

TPF COMMUNIQ

Professional Magazine for Spiritual People



Acharya Mahashraman

THE ARTISTIC WAY OF LIVING

**WILL GST RESULT IN EASE OF
DOING BUSINESS IN INDIA?**

1
ST
EDITION

Tools for Time Management

**Can we practice Jainism
in Our Professional Life?**



**MEDICATION
Vs
MEDITATION**

www.tpf.org.in

Published and Managed By :
Terapanth Professional Forum



Terapanth Professional Forum

Jainism is an ancient religion of India that prescribes a path of non-violence towards all living beings. Its philosophy and practice emphasize the necessity of self-effort to move the soul towards divine consciousness and liberation.



Terapanth Professional Forum is an emerging organization of the Terapanth Community. It comprises of professionals from different streams. The intellectual power plays a very important role in human life. Let the Professionals associated with the Forum continue to utilize their intellect in the fields of spirituality and morality. Let the Forum progress forward in the direction of sacredness.

Blessings.

Acharya Mahashraman

01st August 2012, Jasol, Rajasthan

"Om Arham"



TERAPANTH PROFESSIONAL FORUM

Our Organisation, Our responsibility



AN INTRODUCTION

Thousands of enlightened volunteers of the Terapanth Professional Forum (TPF) currently contribute toward the glory of our Dharam Sangh in India and abroad with the slogan “Our Organisation Our Responsibility”. The forum endeavors to provide a strong platform to upcoming talents as it believes that the art, skill and intellect of talented individuals should benefit the masses and help them associate with the Dharam Sangh. TPF is a reflection of the dreams of Acharya Shree Mahapragya Ji. Today, TPF has scaled newer

heights under the leadership and direction of Yuwamanishi Acharya Shree Mahashraman Ji. This Forum was conceptualized in 2006, and it garnered more support in 2007 at the holy place of Gogunda, Mewar. On 10th February 2008, Acharya Mahapragya Ji named the society, the Terapanth Professional Forum. TPF is the fourth organisation-based institution among the institution of the Terapanth Dharam Sangh. The mostly young professionals of the TPF are Doctors, Engineers, MBAs, Accountants, Company Secretaries, CWAs, Advocates, Architect, Professors etc.

CONTENTS

1

GURU KI KALAM SE



- 1 The Artistic way of living
- By Acharya Mahashraman
- 4 The Relevance Of Jain Religion To Modern Problems -
Ahimsa & Anekantvaad
- By Ganadhipati Gurudev Shree Tulsi

2

MAHAMANAV

- 7 Acharya Mahapragya : Chir Youvan Ke Teen ghatak
- By Mukhya Niyojika Sadhvi Shri Vishrut Vibha ji
- 10 Dr. A.P.J Abdul Kalam
- By : CA Ritu S. Jain

3

SPIRITUALITY IN PROFESSIONAL LIFE

- 14 शांतिपूर्ण सहअस्तित्व का विघ्न है अहंकार
- By Dr. Munishree Rajnish Kumar
- 16 Can we practice Jainism in our Professional Life?
- By Sanjay Kr. Jain

4

PROFESSIONAL EMPOWERMENT

- 21 Will GST Result in Ease of Doing Business in India?
- By CA Sanjay Dhariwal

5

EMPOWERMENT

- 23 Let us manage our lives through Time Management
- By Pradip Chopra

6

HEALTH & FITNESS



- 26 Medicine vs Meditation in Management of Stressful Life
- By Dr. Travis Bradberry



Acharya Mahashramanji

7 TPF IN ACTION

- 29 Know your Team - Meet Your Honourable Trustees
- 30 Know your Team - Meet the team behind
- 31 National Activities - Helping Victims of Nepal Earthquake
- 36 National Activities - 8th Annual Conference
- 38 Project Schemes - Medhavi Chhatra Protsahan Yojna
- 39 Zonal Activities

8 LIGHTER MOMENTS

- 45 SUDOKU / Quiz

EDITORIAL

1. CA Salil Lodha, Editor Emeritus
Email : salil.lodha@gmail.com, Phone:9820149302

2. CA Ritu S. Jain, Editor
Email : ritusrccl@gmail.com, Phone:9425209983

3. CA Sanjay Dhariwal, Member
Email : sanjay@dnsconsulting.net, Phone:9972070601

4. CA Sushil Choraria, Member
Email : sushil_choraria@yahoo.com, Phone:9830045315

5. Miss Manisha Dak, Member
Email : manisha.dak@britishcouncil.com

6. Mr. Kamlesh Bhati, Member
Email : terapanthprofessionaloffice@gmail.com, Phone:8107451951

PUBLISHED BY :
TERAPANTH PROFESSIONAL FORUM

Registered Office
210, Anuvrat Bhawan, Dindayal Upadhyay Marg,
New Delhi - 110 002, INDIA

Camp Office
Email: tpfoffice@tpf.org.in,
terapanthprofessionaloffice@gmail.com
Mobile: +91 8107451951

DESIGNED & PRINTED AT :
CATPOPS TECHNOBIZ, RAIPUR
support@catpops.in



CA Ritu S. Jain

Director,
SR Corporate Consultant Pvt. Ltd
ritusrcccl@gmail.com,
tpfeditor@gmail.com

Dear Readers,

A very warm greeting from the Team TPF!

It brings us immense pleasure to table the most awaited issue of our TPF magazine. One question may pop-up in anybody's mind that when we have so many publications available on the platform of Dharma Sangh viz. Jain Bharati, Terapanth Times, Narilok, Yuva Drishti etc; then why we need a new publication. Each and every news related to our Dharma Sangh is available at a click of mouse; so what would be different for the this publication. Our endeavour is to bring a periodical which can feed the nutritional needs of our intellectual appetite. A magazine that incorporates the required stuff for nurturing our soul, grooming our skills and nourishing our body and spirit. Apart from there would be great emphasis on discussing the current affairs too.

We are going to celebrate one of our auspicious festivals "Maryada Mahotsav" and our national festival "Republic Day". What a coincidence that both festivals are celebrated with similar objectives of following "Discipline/Maryada". Just imagine if an ocean breaks its boundaries; the result would be devastating for all of us. Undisciplined nation/sangh/human being can't lead to a peaceful organization/life. The need of the hour is to become law abiding citizens.

Since this is my first communication with all of you, its my duty to apprise you about the structure of the journal. We have kept eight segments viz.

1. Guru Ki Kalam Se – containing the words of wisdom from our eminent Guru;
2. Cover Story – containing the professional articles (current affairs)
3. Maha-manav – Narrating the inspiring stories about Legendary Personalities
4. Spirituality & Professional Life – Inculcating Spiritualism in our routine life
5. Empowerment – Advancing our soft skills
6. Health & Fitness: Keeping ourselves fit and healthy
7. TPF in Action: Containing overviews of different activities conducted by TPF at national, zonal & branch levels
8. Lighter Moments: Brain Teasers, Stories & Funny Moments

New sections can be inserted based on your feedbacks and depending upon the need. We sincerely hope that this exercise will meet your expectations and would be a preferred choice for voicing your opinions. We are eagerly waiting to hear from you; please mail your comments, suggestions, writeups, articles etc. at tpfeditor@gmail.com.

PRESIDENTIAL MESSAGE



Mr. Salil Lodha

National President, TPF
Proprietor at Self Employed (Professional),
Proprietor at S.LODHA & CO (CA)
and Member at The
Institute of Chartered Accountants of India (ICAI)
Past: m.k.sureka & co

Dear Friends,

Jai Jinendra!

Let me begin with the gratitude for all who supported, guided and praised our activities under the flagship of TPF. It's indeed an honor to lead such an energetic, intelligent and motivated group of professionals who are committed to give every bit of themselves for the development of humanity. Professional, as the name itself suggests a person who is systematic in their approach, intelligent enough to understand the situation and act wisely and smart enough to guide others. We are known for our sharp skills coupled with problem solving aptitude. A great strength of our society now sharing a common platform for taking our society to newer heights.

Here I would like to share a small sweet story of a Honeybee which always inspires me. One day a Bird asked a Bee...

"You make money with so much hard work, but the human steals your honey from you. Don't you feel Sad?"

Honeybee responded:

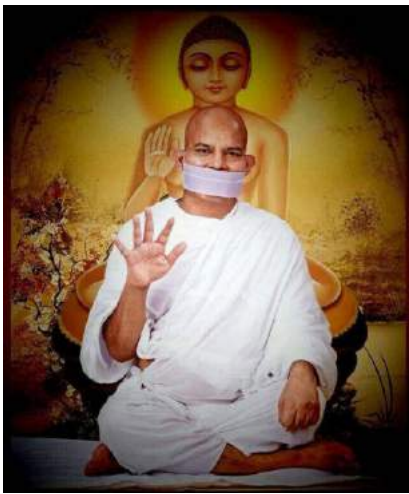
"No...Never! Because someone can steal my honey, but no-one can steal the art of making honey from me."

This perfectly fits with Professionals. Today I am very happy to share that our dream of "Promoting A world class Institute for imparting professional education" has come true. You may be aware that TPF has already secured the required land for setting up of a Law College in Siliguri, West Bengal, thanks to Vardhman Trust which has donated it. I am happy to share that the "Bhumi-Pujan" is scheduled on 27th Feb 2016. Shri Hira Lal Ji Maloo has donated 51 Lacs to lay the foundation stone. I, on behalf of my team invite all of you to join us in the auspicious ceremony.

I look forward to meet all of you in this most exciting event of TPF.

Om Arham

Salil Lodha



Acharya Mahashraman

Eleventh Acharya of Jain Shwetambara Terapanth Sangh. He is a highly venerable saint, yogi, spiritual leader, philosopher, author, orator, and poet.

ARTISTIC WAY OF LIVING

*Why lose today as, who has seen tomorrow?
The moments we can smile, why spend them in sorrow?*

Life begins with birth and ends with death. Both the body and the soul form life. Where there is only body, there is no life. Conversely, where there is only a form of consciousness, life cannot exist. The combination of body and soul is what we know as life. Every embodied being in this world, whether human, animal, bird, or plant, represents life. But simply living is a wasted life experience for the sentient being. What humans should aspire for is to lead an “artistic” life.

What is Artistic Living?

An “artistic” life is inspired by religion and dexterity. Human strive for expertise in multiple spheres and may attain perfection in some. In ancient texts, seventy-two types of reachable arts and crafts for men, and sixty four for women, have been mentioned. A person may learn and even master all of these arts, but this does not imply he has learned the art of living. In fact, he has probably not learned anything at all.

In his poem “Vyavahar Bodh”,
H.H. Gurudev Tulsi writes:

“सश्री कलाएं हैं विकलाएं, पंडित सश्री अपंडित हैं,
नहीं जानते कैसे जीना, केवल महिमा मंडित हैं।”

“All arts are maimed, all scholars are ignorant, If they don't know how a life should be spent, they are only overwhelmed with grandeur.”

A King, annoyed by some incident, ordered his chief minister to be hanged to death. The execution was set for 6 pm. A few hours before this time, the minister was observed sitting, relaxed and engrossed in his work. The king, who had been informed about the demeanor, was surprised to hear that despite his doomed fate, the minister was calm and peace. He called him and asked “How could you be so serene when death is looming before you?”

The minister replied, “Your Majesty” Death will come in a couple of hours. Why should I die before that? I must enjoy every remaining moment of my life. It is said :

“कल का दिन किसने देखा है, आज का दिन खोएं क्यों।
जिन घडियों में हैं ससकते हैं, उन घडियों में दोएं क्यों”

“Why lose today as, who has seen tomorrow, the moments we can smile, why spend them in sorrow?”

Impressed by the minister's attitude, the king said, “I can't hang a person who can truly live in spite of any circumstance.”

The purpose of an artistic life is to remain in a state of happiness, peace, and equanimity until the end. To attain such a life, one needs to change their outlook on life and learn to self reflect. In the Jain scripture, Dasavaikalik, it is said:

“Jo puvvarattava-rattakale, sampikkhae appagamma-mappa-enam. Kim me kadam kim cha me kichcha-sesam, kim sakkanijjam na samayarami.”

“In the silence of midnight, let a man look within himself and contemplate. What I did, what remains to be done, and what I can do that I am not yet doing.” Such contemplation is self-observation or introspection, the process of seeing yourself through you.

Procedure for Introspection

The natural tendency of humans is to see strength and weakness in others, simply because it's very easy to point out these in others whereas observing our own flaws is very difficult even though it may be clearly evident. When they do recognize their own shortcoming, they try to ignore or even hide them. It is important to acknowledge this behavior within the self and to pledge, "I must refine and cleanse my own thinking. I should be aware of mistakes and faults. Regardless of whether or not I am being watched, I should be cognizant of my conduct. If I know I have done wrong. I should not repeat it." Awareness is an integral part of introspection and with these practices, every single page in the book of a person's life can be written anew.

Once there was a spiritual practitioner – a Mahatma – dedicated to self improvement. He was engrossed in meditation and doing penance all of the time. He had no interest in miracles, which he considered as non spiritual. One day a youth came to the Mahatma. So impressed was he by the Mahatma's personality and knowledge that he requested to become his disciple. The Mahatma agreed and thought, "My old age is fast approaching. If I have a pupil, he will be of help." He initiated the youth then and there.

The disciple was very restless and unsteady. He could neither concentrate on religious studies, nor did he have the patience for meditation. The Mahatma tried very hard to awaken his spirituality and to engage him in the quest for knowledge, contemplation and selfless service, but he did not succeed. Convinced that knowing the power of miracle could confer instantaneous recognition upon him, the disciple came to the Mahatma and said, "Gurudev! Please teach me about miracle. His Guru said, "Son! Miracles are not advisable or prudent for us, as we are saint. Miracles might lead to fame and celebrity for a while, but in the end they will not serve any meaningful purpose and may even distract us from our noble mission." Despite this explanation, the disciple insisted on learning more about miracles. Eventually, his Guru gave in. The Mahatma took a crystal out from his bag and handed it over to his follower, and said, "This is magic stick. If you pass it over the heart of any person, their vices and weakness will become visible." Intrigued by this possibility the student excitedly took the stick.



The disciple was already capricious and flippant, and the stick exaggerated these traits. When he experimented with his stick to discover the weakness of others. He soon began to exploit the situation by divulging this information. His actions example famous Sanskrit poet's writing :

*"Markatasya sura panam, tatra vrischika-danshanam.
Tatrapi bhoota-sancharo, yad va tad va bhavishyati."*

A monkey is fickle by nature. Then, when it drinks wine, gets stung by a scorpion, and the devil enters him as well, his fickleness reaches a level beyond imagination."

The helpless people felt ashamed. They wondered, "Who doesn't have weaknesses? Until he becomes omniscient man will continue to have faults. And of course, nobody wants their weaknesses to be exposed." One day, a few people garnered the courage to complain to the Mahatma. "Mahatma ji" they said, "What kind of tool have you given your devotee? He is ruining our honor and reputation. Please restrain him before he does irreparable damage".

The Mahatma tried hard to subdue his follower, but the youth was obsessed with the vices of others and would not return the magic stick.



One day, when the Mahatma was asleep, the disciple thought, “I have looked at the vices of so many but I've not yet seen the vices of Guruji. This is a great opportunity, while Guruji is sleeping. Why don't I move this stick toward Guruji's heart?” When he did so, traces of deceit, greed, anger, pride, jealousy, aversion and hatred appeared on the stick.

When the Mahatma got up, the devotee said, “Guruji Good morning! I have decided to go back home.” When the Mahatma asked him why? he replied, “Guruji I considered you a very noble soul, but you have anger, pride, jealousy, aversion, hatred, deceit and greed in you. Why would I stay with you?”

The Mahatma immediately realized what had happened. He said, “Son! You are absolutely right. I am not free from vices. I am also on trial but I am doing my best to overcome these shortcomings. If you want to go, by all means do so. But, before you leave, place the stick on your own heart, so you may judge yourself as well”. The disciple agreed, and moved the stick towards his heart. When he did so, to his shame, a multitude of his vices appeared on the stick. The Mahatma said calmly, “Son now compare yours to mine” The disciple was taken aback by the intensity and magnitude of his faults, whereas his Guru's weaknesses were as small as mustard seeds, the disciple's vices were as enormous as mountains. He immediately fell at his Guru's feet, asking for forgiveness. He said, “I will never again commit the mistake of looking for the imperfections in others but rather, watch for my own instead”. Until one identifies his own vices, inner cleansing is not possible.

One must contemplate one's weaknesses with detachment. For example, a person should reflect on how long and how unnecessarily he has talked in any given day, or how forgetful he has been when he acknowledges his own faults, this is the first step in an attempt to correct them. Even if he cannot rid himself of all his bad habits and weaknesses, he can at least try to rectify them one at a time. Always remember, “Iyanim no puvva-makasi pamaenam” which means “Whatever I did out of delusion, I shall never repeat”. This awareness is like a lamp that illuminates a dark path, the path to enlighten the slumbering mind.

When to Introspect

Introspection is essential for self-development. It is necessary not just on a given day or on a particular occasion, but is needed everyday and on every occasion—from the moment we wake up to the instant we go to sleep. Before sleeping, one should ask:

***“Uttbayottbaya bodhavyam, kimadya sukritam
kritam.***

***Ayushah khandam adaya, ravir astamayam
gatah.”***

“Did I do any good today? This life is transitory and its span progressively decreases. With each sunset, a part of life has passed.” Only when there is true purpose in life will good deeds tend to accrue and real success be achieved. With self-awareness one acquires a positive attitude and steers this attitude in the right direction.





Ganadhipati Tulsi

Eleventh Acharya of Jain Shwetambara Terapanth Sangh. An extremely talented saint, yogi, spiritual leader, philosopher, author, orator, and a great poet.
(Excerpted from his Book "Bhagwan Mahavir")

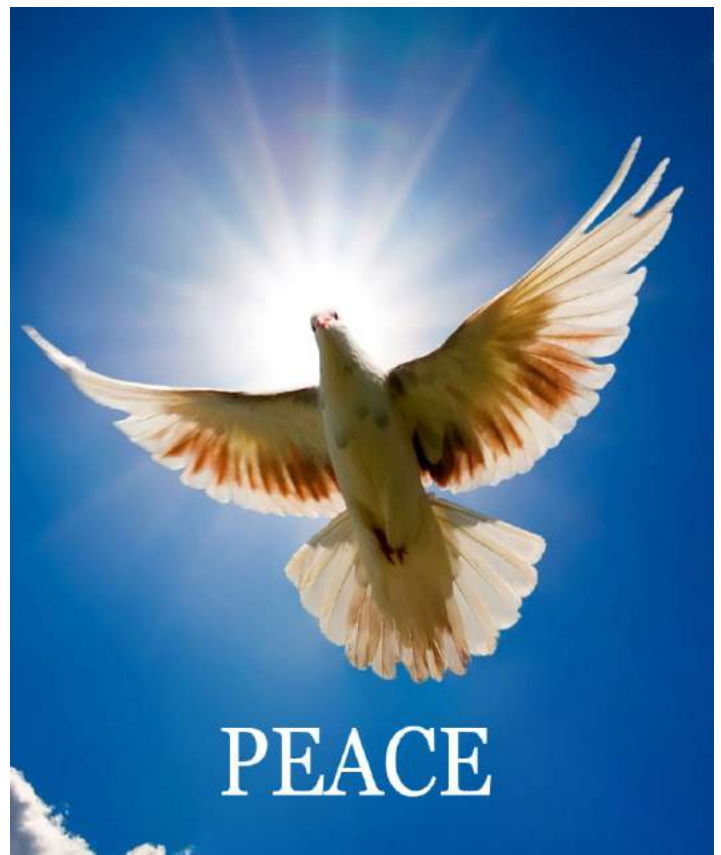
THE RELEVANCE OF JAIN RELIGION TO MODERN PROBLEMS – **AHIMSA & ANEKANTVAAD**

Indian culture is dominated by spirituality and the soul of spirituality is ahimsa (non-violence). It is the quintessence of all religions. The religion that is not connected to ahimsa cannot protect anyone. Without bereft of ahimsa, religion is like a body without a soul.

Despite it's praise and adoration by all, we come across conflicting views as regards the form and nature of *ahimsa*. The circumference of its definitions is so vast and expansive that sometimes its centre disappears. From one point of view it is an extensive royal road but from another it is compared to a steep and narrow path hemmed in on either side by deep valleys. The path of *ahimsa* is narrower than the edge of sword. In a situation like this how can anyone dare to tread it? It is true that the path of *ahimsa* is tangled and complicated but it is equally true that no one can become great without following this path. The history of the world bears ample testimony to the fact that those who became great had to take the path of *ahimsa*. One cannot touch the periphery of greatness without its help. Keeping in mind the usefulness and significance of *ahimsa* it becomes imperative for us to undertake a fundamental and universal analysis of its form and nature that might define it properly.

Before I endeavour to analyse and define it, I want to impart meaning to the words that illustrate it. There is a long list of words that are synonymous with *ahimsa*. Each word is in itself a vehicle of the solemnity of its all-pervasive meaning.

In this context, as I have no intention to traverse the domain of words, I deem it fit to make brief comments on the words that have left a deep impression on my mind and heart.



A word that substitutes ahimsa is *nirvana* - the state of peace and happiness that a person achieves after annihilating all desire. *Nirvana* is the supreme goal of a human being in the nirvana-based tradition of India. When a person achieves this blissful state of mind, worldly suffering comes to an end in its entirety and a fountain of unique, abundant and perpetual peace gushes forth.

Another word for *ahimsa* is *Samadhi* (an exalted state of the mind free from desires, attained by meditation). The society is plagued by a plethora of problems hence it yearns for their solutions. Some of these problems are intrinsic while others are extrinsic. *Ahimsa* encompasses all of them and gives good health to an individual hence it is called *Samadhi* or what we call a state of super consciousness. *Shakti* or power denotes *ahimsa*. The people who take *ahimsa* for the weapon of cowards are not aware of its power of resistance. The power of *ahimsa* is indestructible and indescribable. Bhaya or fear is the greatest form of violence. In a state of fear one loses the power to distinguish right from wrong. It therefore, makes it imperative for everyone to practise fearlessness. In reality, abhaya or fearlessness itself is *ahimsa*. Himsa (Violence) can be of three kinds viz. Man (Psychic Violence), Vachan (Literal Violence) and Kaya (Physical Violence). Mental violence is even worse than physical violence and can be a cause of the latter. To ideas man is as much attached as to wealth, sometimes even more.

Bhagavan Mahavira's Doctrine of *Anekantavada* was aimed at removing dogmatism. He said - "Look at innumerable characteristics and variations of things in infinite perspectives. Do not perceive them in a single perspective. A narrow-minded man is always dogmatic about his beliefs and decries those of others."

On the basis of his spiritual vision, Bhagavan Mahavira said there is nothing either absolutely eternal or absolutely phenomenal. Whatever exists is eternal as well as ephemeral. A thing, which you call eternal at one moment, is at the same moment ephemeral also. There is no word in man's language to express this simultaneity of opposites.

'Syad asti' means that from a certain point of view, the thing exists. 'Syad nasti' means that from a certain point of view it does not exist. The moments of existence and non-existence are not different. A thing, which exists at one moment, also does not exist at the same moment. The term syad implies that when we emphasise the existence of a thing, we treat its non-existence as secondary characteristic; associated with it and vice versa. Existence and non-existence cannot be separated from each other. But we cannot express both with a single word and from this point of view a thing is 'inexplicable' (syadavaktavya)."

This theory of syadvada puts an end to ideological conflict. It synthesises all the schools of thought. The theory itself, however, does not create a synthesis in the objects. Synthesis exists in the very nature of objects. Syadvada expresses this natural state of synthesis. This way of synthesizing liberates us from violence born of a one-sided view of things, cocksureness and dogmatism.

There may be a hundred and one forms of combination, Bhagavan [Mahavira](#) classified them into seven categories:

- **Naigama** : The view, which accepts both identity and difference.
- **Samgraha** : The view, which posits only identity.
- **Vyavahara** : The view, which posits only difference.
- **Rjusutra** : The view, which posits only the present moment
- **Sabda** : The view, which assigns different meanings to a word according to different categories of time, etc.
- **Samabhirudha** : The view, which assigns different meanings to the synonymous words according to their etymology.
- **Evambhuta** : The view, which assigns a meaning to a word only according to the present action.

Some seers maintained the identity of a thing by looking at it from the synthetical point of view; Others maintained its plurality by looking at it from the analytical point of view.

Bhagwan Mahavira accepted the truth of both the views. When Somil asked Bhagavan Mahavira whether he was one or many. Bhagavan Mahavira replied that he was one as well as many and added that from the point of view of substance (synthetic entity), he was one whereas many from the point of view of transformation of substance (Analytic characteristic).


Bhagavan Mahavira, said, "Both unity and diversity are real but are real only in relation to each other, not absolutely. Once this underlying relativity is abandoned, we enter into falsity." This relativism is the *nayavada theory* of Bhagavan Mahavira. The term syat in the theory of syadvada relates one aspect of truth to its remaining aspects. The relativism of *Nayavada* also does so. A non-relativistic one-sided view cannot be true.

There can be no ahimsa without *truth* and there can be no *truth* without *ahimsa*. They are inseparable. Bhagavan Mahavira admitted the reality of substance, existing in all the three times - past, present and future, as well as of the present mode. He admitted the reality of both the word as well as its meaning. He never told anybody that the later was not true or that his statement was false. He simply insisted the people on understanding the relativistic point of view, the truth of the point of view of others and that if they did not do so, they might be proved to be untrue and what they understood to be truth might also become falsehood.

The principle of synthesis of the truths of different points of view as propounded by the statement of Bhagavan Mahavira is an expression of his *ahimsa*, his genius and his *equanimity*. This principle can make the present and the future of entire mankind bright.




Everyday is a second chance to you to be better.



दीपक जलाओ तो सही, अंधकार भाग जायेगा ।
दस्तक दो तो सही, सुखुप्त नर जाग जायेगा ।

असंभव दिखने वाला बन जायेगा संभव
पौरुष करो तो सही, स्वर्णिम विहाग आयेगा ॥

With Best Compliments From
B. L. Jain
Rahul - Vikram - Vipul



www.sbttextiles.com | www.sambhavwarehousing.com

Technical Textiles Division: 589, Urla Industrial Area, Raipur (CG)-493 221
Spinning Division: Plot No. 2 & 1, Urla Industrial Area, Raipur (CG)-493 221
Warehousing Division: Sambhav Warehouse, Sondongri, Ring Road No.2, Raipur (CG)-493 221

Shake off Your Problems

A man's favorite donkey fell into a deep precipice; He couldn't pull it out no matter how hard he tried; He therefore decided to bury it alive. Soil was poured onto the donkey from above. The donkey felt the load, shook it off, and stepped on it; More soil was poured. It shook it off and stepped up; The more the load was poured, the higher it rose; By noon, the donkey was grazing in green pastures. After much shaking off (of problems) and stepping up (learning from them), one will get over the problems & enjoy the fruits



मुख्य नियोजिका
साध्वी श्री विश्रुत विभा जी

96 वें जन्मदिन के उपलक्ष्य पर

आचार्य महाप्रज्ञः चिर यौवन के तीन घटक

जैन परम्परा में अनेक आचार्य हुए हैं। उन्होंने अपने ज्ञान-सम्पदा और अनुभव सम्पदा से जन-जीवन को आलोकित करने का विनम्र प्रयास किया; उसी परम्परा में एक यशस्वी नाम है आचार्य महाप्रज्ञ। वे तेरापंथ धर्मसंघ के नौवें अधिशास्ता आचार्य श्री तुलसी के सक्षम उत्तराधिकारी थे। उन्होंने तेरापंथ के रथ को प्रगति के पथ पर आरुढ़ किया। वे आचार्य तुलसी के प्रति सर्वात्मना समर्पित थे, प्रकृति से सहज विनम्र थे।

सूलि जगत में रहते हुए भी उनके मन में सूक्ष्म जगत के प्रति आकर्षण था। सूक्ष्म जगत में प्रवेश करने की उनकी गहरी अभीप्सा थी। बाह्य जगत में उन्होंने कवि, लेखक, वक्ता, दार्शनिक, प्रवचनकार, साहित्यकार और चिन्तक के रूप में अपनी विशिष्ट पहचान बनाई। देश के अनेक विशिष्ट एवं प्रबुद्ध महानुभाव उनके सम्पर्क में आए, वे सभी आचार्य श्री के विचारों से विशेष रूप से प्रभावित हुए।

आचार्यश्री ने अनेक प्रलम्ब पदयात्राएं की। जीवन के नवें दशक में हिन्दुस्तान के अनेक प्रांतों की यात्रा की। उस यात्रा को नाम दिया “अहिंसा यात्रा”। इस यात्रा के दौरान उन्होंने कस्बों, गांवों, शहरों में परिभ्रमण किया। एक बार गुजरात प्रांत की यात्रा करते हुए वापी पहुंचे। वहां एक पत्रकार सम्मेलन का आयोजन हुआ, जिसमें उच्चस्तरीय पत्रकारों ने भाग लिया।

उनके प्रश्नों की दीर्घ-श्रृंखला थी। आचार्यवर सबकी जिज्ञासाओं को समाहित कर रहे थे। एक पत्रकार ने प्रश्न किया – “आचार्यजी! आपने अपने जीवन के 83 बसंत पार कर दिए, +84 वें वर्ष में भी आप शारीरिक रूप से फिट दिखाई दे रहे हैं, आपकी इन्द्रियां अपने विषय को ग्रहण करने में पटु प्रतीत हो रही हैं, आपकी वाणी में ओज है, शरीर भी सुगठित

है, कहीं कोई वृद्धत्व का लक्षण नहीं झलक रहा है, आखिर इसका राज क्या है?

आचार्य महाप्रज्ञ ने पत्रकार महोदय की जिज्ञासा को समाहित करते हुए कहा – “मैं अवस्था को वृद्ध नहीं मानता। आचार्य तुलसी कहा करते थे – 70 वर्ष की उम्र से वृद्धावस्था का शैशव प्रारंभ होता है। मैं तो अभी उस बाल्यावस्था का आनंद ले रहा हूं।” इसके साथ ही आचार्य महाप्रज्ञजी ने इस रहस्य का उद्घाटन करते हुए कहा –

वृद्ध वह होता है –

1. जो आहार का संयम नहीं करता है
2. जो बार-बार आवेश करता है
3. जिसका मस्तिष्क निष्क्रिय रहता है

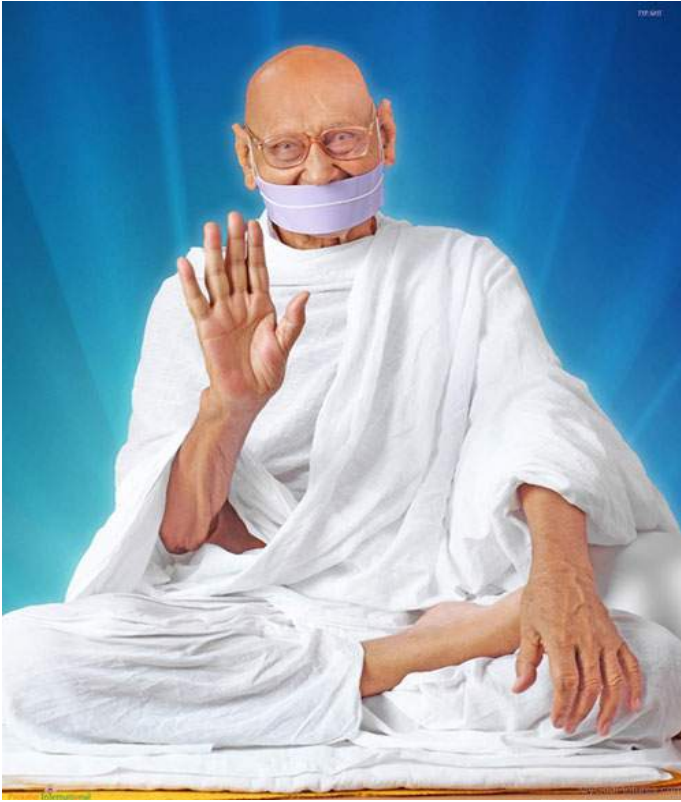
आचार्य महाप्रज्ञ के अनुसार युवा वह होता है–

1. जो आहार का संयम करता है
2. जो उपशांत रहता है
3. जिसका मस्तिष्क सक्रिय रहता है

जहाँ साधारण आदमी युवा बनने के लिए पौष्टिक भोजन करता है, आयुर्वेदिक-रसायनों और टॉनिक का प्रयोग करता है; वहीं आचार्य महाप्रज्ञ ने निम्नलिखित प्रयोग किए:–

1. चपाती और व्यंजन को अलग-अलग खाना
2. रविवार के दिन नमक ग्रहण नहीं करना (अनेक वर्षों तक)

“मैं अवस्था को वृद्ध नहीं मानता। आचार्य तुलसी कहा करते थे – 70 वर्ष की उम्र से वृद्धावस्था का शैशव प्रारंभ होता है; मैं तो अभी उस बाल्यावस्था का आनंद ले रहा हूं।”



3. तले हुए पदार्थों का सेवन नहीं करना
4. मैदे से बनी हुई वस्तुओं का परिष्कार करना
5. प्रायः मिष्ठान का वर्जन करना।

आहार का संयम करने वाला ध्यान की गहराई में उतर सकता है। रसना विजय या स्वाद विजय के अभाव में अंतर जगत में प्रवेश ही नहीं हो सकता। आचार्य महाप्रज्ञ का आहार—संयम अनुत्तर था। उन्होंने रसनेन्द्रिय पर विजय प्राप्त कर ली थी। इसलिए वे ध्यान की उच्च भूमिका में आरोहण करने में सफल हो गए।

आवेश पर नियंत्रण

अवस्था से पहले ही वृद्धत्व को आमंत्रण देने का कारण केवल आहार का असंयम ही नहीं है, आवेगों/संवेगों पर नियंत्रण का अभाव भी बुढ़ापे का एक बड़ा निमित्त है। जो व्यक्ति बार-बार आवेश करता है, बार-बार उत्तेजित होता है, वह असमय ही वृद्ध हो जाता है। आचार्य महाप्रज्ञ 90 वर्ष की उम्र में भी वृद्ध नहीं हुए, युवा बने रहे। इसका राज यही था कि वे कभी अविष्ट नहीं हुए। उनके चेहरे की शांति उनकी सन्निधि में बैठने वालों को भी शांति देती रहती थी, उनका व्यक्तित्व शांति के परमाणुओं से सना हुआ था, उनके भीतर प्रेम और मैत्री का निर्झर प्रवाहमान रहता था, करुणा की उत्ताल तरंग हर पल तरंगित होती रहती थी। आवेश तो उनसे कोसों दूर रहता था।

जैन आगम दशवैकालिक में भिक्षु के लिए कुछ विशेष निर्देश प्राप्त होते हैं, जैसे —‘न य कुप्पे’ ‘उवसंते’ — भिक्षु वह होता है, जो कुपित नहीं होता, जो उपशांत रहता है।

आचार्य महाप्रज्ञ के जीवन में इन सूक्तों का यथार्थ दर्शन होता था। ‘पयणुकोहमाण्णमायालोहे’ आगम के अनुसार उनके चारों ही कषाय प्रतनु अवस्था को प्राप्त थे। जब व्यक्ति का कषाय प्रतनु हो जाता है तो वह हर पल आनंद का अनुभव करता है। कषाय की अत्यल्पता के कारण ही वे आनंद में सराबोर रहते थे।

आचार्य महाप्रज्ञजी कई बार **Emotional Intelligence** पुस्तक का अपने प्रवचन में उद्धरण देते थे। उस पुस्तक में लिखा है —**Intellectual Quotient** का होना सफलता की गारंटी नहीं है। सफलता के लिए **Emotional Quotient(EQ)** का होना आवश्यक है। IQ के द्वारा एक व्यक्ति नौकरी प्राप्त कर सकता है किंतु EQ से उस नौकरी को बनाए रख सकता है तथा अपनी दक्षता की बेहतर प्रस्तुति की जा सकती है। गोलमेन के अनुसार ‘जिसका EQ अच्छा होता है वह आवेश पर नियंत्रण करता है, दूसरों के साथ अच्छा व्यवहार करता है, समय पर सही निर्णय लेता है। आचार्य महाप्रज्ञ जी का IQ तो उत्तम था ही उनका EQ भी सधा हुआ था। EQ विकसित होने की वजह से ही वे उपशांत अवस्था के शिखर पर आरोहण कर रहे थे।

आचार्य महाप्रज्ञ एक विशाल धर्मसंघ के अनुशास्ता थे। अनेक प्रकार की प्रतिकूल परिस्थितियां उनके सामने रहती थी, किंतु वे किसी भी परिस्थिति में उत्तेजित नहीं हुए। हर समस्या को वे शांति से, मृदुता से समाहित करते थे। दूसरों को भी यही प्रेरणा देते थे। एक बार एक पुलिस अधिकारी आचार्य महाप्रज्ञ के पास आया। उसने कहा — “आचार्यजी! मुझे गुस्सा बहुत आता है। आप मुझे गुस्सा शांत हो, इसका उपाय बताएं”। आचार्य महाप्रज्ञ : गुस्सा क्यों आता है? पुलिस अधिकारी : मेरे नीचे सैकड़ों पुलिस काम करती है। मैं उनको कार्य करने का निर्देश देता हूँ, जब वे कार्य नहीं करते, तो मुझे गुस्सा आता है।

आचार्य महाप्रज्ञ : इतनी छोटी सी बात के लिए गुस्सा करने की जरूरत नहीं है। आप उन्हें समझाने के लिए प्रेम का शस्त्र काम में लें। प्रेमपूर्ण व्यवहार से आपके सभी अधीनस्थ भी व्यवस्थित काम करना प्रारंभ कर देंगे और आपका गुस्सा भी शांत हो जाएगा। इस रूप में आचार्य महाप्रज्ञ ने अनेक लोगों को कषाय—उपशमन के लिए प्रतिबोधित किया।

एक बार मैंने आचार्यवर के समक्ष जिज्ञासा की —गुरुदेव! आपका कषाय प्रारंभ से ही उपशांत था या आपने इसे शांत करने का प्रयत्न किया?

आचार्य महाप्रज्ञ : प्रायः तो कषाय उपशांत ही था। प्रयोगों में मेरा सदैव विश्वास था। वि.स.1 का गुरुदेव श्री तुलसी का चातुर्मास शुरू था। उस वर्ष मैंने प्रतिदिन ‘ॐ ह्रीं णमो अरंहताणं’ का सफेद रंग में लगभग दो घंटे तक ध्यान का अभ्यास करना प्रारंभ किया। वह दीर्घकालीन प्रयोग भी मेरे कषाय को उपशांत करने में निमित्त बना।

आचार्य महाप्रज्ञ स्वयं ध्यान के प्रयोक्ता थे। उस समय जैन परम्परा में ध्यान का व्यवस्थित क्रम चालू नहीं था। अनेक विद्वानों ने ध्यान के संदर्भ में आचार्य तुलसी के साथ चर्चा की। उन्होंने अपने अंतर्वासी मुनि श्री नथमलजी को इस दिशा में आगे बढ़ने के लिए प्रेरित किया। मुनिश्री ने अपने शरीर को प्रयोगशाला बनाया। ध्यान के दीर्घकालीन प्रयोग किए। जैन परम्परा में लुप्त ध्यान की परम्परा का पुनरुद्धार किया। ‘प्रेक्षाध्यान’ से अभिहित इस पद्धति में उन्होंने अनेक प्रयोग इजाद किए, जिनके माध्यम से साधक क्रोध आदि वृत्तियों पर नियंत्रण कर सकता है। आवेश पर नियमन करने के लिए आचार्य महाप्रज्ञ ने निम्नलिखित प्रयोगों का उल्लेख किया :—

1. दीर्घ श्वासप्रेक्षा
2. समवृत्ति श्वासप्रेक्षा
3. सहिष्णुता की अनुप्रेक्षा
4. ज्योतिकेन्द्र पर सफेद रंग का ध्यान
5. संकल्पशक्ति का प्रयोग
6. विवेक प्रतिमा — मैं क्रोध नहीं हूँ, क्रोध मेरा स्वभाव नहीं है।
7. शंशाकासन

प्रेक्षाध्यान के शिविरों में आचार्य महाप्रज्ञजी ने ये प्रयोग करवाए। अनेक व्यक्तियों ने इन प्रयोगों द्वारा आवेश की वृत्ति पर नियंत्रण कर शांति का अनुभव किया।

मस्तिष्क की सक्रियता

वृद्ध वह होता है, जिसका मस्तिष्क निष्क्रिय होता है। सक्रिय मस्तिष्क युवावस्था की निशानी है। आचार्य महाप्रज्ञ का मस्तिष्क 9 जून 2010 के मध्याह्न तक पूर्णरूपेण सक्रिय था। बह्ममुहूर्त में चार बजे उठना, ध्यान, स्वाध्याय, प्रतिक्रमण करना, आवश्यक कार्य की निवृत्ति के बाद आसन-प्राणायाम करना, प्रातराश करना, प्रेक्षाध्यान दर्शन और प्रयोग, पुस्तक का लेखन करवाना, प्रवचन करना, तत्पश्चात् अणुव्रती कार्यकर्ताओं की गोष्ठी करना, आहार करना, अखबार सुनना आदि समस्त कार्य उनके क्रियाशील मस्तिष्क का निदर्शन था। एक दिन में अनेक प्रकार के सृजनात्मक कार्यों का सम्पादन वही व्यक्ति कर सकता है, जिसका मस्तिष्क सक्रिय हो। मस्तिष्क की सक्रियता के कारण ही वे एक दिन में विभिन्न प्रकार के कार्यों को अंजाम देते थे—जैसे पुस्तक का लेखन, आगमों का सम्पादन, संदेश का लेखन, काव्यात्मक लेखन, प्रवचन करना, समस्याओं का समाधान करना।

सक्रिय मस्तिष्क के विशिष्टता के कारण ही आचार्य महाप्रज्ञ की अनेक शक्तियाँ विकसित हो गई थी—

- 1- Thinking Power
- 2- Understanding Power
- 3- Logical Power
- 4- Memory Power
- 5- Imagination Power

आचार्य महाप्रज्ञ की चिंतन-शक्ति विलक्षण थी। वे किसी भी विषय पर अनेक पहलुओं से गंभीरतापूर्वक विचार करते थे। उनका दृष्टिकोण अनेकान्तात्मक था। नय, निक्षेप, स्वादवाद आदि उनके चिंतन के आधार बिंदु थे। उनकी समझ-शक्ति भी अद्भुत थी। गंभीर पुस्तकों के वाचन में उनकी अभिरुचि थी। पत्र-पत्रिकाओं के आधुनिक समाचारों से वे वाकिफ रहते थे। चंद लम्हों में वे महत्वपूर्ण संवादों की अवगति कर लेते थे। वे अध्यात्म जगत् के शिखर पुरुष थे, पर वैज्ञानिक जगत् के प्रति भी उनका आकर्षण था। जैन दर्शन की गहन गुत्थियों को वे विज्ञान की नवीन शोध के साथ तुलनात्मक अध्ययन कर सुलझाने का प्रयत्न करते थे।

आचार्य महाप्रज्ञ की तार्किक शक्ति बेजोड़ थी। लेखन और वक्तृत्व के समय विषय का प्रतिपादन करने में तर्क का प्रयोग कर पाठक और श्रोता को संतुष्ट कर देते थे। एक बार उन्होंने एक लेख लिखा। उसमें यह लिखा था— 'मैं आत्मा को मानता हूँ, जानता नहीं' इस वाक्य ने विद्वानों में हलचल पैदा कर दी। प्रबुद्ध व्यक्तियों का एक शिष्ट मण्डल आचार्य श्री तुलसी के उपपात में पहुँचा। सुधीजन बोले—'मुनि नथमलजी (आचार्य महाप्रज्ञ) ने ऐसा कैसे लिखा कि 'मैं आत्मा को मानता हूँ, जानता नहीं' मुनि नथमलजी वहीं उपस्थित थे, उन्होंने अपने अकाट्य तर्कों के आधार पर अपनी बात को सिद्ध कर मनीषी वर्ग की जिज्ञासाओं को समाहित कर दिया।



आचार्य महाप्रज्ञ की स्मरण-शक्ति अनूठी थी। स्वयं का अतीत उनके सामने दर्पण की तरह स्पष्ट था। अपने जीवन से संबंधित घटनाओं को संवत् तिथि सहित प्रस्तुत करने में दक्ष थे। अनेक वर्षों के बाद कोई व्यक्ति दर्शन करने आता, उसे तुरंत पहचान लेते। इसके साथ ही वे आगंतुकों के पूर्वजों को भी याद कर लेते। उनकी कल्पना-शक्ति काव्य को जन्म देती है। उन्होंने अपनी कल्पना-शक्ति से काव्य-जगत् में प्रवेश किया। उनके मस्तिष्क में काव्यात्मक स्फुरणा नैसर्गिक थी। उन्होंने अनेक कविताएँ लिखी। कामायनी सदृश महाकाव्य 'ऋषभायण' का प्रणयन किया। 'तुलसी यशोविलास' को अपनी लेखनी का विषय बनाया। संस्कृत भाषा में भी 'अश्रुवीणा', 'रत्नपालचरित्रम्', 'सम्बोधि' जैसे उत्कृष्ट कोटि के काव्यों का सृजन कर संस्कृत के मूर्धन्य मनीषियों के मध्य अपनी बहुमुखी प्रतिभा का परिचय दिया। इन सभी गुणों का आचार्य महाप्रज्ञ के व्यक्तित्व में समावेश होना उनके मस्तिष्क की क्रियाशीलता ही अभिवक्त करता है। एक बार मैंने महाश्रमणी साध्वीप्रमुखा कनकप्रभाजी से पूछा— आचार्य महाप्रज्ञजी का मस्तिष्क अत्याधिक सक्रिय था, उसका हेतु क्या है? साध्वी प्रमुखा जी ने तत्काल मेरे प्रश्न का समाधान करते हुए कहा—

1. आचार्य महाप्रज्ञजी की सकारात्मक सोच
2. निरंतर मस्तिष्क से काम लेना
3. चिंतन और अचिंतन का संतुलन

समग्र परिप्रेक्ष्य में आचार्य महाप्रज्ञ के व्यक्तित्व का विश्लेषण करें तो ऐसा प्रतीत होता है कि 90 वर्ष की अवस्था में भी वे पूर्ण स्वस्थता एवं गहरी समाधि का अनुभव कर रहे थे।



Dr. A. P. J. Abdul

KALAM

A true Humanitarian with a Great Vision

APJ Abdul Kalam was a great scientist, an inspiring leader and above all an extraordinary human being. He touched millions of lives with his great sense of humanity and vast exposure to the nuclear world. He had the vision for a fully developed beautiful India with prosperous life for its citizens and he strived hard to achieve his goals till the last breath of his life.



CA Ritu S Jain

Director,
SR Corporate Consultant Pvt. Ltd.



Dr Kalam was a responsible leader; India's strategic missile programme is where it is today because of Dr. Kalam's genius. The human side of Dr. Kalam's personality was as legendary as his scientific acumen. He was a dedicated devotee of our Acharya Shri Mahapragya and worked closely with him on many publications. One among them was "The Family and the Nation" co-authored by Acharya Shri Mahapragya and Dr Kalam. His speech delivered during the "Colloquium on Vision of a Noble Family and Ideal Nation" inspired a lot of us; I am reproducing his speech where he mentioned his association with our great Acharya Shri Mahapragya. I hope you too would enjoy and get inspired by his great ideas and noble thoughts.

He started with the famous saying of Acharya Shri Mahapragya

"Nonviolence is my religion"

I am happy to participate in the National Colloquium on Vision of a Noble Family and Ideal Nation. My greetings to all of you. This important gathering reminds me of Acharya Mahapragyaji and the noble ideas and cherished moments which we shared. When all of us assembled here on the birth anniversary of the noble soul, I would like to share few thoughts on the topic **"Nonviolence movement blossomed"**.

"You have to dream before your dreams can come true."

Meeting with Acharya Mahapragyaji

First, I would like to recall my first meeting with Acharya Mahapragyaji who has carried out penance for over 90 years and walked over 100,000 kilometers in his mission of promoting Ahimsa Dharma. My meeting took place at the Adhyatma Sadhna Kendra, Mehrauli in October 1999. It was around midnight, and Acharyaji had prayed three times with his distinguished Jain monks for the welfare of the nation and the people. After the prayers, he turned to me and said words that still reverberate in my mind. He said,

"Kalam, God bless you for what you have done with your teams. But God has a bigger mission for you and that is why you are here with me today. I know our country is a nuclear nation now but your mission is greater than what you and your team have done; it is indeed greater than what any human being has ever done. Nuclear weapons are proliferating in tens and thousands in the world. I command you and you only with all the divine blessings at my disposal to devise a system of peace wherein these very nuclear weapons will be ineffective, insignificant and politically inconsequential."

When Acharyaji finished his message, a hush fell over the room. It appeared to me as though there was a divine concurrence with the message. For the first time in my life I felt shaken. Since then, Acharyaji's message has become my guiding light, and making it a reality a challenge that has given a new meaning to my life.

Evolution of family values

In one of our meetings, Acharya Mahapragyaji and myself, when we were writing Chapter-II "Evolution Process and Pain" of the book "The Family and the Nation", we had a deep discussion on the focus points of the chapter. Our starting point for the discussion was, Mahatma Gandhiji's beautiful statement on **eight sins**:

"Wealth without work, pleasure without conscience, commerce without morality, worship without sacrifice, politics without principle, rights without responsibility, knowledge without character, and science without humanity".

A society and culture free of these sins would be a society without violence".

While admiring Gandhiji's views on sins, Acharya Mahapragyaji said,

“As humans, we have evolved from nature and we ultimately depend upon nature for our survival. Until we understand what we are as humans and how we are connected to the universe, it is impossible for humanity to be wise, and to evolve the knowledge to live in harmony with nature”

I felt that, how Acharyaji's statement is very important today for the reasons, we take away from earth continuously and little give back to maintain the nature's quality and quantity. This situation of taking away and not giving led to the world climate change phenomena.

Both of us discussed (Acharyaji and myself) if we have to create in an organization, to teach cultural adaptation, I asked Acharyaji, can you visualize the type of organization which is needed? Acharyaji said, it seems logical that such an organization must:

- 1) Factor anthropological history in industrialized society,
- 2) Identify the emotional and physical problems of people,
- 3) Seek out the available educational tools,
- 4) Point out the values of solving the problems, and
- 5) Disseminate this knowledge to the public.

Evolution of FUREC (Foundation for Unity of Religion and Enlightened Citizenship)

I had suggested to Acharya Mahapragya ji that only he can bring together all religious leaders in India to create a unity forum. The great soul took the task in a divine way and he said, he could arrange such a meeting at Surat where he will be on the course of his mission of Padyatra. He requested me to come there as he cannot come on flight or train to Delhi. So I as a President of India went there and I was given a gift of the declaration "Surat Spiritual Declaration" signed by all the spiritual leaders. It was indeed a wonderful document to follow as a doctrine of national unity. Later, we created an organization FUREC with both of us being patrons

Acharyaji nurtured this organization very well to create consciousness in the action on national unity.

National ethics

Friends, we need to have National ethics for sustained growth and peace. Where from it starts?

1. Nation has to have ethics in all its tasks, for sustained economic prosperity and peace.
2. If nation is to have ethics; society has to promote ethics and value system.
3. If society is to have ethics and value system, families should adhere to ethics and value system;
4. If families have to get evolved with ethics and value system, parenthood should have inbuilt ethics.
5. Parental ethics come from great learning, value based education and creation of clean environment that leads to righteousness in the heart.

Both Acharyaji and myself led to believe importance of divine science, we have progressed in the chapter-III "The Idea of Unity".

Divine Science

Scientists, philosophers and theologists and Spiritual leaders have to eventually converge towards an understanding, what may be called divine science. The world is looking for, and is finding, a new science; this must be Divine Science. The divine world is looking to give that science. These are spiritual, mystical, religious and theological truths of the contemporary world. The Divine Science would be a result of breakthroughs in understanding the fundamental basis of reality such as quantum theory, relativity theory, chaos theory, general systems theory, string theory, and others.

The magnitude of infinite possibilities within the human body and external cosmos is amazing. The Divine Science has to transcend the certainty of strictly Newtonian clockwork notion to a new vision of a holistic and unified cosmos rooted in a non-local quantum reality that is fundamentally spiritual as opposed to material. It may also be described as intrinsically evolutionary and harmonious. The FUREC and the Institutions like Future Nalanda University can promote this doctrine.

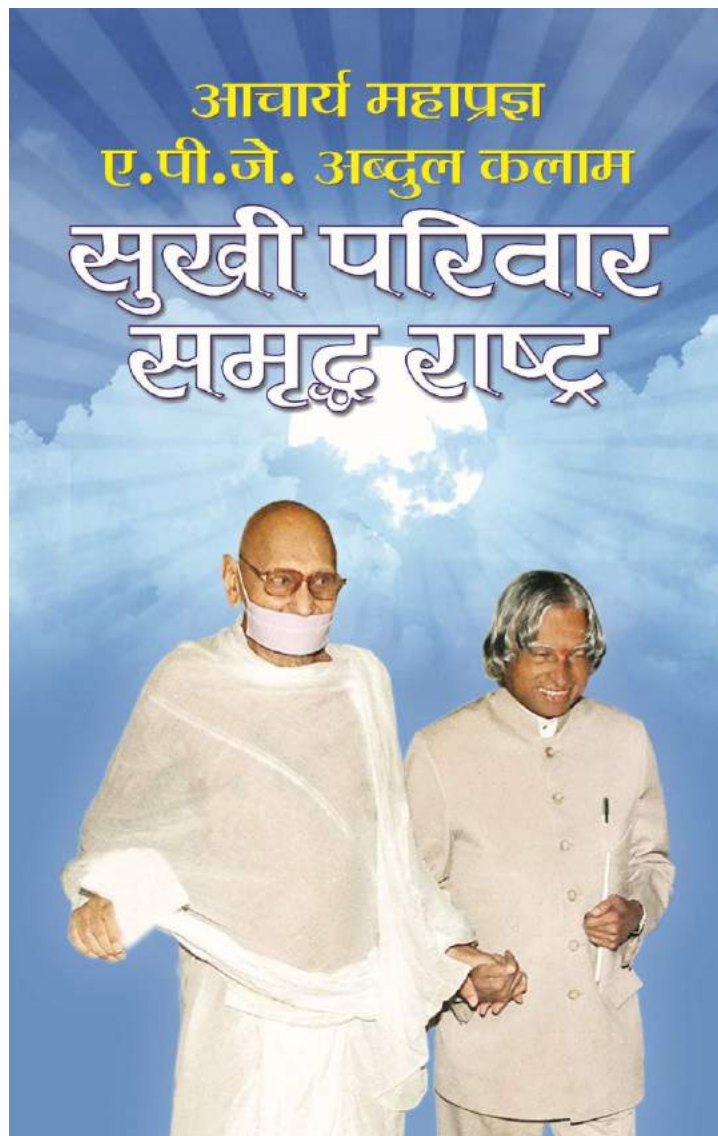
Our book "the Family and the Nation, as a postscript, we have given a form to Acharya Mahapragya's philosophy:

*Soul is my God,
Renunciations is my prayer,
Amity is my Devotion,
Self-restraints is my strength,
Non-violence is my religion*

*And the vision for the nation as I put-forth
People living in a clean green environment,
Having prosperity without poverty,
Living in peace without fear of war, and a happy
place to the live
For all citizens of the nation.*

Conclusion

On 2nd August 2005, I met Acharya Mahapragyaji during the presentation of National Communal Harmony Award to him. While sitting together in this function, Acharyaji said, "Kalam, the time has come to translate our thoughts into action for developing a peaceful, happy and prosperous society, through the development of the family and nation in the form of a book." We thought over the question as to how a noble nation can be formed and came to the conclusion that its seeds can be sown in a family. Only a good individual who has been brought up in an environment of a good family will be able to realize his or her responsibility towards the nation. Such a citizen will adopt the principle of "Work with Integrity and Succeed with Integrity". This led to the birth of the book "Family and the Nation". The poem Noble Nation reflects our dream for Family and the nation.



Compiled by : CA Ritu S Jain; she can be reached at tpfeditor@gmail.com
Courtesy :

http://www.abdulkalam.com/kalam/jsp/display_content_front.jsp?menuid=28&menuname=Speeches+%2F+Lectures&linkid=68&linkname=Recent&content=1611&columnno=0&starts=0&menu_image=



INSPIRATIONAL STORY

DID YOU KNOW?

That Henry Ford forgot to put a reverse gear on his first automobile and then went on to revolutionize the automobile industry with his Model T Ford. That's a good lesson for all of us....."The man who makes no mistakes lacks boldness and the spirit of adventure. If you never try anything new, YOU put the brakes on the wheels of progress!!



Dr. Muni. Rajneesh Kumar
M.A (Jain Darshan), Badmer, Rajasthan

शांतिपूर्ण सहअस्तित्व का विघ्न है

अहंकार

शांतिपूर्ण सहअस्तित्व का विघ्न है — अहंकार। कषाय के दो प्रकारों में पहला है — क्रोध और दूसरा है— अहंकार या अहंमन्यता। स्वयं को विशिष्ट, सर्वमान्य मानना, यह भावना रखना कि मैं इनसे विशिष्ट हूँ, मैं जो कहूँ, वही ठीक है अहंकार है। अहंकारी व्यक्ति न तो किसी दूसरे को सम्मान देता है, न किसी दूसरे की सुनता है। सुन भी लेता है तो स्वीकार नहीं करता। यह व्यवहार का बहुत बड़ा विघ्न है। व्यवहारकुशल व्यक्ति कभी ऐसा नहीं करता।

संगठन का आधारभूत तत्व विनम्रता है। जिसमें विनम्रता होती है, वह दूसरों को अपने साथ जोड़ लेता है। अहंकारी कभी जोड़ नहीं पाता, कोई जुड़ता भी है तो बड़ी जल्दी उसे अलग होना पड़ता है।

यह मनुष्य का स्वभाव है कि अधिकांश लोग अहंकार को साथ लेकर ही जन्मते हैं। एक छोटे बच्चे में भी अहंकार होता है। अगर हम विश्लेषण करें तो पता चलेगा कि स्वतंत्रता मनुष्य की प्रकृति है। प्राणीमात्र के संदर्भ में विचार करें तो यह नियम लागू होता है कि स्वतंत्रता आदमी ही नहीं पशु-परिन्दों के लिए भी सबसे प्रिय वस्तु है।

जब सुख और दुःख की परिभाषा का प्रश्न आया कि सुख किसे मानें और दुःख किसे मानें तो उसकी तमाम परिभाषाओं और उत्तरों में मनुस्मृति के रचनाकार ने कहा—

सर्व परवशं दुःखं, सर्वमात्मवशं सुखम्।

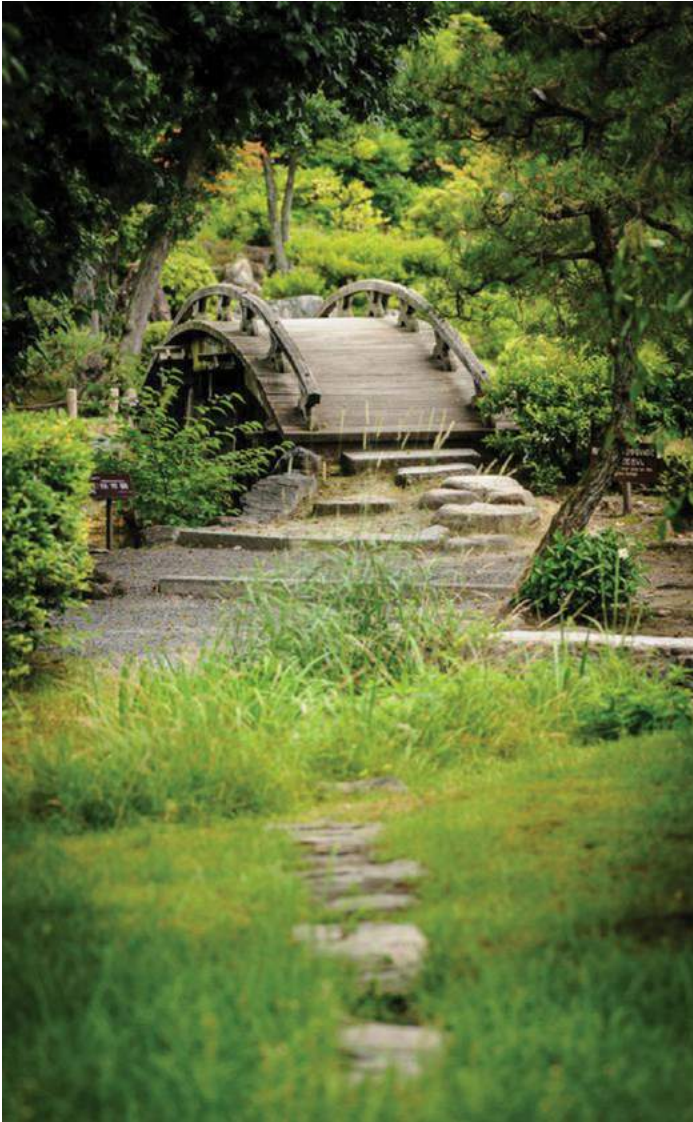
परवशता दुःख है और स्ववशता या स्वतंत्रता सुख है। सुख और दुःख की यह सबसे छोटी, किन्तु सबसे सटीक परिभाषा है। स्वतंत्रता केवल मनुष्य को ही नहीं पशु-पक्षियों, यहां तक कि पेड़-पौधों को भी प्रिय है।

जंगल में स्वच्छन्द विचरण करने वाले प्राणियों को पिंजरे में कैद कर दीजिए, वे या तो मर जाएंगे, अथवा मरने की स्थिति में पहुंच जाएंगे। खुले वातावरण में अपना विकास कर रहे पौधों को चारों ओर से घेर दीजिए, फिर देखिए कि उस पर दो दिन बाद ही क्या प्रतिक्रिया होती है।

उसकी टहनियां, उस बाड़ की कैद से बाहर निकलने के लिए आतुर होने लगती हैं। पीपल या वट वृक्ष के नीचे कोई दूसरा पौधा अपना विकास नहीं कर पाता, क्योंकि उसकी स्वतंत्रता बाधित होती है।

सामुदायिक जीवन के लिए अहंकार विघ्न बन जाता है। अहंकार के कारण व्यवहार में कटुता भी आती है। आग्रह सरसता को नीरसता में बदल देता है। आज तक के चिंतन और विचार क्षेत्र के इतिहास को उठाकर देखें तो पता चलेगा कि ज्यादा मतवाद और बिखराव हुआ है तो वह अहंकार के कारण हुआ है। एक व्यक्ति का अहंकार पूरे संगठन को प्रभावित करता है और विघटन की स्थिति पैदा कर देता है। वैदिक और बौद्ध परंपरा में ऐसा अनेक बार हुआ है जब बिखराव की स्थिति बनी। संगठन और संस्थाओं की बात जाने दें, परिवार में आए दिन ऐसे प्रसंग आते हैं, जब मनमुटाव की स्थिति पैदा होती है। परिवारों के विघटन और बिखराव का कारण ही परिवार के सदस्यों का अहंकार और असहिष्णुता की प्रवृत्ति बनती है।





धर्म के क्षेत्र में भी कम अहंकार नहीं है। मठों में, अखाड़ों में, संघों में, टूट-फूट चलती रहती है। यहां भी अहंकार और अर्थ ही मुख्य कारण बनता है। एक रूपक है— एक व्यक्ति ने साधना के क्षेत्र में उतरने की सोची। सोच को उसने यथार्थ में परिणित किया। ध्यान साधना शुरू कर दी। अहंकार को पता चला। उसे वह कैसे सहन हो सकता था? समझ गया कि अगर साधना में यह रम गया तो मुझे कहीं दूसरा ठिकाना ढूंढना पड़ेगा। वह बुद्धि के पास गया और बोला— अब सचेत हो जाने की जरूरत है। यह आदमी तो ऐसा रास्ता ले रहा है, जो हमारे और तुम्हारे अस्तित्व पर ही प्रश्न खड़ा कर देगा।

बुद्धि ने कहा—वह कैसे? यह साधना में उतर रहा है तो अच्छी बात है। इसे शान्ति मिलेगी और सबसे बड़ी बात तो यह कि इसे प्रबोध मिलेगा। अहंकार बोला— नाम तो तुम्हारा बुद्धि है, लेकिन पूरी नासमझ हो। आगे का खतरा तुम्हें दिखाई नहीं दे रहा है।

अहंकारो धियं ब्रूते, नैनं सुप्तं प्रबोधयेत्।

उदिते परमानंदे, नाऽहं न त्वं नवै जगत्।।

अभी प्रारंभ में ही, उदयावस्था में ही इसे परमानंद की अनुभूति हो रही है; आगे यह अनुभूति और प्रखर हुई तो न मैं रहूंगा, न तुम रहोगी और न ही यह जगत रहेगा। यह तो तीनों को ही भूल जाएगा। जैसे भी हो इसे साधना से डिगाओ, च्युत करो।

अहंकारी लोग इसीलिए कुछ ऐसे लोगों को हमेशा अपने पास रखते हैं, जो उसके अहंकार की तृप्ति के लिए उसकी प्रशंसा में कुछ न कुछ कहते रहते हैं। ये लोग मालिक का मिजाज भांपकर उसके मन की बात कहते हैं। ऐसी भाषा को 'ठकुरसुहाती' कहते हैं, यानि जो ठाकुरजी (मालिक) को सुहाए, अच्छी लगे।

अनादिकाल से आदमी ने यह भ्रान्ति पाल रखी है कि मैं बहुत उपयोगी व्यक्ति हूँ और मेरे बिना लोगों का काम नहीं चलेगा, लेकिन काम तो चल ही रहा है। कितने प्रतापी सम्राट इस धरती पर आए, जिनके साम्राज्य में सूरज अस्त नहीं होता था। उनके जाने से भी सृष्टि के क्रम में कोई फर्क नहीं पड़ा। इससे आदमी की भ्रान्ति तो मिट जानी चाहिए थी। वक्त रहते जो संभल जाए और वास्तविकता को जान ले तो वह विशिष्ट आदमी हो सकता है।

भ्रम ही तो है, जो आदमी पाल लेता है कि मेरे बिना यह काम नहीं होगा। यह भ्रम बहुत देर बाद टूटता है और जब टूटता है तो बहुत तकलीफ होती है। जहां यह अहंकार की दीवार खड़ी होती है, वहां सामुदायिक जीवन में समरसता नहीं रह जाती। वहां व्यवहार में फिर कटुता घुलने लगती है।

कषाय जोड़ने का नहीं तोड़ने का काम करता है। दशवैकालिक सूत्र में कहा गया— 'अहंकार विनय का नाश करता है। यह बाहर से आने वाली अच्छाई का मार्ग बंद कर देता है और कहता है भीतर केवल मैं रहूंगा, यहाँ कोई दूसरा नहीं आएगा। ऐसी स्थिति में अहंकारी आदमी अपनी योग्यता का विकास कैसे कर सकता है? विनयशील आदमी की विशेषता यह है कि वह योग्यता के आने के मार्ग को खुला रखता है। बाहर से अच्छाई को ग्रहण करने के लिए वह हर समय उत्सुक रहता है। वह निरंतर अपनी योग्यता का विकास करता चला जाता है। अहंकारी अपना दरवाजा बंद रखता है, इसलिए उसकी योग्यता का विकास नहीं हो पाता। वह जहाँ का तहाँ रह जाता है, उसके विकास पर वहीं विराम लग जाता है।



“ ईमानदारी केवल व्यवसाय के क्षेत्र में ही नहीं, आदमी के हर आचार, विचार और व्यवहार में होनी चाहिए ”

— आचार्य श्री महाश्रमण



Sanjay Kr. Jain

Managing Director, T.T. Ltd.
sjain@tttextiles.com

CAN WE PRACTICE JAINISM IN OUR PROFESSIONAL LIFE?

I used to think that Jainism and similar dharmas are meant only for soul purification and spiritual enlightenment, hence always stayed away from it. I thought that I was too young to understand and follow the same. I had other important priorities in life like building my career, my business and becoming successful and famous in a materialistic sense. Like most I didn't see our religion being of much help in this – in fact saw it as an impediment as it would take away valuable time. Many youngsters feel the same and think understanding dharmam etc is meant for old age when we have done our bit in the materialistic world and feel the need to add some positive karmas for a better next life.

However when I started reading the basics of Jainism, I was surprised to see that many of the basic tenets are as useful for our materialistic world as they are for our spiritual. When the Jains migrated from India to East Africa at the turn of the twentieth century, they took very little in their pocket, but their culture helped them not only to flourish but also to educate and transform a whole new generation. Their influence on the economic development of that region has been significant. We normally rely on books written by modern day Management Gurus or books like Arthashastra of Chanakya, however it's surprising that there is so much we can apply from Jain philosophy and practices. I would like to share some of the principles and the context in which they can be useful in shaping and building our working/business lives:

Ahinsa (Non Violence):

Non-Violence is normally attributed to physical violence. But it starts from the mind and then moves



onto words and deeds. It goes beyond human being and extends to all living beings. When one respects all living beings, its natural character is filled with humility, simplicity and compassion. Such a belief leads to developing an employee friendly environment and sensitivity for the environment. Today the importance of preserving the environment has become one of the key factors for sustainable development. In fact many international customers have made such measures mandatory for buying. Companies for environment friendly measures are earning immense amount of money by way of carbon credit and goodwill.

Satya (Truthfulness):

In business goodwill, credibility and reputation are very important for long term success. We have living examples of Groups like Tatas, Infosys and Godrej among others who have succeeded working on this principle and have survived over years. They apart from being very successful are also highly respected. And companies like Enron have fallen like nine pins due to their false disclosures.

Aparigraha (Non-Possesiveness):

This concept has many fold meanings. A couple of relevant ones are:

- I. One of them is to **keep limited resources in hand**. This is very important in today's world, to utilize the available resources productively and not keep idle assets. For example, we should keep limited stocks, cash with us and avoid interest and holding cost.
- II. Another angle is **having limited desires**. History has enough examples of people frittering away their wealth and capital due to undesired habits like drinking, smoking etc. By practicing this, we reduce our useless desires and save money. It may sound surprising, but if we add the money spent by people on liquor, tobacco or gutkha in their lifetime – it would be equal to a fortune. Speculation has led to downfall of large trading firms like Paul Reinhart can also be avoided by following this important principle.

Ahimsa and Aparigraha (Non violence and Non possession):

These principles have a cause and effect relationship. When one develops greed to possess more and more, he mentally and physically is tempted to be violent to forcibly attain things. This makes him adopt unlawful and unethical means, which creates enemies from all segments of the business environment. This leads to ultimate downfall. An example of this is the recent downfall of Satyam Computers, which cheated all and sudden, and ultimately was defeated by the combined forces of the Law, Government, Investors, Employees and Customers.

Anekant (Tolerance and Acceptance of Diverse and Different views):

We all know that there are different perspectives and ways of looking at the same thing. In order to be an astute and sharp businessman you need to take into



account all points of view to take a balanced and informed decision. People, who are adamant and egoistic and refuse to listen to others viewpoint, normally don't go far in life. In today's context collaborative and participative type of management is catching up. This principle is probably the most important and powerful principle for success in life. An example of this is the success of MBAs in the corporate world, which is due to their knowledge of various facets of business, which helps them understand problems and situations from various angles and come out with solutions. Most of the businesses in new lines like IT, education, e-commerce have succeeded because of the capability to follow “Anekant” and think out of the box and move away from traditional lines of business which have low margins and high competition.

Samyak Darshan (Right Faith/Perception)

One who possesses Samyak Darshan will view things with maturity. He will never be driven solely by feelings. He would make a balanced judgment. In the absence of this, neither knowledge nor conduct can be samyak (right or enlightened).

Samyak Gyan (Right Knowledge and Understanding):

Right Knowledge is crucial to work/livelihood. Business is always a means and never an end. Profit is not the overriding aim; quality service, workmanship and discipline are equally important. If one understands the right meaning of work and enjoys it – it converts from being a burden/responsibility to being an integral part of happiness.

Samyak Charitra (Right conduct):

This is conduct based on understanding. This guides everyone from atom and galaxy – perfect balance between power and perfection. One who has achieved Samyak Charitra would not behave irrationally or unjustly or ethically wrong. This earns him respect and trust from everyone around and this is the cornerstone for networking and getting support from everyone in achieving one's goal.

Sanwar (Limiting deeds/karma):

This means limiting activities that look nice but actually are detrimental to the long term upliftment of the soul. This is an important lesson in working life, where we are tempted towards things for short term gains, which lead to long term losses. A leading example of this is the insider trading case, which bought the downfall of reputed people like Rajat Gupta in USA. Another leading example is the tendency to speculate/gamble for gains in short term -this has led to downfall of many large organizations overnight like Lehman Brothers.

Nirjara (Erosion of karma):

This means removal/finishing the karmas attached to one's soul. In business, it's similarly important that we remove all bad, harmful and unwanted segments of organization so that it shines like a soul does after Nirjara.

Sharir and Aatma bhinna hai (Body and soul are separate):

Soul and body are separate, and the soul is of paramount importance, as unlike body it never dies. Death only extincts the body, not soul. All our deeds are accounted by the soul and in Jainism all prescribed actions are for purification of soul. Similarly in business, the people managing it are “the body” which will keep changing over time, however the main thing which decides its prosperity and longevity is the processes, systems, value and principles of the business which are the main stay of it (our soul) and outlives utility of any individual.



Hence focus should be more on the soul rather than the body of business for real success. The examples of this are business groups like Tatas, Coco Cola and other professionally managed companies.

Karam Mahatvapurna Hain (Deeds is most important):

This principal is of paramount importance. We have seen many people give up in life saying that its God's wish or destiny. However Jainism teaches us that our destiny and future is based on our own deeds and we are the architects of our own lives. This gives strength to fight in difficult times and come out victorious in all situations. It helps one to be positive and optimistic, and remove negativity and pessimism.



Pratikraman (Asking for forgiveness):

This is an exercise for saying sorry and asking for forgiveness for our sinful & incorrect activities. This is an enabler for moving ahead and leaving behind shackles of negativity and egoism. It also helps to relieve the burden of guilt and build relations rather than break them – which is very important in business. An organization must also similarly have a system of periodic examination of its activities and weed out all unproductive/wrong processes.

Meditation (Dhyan) :

Practice of meditation leads to improvement in analytical skills, reasoning and memory power which is very important for being successful in life. It further helps in stress management. The power of clear thought and ability to focus is essential for success in business.

Jeewan Vigyan (Health & Life Study):

A stable, strong and healthy body is very critical to work hard in life. A weak body can never focus on work and give its best to it. If we just remember our own productivity when we have even a simple cold, we will understand the importance of this.

Sanyam (Self Discipline):

A man should be master of his senses, Self control is very important. This is a key ingredient of a successful working life and keeps one away from excesses, which deviates one from his objectives and goals of life. It has been seen people who get angry and lose control of themselves, tend to lose customers, employees and deals.

Tapasya (Fasting):

This people attribute normally with not eating. However if we look deeper, the real learning from this is self control and discipline that comes when we restrain from doing things, which we want and desire. This enables attainment of the previous point. It also gives the courage to sacrifice without



Ek Guru, Ek Sangh (One Leader, one group):

It has been professed that there should be one leader to a group. This is important to have a clear line of understanding, avoid confusion in subordinates/employees as to their duties & responsibility. Multiple leaders, creates dangers of people working within the same organization at cross purposes and negating all the efforts made to progress. The people should have complete faith in their leader to ensure full commitment and sincere efforts.

Pratilekhna (Introspection):

This is a practice followed by monks and nuns to take check and take care of their belongings twice a day to ensure no creature or insect latches onto their things. In business world, one needs to take care of his resources and ensure they are used properly. Resources are very critical for success of any business and hence they need to be taken care carefully.

Effective Management:

Even Lord Mahavira organized his monks and nuns in a very systematic fashion. Different monks and nuns held different posts with different responsibilities. The sect was run like any good king would run his State. The same is clearly visible in any successful religious order (including our Jain Terapanth sect). It teaches us how to organize and manage our business entity to

Equality of people and gender (Samanata):

Is strongly propagated that by birth all are equal and women are equal to men. Lord Mahavira treated all equally and encouraged respect for all. He divided living beings based on their indriya (senses) and not on birth/status.

In today's world where education, intellect and determination knows no boundaries, it is very important to treat all equally to get the best out of people – directly as employees and indirectly as vendors/customers.

Today where women and so called backward classes are playing important roles in all walks of life – those who don't respect them are losing an important link to succeed. No one wants to deal or work with people who don't respect and treat everyone fairly. People need to be recognized by their capabilities as Jainism does based on number of senses.



NEVER GIVE UP

Thomas Edison tried one thousand different materials in search of a filament for the light bulb. When none worked satisfactorily, his assistant complained, "All our work is in vain. We have learned nothing."

Edison replied very confidently, "Oh, we have come a long way and we have learned a lot. We know that there are one thousand elements which we cannot use to make a good light bulb."

Moral : We can also learn from our mistakes.

“

At the centre of Non-Violence stands the principle of Love.

”

॥ जय गिष्णु ॥ ॥ अहम् ॥ ॥ जय महाश्रमण ॥



जीने की कला के चार प्रमुख सुत्र—
ईमानदारी, अहिंसा, संयम तथा समय प्रबंधन।

— आचार्य महाश्रमण

With Best Compliments From :

Danmal Porwal
Mob: +919826162011

Pankaj Porwal
Mob: +919826160601

Rakesh Porwal
Mob: +919826130290

A COMPLETE HOUSE OF COALTAR & BY PRODUCTS

NAPHTHALENE POWDER/BALLS, LIGHT/HEAVY CREOSOTE OIL, LIGHT/HEAVY SOLVENT NAPHTHA, ROADTAR, COALTAR, COALTAR BINDER PITCH, COALTAR ZERO - Q.I. PITCH, CARBOLIC ACID, CREYSLIC ACID, ANTHRACENE OIL, ANTI-CORROSIVE BLACK PAINTS, FUEL OIL ETC

COAL CHEM
Phone: 0788-2285670 - 77
Fax no.: 0788-2285674
Website: www.coaltarchemical.com
Email: info@coaltarchemical.com
Bhilai (C.G.)

UTKAL HYDROCARBONS
Email: utkalhydro@airtelmail.in
Bhilai (C.G.)

DYNAMIC ARCHITECTURES LTD
Kolkata (West Bengal)

TARCHEM PRIVATE LIMITED
Email: tarchem440@gmail.com
Visakhapatnam (A.P.)

SHOBHA CHEMICAL INDUSTRIES PRIVATE LIMITED
Email: scipi@coaltarchemical.com
Jharsuguda (Orissa)

PORWAL CHARITABLE TRUST
Bhilai (C.G.)

॥ जय गिष्णु ॥ ॥ अहम् ॥ ॥ जय महाश्रमण ॥

**सच्चा प्रयास
कभी
निष्फल
नहीं होता।**

With Best Compliments From :



R. K. Builder
ENGINEERS & CONTRACTORS

C/o. Kailash Jain, B-10A, Basant Corner,
Avanti Vihar, Raipur (C.G.)

Tele Fax : +91 771 4069909
E-mail : rkjain_28370@yahoo.co.in

Rtn. Kailash Jain PHF
Er. Rajkumar Jain

Mob. No. : 9425501365
Mob. No. : 9301194344



CA Sanjay Dhariwal

Sanjay Dhariwal,

Partner DNS Consulting:
sanjay@dnsconsulting.net

WILL GST RESULT IN EASE OF DOING BUSINESS IN INDIA?

India is ranked at 142nd position out of 189 countries on the World Bank's Ease of Doing Business, 2015; The top rank has been awarded to Singapore which has the identity of Tax Haven for the Business. Among the BRICS countries we are ranked at lowest position; even South Africa ranked better than us. The current Government has placed a lot of emphasis on easing the conduct of business in India. One of such measures is implementation of The Goods and Services Act i.e. GST. In a survey conducted by CII, set of multiple question relating to ease of doing business in India have been asked to the industry, people in trade & commerce consultants etc.

In a reply to the question relating to existing Tax Structure in India, 92% of the respondents felt that there are challenges in transfer pricing assessments relating to distribution/ agency; 90% feel that tax authorities are not pro- active in promoting investments and 60% feel that the neutralization of tax decision by the Supreme Court through retrospective amendments has had a damaging effect on investment sentiments. At present the central and state has different tax structures applicable to the goods and services. A business person need to pay several taxes at multiple points and the tax rates are also differing from state to state.

To simplify the complex indirect tax structure of India, the Central Government has passed the Constitution Amendment Bill for Goods and Services Tax in the Lok Sabha. The Government of India is now all set to replace the direct taxes levied on goods and services by the Centre and States with the Goods and Services Tax (GST). With this move, the tax base will likely become more comprehensive, as virtually all goods and services will be taxable with minimum exemptions.

Goods and Service Tax (GST)- What does it mean??

The GST is basically an indirect tax that will bring almost all the taxes imposed on most of the goods and services, on manufacturing, sale and consumption of goods and services, under a single domain at the national level and state level. In the current system, The Goods and Services are taxed separately and the tax paid on goods cannot be set off against the taxes paid for services and vice versa.

The GST would be a consolidated tax based on a uniform rate of tax fixed for both goods and services and it is payable at the final point of consumption. The tax would be collected at each stage of supply on value-added goods and services, in the supply chain through a tax credit mechanism. The companies will be permitted to use the GST paid on the procurement of goods and services to offset GST owed on the supply of goods and services.

Under the current tax regime in India, businesses are subject to a levy of indirect taxes including central and state sales taxes, entry tax, stamp duty, and taxes on the transportation of goods and services. The GST will replace this multi-layer tax scheme and instead will create a unified market with one principal indirect tax. GST would be applicable on almost all commodities except fuel, alcohol for human consumption and tobacco.

The proposed model of GST and the rate:

A GST system is planned to be implemented in India as proposed by the Empowered Committee under which the GST will be divided into three parts:

- State Goods and Services Tax (SGST)
- Central Goods and Services Tax (CGST)
- Integrated Goods and Service Tax (IGST)

ST, CGST and IGST will be levied on the taxable value of a transaction. All goods and services, leaving aside a few, will be brought into the GST and there will be no difference between goods and services. The GST system will combine Central excise duty, additional excise duty, services tax, State VAT, entertainment tax etc. under one banner.

The GST rate is expected to be around 16-24 percent. After the combined GST rate is fixed, the States and the Centre will decide on the SGST, CGST and IGST rates. At present, service tax is around 10-15% and the indirect taxes on most goods are around 16-24%. The Administration of GST will be the responsibility of the GST Council, which will be the apex policy making body for GST. Members of GST Council comprised of the Central and State ministers in charge of the finance portfolio.

The Advantages of GST

GST will have a far-reaching impact on almost all aspects of business operations in a country, including pricing of products and services; supply chain optimization; IT, accounting and tax compliance systems. GST will prove a game changer in reducing the cascading impacts of taxes on the goods and services. It will reduce the multiplicity of compliance, double taxation for

various composite transactions, unhealthy competition among the states and reduction of check post issues. It will impact tax structure, tax incidence, tax computation, credit utilization and reporting, leading to a complete overhaul of the current indirect tax system.

The GST also relies heavily on technology to ensure compliance, reducing contact between companies and government agents and thereby decreasing the opportunities for low level corruption.

GST will create a common platform for all stake holders like Central Government, State Government, Tax payers and other stake holders, bank and financial institution. In view of the above one could derive that GST will improve the current scenario of doing business in India.



जय भिक्षु अहम् जय तुलसी

बड़े घले हम रुके न क्षण मी
हो यह दृढ़ संकल्प हमारा



हार्दिक शुभकामनाओ सहित

निर्मलदेवी सख्पचंद कोठारी ट्रस्ट, राजनांदगाँव
श्री तुलसी डेव्लपर्स, राजनांदगाँव
श्री तुलसी कोल्हकेयर, राजनांदगाँव
श्री तुलसी बुलियंस, रायपुर

संजय कोठारी 8871234567	संदीप कोठारी 9302345678	शीतल कोठारी 9425240000
---------------------------	----------------------------	---------------------------



Pradip Chopra

Chairman, iLEAD College

chopra.pradip@yahoo.com

LET US MANAGE OUR LIVES THROUGH TIME MANAGEMENT

Since time management is life management, managing time is as complex as life itself :

To realize the value of one year:	Ask the student who has failed his final exam.
To realize the value of one month:	Ask the mother who has given birth to a one month-premature baby.
To realize the value of one week:	Ask the editor of a weekly newspaper.
To realize the value of one day:	Ask the daily wage earner who has 10 mouths to feed.
To realize the value of an hour:	Ask the lovers who are waiting to meet.
To realize the value of a minute:	Ask the person who has missed the train, the bus, or the plane by a minute.
To realize the value of a second:	Ask the person who has survived an accident.
To realize the value of a millisecond:	Ask the person who won a silver medal in the Olympics, missing the gold

Myths about time management

Let us look at some of the myths or misconceptions about time management.

Myth: The harder we work, the more we get done

Reality: Success depends on, what is done? and how it is done? Routine, trivial, unimportant tasks can keep a person busy, but the results would not be satisfactory. When we do tasks that can be easily delegated to the lower echelons, it shows our face of leadership.

Working smart is as important as working hard because working without proper planning usually does not produce the desired results. So one who works harder as well as smarter generally wins the battle of life.

Myth: People in higher positions make better decisions

Reality: Sound decisions depend on the knowledge, experience, vision, commitment and competence of the decision-maker. The level at which a person is functioning is not that important. In fact, people on the ground are more realistic in making decisions, for they are better aware of the factors influencing the success or failure of decisional choices. Therefore, quality of decision cannot be the prerogative of a particular level, howsoever high that level may be.

“Both positive and negative thinking are contagious.”

— Stephen Richards

Myth: Delay improves the quality of decisions

The proponents of this myth assume that the availability of more time increases the quality of decisions. Hence, 'waiting till all the facts are in' is prudent. Many people avoid making decisions for they are unsure of commitments which follow the final decision. The syndrome is termed as '**paralysis of analysis.**'

Reality: Delaying a decision reduces its impact. Rational and creative thinking at individual and group level improves the quality of decisions. In case this process takes longer than the usual time, it implies indecisiveness and lack of clarity.

Myth: People are overworked because of the nature of their job

Reality: Yes, the nature of job does influence the extent of responsibility of a person. Routine, repetitive activities, if large in number, might cause and increase in the workload of a person. And, in case there are deadlines to be met, it might cause further stress. On the other hand, well-planned, well-managed assignments may not lead to exertion. Nevertheless, much would depend on how a person handles a task. Thus, lower competence may increase the workload even when the task is simple. The reverse may be true in case one has adequate competence and experience to take up a particular task, no matter how complex it might be.

Myth: Time can be saved

Reality: Time can only be spent. The saved time also must be spent or invested immediately; otherwise it would fly away. However, with proper planning, delegation, monitoring, application of time savers and elimination or control of time-wasters, time can actually be saved and used for bringing us closer to our long-term goals faster. Let us remember that time saved is time earned.

Myth: Delegation would save you from worry and responsibility

Reality: Wrong delegation might become a source of greater worry. Right delegation backed by proper monitoring and supervision may reduce worry and lessen the burden. However, the accountability of the delegator does not get reduced.

Myth: Efficiency means effectiveness

Reality: Efficiency is working more and getting more time. Effectiveness is about achieving goals and targets. Hence, all efficiency may not lead to effectiveness. Being efficient in a wrong task or at a wrong time would prove to be highly ineffective. Peter Drucker (Writer and Management Consultant) asks: 'What's the point in trying to do efficiently what should not be done at all?' Effectiveness means achieving the best results. This could only become possible by doing the right things in a right manner at the right time. The ideal situation would involve efficiency leading to effectiveness.

Myth: It is not necessary to write out our objectives

Reality: Writing out goals- long-term, medium-term, short-term and even immediate –makes one highly productive. Clarity of objective is a great motivator for correct action.

Myth: For busy people spending time in planning the day is a waste of time

Reality: On the contrary, busy people get more done when they have planned their day's work. Several important tasks are likely to remain incomplete or unattended in the absence of planning. Thirty minutes of planning may save two hours of time or it might even prevent a disaster.

Myth: All activities lead to Goal-achievement

Reality: Not necessarily. All activities are not of equal potential and utility. There are some which are more critical to goal-achievement, while there may be mundane activities that are less important. Selecting the



Myth: Busy people perform more than others

Reality: It only appears to be so. 'Thinking' busy people do much more than the 'non-thinking' busy people. General Cariappa, the first Commander-in-Chief of the Indian Army after independence, once remarked 'I have never used the words, 'I am busy''. Thus, without appearing to be busy, he was a genuinely great performer.

Myth: Most people know how to spend time

Reality: Not true. In fact most problems in human life arise because we do not spend time wisely. Very often, we use time in an unbalanced manner, and hence do not get the best out of life.

Myth: Planning of only official time is needed

Reality: No, we need to plan the whole day and even night. We must know how to live 24 hours a day. Vacations also need planning and, above all, even retirement would become better through planning.

Myth: Indians are bad time managers

Reality: Indians are as good or as bad time managers as members of any other nationality. Indian professionals and students have proven to be brilliant time managers abroad. Within the country we find all categories of time managers – the best, the modest and the callous. Overall, Indians are improving their time management skills.

The pleasure of Leisure

In Japan, overwork has led to enormous stress among business executives. Many of them work in their offices or factories during the day and in the evening go out for further training that is considered essential for professional growth. Such approach represents an unbalanced life-style as this hectic life causes avoidable strain and stress.

Excitement in life comes from proper pursuit of hobbies and interests, enjoying holidays and vacations and making the best of leisure.

Well-spent leisure not only replenishes physical and mental health gain a boost through such doses of rejuvenation.

Those who work in a planned manner on weekdays and are productive and creative can afford to make their weekends colourful and joyful without experiencing any feeling of guilt.

A well-planned vacation generates maximum happiness. Again, leisure should not cross the desired level and should remain within the ambit of a balanced life.

As the end of a vacation, there may be some hangover. One should consciously get over such hangover as swiftly as possible and resume normal work at the first opportunity.

“

Education remains the key to both economic and political empowerment.

”



Dr, Travis Bradberry

Cofounder of TalentSmart
& Author of #1 bestselling
book, Emotional
Intelligence 2.0

Source : www.tpf.org.in/blog



Nowadays stress is a part and parcel of all human beings irrespective of age, gender, socioeconomic status etc. It is defined as an applied force or system of forces that tend to strain or deform a body. It is also defined as any emotional, physical, social, economic or other factor that requires a response or change. It can be both positive stress and negative stress. Positive stress motivates a person to improve whereas negative stress drags towards darkness. **The perception of stress, in fact is frequently one's personal system of beliefs and attitudes. The self cognition, mediate the perceived stressor and consequent behaviour.**

Work related stress affects a person's life and has implications on the person's mental and physical well-being. This in turn contributes to poor health, low morale and poor productivity of the workforce in an organization. When the stress response continues unrelieved, harmful effects ensue (Benson & Casey, 2008), like development of cerebrovascular accident, myocardial infarction, hypertension, cancer, immune disorders, asthma, and gastrointestinal disorders. Studies have estimated the cost of stress in US at \$250 to \$ 300 billion annually. Cost included financial effect

of reduction in operating effectiveness, poor decision making, medical expenses and attrition resulting from stress. Thus, stress has become significant due to dynamic social factors and changing needs of lifestyles. Because of that, the concept of stress and elimination of it should be symbolized as an important guideline towards effectiveness and successfulness in the workplace. Each individual in stressful situation responds and also reacts differently, and because the source of stress is not always the content of work or work itself, each individual must also know how to avoid these situations and be able to control them.

Health of any individual is defined to be free from physical and mental stress. The first part of the health is treated by physicians through medicines while second part is treated through meditation. For physical ailments, we all are taking tablets, capsules and injections like our daily meals. Rather than by improving our dietary habits, nutrition to the body is being provided these days by dietary supplements. But the ultimate nutrition to our mind and soul is through meditation only.

“

No person will get an occasion to complain the want of time who never loses any.

”



Medication is undoubtedly an easy way to combat stress. But there is no medicine that can cure anxiety alone. At most, they can provide temporary relief symptom, but anxiety will come back possibly stronger when an individual stops taking medicine. These medications have downsides. It's not just side-effects. They can actually harm one's ability to cope with stress in the near future because of physiological and psychological dependence. Anti anxiety drugs like Buspirone, Benzodiazepines, selective serotonin reuptake inhibitors like Prozac, Effexor and Venlafaxine are prescribed. These tend to cause fatigue, addiction risk, personality changes, nausea, increased appetite and weight gain, loss of sexual desire and other sexual problems, such as erectile dysfunction and decreased orgasm, insomnia, dry mouth, blurred vision and constipation.

On the other hand, meditation affects the body in exactly the opposite ways that stress does, restoring the body to a calm state, helping the body to repair itself, and preventing new damage due to the physical effects of stress. The world is an ocean, human body is a boat and soul is a boatman. Thus, boatman with high energy crosses it very smoothly i.e., if a person has positive attitude towards every situation remains cheerful in stressful conditions, is likely to face all ups and downs of life without fail.

Day to day stress can be managed by devoting ourselves to principles of meditation instead of taking anxiolytics and tranquilizers to relieve the situation. Meditation involves sitting in a relaxed position and clearing your mind. Unlike some medications and herbal therapies, meditation has no potential side-effects.

People with physical limitations may find it easier to practice than strenuous physical exercise in order to relieve their stress, plus, no special equipment is required. Unlike enlisting the help of a professional, meditation is free. The time and effort it takes to learn and practice is well worth it in terms of the benefits it provides. It is amazingly effective in short-term stress reduction and long-term healthy life.

The key point in management of stressful life is to purify our emotions, control over our thoughts and to lead a disciplined life.

Fight stress and find serenity

Let us face it. Happiness and work do not tend to go hand in hand. A 2013 Gallup study, which reported data from more than 180 million people, found that just 13% of us considers ourselves to be "happily engaged at work". Those who do rate themselves as happy are 36% more motivated, six times more energized, and twice as productive as their unhappy counterparts. The good news is that just 50% of happiness is influenced by genetics—the rest is up to you.

When it comes to making yourself happy, you need to learn what works for you. Once you discover this. Everything else tends to fall into place. And, making yourself happy doesn't just improve your performance; it's also good for your health. A critical skill set that happy people tend to have in common is emotional intelligence (EQ). At Talent Smart, we've tested the EQs of more than a million people and know what makes high EQ people tick. So, we went digging until we found 16 great ways that emotionally intelligent people create their own happiness at work.

"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear."

- Buddha

1. Remember that you are In Charge of your own

happiness : Your happiness is up to you and no one else. Remind yourself of this any time you are feeling stuck.

2. Don't obsess over things you can't control : Happy people are ready and informed, but they don't allow themselves to fret over things that are beyond their pay grades.

3. Don't compare yourself to other people : When you feel good about something that you've done, don't allow anyone's opinions or accomplishments take that away from you.

4. Reward yourself : Working hard is important, but never allowing yourself to take a break is detrimental to your happiness.

5. Exercise during the work week : Getting your body moving for as little as 10 minute, releases GABA, a soothing neurotransmitter that also limits impulsivity.

6. Don't Judge and Gossip : Judging other people and speaking poorly of them is a lot like overindulging in a decadent dessert; it feels good while you're doing it, but afterwards, you feel guilty and sick.

7. Choose your Battles Wisely : Emotionally intelligent people know how important it is to live to fight another day.

8. Stay true to yourself : Crossing moral boundaries in the name of success is a sure-fire path to unhappiness. Know when to stand your ground and express dissent when someone wants you to do something that you know you shouldn't.

9. Clear the Clutter : Get rid of the junk and clutter that hold no significance and do nothing positive for your mental state.

10. Give someone a hand : Taking the time to help your colleagues not only makes them happy, but it also makes you happy.

11. Let your strengths flow : Flow is often described as an exhilarating state in which you feel euphoria and mastery simultaneously. The result is not just happiness and productivity but also the development of new skills through a heightened state of learning.

12. Smile and laugh more : As the study shows, it doesn't matter if your smile is genuine because your facial expression can precede the feeling.

13. Stay away from negative people : Complainers and negative people are bad news because they wallow in their problems and fail to focus on solutions.

14. Laugh at yourself : Happy people balance their self-confidence with a good sense of humour and humility.

15. Cultivate an attitude of gratitude : It's all too easy to get caught up in things that could have been different or didn't turn out the way you wanted them to.

16. Believe the best is yet to come : Don't just tell yourself that the best is yet to come—believe it. Having a positive, optimistic outlook on the future doesn't just make you happier;



These small “thrills” also made people more productive and accurate in their work. Rewards activate the pleasure pathway in your brain, even if they are self-induced. Effective rewards can be small things such as taking a walk down the hall or eating a snack.

KNOW YOUR TEAM

MEET OUR HONORABLE TRUSTEES



Dhanraj Baid
Chief Trustee



C.L. Nahar
Trustee



Sampat Lal Sancheti
Trustee



M.K. Doogar
Trustee



R. L. Daftari
Trustee



Prakash Baid
Trustee



Rajlaxmi Golchha
Trustee



Sushil Rakhecha
Arbitrators



Prakash Baid
Arbitrators



Mahendra Dak
Arbitrators



K.L. Chejed
Invitee Trustee



Sampat Nahata
Trustee



Kamal Dugar
Invitee Trustee



Surendra Dugar
Invitee Trustee

KNOW YOUR TEAM

MEET TEAM BEHIND



Salil Lodha (CA)

National President
salil.lodha@gmail.com
9820149302



Sanjay Dhariwal (CA)

IPP (Immediate Past President)
sanjay@dnsconsulting.net
9972070601



Narendra Shyamsukha

Past President
nks24@icagroup.in
9831765555



Prakash Maloo (CA)

Sr. Vice President
pcmaloo@westcoasrtpaper.com
9831112770



Pankaj Ostwal (CA)

Secretary
pankaj@ostwal.in
9414112572



Sunil Bhansali (CA)

Treasurer
casunil@oswalsunil.com
9811078457



Naveen Parakh (MBA)

Joint Secretary
naveenparakh@gmail.com
9432023523



Vikram Chandalia

Joint Treasurer
vchandalia@gmail.com
9830919871



Vijay Chopra (CA)

Vice President (NORTH)
cavkco@gmail.com
9891215678



Vijay Kothari (IRS)

Vice President (WEST)
kvijayn@gmail.com
9998994779



Dr. Kamlesh Nahar (Doctor)

Vice President (SOUTH)
cavkco@gmail.com
9841073210



CA Nirmal Kunawat

Vice President (CENTRAL)
kunawat@rediffmail.com



CA Ritu S. Jain (Choraria)

Vice President (EAST)
ritusrccl@gmail.com
9425209983

TPF IN ACTION

HELPING VICTIMS OF NEPAL EARTHQUAKE



TPF President in Action

National President Mr. Salil Lodha Ji - Helping earthquake victims



Love one another and help others to rise to the higher levels, simply by pouring out love. Love is infectious and the greatest healing energy.





The purpose of human life is to serve, and to show compassion and the will to help others.



ATM AMBULANCE



AROGYAM

Let's try to raise at least as much as we did for Gujrat to help earthquake victims in Nepal. There has already been an outpouring of support from redditors across the world, so consider this page a request to funnel that energy into impact. We'll be working with these partner non-profits to bring you all as many updates as we can about how your donations are being used to help all those affected by this disaster.



NEPAL MEGA RELIEF CAMP OF TERAPANTH PROFESSIONAL FORUM (TPF) HAS BENEFITED THOUSANDS OF NEPALI PEOPLE SO FAR

THE ATM MOBILE HOSPITAL RUN BY TPF IS PROVING TO BE A BOON TO EARTHQUAKE VICTIMS IN NEPAL

ATM IS OUT REACHING TO DIFFERENT AFFECTED AREAS FOR PROVIDING THE MEDICAL FACILITIES

(Special Report : Ankur Boradia, National Media Coordinator, TPF)

TPF is continuously pursuing to make the dreams of Holy his-highness Acharya Shri Mahaprgya ji come true under the spiritual guidance of Param-pujya Acharya Shri Mahashraman ji. The forum is dedicated for upliftment of the community in Spiritual, Medical, Education, Legal and other different segments.

TPF has come up with unique idea of running a mobile hospital in the name of Acharya Tulsi Mahapragya “ATM” Mobile Hospital especially in the field of medical. With the generous assistance extended by many kindhearted community members, TPF started the ATM for serving the mankind.

The ATM was dedicated to public service in the year 2012 during the pious festival of Maryda Mohotsav. The ATM is duly equipped with different medical facilities and an experienced team of Doctors and Nursing Staff. The ATM has served more than 1,50,000 people covering around 600 villages so far. One more feather to the cap has been added for the relief work carried out by TPF in the states of Utrakhand and Kashmir after the devastating floods. The efforts of TPF have duly been recognized by the Honorable President Shri Pranav Mukherji, the Minister of Health Dr. Harsh Vardhan, the National president of BJP-Mr. Amit Shah and many more dignitaries through a letter of appreciation.

Observing the huge losses after the dreadful earthquake in Nepal on 25th April 2015, the ATM, being present in Kathmandu, has immediately started providing medical services to the earthquake victims from day one and the same has been continuing till now. The ATM has served more than thousand of earthquake victims after the date of incident till now.

Special Report

Shri Salil Lodha, the National President of TPF together with his team was present in Kathmandu on 25th April 2015 (the day of incidence) for the NWC Meeting and to visit Acharya Shri Mahashramanji for blessings. The meeting was scheduled at 7 PM. Nearly at around 11:50 AM the Nepal was shaken badly due to rigorous earthquake shocks. The nature had shown its devastating face. Shri Salil Lodha, in such difficult situation, did not lose his patience and immediately taken up the relief activities with his team present there in Kathmandu. The ATM with all the Doctors, nursing staff and volunteers had pegged away in serving the victims. The Ambulance was used for transferring the seriously injured to nearest Hospitals. The relief work was on till late night on the day of devastating incidence i.e. 25th April 2015. The Camp is still on and engaged in reaching for-flange villages and serving the needful.

The campaign has not halted. This campaign started from 25th April, 2015 is still going on and has reached almost every remote village. TPF through its ATM is extending all services. The forum till date has extended the medical facilities to more than 3000 victims free of cost, distributed around 10,000 food packets, 25,000 biscuit packets and more than 10,000 water bottles.

Nepal Health Ministry issued a letter of confirmation to TPF

The Ministry of Health, Nepal, viewing the TPF Relief Campaign and free of cost medical services

provided by ATM, has issued an official letter confirming for continuation of the relief work without any interruptions.

Outreach of TPF

The TPF, with the motives of serving the humanity, has been organizing free medical camps with the help of ATM mobile hospital in different affected areas of Nepal since the date of occurrence of devastating earthquake in Nepal. The Relief camps are being getting full support from ATM Doctors, Army Doctors, Lady Doctors from Mumbai, the nursing staff and the volunteers. According to the information received, the Medical camps have been organized in Kathmandu, Tundikhel, Darbar Square, Balaju, Bhaktapur, Thulo Majwa, Ramgarh, Nagarjun, Dhdigdh Besi, Dholal Ghat etc. till now.

Participator of Relief Camp

National President Shri Salil Lodha (Mumbai) along with Past President Shri Sanjay Dhariwal (Bangeluru), Vice President Shri Vijay Kothari (Ahemdabad), Shri Vijay Chopra (New Delhi), Joint secretary Shri Naveen Parekh (Siliguri), Treasurer Shri Sunil Bhansali (New Delhi), Dr. Balwant Choraria, President Mumbai Branch, Shri Manish Kothari, Shri Raj Singhvi, Shri Deepak Jain, Shri Arun Hiran, Shri Kapil Sisodiya, Shri Vimal Choraria, Ahemdabad Branch President, Shri Himmat Manot, Bangeluru Zone Secretary, CA Sushuil Kumar Jain, Dr. Jitendra Navlakha etc have participated overwhelmingly in the relief camps organized by TPF.

Whereas Shri Prakash Maloo, Sr, Vice President from Kolkata, Shri Pankaj Oswal, National General Secretary from Bhilwara, Dr. Kamal Nahar, Vice President South Zone from Chennai, Shri Nirmal Koteche, Vice President Eastern Zone from Guwahati took the charge of coordinating camp activities in India. Shri Ankur Boradia, National Media In charge, took the responsibility of updating the community and public with the news related to the relief camp.

Apart from this, Shri Dharam Chand Lunkad, Chairman, Jain Vishwa Bharti, Shri Mulchand Nahar, Chairman, Siliyari Institute, Ms Raj Lakshmi Golchha, TPF Trustee have also contributed and supported the camp activities immensely. And apart from this registering the contribution of TPF, Kathmandu and TYP, Kathmandu for supporting the relief camp.

Non-stop contribution of ATM Staff

The whole team of ATM Mobile Van worked day and night. They put their best efforts for serving the humanity. Shri Kamlesh Bhati, the ATM manager, Dr Alkesh Choudhary, Dr Alka, Shri Ramashankar Pandey, Shri Ramavtar Sen, Shri Mangal Gurjar, Shri Sitaram Gurjar are serving continuously. The whole team is able to take rest for not more than 4-5 hours a day.

Nepal Army and the team of Doctors from Mumbai assisted the entire ATM Team:

Nepal Army and Doctors from Mumbai has extended their full cooperation during Nepal Relief Campaign to the ATM. The names includes Dr Ankita Subedi, Dr Bibodh Jang Karki, Dr Chaaru Chetri, Dr Nisuma Sedhai, Dr Sagar Sedhai, Dr Mohan Bhusal, Dr Jyoti etc. Apart from this a team of three Specialists comprising of Dr. Vinod Ravanakar, Dr. Kiran Mendkar and Dr. Reena Tombre from Arihant Health Care hospital led by Dr. Balvant Choraria, Chairman, TPF Mumbai Branch has also provided their services.

The courageous lady doctors reaches to the affected areas on Motor bikes :

It's a famous quote "Where there is a will, there is a way". This quote suits perfectly on the lady doctors who are on a mission to extend helping hand to the earthquake victims. One day the ATM Team has started for a remote affected village but due to bad condition of the roads, the ATM could not be driven to the destination. The lady doctors, obsessed with the sentiment of serving the people, have taken the bike rides to reach to the remote places. Surprised to see the doctors at their doorsteps, the earthquake victims were overwhelmed. The Team extended all medical facilities and also distributed free medicines

Nepal Army soldiers supported medical camps

Nepal Army has supported immensely the relief work being carried out by the ATM Mobile Hospital for serving the thousands of earthquake victims in Nepal. The team TPF and the Army team led by brave Col. Prayog Rana, Captain Suresh and Captain Ajit Rada have put their best feet forward for rescuing and helping the affected people of Nepal. TPF has organized several medical camps at various places of Nepal wherein an important role has been played by Nepal Army. The Army helped in distributing materials, providing medical aids and outreaching to the remote places.

Media Coverage by International media as well as the Nepal Print Media

Observing the huge losses of living beings as well as non living beings due to the devastating earthquake in Nepal, the incident pulled the attentions of the world media houses. The Global Media houses from different countries reached Nepal to provide live coverage of the impact of earthquake and the rescue and relief works being carried out in Nepal for their viewers.

TPF Relief Campaign has also got attention of the media of different countries and got good coverage in international as well as national media. Information regarding activities of ATM Mobile Hospital, relief camps organized by TPF have been published in newspapers and also covered by various news channels.

Words of appreciation by President of Nepal

Mr. Pankaj Ostwal, National General Secretary of TPF visited His Excellency Shri RamvaranYadav, the President of Nepal, at President House on 11th May 2015. During his visit Mr. Pankaj appraised the President about the relief camp activities including the activities being provided by the ATM Mobile Hospital. His Excellency had praised the work of TPF loud and clear and also extended his best compliments to

TPF for supporting Nepal. He also added that TPF may serve their country India, his country Nepal and the Sangha as well.

The TPF Medical Fleet includes the ATM, Aarogyum, Ambulance and Sevayaan

ATM Mobile Hospital equipped with all important medical instruments and a team of experienced doctors and nursing staff, The Aarogyum the mobile assistant, the ambulance, and the Sevayann which provides shuttle services are important parts of the International Relief Campaign of TPF. ATM Mobile hospital was built with the financial assistance provided by Shri Sohanlal Meghraj, Ajit, Hardik and Arav Dhakad. The financial assistance for Aarogyum was organized by Mrs. Kirandevi, Mr. Bhikam Chand, Mrs. Sushila Pugaliya Dungargarh, Kolkatta in the memory of late Shri Dharmchandji Pungaliya.

Mr. Ganesh Nayak, legislator of Mumbai helped in arranging the ambulance and financial assistance for shuttle services was provided by Mrs. Sayardevi, Anil-Pushpa, Bhupendra-Sarita, Anshik-Sonakahi, Yash, Jash and Reksha Dhakad from Mumbai in the memory of late Shri Roshanlalji Keshrimaji Dhakad.

The financial assistance for special 100 medical camps was provided by Shri Sohanlal Bhimchand Charitable Trust from Delhi Bhimchand Jeetmal Choraria, Bidasar – Delhi and Abhuday group, Thali extended financial assistance for 43 Diksha Camps.



“

My values, our values, aren't about pointing fingers. They are about offering a helping hand.

”

TPF NATIONAL

8th Annual conference of TPF



8th Annual conference of TPF, was held at Biratnagar, (Nepal) in the auspicious presence of Acharya Shree Mahashraman Ji between 22nd and 23rd August 2015. The inaugural session of the conference based on the Theme “Together Towards Tomorrow” was held in the pious presence of Param Pujya Acharya Shri Mahashraman ji. In his blessing, Acharya Shri pointed that Terapanth Mahasabha, ABTMM and ABTYP and TPF have been performing in the excellent manner as oriented organizations. He encouraged TPF by registering the excellent work done in medication & education sectors. Acharya Shri insisted on evolving as a good human being with purity in body, mind and soul because these attributes are essential for the overall growth of an individual, the society and the country as a whole.

Sadhvi Pramukha Shri Kanakprabhaji blessed the gathering with her gracious presence. She emphasized that a positive aptitude, vision and capacity building are very essential for organizational growth. She gave triple one formula; first one is accepting everyone and working together for achieving organizational goals, second one is working in co-ordination & sacrificing and third one is freedom of expression and appreciating other. Muni Shri Dr. Rajnish Kumar ji also enlightened the gathering on the theme “Together Towards Tomorrow”. He emphasized on working together in an efficient manner for achieving the top-most position. Prior to inaugural ceremony, the TPF took procession in uniform singing the Sangh-gaan. Shri Naveen Parakh, the Conference Convener welcomed all the professionals, guests and other participants present in the ceremony.

Shri Sanjay Dhariwal, IPP, TPF explained the theme of the programme to the audience. Shri Vinod Choudhary graced the occasion as Chief Guest while Shri K.L. Duggar, Chairmen of Duggar Group of Industries and Chief Organizer of the programme graced the occasion as “The Guest of Honor”. Shri Salil Lodha, National President, TPF highlighted various project activities carried over by TPF during his presidential note. On the occasion TPF honored Late Shri Inder Chand Ji Dudhoria, Former National General Secretary of TPF and Shri D C Surana, Former Chief Trustee-TPF and Chairman of Surana group of Hospital, Mumbai with the title of **TPF Gaurav**. Shri Vikas Dugad, President, TPF Overseas Zone also shared his thoughts. Tpf also released a Souvenir called “Healthy India - Wealthy India” released.

The first session “Kal Aaj aur Kal” took place under the chairmanship of Munishri Dr. Rajnish Kumarji with Shri Vinod Choudhary as Chief Guest. Shri Vinod Choudhary addressed the gathering and told -“ in this technical era, the business are growing rapidly thanks to internet. Nowadays the business is growing faster due to increased net accessibility. Internet has converted the entire globe into a small village. He addressed the queries raised by audience in a cool and calm manner. On this occasion Munishri Rajnish Kumar ji said, “ If a person is well aware about his own responsibilities, then he will perform to the best of his ability. The growth of any society or association depends on the co-operation & co-ordination among its members. Each member should work with the sens of self-responsibility”. Shri Kamlesh Bhatti, Administrator, TPF apprised the gathering about the activities of ATM Mobile hospital run by TPF. He informed about the important role ATM played during the devastating event of Nepal Earthquake. He appealed every professional to take an active role in the noble-cause. He also donated Rs 31000 for one-day health camp. Inspired by his act, many others viz. Shri Praveen Tatiya (Chennai), Shri Vijay Chopra (New Delhi), Shri Sanjay Jain (Kolkata), Shri Vikas Duggar also announced donation for one-day health camp. The entire gathering applauded with “Om Arham!”. The programme was well coordinated Shri Vikas Duggar, President Overseas Zone, TPF. Vote of thanks been extended by Shri Sunil Bhansali, National Treasurer.

The second session of conference was based on the theme of “e-Commorce”. Well known personalities from the sector shared their views and thoughts. Shri Vineet Baid, Shri Sunil Dhingra, Shri Vikram Dasu, Shri Himmat Mandot and Shri Amit Daga were the eminent speakers of the programme.

The third session was based on the topic “Kal, Aaj Aur Kal”. The event held in the pious presence of Munishri Kumar Shraman ji. The session was started with a geetika sang by Munishri Anekant Kumar ji. In his address, Munishri Kumar Shramanji said that he observes the great future of TPF. Munishri Dr. Rajnish Kumar ji also blessed the audience. The glimpses of various TPF activities were presented. Shri Dinesh Dhoka shared his views and ideas regarding “Career Counseling”. The event was sponsored by Shri Kishanlal Duggar of K.L. Duggar group and Shri Mohan Lal Kothari of Prime Cables. The sponsors presented memento to Shri Mool Chand Surana, President, Acharya Shri Mahashraman Chaturmas Pravass Vyawastha Samiti. The TPF managers who performed excellently during the Nepal Earthquake Calamity i.e. Shri Kamlesh Bhatti, Dr. Alkesh Choudhary, Shri Rama Shankar Pandey, Shri Ramavtar Sen, Shri Mangal Gurjar, Shri Sultan Gurjar, Doctors from Mumbai – Dr. Reena, Dr. Swarna, Dr. Kiran and Doctors from Nepal – Dr. Ankita, Dr. Charu, Dr. Jyoti, Dr. Vivek were honored by presenting mementoes. Many others viz Shri Mohit Lalwani, Shri Suresh Bohra, Shri Hemant Pugalia and Naveen Choraria, Delhi were also been honored with mementoes. Shri Salil Lodha, National President, TPF, Shri Sanjay Dhariwal, IPP, TPF, Shri Prakash Maloo, Sr. Vice President, TPF, Shri Sunil Bhansali National Treasurer, Shri Naveen Parakh, Conference Convener, Shri Vinay Chopra, President, TPF North Zone, Dr. President, TPF South Zone, Shri Vikas Duggar, President, TPF Overseas Zone and many Branch Presidents were present during the event.

MEDHAVI CHHATRA PROTSAHAN YOJANA

A Flagship Programme of TPF to facilitate the Outstanding Youths



During the year 2015-16, TPF has been endowed with the responsibility of handling the prestigious “Medhavi Chhatra Protsahan Yojana” which recognizes and assists the upcoming brilliant talent of Terapanth Community. Under the scheme, felicitation and scholarships are provided to the brilliant students who performed excellently in their board exams viz. 10th and 12th Board. Minimum qualifying criteria is 85% and above.

Under this scheme, following medals with certificate of merit are given based on the following criteria:

1. Ganadhipati Pujya Gurudev Shri Tulsi gold Medal and Certificate of Merit:

To the students securing **97% or more marks** or **Grade A1/CGPA 10 in all subjects** in their 12th or 10th board **respectively**

2. Yug Pradhan Acharya Shri Mahapragya Gold Medal and Certificate of Merit:

To the students securing **96% or more but less than 97% marks** or **Grade A1/CGPA 10 in all subjects with one upgrade** in their 12th or 10th board **respectively**

3. Mahamanishi Acharyashri Mahashraman Gold Medal and Certificate of Merit:

To the students securing **95% or more but less than 96% marks** or **Grade A1/CGPA 10 in all subjects with two upgrades** in their 12th or 10th board **respectively**

4. Jain Shwetambar Terapanthi Mahasabha Silver Medal and Certificate of Merit:

To the students securing **100% marks in any subject**

5. Certificate of Merit:

To the students securing **85% or more but less than 95% or CGPA accordingly**

Under **Medhavi Students Scholarship Scheme** support shall be provided to the intelligent and disadvantaged students of class 10th & 12th who got have scored more than 85% marks of Jain Terapanth Community. Under this scheme, facilities such as tuition fees and books are provided to the Medhavi meritorious students. The deserving candidates may fill the Application form & submit online. For more details please visit

<http://tpf.org.in/projects/medhavi>

ZONAL ACTIVITIES

EASTERN ZONE

TPF acquired lease rights of 1,00,000 sqft free hold land for AMERI.



TPF has stepped forward by initiating the project activities of proposed Law Collage in the name of Acharya Mahaprajna Research & Education Institute at Siliguri, West Bengal. TPF has got the land lease registered at Siliguri in the presence of the Office Bearers of Vardhman Education Trust who have gifted the leased rights of around 1,00,000 sqft of freehold land for the proposed collage within the new Terpanth Bhawan Campus.

TPF will soon start the construction activities. The eminent trustees, Shri Subhash ji Kumath, Shri Ratan Lal ji Bhansali, Shri Suraj ji Kundalia, Shri Madan ji Malu, Shri Bhojraj Ji Lunawat and Shri Vivek Baid were present in the meeting. From TPF Shri Salil Lodha, President, Shri Sampat Ji Sancheti, Trustee, Shri Naveen Parakh, Joint Secretary, Shri Mahavir Baid, Consultant, Shri Navratan ji Parakh; from Terapanth Sabha - Shri Bajrang Ji Sethia, Shri Surendra Ji Chhaged, Shri Manna Lal ji and from TYP Bachhraj Ji with around 100 participants from Sangh had registered their gracious presence and assured all possible assistance for the proposed project. **Date : 13, Oct, 2015, Siliguri**



TPF kolkata organized half day workshop on “Life with Meditation”.



TPF Raipur organized “Medhavi Chhatra Samman Samaroh” in the pious presence of Sadhvi Shree Rakesh Kumari Ji.

Terapanth Professional Forum Raipur Branch organized a felicitation ceremony of the scholarly students under the Medhavi Chhatra Protsahan Pariyojna at Amolak Bhawan, Sadar Bazar, Raipur Chhattisgarh. The Programme was organized in the pious presence of Sadhvi Shri Rakesh Kumarji and was graced by Shri. Deepak Vispute, Chhattisgarh Prant Paracharak, RSS and Shri Shailendra Kumar Shukla, C.E.O Creda as Chief guest and Guest of Honour respectively. The meritorious students securing more then 85% in their board exams have been felicitated with Certificate of Merit & Gold Medals. **Date : 3rd January, 2016, Raipur**

TPF Raipur organized a program on “Success Through Soft Skills”

TPF, Raipur Branch in the blessed presence of Sadhvi Shri Rakesh Kumari Ji organised a programme on “Success Through Soft Skills” at Ashokaratan community hall, Vidhan Sabha Road Raipur, Chhattisgarh. CA Ritu S. Jain, speaker of the program, started the session by explaining the skills which contribute in the work done by us.

Date : 14 June 2015, Raipur.



WESTERN ZONE



“SAMADHAN” became a golden chapter in history of TPF Mumbai

TPF Mumbai organized a seminar “Samadhan” in the pious presence of Sadhvishri Somlata Ji. Mr. Salil Lodha, National President TPF graced the occasion as Special guest. Sadhvishri Somlata Ji blessed the gathering on the occasion of the ceremony of “Samadhan” by emphasizing on the need of such activities nowadays. Shri Kailash Bafna, the convener of “Samadhan” briefed the gathering about the program structure and its objectives. Mr. Raj Singhvi, Mr. Sachin Dedhiya, Dr. Utkarsh Mishra, Sushree Sarika Jain, Dr. Mahesh Singhvi and Mr. Anil Singhvi also shared their experiences. **Date : 27 July 2015, Mumbai.**



“ AROGYAM SEMINAR” Held under SAMADHAN PROJECT

Joint Effort of TPF Mumbai and TPF Virar

Seminar on “Arogyam” was organised successfully under the joint efforts of TPF Mumbai and TPF Virar. During Seminar Experts and Panel Speakers discussed about Spine Pain & Diabetic Management. Dr Kailash Kothari, Health Specialist and Dr. Akshay Kothari gave useful tips for health and diabetes management.

'Bhikshu Arogyam' a medical clinic started by TPF Ahmedabad

In the presence of National President Shri Salil Lodha, a medical clinic had been inaugurated for the benefits of the unprivileged class of people. The clinic shall be managed by Shri Pramod Chopra and Shri Rakesh Gugaliya under the guidance of TPF Ahmedabad Branch. Dr. Ramesh Lala, Dr. Vivek Agrawal are the key managerial staff of the Clinic.

Date: 14 July 2015, Ahmedabad.



Felicitation of Shri Salil Lodha , National President TPF by Sai Sewa Sansthan

Sai Sewa Sansthan, Mumbai felicitated our young, energetic and enthusiastic president Shri Salil Lodha for his remarkable and outstanding contributions for the society.

Date: 23 June 2015, Mumbai

SOUTHERN ZONE

Welcome and Oath taking Ceremony successfully held at TPF Hyderabad.



Welcome and swearing-in ceremony of new working panel of TPF Hyderabad held in the poise presence of Sadhvi Shree Kunthushree ji.

Shree Naveen Surana swore-in as president of the TPF branch, Hyderabad in the graciuous presence of Rakash Baradia ji. Mrs.Deepa Sancheti, Mrs.Rakshita Bohra, Shree Rishabh Duggad, Shree Sunil Baid, Shree Mohit Baid, Shree Naresh Kathotiya, Mrs. Lekha Baid, Shree Abhinandan, Mr. Aanand, Mr, Ashish, Mr. Chandrashekhar, Mr. Gautam,Mr. Manish, Mr. Mukesh, Mr. Neelam, Mr. Pankaj, Ms. Pooja, Mr. Rahul , Mr. Mahesh, Mr. Robin, Mr. Sumeet, Mr. Rahul, Mr. Sunil, Mr. Vikash, Mr. Vikram, Mr. Vimal and Mr. Vinay also swore-in as

Seminar organised by TPF Chennai on GST and E-Commerce

TPF Chennai Branch organized a seminar on the subject GST and e-Commerce at Tripalik Sabha Bhavan. Mr. Sanjay Dhaliwal, the chief speaker, gave various important information related to GST and also addressed queries raised by audience.

Mr. Himmat Mandot, specialist e-Commerce, secretary of TPF South Zone, presented his views on need and advantages of e-Commerce. **Date:24 July 2015, Chennai**





SEMINAR ORGANISED ON PROFESSIONAL FUSION, NW-GROUP, UNDER BLESSINGS OF SADHVI SHREE KUNTHUSHREE Date : 7 sept, Venue : Hyderabad



TPF NEC meeting was conducted in Terapanth Sabha, Bangalore on 21st & 22nd November 2015 was hosted by Sanjay Dhariwal IPP, TPF. Shree Salilji Lodha, National President Shree Pankajji Ostwal, National Secretary & Shree Prakashji Maloo, National Senior Vice President, Shree M.C Baldota, President TPF, Bangalore along with the entire team were present. Members of National Executive Committee from Raipur, Mumbai, Chennai, Ahmedabad, Pune etc. were also registered their participation. Discussions on various project activities of TPF had been held and resolutions for passed. Date : 21-22 No. 2015, Bangalore.

FREE HEART CHECKUP CAMP

Free Heart Check-up Camp organized by TPF Bangalore in association with St. Marthas Hospital (Naryana Hridayalaya). More then 260 patients were benefitted from the camp held.

Dr. Ashok Kumar, Dr. Raghu Prasad & Dr. Lalith Jain were the eminent guests of the day. Date : 20, Sept, 2015, Bangalore.

"Do Not try to discipline your soul directly. Discipline your body, speech, mind and senses. The outcome will be disciplined soul." - Acharya Shree Mahashraman

CENTRAL ZONE



TPF Bhilwada & Terapanth Mahila Mandal Join Hands to Conduct Free Mega Medication Camp.

Historic program benefited over 848 peoples in memory of Late Shree Haraklal Ostwal at Nirmala Devi Hospital, Bhilwaada, Rajasthan

Date : 27 October 2015, Bhilwada



UDAIPUR, In the month of August, 2015

Terapanth Professional forum, Udaipur organized a carrier guidance programme at Central public school at Udaipur in the holy presence of Munishri Sudhakar ji.

Shri B. P. Jain, TPF President and Income tax Commissioner and Shri Vinit Baya, Motivational Speaker were present in the programme. Around 300 students attended the programme. **Date : August 2015, UDAIPUR**



DISTRIBUTION OF STATIONARY AT GOVERNMENT SCHOOL, CHIKALWAS

TPF Udaipur Branch distributed Stationary, Pen and Books to the students at the Government school, chikalwas.

Date : August 2015, UDAIPUR



Udaipur, 11 August 2015

TPF Udaipur branch organized Oath Taking Ceremony in the pious presence of Sashan Shri Muni Rakesh Kumar Ji. Shri Lakshya Singh Mewad was the chief Guest of the programme. The programme was addressed by Munishri Sudhakar ji and Munishri Deepkumar Ji. The Programme was organized by Mini Sindhvi. The programme was attended by large number of members and society people.

LIGHTER MOMENTS

SUDOKU

			8			3		4
			7	4				9
5	6			1				
2	8				6			5
		9				4		
7			5				8	2
				5			2	3
9				7	4			
3		5			9			

The Classic Sudoku is a number placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

HOW MUCH YOU KNOW INDIA

1) 'Madhubani', a style of folk paintings, is popular in which of the following states in India?

- Uttar Pradesh
- Rajasthan
- Madhya Pradesh
- Bihar

2) Which of the following dances is a solo dance?

- Ottan Thullal
- Kuchipudi
- Yakshagana
- Odissi

3) 'Kathakali' is a folk dance prevalent in which state?

- Karnataka
- Orissa
- Kerala
- Manipur

4) The National Anthem was first sung in the year

- 1911
- 1913
- 1936
- 1935

5) Thillana is a format of

- Kuchipudi
- Odissi
- Bharatanatyam
- Kathak

6) The ratio of width of our National flag to its length is

- 3:5
- 2:3
- 2:4
- 3:4

7) Rabindranath Tagore's 'Jana Gana Mana' has been adopted as India's National Anthem. How many stanzas of the said song were adopted?

- Only the first stanza
- The whole song
- Third and Fourth stanza
- First and Second stanza

8) 'Natya - Shastra' the main source of India's classical dances was written by

- Nara Muni
- Bharat Muni
- Abhinav Gupta
- Tandu Muni

HOW MUCH YOU KNOW INDIA

1.D,
2.A
3.C
4.A
5.C
6.B
7.A
8.B

SUDOKU SOLUTION

3	1	5	6	2	9	8	7	4
9	2	8	3	7	4	5	1	6
4	7	6	1	5	8	9	2	3
7	4	3	5	9	1	6	8	2
6	5	9	2	8	7	4	3	1
2	8	1	4	3	6	7	9	5
5	6	4	9	1	3	2	7	8
8	3	2	7	4	5	1	6	9
1	9	7	8	6	2	3	5	4

To Explore yourself, SUBSCRIBE!!

A Bi-Monthly Publication
of Terapanth Professional Forum

Subscription Details

Annual Subscription	Rs. 600.00
Single Copy	Rs. 150.00

Reach us at:

Editor's Office

CA Ritu S. Jain,

S.R Corporate Consultant Private Limited, 193, Jabbal Building, Near
Jabbal Towers, Civil Lines, G.E Road, Raipur, Chhattisgarh - 492001

Email : tpfeditor@gmail.com, Mobile : +91-9425209983.

SUPPORT US :

Advertisement Tariff- With effect from December 2015

The journal is published in the 1st week of Jan, Mar, May, July, Sep & Nov months respectively and the advertisement material should be sent in the form of typed manuscript or art pull or open file CD before 20th of any month for inclusion in the next month's issue. The Forum reserves the right not to accept order for any particular advertisement.

Advertisements publishing in the journal welcomed
as per the followings rates

Description	Amount in Rs.
Back page	60,000
Inner Back Page	25,000
Other Pages	15,000
Half page	10,000
Quarter page	6,000

Mechanical Data

*Full Page - 18 x 24 cm	*Half Page - 9 x 24 cm or 18 x 12 cm	*Quarter Page - 9 x 12 cm
-------------------------	--------------------------------------	---------------------------

SUBSCRIPTION FORM

NAME

EMAIL

MOBILE NUMBER

ADDRESS :

CITY

STATE

COUNTRY

I want an annual subscription of TPF COMMUNIQ Magazine, and I undertake the responsibility that information provided above are true.

Signature of Subscriber





MANGAL
CREDIT & FINCORP LIMITED



Shree
Mangal

JEWELS PVT. LTD.

Exclusive Collection of
Designer Bangles

Showroom :
201, Chintamani Accade,
Zaveri Bazaar, Mumbai.
Cont. : 022-2345 5001



Mangal

ROYAL JEWELS PVT. LTD.

Exclusive Gold & Diamond
Jewellery Showroom

Showroom :
Agarwal Market,
Vile Parle (East), Mumbai.
Cont. : 022-26187089



SwarnBhavya
Mangal

JEWELS PVT. LTD.

Exclusive Collection of
Italian Jewellery

Showroom :
68/72, Ganpati Bhawan,
Dhanji Street, Mumbai.
Cont. : 022-3352 8554.



Shree
Mangal

ABHUSHAN PVT. LTD.

**Mumbai, Rajkot and
Krizz Casting Jewellery**

Showroom :
301, Chintamani Accade,
Zaveri Bazaar, Mumbai
Cont. : 022-2345 4300



Shree Radhey
Mangal

GOLD CHAIN PVT. LTD.

**Specialized Gold Chain
with variety and sizes**

Showroom :
202, Chintamani Accade,
Zaveri Bazar, Mumbai.
Cont. 022-2345 1872



Shree Ratna
Mangal

JEWELS PVT. LTD.

**Exclusive designer
Mangalsutra**

Showroom :
302, Chintamani Accade,
Zaveri Bazar, Mumbai.
Cont. 022-2344 7373



FIGHT CANCER

with the latest medical technology now at

Surana Cancer Speciality Centre

Coming soon... in Navi Mumbai

Surana Group of Hospitals has always endeavored to make quality healthcare accessible and affordable to all, as we continue to invest in latest medical technology, to bring to you the best possible care.



CA D.C. Surana



Dr. Prince Surana

SPECIALITIES

CANCER CARE • NEONATOLOGY • PEDIATRICS • GENERAL SURGERY
DIABETOLOGY • COSMETOLOGY • DENTAL DEPARTMENT
CRITICAL CARE • NEPHROLOGY • LAPAROSCOPY • NEUROLOGY
UROLOGY • ENT SURGERY



HEART CARE



ORTHOPEDICS



SPINE CARE



OBSTETRICS



MINIMAL ACCESS SURGERY



OPHTHALMOLOGY



BARIATRIC



GYNAECOLOGY



BRAIN CARE

Call: 9920138672



SURANA GROUP OF HOSPITALS

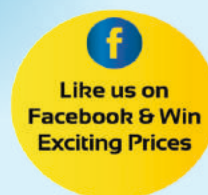
Malad | Chembur | Thane | Navi Mumbai

Chembur: Surana Sethia Hospital and Research Centre:
Suman Nagar, Sion Trombay Road,
Chembur East, Mumbai - 400 071
Tel: 022 - 3378 3378
email: help@suranasethiahospital.in

Malad: Surana Hospital and Research Centre: Tank Road, End of Shankar Lane, Near Orlem Church,
Malad (W), Mumbai - 400 064
Tel: 022 - 2802 2121/22/23/24
email: info@suranahospital.in

Thane: Surana Diagnostics & Imaging Centre:
6 - Swaroop Enclave,
Oppo. Bhakti Mandir,
Panch Pakhadi, Thane (W).
Tel: 022-2538 8484 / 8585

Coming soon ... at **Navi Mumbai**
Surana Cancer Speciality Centre
with Advanced Radiation
Oncology Machine - TRUE BEAM.
First Time in Maharashtra



www.facebook.com/SuranaGroupOfHospitals



SR CORPORATE CONSULTANT PVT. LTD.

Address : GF-193, Jabbal Building, Near Jabbal Towers, Civil Lines,
GE Road, Raipur, Chhattisgarh, INDIA

Phone : (+91) 771 2430535, Email : srccl@hotmail.com

Comments are Welcome, But they should be on Topic and Well Expressed, You can Mail us or Send Your Feedback on below address, Including Your Details.

NEW ARTICALS FOR PROGRESSING EDITIONS ARE WELCOMED, PLEASE CONTACT BELOW FOR FURTHER QUERIES

S.R. CORPORATE CONSULTANT PVT. LTD.

Address : GF-193, Jabbal Building, Near Jabbal Towers, Civil Lines,
GE Road, Raipur, Chhattisgarh, INDIA

Phone : (+91) 771 2430535, Email : tpfeditor@gmail.com

DISCLAIMER

The views expressed by Authors including those of the editor in this magazine are not necessarily the views of the TPF.

TPF does not take the responsibility of the views expressed.