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# JEEVANPATH

## JEEVANPATH



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**Om Sarve Bhavantu Sukhinah: Sarve Santu Niramaya |**

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



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



**Volunteer of  
the Jeevdaya  
wing of the  
organisation is  
examining  
cancer tumor  
in the wings  
of pigeon.**

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

**Late Kishorbhai Meghji Narpat Salia's 1st Death Anniversary  
By : Smt. Taramati Kishorbhai Salia (Ratadia Ganeshwala-Chembur)**

## The picture speaks of 'Ek Panth Do Kaj.'



Wearable clothes from the homes of generous donors like you are given to cancer patients and their families. Quilts are sewn from torn clothes and are given to cancer patients staying on the pavement. 'Ek Panth Do Kaaj' - A source of income for carpet weavers and footpaths. A mattress can be used for sleeping for cancer patients living at the streets while they come to Tata Hospital for treatment.

## The picture speaks of compassion



Our volunteer is distributing saree to a cancer-stricken woman coming from the rural for treatment given by our donor Mr. Dineshbhai Modi.

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

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**Patron - Mr. Khetshi Malshi Savla**

**Printer/Publisher/ Editor**

Mr. Harakhchand Savla

**Editing Assistance**

Mrs. Aasha Dasondi

Ms. Hiral Chintan Shah Savla

**BRANCH OFFICES**

**Jalgaon Office**

Shah Raghavji Lalji Satra (Gundala)  
109, Polan Peth, Jalgaon- 425 001  
Tel: 0257-2224156 M.: 09673364290

**Sangli - Kolhapur**

Meena Jethalal Maru (Halapar)  
M.: 7709900433

**Panvel Office**

C6-13:04, Sector-18, Road No.-2,  
Near Abhyudaya Bank,  
New Panvel (E.) Pin - 410206

**Nalasopara Office**

12, Laxmi Shopping Center,  
Near Radha Krishna Hotel,  
Tulinj Road, Nalasopara (East)  
Khusbu Gala - 8928765301

**Jeevan Jyot Medical Centre**

R/3, Shree Swami Samartha CHS.,  
Opp. Dadoji Kondev Stadium,  
Thane (W.) - 400 601

**-: Main Office :-**

**Jeevan Jyot Cancer Relief & Care Trust**

5/6, Kondaji Chawl, Jerbai Wadia Rd.,  
Near Tata Hospital, Opp. Petrol Pump.  
Parel, Mumbai-12.

Tel : 9869206400/9076169355

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

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### ॐ Arihante Namō Nama:

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

## FROM THE EDITOR'S DESK



In one party, the organiser made everyone to do a small exercise. He gathered them all and gave them all red balloons. He asked them to write their names on it. So they wrote their names. Now he asked them to release these balloons.

The balloons went up there on the ceiling and now they were asked to search the balloon which had their own name on it. So people started pulling the string and checking, "Oh, its not my balloon."

"Put it back" the organiser said. It went on for quite sometime.

Then one wise man said, "Stop this. I'll tell you what to do. Pull the string and see whose name is on the balloon and give it to that person. When you go and give it to someone, definitely someone else is bound to come and give you your balloon.

That's how the life works. When you pray for somebody else, somebody will pray for you. And that's how the whole world can be peaceful. This should be our mood - Selfless, helpless, gratefulness, thankfulness, heartfelt prayers. Our

prayers should be inclusive and not exclusive. Let everybody be happy in this world.

That's what our Vedic Scriptures teach us. You know from childhood. We have been doing this prayer :

***"Om Sarve Janah Sukhino Bhavantu,***

***Sarve Santu Niramaya***

***Sarve Bhadrani Pashyantu***

***Ma Kashid Dukhabhang Bhavet.***

***Om Shanti, Shanti, Shanti'***

which means :-

Om. May all be happy

May all be free from illness.

May all witness everything auspicious

May no one Suffers.

Om Peace, Peace, Peace.

Let there be happiness everywhere. Let nobody should suffer. All should be happy. When we all do that, we will also be happy. ■

**-: 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) A/c. No 20059826756  
**IFSC** - MAHB0000563

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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**



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



**BIRTH MONTH**

# Prithviraj Kapoor - Founder of Prithvi Theatre

Prithviraj Kapoor was born on 3rd November 1906 in a Punjabi Hindu Dhari Ghotri family of the Kapoor Gotra in Gamundri, Punjab, British India. He was an Indian actor who is also considered to be one of the founding figures of Hindi Cinema. He was associated with IPTA as one of its founding



member and established the Prithvi Theatre in 1944 as a travelling theatre company based in Mumbai

Kapoor began his acting career in the theatres of Lillapur and Peshawar. In 1929, he moved to Bombay city. Then he joined the Imperial Films Company and started acting in minor roles in movies. He went on to earn a lead role in his third film 'Cinema Girl' which released in 1929. Through all these years, he remained devoted to the theatre and performed on stage regularly. He developed a reputation as a very fine and versatile actor on both stage and screen.

By 1944, he found his own theatre group "Prithvi Theatres". He invested in Prithvi Theatres which staged memorable productions across India. The plays were highly influential in the Indian Independence Movement and the Quit India Movement. In over 16 years of existence the theatre staged some 2662 performances. He starred as the lead actor in every single show. One of the popular plays was 'Pathan' which was performed on stage nearly 600 times in Mumbai. It opened on 13th April 1947 and is a story of a Muslim and his Hindu friend.

His filmography of this period includes Mughal-e-Azam (1960), where he gave his most memorable performance as the Mughal Emperor Akbar, Harishchandra Taramati, (1963) in which he played the lead role, an unforgettable performance as Porus in Sikandar-e-Azam (1965) and the stentorian grand father in Kal, Aaj aur Kal (1971) in which



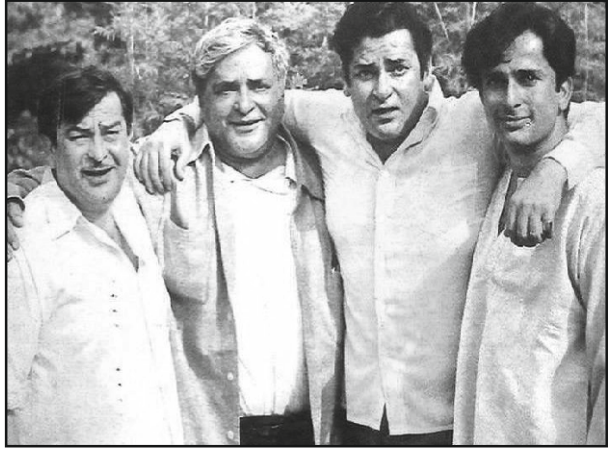
he appeared with his son Raj Kapoor and grand son Randhir Kapoor.

In 1954, he was awarded the Sangeet





Natak Akedemi  
Fellowship and  
in 1969, the  
P a d m a  
Bhushan by the  
Govt. of India.  
He remained  
N o m i n a t e d



Rajya Sabha Member for 8 years. He was posthumously awarded Dadasaheb Phalke Award for the year 1971. He was the 3rd recipient of that award, the highest accolade in Indian Cinema.

In 1996, the Golden Jubilee Year of the Founding of Prithvi Theatre, India post issued a special Rs. 2/- Commemorative postage stamp. It featured the logo of the theatre dates (1945-1995) and the image of Prithvi Raj Kapoor. The First Day Cover (Stamped 15-1-95) showed an illustration of a performance of a travelling theatre in progress, as Prithvi Theatre was for 16 years until 1960. On the occasion of 100 years of the Indian Cinema, another postage stamp bearing his likeness was released by India Post on 3rd May, 2013.



## 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

## FESTIVALS OF INDIA

### BHAI BEEJ



Bhai Dooj also known as Bhau Beej, Bhai Phonta or Bhatri Dwitiya is a festival celebrated by Hindus on the second day of lunar day of the Shukla Paksha of Kartika month. In the southern part of India, the day is celebrated as Yama Dwitiya in the Kayastha community. The one comes on the second day after Diwali.

In Haryana and Uttar Pradesh, a ritual is followed, a dry coconut with Klewa tied along its width for worshipping is also used at the time of doing Aarti of a brother. In Bengal, the day is celebrated as Bhai phonta which comes one day after kali pooja.

On the day of festival, sisters invite their brothers for

a sumptuous meal often including their favourite dishes Sweets. Though the procedure may be different in different states, the ceremony signifies the duty of a brother to protect his sister as well as sister's blessings for her brother.

Carrying forward the ceremony in traditional style, sisters perform Aarti for their brother, apply a red tika on brother's forehead which signifies the sister's sincerest prayers for the long and happy life of her brother and treat them with gifts. In return, elder brothers bless their sisters and may treat them also with gifts or cash.

As it is customary in Haryana and Maharashtra to celebrate the auspicious occasion of Bhau beej, women who don't have a brother, worship the moon instead. The sister whose brother lives far away from her and cannot go to her house, sends her sincere prayers for the long and happy life of her brother through the moon-god. She performs aarti for the moon. This is the reason why children of Hindu parents affectionately call the moon (chandamama) mama means mother's brother.

This year Bhai Dooj is on Wednesday, November 15, 2023. ■

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

<b><i>Name</i></b>	<b><i>Area</i></b>	<b><i>Amt.</i></b>
❖ Birendra Singh	Bandra	20,000/-
❖ Late Vinayak R. Joshi		
By : Vidyanand Joshi	Wadala	6,000/-
❖ Chhaya Narvekar	Bhandup	5,000/-
❖ Maharukh Deboo	Parel	5,000/-
❖ Atharva V. Joshi		
By : Vidyanand Joshi	Wadala	5,000/-
❖ Narendra Bhanudas Patil	Ghodapdeo	5,000/-
❖ Bhairav Lalit Jain	Curry Road	2,500/-
❖ In memory of Jer Mistry		
By : Gool Darayas Vevaina	Thane	2,500/-
❖ Anjanadevi Khushlani	Mulund	2,500/-
❖ Tara Menon	Parel	2,000/-
❖ Bhagwan B. Fatnani	Mahim	1,111/-
❖ Vinay B. Arondekar	Dadar	1,000/-
❖ Shreya Rathi	Malad	1,000/-
❖ Bhagwantibai B. Fatnani	Mahim	701/-



## Last Month's activities carried out by Trust

- 26 cards were given for food and 13 for Haldi milk.
- Food Grains distributed among 153 Cancer patients family.
- Fruits were distributed among 167 Cancer patients.
- 4 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 7 patients.
- 16 patients were given help by different trusts and received best response.
- Medicines worth Rs. 5,99,210/- were given to cancer patients.
- Medical treatment worth Rs. 3,10,590/- 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.4,70,800/-.
- Handicapped person were provided with : 4 Walker, 2 Walking Sticks, 2 Commode Chairs, 4 Wheel Chairs, 2 Flower Beds, 3 Oxygen Machines and 2 Oxygen Cylinder were given.
- 9 files made for cancer affected patients.
- 31 Patients got benefit of free Ambulance Service.
- 4 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/-



## Women Empowerment

# MAJOR PRIYA JHINGAN -

## INDIAN ARMY OFFICER

Another bright name has found a place in the list of biopics made in Bollywood. A movie on the life of India's first lady Priya Jhingan was announced recently. The announcement of the movie was made on her birthday...



Priya is born on 1st February, 1988 and raised in Shimla, Himachal Pradesh. She had her first brush with the Army as a class 9 student. She is married to Lieutenant Colonel Manoj Malhotra, who runs an adventure sports Company named Pep Turf.

Until the year 1992, women were not allowed to join the ranks of Indian Army. However this didn't deter Priya from aspiring to serve country in the uniform. Daughter of a police officer, she decidedly wrote a letter to the chief of Army Staff to allow the commission of women into the Army.

The reply to her gutsy letter boosted her morale further after she was told that Indian Army is planning to induct women in their ranks. After months later, when the official



announcement appeared in the newspaper, she knew she'd seen herself in the green uniform. Priya who was a law student, cleared the



entrance and soon after she joined the Officers Training Academy (O.T.A) in Chennai. Enrolled as Cadet No.001, Priya became the first female cadet to join the Indian Army on September 21, 1992. Priya was Commissioned on March 6, 1993 and requested that she be posted in the infantry.

In February 2018. Priya was felicitated by the President of India Shri Ramnath Kovind for being the pioneer of women in the Indian Army amongst 112 other prominent women in various fields in India.

Priya is an Indian Army Officer and Lady Cadet No.001 and silver medalist from the 1st batch of 25 lady officers who were commissioned in the Indian Army in 1993.

In August 2020, she along with 7 female students and a female teacher of the Lawrence School sealed Mt. Kilimanjaro, the highest mountain in Africa. She cleared





the Haryana Judicial Services after retirement but chose not to join the Judicial Service. She later earned a Bachelor of Journalism and Mass Communication and began editing the Gangtok based weekly "Sikkim Express". She was a contestant on 'Khataron ke Khiladi' Season-3 in 2013. ■

### ***JEEVDAYA***

<b><i>Name</i></b>	<b><i>Area</i></b>	<b><i>Amt.</i></b>
❖ Bhairav Lalit Jain	Curry Road	3,500/-
❖ Suresh Chhabaria	Santacruz	3,000/-
❖ Dr. Anjali B. Kale	Parel	2,000/-
❖ Shreya Rathi	Malad	1,100/-
❖ Bhagwantibai B. Fatnani	Mahim	701/-
❖ Bhagwan B. Fatnani	Mahim	701/-
❖ Vanita Sabhani	Khar	500/-

### ***HALDI MILK SCHEME***

<b><i>Name</i></b>	<b><i>Area</i></b>	<b><i>Amt.</i></b>
❖ Rupali A. Parab	Naigaon	1,000/-
❖ Vedansha K. Shah	Matunga	1,000/-
❖ Ashaben Shah	Byculla	1,000/-
❖ Bhagwantibai B. Fatnani	Mahim	751/-
❖ Bhagwan B. Fatnani	Mahim	751/-
❖ Kiara Ankita Mapara	Borivali	700/-
❖ Ankush Mahadev Adankar	Lalbaug	700/-
❖ Bhairav Lalit Jain	Curry Road	700/-
❖ Sushila Sabhani	Parel	500/-

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

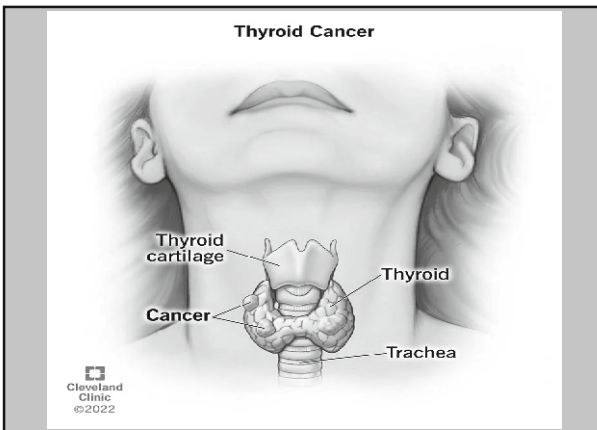
- 1) Smt. Naliniben Bipinchandra Mehta : Cancer Detection Centre
- 2) Smt. Champaben Zumakhram Shah : Colostomy Bag Centre
- 3) Smt. Sakarben L. D. Shah (Bidada) : Shri Jalaram Annadankshetra
- 4) Smt. Pushpavati Kishorbhai Bhojraj (Merau) : Ambulance Service
- 5) Smt. Naynaben Bipinbhai Dani (Matunga)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

# PAPILLARY THYROID CANCER

The thyroid is a gland in the neck, in front of the trachea or windpipe. It produces hormones that help regulate a person's metabolism. Papillary Thyroid Cancer (PTC) is a type of cancer that develops on the thyroid gland, in front of the neck. The word 'Papillary' describes the way the cells of this particular cancer tumour grow. In a papillary tumor, cells stick together and form long strands of tissue. The treatment of this type of cancer is often successful and cancer is rarely fatal.

Although experts don't know what causes PTC, one risk factor is childhood exposure to radiation due to medical treatments or other environmental exposure. This thyroid cancer can occur in people of all ages, common

is people between the age of 30 to 50. It affects women more commonly than men and it is more common in young women.





PTC starts as a growth of abnormal cancer cells with the thyroid. As these cells multiply they form a bump or "nodule" within the thyroid that often sticks on the side or front of the thyroid gland. Hence like all thyroid cancers, is diagnosed after a doctor feels the neck of patient.

### **Symptoms:**

- A small lump at the base of the throat or neck.
- Difficulty in swallowing
- Difficulty in breathing
- Hoarseness of voice
- Throt or neck pain

Sometimes people are undergoing scans or X-rays of the neck for some other reason and a nodule or worrisome area of the thyroid is seen. If the nodule has some worrisome characteristics, the next step is needle biopsy. This is quite accurate and it is a process widely used in these cases. Other investigation methods include Ultrasound Imaging and Nuclear Scan. The Ultrasound is a useful test to distinguish solid from cystic lesions and to identify calcifications.



**PTC Diagnosis can be done :**

- Physical Examination
- Blood Hormone Study
- Laryngoscopy
- Blood Chemistry
- CT Scan
- Biopsy

**Treatment ;** Surgery remains the mainstay of treatment for PTC. Thyroid lobectomy alone may be sufficient treatment for small, low risk, unifocal, intrathyroidal papillary carcinoma in the absence of prior head and neck irradiation.

**Other modes are:**

- Radioactive Iodine.
- Chemotherapy.
- Thyroid Hormone Therapy
- Targeted Therapy.
- Watchful waiting.

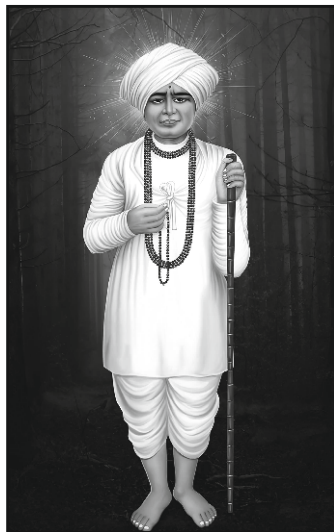




## SAINTS OF INDIA

# Saint Jalaram Bapa

Jalaram Bapa popularly known as Bapa was born in Virpur, Rajkot Gujarat on 4th November 1799, one week after the Hindu festival of Diwali, which is associated with his Ista Devta - Lord Ram. He is mainly worshipped in Gujarat but his words and miracles have spread throughout India and many other countries. Thursday is the day that is associated with him in Hinduism.



Images of Jalaram Bapa usually portray him as wearing white, with a stick in his left hand and a tulsī mala in his right hand. He is always dressed in simple clothes to represent that he was a pure person.

He was mostly engaged in serving Pilgrims, Sadhus and Saints. At the age of 18 in 1818. Soon after returning from pilgrimage to Hindu holy places, Bapa became the disciple of Bhoja Bhagat of Fatehpur, who accepted him as his disciple. He was given the Guru Mantra and Jap Mala in "Sadavrat", a feeding centre, a place where all sadhus and saints as well as needy would have food any time.

One day, a sadhu came to his house, gave him a deity



of Shri Ram forecasting that Hanuman, the monkey god and devotee of Rain would follow soon. Bapa installed Ram as his family deity and after a few days a deity of Hanuman appeared out of earth and Ram's consort Sita and Laxman, Ram's brother also appeared. Due to this miracle, the container in the house of Bapa, where grains were stored became inexhaustible.

Bapa's fame spread as a divine incarnation. Whoever came to Virpur, whether Hindu or Muslim of any caste, creed or religion were fed by Bapa. This tradition of feeding people continues to this day in Virpur.

Bapa died on February 23, 1881 at the age of 81. Some of his followers believe that even after his death, Bapa would make unusual miracles happen.

The main Shrine of Bapa in Virpur is in the house complex where he lived during his lifetime. It has his belongings and main attraction here is the portrait of Bapa. There is also an actual black and white photo of Bapa taken a year before his death.

The Temple is one of its kind in the world in a way that it has not been accepting any offerings since Feb. 9, 2000.

Bapa's birthday on 7th day of Shukla Paksha of the Hindu Month of Kartik is celebrated as Jalaran Jayanti. There is a huge fair and festival at Virpur. On the occasion millions of devotees visit Virpur to pay respect to the saint and have prasad mainly of Khichdi with Bundi and Ganthia.



**PLACES OF INTEREST****PANCHNADA -  
CONFLUENCE OF 5 RIVERS.**

The Panchnada is an area near Sindous at the border of Jalaun district, Edawah and Auraiya district of Uttar Pradesh. It is also near the border of Bhind District of Madhya Pradesh where tourists can witness the confluence of 5 rivers, Kunwari (Kwari), Pahuj, Yamuna, Chambal and Sind. This area is a rich habitat for Dolphins.

Pahuj River is a river flowing in Bhind district of Madhya Pradesh... It is a tributary of Sindh river which joins Yamuna River to Jalaun, Uttar Pradesh, just after the Chambal river joins Yamuna river.

Kunwari river is flowing in Morena District, Bhind. It is tributary of Sindh river and joins in Auraiya district, and Sindh river in turn immediately joins Yamuna.

The Sindh river originates on the Malwa plateau in





Vidisha district and flows northwest through Madhya Pradesh to join Yamuna in Auraiya district, just after the Chambal river confluence with Yamuna. The Pahuj river and Kunwari river are its tributaries. Yamuna, the biggest tributary of Ganga river later joins its parent river in Allahabad.

The confluence of Yamuna and Chambal river upto the confluence of Sindh and Yamuna river is known as Panchnada. It presents an extensive view of Sylvan beauty during the rainy season and also in the winters, but it turn into an arid expanse during the summer.

It is said that Pandvas spent a year in the vicinity of this Panchnada during their exile.

The confluence of these 5 rivers is called Mahatirth Raj Sangam which takes place at Jalaun in Bundelkhand.

A historic fair is held here every year on **Kartika Poornima**. Lakhs of devotees from Uttar Pradesh, Madhya Pradesh and Rajasthan flock to the fair.

There is evidence of Baba Saheb Temple on the banks of the Panchnada on the boarder of Jalaun district and a temple of Kaleshwar on the other side of the river in the Etawah district.

Some facts about the temple are surprising. Muchkund Maharaj, who was immersed in his penance have disappeared into the cave during his penance. His body has not been found till date. At present, worship is being done at his feet in the temple premises. ■

## **JALARAM ANNADANKSHETRA**

<b>Name</b>	<b>Area</b>	<b>Amt.</b>
❖ Shanbhag Engineering Company	Andheri	1,00,000/-
❖ In loving memory of Mahendrabhai Shah		30,000/-
❖ Adore Charities		19,000/-
❖ Tehmi Baji Bharucha	Colaba	10,000/-
❖ Sheel Jain & Sagarika Jain	Kandivali	4,000/-
❖ Late Satishchandra Gautam's Death Anni.		
By : Shashi Satishchandra Gautam	Ghatkopar	4,000/-
❖ G. A. Alloys	Chembur	4,000/-
❖ Ganesh Iyer	Powai	4,000/-
❖ Swarang Sunil Kadam		
By : Sunil Jaywant Kadam	Naigaon	3,500/-
❖ Tour Mart		
By : Zubin K. Mody	Lower Parel	3,500/-
❖ Kritika Saraf Jain	Charni Road	3,500/-
❖ Kiara D'souza's 5th Birthday		
By : Syrina D'souza	Wadala	3,500/-
❖ Mukesh Chauhan	Chunabhatti	3,500/-
❖ Dr. Anjali Kale	Parel	3,500/-
❖ Bhairav Lalit Jain	Curry Road	3,500/-
❖ Nimisha Nilesh Nakashe	Satrapda	2,100/-
❖ Ankush Mahadev Adankar	Lalbaug	2,000/-
❖ Sanjay Dabolkar		
By : Nanda Sanjay Dabolkar	Prabhadevi	2,000/-
❖ Prachi Vivek Rane	Parel	2,000/-
❖ Pravin U. Ajgaonkar	Santacruz	2,000/-

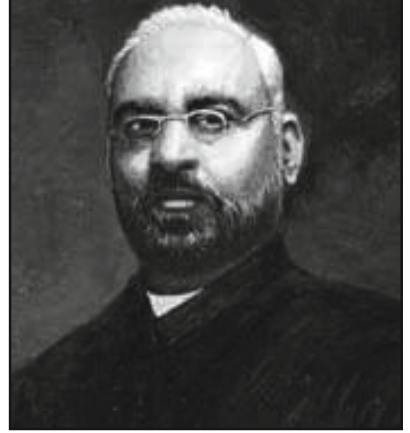
Yesterday I told a chicken to cross the road. It said, "What for?"



# Pride of Kutch

## Shyamji Krishna Verma, Founder of Indian Home Rule Society

Shyamji Krishna Verma was born on 4th October, 1857 in Mandvi, Kutch State. His ancestors came from Bhachunda Village in Abdasa Taluka of Kutch district. They had migrated to Mandavi in search of employment.



After completing secondary education in Bhuj, Verma went to Mumbai for further education at Wilson High School. While in Mumbai, he also learnt Sanskrit. In 1877, in public speaking, the first non-brahmin to secure a great public recognition and prestigious title of Pandit by the Pandits of Kashi.

Verma was one of the greatest revolutionaries that the Indian Independence Movement witnessed. A lawyer and a journalist professionally, he also had a deep knowledge of several other languages spoken in India besides Sanskrit.

He laid the foundation of the Indian Home Rule Society and the India House which worked towards inspiring



It is worse still to be ignorant of your ignorance.



youngster in Britain to take up revolutionary activities against their own representatives in India.

In 1876, he was deeply moved by the reformist teachings of the guru of the Vedas, Swami Dayanand Saraswati and from the very same year adopted his principles and teachings to nurture his own nationalistic dreams for the country. Having read 'Satyarth Prakash' and other books of Swami Dayanand Saraswati he was very much impressed. and had become one of his ardent admirers. It was upon Dayanand's inspiration, he set up his base in England at India House. He supported Lokmany Tilak during the 'Age of Consent' Bill controvsey of 1890.

In the 1970, new town developed in his native state of Kutch was named after him, as Shyamji Krishna Vermanagar in his memory and honour. India Post released postal stamps and First Day cover commemorating him on 4th October 1989.

Kutch University was also named after him. Kranti Tirth, Shyamji Krishna Verma Memorial, Mandvi, Kutch is replica of India House is dedicated to him was built and inagurated in 2010. Finally on 22nd August 2003.

The urns of his ashes and his wife Bhanumati were handed over to then chief Minister of Gujarat State Shri Narendra Modi by the Ville de Geneve and Swiss Govt after 55 years after independence. ■

**INSPIRATIONAL**

# What is Luxury

They made us believe that luxury was the rare, the expensive, exclusive, everything that seemed unattainable. Now we realise that luxury were those little little things that we didn't know how to value when we had them so much.

Luxury is being healthy

Luxury is not stepping into a hospital

Luxury is being able to walk along the seashore

Luxury is going out on the streets and breathing without mask

Luxury is meeting with our whole family

Luxury are the looks

Luxury are smiles

Luxury are hugs and Kisses

Luxury is enjoying every surprise

Luxury is meeting with your friends.

Lurning is the privilege of loving and being alive.

All this is a Luxury and we did not know. ■



# Be Positive

One need to have positive attitude towards life. I won't be able to do this. I certainly cannot do this. this is difficult for me. I won't be able to do this. If you start on this note, you will not be able to do it. So you will surely not receive positive response Because you are not trusting yourself only, you won't be positive towards others also.

There was one man in Spain who had bear as a pet. As it grew older he was told by the city council that the bear falls under the category of wild animals. Hence he could no longer keep it at home. It was fine so long as it was young. The man played and had a lot of fun with it. But now he could have to keep it in the zoo. Since it was mandatory, he had to keep the bear caged in the zoo.

Thereafter it so happened that the man had to change the city and move to another. After 5-7 years he happened to come back and that brought back memories of his bear. He headed straight to the zoo, unlocked the cage and stepped in. He played so much with the bear. He expressed immense love for the bear, played with it and so on. After staying in the cage for a while, he stepped out of the cage. The surprised onlookers explained "You have great courage!" The man replied, "Yes, this was my pet in the past. That's why I played with him!"



The zookeeper hearing this intervened saying "Your pet died 2 years ago. This was another bear." That's when the man began perspiring. Then he suddenly realised "I didnot know this, so I was not scared. I was in the feeling of love. I played with and petted the bear." But the bear was surely not the same one, I had fed and played with.

Then he realized "If you are loving towards others, others will start loving you."

So you need to be positive towards yourself and not only towards yourself but towards others also. If you are positive towards others, you will get also positive. Slowly we have to develop spiritual attitude towards life.

Once while Gandhiji was praying, an athiest asked him,"with this prayer of yours, the 'Divine Will' will change?" The cosmic mind will change?"

Gandhiji replied, "I don't know that but the Prayer will change atleast my mind". See how positive he was towards prayers. So you have to be positive towards your past by forgiving, your present by accepting and you have to be positive towards your future hope.

You have to be positive towards yourself by constantly being introspective. You have to be positive towards your family, towards others and towards God also.



**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>Vijay Nagrecha</li> <li>In loving memory of Late Arvindbhai Vallabhdas Sonecha</li> <li>By : Hansaben Arvindbhai Sonecha Family</li> </ul>	Matunga	Haldi Doodh	3,000/-
<ul style="list-style-type: none"> <li>In loving memory of Late Mahendrabhai Manilal Gandhi (Limbodara)</li> <li>By : Induben, Alpesh, Sanjay Gandhi Family</li> </ul>	Borivali	Jeevdaya	1,200/-
<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/-
<ul style="list-style-type: none"> <li>In loving memory of Late Kamlaben &amp; Late Kantilal Nagindas Shah (Harsol)</li> <li>By : Kantilal Nagindas Shah Family Bhayandar</li> </ul>		Medicine	1,000/-
<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 Chimantal Sakarchand Shah (Uvarsad)</li> <li>By : Hema Pradip Shah</li> </ul>	Pune	Haldi Doodh	500/-



## PRICE OF INDIA

# DEEPA MALIK - THE FIRST WOMAN TO WIN MEDAL IN PARALYMPICS.

Deepa Malik is an Indian Athlete. She started her career at the age of 30. She is the 1st Woman to win a medal in Paralympic games and won a silver medal at the 2016 summer paralympics in Shot Put. She also won gold in the F53/54 Javelin event at the para atheletic Grand Prix held in Dubai in 2018. She is currently the world number one in the F/53 category. She has won accolades for the participation in various adventures sports. She is associated with Himalayan Motorsport Association (H.M.A.) and Federation of Motor Sports Clubs of India (F.M.S.C.I.). She has undertaken an 8 day, 17 kms drive in sub-zero temperature which included climb to 18,000 Ft. (5500 mtrs) Raid De Himalayas. This journey covers many difficult paths including remote Himalayas, Leh, Shimla and Jammu.



She is born on 30th September, 1970 in Bhainswal, Haryana. She was diagnosed with a Spinal Tumor in 1999

and after three surgeries was left paralysed below the waist. She opened a restaurant, become a swimmer and a biker and swam across the River Yamuna against the current for 1 km at Allahabad in 2008.

### Records :

- ✍ She holds an official IPC Asian Record in Javelin F/53 category felicitated by Milkha Singh & P.T. Usha
- ✍ Holds all 3 National Records in Throws (Discus, Javelin, Shot Put) in F53 category
- ✍ Holds all 3 National Records in S-1. Swimming category (Back stroke, Breast Stroke and Free Style).
- ✍ World ranking 2010 - 12 - 2nd shot put. 3rd Discus, 3rd Javelin.
- ✍ Asian ranking 2010-12 - 1st in all three throws.
- ✍ Longest Pan India drive done by a Paralympic Women Chennai-Delhi 3278 kms. in 2013
- ✍ Driving across a High Altitude Passes in 9 days on Leh-Ladakh Highest Motorable Roads - 1st Woman in the world in her disability to attempt a journey like this in 2011.
- ✍ She was previous honoured with the Arjuna Award in 2012 at the age of 42. She has been conferred the Padmashri award in 2017. She also created a New Asian Record in Asian Para Games 2018, and is the only Indian woman to win medals in 3 consecutive Asian Para Games (2010, 2014 and 2019) She has



won 58 national and 23 International medals across all disciplines to date.



## Awards :

- President Role Model Award (2014)
- Maharashtra Chhatrapati Award (Sports) (2009-10)
- Haryana Karmabhoomi Award (2008)
- Swawlamban Puruskar Maharashtra (2006).
- 1st Ladies Award, Ministing of Women & Child Development
- Major Dhyan Chand Khel Ratna Award (2019).
- Karmaveer Chakra Award (2013)
- Mahavana Mewar Aravalli Sports Award (2012)
- Misaal and Himmat Award (2012).
- Stree Shakti Puruskar Care (2011)
- Rashtra Gaurav Puruskar (2009).
- Navi Gaurav Puruskar (2009)
- Guru Gobind Shaurya Puruskar (2009)

There are many other awards that she has received.





## RECIPE

# Pineapple Coconut Barfi

(Navratri Prasad)

- Mrs. Aasha Dasondi (Matunga)

### Ingredients :

#### **To make dough**

- 1 cup Maida or wheat flour
- ½ tbs ajwain  2½ tbs Oil
- Salt to taste.

#### **To Make Stuffing :-**

- 2 Boiled Row Bananas. (Peel and grate)
- 1 tbs Sugar
- ¼ tbs Haldi,  1/2 tbs red chilli Powder
- 1 tbs amchur powder  ½ tbs garam masala
- 2 tsp Lemon juice -Salt to taste. - Oil for frying,
- Til for decoration.

#### **Method :**

Make a dough adding water to all the ingredients. The dough should not be too hard or too Soft. Make 3 balls of it. Take one ball and role it like chapatti with the thickness of 1 rupee Coin.

In a bowl take raw banana mixture and add all the masala and Lemon juice. You can also add dried corriander. Mix well.

Spread this mixture on prepared roti evenly. Roll the dough like a wheel and cover the sides. Keep in the fridge



for 5 minutes.

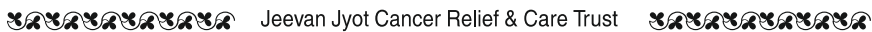
Take it out and cut into pieces. Press the piece a little to look like a wheel. Roll in sesame seeds. Prepare the other ball like this.

Heat oil in a Kadai and deep fry it.

Serve with green chutney or tomato chutney. ■

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

Donor's Name	Area	Scheme	Amt. ₹
❁ Rajeev Deora	Lower Parel	Sweets	10,500/-
❁ Devang Divecha	Walkeshwar	Sweet Lunch	7,000/-
❁ In loving memory of mother Mrs. Kalawatidevi Nahata By : Shreyansh Nahata	Vishakhapatnam	Sweet Lunch	7,000/-
❁ In memory of her parents Mr. Pravin & Niranjana Dalal By : Suchita Divecha	U.S.A.	Sweet Lunch	7,000/-
❁ Rekha Kanakia	Hughes Road	Lunch	5,000/-
❁ Mangtupal Jhunjhunwala Foundation		Lunch	4,000/-
❁ Sunil Jhunjhunwala	Andheri	Lunch	4,000/-
❁ Mahima Parakh	Lower Parel	Medicine	4,000/-
❁ Pramila Goenka	Worli	Grains & Oil Ghee	
❁ Krishna Deora	Lower Parel	22 Lunches at J. J. Hospital	



- Motivating gets you going and habit gets you there . Make motivating a habit and you will get there more quickly and have more fun on the trip.  
- **Joachim Du Bellay**
- There are some things you don't have to know how it works.The main thing is that it works. While some people are studying the roots,others are picking the fruit. It just depends which end of this you want to get in on.
- "Experience shows that success is due less to ability than to zeal. The winner is he who gives himself to his work, body and soul."

- **Sir Thomas Fowell Buxton**

### ***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/-
❖ Sangeeta Singh	Thane	10,000/-
❖ Vinaya Vilas Pandit	Kalachowki	10,000/-
❖ Narinder Rahul Sharma	Andheri	6,000/-
❖ Nareshkumar Narsingdas Adani	Andheri	6,000/-
❖ Tour Mart		
By : Zubin K. Mody	Lower Parel	5,500/-
❖ Reshmi Tajinder Narang	Andheri	2,500/-
❖ Priti P. Rane	Parel	1,500/-
❖ Kiran L. Bhosle	Prabhadevi	1,000/-
❖ Balkrishna Pandurang Polekar	Bhandup	501/-
❖ Darshna Kohare	Dadar	500/-

# 10 INSPIRATIONAL QUOTES

## BY RABINDRANATH TAGORE

- 1) Faith is the bird that feels the light and sings when the dawn is still dark.
- 2) I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold service was joy.
- 3) Death is not extinguishing the light, it is only putting out the lamp because the dawns has come.
- 4) The greed of gain has no time or limit to the capociousness.
- 5) Clouds come floating into your life, no longer to carry rain or usher storm but to add colour to your sunset sky.
- 6) It is very simple to be happy but it is very difficult to be simple.
- 7) The butterfly counts not months but moments and has enough time.
- 8) That side of our existence whose direction is towards the infinite that seeks not wealth but freedom and joy.
- 9) Rich high, for store lie hidden in your heart. Dream deep, for every dream precedes the goal.
- 10) Gray hair are signs of wisdom if you hold your tongue, speak and they are but hair, as in the young.■





## Kids Corner

### INSPIRATIONAL STORY

# Two Brothers Story

*Compiled by : Ashaben Dasondi, Matunga*

Once there were two brothers who inherited their father's land. The two brothers divided the land in half and each one formed that his own section.

Over the time the elder brother married and had four children while the younger one never got married. One night the younger brother lay awake. He thought "It's not fair that each of us half the land to farm. My brother has four children to feed and I have none. He should have more grain than I do". That night he went to his farm and gathered large bundle of wheat. He climbed the hill that seperated the two farms and went to his brother's farm. Leaving the wheat he returned home feeling pleased to himself.

Earlier the same night, the elder brother was also awake. He thought "It's not fair that each of us has half the land to farm. In my old age, my wife and grownup children can take care of me while my brother is all alone. He will not have one to take care. He should at least sell more grain from the fields now so he can provide for himself with dignity in his old age. So he secretly gathered a large bundle of wheat and climbed the hill. He left the grain in younger brother's farm feeling pleased with himself.





The next morning when the younger brother went to his farm, he was surprised to see the amount of grain was unchanged. 'I must not have taken as much wheat as I thought' he said "Tonight I'll be sure to take more".

The very same moment the elder brother was also standing in his farm, musing much the same thoughts. After night fell, and each brother gathered a greater amount of wheat from his farm and in the dark, secretly delivered to his brother's farm. The next morning, the brothers were again surprised, puzzled and perplexed.

There is same amount of grain here as there was before. This is impossible. Tonight I will make no mistake. I'll take the pile down to the very floor that way I'll be sure the grain gets delivered to my brother.

The third night, more determined than ever, each brother gathered a large pile of wheat from the farm loaded it onto the cart and slowly pulled his front haul through the fields and up the hill to his brother's farm.

At the top of the hill, under the shadow of a moon, each brother noticed a figure in the distance. Who could he be? When the two brothers recognised the form of the other brother and the load he was pulling behind, they realised what had happened.

Without a word, they dropped the ropes of their carts and embraced. Both hugged each other and cried.

Later they decided to farm each farm together making no difference, and they both lived happily after.



## HUMOUR

- Ashaben Dasondi,  
Matunga



Did you hear about a blind carpenter who picked up his hammer & saw?

Did you hear about the deaf shepherd who gathered his flock and heard!

\* □ \*

Mary: "John says, I am pretty and Andy Says, I am ugly. What do you think Peter."

Peter: "I think you are pretty ugly."

\* □ \*

Why do we park our car in the driveway and drive our car on the Parkway?

\* □ \*

If vegetarians eat vegetables, who do humanitarion eat?

\* □ \*

Did you hear about the skeleton who worked into a cafe. He ordered a cup of coffee and a mop.

\* □ \*

Two cows were standing in a field.

One says to other "Are you worried about Mad Cow disease?"

The other says: "No. It doesn't worry me. I am a horse!"

## The picture speaks of Grain Distribution



Founder and Managing Trustee of Jeevan Jyot Trust Shri Harakhchandbhai Savla (Badawala) is giving grocery to a cancer patient coming from the outskirts.

## Picture Speaks of Jeevan Jyot Old Age Home



Distribution of dragon fruit in the Jeevan Jyot old age home by the support of Dr. Bhakti Digesh Rambhia (Depa).



To,



### Picture speaks of Jalaram Annadankshetra



**In Jeevan Jyot Jalaram Annadan Kshetra, more than 700 poor and helpless patients from outside the village are given healthy sattvic meals twice a day. With the co-operation of generous donors, this Yagya of service has been going on since last 40 years.**