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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**



Seen here in the above picture is a trust's volunteer feeding
an injured sparrow that was rescued from the mouth of a cat.
Once the sparrow got treatment, food and water it was released.

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 NARSHI MULJI SHAH JAKHUBAPA (WADALA)

Picture Speaks of 'Crane equipped Ambulance'



The cow was suffering on the spot for two days in the Matunga area due to the unavailability of an ambulance with a crane that could carry the injured cow injured in an accident in the bustling traffic of Mumbai. As soon as the founder and managing trustee of the organization, Shri Harakhchandbhai Savla (Badawala), came to know about it, he immediately ordered the ambulance with a crane worth Rs. 25 lakh and got it ready. The inauguration was completed in the presence of dignitaries by the grace of Smt. Pankaja Munde, Minister of Animal Husbandry and Dairy Development of Maharashtra.

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

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

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ॐ Arihante Namo Nama:

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

FROM THE EDITOR'S DESK



**ON THE OCCASION OF
INAGURATION OF THE
NAVKAR MAHAMANTRA DIWAS
SHRI NARENDRA MODI SAID :**

"Navkar Mahamantra is not just a mantra. It is the core of our faith. It embodies humility, peace and universal harmony.

It along with the worship of Panch Parmesthi symbolises the right knowledge, perception and conduct with the path leading to salvation.

Jain literature has been the backbone of the intellectual glory of India.

Climate change is today's biggest crisis and its solution is a sustainable lifestyle which the Jain Community has practised for centuries and aligns perfectly with India's Mission "LIFE"



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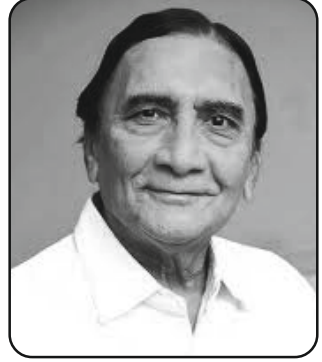




MONTH SPECIAL

Thinker & Scholar of Jain Philosophy- Shri Kumarpal Desai

Kumarpal Desai was born on 30th August 1942 at Ranpar to Balabhai Desai who was known as "Jaibhikhkhu", a profile Gujarati writer and mother Jayaben. His family was native of Sayla. He joined H.R. Arts College and completed his B.A and M.A. in 1963 and 1965



respectively from Gujarat University with Gujarati as a main subject. He was awarded Ph.D. in 1980 for his thesis on "Anandghan" completed under the guidance of Dr. Dhirubhai Thaker.

He served as the President of Gujarati Sahitya Parishad as well as the Vice President of Gujarati Vidyasabha and



Gujarat Sahitya Akademi. He is the managing trustee for the Institute of Jainology, India and Director of the Gujarati Vishwakosh Trust.



I tried sniffing Coke once, but the ice cubes got stuck in my nose.



His biographical works are 'Apang na Ojas' (1973) Mahamanav Shastri on Lal Bahadur Shastri (1966), Veer Rammurti (1976), Balakona Buddhi Sagarsurishwarji;



(1979) Mool marg nu Amrut (2000), Adhyatmanu Shikhar (2000), Manavtani Mahak (2000) etc. etc. He also wrote childrens' biography of Lal Bahadur Shastri "Lal Gulab" (1965).

He has written several books in English, mostly related to Jainism. His works include stories from Jainism (1988) Bhagwan Mahavir (1990), Non-violence - A way of Life (1990), Kshamapana (1991), Glory of Jainism (1991), Essence of Jainism (2000) The role of women in Jain

religion (2000), Vegetarianism (2000), A journey to Ahinsa (2002), Anekant vad (2003), Influence of Jainism on



Mahatma Gandhi (2003).

Desai is an expert of Indian culture, Jainism and Jain Literature who regularly delivers lectures on Jain Philosophy and Indian Culture in India and Abroad.

Awards that he has received :

- ✦ Jain Ratna Award (2001)
- ✦ Dhanji Kanji Gandhi Suvarna Chandrak (2001),
- ✦ Hemchandracharya Award (2002),
- ✦ Padma Shree (2004),
- ✦ Sahitya Gaurav Puraskar (2009),
- ✦ Ranjitram Suvarna Chandrak (2015).
- ✦ He also received the Bal Sahitya Puraskar from Sahitya Akademi for his contribution in Gujarati Children Literature in 2019. ■



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**RELIGIOUS THOUGHT****Forgive And Forget****- Pope Francis**

There is no perfect family. We don't have perfect parents, we are not perfect, we don't marry a perfect person nor do we have perfect children. We have complaints about others, we disappoint one another. Therefore, there is no healthy marriage or healthy family without the practice of forgiveness.

Forgiveness is vital for our emotional health and spiritual survival. Without forgiveness, the family becomes an arena of conflict and a refuge for sorrow.

Without forgiveness, the family becomes sick. It is the asepsis of the soul, the cleansing of the mind and the lightness of the heart. Those who do not forgive have no peace of soul or communion with God."

Grief is a poison that intoxicates and kills. Holding pain in the heart is a self destructive act. It is autophagy. Those who do not forgive become physically, emotionally and spiritually ill.

That is why the family needs to be a place of life, not death: The territory of healing, not illness, the stage of forgiveness, not guilt. Forgiveness brings joy where grief produced sadness, where pain caused illness. ■





RELIGIOUS TEACHING

"Paryushan" - Festival of Spiritual Awareness

"Paryushan" the celebration of spiritual awareness is the most important festival of Jain religion. The annual event occurs sometime in August or September. Paryushan is a time for self-analysis and soul searching. During Paryushan, Jains exercise self-discipline and do penance to purify their souls to the best of their individual capacities.

It has been prescribed as part of the Code of Conduct for monks in the last section of the sacred Jain Scripture 'Kalpa Sutra', to stay in one place. This provides the house-holders with an opportunity to gain deeper knowledge of Jainism from them.

It is a fact that even if we make a serious effort to live within the framework of high moral standards, we cannot avoid mistakes due to the complexities and hardships of



life. During this auspicious occasion of Paryushan, Jains review the activities of the past year in light of the teachings of



I always like walking in the rain, so no one can see me crying.



Jainism and resolve to lead a spiritually cleaner life in the future. This is the purpose of 'Paryushan'.

During Paryushan jains observe the vows of non-violence, truth, non-stealing, celibacy and non-possessiveness to a greater extent than during the rest of the year. They engage in self-discipline and perform Penance such as study of scriptures, partial or complete fasting, introspection and repentance. Throughout these days, they attend religious discourses given by scholars. They also resolve to make a greater efforts towards spiritual progress in the coming year.

Many Jains do not eat after sunset because sunlight is natural disinfectant and thus bacterial content in the atmosphere is less during the daytime. Some jains don't eat vegetables grown underground like onion, potatoes, garlic carrot, beetroot etc because entire plants are destroyed in obtaining them.

During Paryushan most jains observe these rules and do not eat green vegetables. Some Jains observe a eight day fast, drinking only boiled water, others observe a complete fast for a day or partial fast like eating once a day or eating twice a day. During these fasts, one's thoughts and feelings should be pure and free from passions such as anger, pride, intrigue and greed.

On the eighth day, that is the last day of Paryushan,





Universal Forgiveness Prayer known as "Pratikraman" is performed. It is also known as "Kshamapana Sutra"

It Says :-

- ❏ I grant forgiveness to all living beings.
- ❏ May all living beings grant me forgiveness.
- ❏ My friendship is with all living beings.
- ❏ My enmity is totally non-existent.

"Michchami Dukadam" ■

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PARYUSHAN SPECIAL

OUR PRIME MINISTER PROPOSES NINE RESOLUTIONS : ON INAGURATION OF THE NAVKAR MAHAMANTRA DIWAS

Shri Narendra Modi urged everyone to take nine (9) resolutions after the collective chanting of Navkar Mahamantra.



1) **Water Conservation :-** He

recalled the words of Buddhisagarsurishwarji Maharaj who predicted 100 years ago that "water would be sold in shops" He emphasized the need to value and save every drop of water.

2) Plant a tree in Mother's name :- He highlighted the planting of over 100 crore trees in recent months and urged everyone to plant a tree in their mother's name and nurture it like her blessings. He also recollected his effort in Gujarat in this regard to plant 24 trees related to 24 Tirthankars which couldnot be completed due to non-



availability of few trees, though he could manage to plant 16 trees.

3) Cleanliness Mission :- Stressing the importance of cleanliness in every street, neighbourhood and city urging to contribute to this mission.

4) Vocal for Local :- He encouraged the promotion of locally made products turning them global and supporting items that carry the essence of Indian soil and the sweat of Indian Workers.

5) Explore India :- He urged people to explore India's diverse states, cultures and regions before travelling abroad, emphasizing the uniqueness and value of every corner of the country.

6) Adopting Natural Farming :- He referred to the Jain principles of one living being should not harm another and called for freeing Mother Earth from chemicals and supporting and promoting natural farming.

7) Healthy Lifestyle :- He advocated for a return to Indian dietary traditions including millets (Shri Anna) like Bajra, Jowar, Ragi etc., reducing oil consumption by 10% and maintaining health through moderation and restraint.

8) Yoga and Sports :- Modiji proposed incorporating Yoga and Sports as the 8th resolution and emphasized making yoga and sports part of daily life, whether at



home, work, school or parks to ensure physical health and mental peace.

9) Helping the Needy People :- He emphasized the importance of assisting the under-privileged, whether by holding hand or filling their plate as the true essence of service.

He said these resolutions align with the principles of Jainism and the vision of a sustainable and harmonious future. These 9 resolutions will infuse new energy into individuals. and provide the fresh direction to the younger generation. Their implementation will foster peace, harmony and compassion within the society. ■



BETTER YOU KNOW

VERY NICE DEFINITION OF TIME

Time is slow when you wait

Time is fast when you are late

Time is deadly when you are sad

Time is short when you are happy.

Time is endless when you are in pain

Time is long when you feel bored.

Everytime, Time is determined by your feelings and your psychological conditions and not by clocks.

So have a nice time always. ■



He who hesitates is boss.





WOMEN EMPOWERMENT

Dr. Sejal Shah - JAIN SCHOLAR

Dr. Sejal Shah is an associate Professor of Gujarati literature, Jain scholar, educationist, Poet and Editor and was the Head of Gujarati Department of MNWC College (Maniben Nanavati Women's College).



Dr. Sejal has been awarded "Smt. Heeraben Pathak Vivechan Paritoshik 2020". She won the "Best Reader Award" at MNWC. She was felicitated by Arham Spiritual Center for Jain Gujarati Journalism.

Her book "Muththi Bhirat ni Azadi" was awarded by Gira Gurjari Paritoshik. She was nominated as a Member of Academic Council of National Resource Centre (NAC)



for April-2019 of UGC: HRDC, Saurashtra University. She is a member of Board of Studies of SNTD



University, Mumbai
and a Ph.d. Guide.

She has
authored three
books and edited
five books on
subject of literature and philosophy.



She has written book on "Ahinsa (Non-violence).
"Pravas Bharat no" and "Antar kirutivane Gujarati Kavita
ma teno Viniyog". She has written for many magazines
like Sambodhi Parab, Mamta,

She has been a guest speaker to JAINA Convention.
She is associated with UGC, Veer Narmad University and
plays key role in her college.

She has been an academic resource person for many
institutions of repute. She presented her research papers
at many seminars, conferences, workshops. ■



- '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.'



PLACES OF INTEREST

Taranga Jain Tirth

Taranga is a Jain pilgrimage center near Kheralu in Mehsana District of Gujarat, 128 kms north of Ahmedabad and



only 20 kms from Vadnagar. The 3 peaked hill is significant for Buddhist and Jains. While the oldest Jain temple was built in the 12th Century, Buddhist monuments dating back to the 4th century on this hill.

Two compounds of Jain temples that are important examples of the Maru Gujarat Style of architecture. The Ajitnath temple was constructed in 1161 by the Solanki King Kumarpal under the advise of his teacher Acharya Hemchandra. Both the main sacts of Jainism are represented with adjoining walled compounds. The Svetamber compound consists of 14 temples in all and there are also 5 Digambar affiliated temples at Taranga hill.

The original central image of Ajitnath was destroyed



Nothing is permanent in this wicked world - not even our troubles.



and has been replaced by current one in 1422. Two white marble standing images of Ajitnath beside the central images on north and south walls are brought from nearby villages and installed in 1297.

There are 14 digambar temples in the foothills digambar Dharmashala is also at the foothills. On the highest elevation of the 3-peaked hills there stand a 'Tonk' - a shrine built by digambar, it houses a marble statue of the 19th Tirthankar "Mallinath"

There are also ancient caves shelters. nearby cave locally known as "Jogida ni Gufa" has a reliefs of four Buddhist statues known as Dhyani Buddhas under the Bodhivriksha. The cave was used by Buddhist monks years ago. These caves are ascribed to 4th-6th Century.

The special times of pilgrimage are during full moon





in the months of Kartik and Chaitra (November & April) in the adjoining shrines are various images. In one is an upright block of marble with 208 representations of the Tirthankar.



In 2009, Gujarat State Archeological Department found 4 kms long fortification. South-west of Taranga Hills. It is estimated that it belongs to 3rd or 4th Century BCE. ■



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CHOOSE THE BEST

- Pramoda Chitrabhanu

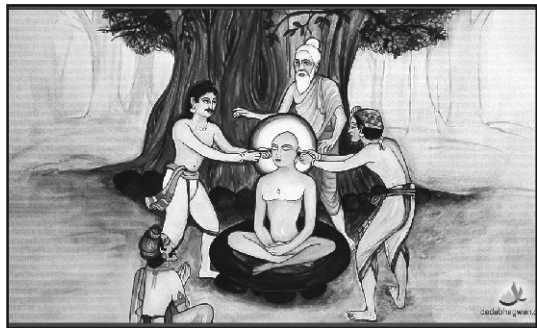
It is important to apply Jain teachings into day-to-day life. This means to practise self-love without ego, to feel responsible for the education of the underprivileged, to protect animals and to be careful as to give as little harm as possible to all kinds of living beings.

Reciting Namō Mahamantra as a sign that in our life, we will aim at adjusting it according to the teachings of the enlightened souls.

Man never has been happy with his life independently from the circumstances he was living in. All living beings are seeking happiness and joy. All of them want to avoid misadventure.

Lord Mahavir has liberated himself from this. He was aware of the fact that even when winning the rat race, one still remains a rat. He has given up everything and chose another kind of life for himself.

By always looking outward, we have



departed from the center. We live mostly with matter and have only little relation to spirituality. Although we are not perfect, we are expecting perfection from others.

We have everything. However, we very often are only concentrating on the negative things. Worthless worries are dominating human life. When we have all, what are we going to choose? Amity or Enmity?

The message of Paryushan is to choose the best. ■



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Why to go for Vegan Diet

A vegan diet which excludes all animal products can be beneficial for health, ethical reasons and environmental sustainability. People choose veganism for ethical reasons related to animal welfare.

- Veganism aligns with the belief that animals have the right to live free from exploitation and harm leading many to reject animal products.
- By avoiding animal products, vegans aim to reduce the demand for factory farming and the suffering of animal in industrial agriculture.
- Animal agriculture is a significant and contributor to green house gas emissions, deforestation and water pollution.
- Vegan diet require less land and water resources compared to animal based diets, contributing to environmental sustainability.
- Veganism can help protect natural habitats and reduce the impact of endangered Species.

Health Benefits :

- 1) **Reduced risk of chronic diseases** : A vegan diet often rich in fruits, vegetables and whole grains is linked to a lower risk of heart disease, type 2 diabetes and some cancers.

- 2) **Weight Management** : Vegan diets tends to be lower in calories and saturated fat which can aid in weight loss and maintenance.
- 3) **Improved Digestive Health** : Plant based diets are often high in fiber which can promote healthy digestion and reduce risk of constipation.
- 4) **Increased Nutrient Intake** : A well planned vegan diet can provide ample vitamins, minerals and anti-oxidants supporting over all health.

Just like veganism is the sustainable option when it comes to looking after our planer, plant-based living is also a more sustainable way of feeding the human family. A plant based diet requires only $\frac{1}{3}^{\text{rd}}$ of the land needed to support a meat and dairy diet. With rising global food and water insecurity due to a myriad of environmental and socio-economic problems, there is never been a better time to adopt a more sustainable way of living.

Avoiding animal products is not just one of the simplest ways an individual can reduce the strain on food as well as other resources. It is the simplest way to take a stand against inefficient food systems which disproportionately affect the poorest people all over the world. ■



PRIDE OF INDIA

SUMIT ANTIL - Paralympic Javelin Thrower

Sumil Antil is an Indian Paralympian and Javelin Thrower born on 7th June 1998 in Khewra, Sonipat, Haryana. His mother motivated him to take up Sports.



He wanted to persue career in wrestling and join the Indian Army. In 2015, when he was 17, his motorbike was hit by a speeding truck while he was returning home from a tution class. As a results his left leg was amputated and he had to abandon his dream of becoming a wrestler.

After completing his secondary education at Dev Rishi Senior Secondary School, Sonipat, he was introduced to



para-athletics by another para- athletic Rajkumar while he was persuing his B.Com. from Ramjas College of Delhi University.

In 2017, Sumit started training under





Nitin Jaiswal in Delhi and competed in various National and International platforms. He began competing at Javelin on the



National Circuit and GO-SPORTS inducted into the Para Champions Programme in 2019.

In 2019, at the World Para-athletics Ground Prix in Italy, he broke the record in the F64 Category enroute to winning silver medal in the combined event. He then won the silver medal at World Para athletics Championships, Dubai 2019 and in the process broke his own record in the F64 Category.

On 30th August 2021, Sumit won a Gold Medal with

a World Record throw of 68.55 m. in Javelin throw F64 at 2020 Summer Paralympics. Competing in the Indian Open National Para-





athletics Championships he rewrite the world record for the fourth time in a year with a throw of 68.62 mtrs. breaking his own mark of 68.55 mtrs.

Three of these

marks were astonishingly set during the final of the Tokyo Paralympics enroute won the Gold Medal.

On 2nd September 2024, he won the Gold Medal again with the new Paralympics Record throw of 70.59 mtrs, in Javelin Throw F64 at 2024 Summer Paralympics.



Awards :

2021 - Khel Ratna Award.

2022 - Padma Shri Award.

2024 - Sports Star Aces Award 2024

2024 - Forbes India 30 Under 30, 2024

He also participated in 'Kaun Banega Crorepati' with Avni Lekhra and Navdeep Singh on 4th October 2024. ■



**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 Arvindbhai 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/-
☛ 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 Saraswatiben & Late Rasiklal Shah (Uvarsad) By : Dhaval Shirish Shah	Sion	Jeevdaya	500/-
☛ 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/-



DO YOU KNOW ?

WHY IS DEHYDRATION DANGEROUS??

In a Medical College, a professor was teaching fourth year medical students about medicine. He asked them the question "What are the causes of mental confusion in elderly people?"

Some students answered: "Brain tumors". Others suggested "early symptoms of alzheimer's memory loss". The professor said, "No" with each incorrect response. The students struggled to find the right reason.

Finally when the professor had to reveal the most common cause that kept the students in shock. The cause he mentioned was non other than dehydration.

It might sound surprising but its not a joke. People crossed their 60 years of age gradually stop feeling thirsty, drink less water. As a result, when no one is arround to remind them, they quickly get dehydrated.

Why is dehydration dangerous?

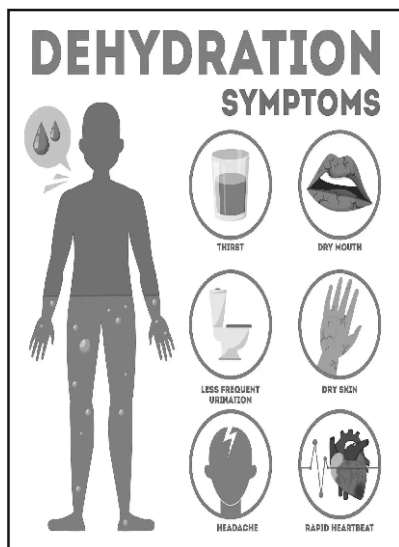
Dehydration is a serious condition that affects the entire body. It do occur, it can lead to sudden mental confusion, low blood pressure, increased heart rate, angina (chest pain), coma and death.





The habit of forgetting to drink starts at around age of 60. At this stage, the body's water content is already below 50%, Most elderly people have low water levels. This is part of the natural aging process. However this leads to more complications. Even when dehydrated, they don't feel thirsty because the brain's

internal balance system doesn't function properly. Even if they appear to be healthy dehydration slows down the body's chemical and physiological functions affecting their entire body.



Two important Warnings :

- 1) Encourage elderly people to drink soups, Coconut water, water rich fruits like watermelon, oranges etc frequently.
- 2) Drink some fluids every two hours. Family members should ensure that elderly people drink fluids frequently. If you notice that they refuse to drink fluids and show signs of irritability, breathlessness or lack of focus, these are definately the signs of dehydration. ■



INSPIRATIONAL STORY

LORD BUDDHA COULD NOT FORGIVE



One day Buddha was in an assembly when a man walked in looking furious. He thought Buddha was doing something wrong. He was drawing crowd and people should not go to him and meditate. He was restless businessman and he had found that his children were spending time with Buddha. They should have engaged themselves in business, making more money and ensuring their life being better.

He felt that spending four hours of their day seated next to Buddha whose eyes were always closed had no meaning. It was waste of time. He was very upset and he thought he would teach a lesson to this man - Buddha.

With anger in the heart, he walked confidently upto Buddha. As soon as he approached him, all his thoughts disappeared but the anger in him didnot disappear. He was shaking and found himself speechless. Since he was unable to express his emotions towards Buddha, he simply spat on his face. Buddha in returned smiled. The disciples were very angry, they wanted to react and were ready to jump but the Buddha's presence did not allow



them to do so. They just could not believe that someone can behave in such an irresponsible manner with Lord Buddha. But they couldn't say anything.

This man also couldn't stay longer-either. He noticed that his action had no reaction. He could not erase the image of the smiling Buddha from his mind. He thought, "If I stay here for long, I will burst. I will explode." so he went away.

Once he returned home, he could not erase the image of the smiling Buddha from his mind. For the first time, in his life, he met such an extra-ordinary reaction to such disrespectful act. He couldnot sleep at night. His whole body underwent transformation. He was shivering and shaking.

The next day, he went to Lord Buddha and fell on his feet and said, "Please forgive me. I didnt know what I was doing."

To which Buddha replied, "I cannot excuse you". Everyone including Buddha's disciples were shocked at this reaction. All his life, Buddha has been so considerate, patient. He has accepted everyone in his Math regardless of their past. How can he not forgive this businessman ? He was telling this man that he could not excuse his behaviour.

Buddha looked around and found everyone to be in a

state of shock. So he explained, "Why should I excuse you when you have not done anything wrong. What wrong you have done that I should excuse your behaviour ?"

The business man replied, "Yesterday I came to your assembly and in my anger, I spat on your face. I am the same person."

Buddha Said, "That person is not you any more. If I ever met the person on whom you spat, that person is not here anymore. If I meet that person on whom you spat, I will tell him to excuse you. For me to the person who is right here in this moment, you are wonderful. You have not done anything wrong."

Hearing this from Lord Buddha, the business man was very ashamed of his behaviour, and he became the disciple of Lord Buddha forever.

Lesson : True forgiveness is when you forgive a person and that person does not even know that he is being forgiven. That person should feel guilty of his deed. This is the right kind of Forgiveness.

If you forgive someone and keep on reminding him about his mistake and make him feel embarrassed, guilty all the time, then the truth is that you have simply not forgiven him yet.

Guilt itself should be enough punishment for a person.

Last Month’s activities carried out by Trust

- 17 cards were given for food and 8 for Haldi milk.
- Food Grains distributed among 153 Cancer patients family.
- Fruits were distributed among 725 patients per day.
- 4 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 8 patients.
- 7 patients were given help by different trusts and received best response.
- Medicines worth Rs. 8,99,500/- were given to cancer patients.
- Medical treatment worth Rs. 3,80,200/- was given to other patients.
- 19 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.4,89,300/-.
- Handicapped person were provided with : 5 Walker, 3 Walking Sticks, 4 Commode Chairs, 3 Wheel Chairs, 4 Flower Beds, 3 Oxygen Machines and 4 Oxygen Cylinder were given.
- 7 files made for cancer affected patients.
- 27 Patients got benefit of free Ambulance Service.
- 7 patients got Colostomy Bag at Concessional Rate.
- 2 Cancer patients were given ritual burial under "Kafan-Dafan" scheme.
- 4 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/-



RECEIPE

Paryushan Special Receipe **IMMUNITY BOOSTER** **WALNUT JAGGERY SOUP (RAB)**

Ingrediants :

- ☆ Organic Jaggery Powder - 2 tbs
- ☆ Whole wheat flour - 2 tbs
- ☆ Roasted walnuts - 2 tbs
- ☆ Cardamom powder - a pinch
- ☆ Nutmeg powder - a pinch
- ☆ Water - 400 ml
- ☆ Ghee - 2 tbs

Method :

In a pan, boil 200 ml of water and 2 tbs. Jaggery powder. Mix and bring it to a boil. Let it cool and sieve and keep aside.

In another pan, take 4 to 5 walnut pieces and roast it in ghee until its brown. Allow it to cool and blend until its fine powder.

In the same pan, add 2 tsp of ghee and roast whole wheat flour until aromatic.

Lower the flame and add jaggery syrup very slowly, whisk it to a lump-free consistency.

Add walnut powder, 20 ml. water and simmer until it thickens. Add cardamon powder and Nutmeg powder and stir well.

Serve your healthy walnut jaggery soup hot. ■



**KIDS CORNER**

The story of Prince Nemkumar & Princess Rajul

Prince Nemkumar was the son of King Samudravijay. He was engaged to Princess Rajul, who was the daughter of King Ugrasen.



On the day of their marriage, Prince Nemkumar travelled to Princess Rajul's palace in a decorated chariot. He heard the screaming of many animals and birds. He asked his driver what the noise was?

The driver told him that these are animals and birds who would be killed for your wedding dinner. The prince



was very kind and sensitive, was saddened by this. The frightened animals seemed to say "We will be slaughtered for this Prince feast. They had their eyes full of tears as if pleading, we do not want to be killed, we want to go to forest and roam free. These men are very



'Even if a snake is not poisonous, it should pretend to be venomous.'





cruel. They cry when their children die but how can they kill our children? Why can't they eat only plants and fruits? How can they claim to be superior to us when they kill us all the time?"

Just then King Ugrasen came to meet the Prince. He saw the prince releasing the animals and birds. So he asked "why have you freed the animals?" The prince replied "How can we rejoice when so many animals are suffering? What use is happiness if it is built on the suffering of so many animals and birds ?" With this Prince turned his chariot and went back.

Prince Nemkumar then gave up his worldly life and went to the forest for peace and meditation. Many of the people at the wedding realised the message of Nemkumar and stopped eating meat, fish and eggs.

Prince Nemkumar went on to become the 22nd (twenty-second) Tirthankar Bhagwan Neminath. ■



A Worthwhile Lesson

I had a small shop by the roadside. One day suddenly, a big store opened in front of it, and the store owner



put up a board. "Ghee Rs 300/- per kg."

I also put up a board "Ghee Rs. 280/- per Kg."

The next day, the store owner put up another banner "Ghee Rs. 260/- per Kg."

I again updated my board "Ghee Rs. 240/- per Kg."

Seeing this daily price war, a gentleman who was my regular customer advised me "that is a big store, it can bear losses. but you will not be able to compete yourself with it for long. So don't compete yourself with them!"

I looked at the gentleman from head to toe and replied, "But I do not sell ghee. I am just waiting to see how long they can go, because my wife wants to buy it!"

Negotiating in today's world of tariff. A worthwhile lesson. ■

~~~~~ "The biggest guru-mantra is: Never share your secrets with anybody. ! It will destroy you." ~~~~~

# Riddles

- 1) What has one eye, but cannot see".
- 2) What has many needles but does not sew?
- 3) What has hands, but cannot clap?
- 4) What have legs but doesnot move or walk?
- 5) What has one head, one foot and four legs?
- 6) What can you catch, but not throw?
- 7) What kind of band never plays music?
- 8) What has many teeth but cannot bite?
- 9) What has words, but never speaks ?
- 10) What runs all around a backyard, yet never moves?
- 11) What can travel all around the world without leaving its corner?
- 12) What has a head and a tail but no body?
- 13) Where does one wall meet the other wall?
- 14) What building has the more stories?

## Answers :

- |                   |                   |            |
|-------------------|-------------------|------------|
| 1) A needle       | 2) Christmas tree | 3) A clock |
| 4) Table          | 5) Bed            | 6) Cold    |
| 7) Rubberband     | 8) Comb           | 9) Book    |
| 10) Fence         | 11) A stamp       | 12) Coin   |
| 13) On the corner | 14) Library       |            |



## "Michchami Dukadam"

"Michchami Dukadam" is an ancient Indian Prakrit language phrase found in historic Jain Texts.

It literally means "May all the evil that has been done be in vain"

The phrase is alternatively interpreted and said to mean.

"I ask pardon of all living beings. May all of them pardon me.

May I have friendship with all beings and enmity with done."

As a matter of ritual Jains greet their friends and relatives on this last day of Paryushan with "Michchami Dukadam" seeking their forgiveness by saying "May all my improper actions be inconsequential and may all my transgressions be forgiven."



## 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.

## Picture speaks of Compassion



A wave of happiness is visible on the face of a female cancer patient after receiving a beautiful, picturesque dress from your home.



To,



### Picture speaks of Jalaram Annadankshetra



**The Trust under the Jalaram Annadanakshetra provides free, pure and sattvic food to the poor, homeless patients who come from rural villages to Mumbai for treatment.**

**Patients are seen enjoying sweet food with Sheera on the occasion of the donor's birthday.**