



# Jain Engineers Society News

## For Social Cause

Society Registration No. -IND/5887/2001, dtd 20.02.2002

Year : 11 Edition : 9 Indore, 20 september2012

Page : 4 Rs. : 12/- (Yearly)

JES THOUGHT :

वेदों में कहा गया है कि - दश कूप समावापी, दशवापी समोहदः । दश हृदसमः पुत्र, दस पुत्राः समो ह्रुमः ॥  
(दस कुओं के बराबर एक बावड़ी, दस बावड़ियों के बराबर एक तालाब, दस तालाब के बराबर एक पुत्र और दस पुत्रों के समान एक वृक्ष होता है।)

### जैन इंजीनियर्स सोसायटी इन्दौर चेप्टर.....इंजीनियर्स-डे

जैन इंजीनियर्स सोसायटी ने इंजीनियर्स-डे के अवसर पर मोबाईल फोन द्वारा रेडिएशन से कैसे बचा जावे इस अवसर पर एक पोस्टर का प्रकाशन किया है, जिसमें लगातार सेल फोन पर अधिक समय तक बातें करने से मस्तिष्क की कोशिकाओं में केन्सर का भय, वाहन चलाते समय सिग्नल के बदलने से तीव्र रेडिएशन एवं शर्ट उपर की जेब में सेल फोन रखने पर हृदय पर बुरा असर आदि के विषय में सचेत किया गया है।

इंजी. सर एम. विश्वेश्वरय्या की प्रतिमा पर माल्याअर्पण कार्यक्रम के बाद पोस्टर का विमोचन इंजी. श्री शंकर ललवानी एवं प्रोफेसर श्री एस. एस. भदौरिया, डायरेक्टर एस.जी.एस.आई.टी.एस के करकमलों द्वारा जेस के अध्यक्ष इंजी. श्री सुरेश पंड्या एवं पूर्व अध्यक्ष इंजी श्री आर.के. जैन (रानेका) जेस उपाध्यक्ष इंजी. श्री के.सी. विनायका द्वारा जेस फाउन्डेशन के सचिव इंजी. राजेन्द्र सिंह जैन, इन्दौर चेप्टर उपाध्यक्ष इंजी. निकेतन सेठी, इंजी निरन्जन देसाई, इंजी अरुण जैन, इंजी. जितेन्द्र काला, इंजी संदीप जटाल, इंजी संजीव जैन, इंजी रविश जैन, इंजी मनीष जैन, इंजी वैभव जैन आदि की उपस्थिति में किया गया। पोस्टर की डिजाईन एवं संयोजन इन्दौर चेप्टर अध्यक्ष इंजी श्री आदेश जैन के सौजन्य से हुआ।



### मोबाईल - सुविधा या अभिषाप

जैन इंजीनियर्स सोसायटी इन्दौर चेप्टर की मासिक सभा में वैज्ञानिक एवं इंजिनियर श्री अखिलेश जैन ने मोबाईल के प्रयोग संबंधी जानकारी को बहुत ही रोचक तरीके से पॉवर पॉइन्ट प्रोजेन्टेशन के जरिए सभी युप सदस्यों परिवारों को जानकारी दी एवं बताया की यदि हमने सावधानी नहीं रखी तो इसका रेडिएशन जानलेवा हो सकता है एवं जिसके प्रभावों को ठीक भी नहीं किया जा सकता है। विशेषरूप से मोबाईल टावरों की ऊंचाई कम से कम 35 फीट रखना जरूरी है तथा मोबाईल को कम से कम अपने पास रखें, छोटे बच्चों एवं गर्भवती महिलाओं को उससे दूर रखना चाहिए। श्री अखिलेश ने सदस्यों की कई जिज्ञासाओं का समाधान भी किया।

कार्यक्रम में श्रीमती सुनिता प्रदीप जैन द्वारा दिमागी कसरत वाले कई खेल खिलाए गए जिन्हे सदस्यों ने काफी पसंद किया अच्छे आयोजन एवं सुस्वादू भोजन हेतु सभी ने सदस्य श्री प्रफुल्ल अर्चना जैन का आभार माना। सभा श्री प्रफुल्ल जैन के नए व्यवसायिक भवन 25 एफ/ए, लेक व्यू, स्क्रीम नं. 94 पिपल्याहाना चौराहे के पास प्रायोजित थी। तलाब के पास बनें इस व्यवसायिक सुव्यवथित भवन की छटा निराली थी। कार्यक्रम में श्री राजेन्द्र सिंह जैन ने जेस अधिवेशन संबंधी जानकारी दी।



निकेतन सेठी इन्दौर

### Aurangabad Chapter Activities-

JES Aurangabad Member in its endeavor to polish business skills of our Members organized a small seminar on 04/09/2012 under the leadership of our Member Er. Bharat Thole. It was titled: Effectiveness at Business and was conducted by our Member Er. Nilesh Surana. Er. Nilesh Surana stated that every business must have a vision. A business with a vision will grow by leaps and bounds.

Members of JESA, Guru Parivaar and others attended the program. Chapter President Er. Kamal Pahade felicitated Er. Surana before the start of program while Vote of Thanks was given by Er. Chetan Thole.



Er Amit Jain

### जेस इन्दौर एवं रोटरी क्लब का सौजन्य

#### नेत्र ऑपरेशन थियेटर

सेवा संस्कार केन्द्र ट्रस्ट, इन्दौर द्वारा संचालित राजरतन हॉस्पिटल, इमली बाजार पर नवनिर्मित नेत्र आपरेशन थियेटर का शुभारंभ मुख्य अतिथि श्रीमति अनुराधा शंकर (आई.जी. - पुलिस, इन्दौर संभाग) के करकमलों द्वारा किया गया। नेत्र ऑपरेशन हेतु अत्याधुनिक मशीनें जेस इन्दौर एवं रोटरी क्लब ऑफ इन्दौर, के सौजन्य से उक्त हॉस्पिटल को प्राप्त हुई है।

इस अवसर पर मुख्य अतिथि श्रीमति अनुराधा शंकर ने कहा कि वे यह देखकर अभिभूत हुईं कि सेवा संस्कार ट्रस्ट के अधिकांश बुजुर्ग ट्रस्टी, जिन्हें इस उम्र में सेवा लेनी चाहिये, वे उत्साहपूर्वक सेवाएँ दे रहे हैं। यह भारत का तो सौभाग्य है, किन्तु हमारे इन्दौर का परम सौभाग्य है। मैं इन युवा बुजुर्गों को नमन करती हूँ। मैं यहाँ आकर गौरवान्वित हूँ।

उक्त अवसर पर रोटरी क्लब, इन्दौर के अध्यक्ष फादर वर्गीस के साथ ही उपस्थित पूर्व डिस्ट्रिक्ट गर्वनर श्री सुरेश जी कासलीवाल, डिस्ट्रिक्ट गर्वनर लोकेन्द्र पापालाल, रो. अतुल जी गार्गव, डॉ. जामिन हुसैन, श्री सरजीव पटेल व अन्य विशिष्ट महानुभावों का भावभीना स्वागत सेवा संस्कार केन्द्र ट्रस्ट के अध्यक्ष श्री महेन्द्र जी बड़जात्या, पूर्व अध्यक्ष श्री मानसिंह जी जैन, सचिव श्री विनय जी काला, ट्रस्टी श्री मनोहरसिंह जी जैन, उपाध्यक्ष श्री संतोष जी गोधा, श्री सतीश जी बंडी व श्री निर्मल जी सोनी ने किया। स्वागत भाषण श्री महेन्द्र जी बड़जात्या ने दिया, ट्रस्ट की गतिविधियों की जानकारी श्री मानसिंह जी जैन ने दी व रो. सरजीव पटेल ने आभार प्रदर्शन किया। कार्यक्रम का सुचारु संचालन ट्रस्ट के सचिव श्री विनय जी काला द्वारा किया गया। मुख्य अतिथि को प्रतीक चिन्ह भेंट करने के पश्चात् स्वल्पाहार के साथ कार्यक्रम सम्पन्न हुआ।

Er Rajendra Singh Jain.

### बधाई.....

ऑक्सफोर्ड यूनिवर्सिटी ने पिछले 10,000 वर्षों में 4 प्रमुख इंसानो में दूसरे स्थान पर तिर्थंकर महावीर के नाम की घोशणा की हैं। उन्हें "Making of Universe" की उपाधी दी गई हैं। इस गर्व खबर को आप जन जन तक पहुंचाए।

राजेश जैन

प्रेसिडेंट - युवक महासंघ, इंदौर

### समाज के गौरव

महू नगर के सुप्रसिद्ध शिक्षाविद, दि. जैन समाज के महामंत्री एवं समाजसेवी स्व. प्रो. ताराचन्द जी जैन की सुपौत्री

1.कु. मेघना जैन ने प्रथम प्रयास में C.A. (Final) उत्तीर्ण किया है।

2.कु. महिका जैन ने प्रथम प्रयास में C.A. IPCC (दोनों युप) उत्तीर्ण किए हैं। आप दोनों इंजी. सुनील जैन (पूर्व अध्यक्ष - दि. जैन सोशल युप, महू) की सुपुत्रियाँ हैं।



इंजी. सुनील जैन

56, मेन स्ट्रीट, महू 098260-74224

### JES is proud of you-

Mrs Pratima Parag Jain, Indore  
Mr Vikas Vandana Jain RRCAT- Indore  
For earning their PhD.



With best Compliments from :

**ITL INDUSTRIES LTD**

111, Sector-B, Sanwer Road, Indore, <http://www.itl.co.in>

India's leading Metal Cutting Solution Provider and manufacturer of ERW Tube & Pipes Production Equipments.

## The Computer is Hazardous to our Health

Our modern day working life without computer is like a fish without water. The computers are the gift and curse both. It simplifies processes and results in many occupational hazards. Think that in our normal work day how many hours do we spend in front of computers? Probably six to seven hours per day. With the year end closing it goes to 10-12 hours per day. Computer can cause inflammation of tendons, nerve sheaths, ligaments and damage to soft tissues. In a survey done by Lady Hardinge Medical College New Delhi, it is found that repeated movements of keyboarding can lead to a condition of musculoskeletal disorder (MSD), also known as cumulative trauma disorder (CTDs) or repetitive stress injury (RSI). Some of the checks or prevention that should be adopted are:

### From Computer Monitor

Looking at the computer monitor for long time causes computer vision syndrome (CVS). This leads to eye irritation, fatigue headaches and blurred vision. It also includes dry eyes, neck and shoulder pain. The poor lighting, glare on the computer screen, improper viewing distance, incorrect seating posture, and uncorrected vision problems can result in CVS. Overexposure of the eyes to the monitor drops the blink rate to 4-6 times a minute from 14-16 which results in increase of evaporative loss of fluid causing dryness and irritation. One should use lubricant eye drops once in the morning and once at night after work.

### Do it

1. Blink your eyes voluntarily every time we hit the enter button.
2. Avoid direct light onto our face or onto the monitor. Tilt the monitor slightly to prevent reflections or glare.
3. Position the monitor either at eye level or slightly lower.
4. Contrast and brightness at the screen should be equal to its surroundings.
5. Always look at the far away objects for 20 seconds every 20 minutes.
6. Ensure regular eye examinations to check whether blurring, headaches and other problems are caused by any disorders.

### From Computer Mouse

Incorrect use of mouse can induce epicondylitis and worsen tendonitis. Epicondylitis includes inflammation of the elbow due to inflammation of the tendon (a fibrous tissue that connects muscles to bones) at the edge of the elbow. Using the mouse positioned higher than the keyboard or the far side of the keyboard resulting in hyperextension of the arm.

### Do it

1. Keep the mouse within easy reach. Also consider a wireless mouse and mouse pad with wrist support.
2. Keep your shoulder relaxed, if your chair has armrests, rest your elbows on them during recess.
3. If possible try to use keyboard shortcuts or macros instead of mouse.

### From Computer Keyboard

Improper positioning of the keyboard can lead to sore wrists. It can lead to serious conditions like tenosynovitis, DeQuervain's disease, ganglionic cysts, tendonitis and carpal tunnel syndrome (CTS). CTS is a condition when the median nerve – running from the forearm into the palm of the hand becomes dysfunctional. Keyboards result in allergies, skin infections and even diarrhoea due to dust, food particles and saliva droplets thru coughing. They get into our system when we rest our face on our

hands.

### Do it

1. Position the keyboard just above your lap so that our arms tilt downward while using the keyboard.
2. Keep elbows at 90 degrees and wrist straight to avoid pressure on median nerve.
3. If keyboard tray is non adjustable then adjust your chair height. Keep the keyboard slightly away from us such that maximum pressure is on the palm.

Consider using voice recognition software program and free yourself from the keyboard.



Er. Nilesh Jain, Sagar

## THE PINK OF LIFE

A couple was celebrating their Golden wedding anniversary on the beach in Montego Bay, Jamaica.

Their domestic tranquility had long been the talk of the town. "What a peaceful & loving couple". The local newspaper reporter was inquiring as to the secret of their long and happy marriage.

"Well, it dates back to our honeymoon in America," explained the man.

"We visited the Grand Canyon in Arizona and took a trip down to the bottom of the canyon by horse. We hadn't gone too far when my wife's horse stumbled and she almost fell off.

My wife looked down at the horse and quietly said, "That's once."

"We proceeded a little further and the horse stumbled again, this time causing her to drop her water. Once more my wife quietly said, "That's twice."

We hadn't gone a half-mile when the horse stumbled for a third time. My wife quietly removed a revolver from her purse and shot the horse dead.

I shouted at her, "What's wrong with you, Woman! Why did you shoot the poor animal like that? Are you crazy?"

She looked at me, and quietly said, "That's once."

"And from that moment... we have lived happily ever after."



Er Mahendra Pahadia  
Indore, 9425064077

## ज्ञान....

जीवन पक्ष जटिल है ये, कालचक्र कठिन है ये,  
पग पग पे भेद-भाव है, रक्त-रजित पांव है.  
जन्म से किसी के सर वंश की छांव है,  
झूठ के रथ पे सवार डाकुओं का गाँव है,  
किसी के पास छल-कपट, किसी को रूप का वरदान है,  
ये सोच के मत बैठ जा कि ये विधि का विधान है.

बज रहा मुदंग है, ये कहता अंग-अंग है,  
कि प्राण अभी शेष है, मान अभी शेष है,  
उठा ले ज्ञान का धनुष,  
एक कण भी और कुछ मोंग मत भगवान से,  
ज्ञान की कमान पे लगा दे तू विजय तिलक,  
काल के कपाल पे लिख दे तू ये गुलाल से,  
"कि रोक सकता है कोई तो रोक के दिखा मुझे,  
हक छीनता आया है जो अब छीन के बता मुझे."

ज्ञान के मंच पर सब एक समान है,  
विधि का विधान पलट दे, वो ब्रह्मास्त्र ज्ञान है.

तो आज से ये जान ले, ये बात गौंठ बांध ले,  
कि कर्म के कुरुक्षेत्र में  
ना रूप काम आता है, ना झूठ काम आता है,  
ना जाति काम आती है, ना बाप का नाम काम आता है,  
सिर्फ ज्ञान ही आपको आपका हक दिलाता है.

Courtesy.- Dainik Bhaskar.

## CELL PHONE HAZARDS

- Cell phones expose us to a form of electromagnetic radiation called radiofrequency (RF) energy.
- Scientists have suspected that this radiation might increase the risk of brain cell damage leading to tumors.
- The electromagnetic energy absorbed by a unit mass of tissue is known as the specific absorption rate (SAR) and is expressed in watts per kilogram (W/kg) or milliwatts per gram (mW/g).
- In addition to mobile phones, electromagnetic radiation emission occurs from numerous devices that are frequently encountered by people. These include microwave ovens, radars, industrial heaters, cardiac pacemakers, televisions (especially plasma screens), refrigerators and washing machines, to name a few.
- The identified whole-body threshold level of exposure in terms of Specific Absorption Rate (SAR) is 4 watts per kilogram (4 W/kg).
- Tiny electrical currents exist in the human body due to the chemical reactions that occur as part of the normal bodily functions, even in the absence of external electric fields.
- For example, nerves relay signals by transmitting electric impulses. Most biochemical reactions from digestion to brain activities go along with the rearrangement of charged particles.
- The heart is also highly dependant on orderly flow of electric current to ensure proper functioning.
- Low-frequency electric fields influence the human body just as they influence any other material made up of charged particles.
- Heating is the main biological effect of the electromagnetic fields of radio frequency fields. In microwave ovens, the same property is employed to cause heating. The heating effect of radio waves forms the underlying basis for the current safety guidelines. Biological effects that result from heating of tissue by RF energy are often classified as thermal and non-thermal.

### - SOLUTIONS -

1. Mobile is not the only Choice of phone. Try to use basic land-line phone and avoid cell phones.
2. Use hands-free mode i.e. speaker or head phone so that the mobile phone remains away form your body and you are not exposed to radiations much.
3. Antenna and transmitter of a mobile phone is on the top side, thus hold the phone at bottom. This reduces load on phone receiving or transmitting signals otherwise it increases its power consumption and sends strong radiations to compensate this.
4. The mobile phone produces strong radiation whenever there is weak signal. Try to move in place where the phone gets maximum signals. The signal strength is seen on the mobile screen.
5. Talk as short as possible on mobile phone, use of SMS may help in reducing exposure to radiations.
6. Do not use while driving, stop at a safer place and speak.
7. Do not use cell phones on petrol pumps as there is risk of fire hazards due to phone radiations at the fuel stations.
8. Avoid giving it to small children.



Er Amit Jain, Aurangabad.

## मानव जीवन का लक्ष्य क्या है ? (What is aim of human life?)

जन्म और मृत्यु के बीच की अवस्था का नाम जीवन है। जीवन को समझने से पूर्व जन्म और मृत्यु के कारणों को समझना आवश्यक होता है। जिसके कारण हमारा जीव विभिन्न योनियों में भ्रमण करता है। जन्म और मृत्यु क्यों/कब/कैसे और कहाँ होती है? उसका संचालन और नियन्त्रण कौन और कैसे करता है? सभी की जीवन शैली, प्रज्ञा, सोच, विवेक, भावना, संस्कार, प्राथमिकताएँ, उद्देश्य, आवश्यकताएँ आयुष्य और मृत्यु का कारण और ढंग एक-सा क्यों नहीं होता? मृत्यु के पश्चात् अच्छे से अच्छे विकित्सक का प्रयास और जीवन दायिनी समझी जाने वाली दवाईयों क्यों प्रभावहीन हो जाती हैं? मृत्यु के पश्चात् मृत शरीर के कलेवर को क्यों जलाया, दफनाया अथवा अन्य किसी विधि द्वारा समाप्त किया जाता है?

शरीर का आत्मा के साथ संबंध ही जीवन है और वियोग मृत्यु है। मृत्यु के पश्चात् शरीर, इन्द्रिय एवं मन की भांति आत्मा का अंत नहीं होता। आत्मा के प्रति सजगता ही स्वास्थ्य का मूलधार होता है। अतः जीवन में ऐसी सभी प्रवृत्तियों से बचने का प्रयास करें जिससे हमारी आत्मा अपवित्र न बने। मानव जीवन में आत्मा पर लगे विकारों को दूर कर परमात्मा बनने का प्रयास करना ही मानव जीवन का लक्ष्य होना चाहिए। जिसके लिए जीवन में स्वाध्याय, ध्यान, कर्मायों की मंदता, सम्यक् चिंतन एवं संयमित, नियमित, सदाचरण युक्त जीवन शैली आवश्यक होती है।

Dr Chanchalmal Chordiya

## Free Membership of Jain Engineers' Society

For Noble cause join Jain Engineers Society . Get free copy of this news letter every month .All sect of Jain Engineers and Diploma Holders can apply on line at [www.jainengineerssociety.com](http://www.jainengineerssociety.com) or post your application giving Name, Fathers name, spouse name, DOB, and full local address and permanent address with phone and E mail. You can open local Chapters in your City / Town, contact Secretary General JES Foundation at [jainengineers@eth.net](mailto:jainengineers@eth.net) or post to 144 Kanchan Bag Indore 452002

### Answer of Puzzle Point # 17 : "Happy Birthday"

**Puzzle Point # 17:** A person born in 50BC was celebrating his birthday in 50AD. Tell his exact age.

**Answer :** 99 Years. (As there is no zero year between the years 1BC and 1AD).

- 1) 49 years from 50BC to 1 BC.
- 2) 1 year from 1BC to 1 AD.
- 3) 49 years from 1 AD to 50AD so total 99 years.

For further clarification, kindly contact me on [cmpshah@gmail.com](mailto:cmpshah@gmail.com) .

**Correct answers are received from following participants.**

**Puzzle Point # 17 : Names are displayed in order of answer received.**

Sr.No	Name of Participant	Global ID No.	City
1	Er. P L. Vaya	101098	Kota
1	Er. Jitendrakumar Jain	101530	Kota

Pl. write your Name, G.ID No., Organization, City, etc. while sending your answer. Such details will help us to identify you and compilation of correct participants for displaying their name.

### Puzzle Point # 18

Jain Engineers Society News

Date : 20/09/2012

Puzzle Master : Er. P P Shah, GFC, Baruch, Gujarat.

## Xamapana

**If 5/2 persons make 5/2 Xamapana Greetings using 5/2 canvases in 5/2 days then how many persons are required to make 25 Xamapana Greetings using 25 canvases in 25 days?**

**Michchhami Dukkadam to all**

Send answer to [cmpshah@gmail.com](mailto:cmpshah@gmail.com) (84 87/10/12)

## MONEY IS YOURS BUT RESOURCES BELONG TO THE SOCIETY.

Germany is a highly industrialized country. It produces top brands like Benz, BMW, Siemens etc. The nuclear reactor pump is made in a small town in this country. In such a country, many will think its people lead a luxurious life. At least that was my impression before my study trip.

When I arrived at Hamburg, my colleagues who work in Hamburg arranged a welcome party for me in a restaurant. As we walked into the restaurant, we noticed that a lot of tables were empty. There was a table where a young couple was having their meal. There were only two dishes and two cans of beer on the table. I wondered if such simple meal could be romantic, and whether the girl will leave this stingy guy.

There were a few old ladies on another table. When a dish is served, the waiter would distribute the food for them, and they would finish every bit of the food on their plates.

We did not pay much attention to them, as we were looking forward to the dishes we ordered. As we were hungry, our local colleague ordered more food for us.

As the restaurant was quiet, the food came quite fast. Since there were other activities arranged for us, we did not spend much time dining. When we left, there was still about one third of unconsumed food on the table.

When we were leaving the restaurant, we heard someone calling us. We noticed the old ladies in the restaurant were talking about us to the restaurant owner. When they spoke to us in English, we understood that they were unhappy about us wasting so much food. We immediately felt that they were really being too busybody. "We paid for our food, it is none of your business how much food we left behind," my colleague Guy told the old ladies.

The old ladies were furious. One of them immediately took her hand phone out and made a call to someone. After a while, a man in uniform claimed to be an officer from the Social Security Organisation arrived. Upon knowing what the dispute was, he issued us a 50 Mark fine. We all kept quiet. The local colleague took out a 50 Mark note and repeatedly apologised to the officer.

The officer told us in a stern voice, "ORDER WHAT YOU CAN CONSUME, MONEY IS YOURS BUT RESOURCES BELONG TO THE SOCIETY. THERE ARE MANY OTHERS IN THE WORLD WHO ARE FACING SHORTAGE OF RESOURCES. YOU HAVE NO REASON TO WASTE RESOURCES."

Our face turned red. We all agreed with him in our hearts. The mindset of people of this rich country put all of us to shame. WE REALLY NEED TO REFLECT ON THIS. We are from country which is not very rich in resources.

To save face, we order large quantity and also waste food when we give others a treat. THIS LESSON TAUGHT US A LESSON TO THINK SERIOUSLY ABOUT CHANGING OUR BAD HABITS.

Er Suresh Kasliwal, JES Foundation Indore.

## TIME MANAGEMENT

Once, while preaching Gautam Swami, Bhagwan Mahavir said, "Life is 'ephemeral'. It's full of obstacles. Never try to superceed your ego over it."

The statement above gives inspiration to utilize every moment wisely. 'Time' has enormous importance in our lives & that is the only reason why it said - Time is Money! One who tries to waste time is finished by the time. The real mantra of success in life is the "Effective Time Management" Out of all the management courses currently taught, success is at the feet of one who masters time management.

History is witness to the fact that all the great people, e.g. Sir Henry Ford, Sir Jamshedji Tata, Mahatma Gandhi, Ghanshyamdas Birla & many others were successful because they lived every moment positively. That is the reason why they were different from common people.

If we consider an average age of a human being at 75 years, an estimate is made of how much time we waste in our lifetime.

- Time of 25 Years is spent sleeping.
- Time of 5 years is spent talking if the person is female.
- Time of 4 years is spent talking if the person is male.
- Time of 2 years is spent while speaking over the phone.
- Time of 8 years is spent in recreational activities including play time in childhood, school games, viewing TV / Films, playing cards etc.
- Time of 6 years is spent dining.
- Time of 2 years is spent drinking liquids.
- Time of 5 years is spent bathing, shaving, haircut, changing clothes etc.
- Time of 5 years is spent commuting - travel, tours, daily routine etc.
- Time of 3 years is spent in waiting.
- Time of 3 years is spent in illness.
- Time of 2 years is spent in education at school & college.
- Time of 11 years is spent in commercial activity - trade / employment.
- Time of 70 days is spent just watching ourselves in the mirror.

The aforesaid analysis will prove that in an average life span of 75 years, a person to follow religion or to purify the soul, always looks at tomorrow. It results in sheer wastage of time and at the end of life he realizes that he could not achieve that.

We should aim at and manage our time in such a way that in our life span, we should spend minimum of two years (an average of 48 minutes a day) in self learning and an effort to achieving "Moksha". The person who utilizes the twenty four hours that we have, better than others, always stays ahead of others. Some people in their short life span achieve so much that others can not achieve in more time than them. The only reason for this is "Living life positively". We stay refreshed and work with full capacity depending upon our approach to our life styles.

Come, let's get together, utilize every moment that has been allotted to us and lead a positive life and try to attain the "Moksha".

Kishor M. Khabiya (Jain)

इस पत्र में प्रकाशित समस्त लेखों, संकलन एवं विचारों के लिए लेखक/प्रेषक/संकलनकर्ता स्वयं उत्तरदायी हैं. सम्पादक एवं सम्पादक मण्डल का उनसे सहमत होना आवश्यक नहीं है। पत्रव्यवहार के लिए पता- जैन इंजीनियर्स सोसायटी, मन्मोहन 144, कंचन बाग, इन्दौर-462002 (म.प्र.)  
फोन: 0731-3044602 E-mail-jainengineers@eth.net, Website- www.jainengineerssociety.com

BOOK-POST  
PRINTED MATTER

RNI : MPBIL/2004/13588  
सक पत्रों में जायसीरी/विहीजन/1130/2009-12

TO,

If undelivered, please return to:

Jain Engineers' Society, 144, Kanchan Bagh, Indore 452001 (M.P.)

Owned & Published by Rajendra Singh Jain From 144, Kanchan Bagh, Indore (M.P.) & Printed by Nirmal Graphics Press, 340, Nayapura, Indore (M.P.)

Editor - Er. Rajendra Singh Jain