

JEEVANPATH

JEEVANPATH



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International Labour Day



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 Compassion



The toys that came from the houses of the donors are helpful to the cancer patients that came from rurals.

Shri Harakhchandbhai Savla (Bada),
Founder and
Managing Trustee of
Jeevan Jyot Trust is
providing toys to the
child cancer patient.

Note: Kind request to
give toys from your
homes to child
cancer patients to
add to their joy.

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

CA Aarsh Jyoti Paresh Shah (Mota Asambia-Borivali)



Pediatric cancer patients at a party hosted by the Beaumont and Roster Group. The cancer patients played various games, enjoyed delicious food and got unique gifts.

And danced to the beats of the DJ along with the stars of the cine world.

The organization expresses its sincere gratitude to our generous donors.

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

Estd. : 1983

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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



A Very Good Gesture

In Delhi, every evening one of the martyred soldier's wife or a family member is given the honour at the National War Memorial, Kartavya Path, India Gate.

A political but great Indian Military has started this honourable ceremony.

The travel expenditure is also taken care of and if there is night stay, that too is catered for.

It has been on since over a year, now this ceremony is going on. ■



“Take a moment, enjoy a moment and be a moment”



-: 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

Bank of Baroda (Dena Bank) (Lower Parel Branch) A/c.No.99290100008461
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 (5th Character is Zero)

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IFSC - SBIN0001884

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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 |
| 7) Shri Dunganrshi 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 |

BIRTH MONTH

Dr. S. P. Singh Oberoi

- Massiah for People

Dr. S. P. Singh Oberoi is a globally awarded philanthropist who is popularly known as **Savior Singh.** for his act of saving 100+ Indians, Pakistanis and Philipians serving death penalty in Dubai by paying blood money from his personal savings. He donates 95% of his income to the service of humanity.



Born on 13th April 1956 in Punjab, Dr. Oberoi began his journey as a diesel mechanic in Himachal in 1977 and then moved to Dubai for a job. Four years later, he returned back home to start "Pritam Singh & Sons", a company dealing in Construction.

He again shifted to Dubai in 1993 to start Apex Emirates General Trading LLC., Apex International Construction in 1996 and Dubai Grand Hotel in 1998, Oberoi properties and Investments LLC in 2004.



In 2010, he read news that 17 Indians have been awarded death penalty for a group fighting that led to the death of Pakistani man. He couldn't digest the fact that 17 people had to die compensating for the death of a single man ? This became a point of transformation in his life and he decided to fight their case which he won but he had to pay 2.2 million dollars from his personal savings.

Since then he has not looked back. He has paid blood money for the release of 100+ people, bought back more than 100 dead bodies after clearing the formalities and has rescued 5 girls stuck in Gulf, while he fights the cases of 105 more.

Back home, he organises medical camps where medicines are distributed, eye surgeries and general health check ups are done. He adopts terminally ill patients and has already donated more than 400 Dialysis Units.



He also adopts children from Universities to take care of their education, provides infrastructural, developmental and monetary support to schools and runs a few institutions himself. He is coming up with 5 schools of specially abled children in Punjab, Haryana and Himachal with lodging facilities and a school with lodging for orphans in Kathmandu, Nepal.

Other than these, he runs a fixed monthly pension initiative for the poor and under privileged, which has more than 10,000 beneficiaries as of now.

According to him for overall development, skill development is necessary. So he runs stitching, Computer, Electrical and Electronics and Beautician Training Centers in low income regions for making people skilled and also helps them in job assistance.

He is the first Sikh to be elevated to Consulate General of Principality of Seborga in India and the first awardee of an Hon. degree in Philanthropy by International University of Fundamental Studies. He has also been honoured at the World Science Congress, United Nations with Green Crusader Award. He has also been awarded Grand Prix Humanitaire de France and honoured degree in Philanthropy by I.U.F.S.

"Living the Spirit of Giving" he says "do all good, by all means to all the people as long as you can." ■

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)	4,000
■ One Time Free Meal With Sweet (J. J. Hospital)	7,000
■ 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



"If a thing's worth doing, it's worth doing well."



FESTIVALS OF INDIA

Ram Navmi

Ram Navmi is a Hindu Festival that celebrates the birth of Lord Ram, one of the most popularly revered deities in Hinduism, also known as the 7th Avtar of Lord Vishnu. He is often held as an emblem within Hinduism for being an ideal king and human through his righteousness good conduct and virtue. The festival falls on the 9th day of the Shukla Paksh of the Lunar cycle of 'Chaitra' (Mar-April) the first month in the Hindu calendar.

It is also part of the Chaitri Navratri festival in spring. The rituals and customs associated with Ram Navmi vary from region to region throughout India. The day is marked



"If you can't explain it simply, you don't understand it well enough."

by reciting from Hindu Epic 'Ramayan' which narrates the tale of Lord Ram. Vaishnav Hindus celebrate the festival by visiting temples, praying, fasting, listening to spiritual discourses and singing Bhajans and devotional songs.

Some devotees worship Lord Ram as infant by placing an image of him in a cradle, while some worship him as grown up with wife Sitaji and brother Laxman besides him.

Important celebration on this day takes place at Ayodhya, birth place of Lord Ram and numerous Ram temples all over India. Rath yatra of Lord Ram, Sitaji and Laxman and Hanuman occur at several places. In Ayodhya many devotees take dip in the sacred river Sarayu, and then visit the Ram temple.

A public dramatic performance known as "Ramlila" is





annually hosted on the festival of Ram Navami and Vijaya Dashmi (Dasherra) Ramlila encapsulates the story of Ram through music, drama, dance and various other mediums. The enactments of Ramlila are inspired by the Tulsidasji's "Ramcharit Manas".

Ram Navami is one of the Hindu festival that is celebrated by the Indian diaspora with roots in Uttar Pradesh and other states. But it is also celebrated in the Hindu temples of Durban, South Africa every year. Similarly Trinidad & Tobago, Guyana, Suriname, Jamaica, other caribbean countries, Mauritius, Malasia, Singapore and other countries with Hindu descendants of colonial era indentured workers forced to leave British India have continued to observe Ram Navami along with their other traditional festivals. It is also celebrated in Fiji.

This year Ram Navami will be celebrated on 17th April 2024, Wednesday. ■

Last Month's activities carried out by Trust

- 28 cards were given for food and 13 for Haldi milk.
- Food Grains distributed among 153 Cancer patients family.
- Fruits were distributed among 167 patients per day.
- 4 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 7 patients.
- 13 patients were given help by different trusts and received best response.
- Medicines worth Rs. 5,98,230/- were given to cancer patients.
- Medical treatment worth Rs. 4,89,120/- 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.4,67,670/-.
- Handicapped person were provided with : 3 Walker, 2 Walking Sticks, 4 Commode Chairs, 5 Wheel Chairs, 5 Flower Beds, 3 Oxygen Machines and 4 Oxygen Cylinder were given.
- 13 files made for cancer affected patients.
- 178 Patients got benefit of free Ambulance Service.
- 24 patients got Colostomy Bag at Concessional Rate.
- 3 Cancer patient were given ritual burial under "Kafan-Dafan" scheme.
- 2 unknown persons loitering in street were admitted to Old Age Home.



A big request to all the donors to donate wholeheartedly for the various activities that help the poor & needy cancer patients.

The activities are as follows: (Per day)

	Amt.
■ Food Distribution -	₹ 25,000/-
■ Grain Distribution -	₹ 2,500/-
■ Cancer Treatment expenses -	₹ 25,000/-
■ Medicine expenses	₹ 10,000/-
■ Chemotherapy expenses-	₹ 40,000/-
■ Wheelchair -	₹ 6,500/-
■ Crutches -	₹ 600/-
■ Walker -	₹ 1,200/-
■ Hearing Aid -	With the help of Donors
■ Free Ambulance Service -	₹ 1,000/-

Women Empowerment

APARNA PUJARI -

MAKING PENCILS FROM NEWSPAPER

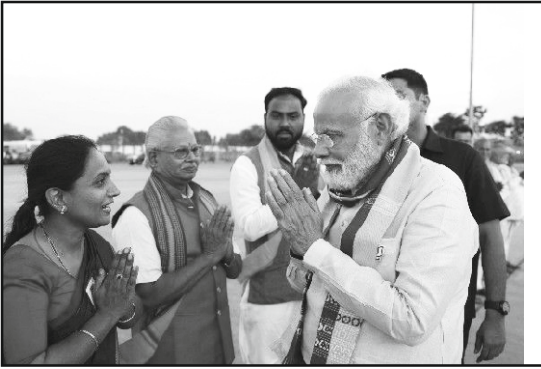
A morning tea with a Newspaper - what a great way to start the day. For all of us the newspaper is an essential needs that gives us the day to day happenings of the world. But newspaper also is one of the reasons that are giving rise to



deforestation. Deforestation is the reason why we are experiencing drastic climate change in our day to day lives and is the biggest threat that we are facing today. sustainable living is not a choice but a need of the hour.

According to the theory of Journalism, today's newspaper is tomorrow's waste paper. But here is a lady who has converted waste paper into a useful thing.

Aparna Pujari is a college lecturer in Sir Dharmasthala Manjunatheshwara College of Engineering and Technology, who has found a way to make pencils from used newspapers and has employed four people to produce environmental friendly item. One sheet of newspaper can make 4 pencils which can in turn prevent the cutting of wood.



Aparna noticed that everyday the printing industry is also promoting deforestation in a big way which motivated her to do something out of newspaper

waste. She researched articles and innovative ways to utilize this waste to make newspaper pencils. While doing her research, she read that 4,00,000 trees are cut down to just make pencils. Then and there she decided to make eco-friendly pencils from newspaper.

The whole concept of Recycled newspaper pencils is based on the concept of 3 R's - Reduce - Reuse and Recycles to curb environmental pollution which was born out of the inquisitive mind of Aparna.

Eila Enterprise as she has named it, put seeds at the edges of their pencils so that you can further reuse it and feel good that



you are doing your bit and planting trees which will cut down the pollution as well.

The pencil price is same as any other but it is lighter in weight. This paper pencil has a seed at the end Tulsi, Tomatoes, etc. If



planted in a flower pot, the user may get more green out of it.

She has so far manufactured more than 7000 Pencils out of newspaper. She collects newspapers from her friends and relatives. Now after seeing her work, many of them give newspapers voluntarily.

Aparna says this technology was the struggle of many years. She was passionate about environment since her childhood. Her father influenced her a lot towards having love and concern for nature. She found this idea in 2020 and bought two machines.

During pandemic the work had stopped and since February 2002, again the work of producing Paper pencils began and is being carried on successfully. ■

**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"> Harishkumar Kantilal Dani By : Rajeshri Shah Family 	Kandivali	Jeevdaya	11,000/-
<ul style="list-style-type: none"> In loving memory of Late Pravinchandra Kantilal Shah (Titoda) By : Bharatiben P. Shah 	Ahmedabad	Jeevdaya	5,000/-
<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	Medicine	500/-
<ul style="list-style-type: none"> In loving memory of Late Shardaben & Late Chimantal Sakarchand Shah (Uvarsad) By : Hema Pradip Shah 	Pune	Haldi Doodh	500/-

GREAT PHILOSOPHEY

BEAUTIFUL LINES BY ROBERT DRAKE

Sometimes,

I feel I want to go back in time...

Not to change things, but to feel a couple of things twice..

Sometimes,

I wish I was a Baby for a while...

Not to be walked in the pram but to see my Mother's smile

Sometimes,

I wish I could go back to school...

Not to become a child but to spend more time with those friends, I never met after school..

Sometimes,

I wish I could be back in college...

Not to be a rebel but to really understand what I studied

Sometimes,

I wish I was a Fresher at my work....

Not to do less work but to recall the joy of the first pay cheque.

Sometimes,

I wish my kids were younger....

Not because they grew fast but to play with them a bit more.

Sometimes,

I feel I still had some more time to live.....

Not to have a longer life but to know what I could give to others. ■

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

Donor's Name	Area	Scheme	Amt. ₹
☛ Divaang Divecha	USA	Sweet Lunch	7,000/-
☛ IWC of Mumbai	Nariman Point	Sweet Lunch	7,000/-
☛ Anuj Poddar	Lower Parel	Sweet Lunch	7,000/-
☛ Vandana Agarwal	Malad	Lunch	4,000/-
☛ Sheela Gupta	Lower Parel	Medicine	500/-
☛ Kavita Ambani	Lower Parel	Medicine	500/-
☛ Meeta Thakkar	Matunga	Medicine	500/-
☛ Pramila Goenka	Worli	Spirometer	
☛ Yohan Goenka	Worli	Ration Kits	
☛ Mahima Parakh	Lower Parel	Ration	
☛ Krishna Deora	Lower Parel	50 Lunch at Hospitals	

Top 10 Quotes on Karma

By Shri Sri Ravishanker

- 1) When you praise someone, you take on their good **Karma**. When you blame someone, you take in their bad **Karma**...
- 2) Getting a friend or enemy happens through some **Karma**.
- 3) Anything which you do to someone comes hack to you. That is the very simple principle of **Karma**.
- 4) I Don't try to analyse **Karma** because you cannot gather the death of **Karma**. Just do your duty and keep moving ahead with Love and Prayer in your heart.
- 5) If you throw blame, then blame will come back to you. This is the law of attraction.
- 6) Every moment of Life and everything happening around you is the result of some past **Karma**.
- 7) Bad things don't happen because you are good or bad. You must have done something bad in the past that **Karma** is showing up now.
- 8) You can rise above the ocean of **Karma** through awareness.
- 9) Don't worry about cleansing your bad **Karma**, It will automatically go when you live with knowledge.
- 10) Clarity in mind, purity in heart and sincerity in action. These will take care of all the **Karmas**. ■



STORY

HONESTY AND SELF RESPECT

A merchant wanted to buy a gorgeous Camel so he went to the market and after spotting one, hegan to settle for it with the seller. There was a long bargaining between him and the seller and finally the merchant bought the Camel and took it home.

In reaching home, the merchant called his servant to take out the camel's saddle. Under the saddle, the servant found a small velvet beg which upon opening, he saw it had full of precious diamonds. The servant shouted "Boss you bought a camel but look what came with it for free?"

The merchant was also surprised. He saw diamonds in his servant's hands which were shining and twinkling even more in the sunlight. The merchant said "I have bought a camel and not the diamonds. I should return it immediately.,

The servant was thinking in his mind, "how stupid is my boss. Nobody will know who the owner is!

However, the merchant didnt listen to him and reached the market and returned the velvet bag to the seller. The

camel seller was very happy and said. "I had forgotten that I had hidden my precious stones under the saddle. Now you choose any one diamond as a reward !"

The merchant said, "I have paid the right price, for the camel so I don't need any gift and prizes! The more the merchant was refusing the more the camel seller was insisting.

Finally the merchant smiled and said, "In fact, when I decided to bring back the bag, I had already kept two of the diamonds with me!" After this. confession, the camel seller was infuriated and quickly began to count his diamonds But he found all were O.K. So with a heavy sigh of relief he said, "There are all my diamonds here So what were the two most precious diamonds that you kept ?"

The merchant said "My Honesty and my Self respect." The seller was dumb-stuck.

Readers, we have to look within ourselves to find out if we possess any of these diamonds?

Anyone who has these two diamonds HONESTY AND SELF RESPECT, is the richest person in the world. ■

HERE ARE THE SIX JAPANESE TECHNIQUES TO OVERCOME YOUR LAZINESS.

- 1) **Ikigai** : Discover your purpose in life. Find something that makes you want to wake up each day because your purpose feels you.
- 2) **Kaizen** : Focus on small improvements each day instead of trying to do everything at once.
- 3) **The Pomodoro Technique** : Work for 25 minutes without distractions. Take a break for 5 minutes. and then repeat. It's the great way to do more in less time.
- 4) **Hava Hachi** : Don't stuff with food. When you are 80% full, stop eating. This will increase your energy.
- 5) **Shuchi** : Approach each task like a beginner with the same curiosity as if you are doing for the first time.
- 6) **Vabi Sabi** : Impress with perfection instead of stressing over every little detail. Taking action is better than waiting for perfection because it is often unattainable. ■

**RECIPE****Vegetable Puff****- Mrs. Aasha Dasondi (Matunga)****Ingredients :**

- 1 packet ready-made puff pastry sheet
- 2 tablespoons of oil
- ½ tsp cumin seeds
- ½ cup onion finely chopped
- ½ cup small boiled potato
- ½ cup chopped carrot
- ½ cup green peas
- A pinch of chaat masala powder
- 1/3 tsp amchoor powder
- ½ tsp red chilli powder
- pinch of turmeric
- Pinch of garam masala powder, optional
- 1 tsp coriander-cumin
- Salt to taste

How to make the stuffing

Heat 2 tbsp oil in a pan on medium heat. Add 1/2 tsp cumin seeds in it. When it turns golden. add 1/2 cup finely chopped onion. Saute onion until transparent. Add 1/2 cup chopped carrot, 1/2 cup green peas, 1/2 cup chopped fennel and a pinch of salt. Cook the vegetables on



medium heat till they soften a bit. It will take 3-4 minutes. Add 1/2 cup of chopped and boiled potatoes. Mix it well and cook for 1 minute.

Add a pinch of chaat masala powder, 1/3 tsp of amchoor powder, 1/2 tsp of red chilli powder, a pinch of turmeric. a pinch of garam masala powder and 1 tsp of coriander-cumin. Taste the masala and add salt if required.

Mix it well and cook for a minute. Turn off the gas. Spicy stuffing for veg puff is ready. Let it cool to room temperature.

Method of Making Vegetable Puff

Follow the instructions on the packet to defrost the puff pastry sheet. Defrost the pastry sheet at room temperature. Preheat oven to 425F (220C) for 10 minutes. Cut the defrosted sheet into 3-4 inch square pieces. Place 1-2 tablespoons of stuffing between the halves of each square piece. Dampen the edges with a damp brush or finger. Fold each one into a triangle shape. You can close it by placing another square piece on top of it to make a square. Press the edges with your hands or a fork. Place the raw puff's directly on a baking tray or on a baking tray lined with aluminum foil/butter paper. Place the baking tray in the middle rack of the preheated oven and bake at 425F (220C) for 20 minutes or until the top is golden and crispy. Remove the baking tray from the oven. Carefully place the puffs with a flat spoon on top of the cooling rack. Allow the veg puff to cool for 10 minutes. Serve puffs with tomato ketchup or green chutney or hot tea. ■



Pediatric Cancer

The cancer that children get is called 'Pediatric Cancer' are usually not the same as those that turn up among adults. Kids also usually do better from treatment than adults do.

The types of cancers that are common in children are leukemia, brain, spinal cord tumors, neuroblastoma, Wilms tumor, lymphoma, rhabdomyo- Sarcoma, retinoblastoma and bone cancer.

Leukemia, which are cancers of the bone marrow and blood are the most common childhood cancers. They account for about 28% of all the Cancers in children. The most common types in children are Acute Lymphocytica Leukemia (ALL) and Acute Myeloid Leukemia (AML).

These leukemias can cause bone and joint pain, fatigue, weakness, pale skin, bleeding or bruising fever, weight loss, and other symptoms. Acute leukemia can grow quickly so they need to be treated, typically with chemotherapy as soon as they are found.

Possible Signs and Symptoms of Cancer in children :

- Unusual lump or swelling
- Unexplained paleness and loss of energy
- Easy bruising or bleeding
- An ongoing pain in one area of the body.
- Unexplained fever or illness that doesn't go away.



- Limping
- Frequent headaches, often with vomiting.
- Sudden unexplained weight loss.
- Sudden eye or vision changes. ■



JALARAM ANNDANKSHETRA

Name	Area	Amt.
❖ Neelam Meharchand Jain	Santacruz	25,000/-
❖ Vijay Suresh Goekar	Santacruz	15,000/-
❖ In memory of Late Lata Chugani By : Vinit Kishore Mirpuri	Khar	10,500/-
❖ Avianna Jain	Worli	8,000/-
❖ Sneha Shah	Matunga	7,500/-
❖ Sunil Bhandari	Nepeansea Rd.	7,000/-
❖ Shekhar Murthy	Santacruz	7,000/-
❖ Sanket Tare By : Ankita Tare	Mahim	6,000/-
❖ Late Sheela Sharma By : Pritha Preshi Sharma	Kharghar	5,500/-
❖ Miss Karen J. Rodrigues	Andheri	5,000/-
❖ Vinit Kishore Mirpuri	Khar	5,000/-
❖ Kritika Saraf Jain	Charni Road	3,500/-
❖ Chandrakant Jangam By : Shivali Chandrakant Jangam	Parel	2,000/-
❖ Shamsunder Sitaram Nevrekar	Wadala	2,000/-
❖ Sushant Gupta By : Pritha Preshi Sharma	Kharghar	2,000/-

PLACES OF INTEREST

Ganji Pahari Trekking

At a distance of 5 kms. from Dalhousie Bus Stand Ganji Pahari is a small hill on Pathankot road to Dalhousie. The name Ganji Pahari literally means bold hill. It is so called because the hill has no trees at the peak of the hill and it looks a bold-headed patch on the top. This is one of the most popular nature walks in Dalhousie and the place offers mesmerizing views of the surrounding snow-capped hills and valleys.

A well marked paved path starts from Panchpula and



leads all the way to the top. The trek is an easy to moderate one. The trek distance from Panchpula is about 1 km and takes about 20-30 minutes. Trekking enthusiasts start trekking from Dalhousie city and it takes almost an hour from the city center to trek through the hilly terrain to reach the summit of this hill.

Ganji Pahari can be visited throughout the year where summers have a pleasant weather and winters have an extra-ordinary feel with the snow-covered walk. The best time to visit Ganji Pahari is from October to February when the region receives snowfall. This is a barren region which is covered with snow and looks like a fairy land in





the winter season, with the backdrop of snow-clad peaks. This place looks like heaven.

As there are no shops and hotels found on the trail, it is better to carry food and water for the trek.

Distance : 5 kms from Dalhousie

Trip Duration : 1 to 2 hours

Place Location : 1 Km. from Panchpula

Transportation Options : Walk to trek ■



TOY BANK

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ Kamla Ankibai Gamadiram Gowani Trust	Worli	25,000/-
❖ The Spiritual Assembly of the Bahais of Mumbai	Marine Lines	22,000/-
❖ Sanjeev Kumar Nagpal	Delhi	5,100/-
❖ Reshmi Tajinder Narang	Andheri	2,500/-



SAINTS WANI

Mahabharat beautifully explained

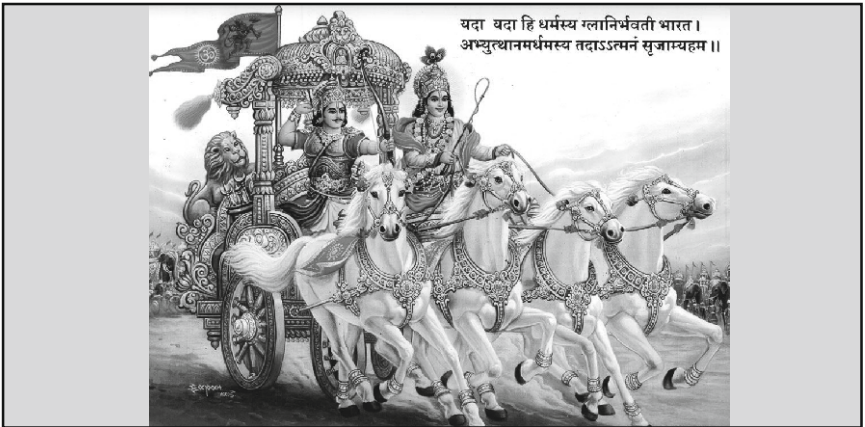
The mahabharat is what's happening inside of you :

Dhritrashtra : He is a blind king and he is essentially our brain. The brain doesn't see anything. It persieves any sense that comes to us.

Kaurav : The hundred Kaurav are nothing but the negative emotions, the feelings that play on this blind brain. It interupts the decisions we have to take

Pandav : If we want to defeat the negative influences, we have the 5 Pandavs - our 5 senses : Sense of Sight, Sound, Smell, Taste and Touch. Every human being has these 5 senses.

Draupadi : Then who is Draupadi ? She is purpose



"A man is but the product of his thoughts and what he thinks he becomes."



and passion. It's not enough to have your 5 senses but its important also to see that all those 5 senses are working together for a common purpose.

In the story of Mahabharat, Draupadi opens up her hair and says that I am going to tie this after washing it with the blood of Duryodhana and she puts all 5 brothers - Pandavs on one task and their purpose is passion.

Krishna : He is the Sarathi. The conscious - the guide.

Karna : He is the elder brother of Pandavs but he ends up on the wrong side and dies. Karna is Ego. Every individual has an ego and If we don't kill the ego, if we think about success in our personal professional life what comes in between all the time is somebody's ego. So kill Ego. ■



AN INSPIRATIONAL STORY

Open Your Parachute

Air Commodore Vishal was a jet pilot. In a combat mission, his fighter plane was destroyed by a missile. He however ejected himself and parachuted safely. He won acclaime and appreciations from many.

After 5 years, one day he was setting with his wife in a restaurant. A man from another table came to him and said "You are Capt. Vishal ? You flew jet fighters. You were shot down !"

"How in the world did you know that?" asked Vishal. "I packed your parachute" the man smiled and replied. Vishal gasped in surprise and gratitude and thought if parachute hadn't worked, he wouldn't be here today.

He couldn't sleep that night thinking about that man. He wondered how many times I might have seen him and not even said "Good morning!" or "How are You? or anything because he was a fighter pilot and that person was just a safety worker.

So friends, who is working your Parachute ? Everyone has someone who provides what they need to make it through out the day. We need many kinds of Parachutes - we need the physical parachute mental parachute, the emotional parachute and the spiritual parachute. We call



on all these supports before reaching safety. Sometimes in the daily challenges that life gives us, we miss what is really important. We may fail to say 'Hello', 'Please' or "Thank You", Congratulate someone on something wonderful that has happened to them, give a compliment or just do something nice for no reason.

As you go through this week, this month. This year recognise the people who pack your Parachutes. You should thank everyone who helped you in one way or the other through your words, deeds, prayers etc. You should not take anyone of them for granted.

So open your Parachute and start thanking people. ■

BENEFITS FOR CANCER PATIENTS

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❀ Kamal Farokh Anklesaria	Hughes Rd.	20,000/-
❀ Parag Prakash Shimpi	Pune	6,800/-
❀ Narhari Shashikant Nadkarni	Mahim	5,001/-
❀ Persis J. Pithawala	Andheri	5,000/-
❀ Jimmy J. Pithawala	Andheri	5,000/-
❀ Sandeep S. Ghadigaonkar	Prabhadevi	5,000/-
❀ Vidya Amit Nadkarni	Andheri	5,000/-
❀ Harish Keshavlal Panchal	Wadala	5,000/-
❀ Sudhir Karnataki	Dadar	2,500/-
❀ Lata Lachhmandas Bhatia	Sion	2,100/-
❀ Jyoti Manohar Joglekar	Borivali	300/-



Words of Wisdom - A Buddha Story

Once upon a time a rich man went to a Buddhist monk and said, "Sir, I am very disturbed with my sleep. Even after trying very hard. I Cannot sleep till late night and even when I fall asleep, I turn sides all the time and when I wake up in the morning I do not feel good, exhausted and tired. Please give me some solution to this. problem!"

The Buddhist monk said! "I will give you the solution for it but before that I want to tell you the story about the secret of Buddha's deep sleep,"

When Buddha slept, he used to stay in the same posture all the night. He never changed his posture. He had a disciple named Anand who always used to sleep near Buddha. He always used to notice that Buddha sleeps the whole night in the same posture. Whenever he would awaken in middle of night, he will see Buddha in the same physical state. This will create many questions in his mind.

One day he couldn't stop his curiosity. He awakened Buddha in the middle of the night and said "Lord, please forgive me. I know that this is not the right time to ask a question to you because you keep working all the day. But my curiosity has increased so much that I cannot wait till morning. So please answer my question and call my curiosity." Then Anand continued "I have been with you for last 45 years. I have been seeing you spend the whole



night in only one posture. You don't move a st slightest. So do really sleep?

Gautam Buddha smiled and said." I have found the right sleeping posture for myself. Now I don't need to move while I am sleeping. I remain awake even in the state of sleep. When my body is asleep I stay awake"

Anand said," Lord, but how is this possible?"

Buddha Said, "During the sleep, when mind is restless, then the body also becomes restless and it keep sturning and changing postures again and again. Once the mind becomes calm then your body will go into deep sleep. It is only our mind that does all this work even in the state of deep sleep. But I have gone beyond all these things. Now there is nothing left in me like a mind therefore when I go to sleep, my body becomes just like a dead body and have you even seen a dead body changing its postures? Even after sleeping your awareness will be ignited continously like a small burning lamp"

After completing the story the monj said to the rich man "Enlightened man doesn't sleep like a normal person. When a normal person sleeps he becomes unconscious and he does not even know about his surroundings. But when a man like Buddha sleeps, he is always aware. When we go to sleep then there is a moment between waking and sleeping. Something amazing happens in that moment. But the common man fails to experience that moment. But the enlightened person stays in that moment only. That moment brings You closer to awareness. ■



A Monk, A Millionaire and Glasses

There was a very wealthy man who had all the comforts and luxuries that anyone could dream of. But there was one problem. This man had everything but he had severe pain in his eyes. He consulted many doctors, he kept going from one expert to another, trying oral drug to powerful Injections but not only was the ache going but it was getting worse and troubling him like never before.

One day he heard of a monk who was supposedly expert in healing people especially those who had eye disorders. The man went to see the monk who carefully examined him and after having understood his problem assured him that his problem would be completely solved and that soon he could be free from his eye pain, if he did just one thing.

The desperate man was very anxious to know what that thing was? The monk told him that all he would have to do is for a couple of weeks, he would have to concentrate his eyes only on green colours and not to allow his eyes to fall on any other colours at all. As strange as the prescription seen having no choice left and hoping that this would solve his problem completely, this millionaire man decided to give it a try. He hired a bunch of painters who brought along barrels of green paint and painted every object his eye was likely to fall on green.

After few weeks, the monk was passing by the



millionaire's mansion, so he decided to pay him a surprise visit, just to check how he was doing?

When the monk entered the gates of this luxurious mansion, the rich man's servants keen to assist their master in getting rid of his eye pain ran with buckets of green paint and poured the paint on the monk's red dress so that their master wouldn't have to see any other colour other than green.

Now with all green paint on his body and clothes, the monk understood what was going on. He laughed hard and said, "If only would you have purchased pair of green glasses, costing not more than a few cents, you could have saved all the money, you spent on the paint. You could have saved yourself, these walls, the expensive furniture and antiques and everything else around. Sad that this is all spoiled now." Saying so the monk left.

We cannot change the world. We can change our vision. Whether or not the world changes, which is anyways so much beyond our reach to do, our changed vision can transform us. It can heal our mind, our emotional health. It can heal our relationships. It can heal our work, our purpose, our everything.

It is hard to shape the world we want it to be but it is certainly possible to shape Ourselves first. Begin with yourself and the world will follow soon. **Shape yourself before Shaping the World.**

- Guru Gaur Gopaldasji



Kids Corner

INSPIRATIONAL STORY

The Thieves and a Monkey

There was one drummer who was playing drum on roadside of one village. He had one monkey whom he had trained and that Monkey was doing tricks when this drummer used to play the drum. Whenever the drummer used to play the drum, the monkey will go up and down of 25 ft bamboo rope.



People from the village used to gather to see this show. There were two thieves who were also watching. They thought if they have this monkey they will not have to break open the door of the flats. This monkey will go inside and open the stopper of the room.

So they requested the drummer and bought that monkey for Rs. 5,000/-. The drummer was very happy to get the big amount that he never used to earn in a day.

Then these thieves trained the monkey how to go from the balcony of the flat and Open the stopper of the door.

After all the preparations and training, one night they went in the backyard of one mansion. They rested the bamboo rope to the wall and they both stood near the door.

Monkey went upto the 4 ft. height and then waited and stared at the thieves. The thieves were annoyed and waded him to go up and open the stopper as they had taught him.

 "In a gentle way, you can shake the world." 

Seeing this, the monkey immediately came down and said "Once you play the drum, then only I have to go up - No? So you play the drum and I will go up."

The thieves were so disappointed that they could not utter a word on the foolishness of monkey. ■



DONATE WITH AN OPEN HEART

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ Eternal AMNV Foundation	Andheri	1,00,000/-
❖ Kiran Prannath	Prabhadevi	60,000/-
❖ Dinshaw Darabshaw Siganporia	Tardeo	50,000/-
❖ Meena Narayan Shtye	Borivali	50,000/-
❖ Anita Naresh Jagasia	Chembur	36,000/-
❖ Vidisha Vidyavdhar Parab	Mulund	25,000/-
❖ Anukampa Foundation	Bangalore	20,000/-
❖ Rajendra Dangui	Goa	15,000/-
❖ Tour Mart - By : Zubin K. Mody	Lower Parel	11,000/-
❖ Jinadatta B. Balegar	Mulund	10,000/-
❖ Sunil Deshpande	Powai	10,000/-
❖ P. Sujit Kumar Patro	Hyderabad	9,000/-
❖ Arti Tejpal	Lower Parel	5,000/-
❖ Sharon Haydn Dsylvla	Dadar	5,000/-
❖ Rajesh Joshi	Vikhroli	2,501/-
❖ Slesha Sandip Shah	Mumbai	2,500/-
❖ Ramanathan Ramani	Chennai	300/-

HUMOUR

- Ashaben Dasondi,
Matunga

"You look very funny wearing that belt."

"I would look even funnier if I didn't wear it."



"I was born in California."

"Which part?"

"All of me."



"Well, it's two blocks this way, then one block to the left."

Teacher: Do you have trouble making decisions?

Student: Well... yes and no.



Three mice are being chased by a cat. The mice were cornered when one of the mice turned around and barked, "Ruff! Ruff! Ruff!" The surprised cat ran away scared. Later when the mice told their mother what happened, she smiled and said, "You see, it pays to be bilingual!"



Once there were three turtles. One day they decided to go on a picnic. When they got there, they realized they had forgotten the soda. The youngest turtle said he would go home and get it if they wouldn't eat the sandwiches until he got back. A week went by, then a month, finally a year, when the two turtles said, "oh, come on, let's eat the sandwiches." Suddenly the little turtle popped up from behind a rock and said, "If you do, I won't go!"



The teacher to a student: Conjugate the verb "to walk" in simple present.

The student: I walk. You walk

The teacher intruptes him: Quicker please.

The student: I run. You run ...



Picture Speaks of Blood Donation Camp



Salute to
the brave
soldiers who
donated
blood.



The ever smiling
and a regular
blood donor
Shri Navinbhai
Dharod (Patri) with
Shri Kulinkantbhai
Luthia, Trustee
giving inspiration
to the entire
community.

To,



Picture Speaks of Compassion



In crushing inflation the dreaded diseases like cancer bring financial crisis to the needy. The cheque was presented by the Trust with the cooperation of the donor.