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JEEVANPATH

JEEVANPATH



Vol. No. 11, Issue No. 5

Total 44 Pages

Mumbai, 15th August 2023

Website : www.jeevanjyot.in

For Awareness ₹10/-

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



The picture speaks of a Dialysis Centre



A patient receiving dialysis treatment at a concessional rate at Dialysis Centre run by Jeevan Jyot Trust and MEVA.

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

Jasmine P. Gala (Sadau-Vileparle)



Unwanted items, clothes, toys, utensils, medicines, plastic (in short everything you don't use) are collected from donors. A humble request to donate for cancer patients and participate in this campaign. Note: You can also join this campaign by collecting the belongings of your entire society and calling the vehicle of the organization to your premises on the day fixed by the organization.

The picture speaks of pain



A concerned blind and disabled father approached Jeevan Jyot Trust to seek financial help for the treatment of his daughter with cancer.

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.

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Trust Regd. No.: P.T.R.E.-17259 - F.C.R.A. 083780700 ❁ CSR Regd. No.: CSR 00002659
TI.T. EXEMPTION, DIT (E), MC/8E/80G/53(2009-11) ❁ **Email** : jeevan_jyot@yahoo.in



ॐ **Arihante Namō Nama:**

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

FROM THE EDITOR'S DESK



"Michhami Dukadam"

"Micchami Dukadam" is an ancient Indian Prakrit language phrase found in historic Jain texts.

It literally means "May all the evil that has been done be in vain".

The phrase is alternatively interpreted and said to mean.

"I ask pardon of all living beings. May all of them pardon me.

May I have friendship with all beings and enmity with done "

As a matter of ritual, Jains greet their friends and relatives on this last day of Paryushan with "Micchami Dukadam" seeking their forgiveness by saying "May all my improper actions be inconsequential and may all my transgressions be forgiven" ■

"Success doesn't come to you? you go to it."

-: 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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| 23) Dr. Ramesh Mantri | : Grain Distribution |



BIRTH ANNIVERSARY

Captain Anuj Nayyar

Indian Military Officer.

Captain Anuj Nayyar, MUC was in Indian Army of 17 Jat, who was posthumously awarded the Mahavir Chakra, India's second highest gallantry award for his bravery and exemplary valour in combat during operations in the Kargil War 1999.



Captain Anuj was born on August 28, 1975 in Delhi. He was a bright student who consistently performed well in academics and sports. He received his high school education from Army Public School Dhaula Kuan (1993 batch). He graduated from National Defence Academy and later was commissioned into the 17th battalion, Jat Regiment (17 Jat) in June 1997 from the Indian Military Academy

In 1999, the Indian Army detected a massive infiltration by Pakistani Military and para-military forces in the Kargil region. The army quickly mobilized its forces to drive out Pakistani infiltrators from Indian territory. 17 Jat was one of the batallions deployed in the region. Nayyar's first major operation involved securing Pimple II, a peak within

the Pimple Complex on the western slopes of Point 4875, a strategic peak in the Mushkoh Valley.

During the initial phase of C. Coy's assault on Pimple II, Nayar's company commander was injured and command devolved upon Anuj. As the Unit advanced under heavy enemy artillery and mortar fire, the lead section reported the location of 3-4 enemy bunkers, Anuj moved forward and destroyed the first bunker with a rocket launcher and grenades. Still under heavy fire, he then proceeded with the lead section, which consisted of 7 personnel and destroyed two more bunkers. During the battle, he killed 9 Pakistani Soldiers and destroyed 3 medium machinegun bunkers. The company then began its assault on the last remaining bunker but while clearing it an enemy RPG directly hit Anuj and martyred him instantly. Pimple II was captured on 8th July '99 but Anuj had to pay his supreme sacrifice on the mission.

During the entire battle for Pimple Complex, 46 regular members of the Pakistani Army, an unknown number of Pakistani para-military troopers, militants were killed and 11 Indian Army troops including Captain Anuj were martyred. The securing of Pimple complex paved the way for the recapture of Tiger Hill which finally forced Pakistan to retreat back across the Line of Control.

Nayar's father was allotted a gas station in Delhi by the Govt. of India in recognition of the services of his son.

A road in Janakpuri area of Delhi is named as "Captain Anuj Nayar Marg". ■

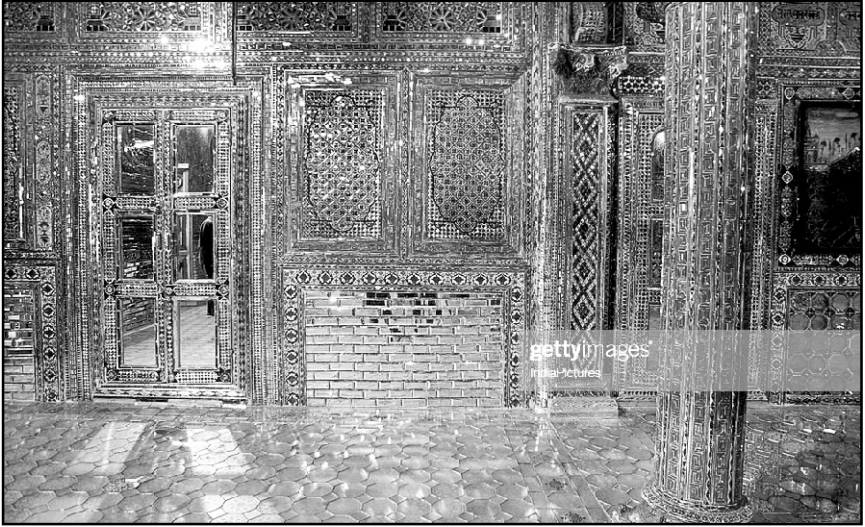
How can you help ?

■ 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



PLACES OF INTEREST

JAIN KANCH MANDIR, INDORE



Kanch Ka Mandir literally means Temple of Glass is a famous Jain temple in Indore, Madhya Pradesh, built by Sheth Hukumchand Jain. The construction began somewhere around 1903.

Shri Hukumchand Jain was a prominent trader and one of the India's Industrial Pioneers. He built a mansion in Itwaria Bazaar called Shish Mahal and adjacent to it the Kanch ka Mandir, both elegantly built using a white stone. Externally the temple is built as a medieval mansion complete with a canopied balcony and a Shikhar.

The interior of Kanch ka mandir is entirely covered by



"An important key to self-confidence is preparation."



glass panels and mosaics including the floor, columns, walls and the ceilings. Sheth hired craftsmen from Jaipur and some even from Iran to work on the temple. The ornamentation follow the gold and medieval Jain style with the major innovation being the use of multi coloured glass and mirrors.

In the main Garbhgrih, the idols of the Tirthankars are flanked by mirrors on both sides, thus their images are seen infinite times. It has an Onyx Mahavir Bhagwan Statue in the center. The temple known as Derasar for jains serves as a central institution for Indore Jains. Some processions start or terminate at this Kanch Ka Mandir.

Jain festivals are celebrated with great enthusiasm at the derasar. On "Sugandh Dashmi" special mandalas are constructed using multi-coloured rice powder.

Collective Kshamavani - festival of forgiveness known also as Paryushan in Indore is organised at a central institution. Even though it is also celebrated at other Indore Jain Derasars.

Annual Rath Yatra on a golden palakhi is taken out from here.

The derasar is opened from 5.00 am to 8:00 pm. everyday. It is at a distance of 3 kms, from Indore Junction. ■

Last Month's activities carried out by Trust

- 27 cards were given for food and 9 for Haldi milk.
- Food Grains distributed among 172 Cancer patients family.
- Fruits were distributed among 143 Cancer patients.
- 63 Morning & 57 Afternoon - Breakfast were given to Cancer patients.
- 6 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 8 patients.
- 17 patients were given help by different trusts and received best response.
- Medicines worth Rs. 5,98,320/- were given to cancer patients.
- Medical treatment worth Rs. 3,57,500/- 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.4,97,230/-.
- Handicapped person were provided with : 4 Walker, 2 Walking Sticks, 4 Commode Chairs, 3 Wheel Chairs, 5 Flower Beds, 4 Oxygen Machines and 3 Oxygen Cylinder were given.
- 17 files made for cancer affected patients.
- 137 Patients got benefit of free Ambulance Service.
- 13 patients got Colostomy Bag at Concessional Rate.
- 3 Cancer patients were given ritual burial under "Kafan-Dafan" scheme.
- 2 unknown persons loitering in street were admitted to Old Age Home.

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/-



JAIN FESTIVAL

“Paryushan” - Festival of spiritual awareness

Paryushan the celebration of spiritual awareness is the most important festival of Jain religion. This annual event occurs sometime in August or September. Paryushan is a time for self-analysis and soul searching. During Paryushan, Jains exercise self-discipline and do penance to purify their souls to the best of their Individual capacities.

It has been prescribed as part of the Code of Conduct for monks in the last section of the sacred Jain Scripture "Kalpa Sutra". During Paryushan the monks stay in one place. This provides the house holders with an opportunity to gain deeper knowledge of Jainism from them.

It is a fact that even if we make a serious effort to live within the framework of high moral standards, we cannot avoid mistakes due to the complexities and hardships of life. During this auspicious occassion of Paryushan, jains review the activities of the past year in light of the teachings of Jainism and resolve to lead a spiritually cleaner life in the future. This is the purpose of celebrating Paryushan.



During Paryushan jains observe the vows of non-violence, truth, non stealing, celibacy and non-possessiveness to a greater extent than during the rest of the year. They engage in self-discipline and perform penance such as study of scriptures, partial or complete fasting, introspection and repentance. They observe modesty, forgiveness and renunciation. Throughout Paryushan, jains attend religious discourses given by scholars. They also resolve to make a greater efforts towards spiritual progress in the coming year.

Many jains do not eat after sunset because sunlight is a natural disinfectant and thus bacterial content in the atmosphere is less during the daytime. Some jains don't eat Vegetables grown underground like onion, potatoes etc. because entire plants are destroyed in obtaining them.

During Paryushan most jains observe these rules and do not eat green vegetables. Some Jains observe a 8 day fast, drinking only boiled Water Other's observe a complete fast for a day or partial fast like eating once a day or eating only twice a day. During these fasts, one's thoughts

and feelings should be pure and free from passions such as anger, pride, intrigue and greed.

On the 8th day, that is last day of Paryushan Universal Forgiveness Prayer known as "Pratikraman" is performed. It is also known as "Kshamapana Sutra" which says :

- I grant forgiveness to all living beings
- May all living beings grant me forgiveness
- My friendship is with all living beings
- My enmity is totally non existent. ■



OPPORTUNITY

Why should we not miss any opportunity in life?

Every opportunity in life creates possibility. If we take advantage of every opportunity, we are more likely to succeed.

Sometimes we let go of opportunities because we want to wait for the chance that could lead us straight to our dreams but later regret not taking it as it could have changed our lives.

Don't wait for that one big opportunity or the chance that you think you need. Instead, take every chance; you'll learn something new, meet new people, and make connections that can get you closer to your dreams.

Be Happy / Be Loving / Be Caring / Be Humble. ■

Women Empowerment

GARIMA ARORA - FIRST INDIAN FEMALE BEST CHEF TO WIN A MICHELIN STAR

Garima Arora is born on 9th November, 1986 in Mumbai and grew up in Punjabi Arora family in Mumbai only. She initially pursued a career in Journalism before becoming a Chef.



In 2018, she left for France. She studied at Le Cordon Bleu in Paris and graduated in 2010. She worked with Chef Gaggan Anand, Gordon Ramsay and Rene Redzepi of Noma in Copenhagen, before opening her restaurant "Gaa" in Bangkok in April, 2017. "Gaa" is a three storey restaurant that celebrates a modern tasting menu using traditional Indian techniques.

In November 2018, she and her restaurant were awarded a Michelin Star, with Garima being the First Indian Chef to receive the distinction. In March 2019, Restaurant "Gaa" made its debut on the Asia's 50 best restaurants list at No. 16 claiming the highest New Entry Award.

In February 2019, Garima was named Asia's Best Female Chef for the year by World's 50 best restaurants.

In August 2019, Garima Arora launched Food Forward India, an initiative prioritizing the future of Indian Food. The inaugural event which took place in Mumbai on 17th October, 2019 brought together Mumbai's brightest minds in the Indian Food Community to engage in a day filled with talks, food tastings, and panel discussions.

Recently she was one of the judges in "Master Chef India" show coming on Sony T.V. ■

BENEFITS FOR CANCER PATIENTS

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ Swati Rajkumar Shrivastav	Mulund	11,000/-
❖ Shobha Ashok Pednekar	Kandivali	10,000/-
❖ Birendra Singh	Bandra	7,000/-
❖ Amy Jal Bhamgara	Andheri	5,000/-
❖ Reshmi Tajinder Narang	Andheri	5,000/-
❖ Tour Mart - By : Zubin K. Mody	Lower Parel	2,000/-
❖ Kumar B. Fatnani	Mulund	1,500/-
❖ Late Tulsia Jyotiba Narewadi By : Kishor Narewadi	Parel	1,100/-
❖ Tejashree Prashant Bhingarde	Sewree	1,001/-
❖ Rajendra Mittal	Peddar Road	1,000/-
❖ Aamir Oganwala	Sewree	1,000/-
❖ Prabhakar Sahadehshirishkar	Lower Parel	1,000/-
❖ Neeta Shinde	Sewree	500/-



8 Tips to balance and maintain optimal health in Monsoon Season

In Ayurved, Ritucharya ('Ritu' means Season and 'charya' means routine) is recommended practice that involves changes in our diet and lifestyle as we move through the seasons. After the hot, dry summer season, we welcome the cool season monsoon - the green season when nature is replenished; the trees revive, the sky fills with black clouds and rivers rise up. In Ayurved, it is said that the monsoon is the time to restore strength lost from the scorching heat of Summer. As the season changes, the qualities of air, fire and water come to the surface and weaken our digestion and increase illnesses. So these are the 8 tips to balance and maintain optimal health during the monsoon.

- 1) Nature provides us with what we need during a particular season. Seasonal fruits like pomegranate, plum, litchi, pear, and vegetables like carrot, radish, bottle gourd, okra, pumpkin and bitter gourd and herbs like neem and turmeric contain anti-oxidants and medicinal properties that prevent infections.
- 2) Consumption of Haldi in the monsoon acts like a natural cleanser. It has a balancing effect that helps prevent almost all seasonal flues.



- 3) Having Chyavanprash every day provides a dose of Vitamin C that can build resistance.
- 4) Eat a small piece of ginger before meals for better digestion or boil half a teaspoon of fennel seeds, coriander and cumin seeds with a small piece of ginger and drink daily.
- 5) Avoid sleeping in the day time as it hampers digestion and slows down metabolism.
- 6) In this humid weather, the body's digestion is weaker so Ayurved recommends prioritising warm, cooked food. Avoid Yoghurt and deep fried foods which take longer to digest. Pick grains and lentils like barley, jowar and red rice, daals like moong, which are the most easily digestible.
- 7) Water boosts our immunity by flushing out toxins. Make sure to boil your water before drinking. It's the easiest and most effective way of disinfecting it.
- 8) Neem is rich in natural anti-oxidants and is known to be an effective blood purifier. Ayurved recommends regular cleansing of blood to boost immunity, prevent infections and promote overall health. Include neem (leaves or tablets) in your daily diet to balance your doshas.





Bone Cancer

Bone Cancer is the most painful cancer. Primary bone cancer starts in cells of the bones. Doctors sometimes use the term 'Bone Sarcoma' when they talk about primary bone cancer.

Sarcoma are cancers that start in any connective tissue in the body. Although bone cancer can occur at any age, two of the most common types are:-

- 1) Osteosarcoma and 2) Ewingsarcoma

Osteosarcoma are more common among men than in women, where as Ewingsarcoma occur primarily in children and young adults.

The most definite way of diagnosing Bone Cancer is to take sample of affected bone and send it to a Laboratory for testing. It is also known as Biopsy. A biopsy can determine exactly what type of bone cancer one has and what grade it is.

What is the first stage of bone cancer?

The tumor measures either less or more than 8 cms. across and has not spread from its original site. It is of low grade or the doctor has not been able to determine the grades through testing. Stage one is the most treatable stage of bone cancer.



What is the final stage of bone cancer ?

Worsening weakness and exhaustion. A need to sleep much of the time often spending most of the day in bed and resting. Weight loss and /or muscle loss as part of Cachexia Little or no appetite and difficulty in eating or swallowing fluids.

Symptoms of Bone Cancer

- 1) Persistent bone pain that gets worse over time and continue into the night.
- 2) Swelling and redness over a bone which can make movement difficult if the affected bone is near a joint.
- 3) A noticeable lump over a joint.
- 4) A weak bone that breaks (fracture) more easily than normal.

What is at risk for Primary Bone Cancer

- 1) Family history of certain genetic diseases or rare cancers.
- 2) Prior radiation therapy or chemotherapy to treat another Cancer.
- 3) Paget disease of the bone.
- 4) Having certain types of bone or cartilage tumors
- 5) Having a bone marrow transplant. ■



8+8+8 Rule

Distribute your day into 8+8+8 hrs to make a good balance sheet of your life.

- 8 hrs of honest hard work,
- 8 hrs of good sleep and
- 8 hrs should be spent on (3Fs, 3Hs, and 3Ss)

3 Fs are family, friends, and faith.

3 Hs are health, hygiene, and hobby.

3 Ss are soul, service, and smile.



JALARAM ANNADANKSHETRA

Name	Area	Amt.
❖ Late Shri Purushottam M. Desai's Death Anni. By : Sangeeta Sandeep Vaingankar	Kandivali	12,500/-
❖ Junaid Salim Tamboli	Ghatkopar	7,000/-
❖ Akshaya Anil Vichare	Thane	7,000/-
❖ Sushma Sunil Pawar	Parel	3,500/-
❖ Ishan Singh By : Jitendra Pratap Singh	Nahur	3,500/-
❖ In memory of Kritika Saraf Jain	Charni Road	3,500/-
❖ Jagannath Shetty's Death Anni. By : SantoshKumari Shetty	Parel	3,500/-
❖ Ami Shetty's Birthday By : SantoshKumari Shetty	Parel	3,500/-
❖ Sanjiva Shetty's Death Anni. By : SantoshKumari Shetty	Parel	3,500/-
❖ Raut & Family	Ghodpdev	2,500/-
❖ Dhruv Bambani	Mumbai Central	1,000/-



FESTIVALS OF INDIA

Vallam Kali - Snake Boat Race

Vallam Kali also known as Snake Boat Race is a traditional boat race in Kerala, India. It is a form of canoe racing and uses paddled war canoes. Vallam Kali includes races of many kinds of paddled long boats and 'snake boats' and is done in many cities of Kerala. One of it is the Aranmula Boat Race.

The Aranmula Boat Race is the most ancient and revered boat races of Kerala held on the day of the Uthirithi asterism in the Malayalam month of Chingam - corresponding between 15th August and 20th September.

Aranmula is a heritage village lies on the banks of the river Pampa in the Pathanamthitte district of Kerala. Legend says that a devotee brahmin promised to provide all the





requirements for the Thiruvona Sadya Feast held on the Thiruvonam asterism. These were to be delivered to Parthasarathy temple in a boat. The boat was attacked by enemy factions during the voyage. However snake boats from the surrounding area came to its rescue and it is from here that the grand tradition of the special Snake Boat Race in the area was born. The snake boat race in itself is an offering to Lord Krishna of Shri Parthasarthy Temple. The credit for the design is given to Lord Krishna, the chief deity of Shri Parthasarthy temple. He is said to have appeared on those shores on a raft made of six bamboos, giving the village its name 'Aranmula or Six Bamboos.

The Nehru Trophy Boat Race is a popular Vallam Kali event held in the Punnamada Lake near Alappuzha, Kerala.

In Kerala during an early 13th Century between the feubal of Kayamkulam and Chembakassery, King Devnarayana of Chembakassery Commissioned the construction of a war boat named Chandan Vallam and he tasked a famous carpenter of the day with the responsibility of creating it. Hence the technical methods for creating these snake boats are around eight centuries old.

The race of Chandan Vallam about 30-35 mtr. (100-120 ft.) long with 64 to 128 paddlers aboard is the major event and tourist attraction. Other types of boats which do participate in various events in the race are Charulan Vallam, Veppu Vallam, iruthukuthy Vallam, Odi Vallam etc.





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

Donor's Name	Area	Scheme	Amt. ₹
<p>☛ In loving memory of Late Arvindbhai Vallabhdas Sonecha By : Hansaben Arvindbhai Sonecha Family</p>	Kandivali	Medicine	2,000/-
<p>☛ In loving memory of Late Mahendrabhai Manilal Gandhi (Limbodara) By : Induben, Alpesh, Sanjay Gandhi Family</p>	Borivali	Jeevdaya	1,200/-
<p>☛ In loving memory of Late Natvarlal Bulakhidas Shah (Harsol) By : Manjulaben Natvarlal Shah Family</p>	Kandivali	Jeevdaya	1,000/-
<p>☛ In loving memory of Late Kamlaben & Late Kantilal Nagindas Shah (Harsol) By : Kantilal Nagindas Shah Family Bhayandar</p>		Medicine	1,000/-
<p>☛ In loving memory of Late Kamlaben & Late Bechardas Doshi By : Dilip B. Doshi</p>	Mulund	Jeevdaya	500/-
<p>☛ In loving memory of Late Shardaben & Late Chimantal Sakarchand Shah (Uvarsad) By : Hema Pradip Shah</p>	Pune	Haldi Doodh	500/-

Arunima Sinha -

Indian Mountaineer, World's

1st Female Amputee to scale Mt. Everest

Arunima Sinha is an Indian Mountaineer Sportswoman. She is the world's first female amputee to scale Mt. Everest, Mt. Killimanjaro (Tanzania), Mt. Ellorus (Russian), Mt. Kosciusko (Australia), Mt. Denali (North America) and Mt. Vinson. She is also a 7 time Indian Volleyball player.



Arunima was born on 20th July, 1989 in Akbarpur, Ambedkarnagar, near Lucknow in Uttar Pradesh. Her father was in the Indian Army and her mother was a supervisor in the Health Dept. Arunima liked football and also was a national Volleyball player. She wanted to join the Paramilitary Forces. She got a call letter from the CISF.

She boarded the Padmavati Express train at Lucknow for Delhi on 12th April 2011 to take an exam to Join CISF.

She faced her life changing accident while travelling to Delhi. Robbers snatched her bag and pushed her out of the running train. She fell on the track and was unable to

move due to her severe injuries. A train coming from the opposite side ran over her leg below the knee. The locals took her to the hospital. She had serious leg and pelvic injuries and lost her leg after doctors amputated it to save her life.

She was offered compensation of Rs. 25,000/- by the Indian Sports Ministry.

Following national outrage, the Minister of State for Youth Affairs and Sports Shri Ajay Makan announced additional Rs.2.00 lakhs as medical relief, together with a recommendation letter for a job in the CASF.

The Indian Railways also offered her a job.

On 18th April 2011, she was brought to the All India Institute of Medical Sciences for further treatment, spending 4 months at the Institute. She was provided a prosthetic leg free of cost by a private Delhi based Indian Company.

While still being treated in the AIMS, she resolved to climb Mt. Everest! She was inspired by Cricketer Yuvraj Singh. She excelled in the basic Mountaineering Course from the Nehru Institute of Mountaineering, Uttarkashi. She climbed Mt. Everest with a prosthetic leg which was arranged by raising funds with the help of a Swami, Ramkrishna Mission, Vadodara.

After a hard toil of 17 hours, Sinha reached the Summit of Mt. Everest at 10.55 am on 21st May 2013 as part of the Tata Group Sponsored Eco Everest Expedition, becoming the first female amputee to scale Everest. She took 52 days to reach.

Arunima is now dedicated towards Social Welfare and wants to open a free Sports Academy for poor and disabled people. She is donating all the financial aids she is getting through awards and seminars for the same cause. The academy would be named Shahid Chandrashekhar Vikalang Khel Academy.

She was awarded Padmashri in 2015. She was awarded Tenzing Norgay Highest Mountaineering Award in India same as Arjun Award too. ■

ANIMAL WELFARE

Name	Area	Amt.
❖ K. K. Gupta	Hariyana	3,000/-
❖ Rajiv Ayodhyasingh Chouhan	Dadar	2,100/-
❖ Ruchi Jain	Surat	1,000/-
❖ Pratibha Ravindra Jaykar	Parel	500/-
❖ Anju Khushlani	Mulund	500/-
❖ Umesh Jain	Santacruz	500/-
❖ Manohar Vinayak Joglekar	Borivali	250/-
❖ Sumeet Ravindra Pathare	Prabhadevi	201/-
❖ Ravindra Sakharam Pathare	Prabhadevi	201/-



STORY

A LIFETIME LEARNING

One old lady handed her bank card to the teller and said "I would like to withdraw £10". The teller told her "for withdrawals less than £100, please use the ATM.

The old lady wanted to know why... The teller returned her bank card and irritably told her "these are the rules, please leave if there is no further matter. There is a line of customers behind you".

The old lady remained silent for a few seconds and handed her card back to the teller and said "please help me withdraw all the money I have." The teller was astonished when he checked the account balance. He nodded the head, leaned down and respectfully told her "you have £300,000 in your account but the bank doesn't have that much cash currently. Could you make an appointment and come back again tomorrow?"

The old lady then asked how much she could withdraw immediately. The teller told her any amount up to £3000.

GRAIN DISTRIBUTION

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❁ Freny Engineer	Parel	2,500/-

"Well please let me have £3000 now." The teller kindly handed £3000 very friendly and with a smile to her.

The old lady put £10 in her purse and asked the teller to deposit £2990 back into her account.

The moral of this story is....

Don't be difficult with old people, they spent a lifetime learning the skill. ■



DONATE WITH AN OPEN HEART

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ Interscape	Borivali	20,000/-
❖ Business Trackers	Nepeansea Road	10,000/-
❖ Omanand Industries	Nagpur	10,000/-
❖ Tour Mart - By : Zubin K. Mody	Lower Parel	5,500/-
❖ Asha Manohar Bhong	Byculla	5,000/-
❖ Kumar B. Fatnani	Mulund	4,000/-
❖ G. S. Nayak & Aayan Nayak	Chembur	3,000/-
❖ Pooja K. Fatnani	Mulund	2,500/-
❖ Usha Shenoy	Dadar	1,600/-
❖ Annatram Singh	Chembur	1,000/-
❖ Kiran L. Bhosle	Prabhadevi	1,000/-
❖ Anup Agrawal	Sion	500/-
❖ Alpana Chavan	Dadar	500/-



RECIPE

Poha Laddoo

- Mrs. Aasha Dasondi (*Matunga*)

Ingredients :

- 1 cup poha - preferably red
- ½ cup dessicated coconut
- ¼ cup ghee
- ¾ cup Jaggery - finely cut
- 2 tbs mixed nuts (Almond, cashews, Walnut)
- 1 tbs raisins
- 1 tbs to 4 tbs milk (as required)
- 1 tsp cardamom powder
- 1 tsp. Poppy seeds

Method :

Heat a heavy bottom pan and dry roast poha until they turn crunchy.

Then add dessicated coconut. Saute but switch off the gas. Take care it doesn't burn. If you are using fresh coconut, then saute in ghee until it begins to smell good.

Let it cool and then mixie - both poha and Coconut.

Add ¼ cup ghee and dry nuts and raisins. Add ghee to poha mixture and also add jaggery and cardamom powder. Mix well.

You can add milk as required if the laddos are not picking up the shape. Mix well and make laddoos of the size you like. Roll it in poppy seeds or sprinkle poppy seeds on top of Laddoos.

These laddoos stay good for 7 days at room temperature if made using ghee. ■





ACCEPT REALITY

When you finally realise that nothing is
permanent in this life,
you will become more tolerant,
more forgiving and
less judgemental.
A Very Good Morning

If you need Knowledge,
Keep adding something New
to your Mind Everyday:
But....
If you need Wisdom,
then keep deleting
few negative things
from your Mind Everyday...
Good morning





Potion Worked

Max and his wife Lola received a letter from their daughter who had gone to study Modern Biochemistry overseas:

She wrote: My beloved parents, I miss you so much and it breaks my heart to think that by the time I get back, you will be so old. Therefore, I am enclosing a bottle of a red potion that I have invented. It will make you 5 years younger and so when I return, you will be the same age as I left you. Please, take only a drop.

Goodbye I love you!"

They opened the envelope and found the bottle with the red potion.

Max looked at his wife and said. "You go first."

Lola took a drop and when she indeed turned 5 years younger, Max immediately did the same.

Years later, the daughter returns home to find her mother, she is younger and happier and she is carrying a baby on her back. She tells her daughter how the potion worked and how it has made her look younger. The daughter is happy and she asks about her father.

"Your father? Hmmm! You know how men don't listen! He drank the whole bottle."

"Whaaat! Where is he?"

"Who do you think is on my back?"



Very Useful Tips

1. The STOMACH is injured when you do not have breakfast in the morning.
2. The KIDNEYS are injured when you do not even drink 10 glasses of water in 24 hours.
3. GALLBLADDER is injured when you do not even sleep until 11 o'clock and do not wake up to the sunrise.
4. The SMALL INTESTINE is injured when you eat cold and stale food.
5. The LARGE INTESTINES are injured when you eat more fried and spicy food.
6. The LUNGS are injured when you breathe in smoke and stay in polluted environment of cigarettes.
7. The LIVER is injured when you eat heavy fried food, junk, and fast food.
8. The HEART is injured when you eat your meal with more salt and cholesterol.
9. The PANCREAS is injured when you eat sweet things because they are tasty and freely available.
10. The Eyes are injured when you work in the light of mobile phone and computer screen in the dark.

11. The Brain is injured when you start thinking negative thoughts.
12. The SOUL gets injured when you don't have family and friends to care and share with you in life their love, affection, happiness, sorrow and joy.

All these body parts are NOT available in the market. So take good care and keep your body parts healthy. ■

**MOTIVATED BY MRS. KANTA PARAKH (LOWER PAREL)
TO PROMOTE SOCIAL WELFARE INITIATIVES AND SPREAD HAPPINESS**

Donor's Name	Area	Scheme	Amt. ₹
☛ Dhanpat Nahata	Parel	Sweet Lunch	10,000/-
☛ Rajeev Deora	Lower Parel	Sweets	9,000/-
☛ Madhu Poddar	Prabhadevi	Sweet Lunch	7,000/-
☛ Mahima Parakh	Lower Parel	Medicine	5,100/-
☛ Nirupama Agarwal	Nepeansea Road	Jeevdaya	2,000/-
☛ Kavita Ambani	Lower Parel	Medicine	1,000/-
☛ Meeta Thakkar	Matunga	Medicine	1,000/-
☛ Bhavna Doshi	Lower Parel	Jeevdaya	500/-
☛ Kanta Parakh	Lower Parel	Ration and Oil	
☛ Krishna Deora	Lower Parel	30 Lunch at JJ Hospital	

New Vedic Theme Park

Compiled by : Ashaben Dasondi, Matunga

A new theme park is opened in Noida, Delhi. But instead of roller coaster ride, you get to learn about the Vedas. It is called Ved Van Park. This is India's First Vedic theme park and it follows the theme to a T.

The Rug Ved, Yajurv Ved, Sam Ved and Atharv Ved, all are represented on wall murals and sculptures at the park. These feature excerpts from the Vedas. The park has Zones:- Kashyap, Agatsy, Vishwamitra, Valmiki, Vashishtha, Atri, Gautam and Bharadwaj, each named after a great vedic Sage. It exhibits with sacred texts discuss these Sages lives and vedic teachings. There is a Vedic Knowledge Centre, Workshops on topics like Vedic Astrology, Ayurved, Traditional Music are held here.

A day out at the park ends with a laser show.





Even plants can't escape the theme The park is a home to over 5000 plants. that are described in Vedic Literature These include Coconut, Kalpavriksha, banyan etc Talk about attention to detail.

The park costs 27 Crores to build. Yogi Adityanath inaugurated it on July 4. ■



HALDI MILK SCHEME

Name	Area	Amt.
❁ Rashmi Avlani	Sion	1,000/-
❁ Khushbu Sachin Kadam	Prabhadevi	1,000/-
❁ Footarmal Chavan	Naigaon	700/-
❁ Kamlabai H. Jain	Curry Road	700/-
❁ Ruchi Jain	Surat	700/-
❁ Vanita Sabhani	Khar	500/-
❁ Omkar Paradkar	Girgaon	500/-



Kids Corner

Clever Fortune-teller

- Aasha Dasondi, Matunga

A Heaven or A Hell

A person asked a question to his Guru.. "My workers are not true to me.. My children, my wife and the entire world is very selfish.. No body is correct."

Guru smiled and told a story..

In one small village there was a room with 1000 mirrors. One small girl used to go inside and play. Seeing thousands of children around her she was joyful.

She would clap her hands and all the 1000 children would clap back at her. She considered this place as the world's happiest n beautiful place and would visit often.

This same place was once visited by a sad and a depressed person.

He saw around him thousands of angry men staring at him.

He got scared and raised his hands to hit them and in return 1000 hands lifted to hit him back.

He thought this is the worst place in the world and left that place.

This world is also a room with 1000 mirrors around you. What we let out of us is what the universe will give back to us.

"This world is a Heaven or a Hell. It's up to us what we make out of it." said the Guru. ■

Creativity

- Shri Guru Gopal Dasji

Bulbul, the bird and Madhu, the honey bee were friends. Once Bulbul asked the honey bee, "You work so hard, you toil so much, put so much effort and energy to make and store honey. And one day a man comes and steals it. Don't you feel sad?"

Madhu, the honey bee replied. "I do feel sad at the moment but then I remind myself that only thing that man can steel is my honey but he cannot - never steel my art of making honey that I possess."

So we certainly need to deal with cheating in a practice way. We also need to be aware that people are best copying our creation but they cannot copy or steel our Creativity. ■



SHORT MORAL STORY

Wolf Standing on Rocks

Once, there was a boy who became bored when he watched over the village sheep grazing on the hillside. To entertain himself, he sang out, “Wolf! Wolf! The wolf is chasing the sheep!”

When the villagers heard the cry, they came running up the hill to drive the wolf away. But, when they arrived, they saw no wolf. The boy was amused when seeing their angry faces.

“Don’t scream wolf, boy,” warned the villagers, “when there is no wolf!” They angrily went back down the hill.



» The only tyrant I accept in this world is the still voice within.

Later, the shepherd boy cried out once again, “Wolf! Wolf! The wolf is chasing the sheep!” To his amusement, he looked on as the villagers came running up the hill to scare the wolf away.

As they saw there was no wolf, they said strictly, “Save your frightened cry for when there really is a wolf! Don’t cry ‘wolf’ when there is no wolf!” But the boy grinned at their words while they walked grumbling down the hill once more.

Later, the boy saw a real wolf sneaking around his flock. Alarmed, he jumped on his feet and cried out as loud as he could, “Wolf! Wolf!” But the villagers thought he was fooling them again, and so they didn’t come to help.

At sunset, the villagers went looking for the boy who hadn’t returned with their sheep. When they went up the hill, they found him weeping.

“There really was a wolf here! The flock is gone! I cried out, ‘Wolf!’ but you didn’t come,” he wailed.

An old man went to comfort the boy. As he put his arm around him, he said, “Nobody believes a liar, even when he is telling the truth!”

The Moral : Lying breaks trust — even if you’re telling the truth, no one believes a liar. ■



HUMOUR

- Ashaben Dasondi,
Matunga



- Yesterday I saw a boy spill all his scrabble letters on the road.
I asked him "What is the word on the street?"
- Why did the chicken cross the road?
To get on to the other side
- Did you hear about the claustrophobic astronaut ?
He just needed a little space
- What sits at the bottom of the sea and twitches?
A nervous wreck.
- If Vegetarians eat vegetables, what do humanitarian eat?
Human !!!
- Did you hear about the skeletons why worked into a cafe?
He ordered a cup of coffee and a mop.
- Two cows were standing in a field.
*One says to other : "Are you worried about Mad Cow disease?"
 The other says : "No. It doesn't worry me. I am a horse!!"*
- Did you hear about the actor who fell through the floorboard?
He was just going through a stage
- Why don't scientists frust atoms?
Because they make up everything
- What did one hat say to the another?
You wait here. I'll go on ahead.
- Did you hear about the two people who stole a Calendar?
They each got six months.
- Why did the M & M go to school?
It wanted to be a smartie.

Picture Speaks of 'Saisha-Naisha Dani Toy Bank'



Under 'Saisha-Naisha Dani Toybank' Jeevan Jyot Organization organizes entertainment program for child cancer patients every month. This month, Khushboo Agarwal (Bhandup) shared in the children's suffering by offering delicious food and innovative gifts to cancer-stricken children in memory of their beloved daughter Pari.

To,



Picture Speaks of Jeevan Jyot Old Age Home



**Shri Harakhchandbhai Savla (Badawala),
Founder and Managing Trustee of the Trust,
who is taking care & giving food by his own hand
to aged patient at Jeevan Jyot Old Age Home.**

Alert : Caution :

Our old staff and volunteers are collecting donations in the name of Jeevan Jyot Cancer Relief & Care Trust. If our volunteer or employee comes to take anything, give the goods only after taking the receipt from them. If anything seems strange, call our office number 9869206400 or 9076169355 and check.