfied with stories, how things have gone with others. Unfold your own myth.' The canvas of this year is blank, and our intentions shall be the vibrant strokes that paint a narrative of purpose and fulfilment.

In the quiet moments leading up to the new year, allow yourself the grace of introspection. What chapters of your life deserve celebration, and where might the seeds of growth be planted? As we bid farewell to yesterday's challenges, let them become the stepping stones that propel us towards the aspirations of tomorrow.

The calendar resets, presenting us with 365 blank pages. How will you fill these pages? With spontaneity, purpose, adventure, or growth? Our intentions are the ink with which we write on this canvas, and the narrative we choose shapes the legacy we leave behind in the mosaic of time.

Intentions are not mere resolutions; they are the profound declarations that guide our thoughts, actions, and ultimately, the course of our lives. Let our intentions be the compass directing us towards a year of purpose and fulfilment.

The transformative power of intentionality lies in our ability to envision a life beyond the ordinary, where each day unfolds as a testament to our conscious choices.

Let's navigate the path ahead with purpose and clarity. Each step is a deliberate move toward a more fulfilling and meaningful existence. So, let's begin:

### Reflect on the Past Year:

Amidst the echoes of the past, we find whispers of resilience and lessons learned. Maya Angelou's wisdom reminds us, 'We may encounter many defeats, but we must not be defeated.' Let our reflections be a compass, guiding our intentions towards growth and unwavering determination in 2024.

### Define Core Values:

In the spirit of Mahatma Gandhi's timeless insight, 'Your beliefs become your destiny,' let us illuminate our path with the brilliance of our core values. As we set intentions, may they be rooted in authenticity, shaping a destiny that mirrors the true essence of our being.

### Visualise Your Ideal Life:

In the tapestry of our aspirations, let us weave vivid images of the life we desire. To quote Walt Disney, 'If you can dream it, you can do it.' May our visualisations be the catalysts for the actions that shape the vibrant tapestry of our ideal 2024.

### Set SMART Goals:

Transforming aspirations into achievements requires a roadmap. As we embark on this journey, let the spirit of smart goal-setting guide us. Like a constellation of stars, each goal shall illuminate the path, making our journey in 2024 both intentional and fulfilling.

### Incorporate Mindful Practices:

In the hustle of life, let intentional habits become the building blocks of our aspirations. With echoes of Aristotle's wisdom, 'We are what we repeatedly do. Excellence, then, is not an act, but a habit.' May our daily practices shape a life of excellence and purpose in 2024.

### Share Your Intentions:

In the spirit of shared journeys, consider expressing your intentions. As the African proverb goes, 'If you want to go fast, go alone. If you want to go far, go together.' Let our shared intentions be a source of collective strength and support in the year ahead.

### Adaptability and Flexibility:

Acknowledging the dynamic nature of life, let us echo the sentiments of Bruce Lee, 'Empty your mind, be formless, shapeless — like water.' In embracing adaptability, we ensure that our intentions remain resilient, flowing around obstacles, and carving a path to our aspirations.

### Regularly Evaluate and Adjust:

In the rhythm of the year, take pauses for reflection and recalibration. To quote Confucius, 'It does not matter how slowly you go as long as you do not stop.' Regular evaluations allow us to celebrate progress and adjust our sails, staying true to our intentions.

### Cultivate a Positive Mindset:

As we encounter the highs and lows, let optimism be our constant companion. With the enduring words of Helen Keller, 'Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.' A positive mindset fuels resilience, turning challenges into stepping stones in the grand narrative of our 2024.

### Conclusion:

In the symphony of time, as we craft our intentions for 2024, let us resonate with the timeless words of Thoreau: 'Go confidently in the direction of your dreams. Live the life you have imagined.' With each intention, we etch our story, creating a masterpiece of purpose, authenticity, and fulfilment in the unwritten pages of the year ahead.

### Happy New Year

**May God Bless You With Abundant Health and Wealth.**

### 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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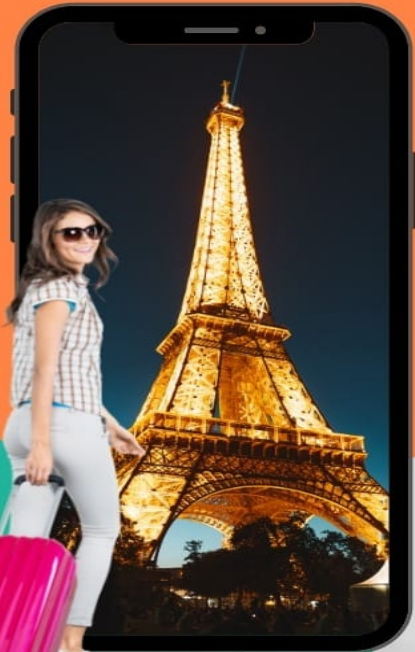
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# SELF LOVE AND BOUNDARIES

KOMAL SHAH

**S**elf-Love?! A raised eyebrow and scepticism is how some react to it, some think it's a hype, and others ask, What's that? It's often misunderstood as selfishness or self-obsession or vanity, though there is a very fine-line difference between them and self-love.

## Love

Let's first understand, "what is love?" Yes, most of us know the feeling of being loved by our parents and family - from a very young age. As we grow up, we all have different ideas of what love is, based on our family's way of expressing their bonding to us. When I ask this question in my session on Self-Love, most times there is complete and confused silence, for at least the first few seconds. Some haven't ever given it a thought, till this question is asked.

Some responses are: caring, prioritising, understanding, accepting, giving respect, providing for their needs, giving priority and attention. They are all true - there are many ways to express love.

Love is defined as an "intense feeling of deep affection for someone" (applies to living or non-living entities) and "a great interest and pleasure in something" (applies to actions).

Fundamentally, Love (for another entity) is unconditional Acceptance of them, as they are. And **Self-Love is acceptance of self - complete and unconditional!**

## Self-Love

When we are on the path of self-love, we are able to accept ourselves completely and unconditionally, as we are now - in the present. As time passes, we will learn and accept more and more of ourselves, as it gets revealed!

This includes the physical, mental and emotional aspects of who we are.

This means, for example:

- Accepting the nose or smile or other physical features of our body,
- Accepting the way our intellect and brain works - creativity, imagination, intuition, etc.

- Accepting the anger, excitement, joy, disappointment, sadness and other emotions that we feel during various experiences of life

Self-Love is gradual awareness, which leads to change - we keep improving as we continue on the journey... though, to start with - we need to accept ourselves as we are - the good, the bad, the ugly!

There are many aspects of self-love and one of the corner-stones, I believe, is setting boundaries.

## Boundaries

What is a boundary, one may ask. Well, the border at which one aspect ends and another starts is a boundary.

## Every aspect in the physical world has a boundary.

Example:

- A property has a boundary. There may not be a (boundary) wall, though it ends somewhere and something else starts.
- The banks of the river are its boundaries.
- The skin is the physical boundary for a human body's boundary, in the physical sense and our energy field (aura) is our boundary at the energy level.

Do you notice, when someone comes very close to us, even if they don't touch us, we can sense their presence. This is because they are in our energy space - within our boundary. So, when someone comes too close to us for comfort, we move away or request them to move away, to maintain a comfortable distance. This is setting a boundary - a physical distance boundary.

Boundaries can be contextual too.

Example: Usually we keep a certain distance with our friends / acquaintances, though on their birthday or engagement or promotion, etc., we might choose to shake hands or give a sideways or formal body hug to them. So, in everyday routine life, we might have certain

physical boundaries, which can be lax on relevant occasions, provided we are comfortable.

The keyword being comfortable - boundaries are important because they make us feel safe. And keeping ourselves safe is our responsibility and part of showing ourselves love (self-love).

## Setting Boundaries

Boundaries are set either knowingly or unknowingly; implicitly or explicitly - with behaviour, actions and reactions / responses.

Remember, What one person may be comfortable or used to, someone else might not be and vice-versa. So, it's very dependent on each individual and their needs to feel safe and comfortable.

There is no fixed way of what and how boundaries should be - it varies from person to person, and from context-to-context.

Boundaries make you feel safe and well-treated. They help you keep your peace of mind and harmony with others.

For every aspect of your life - emotional, personal, work, language, family, parents, friends, partner, children, etc., you need to set boundaries.

For **setting boundaries** consciously, it is very important to

1. First, be **clear** of what your boundaries are, for each aspect - Decide what is acceptable and comfortable for you (and what is not)
2. Then **practise** setting them - identify and implement the boundary (inform, if relevant)
3. Lastly, **communicate** clearly, calmly, and firmly, when they are breached.

## Emotional Boundaries

Emotional boundaries are where many of us are lacking in. This could have a strong base in our childhood experiences, its resulting beliefs and coping mechanisms.

*In the context of self-love, it could be how we allow ourselves to be treated.*

*Setting emotional boundaries could mean:*

- *Standing up for ourselves and our needs - communicating, instead of expecting or being silently disappointed*
- *Speaking up and expressing our emotions amicably, when we feel ignored, invalidated, judged, disrespected, etc.*
- *Learning to say a "No" to other people's needs and demands - avoiding people-pleasing*
- *Seeking help when someone's actions are consistently manipulative and / or causing emotional trauma, etc.*

*Emotions are nothing but a feedback system - they allow us to know how we feel!*

*Pay attention to your emotions, identify them, be with them, express / regulate them, let them pass (when unhelpful / unpleasant) and hold onto the memories (when happy / pleasant).*

*Avoid ignoring or suppressing them, they will just get expressed at an inappropriate time and in an inappropriate way. Suppressed emotions, usually manifest as physical or mental ailments! Dis-ease only means - the energy system is not at ease.*

### **Respecting Boundaries**

*Ofcourse, just like we would like others to respect our boundaries and not breach them, we need to make sure we do the same for others in life.*

*Knowing other people's boundaries, helps us understand how they would want to be treated - to feel safe and comfortable with us.*

*Note: Pl. be aware that when you will try to set boundaries, in existing relationships, there might be resistance and challenges. People who have so long benefitted from your boundary-less, excessively giving nature (even at the cost of your own needs and health), might call you out as selfish. Others will certainly notice and bring to attention that you have changed.*

*May I humbly suggest that you take all of this positively and as a step in the right direction - in the direction of self-love!*

*Keep giving priority to yourself, such that your needs and your responsibilities are balanced. Those who really care for you, will gradually come to accept this new, happy and "at peace" you! They will support you and be proud of your transformation - from caterpillar to butterfly.*

*Anything can be achieved, when we are willing, receptive and persistent to Practise for it!*

*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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## INFLATION AND 2024 ELECTIONS

YOGESH SHAH

**W**hat do you think, prices will come down after 2024 elections? Will there be acche din ever? Ram rajya will come?

*Have you ever noticed there's price rise after every election? Why? Why is there organised attempts by Industrialists to push up their profit margin after elections? Do you think there is increase in a prices of raw material? Do you think there is increase in a taxes? Of course not.*

*Government will never dare to impose additional taxes in election years. Then why is the price rise? We know that if there is price increase in one industry, there will be a increase of price in other industry also. Price rise raise the profit which has its own effect on the working of the economy. All industries are almost interlinked. So such cost push*

*inflation may be initiated by one particular sector or one particular industry soon spread to other sectors of economy. This is because output of one industry forms the input of other industry. As the prices of one industry increase, it results in rising production cost of other industry. Ultimately general price level rises and therefore there will be demand for increase in wages and salaries. Unions may demand increase in salaries and wages. In organised sector there are powerful trade unions. They have a control in the labour market. Such unions with the threat of strike put their own terms to the employers and push up the wages. Here there's no equivalent increase in productivity. But the production cost has increased. On the other hand workers are also helpless. Due to prevailing inflation, their both ends are not meeting. So whom to blame? Go back to the first industrial sector that has increased the*

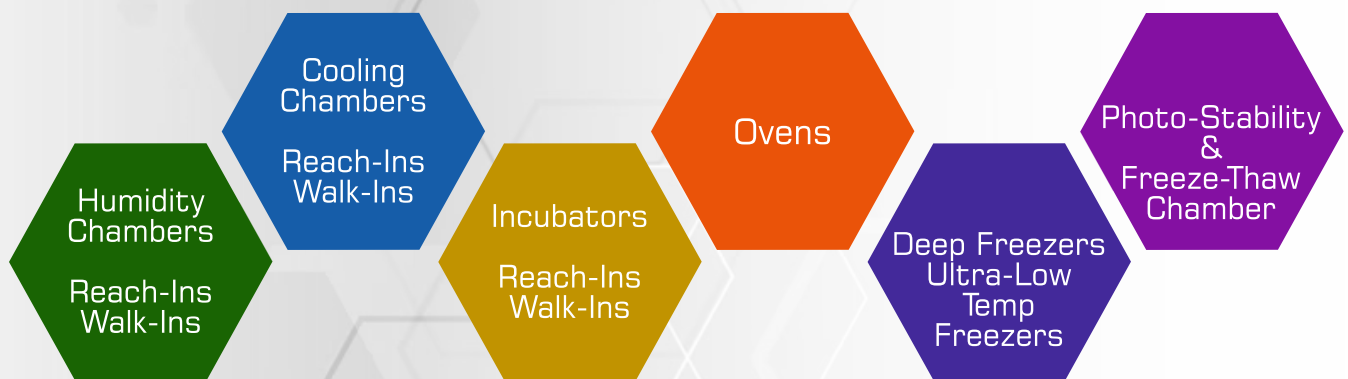
*prices of the products without any additional increase in raw material cost or increase in labour cost. That was just to recover bumper donations given to political parties in election years. Its open secret that such monies are not in white. Political parties are themselves responsible for parallel economy. Then why government is boasting that it is controlling black money? Readers, this is world phenomenon. This is vicious circle. Think in this circle with no end, where is common man?!*



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# FRIZZY HAIR

DR BIJAL SHAH

If there is a hair problem people prefer to consult a salon or a beautician. Doctors too do not mind that as a major lot of the problems are self created. With the inventions of Hair colour and chemical treatments there is a lot of damage to the hair. This kind of damage is difficult to repair with medicines alone!!

Today I am going to talk about hair problems that are not a result of chemical abuse!. So let's talk about what healthy hair is!

## Types of Hair

Genetics play some part in determining the kind of hair a person has. There are many different types of hair, including straight, curly, wavy, and coily.

Curly hair is generally more difficult to maintain. But good hair care and a healthy diet helps in minimising the problems.

## SIGNS OF HEALTHY HAIR

In practice I have seen that most people coming for treatment for some other disease also complain that they have hair fall. Now it is important to know that it is normal to lose 50 to 100 hair per day.

Another thing to remember is that during any acute illness like fever etc it is normal to have increased hair fall which recovers on its own.

What are the signs of healthy hair?

Luster - shine, shiny and silky hair generally indicate healthy hair. They detangle easily. More manageable.

## NUTRIENTS OF HAIR

Just like other parts of the body, hair grows better when a balanced diet is taken.

- 30- 40 % of protein is recommended as it is the ingredient responsible for repair of any wear and tear. Hair strands are made up of protein. If the diet lacks protein then growth can be retarded giving luster-less and frizzy hair.
- Iron- Low level of iron is very common in menstruating women and it may be one of the main cause for dry and brittle hair
- Calcium- calcium deficiency can lead to dry and frizzy hair
- Vitamin D- Vitamin is important for absorption of calcium.
- Zinc
- Vitamin B7- also named as biotin helps in

normal coating of the hair strand. Many hair products that claim to encourage healthier, stronger hair contain biotin. Biotin deficiency can lead to hair loss, which indicates that the vitamin is involved in keeping the hair healthy. But biotin is abundant in an ample amount in regular food so it is very rare to have biotin deficiency.

## CAUSATIVE FACTORS FOR DRY AND FRIZZY HAIR

- There is a genetic condition known as uncombable hair syndrome. In this condition as the name suggests hair is difficult to comb. It is characterised by dry, frizzy and wiry hair. It is rather rare.
- Deficiency in any of the above mentioned nutrients for hair.
- Medical conditions like thyroid disorder, bowel disorders leading to poor absorption of nutrients, long standing chronic ailments, cancers etc.
- Dry and dusty environment makes the hair go dry.
- Damage due to sun: people who need to be in the sun for many hours tend to have damage to hair due to harsh sun rays.
- Chemical usage: excess of hair colouring and styling is one of the major factors for dry frizzy hair in today's time. This also includes blow drying.
- Inappropriate shampoos or excess amounts of shampoos tend to damage the hair. Harsh shampoos tend to take away the moisture from hair.

## MEASURES TO REPAIR FRIZZY HAIR

- Diet advice
  1. Include enough protein in your diet. Eggs, milk, curd etc are good sources of protein.
  2. Self medication and loading yourself with vitamins is not a solution. If there is deficiency then of course they need to be replenished.
  3. Choosing a healthy diet goes a long way. One fruit a day helps in vitamin c supply.
  4. Dry fruits like almond, walnut, cashews have Vitamin E, Biotin, calcium , phosphorus. It is a good idea to start your day with 3-4 pieces of nuts either direct or soaked in water.
  5. Curd is rich in probiotic bacteria. Apart from other nutritional benefits of milk it

helps in promoting gut health which is vital for good absorption of all the nutrients for the body.

6. Green leafy vegetables are rich in calcium, vitamin B etc. It is a good idea to include that in your diet. Mind you , blanch them before consumption as parasite eggs can be present in those leaves.
- How often to wash your hair? This completely depends on the type of your hair. Averagely 1- 2 times a week is sufficient. When the hair is FRIZZY they are generally dry. Too much shampooing can damage the hair further.
- For dry and Frizzy hair it is better to use mild shampoo. If the problem is more, then it may be a good idea to use additional conditioner.
- Applying warm oil on the head with head massage is helpful. Massage helps in opening the pores.
- Traditional use of curd, aloe vera, methi etc all are measures to improve moisture in the hair strand. They of course help. Unfortunate part is unless and until the internal problem is taken care of, their value is limited.
- It is a bad idea to Blow dry your hair . Head bath with hot water also. Both the things damage the hair due to excess heat. It takes away the moisture from the hair leaving them frizzy.
- As I said earlier , people rely on beauticians for hair problems. It is completely ok but if the problem is long term it is a good idea to take medical advice to have a lasting effect. Homoeopathy offers a good solution for frizzy hair.

DR. BIJAL SHAH

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## CALCIUM TABLETS BENEFITS

DR. ROMIL MEHTA

**C**alcium is a key nutrient that helps nerves, muscles, and blood vessels function properly. It is also important for maintaining strong bones and teeth.

Generally, calcium supplements cause few side effects. However, they can sometimes cause gas and constipation. If you experience these side effects, try taking a different type of supplement.

### Calcium tablets benefits

Calcium is one of the most abundant minerals in the body. It is stored mostly in the bones and teeth, giving them strength and hardness. It also helps nerves carry messages between the brain and every cell in the body, and it helps blood vessels move blood throughout the body. It is also necessary for the release of hormones that affect nearly every organ in the body.

It is recommended that adults consume between 1,000 and 2,000 milligrams (mg) of calcium per day from both food and supplements. However, some people may not be able to tolerate calcium supplements due to side effects such as gas and constipation.

Choosing the right type of calcium is important because not all forms are absorbed equally well. Calcium carbonate must be taken with meals because it needs stomach acid to be absorbed, while calcium citrate can be taken with or without food and is better for people with achlorhydria (low stomach acid), inflammatory bowel disease, or absorption disorders.

It is also important to read the label on the supplement to find out how much elemental calcium is in each dose. Some brands of calcium supplements have high amounts of calcium per dose, while others have less. A randomized double-blind placebo-controlled trial from the Women's Health Initiative gave 36,282 postmenopausal women either 500 mg of elemental calcium and 200 IU of vitamin D or a placebo daily for about seven

years. The calcium-dose group had a lower incidence of colorectal cancer.

### Calcium supplements benefits

Calcium supplements can benefit those who may not be getting enough of this essential nutrient in their diet. Millions of women, for example, take calcium pills to prevent osteoporosis, a condition that causes bone loss and increases the risk of fractures.

Calcium is also beneficial for patients with rheumatic conditions such as gout or rheumatoid arthritis.

When selecting a calcium supplement, look for a brand that offers high quality ingredients. Choose one that does not contain added sugar, artificial sweeteners, preservatives, or other unnecessary additives. The best calcium supplements also contain vitamin D, which helps the body absorb calcium more effectively. In addition, you should avoid taking calcium in combination with supplements that contain iron or zinc, tetracycline antibiotics, levothyroxine (used to treat hypothyroidism), or antacids, which can interfere with the absorption of this nutrient.

Some studies have shown that calcium supplements reduce fractures, especially in postmenopausal women. However, some researchers have found that these supplements can also lead to serious gastrointestinal problems and increase the risk of colon cancer. The risks of these adverse effects outweigh the benefits of the supplements in terms of bone protection. For example, the number of hospital admissions for gastrointestinal events is greater than the number of fractures prevented in calcium-treated groups.

### Calcium benefits to the body

Calcium is best known for its role in promoting bone health, but it also plays an important part in the blood, bones, muscles, and nerves. It is an essential nutrient that is found naturally in foods such as dairy products, dark green leafy vegetables,

legumes, and fortified foods.

A small ionized pool of calcium in the blood and extracellular fluid mediates a variety of important physiological functions, including normal heart rhythms, muscle contraction, and the secretion of certain hormones. It is also a key mineral for the formation of teeth and bones.

Although many people get the recommended amount of calcium from their diet, some may need to take supplements to achieve this goal. Most people should not take more than the upper limit of 2,500 mg daily from dietary and supplement sources. High intakes can increase the risk of some conditions, such as kidney stones and excess heart calcification.

Long-term use of calcium supplements can also increase the risk of colon cancer in some people. In addition, taking calcium supplements with certain medicines can cause an excess of calcium in the body (hypercalcemia). These include lithium (Eskalith, Lithobid), diuretics such as furosemide (Lasix), and the fluoroquinolone antibiotics ciprofloxacin (Cipro), gemifloxacin (Factive), and moxifloxacin (Avelox). It is important to talk to your doctor before taking any dietary supplements.

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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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**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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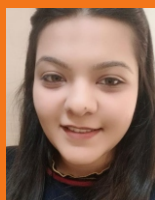
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