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Mr Ketul Shah - ketulshah80@gmail.com

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Mr Rajiv Patwa - 9821188516

INSIDE

- 3 - INDIAN COINAGES HISTORY
- 5 - UNDERSTANDING MENOPAUSE
- 7 - UNDERSTANDING THE SUN - SURYA
- 9 - VAMPIRE FACIAL
- 11 - OSTEOARTHRITIS



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INDIAN COINAGES HISTORY THROUGH INDEPENDENT PRINCELY STATES

MA SANDEEP SHAH

History of Indian coinages is more than 3500 yrs old from today. The coin culture found in BC was PMC. The minting technique developed as people progressed. Today we manufacture Machine Struck Coins.

Indian Coinages can be classified in many eras, but I have simplified it in 4 sections viz Ancient, Medieval, British n Independent India. Prior to Independent India was with Pakistan and Bangladesh.

Their were 66 prominent Independent States and few Independent Kingdoms. The 66 Independent Princely States were:

Alwar, Awadh, Bhawalpur, Banswara, Bajrangarh, Baroda, Bharatpur, Bhaunagar, Bhopal, Bikanir, Brindaban, Broach, Bundi, Cambay, Cannanore, Chamba, Chotta Udupur, CIS Suttlej, Cooch Behar, Dewas JB, Dewas S.B, Dhar, Dholpur, Dungarpur, Gharwal, Gwalior, Hyderabad, Indore, Jaffarabad, Jaipur, Jaisalmer, Janjira Island, Jaora, Jhabua, Jhalawar, Jhodpur, Junagadh, Kalat, Karauli, Kashmir, Kishangarh, Kolhapur, Kotah, Ladakh, Lunawada, Makrai, Mewar, Mysore, Narwar, Nawanagar, Orchha, Partapgarh, Porbander, Pudukkoai, Radhanpur, Ratlam, Rewa, Rohilkhand, Sailana, Sirohi, Sitamau, Sunth, Tonk, Travancore and Tripura

Among these Princely States today's Gujarat had many Independent States, here I am precisely briefing on the 10 prominent States right upto 1947 when it acceded to the Indian Union. A brief idea about the Ruler, Coinage, History, Monetary System and Coin culture.

BARODA:-

A state located in Western India. A Maratha Soldier, DAMAJI descended the ruling line, as he received a title in 1721 as a "Distinguished Swordsman". Hence we find the scimitar on most of Baroda Coins. Damaji's father's occupation was of a Cow

Herd, ie 'Gaikwar', hence Baroda's title GAIKWARA" is derived. The Gaekwar family rose to the prominence in the Mid 18th Century. Govind Rao was the 1st Ruler among Gaekwars, he ruled between 1768-1771 ad. The coins of Baroda are beautifully inscripted with Nagari legends. One can find Portrait Coins of Sayaji Rao in the history of Baroda Coinages. Baroda/Vadodra has one of the largest and beautiful Coin Culture in the History of Gujarat Coin's. Amreli, Ahmadabad, Baroda, Jambusar & Petlad were few prominent mints. Baroda issued Gold Mohur's with Ruler's Effigy. Still in present we have the Royal family of Gaekwar residing in Baroda.

BHAVNAGAR / BHAUNAGAR:-

Located on the North West India, on the North West shore of the Gulf of Cambay. The Thakur's where Gohel Rajputs. The Thakurs were relatively enlightened Ruler's. The Monetary system were Trambhiyo, Dokda, Dhingla/Dhinglo. The coin bears in Nagari legend "BAHADUR" in addition to the Moghul legends. Only copper coins are issued/found in the name of Mohammad Akbar II & Shah Alam III.

JUNAGADH

Located in Kathiawar, originally a Rajput Kingdom, until conquered by the Sultan of Ahmadabad in 1472. It became a Mughal dependency under Emperor Akbar. A Mughal Officer & a Military adventurer, Sher Khan Babi, expelled the Mughal Governor and asserted his independence in 1735. Till Independence the Babi Ruler's ruled the State. In 1947 the Nawab of Junagadh tried to accede to the New Nation of Pakistan but the Hindu Majority in the State objected and Junagadh remained with Republic India. Film Actress "Parveen Babi" is of the same Reign. The coinages are termed as Dokdo & Kori. On the Silver 1/2 kori and Kori 'Shri Dewan' is inscripted in Devanagari Legends.

LUNAWADA:-

A small State in the Panch Mahl District of Western India were Ruled by the Solanki Rajputs, who descended from Sidraj Jaisingh the Ruler of Anhalwar Patan & Gujarat. Copper Coins of Lunawada are famous, as it bears different Shapes and Motifs. OPEN Hand, Lion are few of the Motifs while, Rectangular, Square or Round Shaped coins are found. Only Copper coins were Strucked/Found.

NAWANAGAR / NAVANAGAR (JAMNAGAR) -

Located on the Kathiawar Peninsula situated at West Central India, the Rulers were called 'JAMS' of Kutch. They were Jareja Rajputs who entered the Kathiawar Peninsular from Kutch. Nawanagar was founded about 1535 by JAM Raval. The Fort was built by JAM Jasaji. The Rulers were Vibhaji & Jaswant Singh. The Monetary system were Trambhiyo, Dokdo, Dhinglo, Kori's. Copper and Silver coins are found. JAMNAGARI FARSAN is very Famous of this Region. Silver 5 Kori's, Copper 3 Dokdo, Gold 1/2 korin Kori are sought after by Collector's. Coinages of Navanagar has "SHRI JAM" inscripted on the coins in Devanagari Legends

Sandeep V Shah

MA : Numismatics and Archaeology


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UNDERSTANDING MENOPAUSE

DR. PURRVI PATEL



A Comprehensive Guide to Navigating Change

Introduction:

Menopause is a natural and inevitable phase in a woman's life, marking the end of her reproductive years. It is a complex physiological process that brings about significant changes in a woman's body and hormonal balance. This article aims to provide a comprehensive guide to understanding menopause, including its symptoms, causes, impacts, and available treatments, empowering women to navigate this transformative journey with knowledge and confidence.

I. What is Menopause?

Menopause refers to the permanent cessation of menstrual cycles and fertility in women. It is usually diagnosed retrospectively after a woman has experienced 12 consecutive months without a menstrual period. Menopause typically occurs between the ages of 45 and 55, with the average age of onset being 51. However, it can occur earlier or later in some cases.

II. Perimenopause: The Transition Phase

Perimenopause is the transitional period preceding menopause when hormonal fluctuations and irregular menstrual cycles begin. This phase can last for several years and is characterized by symptoms such as hot flashes, night sweats, mood swings, vaginal dryness, and irregular periods. Understanding the signs of perimenopause is crucial for recognizing and managing the

changes that lie ahead.

III. Menopausal Symptoms and Effects

Menopause brings about a variety of physical and emotional symptoms, which can vary in intensity and duration for each woman. Common symptoms include hot flashes, night sweats, sleep disturbances, mood swings, vaginal dryness, decreased libido, urinary changes, weight gain, and changes in bone density. Additionally, menopause is associated with an increased risk of certain health conditions, such as osteoporosis and cardiovascular disease.

IV. Understanding Hormonal Changes

The primary hormonal changes during menopause involve a decline in the production of estrogen and progesterone, which are key reproductive hormones. These hormonal shifts can have profound effects on various bodily systems, leading to the characteristic symptoms of menopause. Understanding these hormonal changes helps women make informed decisions about their health and explore potential treatment options.

V. Managing Menopause: Lifestyle Changes

Implementing certain lifestyle modifications can significantly alleviate menopausal symptoms and improve overall well-being. This section discusses strategies such as maintaining a healthy diet rich in calcium and vitamin D, engaging in regular physical exercise, managing stress through relaxation techniques, avoiding triggers like caffeine and spicy foods, and adopting good sleep habits. These lifestyle changes empower women to take an active role in managing their menopausal experience.

VI. Treatment Options

For women experiencing severe menopausal symptoms that significantly impact their quality of life, various treatment options are available. Hormone therapy (HT) is a commonly prescribed approach involving the use of estrogen and progesterone to alleviate symptoms. However, HT is not suitable for everyone, and alternative therapies, such as

non-hormonal medications, herbal remedies, and complementary therapies, can also be explored. It is crucial to consult with a healthcare professional to determine the most appropriate treatment approach based on individual needs and medical history.

VII. Emotional Well-being and Support

Menopause is not just a physical process; it can also affect a woman's emotional well-being. Feelings of sadness, irritability, anxiety, and a loss of identity are not uncommon during this time. Seeking emotional support from friends, family, or support groups can provide comfort and guidance. Additionally, maintaining a positive mindset, practicing self-care, and exploring relaxation techniques can contribute to improved emotional resilience.

Conclusion:

Menopause is a significant life event that brings both challenges and opportunities for growth. By understanding the physical and emotional changes that occur during this phase and exploring the available treatment options and lifestyle modifications, women can embrace menopause as a natural progression and navigate it with confidence and empowerment. Remember, menopause is not the end—it is a new beginning, offering women the chance to redefine their lives and prioritize their well-being.

Dr. Purvi Patel

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UNDERSTANDING THE SUN - SURYA

KRUPA SHAH

H Hi friends, I am Krupa Shah and welcome back to next episode of reviving the ride to mysterious world. Let's open the untouched walls of this world. This time we are going to talk about the centre of galaxy – The Sun or Surya Devata in Sanskrit.

'Surya' is a Sanskrit word that means the Sun and Sunday is the day to worship the Sun God. Sun is considered as the king of planet and the **only visible deity**. In astrology, the Sun is considered a symbol of Soul, so those with weak confidence are asked to worship the Sun. the Sun is known in Hindu mythology by 12 names – **Mitra, Ravi, Surya, Bhanu, Kha, Pusha, Hiranyagarbha, Marichin, Aditya, Savitra, Arka and Bhaskara**. These names of Sun God are associated with Surya Namaskar or the Salutations to the Sun. Each name corresponds to one particular posture or salutation. Performing Surya Namaskar have numerous benefits which includes heart, liver, intestine, stomach, throat, chest and lungs. These 12

names to worship Lord Surya are collectively known as Dwadasha Namavali (12). Now one maybe wondering what are these 12 names and what do they mean? **The answer is described in table given.**

The iconography of Surya is often depicted riding a chariot harnessed by horses, often seven in number which represent the seven colours of visible light, and the seven days of the week. Surya as a deity is also found in the arts and literature of Buddhism and Jainism. In Mahabharata and Ramayana, Surya is represented as a spiritual father of Ram and Karna. Surya is depicted with a chakra, also interpreted as Dharma Chakra. He is the lord of Simha (Leo), one of the twelve constellations in the Zodiac system of Hindu astrologer. Surya or Ravi is the basis of **Ravivara (रविवर), or Sunday**. In the Hindu calendar, major festivals and pilgrimages in reverence for Surya include Makar Sankranti, Pongal, Samba Dashami, Rathasaptami, Chhath Puja and Kumbh Mela.

The worship of Surya declined greatly around the 13th century perhaps as a result of Muslim destruction of Sun temples in North India. New sun temples virtually seized to be built and somewhere later repurposed to be different deity. Each day sun travels across the sky in his golden chariot pulled by seven horses and driven by red Aruna, a personification of dawn. The Gods most famous temple is at Konark in Orissa, north – east India but he was worshipped across the Indian subcontinent.



	ॐ मित्राय नमः om mitraya namaḥ Prostration to Him who is affectionate to all.
	ॐ रवये नमः om ravaye namaḥ Prostration to Him who is the cause for change.
	ॐ सूर्याय नमः om sūryāya namaḥ Prostration to Him who induces activity.
	ॐ भानवे नमः om bhānave namaḥ Prostration to Him who diffuses Light.
	ॐ खगाय नमः om khagaya namaḥ Prostration to Him who moves in the sky.
	ॐ पूष्णे नमः om pūṣṇe namaḥ Prostration to Him who nourishes all.
	ॐ हिरण्यगर्भाय नमः om hiranyagarbhāya namaḥ Prostration to Him who contains everything.
	ॐ मरीचये नमः om maricaye namaḥ Prostration to Him who possesses rays.
	ॐ आदित्याय नमः om ādityāya namaḥ Prostration to Him who is God of gods.
	ॐ सवित्रे नमः om savitre namaḥ Prostration to Him who produces everything.
	ॐ अर्काय नमः om arkāya namaḥ Prostration to Him who is fit to be worshipped.
	ॐ भास्कराय नमः om bhāskarāya namaḥ Prostration to Him who is the cause of lustre.

RAJESH K | rajeshodayanachal@gmail.com

No.	Name Mantra	Name	Meaning
1	ॐ मित्राय नमः। Om Mitraya Namah I	मित्र Mitra	The friend of all
2	ॐ रवये नमः। Om Ravaye Namah I	रवि Ravi	The one who roars
3	ॐ सूर्याय नमः। Om Suryaya Namah I	सूर्य Surya	The brilliant one
4	ॐ भानवे नमः। Om Bhanave Namah I	भानु Bhanu	The bright one
5	ॐ खगाय नमः। Om Khagaya Namah I	खग Khaga	The one who moves in the sky
6	ॐ पूष्णे नमः। Om Pushne Namah I	पूषन् Pushan	The one who nourishes all
7	ॐ हिरण्यगर्भाय नमः। Om Hiranyagarbhaya Namah I	हिरण्यगर्भ Hiranyagarba	The golden source (of the universe)
8	ॐ मरीचये नमः। Om Marichaye Namah I	मरीच Maricha	The lord of dawn
9	ॐ आदित्याय नमः। Om Adityaya Namah I	आदित्य Aditya	The son of Aditi
10	ॐ सवित्रे नमः। Om Savitre Namah I	सवित्र Savitra	The arouser
11	ॐ अर्काय नमः। Om Arkaya Namah I	अर्क Arka	The one who is fit to be praised
12	ॐ भास्कराय नमः। Om Bhaskaraya Namah I	भास्कर Bhaskara	The enlightening one

Surya first appears in literature in Rig Veda, oldest of the Vedas sacred texts and composed between 1500 and 1000 BCE. The bringer of the Sun, Surya was thought to ride his chariot across the sky and defeat the demons of darkness. He is represented as such in a doorway relief at the 2nd century BCE Buddhist cave temples and monk cells of Bhaja, Shunga in Western India. According to some myths, Surya is the son of Kasyapa (a Vedic Sage) and Aditi (Infinite Heavens) and in others he is the offspring of Dyaus (Sky) and in still others his father is Brahma. Surya had three offspring with Sanjna (Conscience), the daughter of Visvakarma. These were Vaivasvata (one of the 14 original men or Manu), Yama (God of the dead), and Yami (Goddess of the Yamuna River). Unfortunately, Sanjna became so tired of Surya's brilliant light that she one day gave him a handmaid, Chaya (Shade) and left him to live a life of reflection in the forests, transformed into a mare. Surya was not to be so easily deprived though and disguised as a stallion mated with Sanjna. The resulting offspring were Revanta (chief of the Gyhyakas) and two twin sons, the youthful Ashwins, who travelled before his chariot in their own golden version or on horseback.

Meanwhile, Vishvakarma chipped off some of

Surya's brilliance, perhaps to try and dim the God and make him a little easier for his daughter to live with. From this blazing segment were made various weapons of the gods, including Vishnu's discus, Shiva's trident, Kubera's club and Karttikeya's lance. Various other offspring sometimes attributed to Surya include the monkey chief Sugriva, Ushas, the personification of Dawn in early text and Sani, the personification of the planet Saturn. Surya is considered the chief of nine planets Vedic antiquity. These are the Sun, Moon, Mercury, Mars, Venus, Jupiter and Saturn, plus the solar and lunar shadows (ascending and descending nodes) of Rahu and Ketu, all visible to the naked eye. Collectively they are known as Nava Grah. The seven horses name of Surya are Gayathri, Bruhathi, Ushnik, Jgathi, Dhrushtup, Anushtup and Bhakthi.

If we go by modern science theoretical evidence given by NASA, shows that Sun is the huge ball of Hydrogen and Helium held together by its own gravity. It is 4.5-billion-year-old yellow, dwarf star and hot glowing ball. It is about 93 million miles (150 kms) from earth. Without Sun's energy, life on the earth could not exist. Sun is constantly changing and sending energy into space. It is located into the Milky Way Galaxy in the spiral arm called the Orion Spur which extended

outward from the Sagittarius arm. Sun rotates on its axis and its spin has a tilt of 7.25 degrees with respect to the plane of planets orbits. Since the Sun is not solid, different parts rotates at different rates. At the equator, Sun spins around once about every 25 earth days but at its poles, Sun rotates once on its axis every 36 earth days. Sun is the star and doesn't have its moons.

So, friends, with this brief knowledge of Sun it is seen how powerful Surya Devta is in nature. If asked to write and talk about more about Sun, even 100 pages seems very less. Sun in its own holds a great dignity as its light waves are very powerful and our survival is mainly because of this solar energy. So in the end, we finish with Surya Namaskar Mantra.

आदिदेव नमस्तुभ्यं प्रसीद मम भास्कर ।
दिवाकर नमस्तुभ्यं प्रभाकर नमोऽस्तु ते ॥१॥

Aadi-Deva Namastubhyam Prasiida Mama Bhaaskara ।
Divaakara Namastubhyam Prabhaakara Namostu Te ॥1॥

KRUPA SHAH



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VAMPIRE FACIAL

DR ROMIL MEHTA

What is a Vampire Facial?

Kim Kardashian may have started the vampire facial trend with her Instagram photo, but this treatment has been around for years. It involves drawing blood, then using the platelet-rich plasma (PRP) from it to stimulate collagen growth and promote healthy skin.

While it sounds extra, this procedure has been proven to brighten skin tone, fade hyperpigmentation, and improve acne scars, fine lines, and sagging. Here's how it works:

Increased Collagen

Vampire facials were first popularized by none other than Kim Kardashian in 2013, but they've since become a go-to treatment for anyone who wants to reduce acne scars, lighten stretch marks, fade hyperpigmentation, tighten skin, or boost collagen. This treatment is not only incredibly effective, but also relatively safe and easy to administer.

The key to this treatment is platelet-rich plasma, a component of blood that contains a high concentration of platelets and growth factors, which can help stimulate collagen production. During the vampire facial, small amounts of your blood are drawn and then spun in a centrifuge to separate out the plasma with these high concentrations of platelets and growth factors. This plasma is then spread across your face during the microneedling procedure to help speed up the production of new skin cells and collagen, giving you a more youthful, radiant glow.

Microneedling is a minimally invasive treatment that involves the use of short needles that penetrate your skin, which creates microchannels and encourages collagen production. The vampire facial combines microneedling with the PRP serum to enhance the effects of this treatment on your skin and provide more noticeable results.

When you get a vampire facial, your body is naturally stimulated to produce more collagen. This is important because collagen is a structural protein that helps give your skin a smooth, firm appearance. The increase in collagen produced by a vampire facial will not only make your skin look more plump and

youthful, but it will also reduce the appearance of fine lines and wrinkles.

A vampire facial can also help treat other issues that may be affecting your skin's tone and texture, such as uneven skin pigmentation or hormonal melasma. The boost in collagen will help your skin heal and fade these conditions, resulting in a more even complexion.

As you can see, a vampire facial is a great option for anyone who's looking to rejuvenate their skin, improve the appearance of fine lines and wrinkles, or reduce hyperpigmentation.

However, it's important to consult with a qualified aesthetician and phlebotomist before undergoing any type of treatment that involves using your own blood. For more information about the vampire facial and its benefits, contact us today!

More Hydrated Skin

Vampire facials are a combination of two treatments: micro-needling and platelet-rich plasma (PRP). The micro-needling part involves poking the skin with itty-bitty needles, which creates little injuries called microtrauma. This triggers the body's wound-healing process and encourages collagen production, which improves the skin's texture, tone, and radiance.

After the micro-needling, a serum with PRP is applied to the skin. This is a serum that contains your own blood platelets with high concentrations of growth factors, which aid in tissue repair and cell growth. PRP is used to treat fine lines, wrinkles, acne scarring, and blemishes.

The vampire facial is a popular treatment, but it's not for everyone. The procedure is not recommended for people with very low pain tolerance, and it's important to work with a licensed professional who has extensive experience performing the treatment. There have been reports of unlicensed practitioners using their patients' blood and failing to follow proper infection control procedures, resulting in infections like Hepatitis B and C and even HIV.

You may also experience swelling or redness after a vampire facial. This is normal, and it will eventually fade to reveal the more youthful glow of your skin. You may need to repeat the

treatment once or twice a year to maintain results.

If you want to give a vampire facial a try, make an appointment at Columbia Skin Clinic. Our board-certified dermatologists are skilled in both cosmetic and clinical dermatology, so you can be confident that you'll receive the best care. We offer a wide variety of services, including acne scar treatment, microneedling, laser hair removal, and more. Call us today to schedule your consultation! We look forward to meeting you.

Reduced Wrinkles

A vampire facial, also known as a platelet-rich plasma (PRP) facial, is a cosmetic treatment that uses your own blood to boost collagen and promote skin regeneration. The procedure involves drawing a small amount of blood and then using it to treat the face. The blood is placed in a centrifuge, which separates the red blood cells from the plasma and platelets. The PRP is then injected into the face or applied using microneedling to stimulate the skin to heal and produce more collagen and elastin.

The injection of PRP into the face reduces wrinkles and improves the overall appearance of the skin. The increased production of collagen and elastin also helps to tighten the skin, which gives it a more youthful appearance. It also aids the healing of acne scars and other blemishes. In addition, it can treat dry skin, large pores, uneven skin tone, crow's feet, and sun damage.

In addition, the increased collagen in the skin helps to hydrate it, which makes it more resistant to outside damage. This makes the skin feel softer and smoother, and it also helps to reduce dark circles around the eyes.

While a vampire facial is not a new technique, it has gained popularity in recent years thanks to celebrities and media coverage. It is a combination of microneedling and platelet-rich plasma (PRP). The microneedling process involves using short, fine needles to pierce the skin. The needles are so small that they only go skin-deep and cause no pain. The platelets in your blood then trick the skin into thinking that it has been injured, causing it to produce more collagen.

This is not a painless procedure, but the level of discomfort depends on your personal pain tolerance. A licensed cosmetologist or dermatologist who specializes in the procedure can perform it safely and effectively. However, there have been several cases of people getting blood-borne infections such as Hepatitis B and C or HIV when they got a vampire facial from an unlicensed salon. So, it is important to do your research and find a reputable licensed professional to perform the treatment.

Reduced Scars

The platelet-rich plasma (PRP) found in your blood contains a high concentration of growth factors that help tissue heal. When this is combined with microneedling, it helps soften the appearance of acne scars, promotes skin rejuvenation, and stimulates collagen production.

The facial also helps to reduce dark spots, hyperpigmentation, and even out the skin tone. It's not uncommon to experience redness and swelling after a vampire facial, but these symptoms usually subside within a day. If you're concerned about pain, a medspa can

use numbing cream or other techniques to minimize discomfort.

During the procedure, a small vial of blood will be drawn from your arm. The blood is then spun in a centrifuge, separating the plasma from the platelets. The platelets are then collected and then injected into the face through the micro-needling process. Despite its slightly spooky name, a vampire facial is actually a safe and very non-invasive treatment for the skin.

A typical session will take between 30-60 minutes, depending on the area of the face being treated and the amount of work required to achieve the desired results. It's important to remember that the collagen stimulation and tightening that takes place after a vampire facial will continue for six months to a year—it isn't an instant fix.

If you're interested in a vampire facial, make sure to consult with a trained dermatologist. This will ensure that you're getting the most out of the treatment and reducing the risk of any potential side effects. The cost of the procedure

varies, but Doft and Lal both say it typically costs around \$1,500 to \$2,000 per session. It's important to keep in mind that you may require multiple sessions, which can significantly increase the overall cost of the procedure. The cost can also vary based on where you get the facial, as well as who's performing it. It's always best to avoid unlicensed or unskilled practitioners, as they can end up introducing blood-borne pathogens into the body.

Dr Romil Mehta is a general practitioner who has a clinic called Era Clinic which is close to Panchsheel Housing Society

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OSTEOARTHRITIS

DR BIJAL SHAH

Old age is difficult phase of life and gradual reduction in strength and functioning of the body is a natural phenomena. Although it happens to every one yet a healthier lifestyle can delay a lot of undesirable problems. A person who is regular in his exercise tends to have less medical problems than the one leading a sedentary lifestyle.

Same is true for osteoarthritis. Although the problem affects the bones; a healthy muscle tone helps in preventing the disease altogether.

Osteoarthritis is a degenerative joint disease that involves the degradation of joints, articular cartilage, and subchondral bone as a result of mechanical stress on the area.

As the word suggests osteo means bone and arthritis means inflammation of the joint. The inflammation of a joint occurring due to wear and tear of the cartilage that underlines the bony structure. This is the commonest form of arthritis. It is very common after middle age. The most commonly affected joints are knees, hip and wrist joint.

Let us understand what causes/ worsens osteoarthritis.

Undue pressure on the joint .

Prolonged standing.

Improper standing posture leading to excess of pressure on one of the joints

Physical deformity like FLAT FEET, developmental defects of leg etc giving rise to improper weight bearing.

High impact sports like Football, marathon running, soccer, wrestling can give rise to pressure on joints much more than the routine. Hence players into these sports are prone to osteoarthritis.

Injury to one of the limb or even surgery on any one of the limb tends to put pressure on the other limb. Very often the gait (walking

posture) changes due to pain or disability.

This gives rise to increased pressure on the good limb and thus it gives rise to

Osteoarthritis

What can we do to prevent osteoarthritis:

Prevention is always better than cure in any disease. If muscle tone in the body is maintained; then there is less chance of developing pain. Regular practice of Yoga helps in preventing debilitating joint pains.

Once the pain has set in it is necessary to design the exercises as per patient condition to temporarily relieve the joint in order to reduce inflammation followed by strengthening of the key muscles.

Jogging on a hard surface, skipping rope etc are few that actually put pressure on knees so they should be avoided after middle age.

Footwear plays a very important role.

Comfortable footwear preferably sport shoes/sneakers in moderate to prolonged walking. It also includes going to mall . Right footwear tends to solve more than 30-40% of problems.

Food for bone is vitamin D . We get vitamin D from sun. Sun bathing at a time when rays are soft is a key to getting vitamin D without danger of harmful radiations. So Exercising/ walking in the early morning or evening out in open is an excellent idea. We recommend patient to wear white clothes and as little of them to directly expose the skin (as much as the society allows).

If for some reason sun bathing is not possible then regular intake of vitamin D becomes necessary. The doses for each individual can be decided by the treating physician.

Another important supplement is calcium. In countries like India where majority population is vegetarian milk and milk products like curd cheese etc. becomes an important source of calcium. Dairy protein has been referred so far as it's gets easily absorbed into the body. With so much hormones getting pumped into the lactating animal now there is a debate if the calcium milk calcium is useful to the

body...

Banana, leafy vegetables, Til (sesame seeds), almonds, soyabean are good source of calcium.

Egg and fish are good source of protein. Meat eaters can have bone soup as a source of calcium.

Our ancient medicines suggest use of Gond as it is very rich in calcium.

Of course supplements have a limited role as deficiency is not a primary cause for the disease.

TREATMENT OF OSTEOARTHRITIS

When patients have pain it is better to give cold compression and not hot. It brings down the inflammation and helps in healing.

When there is acute pain with swelling and redness it is best to give rest to the joint.

We help the pain and swelling to come down with the help of medicines like This tox, Ruta, Ledum pal etc. These medicines help in overcoming the acute phase of the disease.

Homeopathy needs to be continued even during the symptomfree phase. This is the time for overall repair and rejuvenation of the joint along with rectification other contributing factors.

Once the pain has come down, for knee pains I recommend exercises like pressing the pillow with knee joint, cycling and step up step down to my patients.

Exercise for knee pain

<https://youtu.be/XUNqAsH1kyA> - you can watch the video for the exercise. It helps in strengthening of the muscles around the knee.

It is a total myth that you need to take oil or ghee in sufficient amount to lubricate joints. Actually there is a fluid between the joints but it is not oil.

It is very interesting how I started treating these patients. Homoeopathy is a preferred treatment for joints pains as it does not have side effects. We actually have rheumat opd in the institutions having a separate department

for joint. As per the modern medicine the age related changes are permanent so they do not expect changes in bone structure and simply treat for the pain on SOS basis.

When patients come to us for Homeopathic treatment we prefer to treat them as holistic approach through constitutional therapy. In the initial days of practice I used to treat the patient on SOS basis and ask them to come back when the pain recurred. Then I came across a family of obese patients with OA as it's part complaint along with other ailments as well. Along the way one patient being nearly 70 years of age, her bone structure was so weak that she could have fracture of bones any moment of time. She actually used to come to me with stick and people to support her. Like all other patients I continued to treat her on a regular basis. In one and half

to two years of time her improvement was so drastic that she began regular walks. She even began to go down for hers walks. She still comes to me for a general treatment related to age. Now she doesn't need a stick.

I want to share one thing. I have seen in my practice that patients are mostly not aware of their bodies. Since the osteoarthritis develops slowly over a long period of time body tends to adapt in different ways. Hence a lot of muscle spasm as a part of body's effort to compensate for a deformity that is developing slowly. When we begin to treat the problem gradually body begins to recoil. So now the muscle spasm occasionally gives discomfort before it uncoils itself. But that process has to happen for a greater good.

After an encouraging response from this

patient, I have many patients who have limited their lives to confines of one room.

I am proud to say that I have been successful in preventing KNEE REPLACEMENT SURGERY for many of my patients.

All in all it is safe to say that Homoeopathy has a lot more to offer than simple pain relief.

DR. BIJAL SHAH

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MAXIMUM NUMBER OF CHARTERED ACCOUNTANTS IN INDIAN FAMILY

The record for the maximum number of Chartered Accountant professionals in a family was set by "V M SHAH" family of Mumbai, Maharashtra. The four generations of the family has 22 Chartered Accountants(CAs). The two brothers were from first generation in 1950, their sons and daughters, daughter-in-laws, son-in-laws, were from second and third generation respectively and now great grandson is from fourth generation who received the Chartered Accountant degree in 2021, as confirmed on April 1, 2022.

Born in Kankanpur Village of Godhra Dist of Gujarat," CA Vallabhdas M Shah "inspired all family members for generations to join the most esteemed profession of Chartered accountancy.

CA Vallabhdas M shah Started his career in Tax & Accountancy practice in Kampala (Uganda) in 1934. After 5 year he returned to India & started practice in Ahmedabad. CA Vallabhdas M. Shah went on to become Chartered accountant in 1950 & established the firm with his elder brother Chandulal M Shah. A man of principles and firm determination and sharp Audit excellence, he spread his practice all across Gujarat & then moved to Mumbai for expansion.

Taking inspiration from V M Shah, the second generation sons became Chartered Accountant, VIZ, CA Ashwin Shah, CA Pravin Shah & CA Niranjan Shah.

The legacy continued. In third generation there are 16 CAs in family - 6 sons and 2 daughters went on to become CA. This was not enough & they welcomed CA as their spouses The Unique feature of the family is that all 22 CAs are providing different



services. While 1st & 2nd Generation have been practicing in Audit & Taxation, the 3rd generation opted for different areas. CA Dhinal Shah (Tax Litigation), CA Jayesh Shah (Management Consultancy), CA Chirag Shah (Business), CA Bhavesh Shah (Investment Consultancy), CA Shreyas Shah (International Taxation),

CA Anuj Shah (GST Litigation), CA Sheetal Shah (Retail Business Consultancy), CA Shruti Anup Shah (International Estate Planning), CA Shruti Jayesh Shah (Systems Consultancy), CA Kinjal Shah (Finance Consultancy), CA Mansi Shah (Banking Services), CA Jasmine (Business Management), CA Dhrashtee (Internal Audit), CA Niyati (Forensic Accounting), CA Anup (Business Restructuring) & CA

Kailash (Corporate Finance & Strategy)

As a part of efforts to give back to profession 3 CAs went into council of Institute of Chartered Accountants of India. CA Ashwin Shah & CA Dhinal Shah served as central council members & CA Shruti Shah served for 9 years in regional council & went on to become 3 lady chairperson of Western India Regional Council.

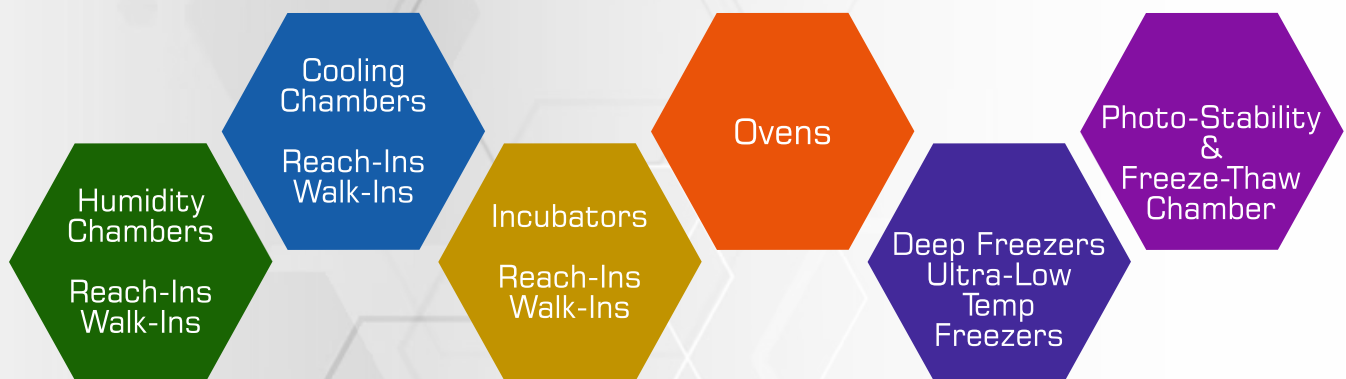
In 2021, CA Shrujay shah became Chartered accountant who represents the fourth generation. He also intends to join practice into business structuring & Litigation management advisory.

Looking forwards to see many more Chartered accountants this Family.

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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

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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.

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.

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