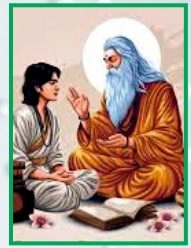




JEEVANPATH

JEEVANPATH

₹ 10/- 1



Vol. No. 13, Issue No. 1

For Awareness ₹10/-

Mumbai, 15th June 2025

Website : www.jeevanjyot.in

Total 44 Pages

E-mail : jeevan_jyot@yahoo.in



Om Sarve Bhavantu Sukhinah: Sarve Santu Niramaya ।

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



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



**A pigeon injured by a bite from a large rat roaming
in the sewage was immediately treated at the
Jeevan Jyot Jeevdaya Wing**

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

MRS. MEENA UMANG DHURV & MRS. NIRUBEN DULABHI DHURV (BORIVALI)

Pictures speak of the Wig Donation



Jeevan Jyot Cancer Relief and Care Trust helps the society in innovative ways. Hair is the beauty of a woman. But when a cancer-stricken woman loses her hair during chemotherapy treatment, the beauty of her face is gone. Blessed are the brave souls of the society who donate their hair to Jeevan Jyot Foundation.

A cancer-stricken woman was delighted to receive a wig made from that hair of our generous donor.

The picture speaks of Humanity.

A walker and artificial leg were provided free of cost to a legless patient with the help of a donor.



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

Estd. : 1983

Jeevanpath®

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
Sundar Pichai - CEO of Google	7
The Standing boy of Nagasaki !.....	9
Summary of Geeta.....	11
Ganga Dussehra in Varanasi	13
Inspirational Thoughts	16
Kumudini Lakhia -Kathak Dancer ..	17
Esophageal Cancer	20
Kashmir of Vidharbha -	
Chikhaldara.....	23
Chhota Sa Kaam, Ma !!.....	27
Sonal Patel -	
Para Table Tennis Player	29
8 Ways Moringa can improve -	
Energy levels	31
Recipe - Bengali Special	
Mango Mishti Dohi	33
"Wolf -Wolf" - The boy cried	35
Riddles	38
The Legendary Vow of Bhishma: ...	39
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.

Now you can read Jeevanpath on Internet - Visit - **www.jeevanjyot.in**

Trust Regd. No.: P.T.R.E.-17259 - F.C.R.A. 083780700 ❖ CSR Regd. No.: CSR 00002659

TI.T. EXEMPTION, DIT (E), MC/8E/80G/53(2009-11) ❖ **Email :** jeevan_jyot@yahoo.in



ॐ Arihante Namō Nama:

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

FROM THE EDITOR'S DESK



HEART TOUCHING POEM BY A SOLDIER!

If I die in a war zone,
Box me up and send me home,
Put My Medals on My Chest,
Tell MY Mom i did my best,
Tell My Dad to bow,
He won't get tension from me now,
Tell my Brother To study perfectly,
keys of My bike will be his permanently,
Tell My Sister not to be upset,
Her Brother will not Rise after this Sunset,
Tell My Love not to Cry.....
"BECAUSE I AM A SOLDIER BORN TO DIE.....!!!



:- 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

Sundar Pichai

CEO of Google

Sundar Pichai was born on 10th June 1972 in Madras, now Chennai, Tamil Nadu. He is an Indian born American Executive who is CEO of both Google Inc. and its holding company Alphabet Inc.



At an early age, Pichai displayed an interest in technology and an extra-ordinary memory, especially for telephone numbers. After earning a Bachelor's degree in Metallurgy in 1993 and a silver medal at the Indian Institute of Technology (IIT-Kharagpur), he was awarded a scholarship to study at Stanford University, where he earned a masters degree in Engineering and Material Science in 1995. He remained in the US. thereafter working briefly for Applied Materials and then learning an MBA from the Wharton School of the University of Pennsylvania, in 2002.

Pichai joined Google in 2004 as the head of Product Management and Development. Over the few years he was directly involved in the development of Google's own browser Chrome, which was released to the public in



2008. That same year. Pichai was named Vice President of Product Development and he began to take a more active public



role. By 2012, he was a Senior Vice President and two years later, he was made Product Chief over both Google and the Android Smart Phone Operating System.

In August 2015, it came as no surprise to industry that Pichai was named CEO of Google which was reorganised as a subsidiary.

In December 2019, he was also named CEO of Alphabet. As a CEO, Pichai strongly supported Alphabet's artificial intelligence (AI).

Initiatives leading the company to break through in Voice Recognition, Image Processing, Self Driving Vehicles and the creation of Google's generative AI chatbot Google Gemini.

Pichai oversaw numerous other activities including the launch of the Pixel Smart Phone line, Google Nest which includes routers and thermostats Google Workspace which includes applications such as Gmail and Google Documents, Google meet, Wing Aviation, a drone delivery service and Google Cloud. ■



EMOTIONAL STORY

The Standing boy of Nagasaki !

"The standing boy of Nagasaki" is a historic photograph taken in Nagasaki Japan in 1945 shortly after the atomic bombing of that city on August 9.

The photograph is of a boy of about 10 years with dead baby brother strapped to his back, waiting for his turn at the crematorium.



A soldier noticed him and asked him to keep this dead child down so that he would not get tired. The boy replied "He is not heavy, he is my brother!"

The soldier ununderstood. Since then, this image has become symbol of unity in Japan.

Let this be our motto - He is not heavy. He is my brother or she is my sister.

"If he falls, raise him. Even if you get tired, help him. And if his support is weak and if he makes a mistake, forgive him because he is not heavy, he is your brother. And if the world abandons him, carry him on your back.

Friendship and Family means carrying each other through no matter whatever happens. ■



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

- | | |
|---|-------------------------------|
| 1) Smt. Naliniben Bipinchandra Mehta | : Cancer Detection Centre |
| 2) Smt. Champaben Zumakhram Shah | : Colostomy Bag Centre |
| 3) Smt. Sakarben L. D. Shah (Bidada) | : Shri Jalaram Annadankshetra |
| 4) Smt. Pushpavati Kishorbhai Bhojraj (Merau) | : Ambulance Service |
| 5) Smt. Naynaben Bipinbhai Dani (Matunga) | : Senior Citizen I-card |
| 6) Shri Mahendrabhai Manilal Gandhi (Limbodra) | : Black Molasses |
| 7) Shri Dungarshi Mulji Maru (Karaghogha) | : Modern equipment |
| 8) Miss Saisha-Naisha Dani (Matunga) | : Toy Bank |
| 9) Matushree Khetbai Devraj Maru (Halapur) | : Charitable Dispensary |
| 10) Matushree Kantaben Chunilal Gagaldas Shah (Serisa): | Animal Welfare |
| 11) Matushree Chandraben Jayantilal Chatrabhuj Modi &
Matushree Lachhbai Hirji Karamshi Bheda (Samaghogha) : | 'Haldi Doodh' |
| 12) Shri Hariram Mathuram Agrawal (Chembur) | : Fruit Distribution |
| 13) Matushree Sushilaben Kantilal Dani (Harsol) | : Animal Ambulance |
| 14) Matushree Lalitaben Biharilal Shah (Santacruz) | : Ozone Therapy Centre |
| 15) Matushree Taraben Jayantilal Vadhani (Matunga) | : Jeevan Jyot Drug Bank |
| 16) Late Kumari Hansaben Ratanshi Lodaya | : Competition Scheme |
| 17) Mayurbhai Mehta and Jitendrabhai Parekh | : Ambulance Maintenance |
| 18) Matushree Indumatiben Mahendrabhai Gandhi (Limbodra) | : Pathology Lab |
| 19) Smt. Manjulaben Natwarlal Shah (Harsol) | : Medical Camp |
| 20) Shri Natwarlal Bulakhidas Shah (Harsol) | : Blood Camp |
| 21) Smt. Nalini Rasik Jadavji Shah | : Ambulance Service |
| 22) Late Shri Inderchand Lakhichand Khinvesera (Dhule) | : Pasti Scheme |
| 23) Dr. Ramesh Mantri | : Grain Distribution |
| 24) Smt. Ushaben Manilal Gala (Kandagra-Goregam) | : Jalaram Annakshetra |
| 25) Smt. Sakerben Premji Charitable Trust (Worli) | : Chemotherapy Dept |





RELIGIOUS TEACHING

Summary of Geeta

Dr. (Smt) Sashi Tiwari,
Chairman of Sanskrit Dept.
(Retired), Agra College, Agra has
summarised the essence of all
the 18 chapters of Geeta in just
18 sentences.



- Chapter 1** - Wrong thinking is the only problem in life.
- Chapter 2** - Right knowledge is the ultimate solution to all our problems.
- Chapter 3** - Selflessness is the only way to progress and prosperity.
- Chapter 4** - Every act can be an act of prayer.



I'm just impressed you could write so legibly on your own butt.





- Chapter 5** - Renounce the ego of individuality and rejoice the bliss of infinity.
- Chapter 6** - Connect to the higher consciousness daily.
- Chaptert 7** - Live what you learn.
- Chaptert 8** - Never give up on yourself.
- Chaptert 9** - Value your blessings.
- Chaptert 10** - See divinity all around.
- Chaptert 11** - Have enough surrender to see the truth as it is.
- Chaptert 12** - Absorb your mind in the higher.
- Chapter 13** - Detach from Maya and attach to Divine.
- Chapter 14** - Live a life style that matches your vision.
- Chapter 15** - Give priority to Divinity.
- Chapter 16** - Being good is a reward in itself.
- Chapter 17** - Choosing the right over the pleasant is a sign of power.
- Chapter 18** - Let go. Let us move to union with God.
(Introspect on each one of these principles)

Om Tatsat





FESTIVALS OF INDIA

GANGA DUSSEHRA IN VARANASI



Ganga Dussehra is a major Hindu festival and is equally important for Muslim as it is celebrated to revier. River Ganga that is divine source of water for whole

northern India, Ganga Dussehra is celebrated with full enthusiasm and ritualistic accomplishments by all in India.

Ganga Dussehra is celebrated on to commemorate the journey of river Gange from heaven to earth. It is unknown when it was exacty started as it to as old as



Ganga itself. Hinduism believes in divine origin of all the natural things that is believed mighty so is with the origin of River Ganga.

People of Varanasi celebrates Ganga Dussehra with special pinch of ritual acts that is different from that of whole India. In Varanasi, people keep fasts on this occasion. They take a holy dip into the holy water of River Ganga, light incense stick and offer flowers to River Ganga.

Fairs are held on river banks. People gather in groups and sing devotional songs. A special Aarti on the occasion is performed on each ghat besides magnificent Aarti at Assi Ghat. In evening, people flow earthen lamps in the river water with flowers and other ritualistic materials. On this day, if one is not able to take a dip into river water, he is supposed to bathe with water mixed with few drops of river water. People believe a bathe in river on this occasion removes their sins.





Varanasi holds immense importance for Hindus as it is considered abode of Lord Shiv.

84 ghats of Varanasi's are a symbolic of 84 lac Yonis or births. It is believed that a human being goes through a cycle of 84 lacs births before coming to human form. Belief is that one gets salvation if he is cremated in Varanasi or visit once in life to Varanasi. This leads to a huge gathering of people from across the country to Varanasi. Ghats on this day are not easily accessible. A heavy security arrangement is made by Uttar Pradesh Government to manage crowd. A thought of bath in river Ganga on this day is a test of your tolerance as you would have to wait hours in queue to take dip.

This year Ganga Dussehra was celebrated by the people on 5th June 2025 (thursday). It is the tenth day of the Jyesth Month of Hindu Calendar.



"A successful man continues to look for work after he has found a job."





GREAT THOUGHTS

Inspirational Thoughts

- All our dreams come true, if we have the courage to persue them. - Walt Disney
- The future belongs to those who believe in the beauty of their dreams - Eleanor Roosevelt
- Dreams come true. Without that possibility, nature would not incite us to have them. - John Oplike
- Some men see things as they are and say why. I dream things that never were and say why not - George Bernard Shaw
- Let us make our future now, and let us make our dreams tommorow's reality. - Malala Yousafzai
- Dream as if you will have forever. Live as if you will die today. - James Dean
- Show me a person who has never made a mistake and I will show you someone who has never achieved much. - John Colloins
- Failure is the condiment that gives success its flavour. - Truman Capote
- A man is a success if he gets up in the morning and gets to bed at night, and in between does what he wants to do. - Bob Dylan
- I long to accomplish a great and noble task but chief duty to accomplish small tasks as if they were great and noble. - Helen Keller



WOMEN EMPOWERMENT**Kumudini Lakhia -
KATHAK DANCER**

Kumudini Lakhia was an Indian Kathak dancer and choreographer in Ahmedabad, where she founded Kadamb School of Dance and Music in 1967, an Institute of Indian Dance and Music



Kumudini was born on 17th May 1930. in Ahmedabad. She started her Kathak training with Sohanlal from the Bikaner-Gharana at the age of 7. This was followed by Ashiq Hussain of Benaras Gharana and Sunder Prasad of the Jaipur School. Encouraged by her mother, she was sent for further her training under the tutelage of Radhey Lal Misra, As a result, she completed her schooling in Lahore



and college in Ahmedabad.

She started her career of dancing with Ram Gopal as he toured the



West, bringing Indian dance to the eyes of the people abroad for the first time and then became a dancer and choreographer in her own right. A pioneer in contemporary Kathak Dance, she was credited with moving away from the solo form of Kathak. Starting



in the 1960's by turning it into a group spectacle and also innovations like taking away traditional stories and adding contemporary storylines into Kathak.

She was particularly known for her multiperson choreography. Some of her most famous include Dhabkar (Pulse), Yugal (The duet) and Atah Kim (Where now?) which she performed at the annual Kathak Mahotsav in Delhi in 1980. She was also choreographer in the Hindi film 'Umrao Jaan' (1981) along with Gopi Krishna.



She was the founder of Kadamb School of Dance and Music, an Institute of Indian Dance and Music in 1967.

Awards & Honors :

- ✦ Sangeet Natak Akademi Award by Sangeet Natak Akademi in 1992
- ✦ Padma Shri by Government of India in 1987.
- ✦ Kalidas Sanman for the year 2002-03
- ✦ Padma Bhushan in 2010.
- ✦ Sangeet Natak Akademi Tagore Ratna in 2011
- ✦ Guru Gopinath Desiya Natya Puraskaram by Government of Kerala in 2021
- ✦ Padma Vibhushan in 2025 for her contribution In the field of Art.

She died on 12th April 2025 in Ahmedabad. ■



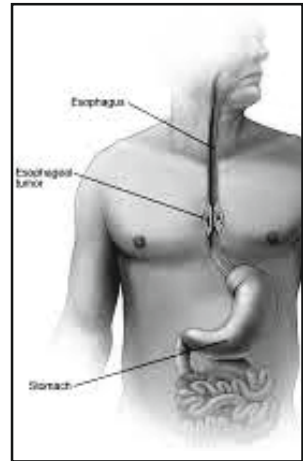
THANK YOU VERY MUCH FOR YOUR SUPPORT

- ✦ **Computer Service :** Rakshaben Kirtibhai (Kotda) (Trycon System-Dadar), Chintan Hiren Dedhia (Nagarpur)
- ✦ **Coverpage Designing :** Chintan Mulchand Savla (Ramania)
- ✦ **Voluntary Help :** Young Alert Group (Shahu Nagar-Mahim)
- ✦ **St. George Hospital Annadan Kshetra:** Amrutaben Khuthiya (Bhachau)
- ✦ **Banner and Advertisements Sponsor :** Buddhichand Maru (Halapur)
- ✦ **Diaries :** Good Luck Book - Vasanji Hansraj Dedhia (Gadhshisha)



**BETTER YOU KNOW****ESOPHAGEAL CANCER**

The Esophagus is the hollow muscular tube that moves food and liquid from the throat to the stomach. The wall of the Esophagus is made up of several layers of tissue, including mucus membrane, muscle and connective tissue. Esophagus cancer starts on the inside lining of the Esophagus and spreads outward through the other layers as it grows.



The two most common forms of Esophageal Cancer are named for the type of cells that become malignant.

- 1) **Squamous Cell Carcinoma** : Cancer that forms in the skin flat cells living the inside of the Esophagus. This Cancer is most often found in the upper and middle part of the Esophagus but can occur anywhere along the Esophagus. This is also called Epidermoid Carcinoma.
- 2) **Adeno Carcinoma** : Cancer that begins in glandular cells. Glandular cells in the lining of the Esophagus produce and release fields such as mucus. It usually form in the lower part of the Esophagus near the stomach.

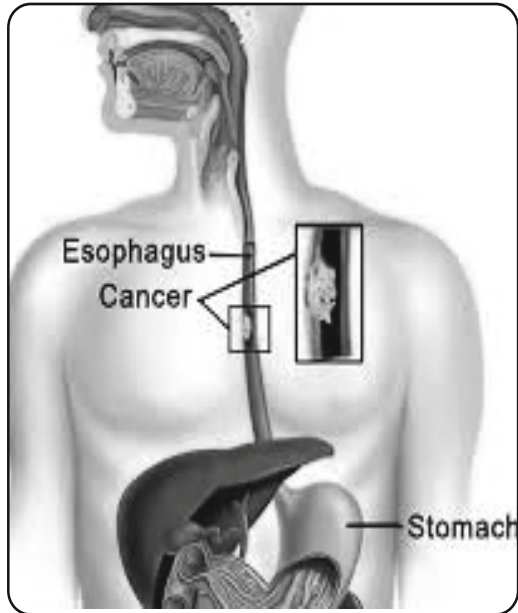
Symptoms :

- 1) Painful or difficulty in swallowing.
- 2) Weight loss.
- 3) Pain behind the breast bone.
- 4) Hoarseness and heart burn
- 5) A lump under the skin.

Risk Factors :

Chewing tobacco and heavy alcohol use are the main factors. Barrett Esophagus is

a condition in which the cell lining the lower part of the Esophagus have changed or been replaced with abnormal cells that could lead to cancer of the Esophagus. Heart burn is the most common cause of Barrett Esophagus. Old age is one of the factor.



Tests that examine this type of Cancer.

- 1) Physical Exam and health history.
- 2) Chest X-ray.
- 3) Esophagoscopy.
- 4) Biopsy

Treatment :

Surgery - Radiation therapy - Chemotherapy - Chemoradiation - Laser therapy - Electocoagulation - Immunotherapy. ■

JALARAM ANNDANKSHETRA

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ Me-Hin Tech Edge Solutions	Wadala	38,500/-
❖ Ritesh Ugamraj Jain's Birthday	Sewri	21,000/-
❖ In memory of Late Kanyabai Jain		
By : Ugamraj Bhagchand Jain	Sewri	14,000/-
❖ On the ocassion of Uday Patil's Marraige		
By : Mrs. Sindhu & Mr. Gopal S. Patil		
& Mrs. Narmada & Mr. Tokarshi		
Morarji Gosar	Mulund	14,000/-
❖ Tanvee Trivedi	Prabhadevi	8,500/-
❖ Hiten Kapadia	Sewri	8,000/-
❖ Nilima Milind Mhaske	Kurla	7,000/-
❖ Sushila Gupta	Sewri	4,000/-
❖ Late Jitendra Motiram Gawai		
By : Supriya Gawai	Sewri	4,000/-
❖ In memory of Late Sheela Sharma		
By : Pritha Preshi Sharma	Kharghar	4,000/-

BENEFITS FOR CANCER PATIENTS

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ Sneh G. Chhadua	Sion	69,000/-
❖ Umesh Damji Gala	Mira Road	20,000/-
❖ Jayshree Shankar Iyer	Andheri	10,000/-
❖ Sridhar Ganesan	Nerul	8,000/-
❖ Sushila Jayaraman	Chennai	5,000/-
❖ Sanjeev Kumar Nagpal	New Delhi	2,500/-
❖ Sujit Kumar Patro	Hyderabad	1,500/-



PLACES OF INTEREST

Kashmir of Vidharbha - Chikhaldara

Chikhaldara is a lovely hill station located in the Vidarbha region of Maharashtra. This place is the only



hill station in the region hence also known as "Kashmir of Vidharbha". The town is situated in the plateau in Satpura range of mountains which lies at the border of states of Maharashtra and Madhya Pradesh. Being a hill station it is pleasant almost throughout the year. In winter, the nights can get a bit chilly though. Summers are quite hot. So best months to visit are October to March/April.





Chikaldhara literally translates from Marathi to mad stream falls. Hindus claim that this place was featured in the epic of the

Mahabharat, it is where Bheem killed the villainous Keechaka in a herculean bout and then threw him into the valley. It thus came to be known as Keechakadara, which eventually transformed to Chikhaldhara.

Since the area is heavily forested, and the population count is low, there are no big festivals here like in the rest of India. Only at the Jain temples that exist in the area, the pujas are held regularly.

It is a small hill station. As it is the only coffee growing





area in the region, it is visited by tourists who come solely to taste the region's coffee. Apart from the coffee plantations



Chikhaldara has several lakes, waterfalls, old forts, temples and viewpoints.

It abounds in wildlife such as tigers, panthers, sloth bears, sambars, wild boar and rarely wild dogs. Close-by is the Melghat Tiger Project which has 82 tigers.

Chikhaldara is well connected to the cities of Paratwada, Amravati, Akola, Betul, Khandwa and Burhanpur by road. The nearest airport is Nagpur, about 230 kms. Away MSRTC plies buses from Nagpur to Chikhaldara via Amravati-Parat wada. ■





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

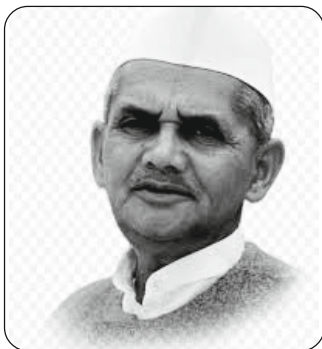
Donor's Name	Area	Scheme	Amt. ₹
❖ In loving memory of Late Shamaldas Jamnadas Shah (Harsol) By : Bhavesh Mahendra Shah	Borivali	Jeevdaya	5,000/-
❖ In loving memory of Shantaben Shamaldas Shah (Harsol) By : Bhavesh Mahendra Shah	Borivali	Jeevdaya	5,000/-
❖ In loving memory of Late Arvindbhai Vallabhdas Sonecha By : Hansaben Arvindbhai Sonecha Family	Kandivali	Medicine	2,000/-
❖ In loving memory of Late Mahendrabhai Manilal Gandhi (Limbodara) By : Induben, Alpesh, Sanjay Gandhi Family	Borivali	Jeevdaya	1,200/-
❖ Indiraben Champaklal Soni	Ahmedabad	Haldi Milk	1,000/-
❖ 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/-



STORY

CHHOTA SA KAAM, MAA!!

The last train of the day has left the platform. An old woman is sitting without having the idea that the next train will be tomorrow morning. A coolie noticed that and asked the mother - "Maaji, where are you going? I will go to Delhi to meet my son. There is no train today. Maaji." The woman looked helpless. Coolie was kind enough to offer a shelter for the woman in the waiting room. She agreed.



The coolie asked her about her son. The mother replied that her son works in railway. "Tell me the name. I'll see if contact is possible." Coolie said.

"He is my Lal, Everyone calls him Lal Bahadur Shastri!" She replied. The son was then the Cabinet Minister of Indian Railways. In a moment, the whole station was in a frenzy. Soon, the saloon car came. The old woman was surprised.

Lal Bahadur Shastri knew nothing. After meeting her son, she asked the Son, "Beta, tu rail me kya kaam Karta Hai?" (What work you do in railways?!) Yeh log puchha to maine kuch nahi bata payi? (They asked me but I was unable to answer!)

He said "Chhota sa kaam Maa" !





Last Month's activities carried out by Trust

- 37 cards were given for food and 16 for Haldi milk.
- Food Grains distributed among 163 Cancer patients family.
- Fruits were distributed among 724 patients per day.
- 11 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 16 patients.
- 13 patients were given help by different trusts and received best response.
- Medicines worth Rs. 8,06,520/- were given to cancer patients.
- Medical treatment worth Rs. 3,46,830/- was given to other patients.
- 37 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.4,64,300/-.
- Handicapped person were provided with : 1 Walker, 3 Walking Sticks, 4 Commode Chairs, 5 Wheel Chairs, 7 Flower Beds, 6 Oxygen Machines and 3 Oxygen Cylinder were given.
- 8 files made for cancer affected patients.
- 67 Patients got benefit of free Ambulance Service.
- 6 patients got Colostomy Bag at Concessional Rate.
- 2 Cancer patient were given ritual burial under "Kafan-Dafan" scheme.
- 3 unknown persons loitering in street were admitted to Old Age Home.

■ ■ ■

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

The activities are as follows: (Per day)

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





PRIDE OF INDIA

SONAL PATEL

Para Table Tennis Player

Sonal Patel was born on 15th September 1987 in Viramgaum, Gujarat. She was diagnosed with Polio when she was 6 months old, which later affected with her legs and right hand and left her with 90% disability.

Ms. Lakhia from Blind People's Association, Ahmedabad encouraged her to take up Table Tennis and she soon began to train professionally under the guidance of her coach Nilay Vyas.



In the 2020 Tokyo's Paralympics she participated in wheelchair class 3 para table tennis.



In the 2022 Birmingham Commonwealth Games, she won the bronze medal in the women's singles by



defeating England's Sue Bailey.

On this Sonal said, "I am very happy as it is my first medal in singles at commonwealth

Games. I dedicate this medal to my husband Ramesh Chaudhary, family, coach and all countrymen."

She had participated in Paris Paralympics 2024. ■

Build a circle of friends, who are genuine, safe, energetically and are mature spiritually. Friends who hold space and not animosity. Who are compassionate - not judgemental. Who take time to check in you and your progress. Who grow through life with you, hold you accountable and wish you well always.

- Miss Thrilla

8 Ways Moringa can improve Energy levels

- 1) **Rich in Iron** : Moringa is packed with iron, which helps combat fatigue and promotes better oxygen circulation in the body boasting overall energy.
- 2) **High in Protein** : The protein content supports muscle recovery and repair keeping energy level stake throughout the day.
- 3) **Packed with anti-oxidants** : It contains anti-oxidants. Like Vitamin-C and beta-carotene which helps fight oxidative stress and reduce inflammation leading to higher energy level.
- 4) **Supports Blood Sugar regulation** : It helps balance blood levels preventing spikes and crashes that can cause energy slumps.
- 5) **Improves Digestion** : It aids digestion by promoting a healthy gut leading to better nutrient absorption and enhanced energy.
- 6) **Boosts Immunity** : With its high content of vitamin-C and other immune boosting nutrients, it helps protect



your body from illness, reducing fatigue caused by infections.

- 7) **Supports healthy metabolism** : It helps regulate metabolism supporting efficient energy production and reducing feelings of sluggishness.
- 8) **Improves Sleep Quality** : The natural compound in Moringa like tryptophan may help improve sleep quality leading to better rest and increased energy levels during the day. ■

DONATE WITH AN OPEN HEART

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ Dudhiben Devchand Mehta Ch. Trust	Wadala	20,000/-
❖ Piano Presitel	Bhayandar	20,000/-
❖ Prana Healing Angels	Mulund	10,600/-
❖ Aruna Yashvantsinh Chad	Kandivali	10,000/-
❖ Vijay Narayan Bhise	Thane	10,000/-
❖ Tour mart, By : Zubin K. Mody	Lower Parel	6,000/-
❖ Vidhya Nadkarni	Andheri	5,000/-
❖ Reshmi Tajinder Narang	Andheri	2,500/-
❖ Miara Milan Dhanani By : Jayant Rajda	Parel	5,000/-
❖ Sonal Rajendra Borkar By : Borkar Family	Mulund	2,000/-
❖ Ravindra Pore	Byculla	2,000/-
❖ Nagesh Narsinh Manchakatla	Prabhadevi	1,500/-
❖ Late Mohan P. Kulkarni By : Deepti D. Pandit	Sion	1,000/-



RECIPE

BENGALI SPECIAL MANGO MISHTI DOHI

Ingredients :

For the Pancakes -

- ☆ 1 teacup plain flour
- ☆ 1 tsp. oil
- ☆ 1 tsp. salt

For the Stuffing -

- ☆ 2 benches of Spinach
- ☆ 4 tbs grated cheese
- ☆ 1/2 tsp. crushed green chillies
- ☆ 2 tbs grated paneer
- ☆ Salt to taste

For the Sauce -

- ☆ 1 kg. tomatoes
- ☆ 5 cloves crushed garlic
- ☆ 4 tsp sugar
- ☆ 1/2 tsp chilli powder
- ☆ 4 tbs tomato Ketchup
- ☆ 2 tbs oil
- ☆ 50 gms grated cooking cheese
- ☆ Salt to taste

For the topping -

- ☆ 50 gm's grated cooking cheese.

Method :

For the Pancakes

Mix the flour, oil and salt. Add water and prepare a soft dough. Keep the dough to rest for one hour.





After an hour roll out the dough into small thin rounds. Boil Plenty of water in a vessel and add One add one tbs of oil to boiling water.

Drop one round at a time into the boiling water. Cook for 1/2 minute and remove.

Repeat for all rounds

For the Stuffing -

Chop the spinach very finely. Add 2 tsp of water and cook.

When cooked drain it and mash well. Add crushed chillies, paneer and cheese. Also add salt & taste.

For the Sauce -

Cut the tomatoes into big pieces. Add 1/2 teacup of water and cook. When cooked, take out a thick soup by putting it in mixie.

Heat the oil thoroughly in a vessel and the crushed garlic and fry until it turns colour. Add the crushed tomatoes (soup), sugar, chilipowder and salt. Boil for 15 minutes. Add the tomato ketchup and grated cheese.

How to Proceed

Fill each round with a tablespoon of the spinach filling- Stuffing and roll up.

Arrange on a greased baking dish, put hot tomato sauce and sprinkle the cheese on top.

Bake in a hot oven at 40°F for 10 minutes. Serve hot.



KIDS STORY

"Wolf -Wolf" - The boy cried

There was one wolf that lived in the jungle had attacked some sheep in the past but the villagers always successfully drive it away immediately. Now, a shepherd boy was given the responsibility of taking the village sheep to graze on a small hill close to the jungle. While the sheep enjoy their grass, the boy used to get very bored. He could not sleep because he had to watch over the sheep. So he decided to play a little trick.

One day while the sheep were grazing, the boy started shouting very loudly "Wolf -Wolf" The villagers in the nearby fields heard his loud screams and ran towards him. As they approached him, they saw him laugh loudly, for there was no wolf. The boy enjoyed seeing the initial concern and then anger in the faces of the farmers.



The playful boy continued his pranks for the next few days and had a hearty laugh upon seeing how fast the farmers

came to help him. The farmers were visibly upset and irritated but went away without saying anything.



A few days later, after the

boy allowed the sheep to move around the hillock, he noticed a movement in the nearby bushes. At first, he thought it was the wind. Suddenly a wolf sprang forth and jumped in the sheep's direction.

The startled boy was taken by surprise. He panicked and started shouting very loudly "Wolf - Wolf". The farmers heard his screams and smiled at one another. "Does he think by shouting more loudly we are going to help him?"

" They continued with their work in the field turning a deaf ear to the boy's repeated shouting.



As the sun was seen setting in the west, the farmers

collected their tools and waited for the shepherd boy to return. He always came down at sunset with the sheep and walked



down home with the farmers. That day he was late, the farmers were puzzled. They were very caring people and decided that they would go up the hillside to get him and his sheep despite his noughtiness. They were surprised to see him sitting with his face covered as they approached him. They found him sobbing, "Little boy, what happened?"

"The wolf attacked the sheep. I called out to you all but none came to help." the boy replied.

The villagers did feel sorry but they tried to make him understand. "You played a trick on us a few times and enjoyed a hearty laugh at our expense. We thought you were playing another trick when we heard your calls this morning that is why none came to your rescue.

Moral of the story : A liar is never believed even when he speaks the truth. Children, you cannot tell lies and go away with it. At some point of time, people begin to realise that you are always telling lies. If you continue to do so, when you speak the truth, no one will believe you. ■



Riddles

- 1) What can you keep after giving to someone?
- 2) I have branches but no fruit, trunk or leaves ? Who am I?
- 3) What cannot talk but will reply when spoken to?
- 4) The more of this is there, the less you see? What is it?
- 5) I shave everyday but my beard stays the same? Who am I?
- 6) You see a boat filled with people, yet there isn't a single person on board. How is it possible?
- 7) A man dies of old age on his 25th Birthday. How is it possible?
- 8) David's parents have three sons : Jim, Ashley and what is the name of third son !
- 9) I follow you all the time and copy your every move, but you cannot touch me or catch me. Who am I?
- 10) What has many keys but cannot open a single lock?.

Answers :

- | | | |
|---------------------------|-------------|---------------------|
| 1. Your word | 2. Bank | 3. An Echo |
| 4. Darkness | 5. A Barber | 6. All are married. |
| 7. He was born of Feb 29. | 8. David | |
| 9. Your shadow. | 10. A Piano | |



STOTY FROM MAHABHARATA

The Legendary Vow of Bhishma:

A Tale of Sacrifice and Devotion!

Bhishma's vow, also known as the Bhishma Pratigya, is one of the most significant and defining moments in the Mahabharata. It showcases his unwavering dedication to duty, sacrifice, and loyalty. Here's an in-depth look at Bhishma's vow:

Background : Bhishma, originally named Devavrata, was the son of King Shantanu and the river goddess Ganga. He was a prince of the Kuru dynasty, renowned for his bravery, wisdom, and devotion to his father.

The Circumstances Leading to the Vow : King Shantanu and Satyawati: After Ganga left Shantanu, he fell in love with Satyawati, the daughter of a fisherman. Satyawati's father agreed to the marriage on the condition that her future children would inherit the throne of Hastinapura.

Conflict of Succession: This condition posed a problem, as Devavrata was the rightful heir to the throne. To resolve this, Devavrata made a monumental decision to ensure his father's happiness.

The Vow : To fulfill his father's desire to marry Satyawati and secure her father's condition, Devavrata made two





promises that came to be known as the Bhishma Pratigya:

Vow of Celibacy (Brahmacharya): Devavrata vowed never to marry or have children. This ensured that Satyawati's offspring would inherit the throne without contest.

"I, Devavrata, swear that I will never marry and will remain celibate for life. I renounce all conjugal pleasures and will dedicate my life to the service of Hastinapura."



Vow of Service to the Throne: He pledged unwavering loyalty to the throne of Hastinapura and to whoever sat on it. He committed his life to serving the kingdom and ensuring its stability and prosperity.

"I swear eternal loyalty to the throne of Hastinapura. I will serve and protect it and its future kings with all my might and wisdom."

Consequences of the Vow : Title of Bhishma: Devavrata's incredible sacrifice earned him the name "Bhishma," meaning "one who undertakes a terrible vow."

Father's Happiness: King Shantanu, moved by his son's sacrifice, blessed him with the boon of Ichhamrityu,



the ability to choose the time and manner of his death.

Longevity and Suffering: Bhishma lived a long and often painful life, witnessing the moral and political decline of the Kuru dynasty. His vow of celibacy and loyalty prevented him from taking decisive actions that might have averted some of the calamities that befell his family.



Role in the Mahabharata: Bhishma's vow had far-reaching consequences, influencing the events of the Mahabharata. His loyalty to the throne, regardless of the ruler's morality, often put him in difficult situations, especially during the Kurukshetra war.

Legacy : Bhishma's vow is a testament to his extraordinary character and commitment to dharma (duty). His sacrifice and adherence to his principles, even at great personal cost, make him one of the most respected and revered figures in Hindu mythology. The Bhishma Pratigya highlights themes of duty, sacrifice, and the complex nature of righteousness, which are central to the Mahabharata.

Bhishma's life and vow continue to be celebrated as an epitome of selflessness and dedication, serving as a powerful moral lesson in the epic's vast tapestry. ■



HUMOUR

- Ashaben Dasondi,
Matunga



- ☛ Chhotu as soon as reached college, he started jumping with joy

Friend : What happened, how are you so happy?

Chhotu : Today for the first time a girl talked to me in the metro.

Friend : Wow, brother what happened?

Chhotu : I was sitting. She said get up. It is Ladies Seat.

- ☛ I reached late and dad asked me : Where were you?
Me : Was in friend's house. In front of me, dad called 10 friends.
4 of them said : Yes uncle, he was here.
2 said : He just left, uncle.
3 of them said : He is here only Uncle studying. Shall I give him the phone!!
1 of them went an extra mile to say (In my voice) Yes dad, tell me, what happened?

- ☛ Police : Where did you live ?
Me : With my parents
Police : Where do your parents live?
Me : with me
Police : where de you all live?
Me : together
Police : Where is your house?
Me : Near to my neighbour's house.
Police : Where is your neighbor's house?
Me : If I tell you, you will not believe me
Police : Tell me please.
Me : Next to my house.



Picture speaks of Jalaram Annadankshetra



Cancer patients and their relatives receiving food with mango juice during the mango season under the Jeevan Jyot Jalaram Annadankshetra.

Picture speaks of Compassion



The exercise bicycle that came from the donor's house was used by many patients.

To,



Picture speaks of Compassion



**Shri Harakhchandbhai Savla (Badawala),
Founder and Managing Trustee is gifting to
a cancer-stricken girl a chocolate & colourful hat
made from crocheted yarn that requires a lot of effort.**