



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 the proud moment for Trust.



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

PALLAVIBEN A. SHAH (SION)



The auspicious occasion of the of **Lord Mahavir Swami** and the 125th anniversary of the **Bharat Jain Mahamandal** was celebrated with special joy at the Yogi Sabhagriha.

P.H. Acharyashri Nayapadmasagarasurisarji M.S.A.,
P.H. Rashtrasant Param Gurudev Shri Namramuniji M.S.A.'s
disciple **Param Samadhiji Mahasatiji & Param Shrivatsalji Mahasatiji**, Acharya **Shri Mahashramanji's** disciple **Sadhvi Priyavandaji**, and the Governor of Maharashtra, **Hon. Shri C. P. Radhakrishnan**, cabinet minister of Industry and Supply of India, **Hon. Shri Piyush Goyal**, Speaker of the Legislative Assembly, **Shri Rahul Narvekar**, Maharashtra State Development Minister **Shri Mangal Prabhat Lodha**, Member of Parliament **Shri Milind Deora**, Former Cabinet Minister **Shri Raj Purohit** and the entire program organizer and President of Bharat Jain Mahamandal **Shri C. C. Dangi** and dignitaries from all over India, the Governor of Maharashtra presented the '**Jain Ratna Award**' to the Managing Trustee of Jeevan Jyot Trust **Shri Harakhchandbhai Kalyanji Savla (Badawala)**. This felicitation will be engraved in gold letters in the timeline of Jeevan Jyot Trust.

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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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

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 Samarth 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

Index

From The Editor's Desk	4
Sachin Tendulkar -	
Renowned Cricketer	7
Inspirational Thoughts	11
Aoleang Festival	13
Dina Mehta - The first female member	
of Bombay Stock Exchange	17
Raman Kant -	
Riverman of India	21
Kanha National Park	24
Why we add one rupee Coin in	
the Gift Cover?	27
Yogesh Kathuria -	
Paralympic Athlet	28
8 Benefits of Eating Beetroot	30
Jowar Ambali -	
Good for Weight Loss	32
A little girl with two apples	34
Its' Never Too Late	
To Pursue One's Dreams	36
The Secret Of Success	37
Chinese Sparrows	39
Lord Krishna's Coin	40
Laughter Time	42

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

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ॐ Arihante Namō Nama:

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

FROM THE EDITOR'S DESK



TODAY'S INSPIRATION

Do not search for good people in Life.

Become good yourself.

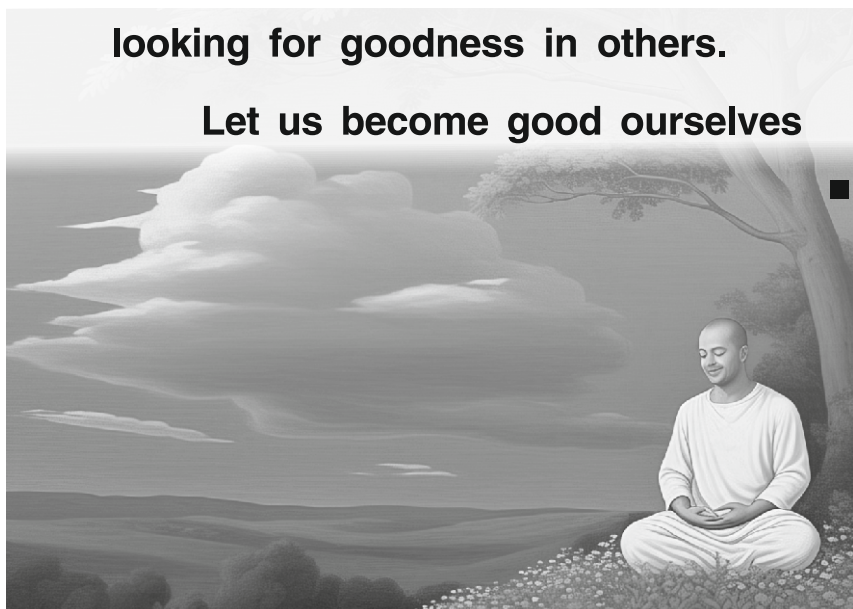
Perhaps by meeting you,

Someone else's search will be fulfilled

Today onwards instead of

looking for goodness in others.

Let us become good ourselves



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





-: PLEASE NOTE :-

Donors are requested to send their particulars; Name, Address, Pan Card Number, towards donation (corpus fund or general) on ***jeevan_jyot@yahoo.in*** or **+91 9869206400**.

“These details are required to meet the provisions for Income Tax Regulations Act for 80G. If the trust is unable to give the donor details during audit, then penalties are levied to the trust.

The donors should insist for receipts and certificate(s). For International donations kindly contact our office for FCRA account details and process.

It is reported that some people are collecting donations in the name of our Trust with forged copies of our receipt book and certificates. We have not appointed anyone to collect donations.

Kindly contact us first before transferring any amount in any account for our trust.

EASY METHOD OF GIVING DONATION TO US

For the ease of donors **Jeevan Jyot Cancer Relief & Care Trust** has opened **Savings Account** in :

HDFC Bank (Parel Branch)
IFSC - HDFC0000357

A/c. No 14731450000017

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 : **M. 9869206400/9076169355**



How can you help ?

■ Full One day Free Simple Meal	14,500
■ Full One day Free Sweet Meal	26,000
■ One Time Free Meal (Near Tata Hospital)	4,000
■ One Time Free Meal With Sweet (Near Tata Hospital)	7,000
■ 5 Yearly Miti Yojana (Near Tata Hospital)	18,000
■ Lifetime Miti Yojana (Near Tata Hospital)	45,000
■ Whole Day Turmeric Milk (Near Tata Hospital)	800
■ One Time Free Meal (Near J. J. / Wadia Hospital)	4,000
■ One Time Free Meal With Sweet (Near J. J. / Wadia Hospital)	7,000
■ One Time Free Meal (Sangali Hospital)	2,500
■ One Time Free Sweet Meal (Sangali Hospital)	5,000
■ 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	25,000
■ Monthly Radiation for 1 Patient	15,000
■ 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

MONTH SPECIAL

Sachin Tendulkar - Renowned Cricketer

Sachin Tendulkar is a former Indian Cricketer. He is widely regarded as one of the greatest batsman in the history of cricket. He has the highest number of runs in both Test Cricket and One day Internationals. He also has the highest number of centuries in both the formats of the game. He was born on 24th April 1973 in Mumbai. His nick name is Little Master-Blaster.



He took up cricket at the age of 11. Sachin's brother Ajit took him to Achrekar's Summer Camp in 1984. Sachin



was very nervous and did not make an impact. Achrekar organised practice matches for him where he would bat at a certain position and not need to field. He involved Sachin in



batting at the nets in the mornings. He sometimes would place a coin on the stumps and ask bowlers to dismiss Sachin. If Sachin saved his wicket, he could get that coin.



Achrekar was very disciplined and strict but fair and he often praised Sachin for his performance. He would emphasize the



I really enjoy life, I'm just not good at it.



significance of cricket equipment urging them to respect. Sachin says, "I still tell players that we are on the field because of the bat. Respect it. Please remember & respect



your cricket kit - do not throw it, put it in a particular space: do not take out your frustration on your cricket kit. I am sitting here because of my kit. I will always pass on Sir's message to the future generations."

Sachin made his test match debut on 15th November 1989 against Pakistan in Karachi at the age of 15. He scored his much awaited 100th International Hundred on 16th March 2012 against Bangladesh in the Asia Cup. He was the first to achieve this.

National Honours:

- 1994 - Arjun Award by the Govt. of India
- 1997-98 Rajiv Gandhi Khel Ratna.
- 1999 - Padmashri- India's fourth Highest Civilian Award.
- 2001 - Maharashtra Bhushan Award
- 2008 - Padma Vibhushan
- 2014 - Bharat Ratna Award - India's Highest Civilian Award. ■



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 Lachhbhai 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 |
| 24) Smt. Ushaben Manilal Gala (Kandagra-Goregam) | : Jalaram Annakshetra |
| 25) Smt. Sakerben Premji Charitable Trust (Worli) | : Chemotherapy Dept |



INSPIRATIONAL STORY

Everything Happens for the Best

One of the big factors of failure in life is carrying too much guilt and regret. Since we carry guilt and regret for things - past things that I could have done it in another way, nobody can do it in any other way.

According to the Indian Spirituality, it believes in four principles or in the laws of Karma.

- 1) First principle is whatever happened has to happen just the way exactly it happened. We could not have changed it in other way.
- 2) Whoever you meet in Life, you are supposed to meet and there is a purpose in meeting that person. There is nothing by chance in life. Whenever you meet somebody, it is all because of your past actions. They come to teach us something, give us a lesson or to receive something from us and its only to settle something.
- 3) Whatever has to begin in life has a fixed time for



it. Whatever you plan will and can only happen when it is the right time, neither before nor after!

- 4) Whatever is over is over. Do not hold on to it; do not hold on to the past regret - "Oh I made this mistake, I should have done this way." It gives you a very clear picture now but at that time whatever information you had and whatever decision you made was exactly the way it was supposed to happen!

Carrying too much guilt lowers our energy, lowers our power to concentrate and it hinders in our meditation in our day to day life. So let go of any guilt, let go our past regrets, remorse, resentments. Carrying guilt lowers your energy, lowers your vibration and brings in a lot of negativity. So whatever happened, happens for the best. Whatever is happening is happening for the best and whatever will happen will only happen for the Best. Accept Life as it is. ■

HALDI MILK		
Name	Area	Amt.
❖ Somchand Shah	Sewri	2,100/-
❖ Suresh Somchand Shah	Sewri	2,100/-
❖ Gunvanti Suresh Shah	Sewri	2,100/-
❖ Tejas Suresh Shah	Sewri	2,100/-
❖ Dr. Anjali Kale	Ratnagiri	800/-



FESTIVALS OF INDIA

AOLEANG FESTIVAL



Aoleang Monyu Festival is celebrated by the Konyak Naga people and is held in the first week of April, mainly in the Mon District of the Indian State of Nagaland.

This festival differs from the more famous Hornbill Festival which is arranged to preserve the culture of the different tribes of Nagaland, while this festival is an authentic tribal festival arranged by the Konyak tribe only. They celebrate the arrival of Spring and pray for a good upcoming harvest. It is celebrated in the first week of April and coincides with the start of the Konyak New Year.





The Konyak people are the largest of 17 officially recognised tribes in Nagaland and are the most wellknown due to



their past tradition of head hunting. They are found in the Mon region of Nagaland and in neighbouring Mynmar Country making these places the best to witness this festival. The Konyak Naga people can be identified by their tattoon faces and they mostly known for their head hunters past. The festival is one of the most important festival.



The festival celebration is spread across a week. The main purpose of the Aoleang is to welcome the Spring and New Year and to pray for a good harvest. During this. many rituals take place including dancing feasting and sacrifices that are meant to appease the divine spirits in order to bless the land with a good harvest.

The three days of this festival are called Hoi Lah Nyih, Yin Mok Pho Nyih and Mok Shek Nyih. These are days

spent preparing for the festival by weaving traditional clothes, collecting the animals that are to be



sacrificed and preparing food and rice beer for the festival.

The 4th day known as Lingnyu Nyih is the most important day in which all the members of the Konyak tribe dress up in their best colourful traditional tribal clothes and jewellery. The 4th day is the most interesting to watch as the whole day is spent dancing, singing and feasting as a community and with family and cleaning the whole village and also the individual houses. The last 2 days are called Lingha Nyih and Lingshan Nyin. This time is dedicated spending time with the family with indigeous dancing that they perform symbolize the tribe's history as head hunters.

ANIMAL WELFARE

Name	Area	Amt.
❖ Atul K. Sanghani	Andheri	3,000/-
❖ Navin Dharmshi Mirani	Thane	2,000/-
❖ Ramesh Ladha	Vileparle	1,000/-
❖ Ravindra Pathre	Prabhadevi	500/-

Last Month’s activities carried out by Trust

- 28 cards were given for food and 21 for Haldi milk.
- Food Grains distributed among 167 Cancer patients family.
- Fruits were distributed among 1014 patients per day.
- 21 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 7 patients.
- 11 patients were given help by different trusts and received best response.
- Medicines worth Rs. 9,97,245/- were given to cancer patients.
- Medical treatment worth Rs. 4,83,220/- was given to other patients.
- 47 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.5,91,210/-.
- Handicapped person were provided with : 4 Walker, 3 Walking Sticks, 5 Commode Chairs, 4 Wheel Chairs, 6 Flower Beds, 4 Oxygen Machines and 3 Oxygen Cylinder were given.
- 4 files made for cancer affected patients.
- 94 Patients got benefit of free Ambulance Service.
- 4 patients got Colostomy Bag at Concessional Rate.
- 4 Cancer patient were given ritual burial under "Kafan-Dafan" scheme.
- 13 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

Dina Mehta -

THE FIRST FEMALE MEMBER OF BOMBAY STOCK EXCHANGE

Dina Mehta is an Indian Businesswoman, Broker, Investor, Financial Advisor, Chartered Accountant and Social Activist. She is the Managing Director and Chief Executive Officer of Asit C. Mehta Investment Intermediates Ltd. She was the first female member of Bombay Stock Exchange, Mumbai and became its first woman president.



She was born on 18th February 1961 in Valsad and had her education in H.R. College and Sydenham College of Commerce.

She is on the board of Reliance Asset Reconstruction Co. Ltd., Gandhar Oil Refinery (India) Ltd., Fino Payments Bank Ltd., NMIMs Alumni Association as an Independent Director. She is member of the India Board of the CTSI Institute, a subsidiary of the London Stock Exchange. She is the promotor director of the South Indian Federation of Exchanges, the association of stock exchange of SAARC Countries.



She is also the Vice Chairman of Prempuri Ashram Trust, She has been a member of the Board of Directors of the following organisations.



- Cotton Association of India
- Board of Central Depository Services (I) Ltd.
- National Payment Corporation of India
- Magna Housing Finance Ltd.
- Advisory Committee of Wilson College, M.Com. Course
- MIT Pune Economics Faculty
- IES Management Institute.
- NMIMS Business Management Course

She was also a visiting faculty on Stock Market at IIM Ahmedabad, Govt. Law College, Mumbai

Awards :

- First Woman President of Bombay Stock exchange
- Awarded for outstanding contribution in the field of Banking and Financial Services by ladies wing of Indian Merchants Chamber.



- ✦ Honoured by Cosmos Bank for Outstanding contribution in the field of Finance in December 2005.
- ✦ Awarded as outstanding young Indian in Business Category by Indian Jaycees in 1998.
- ✦ Outstanding Alumni Award by NMIMS in 2011.
- ✦ Recognised as one of the highest tax payers of Mumbai city for the assessment year 1995-96. ■

DONATE WITH AN OPEN HEART

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ Meena Narayan Shetye	Borivali	50,000/-
❖ Hormaze Bahadur Todiwala	Marine Drive	27,000/-
❖ Ogale Arvind Mahadeo	Pune	15,000/-
❖ Lilaram Chhaperwal	Vashi	11,000/-
❖ Prem Thakur		
By : Pratik Mansukhlal Shah	Parel	10,800/-
❖ Santosh Sawant	Kandivali	8,300/-
❖ Aman Khatawat	Kolkata	5,100/-
❖ Gope Gurmukhdas Ambwani	Dahisar	5,000/-
❖ Shrikant Mahadeo Katigar	Parel	5,000/-
❖ Harsh Santosh Choudhari	Wadala	2,500/-
❖ Tour Mart - By : Zubin K. Mody	Lower Parel	2,000/-
❖ Chhaya P. Narvekar	Bhandup	2,000/-
❖ Omanand Industries	Nagpur	2,000/-
❖ Shashikant Panchal		
By : Abhishek Shashikant	Sewri	1,500/-
❖ Shivnerya Tiwdewal	Prabhadevi	1,100/-
❖ P. Sujitkumar Patro	Telangana	750/-
❖ Jaloo Homi Ghadiali	Parel	500/-



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

Donor's Name	Area	Scheme	Amt.₹
❖ In loving memory of Late Mitesh Mahendra Shah By : Kusumben Mahendra Shah (Harsol)	Borivali	Jeevdaya	5,000/-
❖ In loving memory of Late Arvindbhai Vallabhdas Sonecha By : Hansaben Arvindbhai Sonecha Family	Kandivali	Medicine	2,000/-
❖ Late Pravinchandra Shah's yearly Death Anniversary of By : Bharti P. Shah family	Ahmedabad	Jeevdaya	2,500/-
❖ In loving memory of Late Mahendrabhai Manilal Gandhi (Limbodara) By : Induben, Alpesh, Sanjay Gandhi Family	Borivali	Jeevdaya	1,200/-
❖ In loving memory of Late Natvarlal Bulakhidas Shah (Harsol) By : Manjulaben Natvarlal Shah Family	Kandivali	Jeevdaya	1,000/-
❖ In loving memory of Late Kamlaben & Late Kantilal Nagindas Shah (Harsol) By : Kantilal Nagindas Shah Family	Bhayandar	Medicine	1,000/-
❖ Indiraben Champaklal Soni	Ahmedabad	Annadan	1,000/-
❖ Kapilaben Ramanlal Choksy	A hmedabad	Annadan	1,000/-
❖ In loving memory of Late Kamlaben & Late Bechardas Doshi By : Dilip B. Doshi	Mulund	Medicine	500/-
❖ In loving memory of Late Shardaben & Late Chimantal Sakarchand Shah (Uvarsad) By : Hema Pradip Shah	Pune	Jeevdaya	500/-
❖ Chhaya Hasu Mehta	Boisar	Jeevdaya	500/-





GREAT MAN

RAMAN KANT - Riverman of India

Raman Kant was born on 5th November in the historical Poothi village of Meerut district. After receiving his primary education from the village school, he passed his graduation from Chaudhary Charan Singh University. He has also done one year computer diploma and one year journalism diploma.



He became involved in River rejuvenation work in the year 2001. While he is doing groundwork by connecting with the society, he is also contributing to the policy schemes of the Central and various State Government.



Work started with full dedication at both the resources. (Ponds and rivers) pollution free and





reviving them
at ground
levels towards
keeping the
n a t u r a l
resources free
of pollution.
Due to his river
rejuvenation



work of about 22 years, he is today known as
Riverman of India in the country.

He is doing all his work with the spirit of 'Vasudhaiva
Kutumbakam' with a positive spirit in collaboration with
the society and the Government. According to him, when
we get many things from nature including water, energy,
food and air, we should also pay the price by conserving
nature through some means or the other. Every person of
the society should understand about his duty towards



nature and
should realise
the concept of
development
w i t h o u t
harming nature.
He is working
t o w a r d s
inculcating

nature protection among children diverting farmers towards chemical free agriculture and establishing the relationship between water and women among women.



Natural Environmental Education and Research (NEER) Foundation was formed by him in the year 2004.

Besides the expertise in water rejuvenation and pond and rain water conservation, he is also proficient in the art of Pencil Art.

Influenced by his work, the first bollywood film 'Ek Ank' has been made giving the best message of river conservation. The director of the film was Prabhat Kumar.

He considers Lord Shiv as nature. All dimensions of Lord Shiv are symbols of nature. Thousands of volunteers from hundreds of villages, towns and cities are associated with this organisation. His main aim is to restore the lost



identity of 'Ganga Yamuna Doab' a river basin in the State of Uttar Pradesh, India located between the Ganges and Yamuna rivers. ■



PLACES OF INTEREST

Kanha National Park

Kanha Tiger Reserve also known as Kanha-Kisli National Park is one of the tiger reserves of India and the largest National Park of



the State of Madhya Pradesh. The present-day Kanha area is divided into two protected areas, Hallon and Banjar, of 250 and 300 kms. respectively. Kanha National Park was created on 1st June 1955 and was designated tiger reserve in 1973. Today It encompasses an area of 940 kms in the two districts Mandla and Balaghat.

The park hosts Bengal Tiger, Indian leopard, sloth

bear, barasingha and dhole. It is also the first tiger reserve in India to officially introduce a mascot, Bhoorsingh the Barasingha.



The low land



forest in Kanha Tiger Reserve is a mixture of Sal and other mixed forest trees interspersed with meadows. The highland forests are tropical moist, dry with bamboo on slopes and Indian ghost tree.

In its efforts to maintain and restore tiger habitats WWF-India has worked to create corridors that support the tigers and their prey by stabilizing the tiger population. This includes efforts to prevent loss of life or property of reduce humans dependency on the forest and reduce retaliatory killings of tigers when people have experienced losses.

The best time to visit Kanha is between October and March, in winter as the weather becomes pleasant this time. Maximum tourists plan wildlife safari in the Park between November and March as the cool atmosphere as per the climate of Central India becomes perfect for



spotting animals.

The nearest airport to reach Kanha is Jabalpar which is 150 kms. away and Raipur which is 140 kms



away. The rail stations near to Kanha is Jabalpur, Raipur and Nagpur. Even Gondia junction is a great option. ■

BENEFITS FOR CANCER PATIENTS

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❀ Kamal Farokh Anklesaria	Hughes Road	20,000/-
❀ G. A. Alloys	Chembur	15,000/-
❀ Smita Samir Gharat	Dadar	12,000/-
❀ Manisha Rajesh Dhruva	Wadala	5,000/-
❀ Jinal Savani	Thane	5,000/-
❀ Dr. Anjali Kale	Ratnagiri	3,000/-
❀ Sheetal Ranjan Lokhande	Worli	3,000/-
❀ Deepali Dayanand Raut	Dahisar	2,100/-
❀ Sahil Pandarinath Gavankar	Parel	2,000/-
❀ Ravindra Pore	Byculla	2,000/-
❀ Khushant Bhavesh Oza	Wadala	2,000/-
❀ Sankaran Venkatraman Karugudi	Thane	1,500/-
❀ Arvind Kumar Jain	Delhi	1,100/-
❀ Prakash Nyaynirgune	Chembur	1,000/-
❀ Suresh Govind Shivalkar	Mazgaon	1,000/-



WHY WE ADD ONE RUPEE COIN IN THE GIFT COVER?

On the auspicious occasion, we prefer giving a gift in the envelope that is never like Rs. 100/-, 500/-, or 1000/- but it is always Rs. 101/-, 501/- or 1001/- and so on.

There are four age old reasons for doing so.

- 1) "Zero" signifies an end while 'One' signifies a new beginning. That extra one rupee ensures that the receiver does not come across a zero.
- 2) Mathematically the number 100, 500 or 1000 are divisible. but number 101, 501 or 1,001 are indivisible. So we want our good wishes and blessings to remain indivisible.
- 3) The added one rupee is a symbol of continuity, ahead of the basic amount. It strengthens the bond between the giver and the receiver. It simply means our good relationship will continue.
- 4) However the added rupee must be a coin and never a one rupee note. A coin is made of metal which comes from Mother Earth and it is considered to be part of Goddess Lakshmi.

While the bigger amount is an investment, the One rupee coin is the 'Seed' for further growth of that investment.

Your good wishes and blessings are for the investment to grow in either cash, kind or "Karma". ■



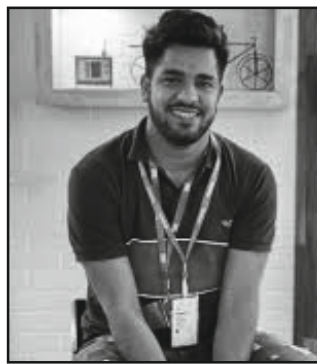
**100 SALUTES**

Yogesh Kathuria - Paralympic Athlet

Yogesh Kathuria was born on 3rd March 1997 in Bahadurgarh, Haryana is an Indian Paralympic athlete, who specialises in the discuss throw.

At the age of 9, he developed Guillian Barre Syndrome - it is a rapid onset muscle weakness caused by the immune system damaging the peripheral nervous system.

He studied at Indian Army Public school in Chandigarh where his father served in army at Chandimandir Cantonment. Within three years, at the age of 12, he regained muscle strength to walk again, He later attended



Kirorimal College in Delhi where he learned a Bachelor's degree in Commerce and joined para games.



In 2016 he started in Para Sports after Sachin Yadav, General Secretary of the Student's Union at K. M. College motivated him to take up sports by regularly showing him videos of Para-athlets. In 2018. he set a World Record in F36 Category by throwing the disc to 45.18 mtrs. at the 2018 World Para-Athletics Europeans Championships in Berlin.

He represented India in the Men's Discus Throw F56 at the 2020 Summer Paralympics and won the silver medal.

In 2021 November, the President of India Shri Ramnath Kovind awarded Yogesh the Arjuna Award for his silver medal at the 2020 Summer Paralympics.



He has qualified to represent India at 2024 Summer Paralympics in Paris.





8 Benefits of Eating BEETROOT

- 1) It is excellent for high Blood Pressure. It has nitrates, which is required in our body and it converts itself into Nitric Oxide - This Nitric Oxide keeps our arteries flexible which in turn will bring blood pressure down.
- 2) It is excellent for digestive health. When you eat beetroot, the next day you will see your motion is reddish because beetroot is loaded with digestive enzymes. 85% of your immunity is in your gut. So beetroot is beneficial to improve immune system.
- 3) It is very good for heart health also.
- 4) One who has Lipid profile abnormalities like bad cholesterol and triglycerides, beetroot regular usage will reverse this.
- 5) 85% of cancer are lifestyle driven. Beetroot is super high for anti-cancer benefits. We should keep environmental healthy in our body.
- 6) Beetroot is excellent for brain health. We see so many people suffering from dementia, Alzheimer's, brain strokes. It all begins because of weak blood circulation. It activates your blood circulation cellular level.



- 7) Beetroot is very good for Liver. Whatever enters in our body first goes to liver. It is like a door-keeper for human biology. Beetroot is good for cleaning the liver.



- 8) Beetroot has lots and lots of Vitamins and Minerals like magnesium, manganese, copper, B6 Vitamin etc. One should start consuming beetroot on day to day basis, either boiled or in salad or in the form of Juice, before lunch or dinner.

Long carrot, beetroot and pinch of haldi makes a good anti-inflammatory juice.

People who have high diabetes or kidney problems should not consume beetroot juice but they can eat it in moderation. ■

THANK YOU VERY MUCH FOR YOUR SUPPORT

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- ✦ **Diaries :** Good Luck Book - VasANJI Hansraj Dedhia (Gadhshisha)



SUMMER RECEIPE

JOWAR AMBALI - GOOD FOR WEIGHT LOSS

Ingrediants :

- ☆ 2 tbs. Jowar flour ☆ 1 tsp. roasted jeera powder.
- ☆ 2 cups water ☆ 1 cup buttermilk
- ☆ Salt to taste ☆ 1/4 cup corriander leaves.
- ☆ 1/2 cup grated carrot ☆ 1/2 tsp. grated ginger

For Tadka :

- ☆ 1 tsp Oil ☆ 1/2 tsp. jeera
- ☆ 1/2 tsp. mustard seeds, few curry leaves
- ☆ 1/2 tsp crushed chillies.

Method :

Take jowar flour in bowl and add water to make a smooth paste.

Take a pan and put on slow flame. Add this mixture and stir continously. Add salt and cummin powder, grated ginger. Bring it to boil, Boil for 5 minutes.

Switch off the flame and let it cool. When it is cool, add one cup of buttermilk, and mix well.

Add grated carrot and corriander leaves. Mix well and serve.

If you like you can add more buttermilk also.



Optional :

In a small vessel, add oil. When it is hot, add jeera, mustard seeds and let it crackle. Now add crushed chillies & curry leaves. This tadka can be added while serving.

This is a Gluten free recipe. It has anti-cancerous property, rich in fibre and boosts immunity. Jowar flour has potassium, magnesium, anti-oxident, vitamin B-complex, calcium, copper, zinc and phosphorus.

Eat Healthy - Stay Healthy.

JALARAM ANNDANKSHETRA

Name	Area	Amt.
❖ Vidyadevi Sawalram - Agarwal Foundation	Malad	1,45,000/-
❖ Pramila Pandurang Ojha	Andheri	51,000/-
❖ Farida Pankaj Udhas	Carmichel Rd.	45,000/-
❖ Dhiraj Arjunbhai Singal	Parel	11,000/-
❖ Bansi Chande By : Ashok Amrutlal Shah	Ghatkopar	11,000/-
❖ Atul K. Sanghani	Andheri	8,000/-
❖ Sumitra S. Shetty	Jogeshwari	7,000/-
❖ Sadashiv Wagle's Death Anni. By : Maheshwar S. Wagle		7,000/-
❖ Sneha Shah	Matunga	7,500/-
❖ Arjundas Alreja	Santacruz	5,000/-
❖ Evana Rebello By : Syrina D'souza	Wadala	4,000/-
❖ Sushila Devi Gupta	Sewri	4,000/-
❖ Avianna Jain	Worli	4,000/-



A little girl with two apples

A lovely little girl was holding two apples with both hands. Her mom came in and softly asked her with a smile 'my sweetie, could you give me one of your apples?'

The girl looked-up at her for some seconds, then she suddenly took a quick bite on one apple and then on the other. The mom felt the smile on her face freeze. She tried hard not to reveal her disappointment.

Then the little girl handed one of her bitten apple to her mom and said, "Mummy, here you are. This apple is sweeter than the other."

No matter who you are, how experienced you are and how knowledgeable you think you are, always delay judgement. Give others the privilege to explain themselves. What you see may not be the reality. Never conclude for others. This is why we should never only focus on the surface and judge others without understanding them first.

Those who apologize first after a fight, do so not because they are wrong but because they value the people around them.

Those who take initiative at work, do so not because they are stupid but because they understand the concept of responsibility.

Those who like to pay the bill, do so not because they are loaded but because they value friendship above money.

Those who are willing to help you do so not because they owe you anything but because they see you as a true friend.



Those who often text you, do so not because they have nothing better to do but because you are in their heart.

Those who take out time to chat with you, do not mean they are jobless or less busy but they know the importance of keeping in touch.

One day all of us will get separated from each other, We will miss our conversations of everything and nothing, the dreams that we had.

Days will pass by, months, years until this contact become rare. One day our children, will see our pictures and ask "Who are these people ?" We will smile with invisible tears because a heart is touched with a strong word and you will say " It was them that I had the best days of my life". ■

Did you know?

1. **First Gas powered car**

Karl Benz invented the first gas powered car. The car had only three wheels. The first car with four wheels was made in France in 1901 by Panhard et LeVassor.

2. **Rocking effect**

Experiments conducted in college laboratories have demonstrated that hard rock music played to colonies of termites induce the insects to go into a frenzy and chew through wood at twice their normal rate

3. **Words which end with “dous”.**

There are only four words in the English language which end in “dous”: tremendous, horrendous, stupendous and hazardous.

4. **Uttaranchal carved from Uttar Pradesh.**

Uttaranchal, one of the newest States of India with its capital at Dehra Dun, was carved out of 13 districts of Uttar Pradesh in September 2000.



INSPIRATIONAL STORY

Its' Never Too Late To Pursue One's Dreams

Here is an interesting story, a fictional account of a senior citizen rediscovering her passion for painting after years of neglect set against the backdrop of Mumbai's vibrant art scene.

Amelia, a retired librarian with a life time of stories tucked away in her memory had always loved painting. But the demands of the family and work had pushed her passion aside.

Now living in her Mumbai apartment with a view of the bustling city, she felt a renewed sense of purpose. She remembered the vibrant colors and intricate details she used to capture in her painting and she decided to pick up her brushes again.

She started small sketching the familiar scenes outside her window- the bustling streets, the vibrant markets and the majestic Gateway of India. Soon her apartment transformed into a mini art gallery with canvasses adorned with her unique style. Word of Amelia's artistic talent spread through the neighborhood. And soon she found herself teaching painting classes to other seniors in the community.

Amelia's painting became a source of joy and inspiration for everyone and she even organized an art exhibition at a local gallery showcasing her work alongside the paintings of her students. The exhibition was a huge success and Amelia's passion for painting was rekindled. She continued to paint and teach, bringing joy and colour to the lives of many in Mumbai, proving that its never too late to pursue one's dreams. ■





GRANDMA'S STORY

The Secret Of Success

Once upon a time, there was young a man who worked in a factory. His mentor was an old technician who taught him to talk less and work more and never stop developing his skills in every aspect of the factory's operation.

Ten years later, the old man retired and the young man became a technician himself. He continued to do his work with the same dedication and diligence as he was taught. One day he visited the old mentor. The old man saw that he seemed unhappy and asked what was troubling him. The young man sighed and poured out his heart. "I have been following your instructions exactly all these years no matter, what I work on. I keep quiet and focus on the job. I know I have done good work at the factory and I have learned all the skills that can be learnt. What I don't understand is that the guys who do not have my experience or capabilities have all been promoted while I am still making as little as I did before, when I was your apprentice".

The old man asked, "Are you positive that you have become indispensable to the factory?" The young man nodded "yes". The old man paced back and forth to think. It's time for you to give yourself a break. You must request for a vacation on using whatever reason you want to give to your owner.

The young man was surprised by the advice but the more he thought about it, the more it made sense. He thanked his mentor and left quickly to make a time-off request. His leave was granted.

When he returned from his vacation, the owner called him into his cabin to tell him that things did not go well at the factory when he was on vacation. Other people - workers



encountered many problems that normally would be handled by him. The other workers had no idea how to solve them. Realizing his importance, the owner decided to promote him to the position of senior technician.

The young man was happy and he thought surely this was the secret to success. From that point, whenever the young man felt like he deserved more than what he was getting he would go on vacation. When he came back from vacation, the next day the situation would improve to his satisfaction.

This continued for sometime. But this time when he came back from vacation, he was blocked from going to the factory. Not knowing what else to do he went back to see his old mentor.

"Why did I lose my job?" he asked with wounded pride. Did I not do everything as you instructed?"

The mentor said, "you understood right. But no one pays any attention to a light bulb that is always on. It is when it goes off, the people suddenly notice". It began to dawn on the young man that perhaps he made a big mistake. Who wants a light bulb that no one can count on to provide illumination?

You see your life. Do you have friends and family members that you take for granted. They are always there for you. Give thanks today to the good fortune of having them in your life.

It does not go the way you want it to go. Also do not let yourself being taken for granted. But at the same time do your work and do not stop. Everything you do just because it does not go the way you want it to go.

Find the balance in life and the life will reward you giving you the balance back. ■



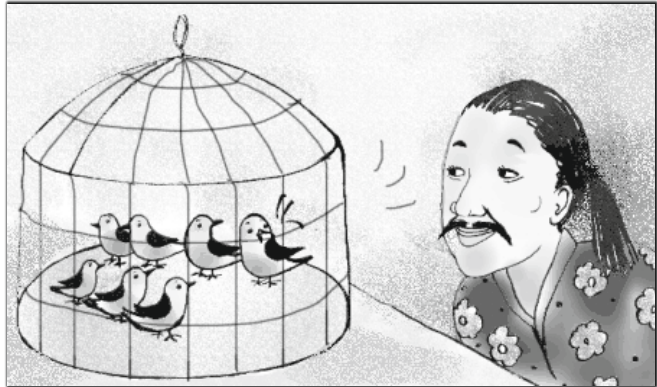
STORY

Chinese Sparrows

By Daiji Kawasaki

Once there was a merchant who happened to acquire six sparrows from China.

"They'll make a fine gift for my lord," thought the



merchant. But knowing the lord to be very superstitious and always concerned about omens, he suspected that His Lordship might not like the number 'six'. In order to make the number a lucky 'seven', he added one Japanese sparrow, and presented them in a beautiful cage.

The lord was greatly pleased to have such a rare gift. He admired the birds and looked very carefully at each one of them.

"That's strange," said the lord after a while, "I see one of these is Japanese!"

The merchant didn't know what to say. He hung his head in frightened silence.

Then, all of a sudden, the Japanese sparrow opened its little beak and spoke out, "You see, my lord, I'm the interpreter!"

(From Laughing Together: Stories, Riddles and Proverbs from Asia and the Pacific; Published by The National Book Trust under a UNESCO project.)





KIDS CORNER

LORD KRISHNA'S COIN

One day, when a poor priest was seeking alms, he found a bag of gold coins. As he could not locate the owner of the bag, he decided to keep the bag with himself. On his way back home he saw beggar, he pitied him but did not give any coin to him.


As the priest went on his way, he saw a diamond shinning on the ground. He bent to take the diamond, but thief jumped from behind, grabbed the bag of Gold coins and ran away The diamond was just a piece of glass that the thief used to lure the poor man. The priest was disheartened and went back to seeking alms.

Then ,
Lord Krishna
passed by
and gave the
priest a
metal coin.
The priest
wondered



what a single metal coin would fetch him. On his way back home he saw a fisherman with a couple of fish in his net. The priest felt pitty for the fish in an earthen pot with water. The next day when he picked the pot to empty the fish in the stream, he was awared by what he discovered. There were two diamonds in the water.

The fish had accidently swallowed diamonds when they were in the river and regurgitated them when they were in the pot. This divine intervention had taught him a lesson. The priest burst of into tears of joy and thanked Lord Krishna in his mind.

Moral : Help the needy and the good always comes back to you. 

- 'Treat your kid like a darling for the first five years. For the next five years, scold them. By the time they turn sixteen, treat them like a friend. Your grown up children are your best friends.'
 - 'Education is the best friend. An educated person is respected everywhere. Education beats the beauty and the youth.'
 - "The important thing to recognize is that it takes a team, and the team ought to get credit for the wins and the losses. Successes have many fathers, failures have none."
 - A true friend is someone who reaches for your hand and touches your heart. Easy is to get a place in someone's address book But Difficult is to get a place in someone's heart.
- Krishna Sharma (Vidyavihar)**



HUMOUR

- Ashaben Dasondi,
Matunga



- ❖ April 1 is named April Fool's day after Steve April. He was born on the 1st of April back in 1579. He ran many businesses and was actually quite prosperous in his ventures, but he lost all of his father's assets late in his life. After this, everyone started calling him the Father of Fools. At one point, he even married a woman who was older than him, and she divorced Steve because he was so foolish. He used to read and believe all kinds of fake stories just like you are now.
Happy April Fools Day.

- ❖ What's the biggest difference between Thanks giving and April Fools Day ?
On one you are thankful but on the other, you are prankful.
- ❖ Why was everyone tired on April 1st ?
Because they just finished a long 31-day March.
- ❖ I am going to pull an April Fool's Day prank on my landlord by not paying rent.
The rent is not due today, you are just kidding.
- ❖ You should know that no one understood it was an April Fool's joke,
Because no one expected you to have a sense of humour.





To,



Picture speaks of the proud moment for Trust.

