



# 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



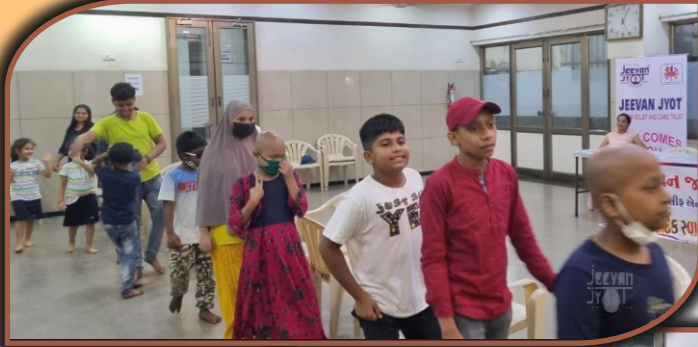
The picture speaks of 'Ek Panth Do Kaj.'



Wearable clothes from the homes of generous donors are given to cancer patients and their families. Rugs are sewn from oversized or torn clothes and are given to cancer patients staying on the pavement.

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

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Every month Jeevan Jyot Trust under 'Saisha-Naisha Dani Toybank' wing, a program is organized for pediatric cancer patients.

In which children dance to the beats of 'D.J.', play various games, enjoy the delicious food, receive innovative gifts and become happy.

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

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**Index**

From The Editor's Desk .....	4
Ram and Sita of Kaliyuga .....	7
The Diamond Ring .....	10
Women Empowerment - Malvika Hegde, C.E.O. - "Cafe Coffee Day" .....	9
Cutlets in Tomato Gravy .....	13
"Monsoon Temple" .....	15
Colon Cancer .....	17
Inter-Religion Integration Seminar.	19
A little mom perspective: .....	21
Avinash Vyas - Indian Music "Composer" .....	23
Monsoon Skin Care 3 Homemade Face Masks .....	27
Railway came to India because of Nana Shankar Sheth .....	31
'The power of Purpose' .....	34
Agashi Maha Tirth .....	37
Clever Fortune-teller .....	40
Laughter Time .....	42

**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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ॐ **Arihante Namō Nama:**

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

**FROM THE EDITOR'S DESK**



## GOOD MORNING

Interesting meaning of

“GOOD MORNING”

(We all say Good Morning to other

Do you know the meaning of “GOOD MORNING”?

- \*G\* Get up.
- \*O\* Open your heart.
- \*O\* Open your mind.
- \*D\* Dedicate your day to God.
  
- \*M\* Meditate.
- \*O\* Optimise your resources.
- \*R\* Remove all negative thoughts.
- \*N\* Never underestimate your potential.
- \*I\* Inspire someone.
- \*N\* Never lose faith.
- \*G\* Go out with joy & confidence.

\* So, I say \*

**Good Morning.**





## -: 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.

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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.**

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- 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

## INSPIRATIONAL STORY

# Ram and Sita of Kaliyuga

You all will be surprised when you read this story: Ram & Sita of the Kaliyuga This is the story as of 12th June, 2020:

A local resident noticed an aged couple looking distressed, walking on the highway at noon on a hot summer day near Kopargaon, a small town in Maharashtra, Ahmednagar district.

As a matter of courtesy, he asked them for food which they politely declined. He, then offered them some money. This offer was also refused. Then, he inquired as to why they were walking like this at noon. The man, then started narrating their story...

He said that they had walked almost 2200 Kms. till that day and were returning to their native place Dwarka in Gujarat.

He further said that about a year back, he had become nearly blind. The expert doctors had given up all hopes and had refused to do any surgery. However, his mother had lots of hopes and had convinced the doctor to carry out the operation, come what may. The doctor agreed & did the surgery.

His mother, in the meantime, had prayed at the Shri Krishna Temple and had vowed that her son would do a padyatra to Tirupati Balaji and Pandharpur and back to

Dwarka, if the operation becomes successful. As the operation was successful, he was fulfilling his mother's vow. When inquired about his wife, he said that she insisted on joining him in this mission so that she would cook food for him and look after his wellbeing.

Both of them were talking either in Hindi or English, but very polished!! So, the gentleman inquired about their education. On hearing their reply, he was absolutely stunned.....

The man had completed his Doctorate in Astronomy from the Oxford University, London and his wife also had completed her doctorate in Psychology from the same University in London. (There was no pride in their talk at all). They were very close acquaintances to Dr. C. Rangarajan (ex RBI Governer) and also the Late Kalpana Chawla, astronaut who died in an unfortunate accident during the Space Mission. This couple were donating their monthly pension to a NGO for the blind people's welfare. (They were keeping distance from the Social Media for the time being.)

A man, just to honour his mother's vow, had become a Ram and his wife accompanied him like Sita in this Kaliyuga. They were walking for more than 3 months and would walk further for a month to reach their native place Dwarka.

Ego of any person would drop dead listening to such unusual stories in real life.

Names of this couple are:

**Dr. Dev Upadhyay & Dr. Saroj Upadhyay**



**Women Empowerment**  
**MALVIKA HEGDE,**  
**C.E.O. - "CAFE COFFEE DAY"**  
**An amazing Cafe Coffee Day**  
**Recovery Story and the lady behind it.**

The same Cafe Coffee Day that used to be and still is our favourite hangout or meeting spot.

Vijay Siddharth - the Founder of CCD ended his life in July 2019, jumping to the Netravati River near Manglore. His body was found



on the river bank after 36-hour search. From his final note, it was evident that behind this unfortunate step were debt crisis and business loss. The debt was estimated to be over 7,000 crores and many passed on their verdict that recovery from this stage was not possible and that was the end of Cafe Coffee Day (CCD).

In December 2019, Malvika took over as CEO of CCD Enterprise Ltd. From that day on, she worked tirelessly for

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



the growth of the Company. Malvika, wife of Siddharth and daughter of Former Chief Minister of Karnataka S. M. Krishna was born in 1969 in Bangalore where she completed her schooling and completed her Engineering from Bengaluru University. She tied a knot with Siddharth in 1991 and has two sons.

In the letter to the Company's 25,000 employees she wrote before taking over as CEO of CCD that she was committed to the future of the company and assured that the CCD story was worth preserving. The group brought down the debt to 3000 crore as of March 31,2020, to that of 7000 crores in March 2019 without a single rupee haircut from leaders and was further reduced to 1731 crores by 2021.

She however was sure not to raise the price of the Coffee. Apart from pulling out the shutters of many outlets that weren't making any profits, she withdrew hundreds of coffee vending machines that were installed at many I.T. Parks and companies. Moreover she was successful in pumping capital into the company attracting new investors.

Now CCD has more than 572 outlets around the country, 36,000 coffee vending machines at various firms and companies and 333 value Express Kiosks. She also registered a grand success in the export of high quality Arabica Coffee beans. The coffee beans that are grown in her 20,000 acres coffee plantation enjoy high demand in many foreign countries.

Today Malvika Hegde has become a super woman



who holds the Iconic brand of CCD together. It is noticeable that all these she achieved in between a pandemic during which most of the businesses were shut down and many entrepreneurs were fleeing countries.

A true tale of courage that showed us how it is so easy to quit and never late to fight.

An inspiring story of a woman who held onto the dreams that her man gave up.

A big salute to Malvika - Bravo. ■

### ***BENEFITS FOR CANCER PATIENTS***

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❖ Sanjeev Kumar Nagpal	New Delhi	6,000/-
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## How can you help ?

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■ 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
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■ 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
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■ 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





## RECIPE

# Cutlets in Tomato Gravy

- Mrs. Aasha Dasondi (*Matunga*)

### Ingredients :

#### ***For the Cutlets.***

- 1 Kg. Potatoes
- 4 chopped green chillies.
- Juice of 1 lemon
- 1 teacup plain flour
- Oil for deep frying
- 450 gms. Onions
- 2 tbs. Chopped Corriander
- Salt to taste
- Bread crumbs.

#### ***For the Sauce.***

- 1 Kg. tomatoes
- ½ tsp chilli powder
- Salt to taste
- 3 to 4 tsp. Sugar
- 3 tbs tomato Ketchup

#### ***For the topping.***

- 1 teacup potato chips or 1 teacup boiled spagetti
- 2 tbs grated cheese.

### **Method :**

#### ***For the Cutlets.***

- ☛ Boil the potatoes and mash them coarsely.
- ☛ chope the onions finely.
- ☛ Mix the Onions, potatoes, green chillies, corriander and lemon juice and salt.
- ☛ Shape into cutlets.
- ☛ Mix the flour very well in 1½ teacups of water. Dip the cutlets in this paste and roll into bread crumbs. and deep fry in oil.

#### ***For the Sauce***

- ☛ Cut the tomatoes into big pieces and add ½ cup of water and cook.



- When cooked, take out a thick soup by passing through a sieve.
- Add sugar, chilli powder, tomato ketch up and salt.
- Boil for 15 minutes.

### How to Proceed

Arrange the cutlets in a dish, pour the hot Sauce over the cutlets. Decorate with potato chips and spread grated cheese on it.

or

Arrange the cutlets in a baking dish. pour the hot sauce over it and add the spaghetti. Sprinkle 2 tbs of grated cheese and bake in a hot oven at 450° F for 5 minutes.

Serve Hot. ■

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### **HALDI MILK SCHEME**

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<b>Name</b>	<b>Area</b>	<b>Amt.</b>
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❖ Chandravadan Shah		
By : Sameer C. Shah		700/-
❖ Kilpa Shah		700/-
❖ Sameer C. Shah		700/-
❖ Sushant Gupta	Prabhadevi	700/-
❖ Madhu P. Shah	Vashi	700/-
❖ Jyoti Mahendra Shah	Malbar Hill	700/-
❖ Darshana Tushar Kothare	Dadar	500/-



## PLACES OF INTEREST

### "MONSOON TEMPLE"

'Monsoon Temple' or 'Rain Temple' is dedicated to Lord Jagannath and has highly unusual curving shape with Buddhist Stupa. It is similar to 'Stupas' constructed during the era of Emperor Ashok.

This temple is in Behta Bujurg Village which is 4.3 kms from Bhitargaon, a town near city of Kanpur, Uttar Pradesh. It is the largest Indian Brick temple to survive from the time of the Gupta Empire. Despite being heavily restored, a number of original features remain. It is dated to the late 5th century.

The temple is known locally as the 'Rain Temple' as the ceiling is said to drip water several days before the rain arrive, which is of great interest to local farmers. They make a bealine outside the temple to offer prayers for good monsoon and see water droplets accumulated in the middle of the stones of the ceiling so that they can get an idea whether good or bad season is in store for them ahead.

Although many research teams and scientists have visited the place to understand the phenomenon but no concrete conclusion could be drawn. Design of the temple is unique in itself.

A large number of devotees pull the charriot of Lord Jagannath and offer prayer in July every year. A fair is also held during Janmastami.

This is the 7th generation performing Puja of Lord Jagannath here. ■



## JALARAM ANNADANKSHETRA

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❖ Kritika Saraf Jain	Charni Raod	7,000/-
❖ Anukampa Foundation	Bangalore	6,000/-
❖ P.S.V. Ishvaran	Matunga	4,000/-
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❖ Anil Govind Naravane	Parel	2,000/-
❖ Atharva Prasad Sawant	Lalbaug	2,000/-
❖ Aashi & Yogesh		1,000/-

- "Whatever task you undertake, do it with all your heart and soul. Always be courteous, never be discouraged. Beware of him who promises something for nothing. Do not blame anybody for your mistakes and failures. Do not look for approval except the consciousness of doing your best."- **Bernard Mannes baruch**
- "If there is any one axiom that I have tried to live up to in trying to become successful in business, it is the fact that I have tried to surround myself with associates that know more about business than I do. This policy has always been very successful and is still working for me." - **Monte L. Bean**





# Colon Cancer

Colon (colorectal) Cancer starts in your Colon (Large Intestine), the long tube that helps carry digested food to your rectum and out of your body, Colon Cancer develop from certain type of polyps or growth in the inner lining of your colon. Healthcare providers have severing tests that detect precancerous polyps before they can become cancerous tumors. Colon Cancer that's not detected or treated may spread to other areas of your body. Thanks to screeing tests, early treatment and new kinds of treatment, fewer people are dying from it.

Your Colon wall is made of layers of mucous membrane tissue and muscles. Colon Cancer starts in your mucosa, the innermost lining of your Colon. It consists of cells that make and release mucus and other fluids. If these cells mutate or change they may create a colon polyp.

Overtime, colon polyps may become cancerous. Left undetected and /or untreated, the cancer works its way through a layer of tissue, muscle and other outer layer of your Colon. The Colon Cancer may also spread to other parts of your body via your lymph nodes or your blood vessels.



### What are Colon Cancer Symptoms :

- 1) Blood in or on your stool bowel.
- 2) Persistent changes in your bowel habits.
- 3) Abdominal (belly) Pain.
- 4) Bloating stomach.
- 5) Unexplained Weight Loss
- 6) Vomiting
- 7) Fatigue and feeling short of breath. ■

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

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✦ Pradeep Parakh	Lower Parel	Lunch	5,000/-
✦ Madhu Poddar	Prabhadevi	Lunch	5,000/-
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✦ Krish Merchant	Lower Parel	Lunch	4,000/-
✦ Pramila Goenka	Worli	Ration and Oil	
✦ Krishna Deora	Lower Parel	22 Lunch at JJ Hospital	

# STORY

## Inter-Religion Integration Seminar.

I went to a Inter-Religion Integration Seminar.

The Bishop came, laid his hands on my hand and said, "By the will of Jesus Christ, you will walk today!"

I smiled and told him I was not paralysed.

The Rabbi came, laid his hands on my hand and said, "By the will of God Almighty, you will walk today!"

I was less amused when I told him there was nothing wrong with me.

The Mullah came, took my hands and said, "Insha Allah, you will walk today!"

I snapped at him, "There's nothing wrong with me"

The Hindu sadhu came and said "Beta, you will walk on your legs today."

I said "Babaji - nothing wrong with my legs"

The Buddhist Monk came, held my hands and said, "By the will of The Great Buddha, you will walk today!"

I rudely told him there was nothing wrong with me.

After the Seminar, I stepped outside and found my car had been stolen.

I believe in all religions now. ■

**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"> <li>In loving memory of Late Arvindbhai Vallabhdas Sonecha</li> <li>By : Hansaben Arvindbhai Sonecha Family</li> </ul>	Kandivali	Medicine	2,000/-
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<ul style="list-style-type: none"> <li>In loving memory of Late Natvarlal Bulakhidas Shah (Harsol)</li> <li>By : Manjulaben Natvarlal Shah Family</li> </ul>	Kandivali	Jeevdaya	1,000/-
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<ul style="list-style-type: none"> <li>In loving memory of Late Kamlaben &amp; Late Bechardas Doshi</li> <li>By : Dilip B. Doshi</li> </ul>	Mulund	Jeevdaya	500/-
<ul style="list-style-type: none"> <li>In loving memory of Late Shardaben &amp; Late Chimanlal Sakarchand Shah (Uvarsad)</li> <li>By : Hema Pradip Shah</li> </ul>	Pune	Haldi Doodh	500/-

# A little mom perspective:

I sat behind these moms at my daughter's volleyball game the other day that didn't know who I was.

While Victoria was playing, they persisted to comment on everything she did wrong and how with "that height" she should be doing a.b.c., why would the coach leave her in, etc. They were basically acting like they knew her and talked in such a justified manner.

I sat there fuming and almost ready to say something or cry, but instead just got up and moved seats. In that moment I didn't know what to say or if the words would come out right. As I've thought about it, I decided to share my thoughts here:

I wanted to tell them:

Do you know she's only been playing on a team for six months?

Do you know she's blind in one eye? And has ZERO depth perception to even be able to hit the ball?

Do you know she cried for days thinking she would never be good enough?

Do you know she practiced 8 hours a week this summer so she could improve enough to even try out for the team?

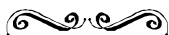
Do you know she is doing so FREAKING amazing, and do you know she's my daughter???

Do you know it's women like you that don't know anything about how to build up another person and teach your daughters it's ok to talk about other girls like this?

Just a friendly mom note: Remember before you speak or choose to judge someone ... do you get that right? Do you know their story? Have you lived in their shoes?

Choose kindness! Choose Love!

And for the love of all things good in the world... don't be so quick to open your mouth to talk about someone you truly know nothing about! ??” ■



### ***DONATE WITH AN OPEN HEART***

<b><i>Name</i></b>	<b><i>Area</i></b>	<b><i>Amt.</i></b>
❖ Eternal AMNV Foundation	Andheri	1,00,000/-
❖ Shemaroo Entertainment Ltd.	Andheri	50,000/-
❖ Meena Narayan Shetye	Borivali	50,000/-
❖ Birendra Singh	Bandra	37,000/-
❖ Dinkar N. Satikunvar	Malad	25,000/-
❖ Nirmala Suresh Narappgol	Goregaon	21,000/-
❖ Kumar Rayaprolu	Pune	20,000/-
❖ Miss Asawari Arwikar By : Shubhangi Arwikar	Mulund	15,000/-
❖ Kishor Katkoria	Borivali	10,000/-
❖ Suresh P. Rao	Kandivali	5,000/-
❖ Pooja K. Fatnani	Mulund	2,500/-
❖ Kumar B. Fatnani	Mulund	2,500/-
❖ Yash Punjabi	Worli	2,001/-
❖ Parag Prakash Shimpi	Pune	2,000/-
❖ Anju Khushlani	Mulund	1,500/-
❖ Ramesh Khatankar		1,001/-
❖ Umang Chande	Parel	551/-
❖ Jhaloo Ghadiyali	Parel	500/-

# AVINASH VYAS

## Indian Music "Composer



Avinash Vyas was an Indian music composer, lyricist and singer of Gujarati films who composed music for over 190 Gujarati films. He was a winner of Gujarat State Film award for the best

lyricist and best music 25 times. He was honored by the Government of India in 1970 with Padma Shri, the fourth highest Indian civilian award.

**Born :** 21 July 1912 Gujarat, India

**Died :** 20 August 1984 (aged 72)

**Occupation :** Music composer, lyricist, singer

**Years active :** 1940-1981

Known for : Gujarati light music

### Awards :

Padma Shri

Gujarat State Film Award for lyrics

Gujarat State Film Award for music

Gujarat Rajya Sangeet Nrutya Academy

Gaurav Puraskar

## Biography :

Avinash Vyas was born in the Indian state of Gujarat on 21 July 1912 and had his initial music training under Ustad Allaiddin Khan. His career started with HMV for their Young India label where he cut his first gramophone record in 1940 and debuted as a film music composer in with the Gujarati film, “Mahasati Ansuya” in 1943, partnering the renowned musician, Ustad Alla Rakha. Two more films were released the next year, Krishna Bhakta Bodana and Laheri Badmash but both were not successful. His first major hit came in 1948 with “Gunsundari”, a bilingual in Gujarati and Hindi.

Vyas composed music for over 1200 songs for 190 Hindi and Gujarati films during his career, his total contribution exceeding 10,000 songs including non film songs. Most of the major singers of that era such as Geeta Dutt, Mohammed Rafi, Lata Mangeshkar, Asha Bhosle, Suman Kalyanpur, Manna Dey, Mukesh, Hemant Kumar, Talat Mehmood, Kishore Kumar, Mahendra Kapoor and Usha Mangeshkar sang his compositions in various movies. He tuned the lines of several noted lyricists like Qamar Jalalabadi, Indeevar, Bharat Vyas and Raja Mehdi Ali Khan. Geeta Dutt was one of his favorite singers and



she sang in more Gujarati films than in Bengali films where she originally came from.

Vyas received the Gujarat State annual Film awards 25 times, both for lyrics and compositions, which is reported to be a record. The Gujarat Rajya Sangeet Nrutya Academy awarded him the Gaurav Puraskar and the Government of India honoured him with the civilian award of Padma Shri in 1970. Some of his memorable compositions were compiled and released on 29 March 2012 as a music disc under the name, “Avinash Vyas - A Musical Journey”. He died on 20 August 1984, at the age of 72, three years after his last film, Bhakta Gora Kumbhar was released. ■

### **ANIMAL WELFARE**

<b>Name</b>	<b>Area</b>	<b>Amt.</b>
❖ Geeta Singh	Andheri	5,000/-
❖ Navin Dharmshi Mirani	Thane	3,000/-
❖ Dr. Anjali Kale	Parel	2,000/-
❖ Sharad Nanalal Mehta	Meera Road	1,500/-
❖ Ajay A. Gasrani	Mulund	1,500/-
❖ Birendra Singh	Bandra	1,001/-
❖ Ramesh Ganpatlal Mistry	Kandivali	1,001/-
❖ Prashant Vijay Shah	Pune	1,000/-
❖ Yashwanti Indulal Sanghavi	Matunga	200/-

## Last Month's activities carried out by Trust

- 21 cards were given for food and 13 for Haldi milk.
- Food Grains distributed among 153 Cancer patients family.
- Fruits were distributed among 157 Cancer patients.
- 63 Morning & 67 Afternoon - Breakfast were given to Cancer patients.
- 4 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 11 patients.
- 13 patients were given help by different trusts and received best response.
- Medicines worth Rs. 5,92,390/- were given to cancer patients.
- Medical treatment worth Rs. 3,87,420/- was given to other patients.
- 21 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.4,38,560/-.
- Handicapped person were provided with : 2 Walker, 3 Walking Sticks, 3 Commode Chairs, 5 Wheel Chairs, 3 Flower Beds, 3 Oxygen Machines and 5 Oxygen Cylinder were given.
- 13 files made for cancer affected patients.
- 153 Patients got benefit of free Ambulance Service.
- 17 patients got Colostomy Bag at Concessional Rate.
- 2 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.**

<i>The activities are as follows: (Per day)</i>	<b>Amt.</b>
■ 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/-



## HOME REMEDIES THAT WORK

### Monsoon Skin Care

## 3 Homemade Face Masks

Every year after blazing summer arrival of a monsoon season lovings reason to celebrate with the greenery all around with the first drop of rain and the fragrance of wet earth.

Our mind gets rejuvenated and our body also enjoys the coolness of weather. Whenever a season changes, you have to make changes in your daily



routine. Our skin is the largest organ of our body and it is exposed to the outer world all the time and braves the changing weather condition. Therefore at the outset to keep our skin protected, we must take care of our skin. Rainy season brings excessive humidity and unpredicted weather. This could result in the skin becoming oily and dry and may bring out rashes, acne and infection which are most visible in the face. Let us look at the 3 natural ways to protect our skin this monsoon.

**1. First comes the **cleansing**.** It is important to clean the face atleast twice a day in monsoon to keep free from dirt and excessive oiliness. Try this face mask to achieve best result.





Mix  $\frac{1}{2}$  tbs. of gram flour or besan and  $\frac{1}{2}$  tbs. of yogurt or homemade curd, to it and 1 tsp. lemon juice and 1 tsp. of haldi powder. Mix well and apply this to your face and neck. Leave it for 15 minutes and then remove gently with cottonball moistened with rose water. This face pack generally cleanses, removes the tanness and brightens the skin.

**2. Exfoliate the skin.** It is essential to exfoliate the skin 2-3 times a week to remove dead skin. An excellent face pack contains pomogranate seeds, packed with antioxidants.

Take  $\frac{1}{2}$  tbs of pomogranate seeds with  $\frac{1}{2}$  tbs of oatmeal. Add 1 tsp of honey and 2 tbs of buttermilk to get the fine paste. Spread this pack on your face and neck. Leave it for 15 minutes. This pack scrubs out the dead dry skin and makes the skin glow. Wash with normal water.

**3. Final step is Moisturising.** Try this aloevera based rich moisturising pack. If your skin seems dry and dull, this pack is very useful.

Mix  $\frac{1}{2}$  tbs of aloevera gel with  $\frac{1}{2}$  tbs of mashed overripe banana and 2 tpb of honey. Mix this and apply on the face and neck. Leave this pack on your face and relax for 20 minutes.

Vitamin A in banana makes the skin smooth and aloevera increases the elasticity of your skin. This erases any fine line or wrinkles.

Use these homemade face masks to cleanse, exfoliate and moisturise. See that Your face is glowing like anything.



**STORY****Peace Of Mind**

The Owner of a coffee shop had been busy all day. Being Saturday, his shop was very crowded and the customers seemed unending.

He had been on his toes since morning. Towards the evening he felt a splitting headache surfacing.

As the clock ticked away, his headache worsened.

Unable to bear it, he stepped out of the shop leaving his staff to look after the sales.

He walked across the street to the Pharmacy to buy himself a painkiller to relieve his headache.

He swallowed the pill and felt relieved. He knew that in a few minutes he would feel better.

As he strolled out of the shop, he casually asked the salesgirl, where is the Chemist? He's not at the cash counter today.

The girl replied, Sir, he was having a splitting headache and said he was going across to your coffee shop. He said a cup of hot coffee would relieve him of his headache.

The man's mouth went dry and he mumbled, Oh! I see.

This is a typical case of looking outside ourselves for something that we have with us.

How strange, but true.

The Chemist relieves his headache by drinking coffee and the coffee shop owner relieves his headache by taking a pill.



Similarly, many of us travel across the lengths and breadths of the earth and also visit various shrines and holy places to find peace.

Eventually, we come to realize that Peace is within us at all times in our own heart & mind.

Peace of mind comes from being content with ourselves & being grateful for what we have with us.

There is a peaceful way of going through life, but all depends on our willingness to change our attitude towards everything in life

The older we get, the more we realize... the ultimate luxury of life is Peace of Mind. ■



## **Good Morning**

The heart that loves  
is always healthy.

The heart that serves  
is always happy.

The heart that cares  
is always strong.

And I Pray that  
God Keeps you  
healthy, happy & strong !

**DO YOU KNOW ?**

# Railway came to India not because of British but because of NANA SHANKAR SHETH

15 September 1830. The world's first intercity train ran between Liverpool and Manchester in England. This news spread everywhere.

In Mumbai, a man found this very inappropriate. He thought that the railway should run in his village too. Railways were still running in America and this man living in a poor and British-ruled country like India was dreaming of railways. If it was anyone else, people would have kicked it out. But this man was no simpleton. Nana Shankarsheth, a Mumbai moneylender who himself gave loans to the East India Company

Nana Shankarsheth's real name is Jagannath Shankar Murkute, from Murbad. Generationally rich his father was a big money lender to the British. He earned a lot of money during the British Tipu Sultan war. Their only son is Nana. This boy came with a golden spoon in his mouth. But not only Lakshmi but also Saraswati's hand of blessing was on the head. The father also trained the boy in English etc. by hiring a special teacher. After his father's death, he expanded the home business.

When the whole world bowed before the British, the British officers used to rub their feet for the blessings of

Nana Shankarsheth. The two became good friends. Elphinstone sympathized with Indians. He used to strive to eradicate poverty and connect the country with the modern world.

Call it the effect of his friendship or what else, but Nana also started efforts to get rid of the rusticity of his brothers and for the progress of his village. Mumbai University, Elphinstone College, Grant Medical College, Law College, JJ School of Arts, first girls' school in Mumbai, University of Mumbai were established by Nana. Many roads were built in Mumbai, hospitals were founded, India's first shipping company was established.

Even the British will never deny that Nana Shankar Sheth played a lion's share in transforming the village of seven islands into the city of Mumbai.

So Nana Shankarsheth thought of starting a railway in Mumbai. The year was 1843. Then he went to his father's friend Sir Jamshethji Jijibhoy alias JJ. After the death of Nana's father, he was like a father to Nana. He told this Sir JJ his idea, he also took the opinion of Supreme Court Judge Sir Thomas Erskine Perry who came from England about whether the railway can be started in Patlimumbai. They too were amused by the idea. Together these three formed the Indian Railway Association.

At that time, the company government had no intention of having railways in India. But when people like Nana Shankarsheth, Sir JJ, Sir Perry said they were behind, they had to pay attention to this. On 13 July 1844, the company submitted a proposal to the government. It was approved to prepare a preliminary report on how far the



railway line can be laid from Mumbai. After that 'Bombay Committee' was formed. Nana gathered some other big businessmen, British officials, bankers and established the Great Indian Railway. It was during this time that capitalists in England became aware of the ongoing movement to start a railway in Mumbai in India. Later Lord J. British capitalists led by Stuart Worley established the Great Indian Peninsular Railway in London. The office of this company was also opened in Mumbai. The office of the company was started in Nana's bungalow. Under his guidance, expert engineers from England started working on the construction of railways. The train was going to run for the first time not only in India but in the whole of Asia. Finally the day dawned. On 16th April 1853 at exactly 3.30 in the afternoon, the train left Mumbai's Boribandar Station for Thane. This train had 18 compartments and three locomotive engines. Nana Shankarshet and Jamshetji Jijibhoy were also among the passengers of this train which was specially decorated with flowers for its maiden journey.

Everyone gives credit to the British for starting railways in India but not many people know about the contribution and hard work of Nana Jagannath Shankarsheth

Today Indian Railways is one of the largest railway network in the world. Railways were considered the lifeline of Mumbai. Today, Mumbai is a metro city, known all over the world as an industrial city, because of the impossible dream of Nana Shankar Sheth, a Marathi man.

Awesome, these people who don't want any publicity do so much that it makes you want to bow down.

Mumbai's iconic Nana Chowk is named after him. ■



# 'The power of Purpose'

Whenever I think about the role of, 'Purpose in my life,' I am reminded of a parable- The story of three bricklayers which is a multi-faceted parable with many different variations, but is rooted in an authentic story.

After the great fire of 1666 that leveled London, the famous architect, Christopher Wren, was commissioned to rebuild St Paul's Cathedral.

One day in 1671, Christopher Wren observed three bricklayers on a scaffold, one crouched, one half-standing and one standing tall, working very hard and fast.

To the first bricklayer, Christopher Wren asked the question, "What are you doing?" to which the bricklayer replied, "I'm a bricklayer. I'm working hard laying bricks to feed my family."

The second bricklayer, responded, "I'm a builder. I'm building a wall."

But the third brick layer, when asked the question, "What are you doing?" replied with a gleam in his eye, "I'm a cathedral builder. I'm building a great cathedral to The Almighty."

Online you will find many variations of this story, but each version tells of three people working on the same wall, doing the same work, but with totally different perspectives.





***This story has many  
lessons for the reader.***

**1) Big Picture Thinking** - Being able to see the end result and how your work contributes to that end.

**2) Attitude** - A positive attitude and pride in what you are doing will show up in your work and your motivation.

**3) Connection to the Organization's Mission** - Employees who are rightly connected to the organization's mission, vision, values, and goals are happier, more engaged, and more productive employees.

While these lessons are true and insightful, I find this story has another potential application - **'The Power of Purpose.'**

For the first bricklayer, building the wall was a job. For the second bricklayer it was an occupation, but for the third bricklayer, it was a 'Calling.'

A 'Calling' reflects our universal need to matter, to influence, and make a difference in the world around us.

Victor Frankl made this clear in his book, 'The Meaning of Life.' where he wrote about how some people survived the holocaust, but so many didn't.

One of the things he identified was those who had a purpose or reason to continue to live, that was beyond themselves tended to survive, while those who were focused primarily on themselves did not.



Those who survived found some meaning in their painful circumstances which was in caring for and helping others in this horrible experience.

The story of the three bricklayers also illustrates the responsibility of leaders to encourage others to find their "cathedral," and to help and support others in pursuing and building their "cathedral."

We are all uniquely created by God for a specific purpose at a particular time in history that no one else can fulfill but us.

We all need to wrestle with the question, how do I move people in my team from where they are to 'cathedral' builders?

How do I help my team discover their God given purpose at each juncture in life's journey?

Find your true purpose of life, your 'Calling' and help people find theirs and as Martin Luther King, Jr. wrote: "If a man is "called" to be a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music, or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, here lived a great street sweeper who did his job well."

You are not born to earn your wages & live an ordinary life, Find your 'Calling' - the real purpose of life and Stay blessed forever. ■





## JAIN TEMPLES

### AGASHI MAHA TIRTH

The history of Agashi Maha Tirth dates back to many centuries. The eternal living idol of Moolnayak Bhagwan (Main Deity) Shri Munisuvrat had been found from a nearby pond. The said idol is considered living as it is believed that the Lord Himself had appeared from the pond in the form of an idol. Agashi Maha Tirth is located in the Chalpeth area of Virar, near Mumbai. Its age-old references can be found in various Jain, Hindu, Buddha literatures and books as well as in documents of the Archeological Survey of India.

Virar and its adjacent areas, in ancient times, were a part of a large and prosperous town called Soparak Nagar. It was the Capital of the Konkan state. The city was expansive and covered yesteryear's and today's places and suburbs like Vasai, Nalasopara, Agashi, Virar, Gaas, Nirmal and more. With more than 100 Hindu and Jain temples, depicting the best of architecture and arts of those times, Soparak was not only highly populous but also a thriving city. Its people were ardent followers of their respective religions. Not only that, the city was also among the most developed business and trading centers. Its business was spread in countries and continents including Greece, Europe, Africa, Egypt, Sri Lanka, Indonesia, the Gulf region among others. Vessels from far off places used to come



"As soon as the fear approaches near, attack and destroy it."



to its busy port on a daily basis. No wonder that the Soparak was termed as the busiest port of the entire Western India then.

The Agashi Maha Tirth is located in present-day Virar in Palghar District of Maharashtra, India. But long before the idea of India (as we know it today) was conceived, this town was popular by the name of Sopara or Supparak or Soparka. Sopara Port (present-day Virar- Nalasopara belt) was a flourishing trade center of Ancient India. It was one of the busiest ports that best linked the East to the West. It was the largest township on India's west coast, trading with prosperous civilizations like Mesopotamia, Egypt, Arabia and Eastern Africa, amongst others.

Palitana is popularly referred to as "Ananta Siddhon Ki Bhoomi"; which means the land where innumerable souls attained salvation. Since Sopara village was at the foothills of the Shatrunjaya hills of Palitana, it is also considered as "Ananta Siddhon Ki Bhoomi". The Agashi Maha Tirth Pratistha Mahotsav is a golden opportunity for Jains and devotees from across the globe to visit this pious land and partake of its blessing of good fortune and divine grace.

About 200 years ago, the idol of Shri Munisuvrat Swami Dada emerged from a pond at Chalakeshwar. So, the villagers had long discussions over what must be done of this idol and where must it be installed. So, one such day, they placed the Idol on a cart and were engaged in their

ritual discussions. The cart had no bulls tied to it; but even then it magically started moving and travelled a distance of about 9 kms from the pond to stop at the site where the present-day temple is built in Chalpeth, Virar.

The villagers decided that it's time to end the discussions and let the idol be at the same place where it chose to move itself. And hence for the next 17 years, the sacred idol was placed at a cottage in the village of Sopara.

Now elsewhere in the city, there was a businessman name Seth Motisha who was one of the biggest and busiest traders of the time. He owned huge ships that carried trade material from Indian port of Sopara to the far east and the wide west. Then came a time when a number of the businessman's ships mysteriously disappeared in high seas and he was facing huge loss both in terms of money and peace of mind.

So, during his time of despair and difficulty, the businessman discovered the story of the sacred idol that travelled on its own to the city of Sopara. So, the businessman visited the cottage and prayed to the sacred idol with a vow to build a temple for the idol at the place where he would find his ships again. And lo and behold! The ships mysteriously appeared at Sopara port which was also the busiest ports of the time. And that's how the Agashi Maha Tirth Temple came to be built at its current location in Chalpeth, Virar...which was known as Sopara in ancient times. ■

## Kids Corner

### **Clever Fortune-teller**

- **Aasha Dasondi, Matunga**

Once an Emperor invited a reputed fortune-teller to his Court. The fortune-teller was known for making correct predictions. The Emperor welcomed him with great respect and offered him a seat.

Then the Emperor gave him his horoscope and said "Learned Sir, please read my horoscope and tell me what the future has in store for me!"

The Fortune-teller studied the horoscope very carefully. Then he said, "Your Majesty, I will tell you the bare facts which yours stars tell me. Please do remember that I don't tell imaginary tales."

The Emperor said." I understand what you mean. Pl. tell me your findings without any fear."

The fortune-teller, to begin with, told the emperor all the good things that the future had in store for him. The emperor fell very happy to hear about those good things.

But when fortune-teller began to tell the Emperor about his misfortunes, the Emperor felt very sorry. At one stage, he felt very much offended and he shouted at the fortune teller. "Say no more of your nonsensical stuff. Just



tell me what your stars say about the time of your death."

The clever fortune-teller knew what the Emperor had in his mind. So he said "Your Majesty, I am going to die just one day earlier than you."

The Emperor, in a fit of anger, was about to give an order for putting the fortune-teller to death. But, when he heard fortune-teller's prediction about his own death, he changed his mind. He recalled his good senses. and admired the fortune-teller's witty reply He gave him rich royal gifts and sent him away respectfully. ■

## **“Patience” and “Time”**

The two most powerful warriors are \*Patience\* and \*Time.\* If you want to witness the beauty and enjoy the fragrance of flowers you will have to wait until they bloom!

The life offers solutions to every challenge... every perceived problem, but what must be remembered is that there can be no spontaneity of results, the desired outcome will take its own time.

There is no need for you to allow anxiety and agitation take over your actions! Easier said than done though. Possess positive attitude and thoughts,

Always Steer clear of Agitation, anxiety haste and impatience, believe that patience is the perfect icing on the cake of “Hard-Work,” which indeed is, never panic no matter what and how the situation is and “Go On Going On.” You will surely find happiness, bliss and success in life.



## HUMOUR

- Ashaben Dasondi,  
Matunga



- Hear about the new restaurant called "Karma".  
There is no menu, you get what you deserve.
- A man tells his doctor : Doc., please help me I am addicted to Twitter!."  
The doctor replies "Sorry. I don't follow you."
- What do you call a parade of rabbits hopping backwards?!  
A receding hare-line.
- How does Moses make tea?  
He brews.
- What is the difference between a cat and comma?  
A cat claws at the end of paws. A comma is a pause at the end of the clause.
- "Why should the number 288 never be mentioned !  
It's two gross.
- What do you call a pony with a cough?  
A little horse.
- What did the bald man exclaim, when he received a combs for a present?  
I will never part with it.
- What did the left eye say to the right eye?  
Between you and me - Something smells.
- How did you makes a tissue dance?  
Put a little boogie in it.

---

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"As soon as the fear approaches near, attack and destroy it."

**Picture Speaks of Jeevan Jyot Old Age Home**

**In Jeevan Jyot Old Age Home, the elders are served food with lot of love.**



**Nurse providing physiotherapy care to the elders in Jeevan Jyot Old Age home.**

To,



### The picture speaks of compassion



**Founder and  
Managing Trustee of  
Jeevan Jyot Trust  
Shri Harakhchandbhai  
Savla (Badawala) is  
giving clothes to  
cancer patients  
which are donated  
by generous donors  
like you.**

### 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.