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# BURPING / ERUCTATIONS

DR BIJAL SHAH

**K**hatti dakar, gas, acidity... bad-hazmi... After a big party it is a shame if you don't have it! It means you have not enjoyed your food enough. This is one of the commonest problem faced by people. But somehow some people face it much more than others. The way a person feels stomach symptoms also varies to a great extent. So today let us understand this in a little more details.

## BURPING

When air trapped in upper part of intestine escapes through mouth, it is known as BURPING. It is also called BELCHING.

## CAUSES

Let us understand what causes the BELCHING. In vast majority of cases burping is not pathological. Under normal circumstance stomach has some air. Once you have a meal the stomach starts the process of digestion by churning the food. This in this process when the stomach contracts, excess air comes out giving out a BURP. It is very common to have one or 2 burps after a meal.

There are people who do not have burps on the regular scale. But when one overeats chances of them burping increases.

There are various reasons for the stomach to have air.

A lot of people have a tendency to swallow air while talking.

Poorly fitted dentures sometimes lead to excess air gulping down to stomach while eating.

If you eat or drink too fast, there are chances you will swallow a lot of air.

Chewing gum and a licking a hard candy also are responsible for swallowing air.

Cigarettes generates smoke in the mouth. So while sucking a puff you tend to ingest a lot of air.

Aerated drinks as the name suggest has air (carbon dioxide). So naturally when you consume it stomach is filled with that air.

Now there are some reasons where the stomach valve connected to the oesophagus remains open due to some pathologies. This leads to free entry for air to pass into the stomach.

Gastro-esophageal reflux. Commonly we refer it as acidity.

There is some infection that affects the upper end of stomach. Commonest bacteria responsible for it is *Helicobacter pylori*.

Any infection of stomach or even intestine as a whole can also produce a similar effect giving rise to BELCHING.

Some chronic problems related to small and

large intestine affect the stomach indirectly and this produce symptoms.

Chronic constipation. In this case since the food remains in the intestinal tract for a longer period of time, it begins to ferment giving out gases. These gases come out from anus(farting) or from stomach giving rise to burping.

There are some food substances that require longer time to get digested like meat, pulses etc. They tend to ferment in the gut and produce gas.

Pathology like gall stones can present in many ways. One of the ways is feeling bloating of abdomen and burping.

Irritable bowel disease is something where a person may have too much gassy feeling along with other symptoms like multiple motions at a time etc.

Some people can not digest milk. Lactic acid in the milk produces a lot of gas giving rise to gassy feeling, burping along with bowel issues. At old age if the burping or indigestion occur people tend to ignore it blaming it to old age and weakened digestion. It may be true but sometimes it maybe a warning sign for a deeper pathology. I have seen patients taking some or the other home remedies for a long time before going to a doctor when they get detected having cancer. I do not intend to scare people but as a thumb rule you must remember the if a problem is persistent then atleast go to your doctor and take his advise. It is better to be safe than sorry.

## TREATMENT

Since the symptoms is really common, most people learn to deal with it in some ways. It is also important to know when to see your doctor.

### 1. SELF CARE

a. A lot of home remedies are known and a lot of off the counter medicines are also known to people. If they are taken occasionally then it is ok but I need to warn that especially allopathic medicines like antacids if taken too often, in turn reduce absorption of the food which is harmful to body in long term.

b. It is better to discipline your life rather than depend on medicines. Simple changes in lifestyle help you go a long way. For example if you have a habit of keeping your mouth open; it means you are gulping too much air. Learn to keep your mouth closed while not in use.

c. If you have erratic time of eating, you may not be able to change that due to your profession but you can definitely choose to eat bland food if the meal had been delayed. That way you will not need a cold drink to reduce your heartburn as well.

d. Constipation is a topic by itself so I shall not elaborate on it right now but you can correct

that as well with lifestyle changes.

e. If your burp is smelly then it is due fermentation of food within the body. So either you are eating too much or you are eating some diet that is not getting digested in your body. You may avoid the food that makes you gassy.

## 2. HOMEOPATHIC TREATMENT

Since this is the most common illness a human being faces treatment for the same is available in every system of medicine.

Homeopathy helps in all kinds of cases starting from simple indigestion due to overeating to long term chronic problems.

Medicines like *Lycopodium*, *china*, carbon veg, *nux vomica* etc give excellent results for simple indigestion.

Chronic problems definitely need to be thoroughly examined and investigated. It is important not to miss a deeper pathology.

Homeopathy works well even in grave cases like gall stones, Irritable bowel syndrome etc.

People run to oncologist once they hear of the word cancer but homeopathic treatment for the same is much safer as well is cheaper.

I have also treated patients who choose to take chemo, radio anyway but then they are struggling with their side effects.

In geriatric group of people (old age) indigestion is common. Homeopathy helps them as well.

The good part is although they may take longer due to weak immunity, their problems can be cured. They do not need to keep taking the medicines lifelong.

Lactose intolerance requires more vigilant treatment. I have seen in extreme cases the patient begins to tolerate moderate amount of milk products with homeopathy

## DR. BIJAL SHAH

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## RIMA PARIKH

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## NAVIGATING THE SUMMER HEAT

DR. PURRVI PATEL

**A**s the summer sun blazes overhead, finding respite from the heat becomes paramount. Whether you're embarking on a journey, engaging in outdoor play, or seeking refuge at home, here are essential tips to help you beat the summer heat and stay cool and comfortable throughout the season.

### Traveling Tips to Beat the Summer Heat:

- 1. Strategic Timing:** Plan your travels during the cooler hours of the day, such as early morning or late evening, to avoid the peak heat. This allows for more enjoyable sightseeing and exploration without the discomfort of extreme temperatures.
- 2. Cool Clothing Choices:** Opt for lightweight, breathable clothing made from natural fabrics like cotton or linen to stay cool while on the move. Light-coloured attire reflects sunlight, helping to keep you cooler under the sun's glare.
- 3. Hydration is Key:** Stay hydrated by carrying a refillable water bottle and drinking plenty of fluids throughout your journey. Be mindful of staying hydrated, especially in hot climates, to prevent dehydration and heat-related illnesses.
- 4. Seek Shade:** Whenever possible, seek shade under trees, umbrellas, or shelters to escape the direct heat of the sun. Plan visits to attractions with shaded areas or indoor exhibits to stay cool while sightseeing.
- 5. Sun Protection:** Protect your skin from harmful UV rays by applying sunscreen with a high SPF before heading outdoors. Wear a wide-brimmed hat, sunglasses, and lightweight, long-sleeved clothing to shield yourself from the sun's rays.

### Outdoor Play Tips to Beat the Summer Heat:

- 1. Stay Hydrated:** Encourage children to drink plenty of water before and during outdoor play to

stay hydrated and prevent heat-related issues. Consider providing electrolyte-rich drinks for extended play sessions.

- 2. Choose Optimal Playtimes:** Schedule outdoor play sessions during the cooler parts of the day, such as early morning or late afternoon. Avoid peak heat hours to minimize the risk of heat exhaustion or sunburn.
- 3. Create Shaded Areas:** Set up shade structures like umbrellas or pop-up tents in the backyard to provide relief from the sun's intense heat during playtime. Ensure that children have access to shaded areas where they can cool down and rest as needed.
- 4. Incorporate Water Play:** Introduce water play activities like sprinklers, water balloons, or kiddie pools to keep children cool and entertained outdoors. Supervise water activities closely to ensure safety at all times.
- 5. Offer Cooling Accessories:** Equip children with handheld fans, misting bottles, or cooling towels to help them stay comfortable during outdoor play. Encourage frequent breaks in shaded areas to prevent overheating.

### At-Home Cooling Tips for Summer Comfort:

- 1. Maximize Airflow:** Open windows on opposite sides of your home to create cross-ventilation and promote airflow. Use portable fans or air circulators to enhance air circulation and cool indoor spaces effectively.
- 2. Block Out Sunlight:** Close curtains or blinds during the hottest parts of the day to block out direct sunlight and reduce heat gain indoors. Consider installing reflective window films or awnings for added sun protection.
- 3. Stay Hydrated:** Keep a pitcher of cold water or herbal iced tea in the refrigerator for easy access

to refreshing beverages throughout the day.

Encourage family members to stay hydrated by drinking water regularly.

- 4. Create Cooling Zones:** Set up cooling stations with chilled towels, ice packs, and handheld fans in various rooms of the house to provide instant relief from the heat. Consider using portable air conditioners or evaporative coolers for targeted cooling in specific areas.
- 5. Optimize Ceiling Fans:** Adjust ceiling fans to rotate counterclockwise in the summer to create a cooling breeze. Use fans in conjunction with air conditioning to circulate cool air more efficiently and reduce energy consumption.

By incorporating these travel tips, outdoor play strategies, and at-home cooling techniques into your summer routine, you can beat the heat and enjoy a comfortable and refreshing season indoors and outdoors alike. Stay cool, stay hydrated, and stay safe during the summer months ahead!

### 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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## FIRST COIN

SANDEEP SHAH



**T**he First Coin of the Republic and the last issued by Venâncio Macedo Alves. The first coin issued under the government of the Republic that was sent to India. It was a 1

Rupia coin from 1912. This issue was authorized by ministerial decree of the Navy and Colonies on November 25, 1910. It was planned to issue 300,000 rupees to be put into circulation in tranches of 50,000. This issue followed the standard established in 1880, that is, the coins would be in silver (916 2/3 thousandths), 30 millimeters in diameter, 11.664 grams in weight. In the same decree, it was defined that on the obverse it would be a representation of the “

Effigy da República with a Phrygian cap “ surrounded by the legend “Republica Portuguesa “ with the year and on the reverse the legend “Portuguese India / Uma Rupia” in the center of the field surrounded by oak branches (symbol of strength, firmness and resistance) and laurel (symbol of victory and glory).

### Sandeep Vadilal Shah

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# UNDERSTANDING SHRI RAM RAKSHA STOTRA - III

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. With the ignite of flame of patriotism and Hinduism, let us talk about the remaining part of 'Ram Raksha Stotra'.

As mentioned earlier, Sri Ram Raksha Stotra is most powerful and protective shield which had its origins in the Sanskrit language and is one of the most popular Hindu devotional prayers that is address to Lord Shri Ramchandra.

संनद्धः कवची खड्गी चापबाणधरो युवा ।  
गच्छन् मू नोरथोऽस्माकं रामः पातु सलक्ष्मणः ॥२१॥

**Translation in English:**

Sanadha Kavachee Gadgi Chapa Bana Dharo Yuva,  
Gachan Manoradhosmakam Rama Pathu Sa  
Lakshmana ॥21॥

**Meaning in English:**

Ever prepared and armed with sword, shield and bows and arrows and followed by Lakshman, Rama is like our cherished thoughts come to life, may he (along with Lakshmana) protect us.

रामो दाशरथिः शूरो लक्ष्मणानुचरो बली ।  
काकुत्स्थः पुरुषः पूर्णः कौसल्येयो रघुत्तमः ॥२२॥

**Translation in English:**

Ramo Dasaradhi Shooro Lakshmanucharo Balee,  
Kakustha Purusha Poorna Kousalyayo Raghothama  
॥22॥

**Meaning in English:**

Rama, the scion of Raghu and the son of Dasaratha and Kausalya, and ever, accompanied by Lakshmana, is all powerful and is the perfect man (Lord).

वेदान्तवेद्यो यज्ञेशः पुराणपुरुषोत्तमः ।  
जानकीवल्लभः श्रीमानप्रमेय पराक्रमः ॥२३॥

**Translation in English:**

Vedantha Vedhyo Yagnesa Purana Purushothama,  
Janaki Vallabha Sreeman Aprameya Parakrama ॥23॥

**Meaning in English:**

Rama, who is perceived through Vedaanta, the lord of all yagya, is ancient and the best man who is beloved of Janaki and whose bravery is unmeasurable.

इत्येतानि जपेन्नि त्वं भक्तः श्रद्धयान्वितः ।  
अश्वमेधायुतं पुण्यं संप्राप्नोति न संशयः ॥२४॥

**Translation in English:**

Ithyethani Japenithyam madbhaktha  
Shradhayanvitha,  
Aswamedhadhikam Punyam Samprapnothi Na  
Sanshaya ॥24॥

**Meaning in English:**

My devotee (says Lord Shiva), who recites these (names of Rama) with faith, will attain more religious merit than one obtainable by horse-sacrifice. There is no doubt about it.

रामं दर्वादलश्यामं पदं माक्षं पीतवाससम् ।  
स्तुवन्ति नामभिर्दिव्यैर्न ते संसारिणो नरः ॥२५॥

**Translation in English:**

Ramam Doorvadala Shyamam Padmaksham Peetha  
Vasasam,  
Sthuvanthi Namabhir Divyai Na They Samsarino Nara  
॥25॥

**Meaning in English:**

Those who sing the praise of Rama (who is lotus-eyed, dark-complexioned and dressed in yellow clothes) through this hymn, are (no longer) ordinary men trapped in the world (they get liberated!)

रामं लक्ष्मणं पूर्वजं रघुवं रं सीतापतिसिंदु रम् ।  
काकुत्स्थं करुणार्णवं गुणानि धिनि प्रप्रियं धर्मि कम्  
राजेन्द्रं सत्यसंधं दशरथनयं श्यामलं शान्तमर्तुम् ।  
वन्दे लोकभि रामं रघुकुलति लकं राघवं रावणारिम् ॥२६॥

**Translation in English:**

Ramam Lakshmana Poorvajam Raghuvaram  
Seethapathim Sundaram,  
Kakustham Karunarnavam Guna Nidhim Vipra Priyam  
Dharmikam  
Rajendram Sathya Sandham Dasaratha  
Thanayamshyamalamasanthamoorthim,  
Vande Lokabhiramam, Raghukula thilakamRaghavam  
Ravanarim ॥26॥

**Meaning in English:**

I salute that Rama who is handsome, the elder brother of Lakshmana, the husband of Sita and the best of the scions of the Raghu race, Him who is the ocean of compassion, the stockpile of virtues, the beloved of the Brahmins and the protector of Dharma, Him who is the practitioner of the Truth, the lord emperor of kings, the son of Dasharatha, dark-complexioned and the personification of Peace and tranquillity, Him who is the enemy of Ravana, the crown jewel of the Raghu dynasty and the cynosure of all eyes.

रामाय रामभद्राय रामचंद्राय वेधसे ।  
रघुनाथाय नाथाय सीतायाः पतयेनमः ॥२७॥

**Translation in English:**

Ramaya Ramabhadraya Ramachandraya Vedhase,  
Raghu Nadhaya Nadhaya Seethaya Pathae Namaha  
॥27॥

**Meaning in English:**

I salute that Rama who is benevolent and cool as moon, and who is the lord of Sita and the master guardian of all.

श्रीराम राम रघुनन्दन राम राम ।  
श्रीराम राम भरताग्रज राम राम ।  
श्रीराम राम रणकर्कश राम राम ।  
श्रीराम राम शरणंभव राम राम ॥२८॥

**Translation in English:**

Sri Rama Rama Raghu Nandana Rama Rama,

Sri Rama Rama Bharathagraja Rama Rama,  
Sri Rama Rama Rana Karkasa Rama Rama Rama,  
Sri Ramachandra Saranam Bhava Rama Rama ॥28॥

**Meaning in English:**

I surrender to that Rama who is the delight of the Raghus, elder brother of Bharata and the tormentor of his enemies in the war.

श्रीरामचन्द्रचरणौ मनसा स्मरामि ।  
श्रीरामचन्द्रचरणौ वचसा गृणामि ।  
श्रीरामचन्द्रचरणौ शिरसा नमामि ।  
श्रीरामचन्द्रचरणौ शरणं प्रपद्ये ॥२९॥

**Translation in English:**

Sri Ramachandra Charanou Manasa Smarami,  
Sri Ramachandra Charanou Vachasa Grunami,  
Sri Ramachandra Charanou Sirasa Namami,  
Sri Ramachandra Charanou Saranam Prapadhye  
॥29॥

**Meaning in English:**

The two feet of Rama, I remember them in my mind, I praise them by my speech, I bow to them by my head I take resort in them

माता रामो मयि ता रामचन्द्रः ।  
स्वामी रामो मत्सखा रामचन्द्रः ।  
सर्वस्वमेरामचन्द्रो दयालुः ।  
नान्यजानेनैव जानेन जाने ॥३०॥

**Translation in English:**

Matha Ramo, Math Pitha Ramachandra,  
Swami Ramo, Math Sakha Ramachandra,  
Sarvaswam May Ramachandro Dayalu,  
Na Anyam Naiva Jane Na Jane ॥30॥

**Meaning in English:**

Rama is (like) my mother, father, master and friend, indeed the kind-hearted Rama is all I have . I know no other (like him), (I really) don't.

दक्षिणेलक्ष्मणो यस्य वामेतुजनकात्मजा ।  
परु तो मारुति र्यस्य तं वन्दे रघुनु ंदनम् ॥३१॥

**Translation in English:**

Dakshine Lakshmano, Yasye Vame Cha Janakathmaja,  
Puratho Maruthir Yasya Tham Vande  
Raghunandanam ॥31॥

**Meaning in English:**

I salute that Rama who has Lakshmana on his right and Sita on the left and who has Hanuman in his front.

लोकाभि रामं रनरङ्गं गन्धिरं राजीवनेत्रं रघुवंशनाथम् ।  
कारुण्यरूपं करुणाकरं तं श्रीरामचन्द्रं शरणं प्रपद्ये ॥३२॥

**Translation in English:**

Lokabhiramam Rana Ranga Dheeram Rajheeva  
Nethram Raghuvasa Nadham,  
Karunya Roopamkarunakaram Tham Sri  
Ramachandram Saranam Prapadhye ॥32॥

**Meaning in English:**

I take refuge in that Rama who is quite pleasing to the sight, the master of the stage of war, lotus-eyed, lord of the Raghu race and compassion- personified.

मनोजवं मारुततल्यवेगं जि तन्दि यं बद्धि मतां वरि ष्ठम् ।  
वातात्मजवानरयूथमुख्यं श्रीरामदूतं शरणं प्रपद्ये ॥३३॥

**Translation in English:**

Mano Javam, Maruda Thulya Vegam, Jithendriyam  
Buddhi Matham Varishtam,  
Vatha Atmajam Vanara Yudha Mukhyam, Sree Rama  
Dootham Sharnam Prapadhe ॥33॥



**Meaning in English:**  
I take refuge in the lord Hanuman who is as fast as the mind, equals his father, the wind-God, in speed, is the master of the senses, the foremost amongst the learned, the leader of the Monkey forces and the great messenger of Shri Rama.

कू जन्तं रामरामेति मधरुं मधरुक्षरम्।  
आरुह्य कवि ताशाखां वन्दे वाल्मीकिं कोकि लम्॥३४॥  
**Translation in English:**  
Koojantham Rama Ramethi Maduram  
Madsuraksharam,  
Aaroohya Kavitha Shakhaam Vande Valmiki  
Kikokilam ॥34॥

**Meaning in English:**  
I salute the great sage Valmiki who sings the glorious name of Rama resorting to his Ramayana as sweetly as a cuckoo will sing sitting atop a tree.

आपदामपहर्ता रं दातारं सर्वसंपदाम्।  
लोकाभि रामं श्रीरामं भयौ भयौ नमाम्यहम्॥३५॥  
**Translation in English:**  
Apadam Apa Hantharam Datharam Dana Sarva  
Sampadam,  
Lokabhiramam Sriramam Bhooyo Bhooyo  
Namamyaham ॥35॥

**Meaning in English:**  
I bow again and again to Rama who removes all obstacles and grants all wealth and pleases all.

भर्जनं भवबीजानामर्जनं सखु संपदाम्।  
तर्जनं यमदत्तानां रामरामेति गर्जनम्॥३६॥  
**Translation in English:**  
Bharjanam Bhava Bheejanamarjanam  
Sukhasampadam,  
Tharjanam Yama Dhoothanam Rama Ramethi

Garjanam ॥36॥  
**Meaning in English:**  
The roar of the Ramanama is the destruction of the cause of rebirth (hence cause of liberation), the earning of all wealth and a scare to Yama's messengers.

रामो राजमणिः सदा वि जयतेरामंरमेशंभजे।  
रामेणाभि हता नि शाचरचमूरामाय तस्मैनमः ।  
रामान्नास्ति परायणं परतरं रामस्य दासोऽस्यहम्।  
रामेचि तलयः सदा भवतुमेभो राम मामुद्धर ॥३७॥

**Translation in English:**  
Ramo Rajamani Sada Vijayathe Ramam Ramesam  
Bhaje,  
Ramenabhihatha Nisachara Chamoo Ramaya  
Thasmai Namaha,  
Ramannasthi Parayanam Paratharam Ramasya  
Dasosmyaham,  
Rame Chitha Laya Sada Bhavthu May Bho Rama  
Mamudhara ॥37॥

**Meaning in English:**  
Rama, the jewel among the kings, Him I worship, by Him the hordes demons have been destroyed, to him is said my prayer, beyond Him there is nothing to be worshipped, His servant I am, my mind is totally absorbed in Him, O Ram, please lift me up. This verse gives all the seven declensions of the singular word Rama and gives one way of remembering them!

राम रामेति रामेति रमेरामेमनोरमे।  
सहस्रनाम तत्तुल्यंरामनाम वरानने॥३८॥  
**Translation in English:**  
Sri Rama Rama Ramethi Reme Rame Manorame,  
Sahasra Nama Thathulyam Rama Nama Varanane

॥38॥  
**Meaning in English:**  
O fair-faced Parvati ! I enjoy saying Rama Rama. Uttering but once the name 'Rama' is equal to the uttering of any other 'name' of God, a thousand times.

इति श्रीबधु कौशि कवि रचि तं श्रीरामरक्षास्तोत्रं संपूर्णम्॥  
**Translation in English:**  
Ithi Budha Koushika Virachitham Rama Raksha  
Stotram Sampornam ॥  
**Meaning in English:**  
Sri Budha Koushika composed Sri Rama Raksha  
Stotram is complete here.

॥ श्री सीतारामचंद्रार्पणमस्तु॥  
**Translation in English:**  
॥ Sri Sitaramchandrarpnamasthu ॥  
**Meaning in English:**  
This composition is devoted to holy feet of Sri Rama and sita.

With this we are doing samapan of this holy stotram. But this is only for rama avatar of vishnu, many avatars had taken by vishnu to purify the atmosphere of earth and protect the world from negative energy, people and protect our ancient inheritance. So now we're going to recite vishnu shahastra nam stritra to know more about our vishnu bhagavan whose work is always nourishing and protecting earth and all living organisms.

So guys see u soon in our next session with our vishnu shahastrnam.

Shubhamastu

# CHILD AND CHORES

MEGHA SHAH

**A** Mother is always engrossed and entangled with numerous household activities from morning to evening. She is always under pressure and takes complete accountability to meet all the ends to ensure that all routine of all the family members is maintained perfectly.

Well, there is ample support sometimes available from them - but have we ever wondered that there is one member who is the most energetic to support her, but is seldom given the responsibility due to the age.

Yes, it's the most lovable member- the 2-3 year old child. He stays with the mother the whole day, keeps watching her doing the work, wants to be with her and help her out. So he tries to repeat the activities in the same way she does.

A child goes in the washroom to clean the tub, make rotis, open the drawers in the kitchen, wash clothes or put the clothes in the washing machine, and so on ...

But the mother, due to the fear of the child getting hurt, does not allow the child to do it. So, guess what- the child tries to do it when she is not around and when unable to handle the work, makes a mess out of it and this adds to the pile of work of the mother.

So what's the way out? Is there a way to let the child participate and harness his ability at the same time? Sure, there is. Let the child be a part of the mother's routine and give him child-size material to do the same work or the work where the risk is low. There are many benefits of a child doing the simple household chores. Here are the ways to allow

the child to do the below-mentioned household chores and their benefits for kids.

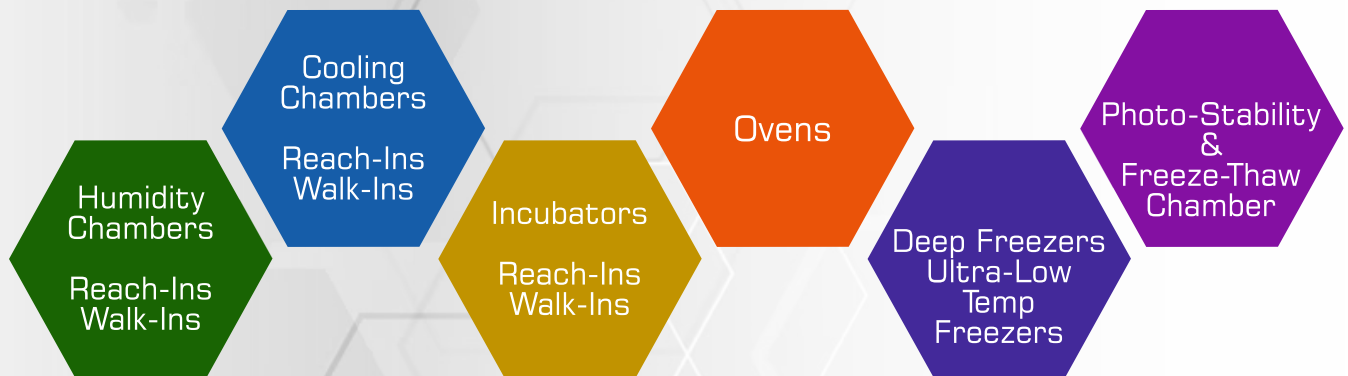
**DUSTING THE FURNITURE-** when the child is holding a cloth it helps the child to have a grip on the cloth and when they move their dominant hand up and down for wiping the furniture, it uses muscular energy and the gross motor skills are developed.

**INSTRUCTIONS FOR DUSTING**  
The child can be given a small size of cloth which can be held in his/her hand. They should be shown the movement from top to bottom and from left to right. This is also the way the child is going to write in the alphabet. Movement should be in the same pattern each time the child does the dusting work which will help them to understand the direction.  
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# ECONOMY OF FREE BUS RIDE

YOGESH SHAH



A country's state of economy depends on its productivity. Increase in productivity depends on increase in productive workers. Higher the number of productive workers, higher the income. Higher the income, higher will be spending and investment. This ultimately increases GDP of a country. So when non-working people starts working, it ensures growth in GDP.

## # Benefits of Free BUS Rides:

The Delhi government introduced a scheme offering free bus rides (giving free pink tickets) to women in the city from November 2019. Delhi government reimburses bus operators for these pink tickets. Within 20 days of the scheme launch, 44% of bus travellers were women. In 2021, women made up majority in DTC buses. Kejriwal is not foolish. He increased working population of Delhi, family income increased, their purchasing power gradually started increasing. Taking example of Delhi, Punjab and Tamilnadu also introduced free bus ride scheme for women in public transport buses also. Response was encouraging. In Tamilnadu, women traveller increased from 40 to 61 percentage.

## # Economic Decision:

This policy decision has shown results. Decrease in travelling cost saves money. Monthly budget is positively affected. Even a marginal increase in working women population, increases the GDP of a country. Increase in government income can help to [www.khadayatabusinesnetwork.com](http://www.khadayatabusinesnetwork.com)

float and introduce more people-friendly schemes like free electricity up to a certain basic units. That also increases working hours as bill burden is reduced. Increase in men-hours ultimately increases production and income. More the income, more spending power. And investment gradually increases. This leads to more demand and more production to satisfy the demand. Kejriwal is an IAS officer. He knows the economics very well. By making people happy with free electricity and free bus ride for women, he is actually targetting increase in working population. That ultimately increases government income. This is what he means when he says that our government can afford to give freebies. (None of the central ministers and members of houses offered to discontinue their benefits of travel, telephone, food etc etc.)

## # Care Economy:

According to Government data, just about 15% of Indian women work in salaried jobs, that is having stable income. Even a marginal increase in this percentage can positively affect GDP. Labour economists have long analysed this problem and recommended to the central government. But Delhi government introduced it. If more women will be able to work, their participation in household income increases, ultimately bringing happiness to home. This is called development of "Care Economy". Free bus rides have increased the willingness to travel and work away from home. Bangladesh does much more better

than India on women's participation in GDP because it has very large Apparel sector that typically employ women.

## # Scope:

The scope for addressing this problem is tremendous. The 2011 census showed that only 24.6% of working women used transportation. 30.2% of women were going to work on foot, others preferred jobs near home to take care of children and to avoid extra expenditure. So increasing women's participation in the labour force increases GDP growth.

But economists warn against social problems and requirement of safe travels too. This is because reducing commuting cost alone may not be enough for women to increase working hours, if safety is not ensured. Social fabric of family is also important to maintain. Responsibility of family needs to be shared by both men and women members of the family. Free commuting increases the wider search for jobs, more intensive search and readiness to work at longer distance. However likelihood of finding jobs and reducing unemployment depends on other factors also. But once the barriers are removed, society gradually adjusts and accepts new norms. (like nuclear family and children working in other cities States etc.)

## # Conclusion:

Free bus rides and free electricity are not non-sense schemes. Kejriwal is not foolish. Free bus rides for women travellers gradually increases their income and bargaining power at home, at workplace, better utilisation of their skills and talents. Sharing of family burden and double income brings happiness at home. Policy of setting up "Care Economy" by government ultimately takes care of government revenue itself.





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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

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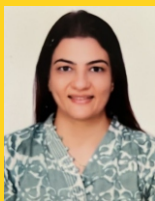
**Note:** We, at KCBF, have decided to publish profile of each life members and hence requested them to share details about their Business / Professional / Service etc including family in their own words (150/175). We also thought to introduce a renowned Khadayata under “Khadayata Ratna” - A person of 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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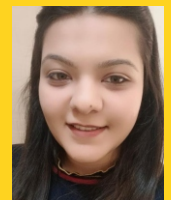
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