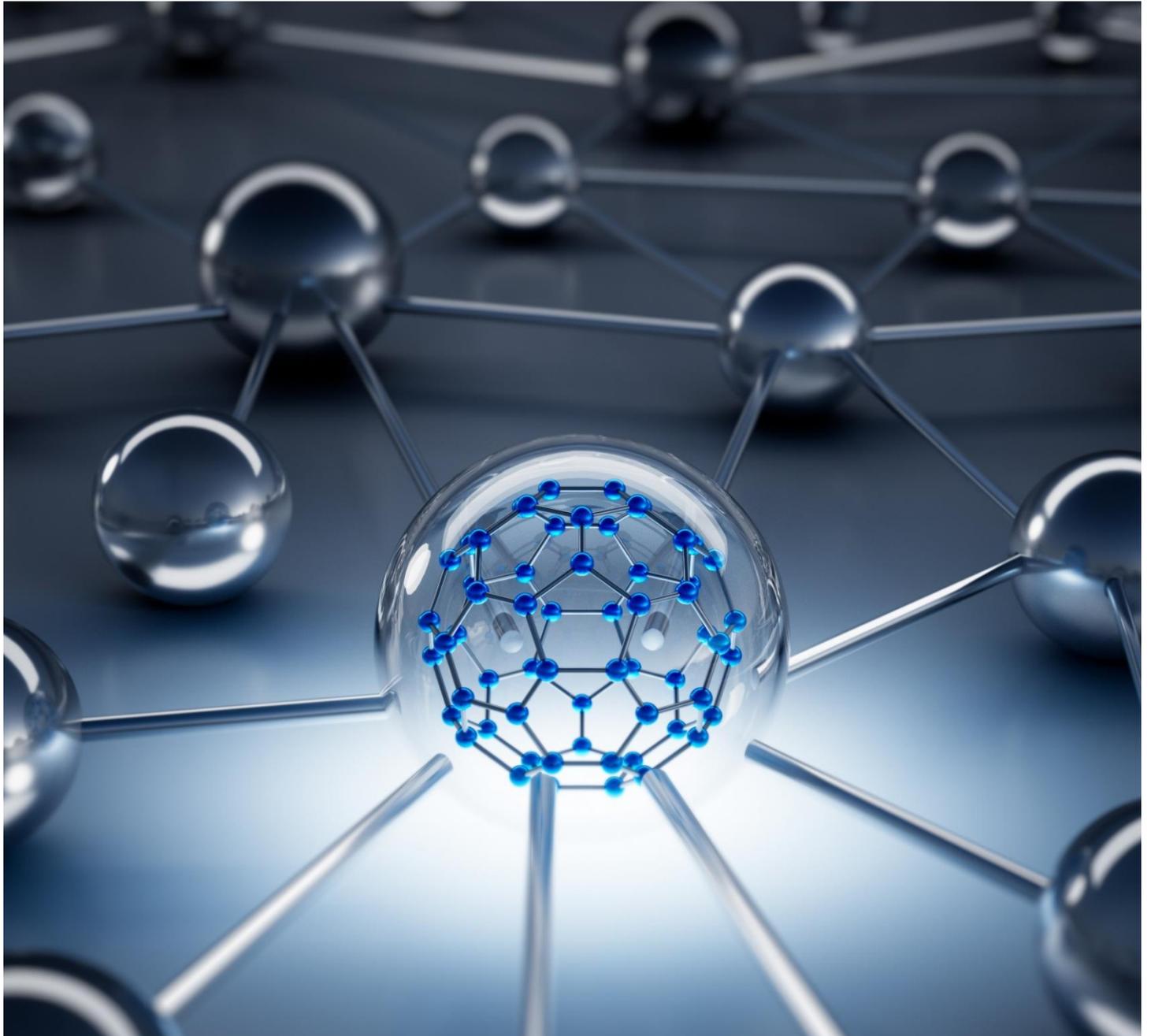




KONNECT

THE TIMES OF KHADAYATA

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



INSIDE

- 3 - KHADAYATA RATNA
- 4 - DIGITAL CASH
- 6 - LEGAL STATUS OF CRYPTOCURRENCY
- 8 - MEDICAL UPDATE - DIABETES
- 10 - GUEST COLUMN



REVACHEMICAL PRIVATE LIMITED

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



REVA PURPLE LEAF HAND WASH

FDA Approved hand wash. Available in-
 Florentine - Pink
 Lemon - Yellow
 Peach - Peach
 White Lilly - White



REVA HAND RUB PLUS

80% Alcohol based hand rub in liquid and gel form.
 Formulated based on recommendation by WHO.



REVA HAND RUB PLUS-I

75% Iso Propyl Alcohol based hand rub in liquid and gel form. Formulated based on recommendation by WHO.



REVA HYPOCHLOR

4-5% Active Sodium Hypchlorite Solution. 10% active also available.
Dosage: 1% active solution recommended for application on non-porous surfaces and outside areas.



REVA HYGI

Floor and Multisurface Disinfectant Cleaner. Its unique formulation kills germs and removes tough stains.
Dosage: 40 ml per Ltr of water.



REVA HYGI O2

Silver Hydrogen Peroxide based Surface Disinfectant and Aerial Fumigant Concentrate. Reva Hygi O2 is Eco Friendly, Aldehyde free, Non staining and extremely low toxic product. Safe to be used on all surfaces in recommended di-solution.



Dosages:
 1-2% for surface disinfectant.
 2-3% for fumigation.

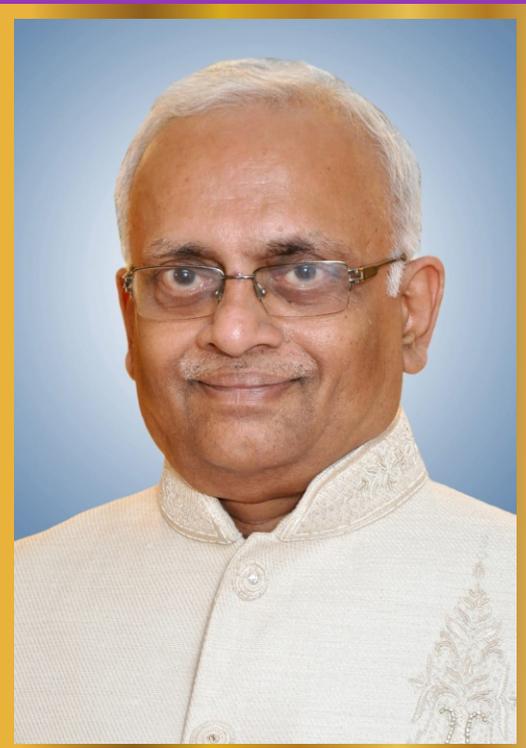
+91 98203 61122

officedesk@revachemical.com

www.revachemical.com

Khadayata Ratna

MR. CHANDRAKANT SHAH



Mr. Chandrakant Shah was born on December 17, 1950 in Mumbai to Mr Natwarlal Shah, an Income Tax Practitioner and a Lawyer and Mrs Sharda Shah.

He was highly qualified being a commerce graduate, and having a degree in law from Government Law College, Mumbai and was a Chartered Accountant (a notable rank holder - 5th in Mumbai, and 11th in all India Chartered Accountancy exam in the year 1975). Additionally, he had done an intensive course on Independent Directors & their roles under the Indian Companies Act, 2013 - that was jointly conducted by S.P Institute of Management and Research

(SPJIMR) and Bombay Chartered Accountant Society. Having special inclination towards arbitration, he had also completed an extensive study on Arbitration, Conciliation and Mediation in the year 2004.

Mr. Chandrakant Shah was involved in various socio-economic and welfare projects where he had served as
(a) the President of Khadayta Yuvak Sangh and Umreth Khadayta Mitra Mandal
(b) Trustee of Khadayta Samaj
(c) Managing Trustee of Khadayta Welfare Foundation
(d) Trustee of Shree Samast Khadayta Suraksha Trust, Ankleshwar.

His dedication towards the samaj was extremely appealing - that during the 2001 Gujarat earthquake, he personally went there and helped people through monetary contributions.

He was also passionate about bringing a change in the lives of tribal people and also underprivileged and malnourished living in remote areas through education and infrastructure development. He strongly believed that change can not only be brought by giving basic education but also working on enhancing business and life skills

thus empowering them with a 360-degree approach.

Mr. Chandrakant Shah was the Trustee of KamlaGauri Trust that made a handful of grants by way of donation to the SwapnaShrushti Project of MAD Foundation which worked towards upliftment and empowerment of the tribal people. Further, through the KamlaGauri Trust, donations were extended to the leprosy patients in Rajendranagar. They also opened a ladies hostel and laboratory for tribal girls at Chonda, Dharampur.

Inspite of an extremely busy professional life, he was extremely passionate for the welfare of the Khadayata community and worked religiously towards it. Such a dedicated personality truly inspired many individuals aspiring them to participate and contribute in the social and economic welfare of the society at large.

His Last breath in December 2019 and great loss to our Khadayata community

Different forms of Digital Cash

SANDEEP V SHAH

A coin is a piece of metal that is used as currency, or money. ... These coins were made of precious metals and allowed people to trade with a standard amount of metal. Most people use coins as currency. They usually have lower value than banknotes. Most are made in government mints.

If you are brand new to the world of bitcoin and cryptocurrency, Coinbase is an excellent place to start due to support for a number of popular cryptocurrencies, a strong security track record, and reasonable fees. Coinbase is a large cryptocurrency wallet provider and exchange based in San Francisco.

A coin is defined as a round piece of money of a certain value. An example of a coin is a dime. The definition of coin is requiring round pieces of money to use.

Digital cash is a system of purchasing cash credits in relatively small amounts, storing the credits in your computer, and then spending them when making electronic purchases over the Internet. Digital cash can also be stored on an electronically sensitive card.

A cryptocurrency is a digital or virtual currency that is secured by cryptography, which makes it nearly impossible to counterfeit or double spend. Many cryptocurrencies are decentralized networks based on blockchain technology—a distributed ledger enforced by a disparate network of computers.

*Sandeep V Shah
MA in Numismatics & Archaeology*



What are you waiting for?

Send in your profile in not more than 150 words along with your Photo, Email and Mobile number to be published in the upcoming issues of KCBF Konnect

NOTE:
KCBF intends to publish profiles of all their Life Members and hence requests everyone to share their profile (150-175 words) with their photo, email and contact number.
E: info@khadayatabusinessnetwork.com
OR WhatsApp to any admin members.

Admin Committee



Mr Rajendra L Bhalavat
President



Mr Akshay Vani
Vice President



Mr Premal Parikh
Secretary



Mr Sandeep Shah
Treasurer



Dr CA Chaitanya S Shah
Committee Member



Dr Jignesh Bhalavat
Committee Member



CA Narendra Shah
Committee Member



CA Jigar Shah
Committee Member



Mr Nainesh Shah
Committee Member



Ms Lata Shah
Committee Member



Mr Hardik Nadiyana
Committee Member



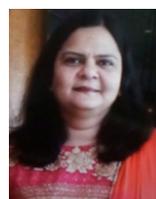
Mr Rajiv Patwa
Committee Member



Ms Pratibha Shah
Committee Member



Ms Purvi Bhalavat
Committee Member



Ms Monica Shah
Committee Member

FOR A FINANCIAL PLAN



Audit of Existing Investment

Gather all important documents at one place

Check

- Status of Investments/Policies
- Bank Account Details
- Holding pattern for Investments and Bank Accounts - Joint or Single
- Nominations



Emergency Fund

- Minimum of 6 Months Expenses should be kept in Liquid Investments (available to you maximum in 24 hrs).
- Helps incase of loss of job or Temporary Disability and Loss of Income

Note all your expenses to get the right amount of your Emergency Fund



Health Insurance

Basic + Super Top up

Family Cover

Understand policy features in depth

- Waiting periods (pre existing diseases and certain ailments)
- Capping (Room and Diseases)
- Cashless Network Hospitals

Educate each family member about the policy you have.



Life Insurance

Protection for your loved ones in your absence

- Maximize the Cover Available to you at your age and as per your earnings. Should be enough to meet your family's needs and goals as planned by you, even in your absence
- Term Insurance. Earlier the better - Buy it early in life and keep reviewing at change in each life stage (single, married, child birth etc)
- Declare all facts specially about health correctly at all times.



Planning for Future Goals

Long Term & Short Term Goals

- Buying a House / Car
- Planning for Trips
- Child Education / Marriage
- Retirement

RIMA PARIKH

CERTIFIED FINANCIAL PLANNER

MOBILE: +91 9820438268 | LINKEDIN: cfprimaparikh

Legal status of Cryptocurrency in India

SUNNY SHAH



Everyone has heard about cryptocurrency. Many people have invested in cryptocurrency. Few people have understood cryptocurrency. But no one knows the future of cryptocurrency. A cryptocurrency is a digital asset that is designed to work as a medium of exchange where an individual coin ownership records are stored in a ledger which exists in a form of a computerized database using strong cryptography to secure transaction records, to control the creation of additional coins, and to verify the transfer of coin ownership. In simple words, there is no currency existing in the physical form, and there is no one particular regulator for regulating these exchanges.

The buzz behind cryptocurrency started with Bitcoin, a cryptocurrency founded in the year 2009 by a pseudonymous developer by the name of Satoshi Nakamoto. There are limited number of Bitcoins, and thus with gaining popularity, the price of each bitcoin jumped manifold, such that it has now become out of the reach of a common man to own a single Bitcoin. It is now transacted in fractions of a Bitcoin. Banking on the popularity of Bitcoin, other cryptocurrencies came up, which were more affordable to the common man. Some of these, such as Ethereum became popular, whereas some of these have not become popular.

Cryptocurrencies are not even legal tender in most countries. Recently, El Salvador has

recognized Bitcoin as a legal tender, but that is the only country which has done so till date. On the contrary, some countries such as China, have banned transactions in cryptocurrencies. In most countries, cryptocurrencies continue to remain unregulated. Cryptocurrencies have gained so much popularity in a such a short time that no country can ignore cryptocurrencies. It now comes to the question of regulating cryptocurrencies.

What is the legal status of cryptocurrencies in India?

Up to 2018, cryptocurrencies were by and large ignored by the Indian government. It was considered a risky investment, and it was left upon the financial wisdom of the investor whether to invest in such risky investments or not. Considering the high returns on investment in the past, many people started investing in cryptocurrencies. It caught the attention of the Indian government. On 6th April, 2018, the Reserve Bank of India (RBI) issued a Circular which stated that the citizens will not be allowed to deal in cryptocurrencies as there are serious concerns of consumer protection, market integrity and money laundering, among others. This Circular of the RBI came to be challenged in the Supreme Court of India.

On 4th March 2020, the Supreme Court of India, in the case of Internet and Mobile Association of India v. Reserve Bank of India, struck down this Circular as unconstitutional. Following this, transacting

in cryptocurrencies was no longer illegal, though it continued to remain unregulated. Thus, people could freely transact in cryptocurrencies.

In 2020-2021, various crypto exchanges came up to facilitate the buying and selling of cryptocurrencies, such that it became extremely easy and convenient to invest in cryptocurrencies. While transacting in cryptocurrencies in crypto exchanges is permitted, cryptocurrencies are still not recognized as legal tender in India i.e., one cannot use cryptocurrencies to buy goods or avail services.

With various crypto exchanges having come up, and it becoming easier to invest in cryptocurrencies, large amounts have come to be invested in cryptocurrencies. It has again caught the attention of the Indian Government.

Recently, the Indian Government has announced that it would soon come upon with a law to regulate cryptocurrencies in India. It has proposed to table Cryptocurrency and Regulation of Official Digital Currency Bill, 2021 in the winter session of the Indian Parliament, which proposes to prohibit all private cryptocurrencies and lay down the regulatory framework for the launch of an "official digital currency". The Indian Government is also planning to start a central bank-backed digital currency, which will be less volatile as compared to the other cryptocurrencies. The Government has stated that cryptocurrencies cannot be considered as fiat currency as it is not stable and hence it will include its own cryptocurrency by using the underlying technology behind cryptocurrency.

It is not quite clear what is to be considered as private currencies and which of them will be banned, though it appears that the Indian Government proposes to ban all the cryptocurrencies which are in circulation as on date, and come up with its own cryptocurrency, which will be regulated by the RBI. The RBI has cautioned the general public regarding

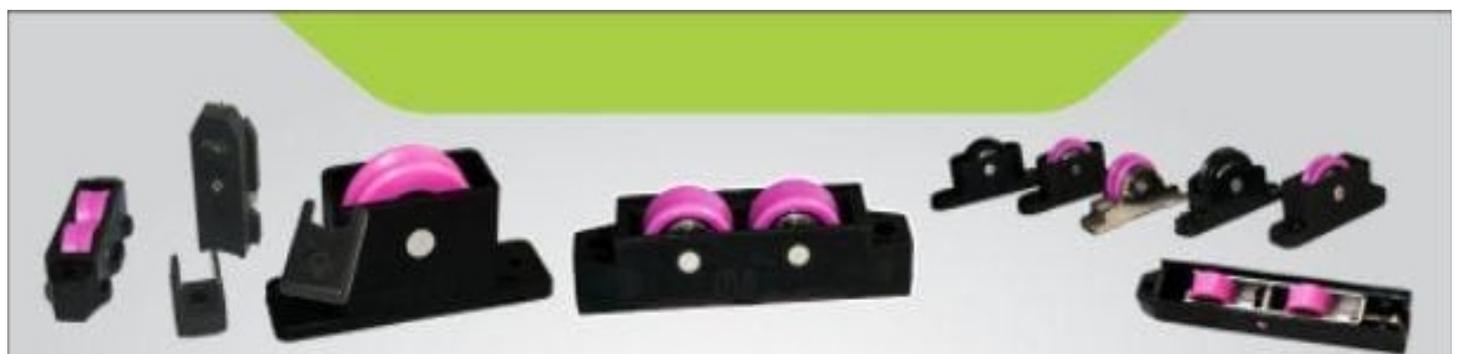
the misuse of cryptocurrencies and what can be its possible implication. Further the latest amendment to Schedule III of the Companies Act, 2013 states that from the new financial year all the companies will be required to disclose their investments in cryptocurrencies, and also state any profit or loss involved in the transaction. The holder of cryptocurrencies will also have to state the number of holdings, details of deposit and advances from any person for the purpose of trading. We will have to wait and watch as to what would be the final provisions regulating cryptocurrencies in India.

Conclusion:

Cryptocurrencies were introduced with the intent to have a decentralized currency system, that is not controlled by the banks, financial institutions or the governments. If countries decide to regulate this currency system, then the very purpose behind introducing cryptocurrencies would get defeated. It might also lose its decentralized nature with the RBI planning to introduce its own cryptocurrencies. At the same time, there is a need to check that cryptocurrencies are not used as a medium for money laundering and also to ensure that investors rights are protected. Thus, some sort of regulation of

cryptocurrencies is required. However, to what extent is a complicated question and it would be interesting to see in what manner the proposed legislation seeks to regulate cryptocurrencies in India.

Sunny Shah
B.Sc. LL.B. (Hons);
LL.M. (Cornell Law School, USA)
Office: 7th Floor, Oricon House,
K Dubash Marg, Kala Ghoda,
Mumbai 400 015
+91 9930378505
sunny.shah9@gmail.com



Dharmesh Shah

MEETI INDUSTRIES

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

Call : 9769142255
meetiinds@gmail.com

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

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

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

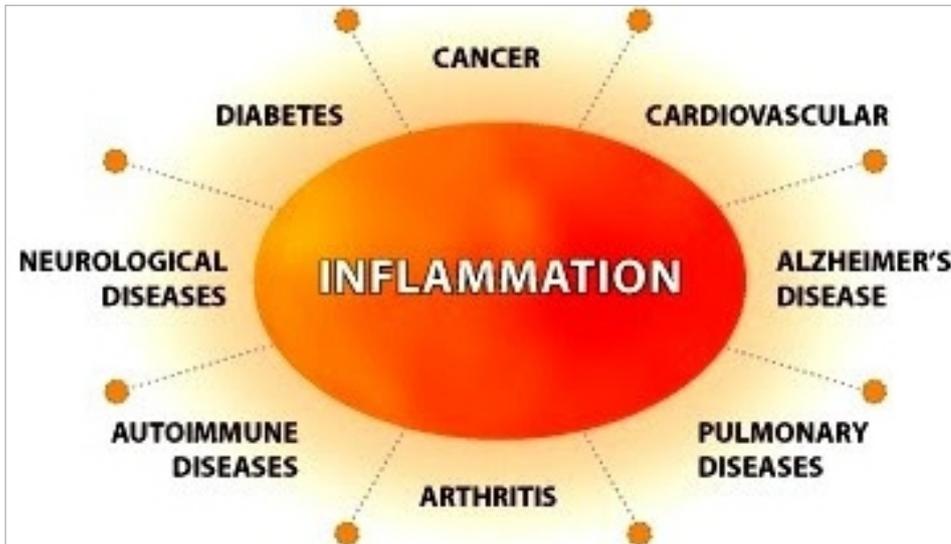
Email: info@khadayatabusinessnetwork.com • **WhatsApp:** 9820999056 | 9821138471 | 9820395856

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

Disclaimer: KCBF has compiled this ebulletin with care. However, KCBF, its editorial team or the admin committee (hereafter called as "The Publishers") does not warrant that information in this ebulletin is free of errors. The Publishers also does not necessarily agree with or endorse any statement or opinion either in the editorial material or advertisements in this ebulletin and the use of any information in this ebulletin is entirely at the risk of the reader / user.

Diabetes and low-grade inflammation - A Silent Killer

DR. MITA SHAH



Diabetes is associated with low-grade inflammation which can turn into a silent killer. It increases the risk of cardiovascular disease. The fact that three out of five people around the world die from a disease linked to inflammation raises serious red flags.

Types of inflammations-

Two types of inflammation can happen in our body.

1. Acute Inflammation: It is a vital part of our body's infection-fighting defense system, supporting our survival by fighting off hostile microbes and healing our injuries.

2. Chronic (low Grade) Inflammation: This is another, more insidious side of inflammation which is persistent. It is low-grade inflammation because it produces a steady, low-level of inflammation throughout the body. Unlike acute inflammation, chronic inflammation can have long-term and whole-body effects.

Signs and symptoms of chronic low grade inflammation

The signs of chronic inflammation are not as obvious as those of acute inflammation. Chronic inflammation can be widespread or more localized to specific areas of the body. Therefore the symptoms can vary considerably, such as:

- fatigue and lack of energy
- depression, anxiety
- muscle aches and joint pain
- constipation, diarrhea, and other gastrointestinal complaints
- changes in weight or appetite

- headaches
- A "fuzzy" mental state (brain fog)

Thankfully science reveals that there is plenty you can do to fight back. Fighting inflammation is the way to prevent cancer, heart disease, dementia or other conditions connected to chronic inflammation.

Steps to fight chronic (low grade) inflammation:

1. Eat right to beat inflammation.

One of the best ways to reduce inflammation lies not in the medicine cabinet, but in the refrigerator. By following an anti-inflammatory diet you can fight off inflammation for good.



Try to avoid or limit these foods that cause inflammation as much as possible: Refined carbohydrates, such as white bread and pastries; French fries and other fried foods; Soda and other sugar-sweetened beverages

2. Manage your weight.

The simple strategies help reduce abdominal fat — the kind of fat that produces pro-inflammatory chemicals.

3. Get moving!

Aerobic exercise in limit lowers inflammation levels. Beyond limit exercise (feeling breathless while exercising) may actually provoke an inflammatory response.

4. Get enough sleep.

Inadequate sleep not only robs you of energy and productivity it also elevates inflammation—which is especially hazardous to heart health.

5. Stop smoking.

Kicking the habit can result in a dramatic reduction in inflammation levels within just a few weeks, experts say.

6. Limit alcohol use.

When it comes to inflammation, alcohol can be either your friend or foe. A little alcohol may not be harmful but over the line can increase inflammation.

7. Conquer chronic stress.

Chronic stress can spark the development of inflammation and cause flare-ups of problems like rheumatoid arthritis, cardiovascular disease, depression and inflammatory bowel disease.

Dr Mita Shah

Chief Diabetologist, Institute of Renal Sciences, Global Hospital, Mumbai
Trustee, Narmada Kidney Foundation

in association with the **KCBF Medical Team of Dr Utpal Sheth & Dr. Rajendra L. Bhalavat.**

WITH BEST COMPLIMENTS FROM



Hasmukh Enterprise

OPEN ON ALL DAYS (EXCEPT SUNDAY) & WITH FULL STOCK

All possible sizes are available for PVC, BOPP bags

Multiple sizes in Plastic containers also available

Printed Ivory Cards, Buckle Cards, Boxes, & All kinds of Imitation Jewellery Packing Materials

SPECIAL SIZES OF BOPP BAGS SOLICITED
CONTACT: 9004516464

HASMUKHLAL SHAH: 9820827383 • VAIBHAV SHAH: 9820476464

*With
Best Compliments From*



SANDEEP SHAH
+91-9820318422

MONICA S. SHAH
+91-9833255128

SANDEEP:

Sandeep is managing and guiding 2 companies – Solomon Hobby Collections & R S Hobby Collections in Mumbai. He is qualified as a Masters in Numismatics & Archeology from Mumbai University. He is a Coin Grader, Decipher, Cataloguer, Writer & Exhibitor. He is a distinguished Life Member of Mumbai Coin Society & Gujarat Coin Society. Sandeep is associated with few Auction Houses, Corporates, Film Personalities, HNI's & Strategic Investors. He has just completed 33 years in the field of Numismatics which he started as a hobby. Sandeep is one of the leading executive of the Group and at present is giving his services as a Treasurer.

MONICA:

She is associated with Solomon Coins & Antiques. She deals in Collectible Art, Idols & Antiques.

solomancoins@gmail.com

અત્રપ્રાશન સંસ્કાર

શાસ્ત્રી ચેતનભાઈ

અત્રપ્રાશન સંસ્કાર

શાસ્ત્રી ચેતનભાઈ આ વિભાગમાં ગભૈંધાનથી શરુ કરી, સોળ સંસ્કારની (એક પછી એક એમ) ઝાંખી કરશે અને તેની જીવનમાં જરરિયાત વિષે સાદી સરળ ભાષામાં સમજાવવાનો વિચાર લખશે. આ પુવં લખેલ ગભૈંધાન, પુંસવાન, સીમંતોનયન, જાતકમં/જનમઓતસવ, નામકરણ અને નિષ્ક્રમણ સંસ્કાર વિષયની માહિતી વિષે વાંચ્યું હશે. આ અંકમાં અત્રપ્રાશન સંસ્કાર વિષયના ઉપર વિચારો જણાવશે..

આપ સૌ આપને સતાવતા સવાલ (શંકા-કુશંકા) પૂછશો (પુછી શકો છો) તેને જવાબ આપવાની કોશિશ કરવામાં આવશે. વાચક ભાઈબહેનોને વિનંતી છે કે તમારા સવાલો KCBF એડમીનટીમને મોકલશો, તેનો ઉચિત ઉત્તર/જવાબ પછીના અંકમાં આપવામાં આવશે.



અત્ર એ માનવ શરીર માટે ઈશ્વરે નિર્માણ કરેલો આહાર છે. તેનાથી શરીરના સર્વ અંગોને પોષણ મળે છે. તન મન પ્રકુલ્લિત રહે છે. જેવા પ્રકારનું અત્ર જમીએ કેવા પ્રકારની વૃદ્ધિ બળને તેજ આપે છે. બાળકના જન્મથી છ - સાત મહિનાનો સમય પસાર થયા પછીથી આ સંસ્કાર કરવામાં આવે છે.

"અત્રપ્રાશન" એટલે બાળકને વિધિપૂર્વક અત્ર જમતો કરવો. સામાન્ય રીતે છ-સાત મહિના નું બાળક થોડું થોડું હળવું અત્ર પચાવે તેવી તેનામાં ક્ષમતા આવી જાય છે. વળી શરીરની વૃદ્ધિ માટે જોઈતા બધા પ્રોટીન અને ખનિજ તત્વો અત્ર દ્વારા તેને મળી રહે એ જરૂરી છે. આ સમયે બાળક ને દાંત ફૂટવાની શરૂઆત થવા લાગે છે. તેથી તેને કંઈક ને કંઈક મોં માં નાખવાની, ચાવવાની રુચિ થાય છે. આ સંસ્કાર કર્યા પછી બાળકને દરરોજ થોડા થોડા સુપાચ્ય ખાદ્ય પદાર્થો તેની તાસીરને અનુરૂપ હોય તેમ આપવામાં આવે છે. અને દૂધપાન ની માત્રા ધીરે ધીરે ઘટાડવામાં આવે છે. "અત્રપ્રાશન સંસ્કાર નું વર્ણન કરતા અર્થવેદમાં કહ્યું છે કે

શિવૌ તે સ્થાનં ત્રીહિયવાત્તલાસાવદો મધૌ
 ઇતૌ યક્ષ્મં વિવાધેતે, ઇતૌ મુન્વતો અહંસઃ।

અર્થાત્ હે બાળક, જવ અને ચોખા તારા માટે બળવર્ધક અને પુષ્ટિદાયક થાવ. આ બે વસ્તુઓ બધા પ્રકારના ક્ષય વગેરે રોગો થતા અટકાવે છે. તથા (દેવોનો હવિષ્યાત્ર હોવાથી) માણસને પાપથી મુક્તિ અપાવનારું છે. જવ, ચોખા વગેરે સુપાચ્ય છે. અને તેનાથી શરીરને પૂરતું પોષણ મળી રહે છે. તેની હવિષ્યાત્ર માં ગણના થાય છે. અમુક પ્રકારના રોગો થતાં અટકાવે છે. બાળકની શીઘ્ર વૃદ્ધિ થતી હોય એ વખતે તેને

પૂરતા પ્રમાણમાં પૌષ્ટિક ખોરાક આપવામાં ન આવે તો તેના હાડમજા રક્ત વગેરેને ની વિકાસ વૃદ્ધિ રૂંધાય છે. તેના શરીરમાં ટીબી(ક્ષય)જેવા અસાધ્ય રોગોના બી રોપાય છે. માટે બાળકના આહાર બાબતે પૂરતું ધ્યાન આપવું જરૂરી છે. પહેલાના સમયમાં દરેક સદગૃહસ્થ ના ઘરે દરરોજ નિત્ય ગ્રહહોમ કરવામાં આવતો. તેથી યજ્ઞના પ્રસાદરૂપે જવ, ચોખા વગેરે ઘી મિશ્રિત હવિષ્યાત્ર બાળકને મળી રહેતું. યજ્ઞ નો પ્રસાદ જમવાથી તેના મન બુદ્ધિ અને આત્મા પવિત્ર બનતો.

આત્માને જન્મ જન્માંતર થી વળગેલા પાપો, દોષો દેવોના પ્રસાદ રૂપ અત્ર જમવાથી નાશ પામતા અને બાળકને સુપાચ્ય પૌષ્ટિક આહાર પણ મળી રહે. હવે આ નિત્યહોમ, દેવયજ્ઞ ની ક્રિયા ગણ્યાગાંઠ્યા કર્મકાંડી બ્રાહ્મણો ને ત્યાં જ થતી જોવા મળે છે.

ભગવદ્ ગીતામાં કહ્યું છે કે યજ્ઞ નો પ્રસાદ જમનાર સર્વ પાપોથી મુક્ત થાય છે. જેના ઘરે નિત્ય હવન થતો ન હોય તેવા ગ્રહસ્થો એ દરરોજ ઘરમાં ભગવાનની પ્રતિમા ને થાળ ધરાવી પવિત્ર થયેલું અત્ર બાળકને ખવડાવવું જોઈએ. અને પોતે પણ એવું અત્ર ખાવું જોઈએ. વૈષ્ણવ, સ્વામિનારાયણ વગેરે ધર્મ સંપ્રદાયો માં ભગવાનને ભોગ ધરાવીને પ્રસાદી રૂપ અત્ર જમવાની પ્રથા આજે પણ વ્યાપક રૂપમાં જોવા મળે છે.

સર્વજ્ઞના ભોક્તા ભગવાન "શ્રીકૃષ્ણ" હોવાથી તેમને અર્પણ કરેલા ખાવાપીવાના પદાર્થો યજ્ઞના પ્રસાદરૂપે બની જાય છે. તે જમવાથી બુદ્ધિમાન સત્વગુણની વૃદ્ધિ થાય છે. વળી ભગવાનને ભોગ અર્પણ કરવાનું હોવાથી કાચા સીધા થી લઈને રસોઈ બને ત્યાં સુધી તેમાં શુદ્ધિ, પવિત્રતા જળવાઈ રહે તેવો સૌ આગ્રહ રાખે છે. અને રાખવો જોઈએ, અને અન્ય પ્રત્યે આદરભાવ જન્મે છે. અને રસોઈની દરેક ક્રિયા કરતી વખતે ભગવાન નું અનુસંધાન રહે છે. અને રહેવું જોઈએ, સતત ભગવત સ્મૃતિ રહે એનાથી બીજું કોઈ મોટું સાધન કે ફળપ્રાપ્તિ શાસ્ત્રોમાં બતાવી નથી. યજ્ઞ કરવાથી કે ભગવત્ પ્રસન્નતા અર્થે રસોઈ બનાવી થાળ જમાડવા થી આ હેતુ સહેલાઈથી સિદ્ધ થાય છે. ભગવત્ સેવા એ મોક્ષ પ્રાપ્તિનું સર્વોત્તમ સાધન છે.

અત્રપ્રાશન નો અર્થ સંસ્કાર બાળકના સ્વાસ્થ્ય તરફ જાગૃતિ લાવે છે. અને યજ્ઞ પ્રભુ, પ્રસાદ વગેરે દ્વારા દેવોની પ્રસન્નતા, પવિત્રતા ની ભાવના વગેરે પ્રત્યે પણ અંગુલિ નિર્દેશ કરે છે. બાળકને દાંત આવતા હોય એ વખતે તેના શરીરમાં ક્ષારની વધુ આવશ્યકતા ઊભી થાય છે. તેથી તેને ક્ષાર યુક્ત પૂરતું પોષણ ન મળે તો તે માટી વગેરે ખાવા લલચાય છે. કારણ કે માટીમાં પુષ્કળ પ્રમાણમાં ક્ષારતત્વ હોય છે.

બાળકના આહારની ઉપેક્ષાના કારણે મોટાભાગના બાળકોનું સ્વાસ્થ્ય જોખમાતું હોય છે. દારુ, માંસ વગેરે

અખાદ્ય પદાર્થો તો માણસ માટે પણ શાસ્ત્રોમાં વર્જિત છે. કારણ તેનું પાચન કરવાની ક્ષમતા આપણી હોજરી, આંતરડા માં નથી. મોટાભાગના અસાધ્ય રોગોનું કારણ તબીબી વિજ્ઞાન પરીક્ષણો પ્રમાણે અખાદ્ય પદાર્થો છે. વનસ્પતિજન્ય વિવિધ પ્રકારના અત્રમાંથી શરીરને પૂરતા પ્રમાણમાં પોષક તત્વો મળી રહે છે. નાના બાળકોને અખાદ્ય પદાર્થો આપવા એ રોગને સામે ચાલીને આમંત્રણ આપવા જેવું છે. માંસાહારી દેશોમાં પણ આજે શાકાહારનું પ્રમાણ વધતું જાય છે. શાકાહારનું મહત્વ સમજીને જ હજારો વર્ષો પહેલા ઋષિ-મુનિઓએ શાકાહારનું પ્રતિપાદન કર્યું છે. આપણે આપણો આ સમૃદ્ધ વારસો ભૂલી જવાના કારણે અનેક કષ્ટો વેહીને છેલ્લે વિજ્ઞાન, તબીબો સલાહ આપે પછી એ કરવા પ્રેરાયઈએ છીએ. એ આપણું મોટું દુર્ભાગ્ય છે. અત્રપ્રાશન સંસ્કાર શાકાહાર નું પણ સીધું સૂચન કરે છે.

અત્રપ્રાશન સંસ્કાર કરતી વખતે બાળકની આગળ પુસ્તક (શાસ્ત્ર), કલમ (પેન), રમકડા, મીઠાઈ, શસ્ત્ર વગેરે પદાર્થો મૂકવામાં આવે છે. અને બાળક ને તેમાંથી સ્વપસન્દગી માટે છૂટો મૂકવામાં આવે છે. બાળક કઈ વસ્તુ પસંદ કરે છે. તે ના ઉપરથી તેના ભાવિ રસરુચિ નો અંદાજો લગાવવામાં આવે છે. શરીર નો જન્મ અને મરણ છે. તેની અંદર રહેલા આત્માનું જન્મ મરણ નથી. જીવ અજર-અમર છે. તે અનેક દેહ ધરતો આવ્યો છે. તેથી બાળકનો કેવી રુચિ વાળો આત્મા છે. તે આ પરીક્ષણમાં દેખાઈ આવે છે.

બાળકને જે વિષયમાં રુચિ હોય તેમાં તેને આગળ વધવાની સાનુકૂળતા કરી આપવામાં આવે તો તે બાળક નો અસાધારણ વિકાસ થાય છે. આજના મોટાભાગના માં - બાપ બાળકની રસ-રુચિ જાણવાની ભાગ્યે જ દરકાર કરે છે. પોતાના રસ રુચિ પ્રમાણે બાળક ઉપર અભ્યાસ પરાણે ઠોકી બેસાડે છે. જેના કારણે બાળકનો વિકાસ રૂંધાય છે ચિત્ર સંગીત વગેરે કલામાં જન્મજાત રુચિવાળા બાળકને સી.એ. કે કોલેજર બનાવવાના સ્વપ્ના કદી સફળ થતા નથી. આ સંસ્કાર થી બાળકની જન્મજાત રુચિ જાણી શકાય છે. અને તેને અનુરૂપ ભવિષ્યમાં તેને આગળ વધારવાનું આયોજન થઈ શકે છે. અમે એવા ઘણા બાળકો જોયા છે જેની રસ-રુચિ થી વિપરીત રીતે તેને વાળવાનો પ્રયાસ કરતા તેઓ અભ્યાસ પ્રત્યે જ પરનાગમુખ બની ગયા છે. દરેક બાળક જન્મજાત રીતે કંઈક ને કંઈક વિશિષ્ટ શક્તિઓ લઈને આવે છે. આ શક્તિ ને માતા-પિતાએ ઓળખવાની જરૂર છે. બાળકની આ જન્મજાત શક્તિઓ ની પિછાણ માટે પણ અત્રપ્રાશન સંસ્કાર મહત્વનો છે. પવિત્ર વાતાવરણમાં બાળકની આંતરિક અભિરુચિ ને પ્રગટ થવાની પૂરેપૂરી તક મળે છે. માટે અત્રપ્રાશન સંસ્કાર એ જન્મ, કર્મ, ધર્મ, આચરણ, વિચરણ, વિચારો, આહાર, દરેકનો પથ પ્રદર્શક બને છે.

॥ અસ્તુ ॥