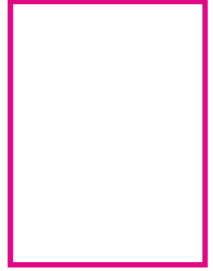


JEEVANPATH

JEEVANPATH

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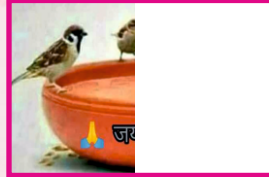
Mumbai, 15th June 2023

E-mail : jeevan_jyot@yahoo.in



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 Wing**



**A volunteer of
the organization's
Jeevdaya wing
has taken the
pigeons to the
doctor who was
injured by a
crow's beak.**

The sponsor for this issue of Jeevanpath has also contributed generously towards relief activities for our cancer patients like Annakshetra, Jeevdaya and Toy library.

**Matushree Devkaben Mulji Kanji Gala's 8th Death Anni. &
Smt. Naliniben Vrajlal Mulji Gala's 5th Death Anni. (Durgapur-Navavas)**



**Shri Harakhchandbhai Savla (Bada),
Founder and Managing Trustee of Jeevan Jyot Trust is seen
distributing notebooks and school bags to children with cancer.**



**Distribution of mangoes and mango juice to
hospital patients for four consecutive months by the Trust.**

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

Estd. : 1983

Jeevanpath®

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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.

Now you can read Jeevanpath on Internet - Visit - www.jeevanjyot.in

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ॐ **Arihante Namō Nama:**

“May every moment of every living being in the world be auspicious.”

FROM THE EDITOR'S DESK



Imagine your mind like a garden and
 Your thoughts are the seeds.
 You get to choose what seeds you plant in it
 You can plant seeds of positivity, love and abscondance
 Or can plant the seeds of negativity, fear and lack

You can also spend time trying to
 take care of everyone else's garden.
 Or you can work in making yours beautiful
 and attract other beautiful people to your garden.

- Jake Woodard

“Books are as useful to a stupid person as a mirror is useful to a blind person.”



-: 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 :

Bank of Maharashtra (Bhoiwada Branch) IFSC - MAHB0000563	A/c. No 20059826756
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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
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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
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- 22) Late Shri Inderchand Lakhichand Khinvesera (Dhule) : Pasti Scheme
- 23) Dr. Ramesh Mantri : Grain Distribution

TRUE STORY

Bravo Dhyanchand True Patriotism

The date 15th August hold a great significance for every Indian. But 11 years before that day of 1947, the Indian Flag flew highest in Germany and very few of us know about it.

At the 1936 Olympics, the Indian Hockey team were at their very best impressing one and all. India had advanced to the final when they would take on hosts Germany on August 15. However the mood inside the Indian camp was not that of excitement but of fear because Adolf Hitter was scheduled to watch the final along with more than 40,00 Germans. It was as intimidating as it gets.



In the final, Dhyanchand ran riot against the Germans scoring 6 goals in an 8-1 win. What followed next holds much more importance than just an Olympic Gold Madal.

During the prize distribution, Hitler saluted Dhyanchand and offered him to join the German Army. Everyone in the stadium feared if Dhyanchand refused the offer, then the



dictator Hitler might shoot him.

But Dhyanchand replied with closed eyes-

"India is not for Sale."

In response Hitler saluted him instead of shaking his hand and said "German nation Salutes you for the love of your country India and your nationalism." ■

Yesterday I told a chicken to cross the road. It said, "What for?"

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/Wadia Hospita)	4,000
■ One Time Free Meal With Sweet (J. J. Hospital/Wadia Hospita)	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

**STORY**

The Diamond Ring

Willy, the merchant had crossed the ocean and had arrived in a far away continent where he had succeeded to make a small fortune by his hard work and his own personal ability. When a few years later, He returned home to his own country, he found on arriving at the port that all his relatives were at a nearby villa where there was a large party.

He was in such a happy mood and in the joy of the moment, he didn't even bother changing his grey flannel suit that had become a little worn during the trip.

When he entered the brilliantly lit room, his relatives and friends gave him a rather cold welcome because they had noticed his modest suit and immediately imagined that he had come back as a poor man.

A young negro who happened to accompanying him was very irritated at this and said to Willy, "what a wonderful reception you have received from the people. They have not even the decency to shake your hand after all these years that you have been away from home.



It takes 20 years to make an overnight success.



"Just wait and see" whispered Willy. "They will soon change their looks!" Saying this he slipped a precious diamond ring on his finger. All of a sudden, the faces of all those present lit up and immediately Willy was surrounded by so many people that he didn't even know what to do. A man shook his hand, a cousin threw his arms around him and he had so many invitations from the people present that he thought he would be unable to make any other appointments for several months.

"Has this beautiful precious ring of yours power of enchanting people?" asked the negro.

"Oh no" replied Willy. "They see in this glittering ring something that makes them think I am rich and unfortunately they place wealth above everything else."

"What blind people" Explained the negro. "It is not the ring that has drawn you to them but their desire for riches. Is it possible to appreciate more a piece of yellow metal surrounded by little stones that the goodness of my Lord?"

And indeed how foolish are people who place their trust in riches rather than in Virtues!

Let us still the secret joy partake.

To follow virtue for virtue's sake.



Women Empowerment

INDUBEN RAJPUT

Induben Rajput of Mehsana, Gujrat was hurt in a bike accident in 2017 that lost her spine grovelly wounded, with many cracks and compressed nerves. She was recommended to spend the entire day in bed in order to avoid a permanent back problem.



This put the mother of a daughters in a difficult situation. Her stitching business was just getting started and her hard earned money was going towards her pricey medical treatment. Her husband, a government clerk at the time took out money loans to pay her post-surgery treatment and their children's education.

Induben being an expert in preparing variety of dishes, but she was full of doubts, when her daughters first suggested to start selling home cooked food. Living in a state populated with all kinds of food joints - big and small - where people love their food with ardent devotion, she knew she had to have stand out component to make



If you cannot change your mind, you are sure you have one.



money. Without enough financial standing to buy ovens and microwaves, she did the next best thing - she turned towards her mother's recipe..

Being born and raised in Kolhapur has its advantages. As a Gujarati, she must have eaten Vada Pav than Dhoklas, while growing up, her mother would make them at home and add her masalas instead of what is generally used. This gave the food a distinct flavour and smell.

In 2019, the family rented a small space for Rs 16,000/- and spared their food joint "chilli and cheese". They started selling Vada Pav and later added other items such as Sandwiches, pizzas and burgers. Induben introduced Mint and Schezwan Vada Pav to attract the younger generation. The various types of Vada Pav available range from Rs.30/- to Rs. 79/-. The joint opens at 11.00 am, but Induben starts work around 9.00 am. She purchases fresh Vegetables from the market and starts her day by boiling potatoes and making chutneys. Her business has now started growing and they receive an average of 30-40 orders per day.

"We can not afford to hire any staff for now and my family is very supportive. As for my





back pain. It is still there but I am improving. I still can not sit for long but my new job requires me to stand most of the time" - She says. Her husband and daughters help her. In the future, she hopes to expand her services and start delivery options.

While the initial marketing was through word of mouth and

social media platforms, things changed for better after she appeared on the "Big Picture" with Ranvir Singh. She received many congratulatory calls from relatives and strangers.

In fact, the business best selling item is the 'Spicy Simba Vado Pav' which Ranvir Singh named himself.



*"Go not to the temple...." by Rabindranath Tagore
(Nobel Prize in Literature, 1913) - what a powerful
message for the World that is so divided today.*

Go not to the temple to put flowers
upon the feet of God,
First fill your own house with
the Fragrance of love and kindness.

Go not to the temple to light candles
before the altar of God,
First remove the darkness of sin,
pride and ego, from your heart...

Go not to the temple to bow down
your head in prayer.
First learn to bow in humility before
your fellowmen.
And apologize to those you have
wronged.

Go not to the temple to pray on
bended knees,
First bend down to lift someone who
is down-trodden.
And strengthen the young ones.
Not crush them.

Go not to the temple to ask for
forgiveness for your sins,
First forgive from your heart those
who have hurt you!



PUN & FUN WITH WORDS !!

Q : Can February March?

A : No. But April May!

Q : Have you heard the joke about the butter?

A : I better not tell you, it might spread!

Q : What did the triangle say to the circle?

A : You're pointless!

Q : What do you call a group of men waiting for a haircut?

A : A Barbercue!

Q : What do you call a person that chops up cereal

A : A cereal killer!

Q : What do you call a South American girl who is always in a hurry?

A : Urgent Tina!

Q : What do you call two fat people having a chat?

A : A heavy discussion!

Q : What kind of emotions do noses feel?

A : Nostalgia!



Q : What kind of shorts do clouds wear?

A : Thunderwear!

Q : What's easy to get into but hard to get out of?

A : Trouble!

Q : Where do boats go to when they get sick?

A : The dock!

Q : Why can't a leopard hide?

A : Because he's always spotted!

Q : Why did the barber win the race?

A : Because he took a short cut!

Q : Why did the boy tiptoe past the medicine cabinet?

A : He didn't want to wake the sleeping pills!

Q : Why did the tomato turn red?

A : It saw the salad dressing!

Q : Why did the tree go to the dentist?

A : To get a root canal!

Q : Why was the maths book sad?

A : Because it had too many problems!...





JALARAM ANNADANKSHETRA

Name	Area	Amt.
❖ Pramila P. Oza	Andheri	50,000/-
❖ Kalindi Shrikant Kaddare	Dadar	40,000/-
❖ Rosaria Lobo	Wadala	21,000/-
❖ Mrs. Sunanda Nawathe		
By : Kalindi Shrikant Katdare	Dadar	20,000/-
❖ Kritika Sarat Jain	Charni Road	16,000/-
❖ Aviaana Jain	Charni Road	16,000/-
❖ Dhansmita Das		7,000/-
❖ On ocassion of Mihir Naresh's Birthday		
By : Chital Naresh	Mulund	7,000/-
❖ Brij Mohan Gayatri Devi Bagaria	West Bengal	7,000/-
❖ Tour Mart - By : Zubin K. Mody	Lower Parel	4,000/-
❖ G. A. Alloys	Reay Road	4,000/-
❖ Gita Hukku	Andheri	4,000/-
❖ Pritha Sushant Gupta	Prabhadevi	4,000/-
❖ Neha Sanjay Sharma	Kamothe	4,000/-
❖ In loving memory of Late Mr. S. L. Khanna		
By : Tulika Khanna	Sanpada	3,500/-
❖ Jitendra Pratap Singh	Nahur	3,500/-
❖ In loving memory of Late Lata Chugani		
By : Vinit Kishore Mirpuri	Khar	3,500/-
❖ Vidya Wagle	Dadar	3,500/-
❖ Sunil Jaywant Kadam	Dadar	2,000/-
❖ Chhaya Narvekar	Bhandup	2,000/-
❖ Ranjan V. Shenoy	Chembur	2,000/-
❖ K. D. Skandan		
By : Sachin Shankar	Parel	2,000/-



PLACES OF INTEREST

VALLEY OF FLOWERS

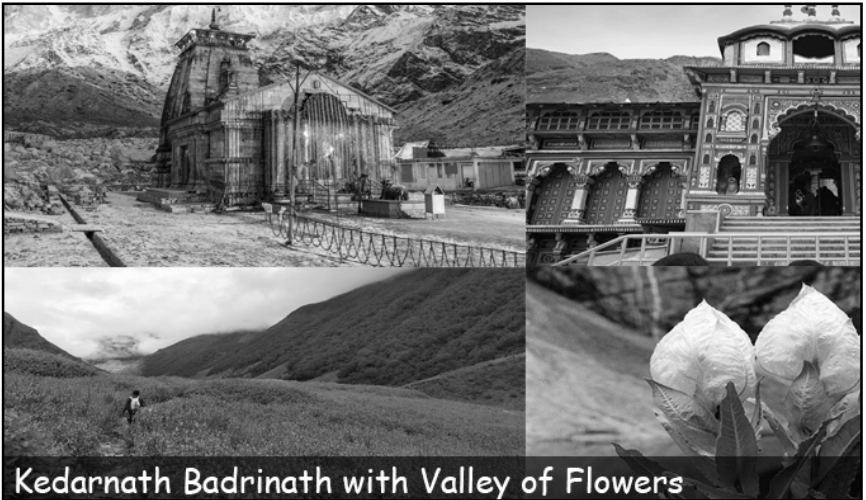
Famous for the charming meadows and alpine flowers, the Valley of Flowers places itself near Badrinath in the Garhwal region of Uttarakhand. Being famous national park since 1982 and achieving a title of UNESCO World Heritage Site since July 14, 2015, it is one of the most welcoming space for not just the residents but also the tourists. It is a space that blossoms up with a wide range of flowers and a room for several rare and exotic birds. Very commonly known among trekkers around the world,





it is common attraction for an adventure.

Valley of Flowers from Dehradun opens up in June for everyone till the first week of October. It brings forth the best monsoon beauty that you will ever come across. It



Kedarnath Badrinath with Valley of Flowers





caters to the best vacation. Despite the break from the routine, it renders to mental and emotional satisfaction. Just as it comes with the magnetizing name Valley of Flowers, it smells refreshing and to the best to visit during monsoon months of July and August.





Reasons why One should visit Valley of Flowers

1) Perfect Nature :-

Nature is bliss and one of the best gifts to humans. One can reach up to space and realise the beauty. One can also feel the satisfaction that it renders to the mind and soul.

2) Trekking :-

To trek is one of the most joyous and adventurous parts that one can experience in Valley of Flowers. One can choose to go for a monsoon trek and also pick up ways to interact with the beautiful nature.

3) Unique Flora :- Flowers are not just the benchmark but are also the pin pointers of a healthy and blooming nature. One can see fascinating flowers like Brahma Kamal in the monsoon.



4) Rare and Endangered Animals :- Trip to the beautiful natural location will go in vain if one does not come across the site of faunas. It includes Brown bear, blue sheep, red fox, musk deer, snow leopard etc.

5) Bird Watching :-

Bird watching is a must do when one come to the Valley of Flowers. It is home to several exotic species of birds including Himalayan Monal.

6) Himalayan View :- What is a better example of a snow capped mountains than the Himalayas! Visiting it will keep help one retrace the childhood dream of seeing the Himalayas close with its wide ranges and natural carvings.



7) A blend of traditional History :-

As per the Hindu tradition the 'Sanjivani' the herb that gave life to Laxman, brother of Lord Rama also has its origin here

8) Pilgrimage :- With roads splitting into two ways, one can easily track their paths to the Sikh Pilgrimage named 'Hemkund Sahib'. It solves the purpose of both completing religious tour and also enjoying the gift from God. ■



INSPIRATION STORY

A Constructive Attitude

Our thoughts are mental images that guide our actions. Our attitude is nothing but a bundle of thoughts that lead our life. A constructive (optimistic) or destructive (pessimistic) attitude has everything to do with the kind of thoughts we choose every moment.

Pessimistic thoughts make us negative and feel like losers – unable to excel and succeed in the great things that life has to offer. Optimistic thoughts paint a smile in our soul. They allow us see the bright side of life and find the appropriate answers and solutions for any challenge we face.

By altering our thoughts, we not only alter our present but also our future. Unless we understand what attitude is and take the right attitude, we will not be able to get any of what we really deserve.

In life, in everything we do, there is no second chance. Either we choose to lose or to win. You can do whatever you set your mind to, you can, if you believe it and perceive it. Set yourself to win, change your thoughts and therefore your attitude.

Have an amazing attitude journey ahead and take care of your thoughts. They are like babies that require our constant attention and care.

"Sometimes only a change of viewpoint is needed to convert a tiresome duty into an interesting opportunity."

Education....

- * No man who worships education has got the best out of education.... Without a gentle contempt for education no man's education is complete. ~G.K. Chesterton
- * Education is what remains after one has forgotten what one has learned in school. ~Albert Einstein
- * The whole purpose of education is to turn mirrors into windows. ~Sydney J. Harris

BENEFITS FOR CANCER PATIENTS

Name	Area	Amt.
❖ Meena Narayan Shetye	Borivali	25,000/-
❖ Dwipendra Nath Das	Bangalore	20,000/-
❖ Lilaram Chapperwal	Vashi	13,500/-
❖ Adi Jehangiri Pithawala	Jogeshwari	10,000/-
❖ Mordi B. B.	Airoli	6,400/-
❖ Gita Hukku	Andheri	6,000/-
❖ Prahlad Sadashiv Joshi	Sanpada	5,000/-
❖ Shailesh Ganpat Chavan	Thane	5,000/-
❖ Karuna D. Sankalkar	Andheri	5,000/-
❖ Tilakraj Baijnath Saigal	Goregaon	3,000/-
❖ Reshmi Tajinder Narang	Andheri	2,500/-
❖ Parag Prakash Shimpi	Pune	2,000/-
❖ In loving memory of Late Mangesh Ladha By : Vijyalaxmi Ladha	Vileparle	2,000/-
❖ Arjun H. Jaiswar	Andheri	1,500/-
❖ Ashok Chandna	New Delhi	1,100/-
❖ Ramnathan Ramani	Chennai	1,000/-
❖ In memory of Late Mohan P. Kulkarni's Birth Anni. By : Dipti Dixit Pandit	Chunabhatti	1,000/-
❖ Dasrath B. Sawant	Dahisar	1,000/-
❖ Natasha N. Advani	Kemps Corner	1,000/-

Nobody Will Remember:

- Your salary
- How "busy" you were
- How many hours you worked
- How many Gucci bags you owned

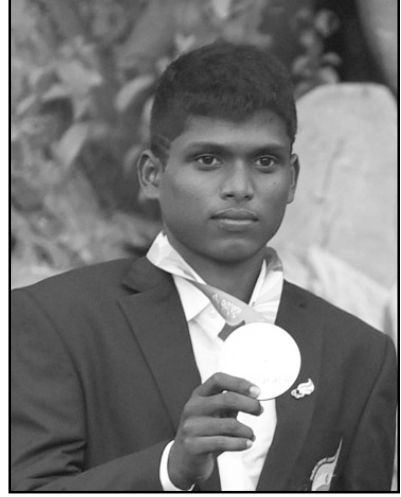
People Will Remember:

- How you made them feel
- The time you spent with them
- If you kept your word
- If they could count on you

MARIYAPPAN THANGAVELU

Paralympic High Jumper

Mariyappan Thangavelu was born on 28th June 1995 in Perievadagampatti, Salem district, Tamil Nadu is an Indian Paralympic High Jumper. He represented India in the 2016 summer Paralympic Games held in Rio de Janeiro in the Men's High Jump T-42 Category and the 2020 Summer Paralympic Games held in Tokyo, in the Men's High Jump T-63 category, winning the Gold Medal and Silver Medal respectively in the finals. He is India's first Paralympian Gold Medalist since 2004.



Mariyappan's father reportedly abandoned the family early on and his mother Saroja raised all her 6 children as a single mother. Carrying bricks as a labourer until becoming a vegetable seller-earning Rs 100/- a day. At the age of 5, Mariyappan suffered permanent disability in his right leg when he was run over by a drunk bus driver while walking to school. The bus crushed his leg below the knee causing it to become stunted. Despite this setback, he completed secondary education. Then he



completed a bachelor's degree in Business Administration.

He enjoyed playing volleyball as a student. Subsequently his school physical

education instructor encouraged him to try high jumping. In his first competitive event at age 14, he placed second among a field of able-bodied competitors after which he



Hard work has a future payoff. Laziness pays off NOW!





received strong encouragement from his classmates and others in Salem District.

In 2013, his current coach Satyanarayan supported by the Sports Academy of India for the differently-abled first noticed his performance at the Indian National Para-athletics Championship and formally took him on as a student in 2015, bringing him to Bengaluru for further coaching.

In March 2016, he cleared a distance of 5 ft. 10 inches in the Men's T-42 High Jump



Event at the IPC Grand Prix in Tunisia qualifying him for the 2016 Summer Paralympics. In Rio-de-janeiro he won the gold medal again in the T-42 category with a jump of 6 ft 2 inches. In Nov. 2019, he cleared a distance of 5 ft. 11 inches in the Men's T-63 High Jump Event at the 2019 World Para Athletics Championships in Dubai to win the bronze medal behind fellow Indian Sharad Kumar. In August 2021, he won the Silver Medal in Men's T-63 High Jump Event at the 2020 Summer Paralympics which was the second medal in his career.

In October 2018, he was named as the flag bearer for the 2018 Asian Para Games held in Jakarta. On 7th December he was offered group. A Post as a Coach with the Sports Authority of India.

Awards & Recognition.

- He was awarded Padma Shri in 2017.
- He was also awarded Arjun Award and a cash award of 5.00 lakhs.
- He received Rs. 2.00 Crores from the Govt. of Tamil Nadu
- He got Rs. 75 lakhs



from the Ministry of Youth Affairs & Sports.

- ❁ He received Rs 50.00 lakhs from the Govt. of Madhya Pradesh.
- ❁ Rs. 30.00 lakhs received from the Ministry of Social Justice and Empowerment.
- ❁ Rs. 15.00 lakhs recd. from the fund established by Sachin Tendulkar.
- ❁ He was awarded Major Dhyanchand Khel Ratna in 2020, the highest sporting honour of India. ■



HALDI MILK SCHEME

Name	Area	Amt.
❁ Bijal Parin Shah	Dadar	2,100/-
❁ Nimisha Nilesh Nakashe	Sat Rasta	2,100/-
❁ Tanvi Doshi	Bhandup	1,400/-
❁ Kamlesh T. Mehta	Dombivali	1,200/-
❁ Neha Sanjay Shrma	Kamothe	700/-
❁ Pritha Sushant Gupta	Prabhadevi	700/-
❁ Ranjan V. Shenoy	Chembur	700/-



RECIPE

Protein Rich Mung Daal Dhokla

- Mrs. Aasha Dasondi (*Matunga*)

Ingredients :

- 1 cup yellow mung daal
- 4 tbs. Sour curd
- 1 small pieces ginger
- 4 green chillies
- 1/4 tsp. Hing, 1/4 tsp. Haldi,
- 1/2 tsp sugar, salt
- 1 cup Palak leaves-finely cut
- 1 cup corn
- 1/4 cup Corriander
- 1 tsp red chilli powder
- 1 tsp oil, 1 tsp.
- ENO fruitsalt

Method :

Wash mung daal and soak for 2 hours. Take out water from it and grind coarsly with ginger, chillies and sour curd.

Take out in a bowl and add salt, sugar. hing, haldi and other vegetables. Add oil and mix well. Add ENO just before steaming. Transfer it in thali.

Turn on gas and add 2 cups of water in a pan and let it boil. When it starts boiling, the thali with dhokla batter and sprinkle red chilli powder on top of the batter. Cover and steam for 10 minutes. Bake on high flame.

Remove from gas and let it cool. Then make pieces of it.





For tampering :

- 1 tbs. Oil,
 - 1 tbs. jeera,
 - 2 tbs. Til.
 - 1 tbs. mustard seeds,
 - 1/4 tsp. hing,
 - Curry leaves, green chillies.
- Saute everything in oil and add hot tampering on dhokla. Garnish with corriander and serve with chutney.

Ingrediants of Chutney :

- 2 tsp. Oil
- Curry leaves,
- 4 tomatoes - Salt
- 1 small piece of Imli
- 1/2 tsp. Udad daal
- 4 dry red chillies
- 2 tsp. sugar.
- 6 garlic cloves (optional).

Method : Start the gas-put pan on gas. Take oil in a pan and add Udad daal, curry leaves, red chillies, tomatoes when oil is hot, Saute well. Add salt, sugar, Imli, garlic and mix well. Let the tomatoes get soften.

Put off the gas. Let the mixture cool. Then grind well. Chutney is ready to serve. ■

Last Month's activities carried out by Trust

- 35 cards were given for food and 17 for Haldi milk.
- Food Grains distributed among 147 Cancer patients family.
- Fruits were distributed among 174 Cancer patients.
- 60 Morning & 61 Afternoon - Breakfast were given to Cancer patients.
- 8 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 14 patients.
- 19 patients were given help by different trusts and received best response.
- Medicines worth Rs. 5,99,320/- were given to cancer patients.
- Medical treatment worth Rs. 3,47,500/- was given to other patients.
- 23 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.4,80,300/-.
- Handicapped person were provided with : 3 Walker, 1 Walking Stick, 2 Commode Chairs, 4 Wheel Chairs, 4 Flower Beds, 4 Oxygen Machines and 8 Oxygen Cylinder were given.
- 17 files made for cancer affected patients.
- 134 Patients got benefit of free Ambulance Service.
- 14 patients got Colostomy Bag at Concessional Rate.
- 4 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.

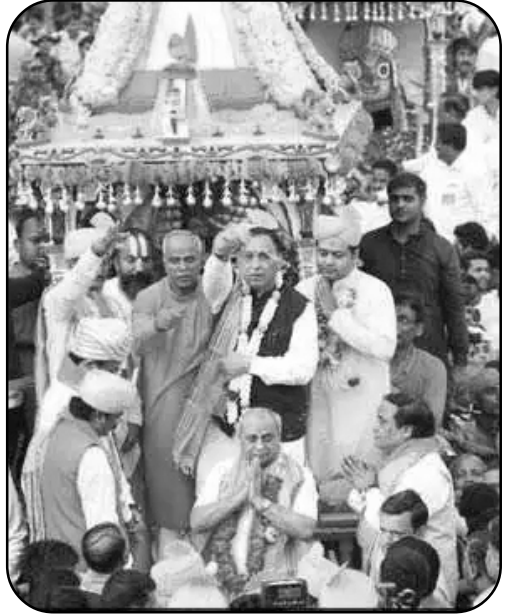
The activities are as follows: (Per day)

	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/-

FESTIVALS OF INDIA**Rath Yatra in Ahmedabad**

Rath Yatra is a Hindu Festival in Ahmedabad. It is organised by Jagannath Temple Ahmedabad on every Ashadh Sud-Bij since 1879. This year it is on 20th June 2023.

This annual festival celebrates Jagannath, Balram and Subhadra. It is celebrated as a



❁❁❁❁❁❁❁❁❁❁ When a man gives way to anger, he only harms himself. ❁❁❁❁❁❁❁❁❁❁



lokotsav (Public festival) of the State of Gujarat. The Ahmedabad Rath Yatra is the third largest Rath Yatra after those in Jagannath Puri and Kolkatta which are celebrated on the same day.

Lord Jagannath came in the dream of Narsinhadas and after that incident he started to celebrate Rath Yatra in 1878.

The Rath (chariots) are made from coconut tree by the devotees of Khalas caste from Bharuch. Chariots are still driven by people from the same caste.

Jalyatra :- It has been carried out on Jyestha Shukla Poornima when Jaganath, Balram and Subhadra Symbolically go to the maternal uncle's home at Saraspur. Darshan in temple is closed from that day. Jalyatra of Lord Jagannath to Sabarmati river come with a procession and perform the Ganga poojan, returning with vessels of

water for the Abhishek to Jagannath. After performing the Shodashopachar poojan vidhi by chanting the vedic mantras symbolically the Lord Jagannath with Balram and Subhadra are sent to their maternal uncle's home.

Netrotsav - Before 2 days prior to Rath Yatra, Netrotsav ritual on idols is conducted. According to belief, the eyes of these three deities are affected with conjunctivitis owing to eating of Jamun and Plum (Bor) in maternal uncle's house. Hence idols are symbolically treated for it during Netrotsav Poojan by covering eyes with clothes.

Rath Yatra - On Ashadh Sud Bij, Mangal Aarti is performed at 4.00 am. And usually Rath Yatra is carried out at 7.00 am. Pahind Vidhi ritual is performed by Chief Minister of Gujarat in which symbolic cleaning of the path



of Rath Yatra is carried out, after which the chariot procession begins.

In Rath Yatra, Lord Jagannath chariot is carried out first, followed by Subhadra and then Balram Chariots. Akhadas, elephants, decorative trucks and troupes also take part in 14 kms. long Rath Yatra. It passes through different parts of the city of Ahmedabad. The yatra halts at Saraspur where the locals offer 'Maha Bhoj' to the entire entourage of devotees of Lord Jagannath. ■

Happy Life

1. Marry the right person. This one decision will determine 90% of your happiness or misery.
2. Work at something you enjoy and that's worthy of your time and talent.
3. Give people more than they expect and do it cheerfully.
4. Become the most positive and enthusiastic person you know.
5. Be forgiving of yourself and others and be generous..
6. Have a grateful heart. Persistence, persistence, persistence.
7. Discipline yourself to save money on even the most modest salary and commit yourself to quality.
8. Be loyal, be honest and be a self-starter.
9. Be decisive even if it means sometimes you'll be wrong.
10. Treat everyone you meet like the way you want to be treated.
11. Commit yourself to constant improvement.
12. Take good care of those whom you love.
13. Understand that happiness is not based on possessions, power or prestige, but on relationship with people you love and respect and don't do anything that wouldn't make your Mom proud.

- **Vatsal Shah**, *Ghatkopar*

Kids Corner

Always think and act with positive mind

- Aasha Dasondi, Matunga

In a village named Mangaon use to stay Papli who was very religious and used to pray God everyday. She had a routine of taking bath, then doing prayers and then she would go in the kitchen to make lunch. She used to make rotis but the first roti she used to keep in the window of the kitchen. Many birds used to come at that time to eat the roti and Papli will be very happy seeing them eating roti.

As was her routine everyday she made rotis and kept one roti in the window. One disabled Saint came there and took away the roti. Papli was shocked. But then she thought he must be very hungry and my intension is to feed roti. Today insted of birds, this saint took it. No problem. But this became everyday's routine. Papli will keep the roti in the window, saint will come and pick up the roti.

Now Papli was annoyed. She wanted birds to eat the roti, instead everyday this ugly looking saint is coming at the right time and picks up the roti. She made dough to prepare roti but she put some poison in it and made the roti and kept in the window. She came out of the house



and waiting for the saint to come and pick up the roti.

Suddenly she heard bells ringing in the temple nearby. Her mind changed. She came inside, took that roti and put it in the fire. Again she made fresh roti and kept in the window. The ugly saint came and picked up the roti and put it in his bag and went away.

In the afternoon, someone knocked at the door. Papli was surprised as usually no one used to come to her house. She opened the door and saw her son Gopal standing outside. Her son Gopal, had gone to the city to earn more money. She was very happy to see him but at the same time worried too. Her son had lost too much of weight and was looking ill, tired and exhausted. He came in, washed hands and then said, "Mother, today what happened you know? I was looted by thieves. I had no money, no food and was very tired also. I was coming walking here as I had no money to hire vehicle. I was very hungry also. I saw one ugly Saint. I asked him for food. He took out one roti from his bag and some water. I ate that roti and drank water, rested for a while and started walking again and reached here safe. I will not forget the help that ugly saint did.

Papli had tears in her eyes. She was stunned. She knew he was the same saint who had taken roti from the



window. Suppose she would have put that poisonous roti - what would have happened? She took hands of her son and kissed them and simultaneously thanking that saint and God both.

Moral of the Story :- Always think and act with positive mind. Never think ill of anyone. ■

DONATE WITH AN OPEN HEART

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ Dr. Polly Jain	Rajasthan	1,00,000/-
❖ Ehara Engineering Pvt. Ltd.	Goregaon	50,000/-
❖ Shanbhag Engineering Company	Andheri	50,000/-
❖ Anita Naresh Jagasia	Chembur	35,000/-
❖ Meena Narayan Shetye	Borivali	25,000/-
❖ Prakash Shankar Patankar	Sewree	20,000/-
❖ Late Lt. Coc. Bejon N. Mehta By : Riaz Bejon Mehta	Pune	12,500/-
❖ Rishi Satish Aurangabadwala	Chembur	11,000/-
❖ Dinesh Laxmichand Jumani	Grant Road	11,000/-
❖ Parag Prakash Shimpi	Pune	10,000/-
❖ Dr. Narottam Kumar Jain	Bangalore	10,000/-
❖ Deen Bandhu Samaj Trust	Colaba	10,000/-
❖ Narinder Rahul Sharma	Andheri	6,000/-
❖ Mulki Krishna Kamath	Vasai Road	5,100/-
❖ Dina Kaikobad Irani	Parel	5,000/-
❖ Sankaran Venkatraman Karugudi	Thane	4,000/-
❖ Arjun Jaiswar	Andheri	3,000/-
❖ Sanjay Ayodhyasingh Chouhan	Dadar	1,100/-



HUMOUR

- Heena Thaker
(Haridwar)



- Doctor: "I had a young boy in here yesterday that swallowed 10 quarters. Any news on how he's doing?"
Nurse: "So far, still no change."
- Doctor: "Mr. Jones, you may want to sit down. I have some bad news and some very bad news... which would you like to hear first?"
Mr. Jones: "Oh jeez, I guess I'll take the bad news first."
- Did you hear about the optometrist that fell into his lens grinding machine?
I heard he really made a spectacle out of himself.
- Patient: "Please help me! I can't stop my hands from shaking."
Doctor: "Do you drink often?"
Patient: "Not really, I end up spilling most of it."
- A woman went to the doctor complaining of pain all over her body.
"I hurt all over," she said.
"What do you mean all over?" the doctor asked, "Can you be a little more specific?"
- The woman proceeded to touch her right knee with her index finger and yelled, "Ow, that hurts." Then her nose and yelled again, "Ouch! That also hurts." Then she touched her left earlobe and yelled again, "Even that hurts doc."
After examining her, the doctor came to a conclusion... the woman had a broken finger.
- Patient: "Hey doc, are you sure I'm suffering from pneumonia? Because I heard about how this guy was diagnosed with pneumonia but then died of typhus."
Doctor: "No worries here, that won't happen to me. If I treat someone with pneumonia, he will die of pneumonia." ■

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Picture Speaks of Jeevan Jyot Old Age Home



Physiotherapy treatment given by the nurse at Jeevan Jyot Old Age Home.

Picture speaks of Drug Bank



Volunteers of the trust distributing free medicines under the wing of Jeevan Jyot Drug Bank.

To,



Picture speak of an appeal to donors

**Jeevan Jyot
'Sickbed Service'
(equipment for care
in sickness) where
one of the service
is providing oxygen
cylinder service.
Appeal to donors :
There is a need of
20 oxygen cylinders.
The price of
1 cylinder is
Rs. 5000/-.**

