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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



Jeevan Jyot
Jeevdaya wing
makes an
attempt to
give life to
newborn
squirrel cubs.

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

SHRI UDAYAN NATVERLAL SHAH (ANDHERI)

Picture Speaks of 'Saisha-Naisha Dani Toy Bank'



Under 'Saisha-Naisha Dani Toy Bank', Jeevan Jyot Trust organizes various programs for cancer-affected children every month. This month, the children were delighted to watch a magic show, play various games, enjoy toys, chocolates, and delicious food and receive various gifts.

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 Raghavi Lalji Satra (Gundala)

109, Polan Peth, Jalgaon- 425 001

Tel: 0257-2224156 M.: 09673364290

Sangli - Kolhapur

Meena Jethalal Maru (Halapar)

M.: 7709900433

Nala Sopara Office

12, Laxmi Shopping Center,

Near Radha Krishna Hotel,

Tulinj Road, Nala Sopara (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
Ustad Rashid Khan -	
Indian Classical Musician	7
Guru Purnima	12
Rath Yatra of Peers	13
8 street foods of Mumbai	16
Lisa Sthalekar - Captain of	
Australian Womens Cricket Team ..	18
Benefits of using Banana Stem	21
Dharasaran Temple, Tamil Nadu ...	23
The Foolish Sage	27
Himanshi Rathi -	
Para Chess Player	31
History of Flora Fountain,	32
Rajendra Singh Rana -	
Waterman of India	34
Sometimes	37
Recipe -	
Baked Cheesy Corn Palak	38
The Last Sunset	39
A dish of Ice-cream	40
Riddles	41
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 Namo Nama:**

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

FROM THE EDITOR'S DESK



SEAK YOUR GOAL

Understand the obstacles

Create a positive mental picture

Clear your mind of self-doubt

Embrace the challenge

Stay on track

Show the World

"You can do it"

No candle loses its light

while lightening another candle

Never stop sharing,

caring and helping others

because it makes our life

more meaningful.





-: 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**.

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

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

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

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- 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
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MONTH SPECIAL

Ustad Rashid Khan - Indian Classical Musician

Ustad Rashid Khan was born on 1st July 1968 in Sahaswan, Badayun in Uttar Pradesh. He was an Indian Classical Musician in the Hindustani tradition. He belonged to the Rampad Sahaswan gharana and was the great grand son of Gharana Founder Inayat Hussain Khan.



He received his initial training from his maternal grand uncle Ustad Nissar Hussain Khan. As a child, he had little interest in music. But his uncle Gulam Mustafa Khan was among the first to note his musical talents and for sometime trained him in Mumbai. However he received the main



training from Nissar Hussain Khan initially at his house in Badayun.

A strict disciplinarian, he would insist on



voice training (swar sadhana) from four in the morning and make Rashid practice on one note on the scale for hours on end. The



lessons as a child, the disciplined training showed in his easy mastery of Taan and Layari later. It was not until he was 18 that Rashid began to truly enjoy his musical training. He gave his first concert at the age of eleven and the following year in 1978 Nissar Hussain Khan moved to the ITC Sangeet Research Academy (SRA) Kolkatta, Rashid also joined him at the age of 14.

By 1994, he was acknowledged as a Musician at the Academy. He later became one of the scholar musicians there and was called a Guru and a part of the teaching faculty at the Academy from 1994 to 1999.

Rashid Khan included the glow elaboration in the Vilambit Khayals in the manner of his maternal grand uncle and also developed exceptional expertise in the use of sargams and also sargam taankavi. He was influenced by the style of Amir Khan and Bhimsen Joshi but chose not to imitate them and created his own unique style of singing.

He was also a master of the tarana like his Guru but sang them in his own manner, preferring the khayal style.



He also experimented with fusing pure Hindustani Music with lighter musical genres or in instrumental concerts with Louis Banks. He also performed jugalbandi's along with sitarist Shahid Parvez and others.

Awards :

- ✦ Padmashri in 2006
- ✦ Sangeet Natak Academy Award 2006
- ✦ Banga Bhushan in 2012.
- ✦ Global Indian Music Academy Awards (GIMA) in 2010
- ✦ Maha Sangeet Samman Award 2012
- ✦ Mirch Music Award 2013
- ✦ Padma Bhushan in 2022
- ✦ Lokmat Sur Jyotsna National Music Legends Award

He expired on 9th January, 2024 at the age of 55 due to cancer in Kolkatta, West Bengal. ■



THANK YOU VERY MUCH FOR YOUR SUPPORT

- ✦ **Computer Service** : Rakshaben Kirtibhai (Kotda) (Trycon System-Dadar), Chintan Hiren Dedhia (Nagapur)
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- ✦ **Diaries** : Good Luck Book - Vasanji Hansraj Dedhia (Gadhshisha)



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

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| 25) Smt. Sakerben Premji Charitable Trust (Worli) | : Chemotherapy Dept |





REAL TRUTH

The true essence of Karma

I immersed myself in the sacred Sangam and asked the Triveni waters "Did you collect my sins?" The river replied "Yes". I asked "What will you do with them?"

Triveni River chuckled "Am I crazy to keep them? I will deposit them in the sea."

Curious, I approached the sea and asked "Did you receive my sins from Triveni?"

The Sea smiled & said "Yes".

I asked "What will you do with them?"

Sea smiled "Am I crazy to keep them? I will deposit them in the clouds."

I rose to the clouds and asked, "Did you receive my sins from the sea?"

Clouds replied, "Yes".

"What will you do with them?" I asked.

Clouds whispered "Are we crazy to keep them? We will shower them down as rain!"

I asked "on whom?"

Clouds smiled mischievously "On you, of course?"

A profound realization struck me -

"No matter where we go, Karma follows. The universe reminds us to be good and be good, for our actions will ultimately return to us."

This is the true essence of "Karma".





RELIGIOUS TEACHING

Guru Purnima

गुरु गोविन्द दोऊ खड़े, काके लागूं पांय।

बलिहारी गुरु आपकी, गोविन्द दियो मिलाय।।

Guru Govind Dou Khade, Kaake lagoon Pay!

Balihari Guru aapki, Govind diyo Milay !!

Kabir, a mystic poet in the 15th century in India wrote in one of his couplets.

Kabir Dasji from Varanasi was a great saint and in these lines, he places Guru even above God. Out of 84 lac Yonies, human yoni or birth is the only yoni, in which you can come out of 'Karma' and with the help of Guru you can merge with God.



Aatma meets with the creator Paramatma. Guru can only guide you to Paramatma God because Guru knows the method or route through meditation and once you hold Guru's hand and follow his instructions, you get salvation and can come out of Yoni Chakra.

It is therefore Saint Kabir Das ji says "If I have Guru and God both before me, its only Guru and for whom I am ready to give my life. He is the one who will guide me to God. It was otherwise impossible for me to reach God without the guidanc of Guru."

This year Guru Purnima is on 10th July 2025, Thursday.





FESTIVALS OF INDIA

RATH YATRA OF PURI



Rath Yatra is a celebration of the legends of the three sibling deities. Lord Jagannath (also known as Lord Krishna), Balabhadra, and Subhadra.

Statues of the deities are taken in a procession through the streets in a chariot which is known as Rath Yatra.

The festival is celebrated around the world but the most famous and largest celebrations take place at the Jagannath Temple in Puri, India.



Everything they say and everything they do!!!



Rath Yatra begins on the second day of Shukla Paksh of the Hindu lunar month of Asadh. It take place every summer usually during June or July.

The day begins with a ceremony called Rath Prathistha. In the afternoon, the most exciting part of the day occurs when the chariots actually begin to move, prompting great excitement and joy. This is called the Rath Tana.

The deities Lord Jagannath, Balbhadra and Subhadra are transported from his temple in Puri to his garden palace in the countryside, the Gundicha Temple, which is two kilometers away. The statues remain at the Gundicha temple for nine days, and are then returned to the temple in Puri.

The three deities travel on ornate chariots (rath) which are huge, temple sized structures. They are pulled by thousands of people called devotees.

Many people are involved with making the chariots including artists, carpenters and tailors who stitch 1200 meters of cloth.



Traditional songs are sung, accompanied by a variety of instruments including drums and flutes. The procession is huge with people sometimes risking their safety in an effort to pull the chariots.

Facts about Rath Yatra :

- It is believed the festival receives rainfall every year on the day it takes place.
- Two main processions take place, one in puri and one in Ahmedabad, Gujarat.
- Rath Yatra is the only festival in the world where deities are removed from the temples for the devotees.
- Upto 1400 carpenters build the three raths each year.
- The three chariots for the three siblings have names. Their names are Nandighosha, Taladhvaj and Devadalana.
- The 'King' of Puri sweeps the floor where the procession takes place with a golden mop.
- During the procession people sing, dance and devote themselves to the deities.
- The phrase 'Jugger naut' in English is derived from the word 'Jagannath' due to the huge and heavy chariot of Lord Jagannath. Juggernaut means a big powerful and overwhelming force.

This year Rath Yatra will start on 27th June, 2025 Friday. ■



MUMBAI MERI JAAN

8 street foods of Mumbai

- 1) **Pav Bhaji** : Pav Bhaji is a beloved dish featuring a thick vegetable mash (Bhaji) prepared with spices and butter, served alongside soft buttered bread rolls (Pav)

Originating in the 19th Century for textile mill workers, it has become staple Mumbai street food with popular spots like Sardar Pav Bhaji and Cannon Pav Bhaji.

- 2) **Bombay Sandwich** : A distinctive sandwich, it layers with boiled potatoes, tomatoes, cucumber and beetroot in buttered bread feathering spicy green chutney and Sev, often grilled as a quick snack in Mumbai where it remains a beloved street food near offices and colleges.

- 3) **Chinese Bhel** : It is a Mumbai street food fusion, blends crispy fried noodles with a tangy spicy sauce and vegetables. It showcases the city's Cosmopolitan essence and live for vibrant flavours adapting chinese cuisine to local tastes.

- 4) **Vada Pav** : Vada Pav known as the Mumbai's burger is a beloved street food featuring a deep fried spicy potato fritter (vada) in a soft bread roll (Pav) often accompanied by garlic chutney and fried green chillies. It was created by Ashok Vaidya in 1966 for mill workers, it has become a staple food for Mumbaikars of all backgrounds, really available throughout the city and emblematic of Mumbais vibrant food culture.

- 5) Bhel Puri & Sev Puri :** Both are popular chat snacks. Bhel puri features puffed rice, boiled potato, Onion, and raw mangoes with spicy and sweet chutneys and sev. While Sev Puri includes crispy puri topped with potatoes, Onion, chutneys and sev. Bhel Puri likely originated in Mumbai from the Gujarati migrants as did sev puri.
- 6) Triple Sehezwan Fried Rice :** 'Triple' signifies three key elements-fried rice, noodles and Schezwan gravy typically accompanied by fried noodles and manchurian bolls. Emerged in late 80's in Mumbai. Triple Schezwan Rice fused fried rice with manchurian gravy, crispy noodles. Surprisingly this food is unique to Mumbai.
- 7) Masala Papad :** Rooted in ancient Indian Paped tradition dating back 2500 years is crafted from ground pulses. The famous Lijjat Papad brand was founded in 1959 by seven-gujarati women in Mumbai. The Mumbai version of masala papad quickly became a popular snack in restaurants.
- It is roasted or fried papad topped with chopped tomato, onion, cucumber, boiled potatoes and coriander topped with sev and dry masalas.
- 8) Misal Pav :** It is a spicy sprouted lentil curry from Maharashtra, especially popular in Mumbai. Served with Pav and garnished with farsan, onions and coriander. It has regional variations with Mamledar Misal in Thane and Aaswad in Dadar being notable.





WOMEN EMPOWERMENT

Lisa Sthalekar - CAPTAIN OF AUSTRALIAN WOMEN CRICKET TEAM

There is an orphanage in Pune, Maharashtra called Srivastava Orphanage. On August 13, 1979, a girl was born in an unknown city corner: As soon as she was born, her parents threw her in a dustbin outside this orphanage. The Orphanage Manager took her in and named this cute little girl Laila.



In those days an American couple named Haren and Sue visited India. Although they had a girl in their family they came to India to adopt a boy. They came to this Ashram in search of a handsome boy. They did not find a



boy but Sue's eyes fell on Laila. Seeing the girl's bright brown eyes and innocent face, she fell in love





with her. After taking legal action, the girl was adopted. Sue changed her name from Laila to "Liz".



They moved back to US but after a few years, they settled permanently in Sydney, Australia.

The father taught this daughter to play cricket and this journey started from playing in the park, in the house to playing with the boys in the street. Her passion for cricket was immense but she also completed her studies and moved ahead. First she used to speak, but then her bat started speaking, and finally her records started speaking. She played her first match for New South Wales in 1997. She became the first female cricketer to score 1000 runs



and take 100 wickets in ODI. She was the world's number one all-rounder when the ICC's ranking system began. In domestic cricket, she represented New South Wales. She was a right handed all-rounder who bowled off-Spin and





was rated as the leading all-rounder in the world when ranking was introduced.

She became

the Australian Captain of the Australian Women's National Cricket Team. She participated In Four World Cups - ODI and T20. In 2013 her team



won the Cricket World Cup, the next day, she said good bye to International Cricket. The International Cricket Council (ICC) has inducted Lisa Sthalekar as she is known into its Hall of Fame. Now she is an Australian Cricket Commentator. ■

JALARAM ANNDANKSHETRA

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BETTER YOU KNOW

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Banana stem is rich in fiber, vitamins and minerals and offers numerous health benefits.



- ✦ The fiber content in banana stem promotes regular bowel movements and helps relieve constipation.
- ✦ The high fiber content helps you feel full, aiding in weight loss.
- ✦ Banana Stem juice is a traditional remedy for diabetes and may help regulate blood sugar levels due to its low glycemic index and fiber content.
- ✦ Banana stem juice is a natural diuretic, aiding in the removal of toxins and preventing kidney stones.
- ✦ Potassium is abundant in banana stem, helping regulate blood pressure and maintain fluid balance.
- ✦ Vitamin B6 and iron in banana stem can help lower low-density lipoprotein (LDL) cholesterol.
- ✦ Banana stem juice can help cleanse the urinary tract and flush out toxins.
- ✦ Banana stem is rich in Iron and Vitamin B-6, which are important for increasing hemoglobin levels.



- Banana stems flavonoils can function as anti-oxidants and anti inflammatory agents.
- Banana stem juice is a popular beverage in South and South Asia, often consumed as a cool drink for its health benefits.
- The tender core of the banana stem can be cooked, eaten as a vegetable similar to other leafy greens.
- It can be added to salads and used to make raita.
- It can be incorporated into soups and curries adding a unique flavour and texture.
- In some regions, banana stem is used to prepare pickles and candies. ■



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❖ Subhash Poddar	Santacruz	500/-

PLACES OF INTEREST

Dharasaran Temple, Tamil Nadu

You can hear music from the stairs of this Dharasaran Temple, the Shiva Temple also known as



Airatheswaran Temple situated at Kumbakonam in Tamil Nadu.

This Shiva Temple contains steps that has power to produce musical notes. Just imagine 800 years ago ancient builders created staircase that harmoniously play seven notes of the Indian classical music scale. It is disheartening to learn that



this priceless treasure has suffered from the lack of respect it deserves. People have thrown stones on these steps treating them

as mere curiosities and damaged them. Some have even attempted to destroy this creation.

As a result, the steps are now enclosed in a protective cage. If you walk on them, you can hear seven different notes but these are a total of ten steps. What are these three extra steps do? This is the speciality of these temple. The extra three steps produce the sound 'Om'. It is a combination of three different basic sound which form the foundation of all other sounds.





The carving depicts Lord Shiva in a respectful posture learning the sacred sound from his son Muragan. This powerful depiction supports the notion that the ancient builders possessed an advanced understanding of sound technology beyond our comprehension. ■



DONATE WITH AN OPEN HEART

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❖ Late Prabhakar Ghagare	Woli	501/-



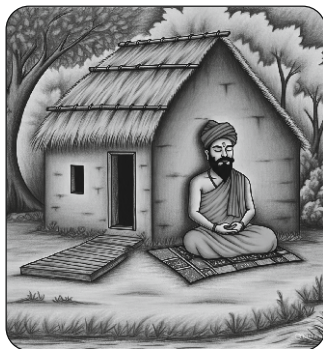
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❀ In loving memory of Late Mahendrabhai Manilal Gandhi (Limbodara) By : Induben, Alpesh, Sanjay Gandhi Family	Borivali	Jeevdaya	1,200/-
❀ Dinesh Popatlal Shah (Harsol)	Borivali	Jeevdaya	1,000/-
❀ Sandip Dinesh Shah (Harsol)	Borivali	Haldi Milk	1,000/-
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❀ 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/-
❀ In loving memory of Late Kamlaben & Late Bechardas Doshi By : Dilip B. Doshi	Mulund	Medicine	500/-
❀ In loving memory of Late Shardaben & Late Chimanlal Sakarchand Shah (Uvarsad) By : Hema Pradip Shah	Pune	Jeevdaya	500/-



INSPIRATIONAL STORY**THE FOOLISH SAGE**

Once upon a time there was a sage called Dev Sharma, who lived in a temple in the outskirts of a town. He was widely known and respected. People would visit him and offer him gifts, food, money and garments to get his blessings. The gifts that he did not need for himself he would sell off and got rich on the proceeds. But by nature he never trusted anybody. So he kept all his money in a bag which he carried under his arm all the time. He could not part with the bag for a single moment.



One day a swindler came across the sage and he came to know that the bag this holy man was in possession of surely contains lot of treasure. He planned stealing the bag but couldnot think of ways to do so. He thought "I cannot make a hole in the temple wall or jump over the high gates. But I can charm him with sweet words to accept me as his disciple !"

He wondered "If I can stay with him as a disciple, I can win his confidence, and then when I get opportunity, can rob him and leave the place.

So one day with the words "Om Namah Shivay" he fell on the sage's feet and said, "O Guruji, Please guide me to the right path of life. I am fed up with life and want to

seek peace."

The Sage kindly replied "My son, I will surely guide you. You are blessed because you have come to me to seek peace at this young age." The sage accepted him as his disciple but only on one condition.

He said "A holy man as me is recommended to spend the night alone without company. This helps me to meditate also. So you will not be allowed to enter the temple at night. You will sleep on the hut at the gate of the temple! The swindler agreed.

In the evening, the sage initiated the rituals and formally take the swindlar as his disciple The swindler in return groved himself as an obedient disciple. He massaged his hand and feet, washed his feet and helped him with all the rituals along with cleaning temple. Although he did so much! He could not gain enough confidence from the sage to part with his bag when he was around. As days passed by he started getting frustrated and was thinking of leaving.

The next day, he saw a young boy visit the sage. He was the son of one of the sage's followers. He invited the sage to come to their house for the ceremory of sacred thread. The sage accepted the invitation and after sometime started off for the town with the swindler. On the way, they came across the river where the sage thought of refreshing. He folded the bag full of money in his robe and asked the disciple to look after it till he returns back.

This was the opportunity the swindler was seaking all

the while. As soon as the sage went behind the bushes, he ran away with the bag full of money. When the sage returned, he didn't find the disciple around but find his robe lying on the ground. Shocked and anxious, he peered inside only to find his bag of money was gone.

At once he knew what had happened and began to shout in anger. He then started trailing the swindler footsteps but he reached the town. He knew he will not be able to catch hold of him. He stayed the night in the town and return empty handed to his temple next morning.

The Wise Advise is :

Do not be taken in by the sweet words or gesture of like of a swindler. ■

TWO WOLVES

An old man told his grandson :

"There is a battle between two wolves inside us all the time.

One is Evil - It is anger, jealousy, greed, resentment, inferiority, lies and ego.

The other is good. It is joy, peace, love, hope humanity, kindness, empathy and truth."

The boy thought about it and asked "Grandpa, which wolf wins?"

The old man quietly replied "The one you feed." ■

Last Month's activities carried out by Trust

- 24 cards were given for food and 13 for Haldi milk.
- Food Grains distributed among 142 Cancer patients family.
- Fruits were distributed among 805 patients per day.
- 7 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 10 patients.
- 4 patients were given help by different trusts and received best response.
- Medicines worth Rs. 8,93,400/- were given to cancer patients.
- Medical treatment worth Rs. 3,60,350/- was given to other patients.
- 28 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.4,31,500/-.
- Handicapped person were provided with : 3 Walker, 2 Walking Sticks, 3 Commode Chairs, 4 Wheel Chairs, 5 Flower Beds, 4 Oxygen Machines and 2 Oxygen Cylinder were given.
- 4 files made for cancer affected patients.
- 43 Patients got benefit of free Ambulance Service.
- 4 patients got Colostomy Bag at Concessional Rate.
- 1 Cancer patient were given ritual burial under "Kafan-Dafan" scheme.
- 6 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.

<i>The activities are as follows: (Per day)</i>		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/-

PRIDE OF INDIA

HIMANSHI RATHI - Para Chess Player

Himanshi Rathi is born on 30th October, 1999. In Ahmedabad.

After she lost her sight in her class 10, she started playing chess to develop concentration. She passed her Bachelor of Arts (B.A). in English with gold medal from Gujarat University.

She was trained to play chess by coach Hemal Thanki. Along with Sanskriti More, Vruthi Jain, the trio won the women's team rapid VI-B1 Bronze Medal. She was part of the Indian team for Women's Chess B1 category at the 2022 Asian Para Games at Hangzhou, China.

She won the All Indian Chess Federation for the Blind



National Women's Chess Championship 2022. She was also the National Champion in 2019 and 2020. Her early coaches were Ashwin Makwana, Hemal Thanki and Jalpan Bhatt. ■





MY MUMBAI CITY

History of Flora Fountain, Mumbai

The flora fountain was erected at the exact place where the Church Gate (Named after St. Thomas Cathedral, Mumbai) stood before its demolition along with the Mumbai Fort. It was constructed by the Agri-Horticultural Society of Western India out of a donation of Rs 20,000/- by Cursetjee Fardoonjee Parekh.

Designed by Richard Norman Shaw, it was sculpted in imported Portland Stone by Jame Forsythe. A white Coat of oil paint has to some extent marred the antiquity of the structure. The fountain was originally to be named after Sir Bartle Frere, the Governor of Bombay at that time, whose progressive policy had resulted in many of the great public buildings of Mumbai. However the name was changed before the fountain was unveiled as Flora Fountain named after Flora, a Roman Goddess of flowers and the season of spring, her majestic and preety Portand Stone Statue adorns the top of the fountain. The four corners of the Fountain has the four life-sized female mythological figures carrying foliage to represent the four seasons.

The Fountain was originally intended to be built at the Jijamata Udyan at Byculla but in 1908, the grass plot and the palm trees that had comoflaged the Fountain were



cleared for creating space for pedestrians and horse traffic between the tram lines and the kerb of the Fountain.

But in 1960 to commemorate the people who laid their lives in the turnbalent birth of Maharashtra state at the square, it was named as the Hutatma Chowk, with a stone statue being a pair of tourch holding patriots.



The flora fountain surrounded by the British Victorian Era heritage buildings is very much part of the chowk and has been declared a heritage structure and it continues to charm visitors with its beauty and with its spray of water. It sits well alongside the Hutatma Statue which adorns the chowk.

It was the decision of Maharashtra Legislative Assembly that recommended to the Goverment to take necessary steps to erect as early as possible Memorial of Flora Fountain, Bombay in commemoration of the sacrifices of the persons who died on the police firing at Flora Fountain in Bombay in the month of November 1955. ■

OUR SALUTE**Rajendra Singh Rana -
Waterman of India**

Rajendra Singh was born at village Daula in Bagpat district in Uttar Pradesh on 6th August 1959. He was the eldest of seven siblings.



An important event in his life came in 1971 when he was still in high school, Ramesh Sharma, a member of Gandhi Peace Foundation visited his family home in Meerut. He went about cleaning the village, opened a library and even got involved in setting local conflicts. Soon he involved Rajendra in an alcoholism eradication program. Another important influence was an English language teacher in school Pratap Singh who started discussing politics and social issues with his student. At this time emergency was imposed in 1975 making Rajendra aware about the issues of democracy and formulate independent views.

Alwar district which once had a grain market was at the time largely dry and barren, as years of deforestation and mining led to a dwindling water table minimal rainfall

followed by floods. Eventually with the help of a few local youths he started desilting the Gopalpara Johad, lying neglected that years of disuse when the monsoon arrived that year, the johad filled up and soon wells which had been dry for years had water. Villagers pitched in and in the next 3 years it made it 15 ft deep.

Tarun Ashram in Kishori-Bhikhampura bordering the Sariska Sanctuary became the headquarters of Tarun Bharat Sangh. He started his first Padyatra (walkathon) through the villages of the area in 1986 educating to rebuild villages old check dams.

Dr. Rajendra Singh is widely recognised as the “Waterman of India” for his extensive work in water conservations and environmentalism particularly in Rajasthan.

He is known for reviving traditional water harvesting techniques like 'Johads' which are community maintained rainwater harvesting and storage systems.

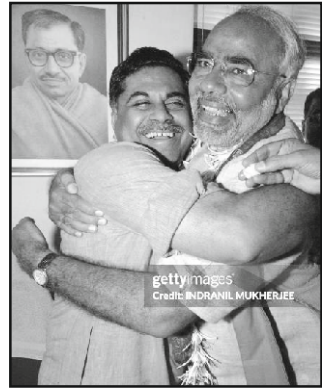


He has been a driving force behind initiatives to conserve water and highlight its significance for the future.



He won the Ramon Magsaysay Award in 2001 for his community leadership and efforts in water harvesting and management.

He also got the Stockholm Water Prize in 2015. He runs an NGO called Tarun Bharat Sangh (TBS) which was founded in 1975. The NGO based in village Kishori-Bhikampara in Thanagazi tehsil near Sariska Tiger Reserve has been instrumental in fighting the slow bureaucracy, mining lobby and has helped Villeges take charge of water management in their semi-arid area as it lies close to Thar desert through the use of Johad, rainwater storage tanks, check dams and other time-tested as well as path breaking techniques.



He is one of the members of the National Ganga River Basin Authority (NGRBA) which was set up in 2009, by the Government of India as an empowered planning, financing, monitoring and co-ordinating authority for the



Ganga in exercise of the powers conferred under the environment (protection) Act, 1986. ■





SOMETIMES

Sometimes 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 go 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.

Since the times

that are gone can never come back,

let's enjoy the moments as we live them from now on, to the fullest

It's great to love beautiful memories, but it's not great to think too much about it and be sad in the present.

Starting this Sunday,

Let's take a pledge to celebrate our Remaining Life

(Every Moment and Every Day & stay blessed forever.) ■





RECEIPE

BAKED CHEESY CORN PALAK

Ingrediants :

- ☆ 2 tbs. butter
- ☆ 1 cup boiled corn
- ☆ 1 cup spinach - Washed & cut
- ☆ 1 Onion
- ☆ 2 tbs maida
- ☆ 1 cup milk
- ☆ 1 tbs chilli flakes
- ☆ 1 tbs Oregano
- ☆ Salt to taste.
- ☆ 1 small cup grated cheese. 2 tbs cheese spread.
- ☆ 2 cheese slices

Method :

Take a pan. Add butter. When it melts add onion and cook till it softens. Add spinach and boiled corn. Stir very little by adding little salt to it. Cook for 2-3 minutes.

Now add maida, stir it and add milk to it. Let it cook for 2-3 minutes. Add grated cheese and cheese spread, chilli flakes and oregano.

Grease a baking dish. Pour the prepared mixture. Top with small pieces of cheese slices and sprinkle chilli flakes on top.

Bake at 180°C for 20-25 minutes. Serve hot with bread toast.



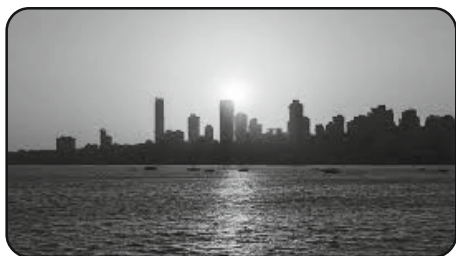
MOTIVATIONAL STORY

The Last Sunset

The old man Thomas sat on his porch swing, the setting sun painting the sky in hues of orange and purple. He watched the last rays of sunlight kiss the horizon, a familiar scene that had played out countless times. But tonight, something felt different. It was the last sunset he would ever see, a bittersweet truth that settled upon him like an evening chill.

He closed his eyes, remembering the faces of loved ones, the laughter of children, the warmth of a shared meal. He remembered the joys and sorrows of a life well-lived. As he opened his eyes again he saw the last silver of sun disappear, leaving only a starry canvas.

A gently breeze whispered through the leaves, carrying with it the scent of rain and the quiet of the night. He smiled, a serene peace washing over him. He had seen the sunrise and set countless times, and now, he was ready to embrace the darkness, knowing that he had lived a full and meaningful life. The last sunset had been a beautiful reminder of the cycle of life and he was ready to move on to the next chapter. ■



**KIDS CORNER**

A dish of Ice-cream

In the days, when Ice-cream Sundae cost much less, a ten year old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him.

"How much is an ice-cream sundae?"

"Rs. 200/- replied the waitress.

The little boy pulled his hand out of his pocket and counted how much money he had.

"How much is a dish of plain ice cream?" he inquired.

Some people were waiting for a table and the waitress was a bit impatient.

"Rs. 150/-" she said.

The boy said "I will have the plain ice-cream." The waitress brought the ice cream and put the bill on the table, and walked away. The boy finished the ice-cream paid to the cashier the bill and departed.

When the waitress came back, she began wiping down the table and then swallowed hard at what she saw.

There placed neatly beside the empty dish Rs. 50/- as her tip.

"Do not judge the person that fast."





Riddles

- 1) What can you hold in your left hand but not in your right hand?
- 2) What is black when it is clean and white when it is dirty?
- 3) What gets bigger when more is taken away?
- 4) I am light as a feather, yet the strongest person cannot hold me for five minutes - who am I?
- 5) I am found in socks, scarves and mittens and often in the paws of playful Kittens - What am I?
- 6) Where does today come before yesterday?
- 7) What invention lets you took right through a walk?
- 8) If you have got me, you want to share me. If you share me, you have not kept me, What am I ?
- 9) What can not be put in a saucepan ?
- 10) What goes up and down but doesn't move?
- 11) It belongs to you but other people use it more than you ?
- 12) What has lots of eyes but canot see?

Answers :

- | | | | |
|--------------|----------------|---------------|----------------|
| 1) Rt. elbow | 2) Black Board | 3) A hole | 4) Your breath |
| 5) Yarn | 6) Dictionary | 7) Window | 8) Secret |
| 9) It's lid | 10) Staircase | 11) Your Name | 12) Potato |



How do blind people know when they are done wiping?





HUMOUR

- Ashaben Dasondi,
Matunga

A man walks into a hotel with his dog and says to the owner :

"This is the most talented dog in the world. He can talk !"

The owner skeptical asks "Really, Let's see it."

The man turns to his dog and asks : "What's on top of a house ?"

The dog replied, "Roof"

The owner rolls his eyes "That's not talking; it is just a trick."

The man tries again, "What is the opposite of smooth?"

The dog answer, "Rough"

The owner remains unimpressed, "I have seen parrots do better"

Frustrated, the man tries one more time", Who is the greatest baseball player?"

The dog instantly says "Ruth"

The owner, amazed hands them both a sandwich. As soon as they finish, he says to the Man. "You know. Your dog really is something special. What does he do for a living?"

The man chuckles and says "He is a therapist."



Maths teacher : What is a line ?

Pappu : A line is a dot that is going for a walk.

Teacher : Then what are parallel line?

Pappu : A dot going for a walk with his girlfriend. ■



Picture speaks of Compassion



Shri Harakhchandbhai Savla (Badawala), founder and managing trustee of Jeevan Jyot Trust is giving clothes from the homes of generous donors to a cancer-stricken girl.



With the support of donors we are able to see the joy on the face of a disabled patient as she receives a wheelchair with the help of donors.

To,



Picture speaks of Compassion



The Organization
is trying
to bring
happiness on
the face of
a cancer-stricken
girl by giving
her toys
from the
homes of
generous
donors.