



GhoghariNEXT

Connect. Contribute. Celebrate.

*Interview with
Ghoghari Super Achiever*

Siddharth Shah

Co-Founder & CEO, PharmEasy



Shri. Mansukhlal
Pranjivandas Koradia
Freedom Fighter
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Unique effort to make
Ghoghari families
SELF-RELIANT
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WHY GHOGHARI NEXT ?

The thought of scaling new heights laid the stepping stone for - Ghoghari Next Magazine. Over the span of years, the Ghoghari Community has possessed the ocean of knowledge, but not resources significant to suffice. It's like driving a car, which lacks proper wheels. So, there wasn't a proper medium to direct the flow of knowledge.

GHOGHARI NEXT....The Next Gen...Next version platform for Gen X & Gen Y is all here wherein one introduces oneself as a proud Ghoghari.

At Ghoghari Next, our vision is to build a strong single platform connecting all Ghogharis across the globe for all their fundamental needs.



The riding principles of Ghoghari Next platform are 3 C's > Connect > Contribute > Celebrate

> Connect

Different people in distinct places are think about the same things but for varied purposes. The need to connect as a community is hence necessary and can be considered as fundamental in nature. Therefore, at Ghoghari Next, we focus to serve the objective of connecting the people belonging to this community, globally.

Our mission is to connect each and every Ghoghari individual across the globe irrespective of the medium we connect i.e. either physically (in person) or in virtual manner.

We, at Ghoghari Next, shall believe to be not only living for ourselves and progressing alone but also connecting with our fellow Ghoghari community members to walk on a path of glory, together. It shall help us in inculcating values and to develop:

- ✍ The ability to know/understand our culture & community.
- ✍ The ability to bridge the gap between the needy and the leaders, between the successful and those striving to make it big.
- ✍ The ability to grow incessantly and not just thrive for mere survival.
- ✍ a place where ideas can take birth, breed upon the minds, can connect with people and bring in an all-round development of our community and society at large.

We aspire to get connected universally on a single platform where we all laugh out loud the same way irrespective of any other social barriers.

Roadmap:

- Community census for Ghoghari Globally.
- On the cloud access to information of Ghoghari individuals across different field of specialisation
- Matrimony
- Online E-commerce platform
- Career Counselling & hand holding
- Single Global Ghoghari Identification Card (ID Card) with QR Code

> Contribute

It is rightly said that, Life comes a full circle. The more we contribute or give back to the society, the more are the returns that flow within the circle but never spill over. Contribution helps in collective growth of Community & can help in bringing exponential returns.

We believe that the contribution we do today will help our next generation to write a new chapter.

Roadmap

- Ghoghari Community Hall
- Education Scholarships & start-up loan funding
- Skill Development / entrepreneurship funding
- Crowd Funding
- Trade Fair

> Celebrate

When you celebrate something it happens as a group, so we would like to promote the celebration of hard work & opportunities.

It is unfortunate that we are not aware of inspirational individuals from the Ghoghari Community who can be idol for the youth of our community. At Ghoghari Next, we would like to celebrate the success of any individual from the community together with the entire community.

Roadmap

- Celebrate success stories of Ghoghari Super Achievers in all walks of life.
- Seminars with intellectual speakers on Current Affairs/Business/Finance /healthcare/Sports/Arts etc.
- Events like Trade show/ fashion show /Talent show
- Celebrate the rich Heritage we have Jainism in form of Tirth Darshan/Acharya messages etc.
- Rewards for puzzle/trivia
- Rewards for academic & co-curricular achievements of kids / students
- Live Cooking show platform

Team



The Ghoghari Next is initiated by a group of young individuals from our community along with a strong back up of veterans. Further, it was decided on publishing a periodic magazine with the hope of strengthening the process of disseminating information of our community.

Each one of you, is indeed a part of it, and for easy facilitation, the Ghoghari Next Magazine openly embraces the idea of inviting everyone individual to be a part of the Magazine, through whichever medium one may choose.

It shall result to a cohesive complimentary sphere of influences, interests as well as interaction. Furthermore, it shall reflect achievements and advances.

Therefore, active commitment is crucial for the success shall be measured through the participation of all the individuals from our community.

We, heartly, invite the youth of the Ghoghari community to read the magazine and voluntarily get associated with it. Our aim comprises of reaching the community members across the globe.

It's an honour for the members of the Editorial team, to serve the Ghoghari Community and assist you in this journey to connect, contribute and celebrate.

Community members who are keen on contributing with consistent articles and are associated with the Media and Journalism Industry can contact us through

info@ghogharinext.com

Editorial Team

*Mitul Zaveri
Hiya Shah*

શ્રી નવખંડા પાર્શ્વનાથ શ્વેતાંબર જૈન તીર્થ, ઘોઘા



નવખંડા પાર્શ્વનાથ

નવ ફલાથી અલંકૃત, કૃષ્ણવર્ણા, પદ્માસને બિરાજતાં, ૩૬ ઇંચ ઉંચા અને ૨૪.૨૫ ઇંચ પહોળા શ્રી નવખંડા પાર્શ્વનાથ પ્રભુ ઘોઘા ગામે ત્રણ શિખરોથી શોભતાં જિનાલયમાં મૂળનાયક તરીકે બિરાજમાન છે.

અતીતના ઊંડાણમાં એક ડૂબકી

વર્તમાનનું ઘોઘા પૂર્વે ગુંડીગઢ ના નામથી ઓળખાતું એક મહત્વનું બંદર હતું. ભાવનગર વસ્યું તે પહેલાં આ બંદર ઘણું વિકસિત હતું. આ ઘોઘા બંદરે શ્રી નવખંડા પાર્શ્વનાથનું તીર્થ ઘણા પ્રાચીન કાળથી સ્થપાયેલું છે. સં. ૧૧૬૮ માં શ્રી મહેદ્રસૂરિના ઉપદેશથી શ્રીમાળી જ્ઞાતિના નાણાવટી શ્રી હીરુભાઈએ શ્રી નવખંડા પાર્શ્વનાથનું બિંબ ભરાવ્યું હતું. તે પૂર્વે પણ ઘોઘામાં

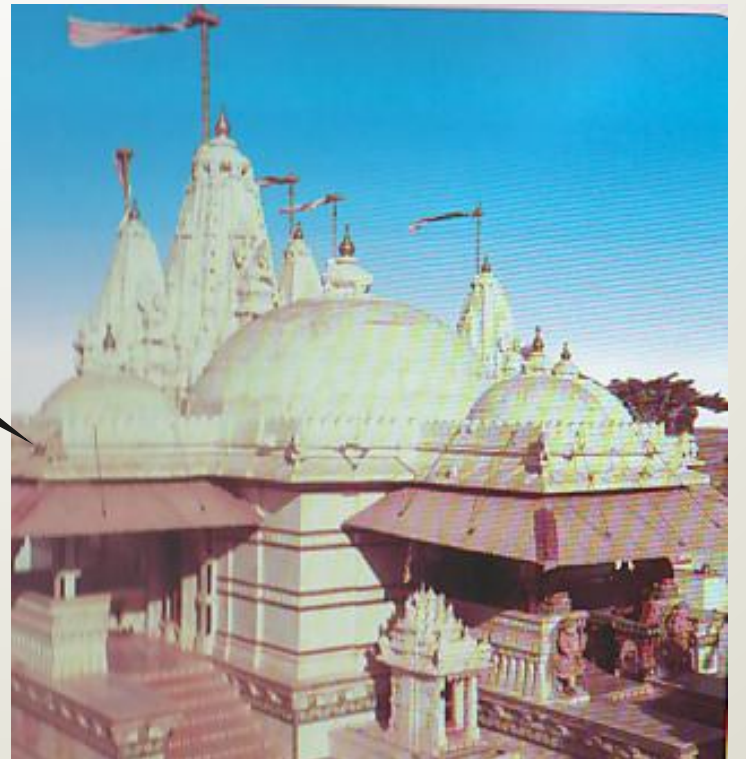
જૈનોની વસ્તી તથા જિનાલયો વિદ્યમાન હતાં.

આ પ્રભુના નામકરણની સાથે આ પ્રતિમાના પ્રભાવની એક રોમાંચક કથા સંકળાયેલી છે. આ તીર્થ ઉપર મ્લેચ્છોએ આક્રમણ કરી મૂર્તિને ખંડીત કરી નાખી. ભવ્ય જીવોના હૃદયાંગણમાં અધ્યાત્મનો અખંડ નાદ જગાવતી આ નિરુપમ જિન પ્રતિમાનો મ્લેચ્છોએ નવખંડ કરી નાખ્યા અને આ નવખંડોને મ્લેચ્છોએ ભાવનગરના વડવામાં બાપેસરાના કૂવામાં પોટલીમાં બાંધીને ફેંક્યા.

આ પ્રમાણે કેટલોક કાળ આ ખંડિત પ્રતિમા આ કૂવામાં અજ્ઞાત રહી. એકદા ઘોઘાના એક શ્રાવકને અધિષ્ઠાયક દેવે સ્વપ્નમાં આ પ્રતિમાના પ્રાગટ્ય માટે સંકેત કર્યો. સ્વપ્નના સંકેત અનુસાર તે શ્રાવકે હીરના તાંતણે વીંટીને તે પોટલીને કૂવામાંથી બહાર કાઢી. ઘોઘામાં લાવીને તે નવ ટુકડાને નવ મણ લાપસીમાં બરાબર ગોઠવ્યા. નવ દિવસ બાદ તે લાપસીમાંથી બહાર કાઢતાં પ્રતિમાજી અખંડિત નીકળશે તેવો સ્વપ્નનો સંકેત હતો. તેથી સહુ અધીરા બનીને નવ દિવસ પૂર્ણ થવાની પ્રતીક્ષા કરી રહ્યા હતા. આઠમા દિવસે યાત્રાર્થે આવેલા ભરૂચના સંઘે દર્શનની ઈચ્છા વ્યક્ત

We will cover one Tirth information
in every edition.

This section will be in Gujarati and
we are starting with **Ghoga Tirth**



શ્રી નવખંડા પાર્શ્વનાથ શ્વેતાંબર જૈન તીર્થ, ઘોઘા



કરી.સહુની અધીરાઈ હવે પ્રબળ બની. આઠમા દિવસે જ પ્રતિમાજીને લાપસીમાંથી બહાર કાઢયા. પ્રતિમાજીના નવ ખંડ સંઘાઈ ગયા હતા.પણ શ્રાવકોની અધીરાઈને કારણે સાંઘા અદૃશ્ય ન થયા, આજે પણ નવખંડના આકારને સ્પષ્ટ જોઈ શકાય છે.

શ્રી નવખંડા પાર્શ્વનાથનું જિનાલય ઉત્તુંગ અને મનોહર છે.આ મંદિરની બાંધણી અતિ ભવ્ય છે. ઘોઘા,મહુવા તથા ઘોલેરાના મંદિર એક જ શિલ્પીએ બનાવેલાં હોવાથી એ ત્રણે મંદિરોની બાંધણી એક સરખી છે. આ જિનાલયનો રંગમંડપ અતિ વિશાળ છે.

પ્રતિમામાં નવ સાંઘા દેખાતા હોવાથી નવખંડા નામ પડ્યું. ખોવાયેલી ચીજો એમની ૧ માળા ગણતા પ્રાપ્ત થાય છે તેવો ભાવિકોનો અનુભવ છે.



સ્તુતિ

મ્લચ્છો તણી લડાઈમાં નવખંડ યાતા તાહરા, પણ અખંડસુખ સ્વામી પ્રભુ અખંડ બનતા માહરા,
ખોવાયેલાને ખોળનારા આતમા મુજ ખોલજે, શ્રી નવખંડા પ્રભુ પાર્શ્વને ભાવે કરું હું વંદન

જાપ મંત્ર

ૐ હ્રીં અર્હં,શ્રી નવખંડા પાર્શ્વનાથાય નમ

**શ્રી નવખંડા પાર્શ્વનાથ શ્વેતાંબર જૈન તીર્થ
ઘોઘા**

શેઠ નવખંડા પાર્શ્વનાથ શ્વેતાંબર જૈન તીર્થ,
શેઠ કાળામીઠાનીપેઢી, ભાજીપોળ,મુ.પો. ઘોઘા,જિ. ભાવનગર-૩૯૪૧૧૦ ફોન:૦૨૭૮૨૮૨૩૩૫

ભોજનશાળા તથા ધર્મશાળાની સુંદર વ્યવસ્થા ઉપલબ્ધ છે

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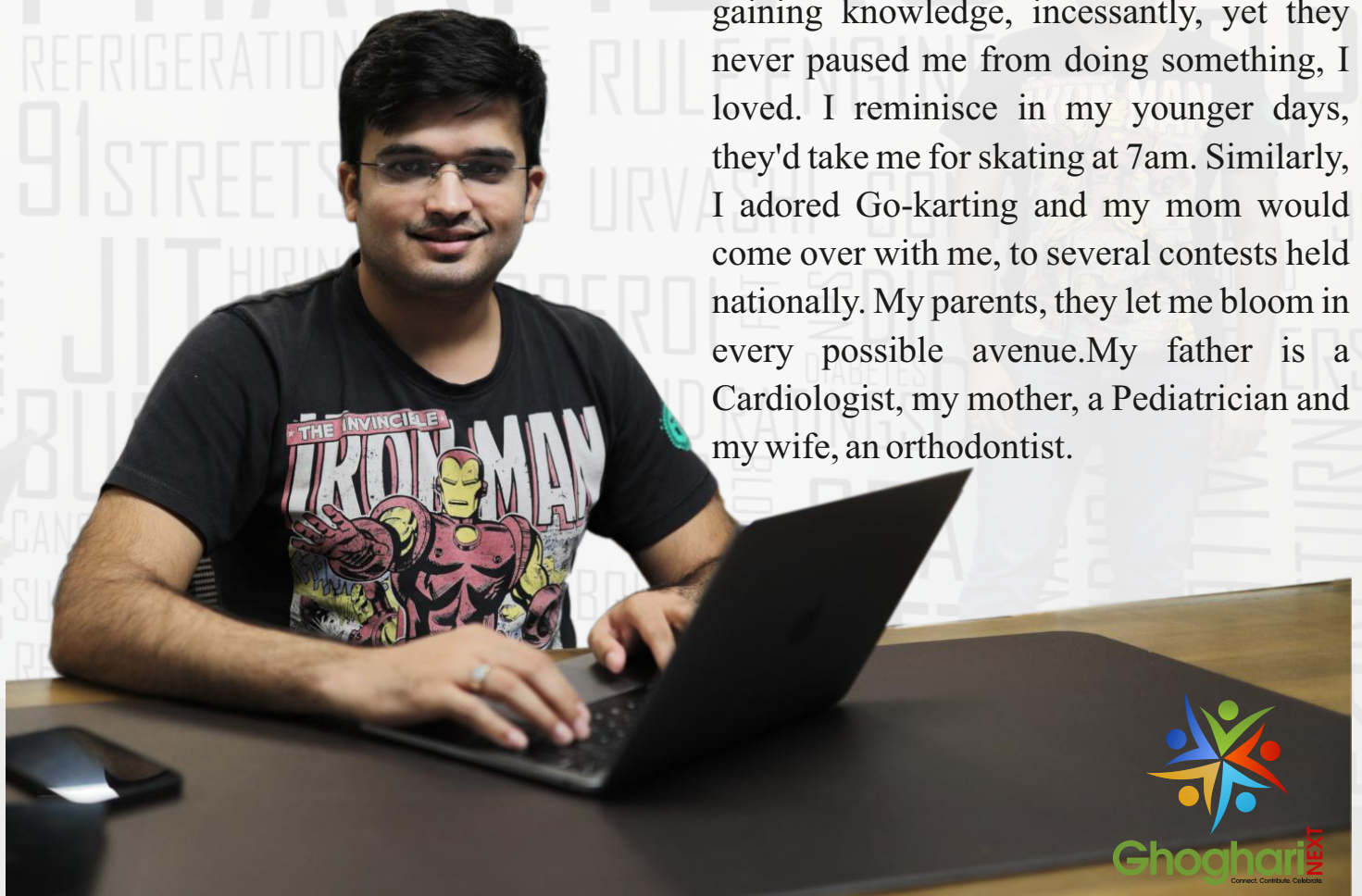
INTERVIEW *with* Ghoghari Super Achiever

Siddharth Shah *Co-Founder & CEO, PharmEasy*

The seeds of my venture, were sown back in history, along with my upbringing. As a Gujarati, we're always groomed in the pattern of being an independent soul and I've been pretty much inspired by my Dad, who's hardwork formed the foundation of the person I'm today. My father sowed within me two fundamentals, primarily, to do whatever I wished for, however, simultaneously, continue studying, intricately and at all parts of time. My parents were keen on me



gaining knowledge, incessantly, yet they never paused me from doing something, I loved. I reminisce in my younger days, they'd take me for skating at 7am. Similarly, I adored Go-karting and my mom would come over with me, to several contests held nationally. My parents, they let me bloom in every possible avenue. My father is a Cardiologist, my mother, a Pediatrician and my wife, an orthodontist.



I originate from a family wherein education has been given the prime importance. Similarly, social values were rooted in my upbringing, owing to my Baa and Dada. Indeed, several impediments were laid on my path and the initial years were quite rough, especially the idea as a whole being accepted in the market. We faced opposition from those who weren't really happy with the way the tables were turning. Initially, we were mistaken with the balance in the midst of supply and demand. After about 2 years and 2 calamities, and my dad being almost bankrupt, we got lucky the 3rd time. Our long-term plan involves being a constituent in the life of every Indian Individual and making health more affordable and accessible with digitisation.

In my journey, I've learnt everything's a function of relationship and the trust that you strengthen. Our motto is "Be like a family." And we believe in carefully weaving our relationship with everyone associated. Everyone assumes success to be overnight, but it's insane striving of 9 years that truly led to it. Looking back on the day of my wedding, I was signing a few agreements, while my wife was getting ready for the day. The sleepless nights we gave in and the threats, that we didn't give in to, curated the destiny, we abide by today. It's really crucial to recognize the times we have gone through and that's what makes the fruit truly sweeter. It all involves, being passionate and perseverant, and to truly adore the craft you've undertaken.



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Entire Interview**



Siddharth Shah

Co-Founder & CEO PharmEasy

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THE DANGEROUS GLAMOUR OF WORK FROM HOME

Do you think working 24*7 is glamorous? Do you think waking up with stress, exhaustion is something to cope with easily?

Before the pandemic, work from home was largely intentional & optional, where people who chose it generally knew it was their ideal fit. However, that wasn't the case for the millions of people when pandemic attacked globally. For them, they had no option, but just to opt work from home scenario.

We've been living in a challenging environment. Prolonged stress tends to lead towards exhaustion; Emotionally, Mentally and Physically. This pandemic has changed many things, and those changes can be hard to keep up with. We live in a glamorous high-speed world, where digital interconnection, sophisticated technology and social media purportedly make one smarter, faster and more effective. The pandemic has significantly impacted the overall wellbeing, where the challenge now is when you have the ability to work from wherever you want; an individual is carrying his work 24*7 which makes him harder to separate himself from his work. Persistent chronic stress, anxiety could hit the bottom line called

“burnout”. Burnout is a serious illness which takes years and years to recover from. The global economic burden of burnout has not been calculated, but it is estimated that the global cost of mental illness will grow to \$16 trillion by 2030, in part, owing to the increase in burnout. As the work-life balance got blurred globally in the pandemic times, India came out top with over 41 per cent of workers citing the lack of separation between work and personal life negatively impacting their wellbeing, resulting in increased stress levels.

“Since pandemic, I have been getting many cases where people are finding hard to balance between their work life, family life and personal life in just 4 walls. A drastic change in experiencing school life has made parents worried for their child's overall development. Adolescents are finding hard to establish their identity, self-worth, social development as all they have now is only instagram, facebook, snapchat as their socializing platform. Work from home is significantly impacting employee's mental wellbeing because of organization's higher expectations. Frustrations, stress are poured out on spouses, children and parents leading to development of dysfunctional families. Now more than ever, we need to acknowledge

Work from Home Jobs:

mental wellbeing and address this. Pandemic has affected each one's journey in different ways. There is no denying if we don't deal with the psychological ripples of the uncertain times; mental health may become the next pandemic. There is a possibility of a wave of mental health challenges emerging in the near future, which may have equally challenging repercussions. Since prevention is better than cure, it is crucial for people to consult a professional for regular mental health check-ups.” – Ishani Sanghvi

Ishani Sanghavi has done her MSc in Counselling Psychology from Bangalore University. She is a Counselling Psychologist and a life skill trainer. She is currently working as Senior Psychologist at Antarmanh. She believes that there is no single approach to deal with an individual, so her approach is quite holistic. She has worked in different set-ups like hospital, private and in schools. She has dealt with a wide range of population from catering children, adolescents & young adults. She is also a founder of Mind that matters and has taken various workshops, group sessions and life skill training. Brushes and colours has been an integral part of her daily routine. The phrase she strongly believes in is - "What you believe is what you become"



The phrase she strongly believes in is - "What you believe is what you become".

Ishani Sanghavi





Target audience - Youth audience and SMBs

Most of the world uses PCs and phones to search, perform and store data. It has become one of the greatest integrations in our daily lives. Everyone knows this, but does the majority recognize the importance of data backup? In the IT industry, data backup or simply a backup means to store the copy of the data somewhere else so that it can be used to restore the original in case of data loss.

Moreover, organizations invest abundant resources building their exclusive information and data. That information can generally hold the key to a competitive edge in the market.

Data loss from dangers or calamities can lead to disappointed clients, lost revenue, and possibly bankruptcy. For instance, more than 90 percent of companies without a disaster recovery plan would suffer a significant fiasco within a year of operations.

There are tremendous advantages of data backup that can save your resources and time, and to assist you and retain the competitive advantage when facing a data loss or intricacy

IMPORTANCE OF **DATA BACKUP** AND USE OF **GOOGLE DRIVE**

Hence, data backup is crucial to prevent major setbacks caused because of technology failure, human errors, calamities and theft.

Cloud content collaboration software serves as data backup and dedicated cloud storage and file sharing solutions for documents, images, videos, spreadsheets, and other files made and used by an organization.

A few of the top Cloud Content Collaboration Software are namely Google Drive, Dropbox Business, Microsoft OneDrive for Business, and Apple iCloud.

Google Drive, particularly, is a cloud-based storage that allows you to save files and documents online and access them anyplace from any cell phone, tablet, or PC. Also, you can use Drive on your PC or phone to safely upload data and edit them online. Drive additionally makes it easier for others to edit or work together on files.

Google Drive is the one of the most preferred for online data storage and backup because of the amount of storage you get and the extra features and applications you can get including office programs, such as Docs and Sheets, and quick access to platforms like YouTube and Maps.

To conclude, Google Drive is a one single platform for your storage and backup needs for your business organization.

by Dharmesh Doshi
Founder Solution Planets
Google Cloud Partner



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‘ જ્યોતિષશાસ્ત્ર એક અલૈકિક શાસ્ત્ર ’



શાસ્ત્ર દીવો છે. દીવો અંધકાર ને ઉલેચે, શાસ્ત્ર અજ્ઞાન ને, શાસ્ત્ર નો મર્મ પહેલા શ્રદ્ધાગમ્ય છે, પછી બુદ્ધિ ગમ્ય. તેથીજ શાસ્ત્રો અને જ્ઞાન ના વિવિધ પ્રકાશ માં જ્યોતિષ એક અવું વિશિષ્ટ જ્ઞાન સાધન છે કે તેનો યોગ્ય ઉપયોગ કરવાથી ઈષ્ટસિદ્ધિ મળે, સાથે સાથે કલ્યાણ પ્રાપ્તિ પણ સુલભ બને છે.

કેમ કે જ્યોતિષશાસ્ત્ર જીવન નું સચિત્ર દર્શન છે. ભાવિ ને જાણવાનું ગુઢ વિજ્ઞાન છે.

જ્યોતિષશાસ્ત્ર

ના જાણકાર પૃથ્વી પર બેઠા બેઠા આકાશ ની વાતો કરી ને કહી દે છે કે આ દિવસે, આ મિનીટે ચંદ્ર ગ્રહણ કે સૂર્યગ્રહણ થશો. એ સાબિત કરે છે કે જ્યોતિષશાસ્ત્ર એક પ્રમાણભૂત શાસ્ત્ર છે. એજ પ્રમાણે દરેક ગ્રહો પણ નિયમીત સમયે જ રાશી બદલે છે. એ પણ જ્યોતિષશાસ્ત્ર ને સ્વયં સિદ્ધ કરે છે. જેવી રીતે દર્પણ ની સામે આપણી મુખાકૃતિ સ્પષ્ટ થઈ જાય છે તેમ જ્યોતિષશાસ્ત્ર ના માધ્યમ થી આપણે આપણું ભૂત, ભવિષ્ય અને વર્તમાન જીવન નું દર્શન કરી શકીએ છીએ. આવા અતિ

ગૂઢ શાસ્ત્ર નો ઉપયોગ નવી દિશાસૂચન મેળવવા અને જીવન ને સરળ બનાવવા આપણે કરવો જોઈએ.

કેમ કે આપણી વહેકાલીન ઋષિમુનિઓ એ તેમનબી શ્રેષ્ઠ માનસિક, શારીરિક અને આધ્યાત્મિક શક્તિ

સ્વરૂપ ધ્યાનસ્થ અવસ્થા માં એક મહાન સત્ય ની શોધકરી આ સત્ય એટલે કે... ‘‘યત્ બ્રહ્માંડે તત્ પિંડે’’! એટલે કે જેવું બ્રહ્માંડ માં છે તેવું જ માનવદેહ માં છે. આથી આકાશ માં વ્યક્તિ ના જન્મ સમયે બ્રહ્માંડ ના પરિપ્રેક્ષ માં નિશ્ચિત સમય નો આકાશ નો જે નકશો દોરી શકાય છે તેજ જ્યોતિષશાસ્ત્ર આપણા જીવન માં ડગલે ને પગલે વણાયેલું છે. જેમ કે આપણા ને સ્કુલ માં મુકવામાં આવ્યા સારા દિવસ જઈ ને.

આપણાં જીવન ના તમામ અગત્ય ના કાર્યો પણ જ્યોતિષશાસ્ત્ર ની મદદ થી કરવામાં આવ્યા. લગ્ન દિવસ, હસ્ત મેળાપ નું મુહૂર્ત વગેરે વગેરે આજ જ્યોતિષશાસ્ત્ર વિજ્ઞાન લક્ષી પણ છે. કેમ કે કોઈપણ ડોક્ટર આપણા ને રોગ થાય પછી

કહે છે કે તમને આ રોગ થયા છે. જ્યારે જ્યોતિષ શાસ્ત્ર તમને તમારા જન્માક્ષર જોઈને ભવિષ્ય માં તમને શુ રોગ થઈ શકે છે એ કહી બતાવે છે. આને તમે શક્યતાઓ - સંભાવના નું શાસ્ત્ર પણ ગણી શકો. વળી જ્યોતિષશાસ્ત્ર પણ કર્મ માં જ માને છે. તમને તમારી કર્મ પ્રમાણે નું જ ફળ મળવાનું છે. પણ એ ફળ ક્યારે મળશે ? કેવી રીતે મળશે ? કેટલા પ્રમાણે માં મળશે ? આ માર્ગદર્શન આપણે ને જ્યોતિષશાસ્ત્ર આપી શકે છે.

જ્યોતિષશાસ્ત્ર નું જ્ઞાન મેળવવાથી અનેક ફાયદા પણ મેળવી શકાય છે. ૧) જો આપણે ને સામાન્ય જ્યોતિષ ની પણ જાણકારી હોય તો આપણે ૧૦૦ નકારત્માકતા ના સંજોગો માં પણ ૧૦૦ સકારાત્મકતા સાથે રહી શકીએ છીએ. જ્યોરે સામાન્ય વ્યક્તિ માટે આવું સંભવજ નથી ૨) તે જ પ્રમાણે આપણા જીવન માં અધીકતમ સુખ ૪૦ અને ન્યૂનતમ દુઃખ ૬૦ જ નિર્ધારિત છે. આનું સ્પષ્ટિકરણ પણ જ્યોતિષ દેખાવાથી જ થઈ શકે છે, અને આનો કાંઈ બીજો વિકલ્પ નથી. ૩) જન્મચક્ર



અને કર્મચક્ર સંબંધિત જાણકારી પણ જ્યોતિષ ના માધ્યમ થી જ સંભવ છે. એના માધ્યમ થી જ આપણે આપણા જીવન ની દિશા અને દશા પણ બદલી શકીએ છીએ. અર્થાત સુખો માં વૃદ્ધિ અને દુઃખો માં કમી ૪) જીવન ના વિશેષ રહસ્યો ને જાણવા માટે જ્યોતિષ થી ઉત્તમ બીજું ઉંઠ નથી ૫) જ્યોતિષ ના માધ્યમ થી બીજા ને જાણવાની, સમજવાની કામતા વિકસીત થાય છે. ૬) આ જ્ઞાન ને કારણે વ્યક્તિ આલોચનાત્મક અને તુલનાત્મક કાર્ય થી દૂર રહી શકે છે. અને તેના કારણે સુખદ સ્થિતિ માં વૃદ્ધિ સંભવ છે ૭) જ્યોતિષ જીવન ને સ્પષ્ટ દિશા આપતું હોવાથી આપણે ને વિજ્ઞાન, આધ્યાત્મ અને વિવેક નો સાથ મળતા જીવન વધુ સુખદાયી બની શકે છે.

ટુક માં જ્યોતિષ એ નયન છે. અને મુહુર્ત એ દિવો છે. નયન અને દીવો મળી ને એના ઉજ્જવળ પ્રકાશ માં માર્ગ પર આગળ વધવું એ બુદ્ધી નું લક્ષણ છે. આવા પવિત્ર અને અદ્ભૂત શાસ્ત્ર નો ઉદ્દેશ જ એ છે. તેથી આપણે આ શાસ્ત્ર ને ભવિષ્ય જાણવાનું, કુદરત નો કાયદો ઉકેલવાનું, વખત નો વરતારો મેળવવાનું શાસ્ત્ર કરી શકીએ. આ જ્યોતિષશાસ્ત્ર તો જ્ઞાન ની આગાધસંસા છે. એને આપણે ઉલેચી ના શકીએ તો કાંઈ નહી પણ આપણે એનું આગમન તો જીવન ને વધુ સુખી અને સમૃદ્ધ બનાવવા જરૂર કરવું જોઈએ. શુભમ્ ભવતું.



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PULMONARY REHABILITATION (PR) POST COVID :

A Path to breathing Better!



Advent of the year 2020 brought with it a deadly pandemic. We saw the spread of coronavirus (COVID 19), a highly infectious virus. And this year, a mutant strain affected the younger population and with more complications. In spite of the recovery rate of 95%, patients with COVID-19 suffer from various degrees of respiratory, physical, and psychological dysfunction. We all know, that corona virus mainly affects your lungs, and also may affect heart, brain, muscles. The virus affection varies from person to person and some have no symptoms at all (asymptomatic) or may be mild, moderate or severely affected.

Many people recovering from covid 19 commonly complain of

1. Cough
2. Unable to breathe completely
3. difficulty to talk while walking
4. Weakness or easily tired
5. Joint pains or muscle ache
6. Drop in oxygen levels while doing activities.

Pulmonary rehabilitation/Chest Physiotherapy is recommended to all who are recovering from covid 19. But there are a few queries regarding the same:

- Is there a need?
- Is this beneficial?
- Is exercising safe?
- What type of exercises are performed?

Breathing exercises and pulmonary rehabilitation program are a few terms known to many but understood by few. So, what is pulmonary rehabilitation? Simply put, its an exercise program aimed at improving your lung function, lung capacity so that it helps you breathe better, improves your stamina, and reduces your breathlessness. The aim of the program is to rebuild the

patient's ability to function like before. What will I do in the exercise sessions?

The exercises are not restricted to only breathing strategies, but also focuses on education, psychological support, nutritional counselling, exercises to improve stamina and muscle strength.

Education: The education part of the program helps you understand how to tackle breathlessness i.e., be 'in charge' of your breathing instead of your breathing being in charge of you.

Breathing strategies: work on improving lung capacity and strengthening your muscles of breathing.

Exercise training: This is the mainstay of the program. It includes physical exercises like walking, cycling, stepping, muscle strengthening with the purpose to make the individual physically able, and function better so he can work or perform activities for a longer period of time without any complains.

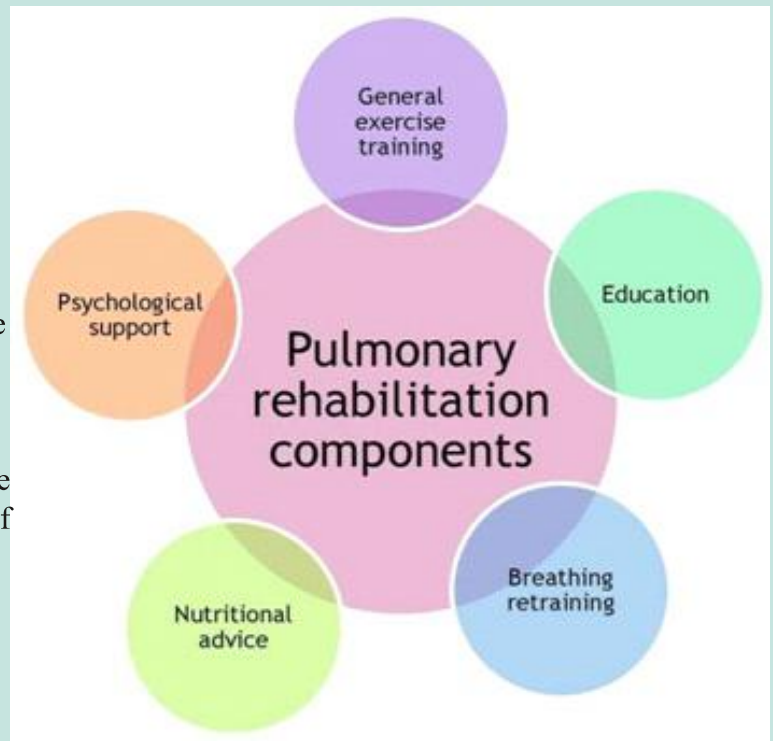
Energy-conserving techniques: One way to help prevent symptoms like shortness of breath is to



find easier ways to do daily tasks. Various tips are offered as to how you can conserve your energy and breathe easier.

Nutritional counselling and Psychological support are the other components that are stressed upon to ensure implementation and incorporation of health enhancing behaviour. Post COVID, it is advised to go slow, build up your activities gradually and thus, the program starts at a level that one can handle, some people start exercising while sitting and some may start with stamina and strength building exercises. Some who require oxygen support are also made to exercise at an even lesser level and the amount of time of exercise is increased gradually and so is the level of difficulty based on one's ability. As you get stronger, your exercises increase.

The program usually consists of two to three supervised and monitored sessions per week and can last 4 to 12 weeks depending on patient's condition. Because the progress is constantly monitored and



exercises are increased as per the ability, attending every session is important. It is also very important that exercise be continued at home while and after finishing the rehabilitation program or all of the benefits gained may be lost. The therapist shall design a long-term plan of exercise for you before you progress to exercising by yourself.

It has been observed that patients participating in PR program report positive outcomes. So, all those individuals with moderate to severe COVID illness and who complain of symptoms like breathlessness with exertion, moderate to severe cough, difficulty to carry out regular tasks with ease, drop in oxygen saturation during activity and/or currently on oxygen supplementation should enrol themselves in a PR program at their nearest pulmonary rehabilitation centres for better and faster recovery. Since, it's not only about how long you live but also how well you live!



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Breaking the myth, Ghoghari may not be
having any Freedom Fighters

Ghoghari Freedom Fighter

Shri. Mansukhlal Pranjivandas Koradia

16th Jan 1914 – 23rd Jan 2005



- Shri Mansukhlal P. Koradia, Native place-Amreli was born and brought up in Jain family. His parents and himself were strong believers of Jainism's fundamental morals i.e. truth, non-violence & sacrifice.
 - His basic principles in life were honesty, simplicity, humbleness & selflessness.
 - Being a Freedom Fighter he was awarded "Tamrapatra" by central government of India on the occasion India's 25th Independence Anniversary.
 - Freedom Fighters were gifted a big piece of land in Amreli (Gujarat) however he humbly refused to take as it was against his principles.
- He had shared his experience of the freedom struggle to his family members in writing; excerpts of which are mentioned below:

"In the year 1930-32, as per the guidance from Shri Mahatma Gandhi ji, to fight nonviolently against the British Government to liberate India and to oppose the Salt Tax, I also enlisted as a Freedom Fighter because of the culture/values I grew up with. A detachment of 11 Freedom Fighters led by our kaka, Shri. Maganbhai Koradia, went to the Botad Congress Office (Gujarat).

We travelled from Botad on foot for 2 days & 2 nights consecutively & reached Ranapur at around 2:30 am the 3rd day. Exhausted from the journey, we fell asleep in deserted land, later found out that it was a graveyard.

We were caught by a government officer while distributing leaflets of Salt Satyagraha where we were beaten unbearably, and were thrown away in the dense forest at midnight. This struggle of distributing leaflets, being beaten harshly by the officer & being thrown away in the forest continued for 6 times.

The seventh time we were arrested and were sentenced for rigorous imprisonment for Salt Satyagraha and for distributing the leaflets, the duration of which was 6 + 6 months respectively. The sentence had to be served simultaneously."

Torture in the Jail : Jail term 18th April 1932 – 29th September 1932

“In these prisons we were subjected to extreme atrocities. We had to wake up very early in the morning, forcefully had to drink Raab (Millet drink), by manually grinding Jowar ourselves in which a lot of salt was being purposely added too. At lunch, special Bajra Rotla were being made for the us in which cement was added intentionally. Along with this, Dal or Sabji was being served which was again flooded with earthworms, flies and many other insects & dirt. A common man would not even be able to look at the food, forget eating it !! If this was not enough, we even had sleepless nights by constantly living with the threat of being bitten by poisonous snakes and crabs as there were tons of them. By God’s grace , we survived. I have just mentioned a few atrocities, the list can go on & on.”

Our Motto:

“Many brave Freedom Fighters did not hesitate to sacrifice their lives and wear the garland of martyrdom to make our country free. We endured all these struggles to make India independent and our motto of freedom for the country became more and more powerful with time.

It is our dream that all Indians including youngsters understand this and take Azaad Bharat to the pinnacle of achievements.”



Tamrapatra

“ JAI HIND JAI BHARAT ”

Such was his part of the freedom struggle. He was extremely grateful to have contributed to such a great cause.

૧૫ ઓગસ્ટ-૬૬ ના કાયદાક્રમના અનુસંધાને

સ્વાતંત્ર્ય સેનાની શ્રી મનસુખભાઈ
કોરડિયાનું શાલ ઓઠાડી થયેલું સન્માન

અમરેલી, તા. ૧

૧૯૪૦-૪૨ ના સ્વાતંત્ર્ય યુદ્ધમાં અમરેલી સેનાના મુખ્ય સ્થિત શ્રી મનસુખભાઈ પ્રાણજીવન કોરડિયા, તાજેતરમાં અમરેલી આંખા ત્યારે ૧૫ ઓગસ્ટ-૬૬ના સ્વાતંત્ર્ય સેનાનીઓના યથેલા સન્માન કાયદાક્રમના અનુસંધાને નામન કલેક્ટરશ્રી દિપકભાઈ પરવેલી ઉપસ્થિતિમાં તાલુકા મામલતદાર શ્રી જીજ્ઞા સાહેબે બિલ્લા કલેક્ટર કચેરીમાં શાલ ઓઠાડી તેમનું સ્વાગત કર્યું હતું.

આ પ્રસંગે શ્રી મનસુખલાલભાઈ કોરડિયાએ નામન કલેક્ટરશ્રીને એક લેખિત પત્ર આપ્યો હતો જેમાં તેઓએ જણાવેલ હતું કે, —

‘અમરેલીના સ્વાતંત્ર્ય સેનાનીઓને મહાન વાંધામના હતું મારે ના. સરકારશ્રીએ તા. ૧૬-૧૦-૬૫ માં જમીન હાજવવા હુકમ કરેલો છે તેમાં સ્વાતંત્ર્ય સેનાનીઓની માદામાં મારા નામનો પણ ઉલ્લેખ છે પરંતુ મારે હવે જમીનની જરૂર નથી તે મારે હાજી આવતી જમીન અન્ય મહાન વિદેશી સ્વા. સેનાનીને હાજવવા મારી વિનંતી છે.’

ના. કલેક્ટર શ્રી દિપકભાઈ પરવે શ્રી કોરડિયાની આવી ઉદાર ભાવનાને ખીરવાતી હતી.

Newspaper Cutting

YERAVADA CENTRAL PRISON
No. JC/II/GIC/ 10977 of 72,
Yeravada Central Prison Office,
Poona-6, dated the 15-6-72.

IMPRISONMENT CERTIFICATE.

THIS IS TO CERTIFY THAT SHRI Mansukhalal Pranjivan No. 1864 aged 19 years of Amreli Tal. — and District — was admitted to the Yeravada Central Prison on 8-5-32 for taking part in Civil Disobedience Movements.

He was sentenced to/defined Six (6) months R.I./S.I. under section 47(c) Salt act of 1890 by the M.F.C. Dhanduka on 16-4-32 out of the period of above mentioned imprisonment Shri Mansukhalal Pranjivan was granted remission in sentence to the extent of Sixteen (16) days.

He was detained as an undertrial prisoner from the — to the —

He was subsequently transferred to/released on 29-9-1932. from the District Prison on — to undergo his remaining period of his imprisonment —

Identification Marks.

- 1) Raised mole right side neck back & outer part.
- 2) Mole inner third left collarbone.
- 3) Small scar right forearm lower third front.

To
Shri. Mansukhalal Pranjivan Koradia,
Dr. Jivraj Mehta Road,
AMRELI (Saurashtra) Gujarat State.
With reference to his/her application dated 2-5-1972.

Imprisonment Certificates

No. B 4482
Date: 6 APR, 1972

Certificate of Political Sufferer.

This is to certify that Shri MANSUKHALAL PRANJIVAN was confined in Ahmedabad Central Prison, Sabarmati as a political sufferer from 18-4-32 to 8-5-32. His details are given below:-

Register No.	: 4855
Name	: Mansukhalal Pranjivan Jain of Amreli
Section	: Sec 47 cc70 & II of 1890
Sentencing Court	: M A. M. Bukhari Esq. F.C.M., Dhanshuka
Sentence	: R.I. 6 (Six) Months
Date of Sentence	: 16th April 1932
Transferred to	: Visapur T. Prison on 8-5-32

By, Superintendent,
Ahmedabad Central Prison,

Date: 16-4-1972

To,
Shri MANSUKHALAL PRANJIVAN KORADIA
DR. JIVRAJ MEHTA ROAD
AMRELI (SAURASHTRA)

10-4-77
J. N. P. Rao
Secretary, Search

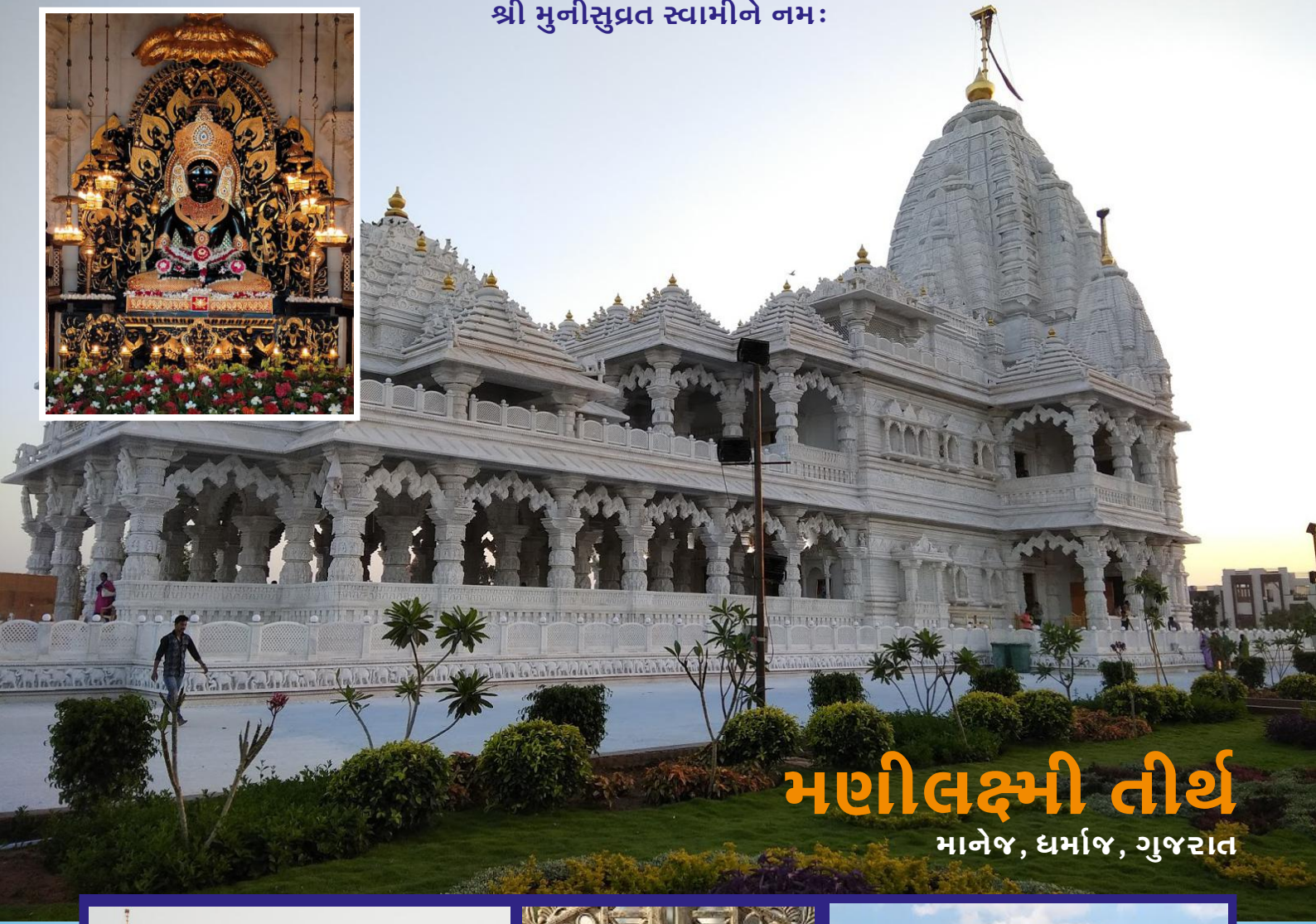
Imprisonment Certificates

He lived with great pride & respect for India and always strived to pass the message of keeping India above everything.



Vande Mataram
Satyamev Jayate.

શ્રી મુનીસુવ્રત સ્વામીને નમઃ



મણીલક્ષ્મી તીર્થ

માનેજ, ધર્માજ, ગુજરાત



હાર્દિક શુભેચ્છા સહ
શ્રી મણીલક્ષ્મી પરિવાર



Email Writing

Email stands for electronic mail, and nowadays it is the most commonly used mode of written communication. It is a simple, easy and effortless way to communication with people across the world. Emails have various elements which you must know.

To: Write the sender / recipients email address here

Cc: Carbon Copy, here you can write others email addresses who would also receive the email.

Bcc: Blind Carbon Copy, here you can add recipients who cannot be seen by the other recipients as in CC. This must be used very carefully.

Subject: Few words that sum up the email

Body: Which describes the introduction, matter and the conclusion of the email.

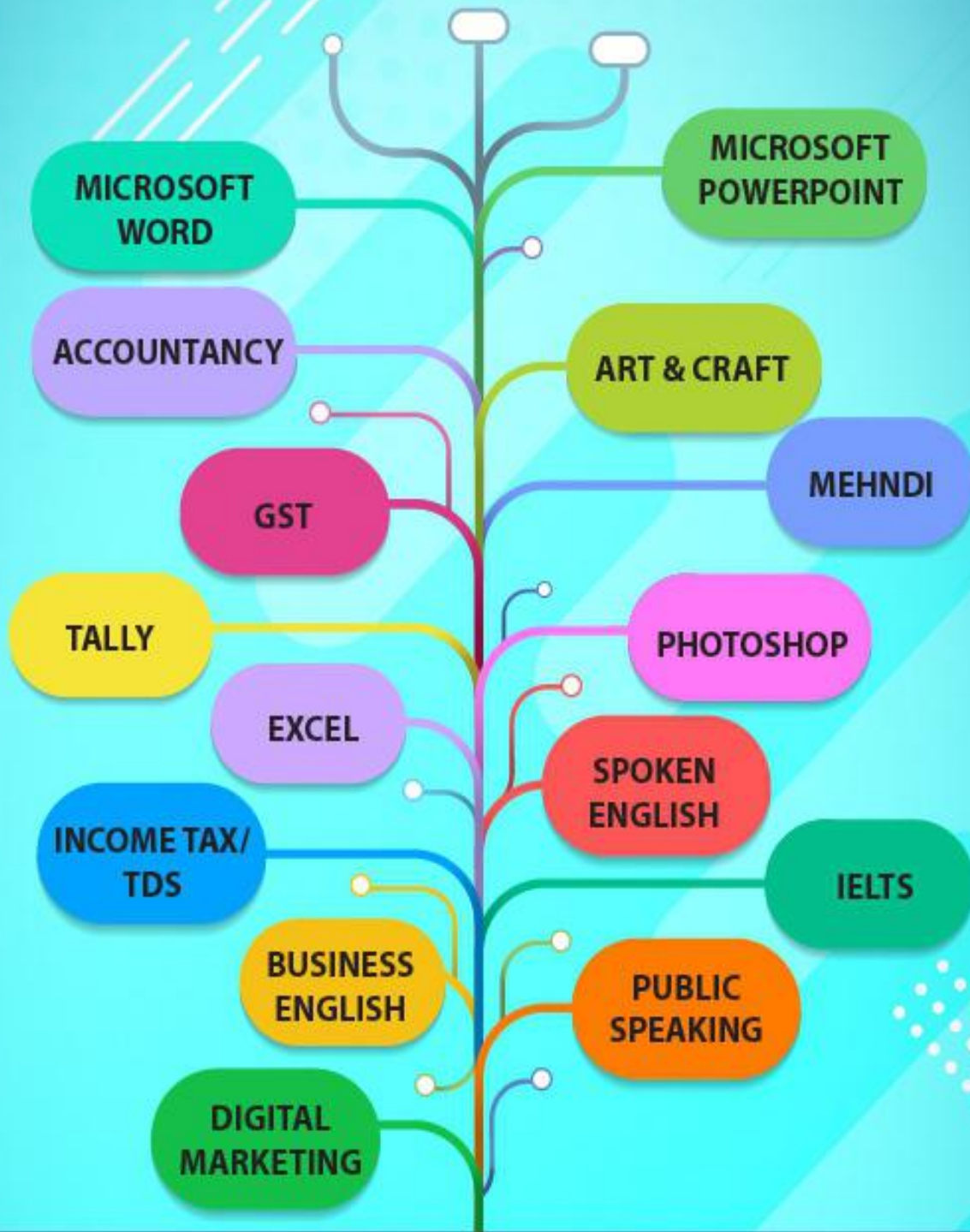
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Amazon Just Completed its 23 Years of listing, undoubtedly one of the best wealth creation stock by the most popular company, used by millions of population has created 1000 Times returns, and that too in a country like USA.

After reading this I am sure you would be gazing, wish I would have invested in this stock and would have turned my few dollars into millions, sure this is good in dreams, but would it be possible if you were the lucky early investor in amazon?

Most Probable answer is NO, there are certain reasons for it and the main is volatility:

1. The stock fell 15% over three days 107 times.
2. It has lost 6% in a single day 199 times
3. It fell 95% from December 1999 to October 2001. (It took 10 years for amazon to come back to its All-time High which was made in 2000)

Maximum Draw down of Amazon vs Dowjones
 In Investing “Magic is not when you buy or when you sell, the magic is in PIVOT”

RoMe.

Now looking at this data, ask yourself the following questions:

- Would you be able to handle this type of volatility in the stock?
- Would you be able to hold the idea about the company is great but seeing the volatility in price?
- If you would have Exited the stock, but still have the guts to buy when it was reversing up in Price, Profits or People?
- As it is not easy to build a company like amazon, the same its not easy to hold on shares which creates immense wealth but suffers volatility, because of nature of business!

In India we have certain 1000 times wealth creator stocks like:

Infosys, Relaxo Footwear, Balkrishna Industry, Bajaj Finance, etc (not an investment advise)
 So the whole point is investing is not easy, its not linear, it is going to be a rough journey, if you have a process, you have a probability to create wealth or else you need to depend on the luck factor!

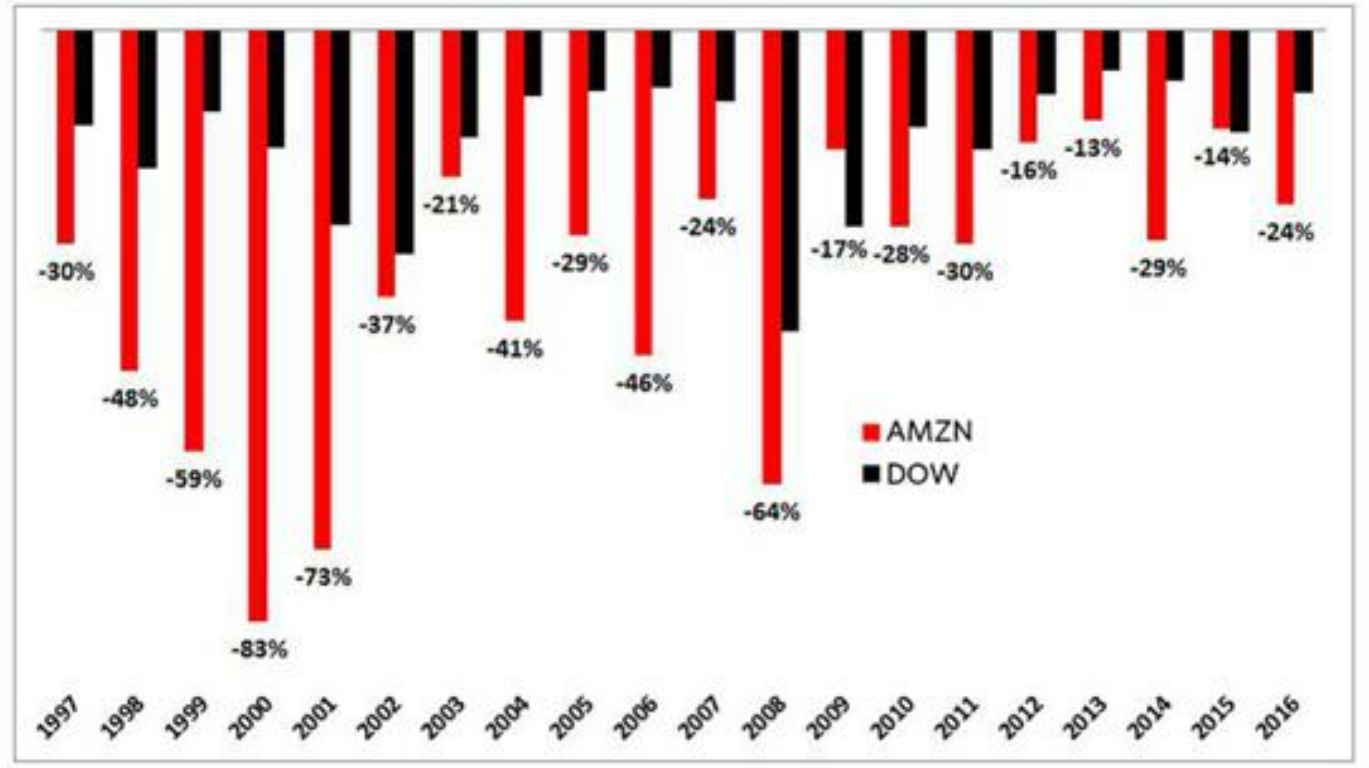
Let us assume from 100 IPO Investors, how many would have holding amazon till today?

Happy Investing!
RoMe!

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SNACKY IDEAS

by Chef Amisha

No Onion No Garlic



Author's Note

Thank you very much for your interest in this E book.

We are thrilled that you are seeking a change, and we feel honored to be a part of it.

Currently, one of the most frustrating things for a parent is the child who won't eat. This E-book is dedicated to the people who do not eat roots and is special to the children who are very selective in eating.

There are many religions like Jain, Vaishnav, Brahmins etc., who do not eat roots totally or partially, and they believe that food without potatoes, onions, garlic, are difficult to make and not tasty. So I personally took this challenge and made all my dishes without potatoes or onion or garlic and show these recipes on YOUTUBE. And now, people believe that any national or international dish can be made tasty without ONION & GARLIC or POTATOES.

But why Snacky?

A recent study has revealed that people are frequently replacing snacks with meals.

Globally, 45 percent of people admit to snacking instead of eating a meal - 52 percent of those, snack for breakfast, 43 percent snack for lunch, and 40 percent snack for dinner.

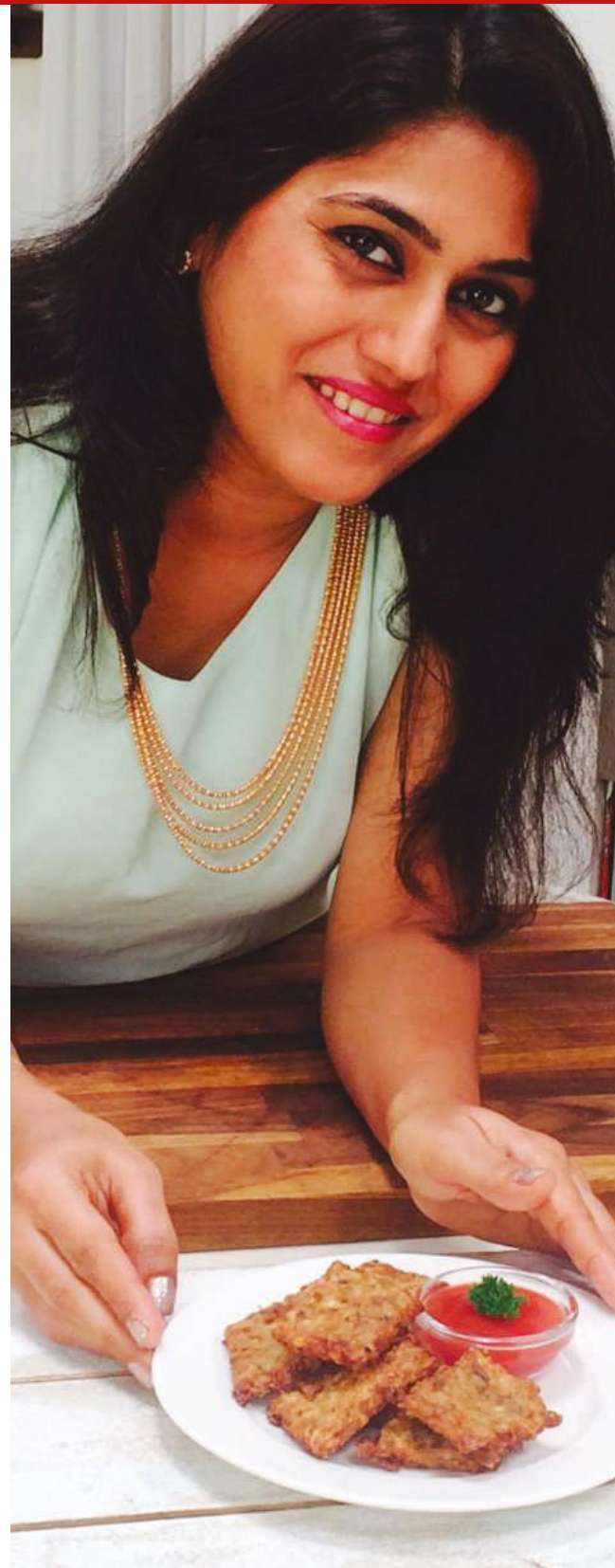
Men snack because they're hungry or looking for enjoyment while women snack as an indulgence, or because they're bored, Men reach for a snack during work whereas women grab a treat while using their smartphones, laptops or tablets. And don't forget that other screen time: 78 percent of all respondents enjoyed snacks while camped in front of the TV.

So enjoy my Snacky Ideas recipes which have been presented in such a way that you would get the desired result.

COOK WITH CONFIDENCE

AMISHA DOSHI

Amisha
..



Veg Schezwan Potli



Ingredients:

- Cup finely chopped mixed capsicum (red, yellow and green).....¼
- Medium green zucchini, finely chopped.....½
- Medium cabbage, finely chopped.....¼
- Schezwan sauce.....1 tbsp + 1 tsp
- Oil + for deep-frying.....1½ tbsp
- Refined flour (maida) + for dusting....1 cup
- Salt to taste
- Crushed black peppercorns to taste
- Green chillies, finely chopped.....1-2
- Sugar.....½ tsp
- Dried ginger powder.....½ tsp
- Soy sauce.....½ tsp
- Green chilli sauce.....2 tsp
- Processed cheese + as required.....10 gm

Method:

1. Take 1 cup flour in a bowl. Add 1 tablespoon Jainisha schezwan sauce, salt, ½ tablespoon oil, crushed peppercorns and sufficient water and knead into a semi-soft dough.
2. Heat sufficient oil in a kadai.
3. To prepare stuffing, heat 1 tablespoon oil in a non-stick pan. Add green chillies, mixed capsicum and sauté for 30 seconds.
4. Add zucchini and cabbage and sauté for 1 minute. Add crushed peppercorns, sugar, dried ginger powder and salt and mix well.
5. Add soy sauce, green chilli sauce and remaining Jainisha schezwan sauce and sauté for 30 seconds. Switch off heat, grate processed cheese and mix well. Transfer in a bowl and cool.
6. Divide the dough into equal portions and roll out into small thin discs, dusting with some flour.
7. Put some stuffing in the center of each disc, pleat and bring the edges together and press the center to seal and shape into potli.
8. Deep-fry the potlis in hot oil on low heat till golden brown and crisp. Drain on absorbent paper.
9. Brush some schezwan sauce on a serving platter. Grate some cheese, place the fried potlis and serve hot.





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GHOGHARI SPORTS GROUP



SSGP CUP 2022



GSG cricket tournament probably is the most loved sporting event of GHOGHARI's. As we all await for the next season of GSG, we would like to take this opportunity to thank everyone who contributed in making GSG-10 a grand success.

We would like to say a big Thank you and express our gratitude to all the Sponsors and well-wishers for constantly supporting us and trusting us in organising such a grand event.

A Big Thank You to all the 18 Team Owners for supporting us. Without your cooperation this event would not have been possible.

Lastly, a huge Thank you to all the players for all the help, understanding and cooperation. Your support made this event competitive, hassle free and cheerful.

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