



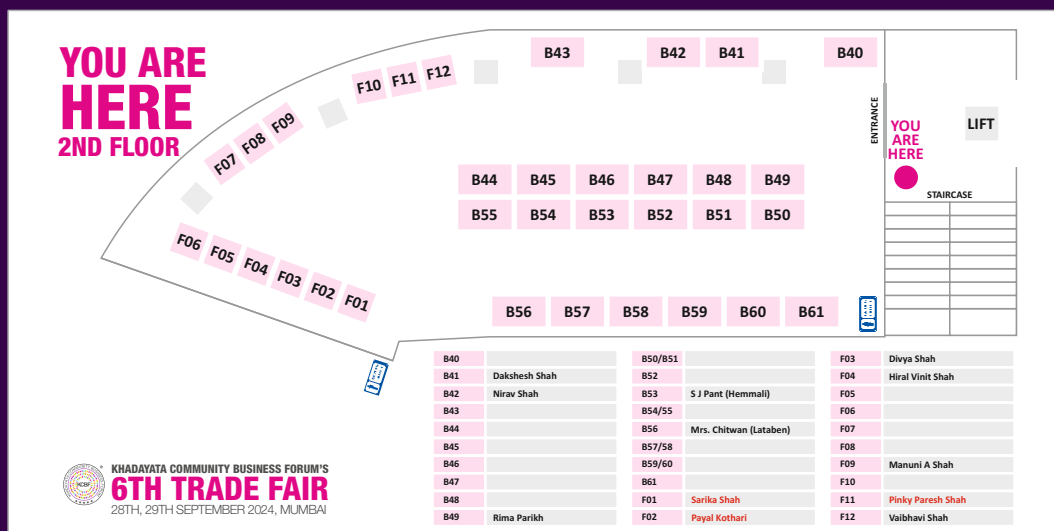
THE TIMES OF KHADAYATA

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BREATHLESSNESS ON EXERTION

DR BIJAL SHAH

DYSPNEA means difficulty in breathing. It is a subjective feeling where a person may feel

Difficulty in breathing; Discomfort while breathing; Feeling that you are not getting enough air. This is also known as Shortness of breath. (SOB). SOB can occur at various different times. SOB that particularly happens during increased levels of activity like exercise or walking or climbing stairs etc. When this happens it is known as DYSPPNEA ON EXERTION (DOE). Some patients tend to describe similar things but on inquiring I see that they are actually describing nose block and they need to keep their mouth open while walking which is uncomfortable for them.

THUS SHORTNESS OF BREATH THAT HAPPENS DURING PHYSICAL ACTIVITY AND IMPROVES WHEN TAKEN REST IS KNOWN AS DYSPPNEA ON EXERTION. (DOE). It may be the primary manifestation of respiratory, cardiac, neuromuscular, psychogenic, or systemic illnesses, or a combination of these.

SYMPTOMS EXPERIENCED BY THE PATIENT

Patients tend to experience one or several of the symptoms described below.

Commonly people relate DOE only to cardiac problems and if it happens to youth, they tend to ignore it blaming it to lack of stamina and/or obesity. At different ages DOE relates to different diseases. So lack of physical stamina and obesity should be blamed after ruling out other causes.

Shortness of breath after exertion; laboured breathing; Tightness in the chest; Rapid, shallow breathing; Feelings of being smothered or suffocated; Heart palpitations- increased heart beats; wheezing-whistling sound from chest or throat; coughing; Feeling of tiredness or weakness; Giddiness; Redness of face; Nausea; Excessive perspiration; Patients may have Edema on feet, face or both

CAUSATIVE FACTORS

Under following disease conditions a person may experience DOE.

ANAEMIA: This is very common in females. When girls hit puberty they go through a lot of physical and mental changes. It may be overwhelming. They are entering their adulthood and it is quite normal to feel 'I am not good'. Sometimes menses flow maybe heavier than normal. They may start feeling more tired, DOE etc but very often it goes unnoticed in the name of poor stamina or just a weak kid. Simple iron tablets can help in changing the personality drastically. Anaemia can be related to genetic disorders. There are many types but thalassemia, sickle cell anaemia are common ones. If the person has the minor variety of the same then the symptoms are less intense. So if the child or the young adult gets DOE it may go unnoticed. Post pregnancy anaemia is well known yet I routinely see working women ignoring their health due to an over busy lifestyle.

Sometimes a poor diet may be to blame for anaemia. I see a lot of Jains suffering especially if they are on too much fasting mode. Lots of working people with junk food as a part of their daily routine also are the culprits. Lack of haemoglobin in blood seems to be such a simple disease. According to WHO reports 1 in 3 women

between 15 -49 and 37% of pregnant women suffer from anaemia. If anaemia is long standing women tend to get used to the symptoms.

VITAMIN DEFICIENCY: Severe deficiency of vitmine B leads to certain chain reactions and can lead to congestive heart disease. This is a major cause of DOE. Simple replacement of vitamins help in reversing the process.

NOSE BLOCK: Some patients tend to describe breathlessness but on inquiring I see that they are actually describing nose block and they need to keep their mouth open while walking which is uncomfortable for them. Nasal polyps also cause dyspnea. Polyps block the air passage thus causing difficulty in breathing.

EXERCISE: Normally when you begin your exercise you may feel a slight nose block. Air passage gets more clear 20-30 min of workout. If someone is not used to exercise, when they begin exercise they may experience difficulty in breathing.

ANXIETY: When a person becomes anxious they tend to tighten their muscles. This may lead to difficulty in breathing.

PANIC DISORDER: Similar to anxiety attacks when a person goes through a panic attack they tend to feel difficulty in breathing.

BRONCHIAL ASTHMA: People suffering from asthma may feel acute shortness of breath in its initial stages. But in more advanced cases patients may experience dyspnea while doing different activities such as running, playing, climbing stairs, even simple walking.

HEART DISEASE: It can cause breathlessness if your heart is unable to pump enough blood to supply oxygen to your body. If your brain, muscles, or other body organs do not get enough oxygen, a sense of breathlessness may occur.

LUNG DISEASES: The problems can be at the level of nose causing nose block, it can be nasal polyps, problem of windpipe - allergies etc or at the level of lung. High altitudes where there is less oxygen in the air.

OBESITY: Obesity can be due to lifestyle or it can be pathological. Hormonal imbalance due to HYPOTHYROIDISM, PCOS etc cause obesity. Of course sedentary lifestyles and improper food habits are still the number 1 cause of obesity. They have multiple impacts on health. Reduced stamina and breathlessness at slightest exertion is seen in these patients. It is seen that if a person actively works towards fitness even as small as 1-2 kg of weight loss helps him / her to improve their stamina.

OTHER CAUSES: Neuromuscular problems leading to weakness of the breathing muscles

When to Contact a Medical Professional:
Breathing difficulty comes on suddenly or seriously interferes with your breathing and even talking; Shortness of breath after only slight activity or while at rest; Shortness of breath that wakes you up at night or

requires you to sleep propped up to breathe; Shortness of breath with simple talking; Tightness in the throat or a barking, croupy cough; You have breathed in or choked on an object (foreign object aspiration or ingestion); Wheezing; Significant worsening of baseline shortness of breath

SELF HELP:

When shortness of breath occurs for the first time it is natural to feel worried. Of course you need to see a doctor. First, we need to see a reason behind it. Self help works in case of anxiety attacks and Panic disorders. Patients need to acknowledge themselves of the psychological factors that are involved and learn to focus on their breath. While doing so automatically as the focus shifts to breathing the mental anguish gradually calms down and the person begins to feel better.

DOCTOR'S VISIT:

When a patient enters the clinic a lot of small details like how the patient walks, whether he is weak or tired or drowsy etc are very important observations. Checking the patient with a stethoscope, looking for pallor, checking pulse..... Tell us a lot. Rather we achieve a tentative diagnosis right there. Of course investigations are advised in order to ascertain the diagnosis. All in all in this digital world an old style personal visit is recommended.

TREATMENT

Treatment depends on the disease the person is suffering from. It may range from proper diet and supplement to medication required for the organ involved. When we treat patients with homoeopathy the patients do not need to suffer from asthma lifelong. We do not prescribe inhalers as well. A proper course of medicines help cure the disease permanently. People are very afraid to take medicines if they are going through anxiety attacks or panic disorders. They think of that as a taboo. Actually Homoeopathy helps in dealing with these in an extremely gentle way. Another good part is that the medicines work in such a way that patients become strong enough to deal with their life without going through anxiety or panic. Heart and lung diseases require a thorough investigation. Not many people are aware that Homoeopathy is helpful even in advanced stages of diseases. I have managed patients who needed bypass surgery and could avoid it for as much as 4-5 years. Patient's stamina keeps improving. He was able to walk a longer distance without feeling fatigued and breathless. Typically old age patients come to me with a huge list of medicines and yet going through difficulties. But I can see a drastic improvement in their quality of life once the homoeopathic medicines are started.

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બા નો પલંગ ઝાટક્યો તો આંખમાં આંસુ આવી ગયા

MONICA S SHAH

આજે સવારે વહેલા ઓફિસ જઈ પહેલું કામ રાજીનામું લખી ને મારા સાહેબ ના ટેબલ ઉપર મૂકી દીધું અને હોસ્પિટલે મમ્મી પાસે જતો રહ્યો. હોસ્પિટલ પહોંચી સાહેબ ને ફોન કરી ફક્ત એટલું કીધું આજે હું ઓફિસે નહીં આવી શકું સાહેબ ની આદત મુજબ બોલ્યા ભાવેશ હમણાં હમણાં તારી રજાઓ બહુ પડે છે. કામ મા ધ્યાન નથી, આવું લાંબુ કેમ ચાલસે? મે ફક્ત એટલું જ કીધું સાહેબ તમારા ઉપર છોડી દઉં છું તમે તમારી રીતે સાચા છો તમારો આખરી નિર્ણય મને માન્ય છે કહી મોબાઈલ મે કટ કર્યા & મારી પત્ની કહે કોણ હવું, સાહેબ મેં કીધું.

આ તું જોવે છે...રોજ...રોજ મમ્મી ની તબિયત બગડતી જાય છે...ડોક્ટર એ હાથ અધ્ધર કરી દીધા છે...મારા થી તો હાથ અધ્ધર ના થાય... પથારી ઉપર સુતેલ લાચાર અસહાય માં મારી સામે જોઈ... ધીરે... ધીરે બોલે છે... ઓફિસે જા... બેટા...અહીં કહી કામ નથી... પણ તેની લાચાર આંખ કહી રહી હતી...બેટા અહીં બેસ...સારૂ લાગે છે... મેં કીધું...મૌ...હું...અહીં છું... તું ઓફિસ ની ચિન્તા ના કર... માથે હાથ ફેરવી હું બોલ્યો... બચપન માં તે બહુ માથે હાથ ફેરવ્યો છે...હવે મારો વારો આવ્યો છે...માં તો હું કઈ રીતે તને છોડી ને જઈ શકું ?

મારા મોબાઈલ મા રિંગ વાગી...સાહેબ નો ફરી થી ફોન આવ્યો... હું સમજી ગયો...સાહેબે રાજીનામું...વાંચી લીધું લાગે છે... યસ સર...મેં કીધું... સાહેબ**બોલ્યા...ભાવેશ...તારું રાજીનામું...મેનેજીંગ ડિરેક્ટર ના ટેબલ ઉપર મૂક્યું...છે...તેઓ તને રૂબરૂ મળવા માંગે છે...તો થોડો સમય કાઢી આવી શકીશ ? મેં કીધું...યસ સર...પ્રયત્ન કરું છું... મારી પત્ની એ કીધું... તમે જઈ આવો... હું અહીં બેઠી છું...

હું...ઓફિસે પોહ્યો... MD એ અંદર બોલાવ્યો... આવ ભાવેશ... તને શું તકલીફ પડી કે અચાનક રાજીનામું ? કોઈ સ્ટાફ, મેનજમેન્ટ... તરફ થી તકલીફ... ? તને બબર છે...હું જનરલી રાજીનામું સ્વીકારી લઉં છું... પણ તું અહીં વીસ વર્ષ થી એક નિષ્ઠા... વફાદારી થી કામ કરે

છે...તો મારી પણ ફરજ બને છે...કે હું...રાજીનામું પાસ કરતા પહેલા તારી લાગણી, અને તારી તકલીફ સમજી લઉં....

સર...પહેલા તો દિલ થી તમને વંદન...એક ઉચ્ચ જગ્યાએ બેસી ને પણ આપ આવી નમ્રતા થી વાત કરી શકો છો... હું સમજી છું જે કંપની એ મને માન, સ્વમાન આપેલ છે...તેની પ્રત્યે પણ મારી ફરજ છે... પણ સર...આજે... મારી માં હોસ્પિટલ મા છેલ્લા દિવસો ગણી રહી છે...ડોક્ટરો એ આશા છોડી દીધી છે...કેટલા દિવસ કાઢશે એ બબર નથી સાહેબ...એટલી બબર છે થોડા દિવસ ની મહેમાન છે...

આવા સંજોગો મા...એક...એક દિવસ ની રજા માંગી...માંગી ને હું માનસિક અને નૈતિક રીત થાકી ગયો હતો... નતો હું ઘર ની ફરજ બજાવી શકતો હતો...નતો ઓફિસ ની... પિતાજી છે નહીં... નાના પરિવાર ના ફાયદા સામે આ પણ એક વીક પોઈન્ટ છે... અત્યારે હોસ્પિટલ ની જવાબદારી એકલા મારા માથે છે... આપ જ બતાવો...હું...મારી માં ની છેલ્લી અપેક્ષાઓ થી ભરેલી આંખો સામે...બહાનાં બતાવી ઓફિસ ની ફરજ કહી રીતે બજાવી શકું... સાહેબ... મને માફ કરો...હું એટલો લાગણીહીન નથી થઈ શકતો...નોકરી તો હું બીજી ગોતી લઈશ...પણ...આ મારી માં ના પ્રેમ નો બદલો આપવા તો હું સક્ષમ નથી...

પણ તેની છેલ્લી ક્ષણ મા...થોડો તેને સમય જો હું આપી શકીશ...તો હું મારી જાત ને ધન્ય ગણીશ... નહીતર આખી જીંદગી હું મારી જાત ને કદી માફ નહીં કરી શકું...

MD મારી લાગણી ભરેલા શબ્દો શાંતિ સાંભળતા હતા...ત્યાંજ હોસ્પિટલે થી પત્ની નો મોબાઈલ આવ્યો...મમ્મી ની તબિયત વધારે બગડી છે...તમને બહુ યાદ કરે છે...જલ્દી આવો... MD સમજી ગયા...ચિંતા ના કર હું તારી સાથે આવું છું... અમે હોસ્પિટલ પહોંચ્યા... ડોક્ટરો ની દોડા દોડી... વચ્ચે અમે ICU માં પહોંચ્યા...મમ્મી મારી જ રાહ જોતી હોય તેમ લાગ્યું... બોલવા ની તાકાત ન હતી.

હું...બાજુ મા ગયો... તે અંતિમ ક્ષણ મા પણ પોતાની છેલ્લી તાકત

વાપરી બેઠી થઈ...અને મને ભેટી અને મારા ખભા ઉપર તેને છેલ્લા શ્વાસ છોડી દીધા... આ દ્રશ્ય જોઈ હોસ્પિટલ ના ICU નો સ્ટાફ ની પણ આંખો ભીની થઈ ગઈ... મારા થી બોલાઈ ગયું...માં નો પ્રેમ સમજવા માટે કેટલીયે...જીંદગી ઓછી પડે...

મારા MD ની આંખ પણ ભીની થઈ ગઈ...એ બોલ્યા... ભાવેશ...તું...મહાન નહીં પણ નસીબદાર પણ છે...મને પણ બબર હતી...મારી માં છેલ્લા દિવસો ની મહેમાન છે...હું કંપની નો માલિક હોવા છતાં પણ હું તારા જેવી હિંમત ના કરી શક્યો...કદાચ મેં હિંમત કરી હોત... તો મારી માં પણ તેનો ભાર મારા ખભા ઉપર હળવો કરી શકી હોત... ખેર...નસીબ...નસીબ ની વાત છે...રજાઓ ની ચિંતા કરતો નહીં...બધી ક્રિયા કાંડ કરી શાંતિ થી ઓફિસ જોઈન્ટ કરી દેજે...કહી કામ કાજ હોય તો કહે જે.

સાહેબ... મારી માં એ મારા ખભે જીવ છોડ્યો છે...તે તૃપ્ત થઈ ગઈ છે... કોઈ ક્રિયા કાંડ કે બેસણા ની જરૂર નથી...જે લોકો ની લાગણી હતી...તે હોસ્પિટલે મળી ગયા...હવે ફોટા પાસે રડી કે હાથ જોડી કોઈ ફાયદો નથી...

સાહેબ...હોસ્પિટલ ની ડ્યૂટી આજે મારી અહીં પુરી થઈ છે... રજા ની જરૂર સ્વજનનો ને જીવતા હોય ત્યારે જ હોય છે... હવે રજા ઓ પાડવાનો કોઈ મતલબ નથી...હું કાલ થી ડ્યૂટી જોઈન્ટ કરું છું...

સરસ છે - અવશ્ય વાંચશો

LATA SHAH

પીજારો આ નામ થી કદાચ સૌ પરીચીત હશે જ. શેરીએ શેરીએ નીકળતા તારની ઝણઝણાટી કરતા સૌના ગાંદલા,ઓશીકા, શીરખ ને નવા કરતા પીજારા બહુ જોવા નથી મળતા નું કારણ સ્લીપ વેલ ના બજારમાં આગમન થી તારની ઝણઝણાટી નહિવત્ થઈ ગઈ.ખભે જાણે નવું વાદ્ય ટીંગાકવુ હોય તેવો ખરજ વાળો અવાજ સાથે નીકળતો પીજારો ગોતવો પડે છે. રૂ પીજાવુ છે કોઈને? ગાંદલાં ઓશીકા બનાવવા છે કોઈને? ના અવાજ થી શેરી ગુંજતી. દિવાળી પેલ્લાં લગભગ ઘરોના જુના ગાંદલાં નું રૂ પીજાતુ નવા ગાંદલા બનાવતા. નવા ઓશીકા બને. એ મહેમાનો આવવાની તૈયારી થતી. આખો પરિવાર ભેગો થતો ત્યારે ગાંદલા ઓશીકાં ની ખોળ થી માંડીને બધુ જ નવું અને સ્વરછ કરાવી નાંખતા. પીજારાની અદા આંગણાં ની શોભા બની જતી. લાંબો ઓછાડ માંગે.એની ઉપર બેસી ને પોતાનુ વાદ્ય વગાડી ઝણઝણાટી સાથે રૂ સામે ફેંકાતુ જાય. રૂ નો ઢગલો જાણે કાશ્મીર નો બરફ હોય એમ શોભે.એ પછી ગાંદલા ભરે. વચ્ચે

ટાંકો મારે એ પણ લાઈન લેવલ થી જાણે ગોઠવેલા કટોરા. છેલ્લે હાથની સીલાઈ કરી ઘોડા મારી બેસાડે. વાળીને તમને આપે એટલે આપણે પલંગ ઉપર તો જાણે પહાડ થાય.એ પછી ઓશીકા નો વારો આવે. બનાવતા જાય સીલાઈ કરતા જાય ટેભા લેતા જાય અને થપ્પો કરતા જાય. શીરખ (રજાઈ) ને પણ સરસ રૂ ગોઠવી ટાંકા લઈ તૈયાર કરી ને આપે. આમ દર બે ત્રણ વર્ષ પેલ્લાં ની સ્ત્રી ઘરમાં ઘરની વસ્તુઓ ની માવજત કરતી. એ વખતે તો લોઢાંના પલંગ પણ સાહેબી ગણાંતી. બાકી તો સૌ સાથે ઓસરી મા ગાંદલા લાઈન મા પાથરી સુઈ જતાં. કમ્પર ના દુખાવા શાંભલ્યા જ નહતા.ઘરના એક ખુણે ડામચિયો રહેતો. એની ઉપર ગાંદલા,ઓશીકા, રજાઈઓ ગોઠવાઈ જાય અને સરસ ભરત ભરેલો ઓછાડ ઓઢાડી દે.રૂમો પણ નવાં પરણેલા સિવાય કોઈ ના જુદા ના હોય. અમુક વર્ષે એ પણ સૌ માં ભળી જાય. એકત્વ ની ભાવના ખુબ હતી. જમવાનું પણ સાથે એક ઓસરીએ તપેલાં વચ્ચે મુકી દે. પીરસાય જાય અને આનંદ મંગળ કરતા દિવસ પુરો

થતો.આ જુદા જુદા રૂમો થતાં, સ્લીપવેલ, કે ડનલોપનાં ગાંદલા અને ઓશીકાં આવતાં હવે મોટા ભાગના લોકોને એલ ફોર એલ ફાઈવ ના મણકાં ખસવા લાગ્યા. ડોકનો દુખાવો, ખભાનો દુખાવો ચાલુ થયો.ગાંદલા જેવી મજજા ગઈ છતાં ડનલોપ થી જાણે અજાણે ટેવાતાં ગયાં.દર્દ સાથે ગાંદલાને રીતસરના હડસેલી દીધાં.હજી ગ્રામ્ય પ્રજા ગાંદલા વાપરે છે હવે તો ત્યાં પણ સુધારા દેખાય. મારા માનસપટ ઉપર હજી પણ પીજારાનું વાદ્ય સંભળાય છે. એના તાર ઉપર ચોંટેલું રૂ હજી ક્યારેક જુની યાદો તાજી કરી જાય છે.ક્યાંક ગાંદલા ના રૂની શોડમ પણ નાક મા ઘુમે છે. પરિવર્તન નો સ્વીકાર આપણે સૌ એ કર્યો છે જ. પણ શેરીમાં નીકળતા એ પીજારા ની યાદ પણ બહુ આવે છે.એના તારનો છણકો હજી સંભળાય છે. એનો મીઠો સાદ ક્યારેક સપના રૂપે આવી જાય છે. I miss you પીજારાભાઈ



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Understanding Vishnu Shashtranama - Part 2

KRUPA SHAH

Hi guys. Thank you for visiting my article again. Jay Shree Krushna to all. Just few days back, we celebrated devshayani Ekadashi which tells about Vishnu or prabhu (Shree Krushna) go to rest symbolizing a period of spiritual reflection. This Ekadashi tells us, explains to detach ourselves from this outer materialistic world and encourage us/devotee to focus on spiritual practices, charity, and kindness. So do your yoga physical and mental and try to share your everything with our beloved Krushna bhagvan. Now these 4 months are full of festivals and celebration. Let us continue with the decoding of Vishnu shahastranam.



ब्रह्मण्य सर्वधर्मज्ञ लोकानां कीर्तिर्धनम् ।
लोकनाथं महद्भूतं सर्वभूतभवोद्वहम् ॥ १३ ॥

जो ब्रह्मण्य अर्थात् जगत की रचना करने वाले ब्रह्मा के तथा ब्राह्मण, तप और श्रुति के हितकारी हैं, सभी धर्मों के ज्ञाता हैं, वह सभी लोकों में जीवन का पोषण करते हैं, सर्वोच्च शासक, पूर्ण सत्ता, समस्त सृष्टि का कारण हैं, लोकों की या प्राणियों के घब को उनमें अपनी शक्ति से प्रविष्ट होकर बढ़ाते हैं, जो लोकनाथ अर्थात् सभी लोकों के स्वामी हैं, सभी लोकों से प्रार्थित, लोकों को अनुत्पन्न या शासित करने वाले तथा उन पर सत्ता बसाने वाले हैं, उन पर प्रभुत्व रखने वाले हैं। जो अपने समस्त उत्कर्ष से वर्तमान होने के कारण महद् अर्थात् ब्रह्म महद्भूत अर्थात् परमार्थ सत्य हैं और जिनकी सन्निधि मात्र से समस्त भूतों का उत्पत्ति स्थान संसार उत्पन्न होता है इसलिए जो समस्त भूतों के उद्भव स्थान हैं, उन परमेश्वर का स्तवन करने से मनुष्य सब दुखों से छूट जाता है।

Meaning: HE is the Brahman, the knower of all religions, the enhancer of the fame of the worlds, the lord of the worlds, the great being, the origin of all beings.

एष मे सर्वधर्माणां धर्मोऽधिकतमो मतः ।
यद्भक्त्या पुण्डरीकाक्षं स्तवैरर्चयन्तः सदा ॥ १४ ॥

मनुष्यो विप्रियत धर्मों में मैं इसी धर्म को सबसे बड़ा मानता हूँ कि मनुष्य श्री पुण्डरीकाक्ष का अर्थात् अपने इन्द्रिय कमल में विराजमान भगवान् वामदेव का भक्तिपूर्वक वरपरता सखित गुण संकीर्तन, स्तुतियों से सदा अर्चन करे अर्थात् आदरपूर्वक पूजन करे। तो यह निश्चित रूप से मोक्ष (जीवन मरण चक्र से छुटकारा) पाने का मार्ग है। इस प्रकार जो यह धर्म है यही मुझे सर्वाधिक मान्य है। 14

Meaning: this is the Dharma which I consider to be the highest of all Dharma that one should always worship the Lotus-eyed lord with devotion and hymns.

परमं यो महत्तेजः परमं यो महत्तपः ।
परमं यो महद्ब्रह्म परमं यः परमपण्यम् ॥ १५ ॥

जो देव परम प्रकाशक या परम तेज, परम तप करने वाला यानि अज्ञा देने वाला है, जो इस लोक को, परलोक को और समस्त प्राणियों को उनके भीतर स्थित होकर शासित करता है। जो सम्यग्दि सक्षमों वाला परम ब्रह्म, और महात्मा पुनर् होने के कारण महान है और जो पुनरावृत्ति कि चंका से रहित परम श्रेष्ठ पराण्य हैं वही समस्त प्राणियों की परम गति है। 15

Meaning: He is the supreme great light, He is the supreme great ruler, He is the supreme great Brahman (absolute), He is the supreme highest goal.

पवित्राणां पवित्रं यो महत्तानां च महत्तमम् ।
देवतं देवतानां च भूतानां योऽव्ययः पितृ ॥ १६ ॥

वह पवित्रों में सबसे अधिक पवित्र है अर्थात् पवित्र करने वाले तीर्थस्थलों में से पवित्र है, शुद्धों में सबसे अधिक शुद्ध, देवों में परम देव, जीवों में अखण्ड पितृ हैं, अर्थात् प्रत्येक जीवित प्राणी में जीवन शक्ति, सभी संसारों के शाश्वत माता-पिता हैं और उनमें सब कुछ है। परम पुरुष परमात्मा ध्यान, दर्शन, कीर्तन, स्तुति, पूजा, स्मरण तथा प्रणाम किये जाने पर समस्त पापों को जड़ से उखाड़ डालते इसलिए वे परम पवित्र हैं। 16

Meaning: He is who is the holy among the holy and auspicious among the gods and who is the inexhaustible Father of all beings.

यतः सर्वाणि भूतानि भवन्त्यादिपुत्रागमे ।
यस्मिंश्च प्रलयं यान्ति पुनरेव युगाक्षये ॥ १७ ॥

कल्प आरम्भ में समस्त जीव जिनसे प्रकट होते हैं और कल्पांत में पुनः उन्हीं में विलीन हो जाते हैं 17

Meaning: From Him all creatures proceed in the beginning of an age, And in Him they are absorbed again at the end of the age.

तस्य लोकप्रधानस्य जगत्प्राथम्य भूषणे ।
विष्णोर्नामसहस्रं मे श्रुत्य पापभयाग्रहम् ॥ १८ ॥

हे नृप ! जगत के स्वामी और सृष्टि प्रमुख उन भगवान् विष्णु के उस पाप नाशक और भय नाशक सहस्रनाम को मुझसे सुनो। 18

Meaning: Of that Chief of the world, of the Lord of the Universe, O King (Yudhishthira), Of Vishnu, hear from me the thousand names, which remove all sin and fear.

यानि नामानि गौणानि विख्यातानि महात्मनः ।
ऋषिभिः परिगीतानि तानि वक्ष्यामि भूषणे ॥ १९ ॥

उन महात्मा के गुण, कर्म के अनुसार जो नाम हैं या जिनके परोक्ष या अपरोक्ष, प्रसिद्ध और ऋषि मुनियों द्वारा गाये गए नाम हैं उनको मैं धर्म, अर्थ, काम, मोक्ष के साधन कहता हूँ।

Meaning: Those famous names of the Great soul which bring out His manifold qualities celebrated by rishis (seers) I shall declare for the good (of all).

ऋषिर्नाम्नां सहस्रस्य वेदव्यासो महामुनिः ।
छन्दोऽनुष्टुप् तथा देवो भगवान् देवकीसुतः ॥ २० ॥

इन हजार नामों की रचना महान ऋषि व्यास ने की थी, विन्हीने वेदों को भी संकलित किया था, और देवकी के पुत्र भगवान् की स्तुति में अनुष्टुप छंद का उपयोग करके नामों का आवाहन किया जाता है। 20

Meaning: The rishi of the thousand names is Vedavyasa, the great contemplative sage; The metre is Anushtup, and the deity is the blessed son of Devaki

Friends we all are Vaishnav means worshipping Vishnu. Vishnu is protector, supporter and preserver and great maintainer. He is the supreme godhead of Vaishnavism and Hinduism in puranas and Vedas. He is one of the three main Gods in Hinduism and member of Trimurti in Hinduism.

VISHNU IS GOD OF

- 1) REALITY
- 2) PRESERVATION
- 3) KARMA
- 4) DIVINITY
- 5) SUPER BEAUTY
- 6) LOVE
- 7) LOVELINESS
- 8) DESTROYER OF UNRIGHTEOUSNESS
- 9) PROTECTOR OF RELIGION
- 10) RESTORATION
- 11) MOKSHA – the protector of good and supreme being

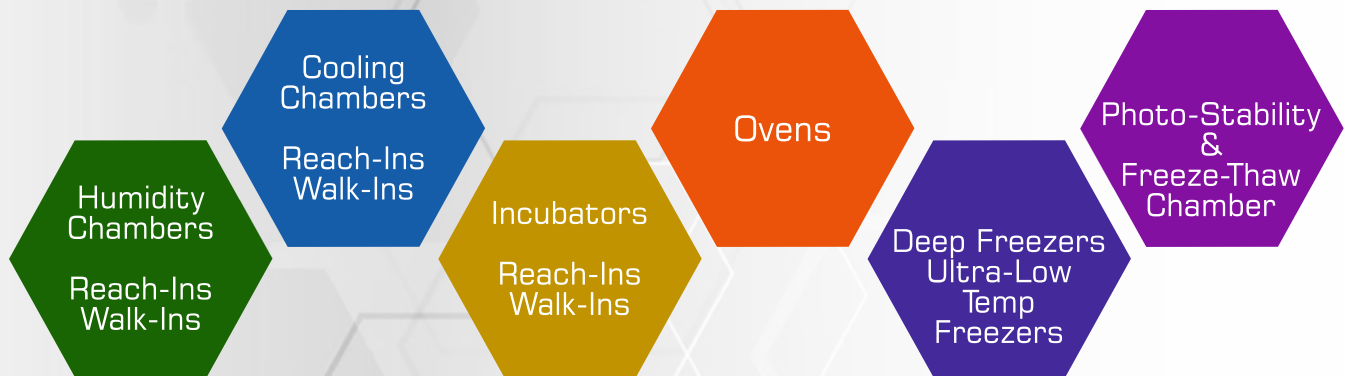
According to the Hindu religion, Vishnu has set foot and arrived on the earth in 9 forms called Avatars, so far with one incarnation yet to come i.e. at the last to be Kaliyuga to destroy evil. His most famous incarnations are Ram, Krishna, Parshurama and Narasimba. There is still much to know and read. Will come up with more shlokas in next write up. Thank you!!!!

Shubhamastu

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AADHAAR BUREAUCRACY

YOGESH K SHAH

We all know that Government of India constituted the Unique Identification Authority of India UIDAI in year 2009. It was given a responsibility to provide unique identity number to all residents of India. Government named this project as Aadhaar (means Foundation). The uniqueness of Identity was to be guaranteed by biometric identification. (Just note: the current government vehemently opposed this project at that time). Individuals had to enrol themselves at Aadhar centre by providing their 10 fingerprints, eye scan and photographs and other informations like age, residence etc. UIDAI stores this information in the central identity data repository (CIDR). It has to check each new enrollee's details against all the other existing persons to ensure uniqueness, to avoid any duplication. According to Government, billions are benefitted by this project.

Among the major selling points for the project was that it would provide an ID to billions of Indians who were without any identification. This would help to curb duplicate beneficiary in welfare policies and reduce leakages from welfare funds. This was the basic idea propagated by previous government. And to achieve this, government made it compulsory for Aadhaar to be linked with database of various schemes and programmes. Aadhaar based biometric identification authentication was made compulsory for many such welfare policies. Aadhaar based authentication verify biometric and demographic data against CIDR so it is essential that information in the central database is accurate. Individual's biometrics like fingerprints can change overtime. Also hard manual labour work, accidents, age factors etc can cause changes. Biometric information of fingers and eyes, demographic data like address, age proof may also change. For example, name and address us generally changed,

after of marriage of a girl. Wrong inputs at the time of enrolment itself has also been noticed. Individuals who cannot correctly update their data are denied benefits welfare services. Such errors are widespread in the Aadhaar database. There are repeated identification failures because of incorrect or poor biometric captured at the time of enrollment. The cost of such correction and updates are also high. Apart from denial of benefits, the most correction or updations are charged, even though it was due to faulty enrolment or technological problems. It was reported that UIDAI earned hundreds of crores from authentication services. We know that there are Aadhaar Seva Kendras (ASK). According to India Post's annual report of 2021- 22, it has earned 170.30 crores. Consider other service centres also to guess total earnings of government. Now all updates are charged. Let's try to get a sense of size of this industry. There are 45 crore updates and minimum rupees 50 rupees are officially charged (unofficial charges not counted). By simple calculations, we can see that government's earning would be 2250 crores officially. it is interesting to note that Aadhaar was supposed to enable direct benefit transfers by eliminating middle man from the government process. In fact, on account of errors and constant need to update details, especially when people move residence, Aadhaar has created a new layer of bureaucracy. "Aadhaar middle man" can be public or private. And these service providers are largely unregulated and unaccountable.

So government is taking from us as correction charges and directing it back to us as welfare benefits. Just to think of poor people and large uneducated mass of Indian villages. Cases of overcharging are rampant. They charge minimum 100 rupees unofficially, so the elimination of middleman has not gone. Poor people give away

whatever demanded otherwise their ration will be upheld. They will not get benefit of PDS or Maternity benefits or Senior Citizen benefits. Errors at the time of enrolment about the date of birth, spelling errors in name, incomplete address etc have serious implications in poor people's lives. For instance, a woman who marries and moves to another village has to make two changes in her Aadhaar data, from "daughter of" to "wife of" and from old address to new address, in order to remain eligible for PDS ration and later to become eligible for Maternity benefits. She will be forced to pay unofficially for such changes.

As a result of errors or outdated information, people are denied their rights from school admission to social security pensions and subsidised food ration. Waste of time and money on corrections is also a big issue that can not be ignored. So corrections and updates can be a costly affair. Revenue generated by government services is rising every year. This aspect has not been properly taken care in such a giant project. When there are errors, people eventually end up being puppets whose lives are controlled by digital database and in the hands of corrupt government officials. On the other hand, though Aadhaar was touted as freedom from paper work, red tape and bureaucracy; in fact, Aadhaar and associated entities have become an unaccountable bureaucracy themselves. As mentioned, each year the revenue generated by UIDAI from updation and correction fees has been rising, suggests that these problems will not eventually go away. The solution that can be suggested is that government should allow other recognised IDs such as Voter ID, Ration card, PAN card, Birth certificate etc. to be used instead of Aadhaar only for getting essential public services and benefits. _Par woh din kaha_...

WATER MANAGEMENT

SANDEEP SHAH

In 2015, a routine construction project in Borujerd, Iran, led to the unexpected discovery of an ancient aqueduct system hidden beneath the remnants of a historic castle. This sophisticated network of clay pipes and pottery vessels showcased a remarkably advanced understanding of water management. The system is believed to date back to the Sassanian period (224-651 AD), though some experts suggest it could be even older. The materials and techniques used in the aqueduct indicate a high level of

engineering skill, challenging our perceptions of ancient technology.

This significant find, with its advanced design for water purification and distribution, suggests a civilization with exceptional technical abilities. Ongoing research aims to uncover the precise origins of the aqueduct, adding to the intrigue and raising questions about the people who built it and what other secrets might lie beneath the surface.



Bridging Generations:

DR PURRVI PATEL

Bridging Generations: The Importance of Intergenerational Relationships

In a world that often emphasises individualism, the value of intergenerational relationships can sometimes be overlooked. However, the bonds formed between different age groups hold immense benefits for both the young and the elderly.

For younger generations, engaging with older adults can provide a wealth of knowledge and life experience that isn't found in textbooks or online. Grandparents and older mentors offer wisdom, historical perspectives, and practical life skills that can help young people navigate the complexities of modern life. These interactions can also instill a sense of respect and appreciation for the past, fostering a more connected and empathetic society.

Conversely, older adults gain much from their relationships with younger individuals. These interactions can bring fresh perspectives,

energy, and a sense of purpose. Staying connected with younger generations helps older adults remain mentally active and engaged, combating feelings of loneliness and isolation. The exchange of ideas and experiences keeps them vibrant and can even introduce them to new technologies and trends, bridging the digital divide.

Here are a few tips to foster intergenerational relationships:

Initiate Conversations: Encourage open and respectful dialogues. Share stories, experiences, and interests to build mutual understanding.

Participate in Shared Activities: Engage in activities that both age groups enjoy, such as cooking, gardening, or playing games. This creates a relaxed environment for bonding.

Volunteer Together: Join community service projects or local events that allow different generations to work side by side for a common cause.

Create Mentorship Opportunities: Establish

programs where older adults can mentor the young, sharing their knowledge and skills, while also learning from the younger generation.

Leverage Technology: Use video calls, social media, and messaging apps to stay connected, especially if physical meetings are not possible. Teaching each other about technology can also be a fun learning experience.

Building and nurturing these intergenerational relationships can take many forms. Family gatherings, community events, volunteer programs, and mentorship opportunities all provide platforms for different age groups to connect and learn from one another.

In essence, fostering intergenerational bonds enriches lives, strengthens communities, and builds a more harmonious and resilient society. Whether you're 25 or 75, reaching out across generations can create meaningful connections that benefit everyone involved.

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WHY KHADAYATA RATNA ?

KCBF – Konnect eBulletin Team has introduced the column of “**Khadayata Ratna**” since last almost a year. During this period the eBulletin Team has tried to bring before its readers the highlights of prominent Khadayatas who have contributed substantially during their life span – in their respective profession, society and to Khadayata community in particular. The objective is clear – to highlight our own community people who can act as the “**Role Model**” for current as well as future generation/s.

There are almost eight billion humans (7.9) on our planet. They are spread over different continents and countries. E.g., in India we have 1.3 billion people. They further get divided in to states – like Maharashtra, Gujarat, Uttar Pradesh etc. further into Districts like Sabarkantha, Aravalli etc. Within

this further classification into different communities – like Khadayatas, Kshatriyas, Brahmins etc.

If you observe, in order to acknowledge the people for their contribution to the SOCIETY they serve they are acknowledged from time to time. E.g., **Internationally it's NOBEL PRIZE** – in all different categories. **Bharat Ratna, Padma Bhushan, Padma Vibhushan at National level.** Similarly, there are different awards in other fields like Film Industry, Literature, Army, Sports, Police etc. the objective being not just to acknowledge their contribution but to also provide the present and future generations to take lead from their life and to act as role model. E.g. Sachin Tendulkar – could be a role model for many budding cricketers. Lata Mangeshkar, Akshay Kumar in film industry, Swami Vivekanand, Swami Chinmayanand in spirituality etc.

It is with this objective we decided to provide brief profile, achievements and contributions of the prominent Khadayatas in our monthly bulletin. The name/s are approved by the majority consensus. One of the objectives of the KCBF is to also try and hold our community together at a time when the social structures and joint family systems are getting disintegrated and replaced by nucleus family units – whereas Western countries are increasingly appreciating and turning to Indian culture.

We would be glad to receive the names and write-ups of such prominent Khadayatas for coverage in forthcoming issues.

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

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

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

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

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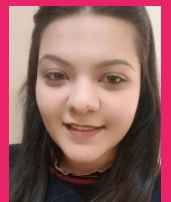
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