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# JEEVANPATH

## JEEVANPATH



Vol. No. 12, Issue No. 9

For Awareness ₹10/-

Mumbai, 15th February 2025

Website : [www.jeevanjyot.in](http://www.jeevanjyot.in)

Total 44 Pages

E-mail : [jeevan\\_jyot@yahoo.in](mailto: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



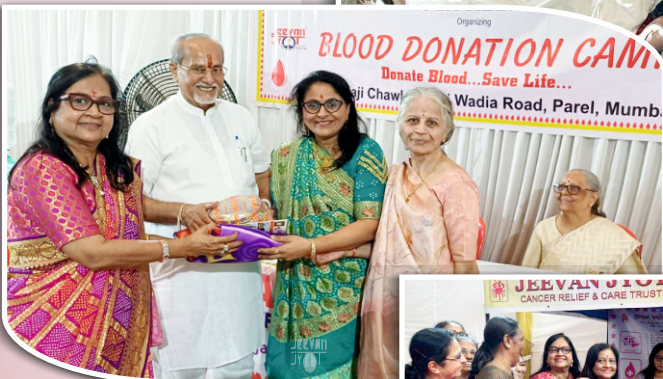
**Picture speaks of 'Matushri Kantaben Chunilal Gagaldas Shah  
(Serisa-Khetwadi) inspired Jeevdaya**



The festival of kites is a punishment for many many birds. Manjha (thread used for kite flying) is prepared by grinding glass powder cuts the pigeons feathers. Request from 'Jeevadaya Wing' : Please stop flying kites, Many innocent creatures will get the gift of life.

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 MEGHJI LAKHAMSHI SHAH (Ghatkopar)**



Sri Madhappar Jakhkbautera Sangh Mumbai and Matushri Bhagyawantiben Jakhkhubhai Ravji Nandu (Nana Bhadia) sponsored Blood donation camp organised by Jeevan Jyot Trust  
The inaugurating donor family and other dignitaries are seen in the pictures of the lighting of lamp and the camp. Brave warriors donating blood are seen receiving certificates and gifts.



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

**Estd. : 1983**

**Jeevanpath®**

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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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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 Namo Nama:**

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

**FROM THE EDITOR'S DESK**



## ENJOY LIFE

If you look back,

You will see that every situation that

God has brought you into,

Has either changed you,

Helped you to grow,

Made you stronger,

Tought you a lesson or

Made you a better person

Everything He does, has a purpose

The strongest weapon is Patience

The richest asset is Wisdom

The best security is Faith

The greatest moment is Laughter

The best gift is Kindness and

Surprisingly all are free.

Enjoy Life and Stay Humble. ■



People who fly into a rage always make a bad landing. – Will Rogers.







## -: PLEASE NOTE :-

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

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

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

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

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

## EASY METHOD OF GIVING DONATION TO US

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

Bank of Maharashtra (Bhoiwada Branch) <b>IFSC</b> - MAHB0000563	A/c. No 20059826756
Bank of Baroda (Dena Bank) (Lower Parel Branch) <b>IFSC</b> - BARB0DBSUNX (5th Character is Zero)	A/c.No.99290100008461
State Bank of India (Parel Branch) <b>IFSC</b> - SBIN0001884	A/c. No 31171138885
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Donors can now deposit from anywhere in India. Please inform the Trust Office about the same. The receipt and 80G certificate will be couriered to you as soon as possible. For more information about such donation, Please contact : **Mob No. 9869206400/9076169355**



## 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**

# **Morarji Desai -**

## **An Indian Independance Activist**

Morarji Ranchhodji Desai was born on 29th February 1896 in Gujarat, Anavil Brahmin family of Bhadeli, Valsad, Gujrat. He did his primary schooling in the Kundla School, Savarkundla and later joined Bai Avabai High School, Valsad. He was an Indian Independance Activist and Politician who



served as the Prime Minister of India between 1977 and 1979 leading the Government formed by the Janata Party. During his long career in Politics, he held many posts in Govt. such as Chief Minister of Bombay State, Home Minister, Finance Minister and Second Deputy Prime Minister of India

He joined the freedom struggle under Mahatma Gandhi and joined the civil disobedience movement, against British rule in India. He spent many years in Jail during the freedom struggle and owing to his sharp leadership skills and tough spirit, he became a favourite leader of Indian





National Congress in the Gujarat region. When provincial elections were held in 1934 and 1937, he was elected and served as the Revenue Minister and Home Minister of

the Bombay Presidency.

Sardar Patel deputed him to conduct meetings of farmers in Kaira district which finally led to the establishment of the Amul Co-operative movement. During his rule, he withdrew intervention in Public Distribution System and rationing shops were literally lost due to cheap sugar and oil available in the market.

In the 1977 Indian General Election, Morarji Desai led the Janata party to victory against the Congress Party. Upon taking office, he became the first Indian Prime Minister not belonging to the Congress Party. He was the first non-hindi speaking Prime Minister of India. The 44th Amendment of the Constitution of India was enacted during his tenure as Prime Minister.



On the International scene, Desai held international fame for his peace activism and created efforts to initiate peace



between two rivals South Indian states- Pakistan and India. After India's first nuclear test in 1974, he helped to restore friendly relations with China and Pakistan and vowed to avoid armed conflict such as Indo-Pak War of 1974. He was honoured with the highest civilian award of Pakistan, the Nishan-e-Pakistan on 19th May 1990.

He was the oldest person to hold the office of Prime Minister at the age of 81 in the history of Politics. He subsequently retired from all political posts but continued to campaign for the Janata Party in 1980. He was conferred with India's highest civilian honour "Bharat Ratna".

He, a teetotaler and longtime practitioner of 'Urine Therapy' spoke in 1978 to Dan Rather for 60 minutes about the benefits of drinking Urine. He also attributed his longevity to drinking Urine.

He passed away on 10th April 1995 at the age of 99 in Mumbai making him the World's oldest former head of Government. ■



## 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 Chandrabai Jayantilal Chatrabhuj Modi &<br>Matushree Lachhbhai Hirji Karamshi Bheda (Samaghogha) : | 'Haldi Doodh'                 |
| 12) Shri Hariram Mathuram Agrawal (Chembur)  | : Fruit Distribution          |
| 13) Matushree Sushilaben Kantilal Dani (Harsol)  | : Animal Ambulance            |
| 14) Matushree Lalitaben Biharilal Shah (Santacruz)   | : Ozone Therapy Centre        |
| 15) Matushree Taraben Jayantilal Vadhani (Matunga)   | : Jeevan Jyot Drug Bank       |
| 16) Late Kumari Hansaben Ratanshi Lodaya   | : Competition Scheme          |
| 17) Mayurbhai Mehta and Jitendrabhai Parekh  | : Ambulance Maintenance       |
| 18) Matushree Indumatiben Mahendrabhai Gandhi (Limbodra)   | : Pathology Lab               |
| 19) Smt. Manjulaben Natwarlal Shah (Harsol)  | : Medical Camp                |
| 20) Shri Natwarlal Bulakhidas Shah (Harsol)  | : Blood Camp                  |
| 21) Smt. Nalini Rasik Jadavji Shah   | : Ambulance Service           |
| 22) Late Shri Inderchand Lakhichand Khinvesera (Dhule) :   | Pasti Scheme                  |
| 23) Dr. Ramesh Mantri  | : Grain Distribution          |
| 24) Smt. Ushaben Manilal Gala (Kandagra-Goregam)   | : Jalaram Annakshetra         |
| 25) Smt. Sakerben Premji Charitable Trust (Worli)  | : Chemotherapy Dept           |





# Inspirational Thoughts

- Change is never painful, only resistance to change is painful.
- Nothing will bring you greater peace than minding your own business.
- Karma has no menu. You get served, what you deserve.
- Peace comes when we let something go
- Take a deep breath and give yourself 2 minutes of rest because nothing is going to go along.
- Be with someone who is proud to have you.
- A year from now, everything you are stressing about won't even matter.
- Give the ones you love, wings to fly, roots to come back and reasons to stay.
- Strong people don't put others down, They lift them up
- Understanding is an art. Everyone is not an artist.
- Do good to others, it will come back in unexpected ways. ■



## FESTIVALS OF INDIA

# LUI NGAI NI FESTIVAL

It is a seed sowing festival celebrated by the Naga tribes of Manipur, India. The festival heralds the season of seed sowing and marks the start of the year for the Nagas and was declared a State Holiday since 1988.

The festival is celebrated annually on 15th February as the start of the spring season. During this festival, Naga tribes in Manipur come together at the designated place to converge and showcase their rich cultural heritage. Apart from the major Naga tribes in Manipur, other Nagas tribes from Nagaland, Assam and Arunachal Pradesh partake in the festivities as special guests and invitees.

The Ministry of Tourism of Govt. of India on 24th Dec. 1986 gave away a special day of remembrance and recognition for the Nagas. Since then, it is celebrated in various Naga's inhabited areas. It is the second major inter tribe Naga festival after Hornbill Festival which is celebrated by more than 10 Naga tribes of Nagaland.





The festival is a special occasion to honour the God of crops and to pray for the well being of the people. Various cultural activities are showcased during the festival



such as cultural dances and songs, including various cultural attire shows, lighting of the fire, drum beating, traditional folk dances and songs. This festival is celebrated in all the Naga inhabited areas in Manipur. However the main festivity is hosted alternately at the Naga inhabited district headquarter namely Ukhrul, Tamerong Senapati and Chandel.

The festival is a unique event to respect and conciliate the divine forces of yield and to appeal the God for the prosperity of the general population. Special different



social exercises are exhibited amid the celebration, namely cultural dances and melodies including different social clothing appears, lighting of the fire, drum thumping etc. All tribes come together in unity and showcase their culture and identify which tighten their bond of brotherhood.





**Last Month's activities carried out by Trust**

- 43 cards were given for food and 23 for Haldi milk.
- Food Grains distributed among 153 Cancer patients family.
- Fruits were distributed among 954 patients per day.
- 28 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 3 patients.
- 11 patients were given help by different trusts and received best response.
- Medicines worth Rs. 8,53,240/- were given to cancer patients.
- Medical treatment worth Rs. 4,82,205/- was given to other patients.
- 147 birds and animals who met with an accident were given treatment in the Animal Hospital.
- Medical treatment was given to animals and birds worth Rs.5,79,600/-.
- Handicapped person were provided with : 4 Walker, 3 Walking Sticks, 6 Commode Chairs, 4 Wheel Chairs, 4 Flower Beds, 6 Oxygen Machines and 8 Oxygen Cylinder were given.
- 11 files made for cancer affected patients.
- 139 Patients got benefit of free Ambulance Service.
- 4 patients got Colostomy Bag at Concessional Rate.
- 2 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.**

*The activities are as follows: (Per day)*

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

**WOMEN EMPOWERMENT****Gulabo Sapera -  
Kalbaliya Form Dancer**

Gulabo Sapera is an Indian dancer from Rajasthan, India. She was born in 1978 in the nomadic Kalbaliya community in Pushkar, Rajasthan. She was the seventh child of her



parents. Her real name was Dhanvantari as she was born in the auspicious day of "Dhana Teras". She grew up around snakes and saw them dancing to the tunes of her snake charmer father. When she grew up she was taken to various places to perform by some of her community people to earn money. However their behaviour to her remain cruel and treated her badly despite being the centre of attraction. The Kalbaliya is a snake charming tribe from the Thar Desert in Rajasthan, India. The dance is an integral part of their culture and is performed by both men and women.

Her fate took a turn in 1981 when she grabbed the attention of a govt. official at a fair where she was performing the Kalbaliya Dance with her group. After 10-15 days Gulabo Sapera was called to perform at Jaipur Ram Bagh.

An epitome of Women Empowerment, she went on to evolve her own individual style and school of dancing



Resentment is like taking poison and waiting for the other person to die.





based on the Kalbaliya form and received globed fame and recognition. She is a keen proponent of the Sapera Dance form of Rajasthan and has toured around 165 counries popularising it. In 1995 she performed on the International stage in Washington.



In 2011, Gulabo featured in the reality television show 'Big Boss!' as a contestant. On the show, she told the audience that she had been buried alive right after her birth to be rescued by her mother and aunt.

### **Awards :-**

- ❖ The Govt. of India awarded her the Padmashri in 2016 for her ettorts to popularize Rajasthan's Sapera Dance Tradition where she promoted it worldwide.
- ❖ She got Bharat Gaurav Award in 2021. ■



### **HALDI MILK SCHEME**

<b>Name</b>	<b>Area</b>	<b>Amt.</b>
❖ Rajeshwari Jagdish Dave	Panvel	2,000/-
❖ In memory of Late Sumati Vishnu Gokhale		
By : Hema Vishnu Gokhale	Dadar	800/-
❖ In memory of Late Vishnu Narayan Gokhale		
By : Hema Vishnu Gokhale	Dadar	800/-
❖ Shweta Bandri	Thane	700/-
❖ In memory of Sunil Sunderdas Malani		
By : Akash Sunil Malani	Mira Road	700/-







# TYPES OF CANCER

There are many types of cancer which can be categorized by the type of cell they start in or the part of the body where they develop.

- 1) **Carcinoma** : The most common type of cancer, which starts in the epithelial cells that cover the body's internal and external surfaces.
- 2) **Sarcoma** : It starts in soft tissues like muscle, fat, blood vessels and nerves.
- 3) **Lukemia** : It starts in the bone marrow's blood-forming tissues, and doesn't form solid tumors.
- 4) **Lymphoma** : This starts in lymphocytes, which are white blood cells that fight disease.
- 5) **Multiple myeloma** : It starts in plasma cells, another type of immune cell and forms tumors in bones.
- 6) **Melanoma** : This starts in cells that become melanocytes, which produce melanin, the pigment that gives skin its colour.
- 7) **Brain and Spinal Cord Cancers** : This can be cancerous or non-cancerous and some grow very slowly.
- 8) **Hematologic Cancers** : Cancers of the blood cells, including leukemia lymphoma and multiple myeloma.
- 9) **Solid Tumor Cancers** : Cancers of any other body organs or tissues including breast, prostate, lung and colorectal cancers.

Cancers are also named after the person who first discovered them like Hodgkin lymphoma and Wilms tumor.



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

Donor's Name	Area	Scheme	Amt. ₹
❀ On occassion of Birthday of Mahendra Shamaldas 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 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	Haladi Doodh	500/-



## PLACES OF INTEREST

# Mangi-Tungi Jain Tirth

Mangi-Tungi is a prominent twin-pinnacled peak and Digamber Jain Pilgrimage site located near Tahrabas about 125 kms from



Nashik, Maharashtra. Mangi is 4343 ft high above sea level is the western pinnacle and Tungi is 4366 ft high on eastern pinnacle. It is 30 kms from the city of Satna, Maharashtra.

**Mangi Giri :-** There are seven old temples on this hill and many images of 'Charanas' (feet) of Saints installed here. There is pond named Krishna Kund which is said to



be a witness of the last days of Krishna. According to texts, elder brother of Krishna, Balram also practiced salvation and achieved



heaven. Here is a cave named Balbhadra Cave where idols of Balram and many others are installed.

**Tungi Giri :-** There are five temples on it. There are two caves named on Bhagwan Chandraprabhu, the eighth Tirthankar and other is Ramachandra cave. Ancient idols of Hanuman, Gava a Gavaksha, Neel etc. are here. In one cave there is an idol of Ram's chief of Army Kritantvakra in the stage of ascetic saint. On the path between Mangi & Tungi Hills, there are two caves of Shraddha & Buddha Munies, a Colossus of Bhagwan Munisuvratnath is here in Padmasan posture. Lord Bahubali and other idols are also here.

Lord Rushabh Nath is believed to be the first Tirthankar in Jainism. In Feb 2016, one World's tallest Jain statue with height of 108 ft. (113 ft. including pedestal) was inaugurated. The consecration was attended by then Chief





Minister Devendra Fadanvis and many visionaries of Indian Govt. The statue is named "The Statue of Ahinsa". The idol is an exceptional piece of architecture and has become a pilgrim for Jains across the world.



The foundation stone for this project was laid in 1996 under the inspiration of Gyammata Mataji, a Jain nun.

Mang-Tungi trek is significant for Jain devotees as the site features numerous ancient temples and statues of Tirthankars. ■

### ***BENEFITS FOR CANCER PATIENTS***

<b><i>Name</i></b>	<b><i>Area</i></b>	<b><i>Amt.</i></b>
❖ Gita Hukku	Andheri	10,000/-
❖ Kumar B. Fatnani	Mulund	2,700/-
❖ Reshmi Tajinder Narang	Andheri	2,500/-
❖ Anukampa Foundation	Bangalore	2,000/-
❖ Poojan Hemant Bohra	Vileparle	2,000/-
❖ Hemant R. Bohra	Vileparle	2,000/-
❖ Veena Hemant Bohra	Vileparle	2,000/-
❖ Varsha Ravindra Sathe	Mahim	1,001/-
❖ Shital Ranjan Lokhande	Worli	1,000/-





**100 SALUTES**

# Aman Sehrawat - Freestyle Wrestler

Aman Sehrawat was born on 11th July 2003 in Birohar, Haryana. He is an Indian freestyle wrestler who compete in the 57 kg weight category. He is the youngest Indian to win an Individual Olympic Medal having secured bronze Medal at the 2024 Summer Olympics in Paris. He won Gold Medal at U17 Asian Championships, U17 World Championships, U23 Asian Championships, U23 World Championships and the Asian Wrestling Championships.



He initially took part in Mud Wrestling inspired by Sushil Kumar's Silver Medal win in 2012 Summer Olympics,



he enrolled at the Chhatrasal Stadium in North Delhi at the age of 10. He lost both his parents at the age of 11





and was taken in by his uncle. He struggled with depression and anxiety after this mishap. However his fortune began to



change with his training at Chhatrasal Stadium, a renowned training ground for emerging wrestling talents. He was trained by Coach Lalit Kumar. In April 2023, he won the Gold Medal at the Under-23 Asian Championships in Astana. He became the first ever Indian to win this Gold Medal.

In January 2024, he won the Gold Medal in the men's 57 kg. event at the Zagreb Open Wrestling Tournament. He competed at the 2024 World Wrestling Olympic Qualification Tournament in Istanbul and earned India a quota place for the 2024 Summer Olympics in Paris. He was the only male wrestler to qualify here.

He won the bronze medal by defeating Dorian Cruz 13-5- becoming the youngest Indian to win an individual Olympic Medal at 21 years and 24 days.

He appeared in Amitabh Bachchan's "Kaun Banega Krorapati" (Season-16) with Manu Bhaker on 5th Sept 2024. Prime Minister Shri Narendra Modi congratulated Aman on 10th August 2024 for his win. ■



## **JALARAM ANNDANKSHETRA**

<b>Name</b>	<b>Area</b>	<b>Amt.</b>
❖ Arjundas Alreja	Santacruz	10,000/-
❖ Kasturi Salaskar	Ghodapdev	10,000/-
❖ Avianna Jain	Worli	8,000/-
❖ Rumah A. Wahal	Juhu	7,000/-
❖ Vinit Kishor Mirpuri	Khar	7,000/-
❖ On occassion of Mihir's Birthday		
By : Chital Naresh	Mulund	7,000/-
❖ Neepa Veeraj Doshi	Parel	7,000/-
❖ Pavna Ramchandra Uchil	Parel	4,000/-
❖ Atul Sadashiv Bhide		
By : Sunita Atul Bhide	Malad	4,000/-
❖ Shweta Bandri	Thane	4,000/-
❖ Poonam Vinay Shenoy	Parel	4,000/-
❖ In memory of Krishna Dattaram Majalkar		
By : Shraddha Santosh Chavan	Kalachowki	4,000/-
❖ In memory of Sunil Sunderdas Malani		
By : Akash Sunil Malani	Mira Road	4,000/-
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# How to get Instant Relief from Leg Pain

- Hansa Yogendra

Today we have changed our lifestyle. We hardly sit on floor or even sit on sofa or chair with legs up. We are sitting in a position where legs are hanging or we do work standing only. We eat food also like that. Our kitchen is such where ladies are standing in kitchen and cooking for a long time. All such lifestyle has made the area which is very very overused is our legs. Our legs are really taking the burnt again. If the weight is more, legs have to hold weight so leg pain becomes very common. Lots of people, even children suffer from leg pain, intend sores, full aches and throbbing pain in our legs are very easily felt nowadays. Minor injuries, inflammation, cramps, goût and acidic imbalance can also cause pain. Having pain killers for relief is not an healthy option in any case.

Here are simple remedies that will surely help you to get relief from pain.

**1) Salt Bath :** It is known for reducing pain and can be really relaxing for sore muscles. Such a bath gives instant relief and provide to the effect. Take a bucket or a tub half filled with warm water. Add one cup of sea salt in that and soak your legs for 15-20 minutes.

**2) Instead of rubbing the legs with some oil, it is better**





to take oil in your finger and use pressure points. Press your legs from knee downwards and upwards and that will give you instant relief.

**3)** Another technique is inverted wall stretches. First lie on the floor and focus on your breathing. Then slowly suspend your legs on the wall in such a way that leg is stretched against the wall from heel to butt. This topsy turny position of your leg, staying for sometime, say around 10 minutes would really give a good relief.

You can fold your legs in the same position, or fold in different different ways but in the same position. If you feel a little discomfort, make your legs little loose. Do not make it totally straight and be mindful of the way in which your body is guiding you.

In all these, you should see that your spine is straight. This really helps and soothes the pain in that position. You will feel instant relief when you do this and in any case this also facilitate proper blood circulation. It also helps in relaxing the back pressure, the pelvic pressure because it helps in exercising that area also.

So try and do this and help your total lower part of body. Apart from all this, watch your weight. Weight watching is very important so regular walking is very important. Proper timely eating food is very important also. Just see that you don't put on weight. Otherwise your legs will suffer and pain will come again.





These techniques definately gives you instant relief from your pain but you have to understand the larger cause why you have pain.

Keep your mind free from stress and see that you are aware about yourself. Try to see that you are aware of stress of your mind because if mind is in tension, it is going to affect your body. It is going to affect that part which is overused or which is not used properly.

So take care. Become aware, feel life as a joy. Enjoy every moment and keep active in your life. Then you will find that you are free from pain and ache. Take charge of your life. ■



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## RECIPE

# DADPE POHE

### *Ingredients :*

- ☆ 1½ cup poha
- ☆ 2 chopped onions.
- ☆ ½ cup peanuts
- ☆ ½ tsp mustard seeds.
- ☆ ½ cup boiled and grated purple yarn or kand
- ☆ 8-10 curry leaves.
- ☆ Salt to taste
- ☆ 1 tsp Sugar
- ☆ 1 tbs grated coconut
- ☆ 3 tbs coriander leaves chopped.
- ☆ juice of ½ lemon.
- ☆ Water as required.
- ☆ 2 tsp Oil.
- ☆ 4 chopped green chillies

**Method :** Add water to soak poha. Soak for 5 minutes. In a heated pan, take oil and let it boil. Now add mustard seeds, curry leaves, green chillies and peanuts. Mix well. Turn of the flame. It's tempering for Poha.

In a bowl, add chopped onions. Add to it grated yarn or kand, coriander leaves, salt and sugar. Add the poha and tempering (prepared) and lemon juice and mix well.

It's time to serve. Decorate with coriander and grated coconut. ■



## MOTIVATIONAL TALK

# Law of Garbage Truck Mindful Consumption

Over time, I have realised that I am taking far more from the universe than I will ever be able to give back.

The constant exercise of differentiating between needs and desire has been an eye opener. Endeavour is to live responsibly, endeavour is to live with conscience.

**For example:**

***1. Do I really need the water that is being poured in my glass at the restaurant?***

Will that water not go down the drain (literally) when I leave my table? Am I being fair to those who are walking miles for drinking water and yet what they get is hardly safe enough to consume?

***2. Do I really need to wrap that gift by buying 'free' gift wrapping paper?***

Because that shiny/non-biodegradable paper is going to be trashed (literally) once the gift is opened?

***3. Do I really need to buy gifts when I am not sure if they will be used and needed by the receiver because I want to look good?***

Isn't it wiser to buy fruits or dry-fruits with the same amount of money and with almost certainty that they will be consumed?



***4. What do I do when I am at buffet?***

Do I listen to my stomach or do I fill my plate with everything available (either because its free or because I have paid for it all)?

***5. What do I do when the guy at Subway (the foodchain) offers me two forks and four tissue papers when I am going to be eating alone?***

Do I return one fork and three tissue papers (or all four, if I carry my own hanky) to him or I just walk away from the counter and throw away unused forks and tissue papers?

***6. Just because something is 'bio-degradable', should I use it?***

Can I even avoid a paper bag or a cloth bag because a tree was chopped to make that paper and earth was subjected to atrocities to create the piece of cloth? Can I 'reduce' my consumption even before thinking of 'reuse' or 'recycle'?

***7. What happens when I go to eat Thali?***

There are so many things I know I might not eat (for eg katori of Dahi or that Bengali mithai).. Do I return it immediately so that it can be offered to someone else or do I let it sit on my plate and leave it untouched only to be thrown away later?

### ***8. Do I really need that cotton Kurti because it looks cool?***

The fashion industry is far more evil than what meets our eye. From what it does to the environment while growing cotton and jute to how it treats humans to how it treats textiles and garment waste is mind-bogglingly dirty.

### ***9. Do I really need that extra pair of shoes because I don't have 'that' particular shade of orange?***

Do I take into account that once processed, footwear is almost impossible to degenerate on face of the earth (including leather)?

### ***10. Do I need to cook elaborate meals when guests visit me?***

Can I cook just enough so that everybody including myself can have a great time and no food is wasted (or we don't continue to eat same food for next three days well after it has lost all its nutrients)

### ***11. Do I need to buy things just because they are in sale and they are cheaper?***

Do I need to buy them because there is 'return policy'? I was reading a case study on how big retail conglomerates dump returned goods in the ocean and its unbelievable how our oceans are constantly being subjected to waste created because of our greed.





**12. Am I respectful when I am visiting a tourist destination?**

Do I take rules such as 'keep silence', 'do not litter' seriously enough?

Do I allow the place to consume me or my overbearing presence consumes the place?

I have been asking these and such questions for a couple of years now.

What else can I ask?

How else can I live mindfully?

The Planet is choking.... make yourself count! ■



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# A soul touching Father's Day Story

Vivek Agnihotri the maker of movie Kashmir Files, wrote on Father's day (Sunday, 18th June 2023):

When I came to Mumbai, I stayed as a paying guest in a posh building in Pali Hill. Not that I could afford it, I was lucky to get it cheap for an emotional reason. The landlords were an old couple and the apartment was huge. Their children were all abroad. They were lonely and afraid that if something happens to them who would be there to take them to hospital.

They gave me a small room to live. I was struggling and used to buy very cheap food like bhelpuri, vada pao etc from Linking Road, heat it in their microwave and eat alone in my room.

One day, auntie asked me to eat in their dining room. So, next day I bought some extra bhelpuri and offered them. Hesitantly, they accepted it. Uncle told me that it was after some 20 years they had eaten street food, as their children had asked them not to eat street food.

Slowly, this became a ritual, They started waiting for me to come back with some street food. This brought joy in their life. It also gave me a sense of family. They told me this must remain a 'secret' between us and I must never tell their children, just in case we ever met. Their



children called every weekend but they never ever mentioned this 'secret'.

I started researching for all famous street food vendors in Mumbai. I travelled distances in local trains, walked miles to get some special street food from corners of Mumbai. Kheema Pav of Gulshan-e-Iran at Crawford Market or Dosa from Anand at Ville Parle or Bun Maska and Mava Samosa of Mervan's at Grant Road or Samosa with Chhole of Guru Kripa in Sion or Khichdi of Swati Snacks or Sadguru Pav Bhaji from Chembur.

It gave me purpose and hope to old couple.

We became a small family seeking that 'dining table' moment of bonding. Uncle was very old, 90ish. He would tell me same 'kisse' everyday. Later, I learnt from auntie that the entire day he didn't speak. This was the only moment when he came to life.

Gradually, his health started deteriorating. He started forgetting. Then came a time when he forgot that I wasn't his real son. One day, on his birthday, I brought poori and aloo ki sabzi from Pancham Pooriwalla near VT station. He smelt it for a very long time and then he called me by his son's name. Auntie told me most of his working life in town, he had same poori aloo for lunch as his office was next door to Pancham. Once he retired, his son asked him

not to eat it anymore. After relishing it for more than an hour, he got up and walked very slowly, with his walker, to his room and came back with a box. Once again, he addressed me with his son's name and gave it to me. "I had kept it for the day when you grow up to fulfill a son's duty. Today, you did. It's yours now."

When I opened the box, there was a 'Hero' fountain pen in it. Later auntie told me that he had written his engineering exam with this. The pen was gifted to him by his father.

That night, I hadn't found a Hero pen. I had found a father.

That pen is with me to be given to a son who will bring me my favourite food, when I am old and cold.

We are born to one father. But we can be son to many fathers?? ■

### THANK YOU VERY MUCH FOR YOUR SUPPORT

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- ✦ **Coverpage Designing** : Chintan Mulchand Savla (Ramania)
- ✦ **Voluntary Help** : Young Alert Group (Shahu Nagar-Mahim)
- ✦ **St. George Hospital Annadan Kshetra**: Amrutaben Khuthiya (Bhachau)
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# Gilloy Ghanvati

Gilloy is an Ayurvedic Medicine made from the leaves and stems of a plant. It is also known as Tinospora Cordifolia. It is a powerful immune booster and is considered useful in many diseases.

## Benefits:-

- ❏ Gilloy is very useful for boosting immunity.
- ❏ It helps the body to fight against fever. It has anti-pyretic properties which means it helps to reduce fever especially for Malaria.
- ❏ It helps to control blood sugar levels.
- ❏ It has anti-inflammatory properties which help to reduce joint pain and swelling.
- ❏ It is beneficial in skin diseases like acne, rashes and eczema.

**Dose :** The usual dose is 1-2 gms twice a day.

It can be taken with water or milk.

It is always advisable to consult your doctor before consumption.

**Note :** It is not recommended for pregnant and lactating women. ■



## Beautiful Quotes from Charlie Chaplin

- 1) My pain may be the reason for somebody's laugh.  
but my laugh must never be the reason for  
somebody's pain.
- 2) I have many problems in my life but my lips don't  
know that. They just keep smiling.
- 3) A day without laughter is a day wasted.
- 4) To truly live, you must be able to take your pain and  
play with it.
- 5) You will find that life is still worthwhile if you just  
smile.
- 6) Nothing is permanent in this wicket world, not even  
our troubles.
- 7) A man's true character comes out when he is  
drunk.
- 8) The mirror is my best friend because when I cry.  
it never laughs.
- 9) You need power only when you want to do something.  
harmful, otherwise love is enough to get everything  
done.
- 10) Life is a tragedy when seen in close-up. But it is a  
comedy in long shot.
- 11) I always like walking in rain so no one can see my  
tears. ■



# Lessons from Ships which were near Titanic

There were three ships which were nearby when the Titanic sunk.

One of them was known as the Sampson. It was 7 miles away from the Titanic and they saw the white flares signaling danger, but because the crew had been hunting seals illegally and didn't want to be caught, they turned and went the opposite direction away from the Titanic. This ship represents us and people like us if we are so busy looking inward at our own sin and lives that we can't recognize when someone else... is in need.

The next ship was the Californian. This ship was only 14 miles away from the Titanic, but they were surrounded





by ice fields and the captain looked out and saw the white flares, but because the conditions weren't favorable and it was dark,



he decided to go back to bed and wait until morning. The crew tried to convince themselves that nothing was happening. This ship represents those of us who say I can't do anything now. The conditions aren't right for it and so we wait until conditions are perfect before going out.

The last ship was the Carpathia. This ship was actually headed in a southern direction 58 miles away from the Titanic when they heard the distress cries over the radio. The captain of this ship knelt down, prayed to God for direction and then turned the ship around and went full steam ahead through the ice fields. This was the ship that saved the 705 survivors of the Titanic.

When the captain looked back at the ice fields they had come through, he said someone else hands must have been at the helm of this ship! This ship represents those who would pray to God for direction and then go without hesitation. ■





## KIDS CORNER

# STORY OF SHIV AND SHAKTI

The legend of the marriage of Lord Shiv and Shakti (Sati) is one of the most important related to the Festival of Mahashivratri. According to the legend, the day both got married is celebrated as Shivratri- the night of Lord Shiv.

The legend goes that once Lord Shiv and his wife Sati were returning from Sage Agastya's Ashram after listening to Ram Katha. On their way through the forest, Shiv saw Lord Ram searching for his wife Sita who had been kidnapped by Ravan, the king of Lanka. Lord Shiv bowed his head in reverence to Lord Ram. Sati was surprised by his behaviour and inquired why he was paying respect to a mere mortal. Shiv informed that Ram was an incarnation of Lord Vishnu. Sati however was not satisfied with the reply so Lord asked her to go and verify the truth for herself.

Using her power to change forms Sati took the form of Sita and appeared before Ram. Ram immediately recognised the true identity and asked "Devi, why are you alone, where is Shiv ?" At that Sati realised the truth.

Later Sati's father Daksh organised Yagna but didnot invite Sati and Shiv. But Sati wanted to attend the Yagna. She went but Shiv didnot like it. To her great anguish



Daksh, her father ignored her presence and didn't even offer Prasad to her. Sati felt humiliated and jumped into the Yagna fire and immolated herself.



Lord Shiv became extremely furious when he heard the news. Carrying Satis body, he began to perform 'Rudra Tandav' - the dance of destruction and wiped out the kingdom of Daksh. In order to calm Lord Shiv, Lord Vishnu severed Sati's body into 12 pieces and threw them on earth. It is said that wherever the pieces of Shakti body fell there emerged a Shakti Pith including the Kamakhya in Assam and Vidhyavasini in Utter Pradesh.

Lord Shiv, who was now alone undertook rigorous perance and retired to the Himalayas. Shakti took rebirth as Parvati in the family of God Himalaya. She performed penance to break Lord Shiv's meditation and win the attention. Finally she was able to lure Lord Shiv into marriage. Their marriage was solemnized a day before Amavasya, in the month of Maha. This day of union of Lord Shiv and Parvati (Sati) is celebrated as Maha Shivratri every year. ■



## HUMOUR

- Ashaben Dasondi,  
Matunga



- An old man had 8 hair in his head.

He went to a Barber shop. Barber in anger asked "Shall I cut or count?"

Old man smiled and said "Colour it."

- Girlfriend : "I am not able to install 'PRISMA' app in my phone."

Boyfriend : "Check your phone storage-may be its full.

Girlfriend : "Hmmm. Is there any alternative to this App ?

Boyfriend : "Yes, take selfie without make-up."

- Wife called her mom : "He fought with me again. I am coming to you."

Mom : "No dear. He must pay for his mistake. I am coming to stay with you.

- A boy met a girl in Metro.

Girl : "Everytime you smile, I feel like calling you to my place."

Boy : "Wow. Are you single?"

Girl : "No. I am a dentist."

- Maths teacher: What is a Line ?"

Pappu : "A line is a dot going to a walk

Teacher : "Then what are parallel lines?"

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

- Teacher : "Why do we write 'Etc' at the end in the Exam?"

Student : Because it means E = END of T = Thinking and C = Capacity.



Designing & Typesetting : Samir Parekh, Creative Page Setters, Vidyavihar.



"Happiness is when what you think, what you say, and what you do are in harmony."





## Picture speaks of Jalaram Annadankshetra



Smt. Mayaben & Shri Rameshbhai Dedhia (Bhujpur) have always stood by the Organisation and kept the flame of Jeevan Jyot Trust glowing by becoming a shield of warmth for cancer patients Shri Rameshbhai is lovingly serving food with such spirit that cancer patients will get well soon.

## Pictures speaks of Jeevan Jyot Old Age Home



A sick elderly person is seen eating food at Jeevan Jyot Old Age Home.

To,



### Picture speaks of Compassion



A woman patient who has recovered from a terrible disease like cancer is given job to sewing a bedspread/quilt by the Jeevan Jyot Trust to earn an income. The colorful bedspread sewn by the cancer patient and offered to the cancer patient who is undergoing treatment on the footpath is presented by the founder and managing trustee of the organization, Shri Harakhchandbhai Savla (Badawala) and other volunteers.