

JEEVANPATH

JEEVANPATH

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Om Sarve Bhavantu Sukhinah: Sarve Santu Niramaya |

A Non-profit Magazine for Social Welfare from
Jeevan Jyot Cancer Relief and Care Trust



**Picture speaks of 'Matushri Kantaben Chunilal Gagaldas Shah
(Serisa-Khetwadi) inspired Jeevdaya**



Pigeons are unable to fly when hair gets stuck in their legs.

An activist of Jeevan Jyot Jeevdaya Wing is seen cutting hair from the legs of pigeon.

Note: Wherever you see the thread, hair etc, please collect it and put it in the garbage can. Because the feet of the birds are entangled. They are injured making it very difficult for them to fly and walk. By doing this small deed they will be able to avoid being preyed upon by dogs, cats and large rodents.

Sponsor for this issue Jeevan Path & for the benefit of poor cancer patients

In memory of Late Bipinbhai Mohanlal Sura

By: Sarojben Bipinbhai Sura (Malbar Hill)



A drawing competition program was organized for child cancer patients by 'Saisha-Naisha Dani Toybank' under Jeevan Jyot by the courtesy of Citius Health Care Technoloy Pvt. Ltd. In which children became absorbed in making beautiful pictures. Together they danced in the beats of the 'D.J.', enjoyed the delicious breakfast and forgot their sorrows for a few moments and get happy.



If possible, please circulate this magazine among your friends and relatives. Your contribution and feedbacks are eagerly solicited. Thank You...

Estd. : 1983

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DECLARATION : Articles written and published are solely by the writer's thoughts, Suggestions and treatments mentioned here should be practised after taking doctor's advice.

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FROM THE EDITOR'S DESK**What's in your cup?**

You are holding a cup of coffee. Someone comes from behind and bumps into you or shakes your arm making you spill your coffee everywhere. Why did you spill the coffee?

It's because someone bumped into me - no it's a wrong answer. You spilled the coffee, because there was coffee in the cup. Suppose if you had tea in the cup, then tea would have spill. Whatever is inside the cup is what we Spill Out.

Therefore when Life comes along and shakes you, which will happen, whatever is inside you will come out. It's easy to take it until you get rattled. So we have to ask ourselves what's in my cup? When life gets tough, what will spill over? Joy, gratefulness, peace and humility or anger, bitterness, harsh words and reactions? Life provides but its you who have to choose how to fill it what's in your cup? ■

-: PLEASE NOTE :-

Donors are requested to send their particulars; Name, Address, Pan Card Number, towards donation (corpus fund or general) on ***jeevan_jyot@yahoo.in*** or **+91 9869206400**.

“These details are required to meet the provisions for Income Tax Regulations Act for 80G. If the trust is unable to give the donor details during audit, then penalties are levied to the trust.

The donors should insist for receipts and certificate(s). For International donations kindly contact our office for FCRA account details and process.

It is reported that some people are collecting donations in the name of our Trust with forged copies of our receipt book and certificates. We have not appointed anyone to collect donations.

Kindly contact us first before transferring any amount in any account for our trust.

EASY METHOD OF GIVING DONATION TO US

For the ease of donors **Jeevan Jyot Cancer Relief & Care Trust** has opened **Savings Account** in :

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Donors can now deposit from anywhere in India. Please inform the Trust Office about the same. The receipt and 80G certificate will be couriered to you as soon as possible. For more information about such donation, Please contact : **Mob No. 9869206400/9076169355**

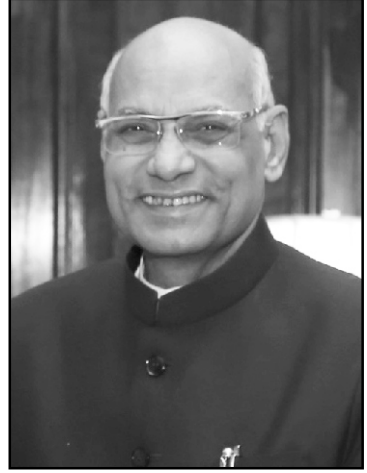
Amongst the many activities of the Trust few are undertaken in the name of the donors.

- 1) Smt. Naliniben Bipinchandra Mehta : Cancer Detection Centre
- 2) Smt. Champaben Zumakhram Shah : Colostomy Bag Centre
- 3) Smt. Sakarben L. D. Shah (Bidada) : Shri Jalaram Annadankshetra
- 4) Smt. Pushpavati Kishorbhai Bhojraj (Merau) : Ambulance Service
- 5) Smt. Naynaben Bipinbhai Dani (Matunga) : Senior Citizen I-card
- 6) Shri Mahendrabhai Manilal Gandhi (Limbodra) : Black Molasses
- 7) Shri Dungarshi Mulji Maru (Karaghogha) : Modern equipment
- 8) Miss Saisha-Naisha Dani (Matunga) : Toy Bank
- 9) Matushree Khetbai Devraj Maru (Halapur) : Charitable Dispensary
- 10) Matushree Kantaben Chunilal Gagaldas Shah (Serisa): Animal Welfare
- 11) Matushree Chandraben Jayantilal Chatrabhuj Modi &
Matushree Lachhbai Hirji Karamshi Bheda (Samaghogha) : 'Haldi Doodh'
- 12) Shri Hariram Mathuram Agrawal (Chembur) : Fruit Distribution
- 13) Matushree Sushilaben Kantilal Dani (Harsol) : Animal Ambulance
- 14) Matushree Lalitaben Biharilal Shah (Santacruz) : Ozone Therapy Centre
- 15) Matushree Taraben Jayantilal Vadhani (Matunga) : Jeevan Jyot Drug Bank
- 16) Late Kumari Hansaben Ratanshi Lodaya : Competition Scheme
- 17) Mayurbhai Mehta and Jitendrabhai Parekh : Ambulance Maintenance
- 18) Matushree Indumatiben Mahendrabhai Gandhi (Limbodra) : Pathology Lab
- 19) Smt. Manjulaben Natwarlal Shah (Harsol) : Medical Camp
- 20) Shri Natwarlal Bulakhidas Shah (Harsol) : Blood Camp
- 21) Smt. Nalini Rasik Jadavji Shah : Ambulance Service
- 22) Late Shri Inderchand Lakhichand Khinvesera (Dhule) : Pasti Scheme
- 23) Dr. Ramesh Mantri : Grain Distribution

RAMESH BAIS

23rd Governor of Maharashtra.

Ramesh Bais is an Indian politician who currently serves as the 23rd Governor of Maharashtra. Prior to this appointment, Bais held the position of Governor of Jharkhand from 2021 to 2023 and Governor of Tripura from 2019 to 2021.

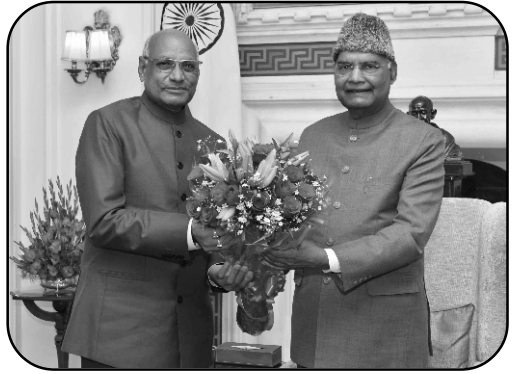


Ramesh Bais is born on 2nd August, 1947. He went to B.S.E. in Bhopal, Madhya Pradesh for higher Secondary education. He is an agriculturist by profession.

He is a member of Bharatiya Janata Party and has served in various political capacities throughout his career including Union Minister of State for Environment and Forests in the Government of Atal Bihari Vajpaye.



He has been elected seven times to the Lok Sabha, the lower house of the Indian Parliament representing the Raipur Constituency including serving as a member of the



Ninth Lok Sabha (1989) and Eleventh to Sixteenth (11 to 16) Lok Sabha (1996 to 2019).

He also served as

Union Minister of state in second and third Vajpayee Ministry holding various portfolios such as Steel, Mines.

Chemicals and Fertilizers, Information and Broadcasting and also Minister of State for Mines and Environment and Forests.



Beautiful message by SWAMI VIVEKANAND:-

Compiled by : Ashaben Dasondi, Matunga

1. When BHAKTI enters FOOD, "FOOD becomes PRASAD"
- 2.. When BHAKTI enters WATER, "WATER becomes "TEERTHA"
3. When BHAKTI enters TRAVEL, "TRAVEL becomes a YATRA"
4. When BHAKTI enters MUSIC, "MUSIC becomes KIRTAN"
5. When BHAKTI enters a HOUSE, "HOUSE becomes a TEMPLE"
6. When BHAKTI enters ACTIONS, "ACTIONS become SEWA"
7. When BHAKTI enters in WORK, "WORK becomes KARMA",

AND

8. When BHAKTI enters a MAN,
"MAN becomes HUMAN"

This is VIVEKANANDA, a true disciple,
a real Guru and a great philosopher. ■

How can you help ?

■ Full One day Free Meal	12,500
■ One Time Free Meal (Near Tata Hospital)	2,000
■ One Time Free Meal With Sweet (Near Tata Hospital)	3,500
■ 5 Yearly Miti Yojana (Near Tata Hospital)	8,000
■ Lifetime Miti Yojana (Near Tata Hospital)	25,000
■ Whole Day Turmeric Milk (Near Tata Hospital)	700
■ One Time Free Meal (J. J. Hospital)	4,000
■ One Time Free Meal With Sweet (J. J. Hospital)	7,000
■ One Time Free Meal (St. George's Hospital)	2,000
■ One Time Free Meal With Sweet (St. George's Hospital)	3,500
■ Special Member	31,000
■ Blood Donation Camp	40,000
■ One Day Picnic For Patients	30,000
■ Charitable Allopathic Dispensary Monthly Expenses	30,000
■ One Cancer Checkup Camp (100 Persons)	40,000
■ Other Types Of Medical Checkup Camps (100 Persons)	40,000
■ Toy Bank Monthly Expenses	20,000
■ Charitable Homeopathic Dispensary Monthly Expenses ...	15,000
■ Monthly Adoption Expenses for 1 Patient	15,000
■ Monthly Radiation for 1 Patient	25,000
■ Pigeons' Medicine For 1 Month	7,500
■ Cost of One Day Grains	2,500
■ Ordinary Member Fee	2,000
■ Daily Dry Grass Cost	2,000
■ Green Grass Cost per day	1,500
■ Cow's Roti Cost per day	1,000
■ Daily Milk for Dogs	1,000
■ Cost of Feed for Pigeons	1,000
■ Ambulance	1,000
■ Ozone Therapy	500
■ Lifetime Yojana for Donors	12,50,000
■ Sponsorship for 1 Year	1,25,000
■ Patronship	1,25,000
■ Vice-Patronship	75,000

Women Empowerment

DR. USHA MEHTA

Freedom Fighter of India



Dr. Usha Mehta was a Gandhian and freedom fighter of India. She is also remembered for organising the Secret Congress Radio, an under-ground radio station which functioned for few months during the Quit India Movement of 1942.

She was born in Saras village, near Surat in Gujarat on 25th March, 1920. When she was just 5 years old, she first saw Gandhiji, on a visit to his ashram in Ahmedabad. Shortly Gandhiji arranged a camp near her village in which little Usha participated attending sessions and doing little spinning.

In 1928, 8 years old Ushaben participated in a protest march against the Simon Commission and shouted her first words of protest against British Raj "Simon Go Back."

Ushaben grew up highly influenced by Gandhiji



and became his follower. She made an early decision to remain celibate for life and took up a Spartan Gandhian lifestyle wearing only Khadi clothes

and keeping away from luxuries of all types. Over time she emerged as a prominent proponent of Gandhian thought and philosophy.



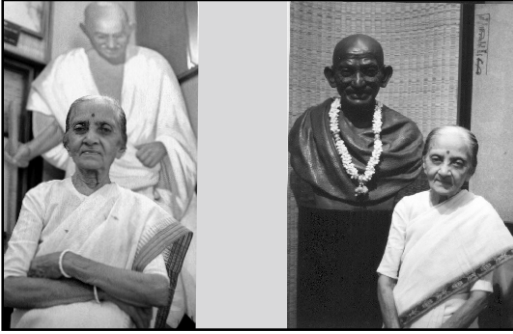
For the Secret Congress Radio, an underground radio station, the police found them on 12th November 1942 and she was arrested. She was sentenced to 4 years imprisonment (1942-1946) at Yeravada Jail, Pune. Her health deteriorated and she was sent to Bombay for treatment at Sir J. J. Hospital. In March 1946, she was released, the first political prisoner to be released in Bombay at the order of Shri Morarji Desai, who was at that time the Home Minister in the interim government.

She had a long association with Mumbai University in many capacities - as a student, as a research assistant, as a lecturer, a professor and finally as the head of the department of Civics and Politics. She



retired from the University in 1980.

Even after India's Independence, she continued to be socially active, particularly in spreading Gandhian thought and philosophy.



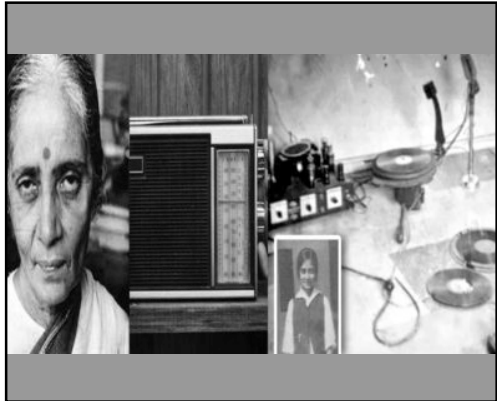
Over the years she authored many articles, essays and books in English and Gujarati. She was elected the President of Gandhi Smarak Nidhi, a trust

dedicated to the preservation of Gandhian Heritage. The nidhi acquired Mani Bhavan in Bombay, residence of Sardar Patel's daughter Maniben Patel, where Gandhiji used to reside during his visits to the city and converted it into a Gandhi Memorial. She also actively participated in the affairs of Bharatiya Vidya Bhawan.

The Govt. of India associated with her for a number of celebrations of India's 50th Anniversary of Freedom.

The Union of India conferred on her Padma Vibhushan in 1998, the second highest civilian award of India.

She died peacefully on 11th Aug. 2000 at the age of 80 after participating in the Anniversary Celebrations related to Quit India Movement in August Kranti Maidan, on 9th Aug 2000, even with her ill-health.



ANIMAL WELFARE

Name	Area	Amt.
❖ Goutami Suersh Mangaokar	Deonar	4,000/-
❖ Dhiraj Jain		
By : Saroj Jain	Lalbaug	1,000/-
❖ Vanita Sabhani	Khar	501/-
❖ Seema Jahangiani	Worli	201/-
❖ Sushila Sabhani	Parel	201/-
❖ Pushpa Sabhani	Parel	201/-



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TO PROMOTE SOCIAL WELFARE INITIATIVES AND SPREAD HAPPINESS**

Donor's Name	Area	Scheme	Amt. ₹
☛ Rajeev Deora	Lower Parel	Sweets	9,000/-
☛ Nirmala Kedia	Parel	Sweet Lunch	7,000/-
☛ Keladevi Nahata	Vijak	Sweet Lunch	7,000/-
☛ Vikram Kajaria	Marine Drive	Lunch	5,000/-
☛ Sunil Jhunhunwala	Andheri	Lunch	4,000/-
☛ Mahima Parakh	Lower Parel	Lunch	4,000/-
☛ Madhu Poddar	Prabhadvi	Lunch	4,000/-
☛ Jigisha	-	Medicine	500/-
☛ Arti Birje	-	Medicine	500/-
☛ Krishna Deora	Lower Parel		20 Lunches at JJ Hospital

FESTIVALS OF INDIA

JAMSHEDI NAVROZE

Jamshedi Navroze is one of the three main festival in the Parsi Calendar. It falls on March 21st., which is also Spring Equinox. It is celebrated in the world over in various manifestations. It heralds the coming of Spring In Iran, it is celebrated as a 10 day celebration and is the one Zoroastrian festival celebrated in an otherwise Islamic country.

Navroze is one of the oldest known festivals of the Parsis. Firdaus in his Shah Nameh, Book of Kings attributes its origin to the Legendary King of Persia, Jamshed, Son of Tehmuoraz of the Peshdadian dynasty in Iran. Persia was ruled by many dynasties, the last being Zoroastrians. It is said that Jamshed was a great king and cared for the welfare of his people.





Navroze is one of the most important festivals of the Parsis. In the past, it was celebrated for 15 days but now it is observed for only 2

days. The event of Navroze was announced in early times by firing a cannon at the correct hour but now it is done through modern announcements.

The rituals of the day include a visit to the fire temple and then the gathering of the entire family to partake in drink and food. On this day Youngsters kiss the hands of the elders by way of respects and visit elderly relatives and friends and in return they get gifts for the festival.

Jamshedi Navroze is a great day for Parsis and there is much rejoicing by the young and old. The houses are washed, cleaned and decorated with Torans. Designs like Rangoli are drawn with chalk. People have early bath and dress up in their best attires. Food plays an important part. All types of delicious dishes are prepared and a grand feast is held. A thickish kind of Kheer called Rawa is prepared out of Sooji, milk, sugar and cream garnished with roasted dry fruits sprinkled with rose water. Falooda is offered to visitors.

Many of the customs are common to Hindu festivals though they have strictly retained their own traditional rituals.

Silence is Golden- Benefits of MAUN VRAT

- Aasha Dasondi, Matunga

While the practice of 'Vow of Silence' or 'Maun Vrat' is often related to saints and monks, it has been pretty common practice in the Indian Society. In modern times, people have realised the tremendous benefits out of embracing silence for as long as a day or a weekend. Let's explore some of the benefits which can be gained in a short duration of Maun'.

1) Control over thoughts and Speech : By not allowing thoughts to convert into words and word into sound, we can over time learn to exercise better control over our thought processes and in turn speech. When our thoughts don't find a release, the mind automatically reduces its mindless chatter and only allows important and valuable thoughts to enter our mind.

2) Introspection and Inner-peace : The conscious choice to not allow our thoughts to be expressed outwardly for a fixed duration of time helps us monitor its contents and delve deeper into the workings of our own mind and filter through them, helping us work towards attaining inner-peace.

3) Emotional (Anger) Management : A lot of us are familiar with the over whelming emotions esp. the



negative ones, overtaking our mind and behaviour. Anger is one such emotion which many individual find hard to gain control over. Through "Maun Vrat" as one declines reacting to emotional impulses, good or bad, they learn to analyse the origin of them. Understanding one's emotions better and refraining from action or speech under their influence can help many to manage their emotions better.

4) Energy Conservation : The introverts might understand this. The best communication can be taxing and we do spend a lot of energy in our daily lives just communicating our thoughts and ideas to people. By allowing oneself to remain silent and not engage in intra-personal communication. We give ourselves the time to replenish and rejuvenate.

5) Enhanced Creativity : Creativity flows through silence and emptiness. It is in the nature of creativity to fill in empty spaces and bring about change. It is when our minds are at their calmest that our creativity soars. By attaining a 'Maun Vrat', we provide our creative side the room it needs to expand to its fullest potential.

6) Refined Personality : Silence has been considered an art and one who understands it's urge is respected in all walks of life. This is because Silence grounds us and helps us attain a more calm and centered personality. "Maun Vrat" can prove to be helpful too.

Silence is indeed golden and the benefits from its practice are a lot more than the ones listed above.

Try for yourself, you never know what You'll find as you explore the sounds of Silence. ■

Para Badminton Player MANASI JOSHI

Manasi Girishchandra Joshi was born on 11th June, 1989 in Rajkot, Gujrat but was raised in Anushakti Nagar, Mumbai. She graduated in Electronics Engineering from K.J. Somaiya College of Engineering, University of Mumbai in 2010.



Sports lover Manasi played sports like Football and Badminton through her school and college life. She was just six when she started playing Badminton with her father, a retired Scientist from Bhabha Atomic Research Centre. Over the year she represented her school and college and corporate at various tournaments.

After finishing graduation in 2010, she worked as a software Engineer until December 2011. She met with a road accident while riding her motorbike to work and her leg had to be amputated. After 45 days of hospitalisation, Manasi got discharged from MGM Hospital, Vashi, Navi Mumbai.

During 2012-13, after her accident Manasi started practicing Yoga, Meditation and Badminton regain her fitness. She played Badminton as part of her rehabilitation and another para-badminton player urged her to try out for the national team. She was selected

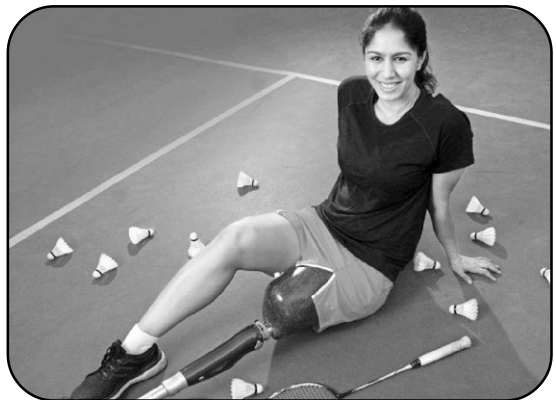


for Asian Para Games 2014 and played her first International tournament in Spain. In 2015 along with her XD partner, won a silver medal in mixed doubles at the BWF Para Badminton World

championship held in Stoke Mandeville, England. In 2018 she asked Pullela Gopichand to coach her and enrolled in his badminton academy at Hyderabad.

In October 2018, she won a bronze Medal for India at the Asian Para Games 2018 held in Jakarta, Indonesia. In August 2019 at the Para Badminton World Championship 2019 in Basel, Switzerland, she won a gold medal.

She is a former world champion in the Women's Singles SL3 Category. She started her professional sporting journey in 2015 and in 2020, she was ranked World' No. 2 in Women's Singles in the SL3 category. On 8th March 2022, she was ranked World



No. 1 in Women's Singles in the SL3 category.

She was listed as the next generation leader 2020 by TIME Magazine in October '20 and



she appeared on their Asia cover, making her the first athlete in the world and the first Indian athlete to be featured on the magazine's cover for being an advocate of rights for the people with disabilities.

On the occasion of the International Day of Girl Child (11th october 2020), Barbie Celebrated Manasi and her achievements by modelling one-of-a kind Barbie doll to her likeness to inspire young girls. She has also been recognised by BBC as one of the 100 most inspirational and powerful women across the world in



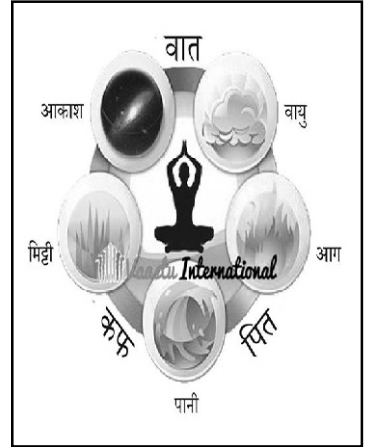
2021 and was nominated for the BBC Indian Sports woman of the year. Award of 2020 along with P.V. Sindhu, Mary Kom Vinesh Phogat and Dutee Chand.



Story

Panch Mahabhoot

Panch Mahabhoot, five great elements, also five physical elements is a group of five basic elements which according to Hinduism is the basis of all cosmic creation. These elements are Prithvi (earth), Varun (water), Agni (fire), Vayu (Air), Akash (Space or atmosphere).



The human body is considered to be made of these five elements. When a person dies, those elements are going to take away their share. The person will not have anything of his own.

There was one king in a town. He was very thirsty when he went to see the town's happenings. He saw one farmer in the field, so he went to him and asked for water. The farmer gave him water, so king satisfied his thirst and then he thought of rewarding the farmer. He gave away his clothes - attire he was wearing from his

crown to his shoes. The farmer was happy and he went home. His wife saw it and said "Dear, it's of no use to us. People will think you are mad wearing the king's outfit. They will make fun of you. Instead you go to king and ask for some money which will help us to earn our livelihood."

The farmer went to the king and asked by Rs. 1,000/- in exchange of what he had given. The king understood the problem and he was kind enough to give him Rs. 10,000/- instead of 1000/- and also gave him the attire and other things back which he had given earlier. The farmer happily went home. The wife was also happy. They decided to throw a party and invited their relatives and friends. as they got so much money.

The relatives and friends came for the party. When they were having food, this farmer was passing across them snapping. The relatives were surprised and one of them asked him the reason for it.



The farmer explained, "See, there is nothing which I owe - everything is given to me as gift. The only thing I have is my body and hence I am enjoying it - I am snapping and keeping myself happy.

So friends learn from this story - We too have to die once and we are not going to take away anything - everything will be given to Panch Mahabhoot. So why not enjoy our life and help people who are in need. ■

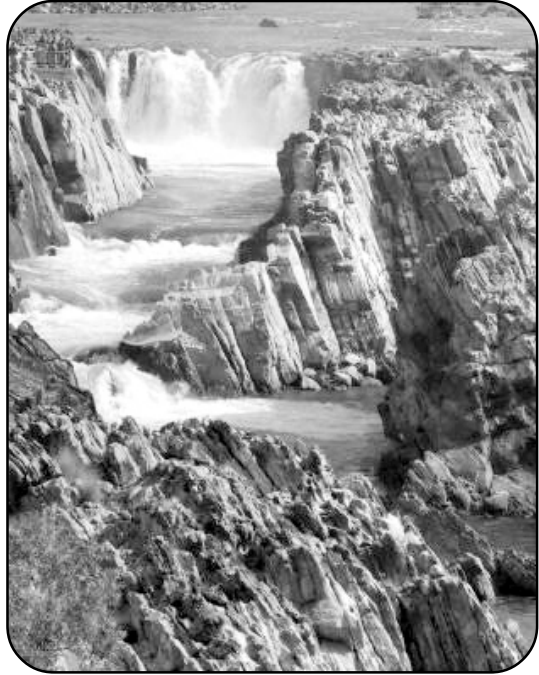


BENEFITS FOR CANCER PATIENTS

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ Goutami Suresh Mangaokar	Deonar	15,000/-
❖ Shrinivas Malpedi	Worli	5,000/-
❖ Mokshada Jhunjhunwala	Santacruz	5,000/-
❖ Vilma I.Furtado	Andheri	5,000/-
❖ Vaidehi Deepak Monde	Sewri	2,101/-
❖ Ram Niwas	Parel	1,500/-
❖ Jhaloo Ghadiyali	Parel	1,500/-
❖ Pooja K. Fatnani	Mulund	1,500/-
❖ Kumar B. Fatnani	Mulund	1,500/-
❖ Rajesh R. Bhorkhe	Worli	1,000/-
❖ Sharvari Santosh Desai	Hindmata	1,000/-
❖ Vedant Sandeep Sawant	Bhandup	1,000/-
❖ Anju Khushlani	Mulund	1,000/-
❖ Shweta Khandge	Sewri	500/-

Marble Rocks - Dhuandhar Falls

The marble rocks is an area along the Narmada River in Central India, near the city of Jabalpur in Bheda Ghat of Jabalpur district in the State of Madhya Pradesh. The river has carved the soft marble creating a beautiful gorge of about 8 kms. in length. It is a popular Indian tourist destination. The

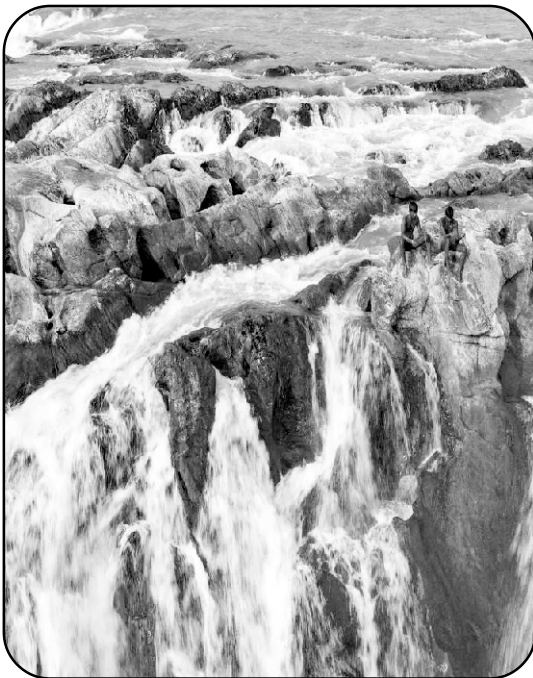


local marble is mined and carved into various figures and transported to all over India.

The marble rocks are a gorge along part of Narmada river's 1077 kms. (669.2 mtrs) path through

Madhya Pradesh. Earlier the gorge was narrow in size and hence monkeys could cross over from one side to another. This gave the gorge its local name "Bandar Kudni" (meaning monkey's jumping place). The white marbles are predominantly rich in magnesium and are closer in hardness to soapstone. This softness allows them to be Carved. The area also contains blue and brown coloured Marble.

It also has waterfall known as Dhuandhar Water-falls the word Dhuandhar is derived from two hindi word- 'Dhuan' means Smoke and 'Dhar' means flow. Meaning a waterfall where one can feel a smoky atmosphere. This smoke is formed by water vapour or the smoke cascade. It is located on the Narmada River in Bheda Ghat and is 30 mtrs. High.



The area has many tourist activities. There is a cable car to take visitors across the gorge. Row boats for guided tours of the river down stream of the falls is also there. There are many small shops filled with crafts made from local materials. The most beautiful time for boating is during full moon days

especially during Kojagiri Poornima or Sharad Poornima, where in boating is considered healing for the body and soul. On Kaumudi celebration as it is also called, it is believed that the moon showers elixer or Amrit



on earth through it's beams as the moon and earth are at closer distance in Sharad Poornima night and due to this, the moonlight has magical healing properties which are said to nourish the body and soul of an individual. The moonlight on Poornima has magic healing properties, which is why it's acknowledged to shower Amrit Varsha (Elixir shower) on the Narmada River which meanders through the prestine rocks. Both bathing and boating are also considered very sacred on Kartik Poornima in the holy month of Kartik.

Very famous Narmada Parikrama estimated to be of some 3500 km long is also passing through Bheda Ghat. ■



HALDI MILK SCHEME

Name	Area	Amt.
❖ Mandakini G. Tambe	Dadar	700/-
❖ Sharvari Santosh Desai	Hindmata	700/-
❖ Kipak Madhukar Shinde	Mulund	501/-
❖ Akshay Bhojwani	Thane	501/-

**WITH THE INSPIRATION OF SHRI BIPINBHAI DANI
(EKTA PARIVAR I.G., Matunga) for the benefit of Cancer Patients**

Donor's Name	Area	Scheme	Amt. ₹
<ul style="list-style-type: none"> In loving memory of Shri Harishkumar Kantilal Dani (Harsol) By : Smt.NaynabenHarishkumarDani 	Mumbai	Kayami Miti	51,000/-
<ul style="list-style-type: none"> Late Lakhamshi Punja Chanderia's 45th Death Anni. By : Mahendrabhai Lakhamshi Chanderia Tilak Nagar 		Medicine	2,500/-
<ul style="list-style-type: none"> In loving memory of Late Arvindbhai Vallabhdas Sonecha By : Hansaben Arvindbhai Sonecha Family 	Kandivali	Medicine	2,000/-
<ul style="list-style-type: none"> In loving memory of Late Mahendrabhai Manilal Gandhi (Limbodara) By : Induben, Alpesh, Sanjay Gandhi Family 	Borivali	Jeevdaya	1,200/-
<ul style="list-style-type: none"> In loving memory of Late Natvarlal Bulakhidas Shah (Harsol) By : Manjulaben Natvarlal Shah Family 	Kandivali	Jeevdaya	1,000/-
<ul style="list-style-type: none"> In loving memory of Late Kamlaben & Late Kantilal Nagindas Shah (Harsol) By : Kantilal Nagindas Shah Family Bhayender 		Medicine	1,000/-
<ul style="list-style-type: none"> In loving memory of Late Kamlaben & Late Bechardas Doshi By : Dilip B. Doshi 	Mulund	Medicine	500/-
<ul style="list-style-type: none"> In loving memory of Late Shardaben & Late Chimanlal Sakarchand Shah (Uvarsad) By : Hema Pradip Shah 	Pune	Jeevdaya	500/-

WALK IN THE LIGHT

A revelation of the future would always draw some kind of attention or curiosity. If someone tells us that he knows about our future, we would certainly be interested and curious. Yet at the same time, knowledge about our future would also cause us to be anxious and tensed.

In today's gospel passage, we hear about the revelation announced by Simeon. For Simeon, he was a blessed man because the peace that he was longing for was now his. But for Mary and Joseph, it may be quite the opposite, and it was beyond their understanding.

Simeon revealed Jesus as the light, not just to the Jews, but to the whole world. And He will make and break many of His own people. It was not comforting to know that the baby in their arms was to become a sign that is opposed by those that do not want this revelation.

The revelation of who Jesus is, is also a revelation of who we are. We are to be the light which will enlighten others (and that is why we bless the candles at the beginning of the Mass), yet we are also to be the sign that is going to be opposed by others.

We are called to shine out the light of Christ, even though the world may prefer to live in darkness. That is what we are called to be, that is our future, and blessed are we when we continue to focus and walk in the light. ■

Last Month's activities carried out by Trust

- 44 cards were given for food and 13 for Haldi milk.
- Food Grains distributed among 153 Cancer patients family.
- Fruits were distributed among 199 Cancer patients.
- 67 Morning & 73 Afternoon - Breakfast were given to Cancer patients.
- 33 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 10 patients.
- 19 patients were given help by different trusts and received best response.
- Medicines worth Rs. 5,82,320/- were given to cancer patients.
- Medical treatment worth Rs. 4,37,890/- was given to other patients.
- 29 birds and animals who met with an accident were given treatment in the Animal Hospital.
- Medical treatment was given to animals and birds worth Rs.4,98,320/- .
- Handicapped person were provided with : 3 Walkers, 2 Walking Sticks, 1 Commode Chair, 3 Wheel Chairs & 3 Flower Beds.
- During COVID Pandemic situation 2 Oxygen Machines and 4 Oxygen Cylinder were given.
- 11 files made for cancer affected patients.
- 192 Patients got benefit of free Ambulance Service.
- 6 patients got Colostomy Bag at Concessional Rate.
- 3 Cancer patients were given ritual burial under "Kafan-Dafan" scheme.

A big request to all the donors to donate wholeheartedly for the various activities that help the poor & needy cancer patients.

The activities are as follows: (Per day)

	Amt.
■ Food Distribution -	₹ 25,000/-
■ Grain Distribution -	₹ 2,500/-
■ Cancer Treatment expenses -	₹ 25,000/-
■ Medicine expenses	₹ 10,000/-
■ Chemotherapy expenses-	₹ 40,000/-
■ Wheelchair -	₹ 6,500/-
■ Crutches -	₹ 600/-
■ Walker -	₹ 1,200/-
■ Hearing Aid -	With the help of Donors
■ Free Ambulance Service -	₹ 1,000/-

Kids Corner

COUNT ARTHUR TARNOWSKI

- **Aasha Dasondi, Matunga**

Sandhiniketan, the House of Opportunities is a beehive of industrial activity. The rehabilitated inhabitants produce everything from cloth, mattresses, carpets, leather products, metal furniture including steel cupboards, iron cots, desks and benches, water coolers and even air conditioners.

These people are not like ordinary factory workers. They have no supervisors to monitor their work, they are not self employed small scale producers. They are the people who work with motivation, born out of a sense of belonging to a shared community which is their own and for which they are themselves responsible. There is an immense labour of love here.

Count Arthur Tarnowski, founder of the Take Heart Foundation, UK has been coming to Anandwan for the last 37 years and this is his fortieth visit. Both his legs are polio affected since the age of 28 and he moves about in a wheelchair. But that has not stopped him travelling round the world and writing books.

He had been on a filming expedition for BBC and had already travelled to Europe, Turkey, Iran, Afghanistan, Pakistan and India. They had come on two landrovers and he was at a hospital where he was told to 'go and see Anandwan'. Prakash and Vikas were schoolboys at that time. "I came to Anandwan and was struck by the joy and laughter here.' He says. 'Baba was not here but he came when I was just about to leave. He showed me around and when I saw that everything was done by the cured leprosy

patients and saw their self confidence and cheer I was very much impressed and returned to Anandwan in 1966.'

He felt that Baba was a phenomenon and says that he has a fantastic mind and that Baba is an Indian Indian. He felt that India should avoid copying the west and rehabilitation should be Asian in nature.

After that he decided to donate the proceeds of his book towards Anandwan. The book, 'The Unbeaten Track' has two chapters on Anandwan which he has named 'Amte's miracle'.

'I started coming to Anandwan often, sometimes two or three times a year. Not as a guest or a tourist but as a member and to be of practical use.' He continues. He wrote hundreds of letters to mobilize funds for Anandwan and Baba called him a karmayogi. 'Anandwan has done a lot for me,' he confesses. His younger son who was accompanying him this time came here for the eighth time. They were very much at home at Anandwan.

'However Anandwan is progressing very well, too fast I feel,' he ended. This was perhaps his last visit to Anandwan as he was getting on in age and travelling was becoming difficult for him. His sons Sebastian and Lucien have decided to continue the work their father has started and fully intend being part of Anandwan in the future also.

He first came to Anandwan in 1964 when he heard about Anandwan. Often referred as Baba's spoilt son, Arthur recalls that he had an idea of putting a technical wing in which the leprosy affected and other handicapped people could learn a trade. Baba liked the idea and said, 'I will try'.

Two years later when the Count, a Pole by birth who

had emigrated to England came to Anandwan to see if Baba remembered his words, he was surprised. He was given a big sheet of paper and he saw that it was a complete plan with rooms for 25 trainees, craft training halls, physiotherapy gymnasium, kitchen, storerooms, quarters for the staff, bathrooms, in fact everything.

The plans had been done by the Anandwan people themselves without any architect's help. He marveled at the precision and neatness with which each dimension had been inscribed. They had lived upto their motto, 'All we do, we do well.'

He asked Baba what the cost would be and he told him a rough figure. 'I don't have the money yet,' said Arthur to which Baba said, 'I have never had money but that had never stopped me.' He promised to give the royalties of his book, 'The Unbeaten Track' and the work began the very next day.

The workers were all leprosy patients with hands and feet in various degrees of deformity. Arthur too physically helped in building it. People remember him working on the site. He had wanted Lady Diana, Prince Charles' wife, to see Anandwan and was in the process of bringing her when she died in a road accident.

Today hundreds of patients find work in Sandhinetan which has more than forty trades.

Sandhinetan pulsates with the rhythm of machines and resonates with the sound of powerlooms, oscillating fly shuttles, hammering of metal sheets and the sizzle and the spark of welding rods. Everything from cloth and carpets to bags and leather products, from readymade garments to water coolers, air conditioners and cupboards are made here. ■

JALARAM ANNADANKSHETRA

Name	Area	Amt.
❖ Arjun Nachiket Naik		
By : Vinayak Sadashiv Naik	Dadar	8,000/-
❖ Shewta Khandge	Sewri	7,000/-
❖ Goutami Suresh Mangaokar	Deonar	7,000/-
❖ Vaswani Foundation	Juhu	5,000/-
❖ Parva Shah	Goregaon	4,000/-
❖ Pradeep Kumar Yadav	Belapur	4,000/-
❖ Ami Rubin Chheda	Dadar	3,500/-
❖ Vatsala Devidas Sonawane	Kalachowki	2,000/-
❖ Hirabai Vithoba Javir	Parel	2,000/-
❖ Atul Bagwe	Wadala	2,000/-
❖ Shakuntala Parab	Wadala	2,000/-
❖ Shankar Rasam	Naigaon	2,000/-
❖ Alok Ranjan Kalchavkar	D. B. Marg	2,000/-
❖ In loving memory of Janardhanan Krishnan		
By : Anupkumar Janardhanan	Malad	2,000/-
❖ Tour Mart		
By : Zubin K. Mody	Lower Parel	2,000/-
❖ Vinay B. Arondekar	Shivaji Park	1,101/-



"Who will work in my absence?"

Sun asked the entire world during sunset.

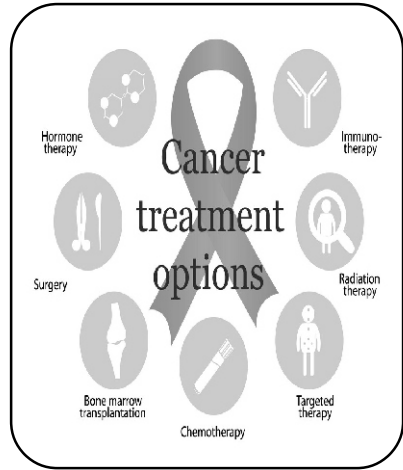
Everyone remained silent,
but the candle whispered:

"I will try my best."

Attitude Matters

THE GOAL OF CANCER TREATMENT

The goal of cancer treatment is to achieve a cure for your cancer, allowing you to live a normal life span. This may or may not be possible, depending on your specific situation. If a cure isn't possible, your treatments may be used to shrink your cancer or slow the growth of your cancer to allow you to live symptom free for as long as possible.



Cancer treatments may be used as:

- ❑ **Primary treatment.** The goal of a primary treatment is to completely remove the cancer from your body or kill all the cancer cells. Any cancer treatment can be used as a primary treatment, but the most common primary cancer treatment for the most common types of cancer is surgery. If your cancer is particularly sensitive to radiation therapy or chemotherapy, you may receive one of those therapies as your primary treatment.
- ❑ **Adjuvant treatment.** The goal of adjuvant therapy is to kill any cancer cells that may remain after primary treatment in order to reduce the chance that the cancer will recur.

Any cancer treatment can be used as an adjuvant therapy. Common adjuvant therapies include chemotherapy, radiation therapy and hormone therapy. Neoadjuvant

therapy is similar, but treatments are used before the primary treatment in order to make the primary treatment easier or more effective.



- ❑ **Palliative treatment.** Palliative treatments may help relieve side effects of treatment or signs and symptoms caused by cancer itself. Surgery, radiation, chemotherapy and hormone therapy can all be used to relieve symptoms. Other medications may relieve symptoms such as pain and shortness of breath. Palliative treatment can be used at the same time as other treatments intended to cure your cancer.

What you can expect

Many cancer treatments are available. Your treatment options will depend on several factors, such as the type and stage of your cancer, your general health, and your preferences. Together you and your doctor can weigh the benefits and risks of each cancer treatment to determine which is best for you.

Cancer treatment options include:

- ❑ **Surgery.** The goal of surgery is to remove the cancer or as much of the cancer as possible.
- ❑ **Chemotherapy.** Chemotherapy uses drugs to kill cancer cells.
- ❑ **Radiation therapy.** Radiation therapy uses high-powered energy beams, such as X-rays or protons, to kill cancer cells. Radiation treatment can come from a machine outside your body (external beam radiation), or it can be placed inside your body (brachytherapy).

 If you don't know where you're going how do you expect to get there. 

❑ **Bone marrow transplant.** Your bone marrow is the material inside your bones that makes blood cells from blood stem cells. A bone marrow transplant, also known as a stem cell transplant, can use your own bone marrow stem cells or those from a donor.

A bone marrow transplant allows your doctor to use higher doses of chemotherapy to treat your cancer. It may also be used to replace diseased bone marrow.

❑ **Immunotherapy.** Immunotherapy, also known as biological therapy, uses your body's immune system to fight cancer. Cancer can survive unchecked in your body because your immune system doesn't recognize it as an intruder. Immunotherapy can help your immune system "see" the cancer and attack it. ?

❑ **Hormone therapy.** Some types of cancer are fueled by your body's hormones. Examples include breast cancer and prostate cancer. Removing those hormones from the body or blocking their effects may cause the cancer cells to stop growing.

❑ **Targeted drug therapy.** Targeted drug treatment focuses on specific abnormalities within cancer cells that allow them to survive.

❑ **Cryoablation.** This treatment kills cancer cells with cold. During cryoablation, a thin, wandlike needle (cryoprobe) is inserted through your skin and directly into the cancerous tumor. A gas is pumped into the cryoprobe in order to freeze the tissue. Then the tissue is allowed to thaw. The freezing and thawing process is repeated

several times during the same treatment session in order to kill the cancer cells.

- ❑ **Radiofrequency ablation.** This treatment uses electrical energy to heat cancer cells, causing them to die. During radiofrequency ablation, a doctor guides a thin needle through the skin or through an incision and into the cancer tissue. High-frequency energy passes through the needle and causes the surrounding tissue to heat up, killing the nearby cells.
- ❑ **Clinical trials.** Clinical trials are studies to investigate new ways of treating cancer. Thousands of cancer clinical trials are underway.

Other treatments may be available to you, depending on your type of cancer. ■

Aatmanirbhar Bharat

“It is truly a historic day. Today, we mark the beginning of full-scale aircraft manufacturing in India by the private sector. In its true essence, it conveys Aatmanirbhar Bharat-vision of our Honourable Prime Minister Narendra Modi...

The aircraft that we will manufacture will be done by the Tata Advanced Systems, a Tata group company, and we will make 40 such aircraft out of the total order of 56 aircraft here in Gujarat. The aircraft manufacturing programme will see Airbus bring its complete bouquet of aircraft manufacturing and servicing to India in collaboration with the Tata group...

In all, it will produce at least 15,000 skilled jobs. There is also a very substantial global demand, and I definitely see exports being another big opportunity.”

- **N. CHANDRASEKARAN** *Chairman, Tata Sons*

Little Things

- Julia Abigail Fletcher

Little drops of water,
Little grains of sand,
Make the mighty ocean
And the pleasant land.

So the little moments,
Humble though they be,
Make the mighty ages
Of Eternity.

So the little errors
Lead the soul away
From the paths of virtue
Far in sin to stray.

Little deeds of kindness,
Little words of love,
Help to make earth happy
Like the Heaven above.

DONATE WITH AN OPEN HEART

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ Dinman Shukla By : Din Infrastructure	Ghodapdeo	25,000/-
❖ Priya Tatoji Satam	Mahim	15,000/-
❖ Katy Noshir Gotla	Byculla	10,000/-
❖ In memory of Smt. Tarabai Rao Saheb Jagtap By : Ranjana J. Jagtap	Opera House	7,001/-
❖ Jyoti Bharat Mahajan	Byculla	5,000/-
❖ Cyrus J. Pastakia	Dadar	5,000/-
❖ Kashmira Cyrus Pastakia	Dadar	5,000/-
❖ Mythili Venkatachalam	Wadala	3,000/-
❖ Alka Tatoji Satam	Mahim	3,000/-
❖ Reshmi Tajinder Narang	Andheri	2,500/-
❖ Vineet Jain	Dadar	1,011/-
❖ Prashant Yashwant Pawar	Kalyan	1,000/-
❖ Anju Khushlani	Mulund	1,000/-

RECIPE

Thandai - Holi Special

- Mrs. Aasha Dasondi (Matunga)

Ingredients :

- | | |
|--|---|
| <input type="checkbox"/> ¼ cup Badam (Almonds) | <input type="checkbox"/> ¼ cup Cashewnuts |
| <input type="checkbox"/> ¼ cup Pistachios | <input type="checkbox"/> 1½ tbs Saunf (Variali) |
| <input type="checkbox"/> 2 tbs Khaaskhaas | <input type="checkbox"/> 2 tsp Green Elachi |
| <input type="checkbox"/> 4 tbs. Rose Petals | <input type="checkbox"/> ½ tsp Nutmeg Powder |
| <input type="checkbox"/> 1 tsp Kesar | <input type="checkbox"/> ½ tsp Cinnamon Powder |
| <input type="checkbox"/> 2 tbs Melon Seeds | |

Method : Heat the pan. Dry roast lightly Almonds, Cashews and Pista. Then add saunf and Khaaskhaas, Elaichi and Kesar, also melon seeds and rose petals.

Bring down from Gas and let it cool down. Make fine powder of it. Add Nutmeg & Cinnamon Powder to it.

This is Thandai Masala. You can store this in fridge.

Method to make Thandai : Take 2 tbs of Thandai Masala, 2 tbs of Sugar, 250 ml. of Milk.

Churn it and add few icecubes. Chill it & serve.

You can use this Thandai masala in Kheer, Firni and even while making kulfi to make thandai kulfi. ■



A bird sitting on a weak tree is
never afraid of the branch breaking,
'Coz her trust is not on the branch,
But on its own wings.



Kids Corner

Shark and Bait

A marine biologist put a shark into a big tank at the time of a research experiment. Followed by that, he released some tiny bait fishes into it.

As expected, the shark didn't wait to attack those fishes and ate them. Later a clear Fiberglass was inserted into the tank which partitioned the tank into two and the shark remained in one side.

A similar set of bait fish was sent to the other side of the tank, like before the shark attempted to attack those fishes but failed by hitting on the fiberglass.

The shark attempted for several ways until it gave up. Later, the biologist removed the glass from the tank but the shark didn't try to attack those small fishes.

The shark always continues to see a false barrier in the tank and stopped his attempts.

Moral of the Story

It is quite common in many people to give up after many setbacks and failure. The story is an example for keep trying always and to never give up despite multiple failures. Surely you will "Succeed in no time." ■

HUMOUR

- Heena Thaker
(Haridwar)



- ❑ A man placed an ad in the classifieds: "Wife wanted." The next day he received a hundred letters. They all said the same: "You can have mine."
- ❑ A man meets a genie. The genie tells him he can ask for whatever he wants, but his mother-in-law gets double of what he gets. The man thinks for a moment and says, "Okay, give me a million dollars and beat me till I'm half dead."
- ❑ ATTORNEY : Do you recall the time that you examined the body?
WITNESS : The autopsy started around 8:30 p.m.
ATTORNEY : And Mr. Denton was dead at the time?
WITNESS : If not, he was by the time I finished.
- ❑ Ek chota baccha bahut der se ghar ke bahar khada darwaje ki ghanti bajane ki kosish kar raha tha. Toh ek budha aadmi aaya aur kaha:
Budha aadmi: Kya kar rahe ho beta?
Baccha: Uncle, yeh ghanti bajana chahta hoon.
Budha aadmi (ghanti bajake): Yeh lo bajgaya, ab kya hai?
Baccha: Ab bhago!
- ❑ Chhota Santa stopped by the corner grocery store and read the following list to the Sabji wala:
10 kilo sugar at Rs. 1.25 a kilo, 4 kilo coffee at Rs. 1.50 a kilo
2 kilo butter at Rs. 1.10 a kilo, 2 bars soap at Rs. 0.83 each
"How much does that come to?" asked Larry.
"Twenty-two rupees and thirty-six paisa."
"If I gave you three ten rupee bills, how much change would I get?" said Chota Santa.
"Seven rupees and sixty-four paisa," stated the Sabji wala who appeared to be irritated by all the questions.
Chota Santa said, as he disappeared through the door, "Mujhe ye sab kharidna nahi hai, .. mujhe to bas apne kal ke maths homework ka answer jaanna tha." ■



**Shri Harakhchandbhai Savla (Badawala),
Founder and Managing Trustee of Jeevan Jyot Trust along with
Vaishnaviji & Trust's Adv. Smt. Pragnaben Gala (Layja)
enjoying Holi with the sick elderly at Jeevan Jyot Old Age Home
and trying to make their lives colourful.**



**Shri Harakhchandbhai
Savla (Badawala), Founder
and Managing Trustee of
Jeevan Jyot Trust is
boosting the mental morale
after hearing the miseries
and challenges of a sick
old Jain in Jeevan Jyot
Old Age Home.**

To,



The picture speaks of compassion



Items from the homes of donors like you brings unlimited happiness on the faces of children with cancer. Jeevan Jyot Trust Founder and Managing Trustee Shri Harakhchandbhai Savla (Badawala) is seen giving bags and biscuits to a child cancer patient.