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JEEVANPATH

JEEVANPATH



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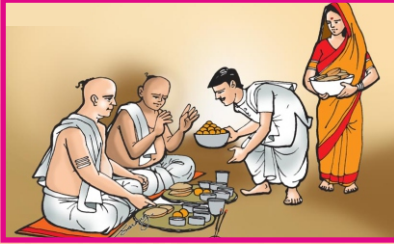
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Mumbai, 15th September 2023

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



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



**An activist of
Jeevan Jyot
Jeevdaya Wing
feeding grain
to an injured
pigeon.**

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

Smt. Ushaben Manilal Umarshi Gala (Kandagara-Goregaon)

The picture speaks of compassion



Shri Harakhchandbhai Savla (Badawala), Founder and Managing Trustee of the trust providing umbrella to children with cancer.

Picture Speaks of Jeevan Jyot Old Age Home

In Jeevan Jyot Old Age Home, sick old people are being treated through physiotherapy.



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

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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



Two friends were walking along a beach. During their walk, they had an argument and one friend slapped the other on the face without saying anything. The other friend wrote on the sand : "Today my best friend slapped me on the face"

They silently continued walking until they had to cross an inlet. The friend who had been slapped got caught in the current and started to panic when the friend who had slapped him saved him. After he recovered from the near drowning, he carved on a stone : "Today my best friend saved my Life".

The other friend asked him "After I hurt you, you wrote on the sand and now you are writing on a stone. Why ?"

The friend replied : When someone hurts us, we should write it down on sand where waves of forgiveness wash it away. But when someone does something good for us, we must carve it on stone -on our heart where it can never be forgotten".

Learn to write your curses on the sand and to carve your blessings on stone. ■

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



BIRTH ANNIVERSARY

C. R. Rao

Indian American Mathematician

Calyampadi Radhakrishna Rao (C.R.Rao) born on 10th September 1920 in Hadagalli; Bellary, Karnataka, India. He did his Master of Arts (M.A.) in Statistics from University of Kolkatta and M.A (Mathematics) from Andhra University. He did Ph.D.D.Sc. in King's College, Cambridge.



C. R. Rao retired at the age of sixty and went to live with his daughter in America. There at the age of 62, he became professor of statistics at the University of Pittsburgh and at the age of 70, he became head of the dept at the Univ. of Pennsylvania. He got U.S. Citizenship at the age of 75. He won the National Medal for Science at the age 82, a White House Honour.

He is professor Emeritus at Pennsylvania State University and Research Professor at the University of Buffalo. Rao has been honoured by numerous collequia, Honorary degrees and Festschrifts and was awarded the US National Medal of Science in 2002. The American

Statistical Association has described him as "a living legend" whose work has influenced not just statistics but has had far reaching implications for fields as varies as economics, genetics, geology, anthropology, national planning, biometry and medicine.

In India, the Government has already honoured him with Padma Bhushan in 1968 and Padma Vibhushan in 2001. The Times of India listed Prof. Rao as one of the top 10 Indian Scientists of all time. In 2023, Rao was awarded the International Prize in Statistics, an award often touted as the "Statistics" equivalent of the Nobel Prize. Today at the age of 102, he received this Prize while in good physical condition. It is probably the first example.

Prof. Rao is also a Senior Policy and Statistics Advisor for the Indian Heart Assn., non profit organisation focused on raising South Asian Cardio-Vascular disease awareness.

In his Honour :

- ◆ The Pennsylvania State University has established the C.R and Bhargavi Rao Prize in Statistics.
- ◆ C.R. Rao Advanced Institute of Mathematics, Statistics and Computer Science.
- ◆ National Award in statistics established by Ministry of Statistics and Programme Implementation (MOSPI) Govt. of India.
- ◆ The road from IIT Hyderabad passing along Central University of Hyderabad crossroads to Alind Factory, Lingampally is named as "Prof. C.R. Rao Road" ■

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



JAIN FESTIVAL

QUOTES OF PARYUSHAN PARV OF 8 DAYS



- Day 1** - The Soul comes alone and goes alone. No one accompanies it and no one becomes its mate.
- Day 2** - All human beings. are miserable due to their own faults and they themselves can be happy by correcting these faults.
- Day 3** - Fight with yourself, why fight with external foes? He who conquers himself through himself will obtain happiness.
- Day 4** - Even a knowledgeable saint comes under the trap of egos and loses his gained respect. The same happens to us. Lesser the ego, greater the life and purity of our soul.
- Day 5** - The Fifth day is celebrated as Lord Mahavir's Birthday, whose main teachings are non-



violence, truthfulness, non stealing, chastity and non-possession or non-attachment.

Day 6 - The greatest mistake of a soul is non-recognition of its real self and can be corrected by recognising itself.

Day 7 - There is no separate existence of God. Everybody can attain God-hood by making supreme efforts in the right direction.

Day 8 - Our love extends to all human beings and our hatred is non-existent. We wish prosperity for everyone and happiness in this World...

"Michhammi Dukadam" ■



Effects of water

We all know that water is important but never knew about the special times one has to drink it. ***Did you??***

Drinking Water at the right time maximises its effectiveness on the human body

1. One glass of water after waking up helps to activate internal organs.
2. One glass of water 30 minutes before meals helps digestion.
3. One glass of water before taking a bath helps lower your blood pressure,
4. One glass of water before going to bed avoid stroke or heart attack.

Last Month's activities carried out by Trust

- 23 cards were given for food and 13 for Haldi milk.
- Food Grains distributed among 143 Cancer patients family.
- Fruits were distributed among 167 Cancer patients.
- 11 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 13 patients.
- 19 patients were given help by different trusts and received best response.
- Medicines worth Rs. 5,34,350/- were given to cancer patients.
- Medical treatment worth Rs. 3,97,300/- was given to other patients.
- 17 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.4,21,380/-.
- Handicapped person were provided with : 3 Walker, 1 Walking Stick, 3 Commode Chairs, 4 Wheel Chairs, 4 Flower Beds, 3 Oxygen Machines and 4 Oxygen Cylinder were given.
- 13 files made for cancer affected patients.
- 123 Patients got benefit of free Ambulance Service.
- 11 patients got Colostomy Bag at Concessional Rate.
- 2 Cancer patients were given ritual burial under "Kafan-Dafan" scheme.
- 3 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/-



DO YOU KNOW ?

The Art of Being Healthy

by Dr. Manu Kothari

Dr. Manu Kothari was born on 19th Nov., 1935. He was an expert and experienced doctor who had very different moods and did not keep anyone's side. Many loopholes and ignorance of doctors and medical science have been exposed. Today I got an old article from WhatsApp. Even though it was written in 2006, nothing has changed even today.

He who is happy is beloved! The art of keeping your mouth shut in sickness - Dr. Manu Kothari (Campaign 15 April 2006). First of all, it should be accepted that illness is not a disaster or a curse. We believe that the body should always stay in an ideal position, which is not really possible. Also accept that there is no such thing as death due to disease. Disease does not cause death. Disease is the religion of the body, and death is the religion of time. Some doctors have created horrible pictures of diseases to increase their prestige. So-called fatal diseases like heart disease, hypertension, cancer, diabetes, etc. are basically age-related diseases. Just as age-related physical changes do not kill, so-called malignant diseases do not. The biggest thing is that Dr. These so-called killer diseases are not necessarily the cause of death. In the conclusion of a survey about cancer in America, it was clearly

Caste, community will rapidly disappear.

written, "Cancer doesn't kill, time does." Dr. Manu Kothari has been studying heart disease for the past 30 years and has come to the conclusion that heart disease is not fatal but only becomes fatal when the time of death is ripe; treat disease as a friend, greet it with a smile. Disease, friend, is there because it makes you aware of the poor functioning of your body. Have an untreated psychiatric disorder, then, it is better to wait for death than to live in fear of death. Death is a gift from God. It is inappropriate to fight with the disease. In only 1 out of 10 diseases does a doctor come in handy, in the rest of the cases doctors are mostly wielding a wooden sword. Today doctors are seen trying many different treatment methods besides allopathy. Why? Because none of these methods are 100% accurate. Another is that people feel guilty when they get a disease like cancer. The patient feels that I should not eat or drink. Due to not paying the same attention, the disease got cured, but the fact is different. An average of one in five people in the world gets cancer, so those who do not have the disease should not raise their eyebrows and those who have it should not be depressed. Even with a fatal disease one can live long and even with a very healthy body one can die at any time. Doctors have linked death to disease so it may not be believed. One in five bankruptcies in America is due

to medical bills, so let's tease disease until it kills us. If you have gone for a medical check-up and the report shows cancer, don't get high and low! Live happily with cancer! Great Russian thinker Alexander Solzhenitsyn was in prison when he was diagnosed with cancer in 1955. During his imprisonment, he was told by a Korean surgeon that your illness is incurable, even surgery is not possible, so you cannot live more than three months!! But then this brother picked up the pen, started writing and won the Nobel Prize. Can you believe it? ? Even in 2018, this cancer patient is alive. Alexander lived 73 years after cancer diagnosis! In 1966 he wrote a wonderful book Cancer Ward and in 1970 he was also awarded the Nobel Prize for Literature. There is nothing in the world as wonderful as this body, the beauty of an ugly person's body is not even in some monuments, that is, instead of being tired or bored by disease, live happily. If you want to see a miracle, wake up every morning and look in the mirror. It is a miracle that we wake up alive every morning. Wake up every morning and get the rays of the sun, smell the beautiful fun flowers, look at the green leaves, fill your mind with the wave of air high from the breath you get every morning. There is no gift such as nature gives you. You must accept it wholeheartedly and enjoy life as it comes to you.





Women Empowerment

RAJANI PANDIT

FIRST FEMALE DETECTIVE OF INDIA

Rajani Pandit is an Indian Private Investigator and entrepreneur *from Maharashtra.



She was born in 1962 in Palghar, Thane district and had her education in Marathi literature from Ruparel college, Mumbai. After having graduated, Rajani first found work as an office clerk, then agreed to help a colleague who thought her

daughter-in-law was stealing money. She patiently tracked the daily schedule and discovered that the youngest son was the thief. This was her first paid case and afterwards more people - women in particular - began coming to her for her assistance.

After a reporter saw a small news story about her, he hired her to investigate his sister's husband, and Rajani discovered that the man had a secret second family in the countryside. She gained publicity from an interview published in Marathi newspaper "Loksatta."

Credited as the first female detective in India in 1986, she started the Rajani Investigative Bureau, which by

2015 has grown up to employ a staff of 30 detectives. Her firm primarily handles cases involving marital issues or suspected affairs but also investigates missing persons, murder and corporate espionage and conducts background checks of political candidates.



She has developed professional training courses for detectives and has hired and trained other women.

She has authored two marathi books on her experiences 'Faces Behind Faces' and 'Mayajaal' and was the Subject of the documentary film "Lady James Bond" by Dinkar Rao.

During the 2019 Indian general election, her firm was hired by political parties to conduct finance checks and background investigations on multiple candidates.

She has received the "Hirakani Award" which honours women's achievements from public service broadcaster 'Doordarshan'. In October 2018, she was featured in a 'Humans of Bombay' post. A thriller based on her life titled "Kultrapayirchi" has an actress Trisha playing the role of Rajani, the Tamil language film. ■



"Follicular Thyroid Cancer"

There are four types of Thyroid Cancer - Follicular, Papillary Medullary and Anaplastic.

Between 10 to 15% of all thyroid cancers are Follicular thyroid cancer. Most people with thyroid cancer have papillary thyroid cancer (between 70 to 80%)

Follicular thyroid cancer can sometimes cause a lump or pain in your neck. Follicular can spread to other parts of your body without proper treatment.

Symptoms of Follicular Thyroid Cancer

- A lump-thyroid nodule in your neck
- Ear pain or pain in your jaw or neck
- Hoarseness
- Swollen lymph nodes in your neck
- Trouble breathing or swallowing.

Follicular cancer happens when cells in the thyroid gland grow in way they shouldn't have grown.

Follicular Thyroid cancer is more common in people who are exposed to radiation like if you had radiation therapy or work near radiation but Follicular thyroid cancer is not contagious but it most often spreads to the lungs or bones.

Regardless of whether a patient has just one thyroid lobe and the isthmus removed or the entire thyroid gland



removed most experts agree they should be placed on thyroid hormone for the rest of their lives. There is good evidence that Follicular thyroid cancer responds to Thyroid Stimulating Hormone (TSH) secreted by the pituitary, therefore, exogenous Thyroid hormone is given which results in decreased TSH levels and a lower impetus for any remaining cancer cells to grow. Recurrence and mortality rates have been shown to be lower in patients receiving suppression. ■



JALARAM ANNADANKSHETRA

Name	Area	Amt.
❖ Mohini Lekhraj Mirpuri By : Vinit Mirpuri	Khar	7,000/-
❖ Late Chugani By : Vinit Mirpuri	Khar	3,500/-
❖ Aviana Jain	Worli	8,000/-
❖ Rosaria Lobo	Wadala	7,000/-
❖ Sankaran Venkatraman Kangudi	Thane	2,000/-
❖ Late Sheela Sharma's Birthday By : Pritha Sharma	Khaghar	2,000/-
❖ Sudarshan Kumar	Bangalore	8,000/-
❖ Late Satishchandra Gautam's Death By : Shashi Satishchandra Gautam	Anni. Ghatkopar	4,000/-
❖ G. A. Alloys	Chembur	4,000/-
❖ Jitendra Pratap Singh	Nahur	3,500/-
❖ In memory of Late Ms. Priya Poojary By : Preeti Mahesh Bangera	Dombiali	4,000/-

DONATE WITH AN OPEN HEART

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ Deepak Pandey's Death Anni. By : Smita Deepak Pandey	Chembur	5,000/-
❖ Ratan Shivaling Nilankar's Birthday By : Nirmala Manmath Nilankar	Old Prabhadevi	6,000/-
❖ Ramanathan Ramani		300/-
❖ Tour Mart - By : Zubin K. Mody	Lower Parel	5,500/-
❖ Shri LaxmiVenkataramana Mandir Trust	Thane	51,000/-
❖ Eternal AMNV Foundation	Andheri	1,00,000/-

BENEFITS FOR CANCER PATIENTS

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ In memory of Late Mangesh Ladha By : Ramesh Ladha	Vileparle	2,000/-
❖ Rohmi Tajinder Narang	Andheri	2,500/-
❖ Gita Hukku	Andheri	15,000/-
❖ Ranka Charitabletrust		50,000/-
❖ Balakrishna Panduang Polekar	Bhandup	501/-
❖ Birendra Singh	Bandra	15,000/-
❖ Sanjeev Kumar Nagpal	Delhi	3,100/-
❖ Kritika Saraf Jain	Charni Road	3,500/-
❖ In memory of Late Ms. Priya Poojary By : Preeti Mahesh Bangera	Dombiali	6,000/-



FESTIVALS OF INDIA

Mount Mary Fair or Bandra Fair

Officially the Basilica of Our Lady of the Mt. Bandra also known as Mt. St. Mary Church is a Basilica (Shrine) of the latin Church in India located in the Bandra, Mumbai.

The festival of the nativity of St. Mary, also known as Marymas or the Bandra Festival, is celebrated on the 8th day of September which is the occasion of the birth of the Virgin mother of Jesus Christ. The annual festival is followed by a week-long fair in the Konkan region. The 'Bandra Fair' which is visited by thousands of tourists, pilgrims and devotees every year.

The story of the current statue of 'Our Lady' dates back to the 16th Century. It is when Jesuit priests from Portugal brought the statue to the current location and constructed a chapel. The church is made from British architecture and a beautiful semi-gothic structure situated about 80 meters above the sea level facing Arabian Sea.

The basilica stands on a hillock, about 80 mtrs. above sea





level overlooking the Arabian Sea. It draws lakhs of devotees and pilgrims annually. Many of the faith feel attested to the miraculous powers of the Blessed Virgin Mary.

The church was raided and destroyed in 1738 during the Maharatta Invasion of Bassein, led by the Peshwa Brahmin Chimaji Appa. It was rebuilt in British Bombay.

During the Bandra fair, the entire area is decorated with festoons and buntings. Many pitch up stalls to sell religious articles, roasted grams, snacks and sweets. Wax figures of the Virgin Mary along with an assortment of candles shaped like hands, feet, and various other parts of the body are sold at Kiosks. The sick and the sufferings choose a candle or wax figure that corresponds to their ailments and light it in the church with the pious hope that Mother Mary will consider their appeals for help.

People even offer the candles shaped in car, aeroplane, boy, girl, house etc. and pray Mother Mary to fulfill their prayers.

On the event of Virgin Mary Birthday, the fair also known as Bandra Fair is celebrated on the first Sunday after 8th September. This year it will take place from September 11 to 18 after a 2 year hiatus caused by the pandemic. ■





STORY

THE SECRET OF SUCCESS

A young man asked a learned man the secret to success.

The learned man told the youngster to meet him near the river the next morning.

They met and the learned man asked the youngster to walk with him towards the river. When the water got up to their neck, the learned man took the youngster by surprise and ducked him into the water. The boy struggled to get out, but the learned man was strong and kept him there until the boy started turning blue.

Then he pulled his head out of the water and the first thing the young man did was to take a deep breath of air.

The learned man asked "what did you want the most when you were there?"

The boy replied "Air"

The learned man said, "that is the secret to success. When you want success as badly as you wanted the air, then you will get it" There is no other secret.

A burning desire is the starting point of all accomplishments,

True success is finding your passion, dedicating yourself to it and living it fully as your reality."

The reason for most people becoming successful is that, they prefer to walk that extra mile, from where unsuccessful people choose to return.

Find your Passion, Succeed and Stay Blessed forever.





**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"> On Occasion of Shri Atul Devendra Shah's Birthday By : Charu Atul Shah 	Prabhadevi	Food + Jeevdaya	19,200/-
<ul style="list-style-type: none"> In loving memory of Late Jashodaben Dahyalal Shah (Harsol)'s 6th Death Anni. By : Bakulbhai Yashvantlal Shah 	Dahisar	Haladi Doodh	1,100/-
<ul style="list-style-type: none"> In loving memory of Late Arvindbhai Vallabhdas Sonecha By : Hansaben Arvindbhai Sonecha Family 	Kandivali	Medicine	2,000/-
<ul style="list-style-type: none"> In loving memory of Late Mahendrabhai Manilal Gandhi (Limbodara) By : Induben, Alpesh, Sanjay Gandhi Family 	Borivali	Jeevdaya	1,200/-
<ul style="list-style-type: none"> In loving memory of Late Natvarlal Bulakhidas Shah (Harsol) By : Manjulaben Natvarlal Shah Family 	Kandivali	Jeevdaya	1,000/-
<ul style="list-style-type: none"> In loving memory of Late Kamlaben & Late Kantilal Nagindas Shah (Harsol) By : Kantilal Nagindas Shah Family Bhayandar 		Medicine	1,000/-
<ul style="list-style-type: none"> In loving memory of Late Kamlaben & Late Bechardas Doshi By : Dilip B. Doshi 	Mulund	Jeevdaya	500/-
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Avani Lekhra

Paralympian Rifle Shooter

Avani Lekhra, born on 8th November, 2001 in Jaipur, Rajasthan is an Indian Paralympian and rifle shooter. She won a medal in 50 m. rifle 3 positions in the Tokyo 2020 Paralympics.



As of January 2023, Lekhra is ranked No.1 in

Womens 10 m. air rifle standing SH1 (World shooting Para Sports Rankings) and has competed in the 2018 Asian Para Games. She has been supported by Go Sports Foundation through the Para Champion Programme. She is also the first woman (Indian) to win multiple medals in a single Paralympic Games. She has been given out of turn appointment as Asst. Conservator of Forest (A.C.F.) by the Govt. of Rajasthan.

A car accident in 2012, at the age of 11 left her with complete paraplegion. Her father encouraged her to join sports, training in archery but moving to shooting in which she found her true passion. She currently studies Law in Rajasthan. She was Student of Kendriya Vidyalaya 3 in



Jaipur where She received her first Gold Medal in regional match of Shooting.

"My Wheelchair is my legs and my family is my backbone" Says Avani who suffered severe injuries to her spinal cord, getting complete paraplegia and loosing sensation below the waist after her car accident in 2012...

Awards :

2021: Khel Ratna Award, highest sporting honour of India

- Young Indian of the year GQ India
- Vogue Women of the Year. Vogue Magazine
- Best Female Debut - Paralympic Award - International Paralympic Committee.

2022 : - Padma Shri

- FICCI FLO Award for Excellance in Age Award by Hindustan Times.
- Para athelete of the year (Female) Sports star.
- BBC India Change Maker of the year 2021
- BRICS CCI WE-Trailblazer 2022.

Avani has appeared in the Kalki presents My Indian Life. - Life for Young Indian Adults in the twenty-first century examined by Bollywood actress Kalki Koechlin. True stories from India, sometimes brutal, sometimes inspiring. The BBC World Service broadcasts the programme. ■



Hair Care in Monsoon

It is known that monsoon can cause hair damage as the climate is sticky due to excessive humidity. This increases the probability of dandruff, hair fall and other problems too. So your hair needs utmost care.

Follow the below mentioned tips:

1) Protect your hair from rain water.

Protect your hair and scalp from getting drenched in the rain. If this happens, dry your hair well and wash it when possible. Use a soft microfiber towel that absorbs water rapidly.

2) Apply coconut oil.

Applying coconut oil 15 minutes before shampoo helps in pre-conditioning. A pre-shampoo treatment with Coconut oil makes hair glossy and lessens the water your hair soaks up during washing. It also deals with scalp problems.

3) Nutritious Diet

Diet plays an important role in keeping hair healthy. Add protein-rich food like eggs, walnuts, dairy products, green vegetables to your regular diet. Add berries, nuts, Spinach and sweet potatoes, which are best for hair growth.

4) Comb Hacks

Do not comb wet hair immediately. Choose the right comb (wide tooth) so it can easily detangle your hair.





Also avoid sharing of combs to prevent fungal infections.

5) Watch for any signs of Dandruff.

To get rid of dandruff, consult a dermatologist as it is a very common cause of Hair Fall.

6) Short Hair Helps.

One of the simple tip is to keep your hair short in monsoon as it will reduce hair fall problems.

7) Proper Shampoo-Conditioner and Serum.

During monsoon our hair turns dry, brittle and frizzy. Due to extra humidity, hair loses its luster and volume. Choosing the right shampoo and conditioner depending on your hair type will help a great deal.

8) By Ponytail and Buns to the rescue.

When stepping outside, always tie your hair to protect it from getting drenched. It will rule out all the additional hair and scalp problems like itching and bacterial accumulation on the scalp.

9) Exercise caution while hair colouring and hairstyling.

If your hair is prone to breakage, being dry and brittle, stay away from colouring during the monsoons. Colouring and hairstyling expose your hair to a lot of heating chemicals and other treatments on it. Also minimise the use of hair styling products.

Thus the above hair care tips can be used, during monsoons to keep your hair healthy, safe and glossy even during the rains. With proper care, you can enjoy the rain without any stress. ■



SAINT VANI

Who is your life partner?

By Sri Sri Ravishankar

Mom?	Dad?	Wife?	Son?
Husband?	Daughter?	Friends?	Not at all!

Your real-life partner is your body.

Once your body stops responding, no one is with you. You and your body stay together from birth till death. What you do to your body is your responsibility and that will come back to you.

The more you care for your body, the more your body will care for you.

What you eat, what you do for being fit, how you deal with stress, how much rest you give to it; will decide how your body is going to respond.

Remember, your body is the only permanent address where you live.

Your body is your asset/ liability, which no one else can share. Your body is your responsibility because you are the real-life partner.

Be fit. Take care of your-self. Money comes and goes. Relatives and Friends are not permanent.

Remember, no one can help your body other than you.

- Pranayama for Lungs
- Meditation for Mind
- Yoga for Body
- Walking for Heart
- Good food for Intestines
- Good thoughts for Soul
- Good karma for World.
-



Teachers Day

The dinner guests were sitting around the table discussing life.

One man, a CEO, decided to explain the problem with education.

He argued, "What's a kid going to learn from someone who decided his best option in life was to become only a teacher?"

To stress his point he said to another guest;

"You're a teacher, Bonnie. Be honest. What do you make?"

Teacher Bonnie, who had a reputation for honesty and frankness replied, "You want to know what I make?"

She paused for a second, then began...

"Well, I make kids work harder than they ever thought they could.

I make a C+ feel like the Congressional Medal of Honor winner.

I make kids sit through 40 minutes of class time when their parents can't make them sit for 5 min. without an I- Pod, Game Cube or movie rental.

You want to know what I make?

She paused again and looked at each and every person at the table;

I make kids wonder. I make them question. I make them apologize and mean it. I make them have respect and take responsibility for their actions.

I teach them how to write and then I make them write.

Keyboarding isn't everything.

I make them read, read, read.

I make them show all their work in math.



They use their God given brain, not the man-made calculator.

I make my students from other countries learn everything they need to know about English while preserving their unique cultural identity.

I make my classroom a place where all my students feel safe.

Finally, I make them understand that if they use the gifts they

were given, work hard, and follow their hearts, they can succeed in life.

Bonnie paused one last time and then continued,

Then, when people try to judge me by what I make, with me knowing money isn't everything,

I can hold my head up high and pay no attention because they are ignorant. You want to know what I make.

I make a difference

I make a difference in all your lives, educating kids, & preparing them to become CEOs, & Doctors & Engineers.

What do you make Mr. CEO?

His jaw dropped; he went silent.

What we need in our society today, is to have the greatest minds teach the youngsters the right values and make a real difference and that shall be the biggest tribute we can pay our teachers.

*"Gurur Brahmaa, Gurur Vishnu, Gurur Devo Maheshwarah, Guru Saakshaata Parabrahma Tasmai, Shri Guruve Namah"**

Happy Teachers Day!

Make a difference, Celebrate Teachers Day everyday & Stay Blessed forever! ■



RECIPE

"Ukadi che Modak"

Ganpati Special

- Mrs. Aasha Dasondi (*Matunga*)

Ingredients :

Sweet Filling

- ❑ 2 cups grated fresh coconut
- ❑ 1 tsp. Ghee
- ❑ 1 Cup Jaggery grated.
- ❑ 4 green cardamon powdered

Outer Layer

- ❑ 1 cup Rice Flour
- ❑ 1 cup water
- ❑ pinch of Salt
- ❑ 1 tsp ghee

For greasing

- ❑ 1 tsp ghee

Method :

For Filling :- Saute together jaggery and coconut until both blend well and mixture turns thick. Do not overcook. There should be no excess moisture in the pan. Add ghee to it and mix well. Turn off stove and cool completely in the pan. Add cardamon powder and nutmeg powder and mix well.

For the Outer Layer - For the dough

Boil 1 cup of water along with salt and ghee. Then regulate the flame to low and add the rice flour. Mix it well. Turn off the gas and cover the vessel. Set it aside and let the dough steam in the residual heat. Keep until the temperature comes down a bit.

When the mixture is still slightly hot, knead it to a soft non- sticky smooth crack-free dough. If you feel it is dry, add some hot water and knead.



Divide the dough to make 11 (Eleven) equal sized balls. Keep the balls covered with a damp cloth until you finish making all of them.

Ensure that the coconut filling has cooled down completely before you begin to make Modaks.

Take each rice ball to your palm and smoothen it to a crack free soft ball.

Grease the modak mould slightly with ghee. Close the mould after keeping the rice ball inside. Press with your finger to spread the dough towards the sides of the mould.

Now stuff the sweet coconut mixture after opening the mould and seal the modak carefully. Open the mould and transfer the Modak to a greased steam thali.

Place all the modaks in a greased steam thali or you can just spread a moist cloth in the basket. You can sprinkle some saffron on Modaks.

Place this basket or thali in a steamer or pressure cooker. Pour 1½ Cups of water and bring to a boil on a medium high heat before putting the basket in the steamer. Place the steam thali or basket inside the cooker or steamer and cover with lid. If you are using pressure cooker, it is very necessary to remove the whistle before using it!

Steam the modaks on a medium heat for 10 minutes. After 10-12 minutes, turn off the gas and let modaks rest in the cooker for 5 minutes.

Remove the steam basket or thali and place on a cooling rack. Pour few drops of ghee on the Modaks.

Finally offer them to Lord Ganesha and serve as prasad... ■



FESTIVALS OF INDIA

Dahi Handi Festival in Maharashtra

In Maharashtra, Janmashtami is celebrated as Dahi Handi. It is organised roughly every August or September. The festival "Gokulashtami" known as Krishna Janmashtami in the rest of the Country is the celebration of Lord Krishna's birth and Dahi Handi is part of it, celebrated the next day of Lord Krishna's birth on 8th day of Shravan month dark night as per Hindu Calendar.

The event involves making a human pyramid and breaking an earthen pot filled with milk, curd, butter, fruits, and flowers and water which is hung at a convenient height thus imitating the action of child Krishna. Nowadays the prize money is also added to the pot.

The term "Govinda" (also another name of Lord Krishna) or Govinda Pathak are used to refer to the people who participate in forming this human pyramid. They practice in groups, weeks before the annual event. These groups are called Mandals and they go around the local areas attempting



to break as many pots as possible during the event. Pyramid formation needs co-ordination and focus. The lowest layer consists of the most people preferably sturdy while the middle layer players pay attention to those below as well as the others standing on their shoulders. The outer layer individuals need to focus on maintaining balance. As lighter people are needed higher up, the topmost layer usually ends up with the contents spilling over the participants.

Traditionally spectators throw water on the participants to deter them and people chant in Marathi -"Ala re Ala, Govinda Ala" means Govinda have arrived. The pyramid formation is often accompanied by crowds, music and dancing.

In Andhra Pradesh and Telangana this festival is celebrated as "Utlotsavam". At the famous Tirupati Venkateswara Temple, this ancient sport is celebrated with great fervour on Navami (The day after Krishna Janmotsav.) The professional deities of Shri Krishna Swami and Shri Malayappa Swami will be taken in a procession around the temple place, just in front of the temple where Utlotsavam will be performed. The deities will be watching the sport being played by the local youth who will be divided into groups to grab the "Utti". "Utti is fibrous network sling to hang pots. "Utti" with prize money will be tagged to the end of 25 ft. long wooden post which is smeared with sticky and other oily substances. ■

‘Snake and Ladder’.

A popular indoor game which all of us have played and enjoyed in our childhood is ‘Snake and Ladder’. While playing the game many times we went up with the ladder and many times we descended because of snake! But we continued to roll the dice till the end of the game. Our life is quite like that beautiful and enjoyable game. The biggest take away and probably an eternal truth learnt from that game is that for every success(Ladder) there may be a setback(Snake) that will push you back. However, if you don’t give up and continue rolling the dice, you will eventually reach the victory point. Ups and downs, defeats and victories and successes and failures are part and parcel of life. And that is an ‘Eternal Truth.* Believe in yourself, Possess positive attitude and thoughts, display perseverance, never never Give you. Good, better, best. Never let it rest. "Till your good is better and your better is best."

Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy. Infuse your life with action. Don't wait for it to happen. Make it happen. Make your own future. Make your own hope. Make your own love. And whatever your beliefs, honor your creator, not by passively waiting for grace to come down from upon high, but by doing what you can to make grace happen... yourself, right now, right down here on Earth. You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. Be the one to enrich the world. ■

INSPIRATIONAL STORY

The Nobel Prize & the Floor-Maid!

Compiled by : Ashaben Dasondi, Matunga

A Doctor, touring Tewksbury Institute, accidentally collided with an elderly floor maid. To cover the awkward moment he asked, "How long have you worked here?"

"I've worked here almost since the place opened," the maid replied.

"What can you tell me about the History of this place?" he asked.

"I don't think I can tell you anything, but I could show you something."

With that, she led him down to the basement under the oldest section of the building. She pointed to what looked like a small prison cell, its iron bars rusted with age, and said, "That's the cage where they used to keep Annie."

"Who's Annie?" he asked.

"Annie was a young girl who was brought in here because she was incorrigible - which means nobody could do anything with her. She'd bite and scream and throw her food at people. The Doctors and Nurses couldn't

even examine her for anything. I'd seen them trying with her spitting and scratching at them. I was only a few years younger than her and I used to think, 'I sure would hate to be locked up in a cage like that.' I wanted to help her, but I didn't have any idea what I could do. I mean, if the doctors and nurses couldn't help her, what could someone like me do?

"I didn't know what else to do, so I just baked her a small cake one night after work. The next day I brought it in. I walked carefully to her cage and said, 'Annie I baked a cake just for you. I'll put it right here on the floor and you can come and get it if you want.' Then I got out of there just as fast as I could because I was afraid she might throw it at me. But she didn't. She actually took the cake and ate it.

"After that, she was just a little bit nicer to me when I was around. And sometimes I'd talk to her. Once, I even got her laughing. One of the nurses noticed this and she told the Doctor. They asked me if I'd help them with Annie. I said I would if I could. So that's how it came about that every time they wanted to see Annie or examine her, I went into the cage first and explained and calmed her down and hold her hand. That's how they discovered that Annie was almost blind."

After they'd been working with her for about a year - and it was tough sledding with Annie - the Perkins institute for the Blind opened its doors. They were able to help her and she went on to study and became a teacher herself.

Annie came back to the Tewksbury Institute to visit, and to see what she could do to help out. At first, the Director didn't say anything and then he thought about a letter he'd just received. A man had written to him about his daughter. She was absolutely unruly - almost like an animal.

He'd been told she was blind and deaf as well as 'deranged'. He was at his wit's end, but he didn't want to put her in an asylum. So he wrote here to ask if we knew of anyone - any teacher - who would come to his house and work with his daughter.

And that is how Annie Sullivan became the lifelong companion of Helen Keller.

When Helen Keller received the Nobel Prize, she was asked who had the greatest impact on her life and she said, "Annie Sullivan." But Annie said, "No Helen."

The woman who had the greatest influence on both our lives was a floor maid at the Tewksbury Institute."

History is changed when one person asks: "What can someone like me do?" ■



Kids Corner

Always Think Positive

- Aasha Dasondi, Matunga

One day a professor came to the class in a college and informed the students to be ready for the surprise test.

The students waited anxiously at the desk to start the test. The professor handed out the question paper with the text facing down as usual. Once he handed them all out, he asked his students to turn the page & begin. To everyone's surprise there were no questions, just a black dot in the center of the page. Students were surprised.

The professor seeing expression on everyone face told them the following. "I want you to write what you see there on paper?"

The confused students got started on the inexplicable task. At the end of the class, the professor took all the answer papers and started reading each one of them aloud in front of all the students. All of them with no exceptions described the black dot trying to explain its position in the middle of the sheet etc. After all papers had been read, the classroom was silent.

The professor begin to explain. "I am not going to grade you on this. I just wanted to give you something to think about but no one write about the white part of the paper. Everyone focused on the black dot and the same happens in our lives.

We have a white paper to observe, enjoy but we always focus on the dark spots. Our life is the gift given to us by God with love and care."



"We always have reason to celebrate as nature renewing itself everyday, our friends around us, the job that provides our livelihood, the miracles we see everyday. However we insist on focusing on the dark spots -- the health issues that bother us, the lack of money, the complicated relationship with family members, the disappointment with the friends etc. The dark spots are very small compared to everything we have in our lives but they are the ones that pollute our minds. Take your eyes away from the black spots. Enjoy each one of your blessings, each moment that life gives you."

Be happy and live life positively,

Moral of the story : As the professor explained, life is a bag of good and bad things. We all have positives and negatives along the way but we must always concentrate on the positives for Happy and Healthy Life.

Life goes on no matter whatsoever, so do not waste your time thinking about the negatives.

Always Think Positive. ■

HALDI MILK SCHEME

Name	Area	Amt.
❁ Sudarshan Kumar	Bangalore	700/-
❁ Oman Trade	Elphinstone Road	3,500/-
❁ Paper Converter	Ghatkopar	2,100/-

GRAIN DISTRIBUTION

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

HUMOUR

- Ashaben Dasondi,
Matunga



- Man to God : Why did you make women so beautiful?
God to Man : So that you will love them.

Man to God : But why did you make them so dumb?

God to Man : So that they will love you.

- The teacher : Tell me a sentence that starts with an "I"
Student : "I" is the...
Teacher : Stop. Never put 'is' after an "I" Always 'am' after an 'I'
Student : O.K. "I" am the ninth letter of the alphabet.

- Teacher : A person who speaks two languages is Bilingual. A person who speaks three languages is Trilingual. A person who speaks four languages is multilingual. what is a person who speaks only one language ?
Student : "An American"

- A man receives a phone call from his doctor. "I have some good news and some bad news for you.
The man says : Ok, give me good news first.
The doctor says "good news is you have 24 hours to live"
The man says : "Oh no ! If that's the good news. what is bad news?!"
The doctor Says "The Bad news is I forgot to call you yesterday."

Picture Speaks of 'Saisha-Naisha Dani Toy Bank'



With the cooperation of Shri Chimanlal VasANJI Shah (Deshalpur), children with cancer spent a day full of entertainment, innovative gifts.



They also got to enjoy the delicacy of delicious food. These cancer-stricken children forgot their pain and became happy.

To,



The picture speaks of compassion



Founder and Managing Trustee Shri Harakhchandbhai Savla (Badawala) of the trust providing toys and biscuits to cancer sufferers.