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JEEVANPATH

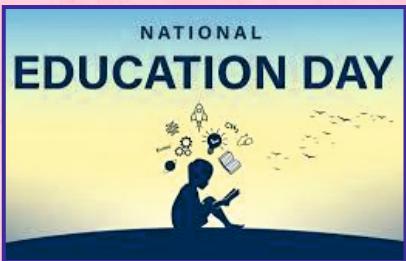
JEEVANPATH



Vol. No. 13, Issue No. 6
Website : www.jeevanjyot.in

For Awareness ₹10/-
Total 44 Pages

Mumbai, 15th November 2025
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



The picture speaks of the
cooperation of society.



We humbly request
you to help by
placing a medicine
donation box in your
society or shop,
collecting leftover
medicines, and acting
as a protective shield
for the poor and
destitute patients
who come to
Jeevan Jyot Trust.

To place a medicine
donation box,
Contact: Parul Gada -
Mob. 9833021505

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 MANOJ MEGHJI CHHEDA (RATADIA GANESH - ANDHERI)

The picture speaks of a celebration of joy



We are feeling immense joy by celebrating the 43rd anniversary of Jeevan Jyot Trust and the 67th anniversary of the Founder and Managing Trustee of the Organization, Shri Harakhchandbhai Savla (Badawala), along with cancer patients. The pediatric cancer patients celebrated their anniversary with joy by cutting a cake, cadbury, chocolate and delicious food, dancing to the beats of the DJ, and receiving various 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.

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
T.I.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



Osho Quotes

Each person comes in this World
with a specific destiny
he has something to fullfill
Some message has to be delivered
Some work has to be completed.

You are not here accidentally
You are here meaningfully.
There is a purpose behind you
The God intends to do something through you

There is no value of what you did in past
Show your best part today,
Everyone wants to read today's newspaper
Because yesterday's newspaper is
Waste paper.

-: 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)	A/c. No 14731450000017
IFSC	- HDFC0000357	

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
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■ 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
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■ 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

THERE ARE 6 LITTLE STORIES WITH BIG MEANINGS

1) Once all the villagers decided to pray for rain. On the day of prayer, all the people gathered but only one boy came with an umbrella.

That is Faith

2) When you throw babies in the air, they laugh because they know you will catch them.

That is Trust

3) Every night you go to bed without any assurance of being alive the next morning But still we set the alarms to wake up

That is Hope

4) We plan big things for tommorow in spite of zero knowledge of the future.

That is Confidence

5) We see the world suffering but still we get married and have children.

That is Love

6) On an old man's shirt was written a sentence "I am not 80 years old but I am sweet 16 with 64 years of experience."

That is Attitude



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 Kishorhai 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 Biharlal 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. Nalinir 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

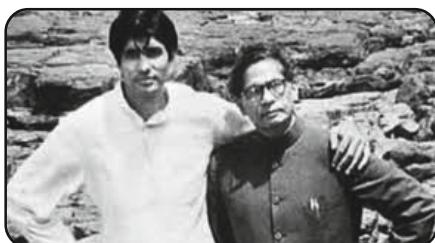
MONTH SPECIAL

Harivansh Rai Bachchan-

The Poet

Harivansh Rai Bachchan was born on 27th November 1907 in Bapupatti, United Province of Agra and Oudh, British India in a Kayasth family. His family name was Shrivastav. He began using the pen name 'Bachchan' (meaning child) for his Hindi poetry. From 1941 to 1957, he taught in the English Department at the Allahabad University and then spent the next two years at St. Catharine's College, Cambridge completing a Ph.d. on W.B. Yeats.

When looking to get their elder son Amitabh admitted to a school, he and Teji, his wife decided the family's surname should be Bachchan instead of Shrivastav as both parents opposed the Caste system. Thus it became the legal surname of the family.



Harivansh Rai Bachchan was fluent in several hindi languages (Hindustani and Avadhi). He incorporated a broadly

Hindustani Vocabulary. His work has been used in movies and music. Couplets of his work 'Agneepath' used throughout the 1990 film 'Agneepath' featuring his son Amitabh and later in the yr. 2012 remake of 'Agneepath' as well as in the T.V. serial Ishqbaaz.

"Mitti Ka tan, Masti ka Man,
Ksan bhar jiyan. Mera Parichay.

(Body of clay, mind of fun, life of a moment, my Introduction).

मिट्टी का तन, मस्ति का मन,
क्षण भर जिवन, मेरा परिचय ।

Few of his very famous poems are Madhushala, Madhubala, Madhukalash, Nisha Nimantran, Akul Antar, Halchal etc.

His Biography are :

- Kya Bhooloon, Kya yaad Karoon
- Besere se door
- Bachchan Rachanavali Ke Nau Khand
- Dashdwaar se Sopaan tak.

He expired on 18th January 2003 in Mumbai.

He was awarded Padma Bhushan in 1976. He was the member of Parliament, Rajya Sabha from 3rd April 1966 to 2nd April 1972.

He was also on the 2003 Stamp of India. ■

SMILING IS INFECTIOUS

Smiling is infectious
You can catch it like the flu
When someone smiled at me today
I started smiling too.



I walked around the corner
Someone saw me grin
When he smiled, I realised.
I had passed it on to him.



I thought about the smile
And then realised its worth
A Single smile like mine
Could travel round the earth

So if you feel a smile begin
Do not leave it undetected
Start an epidemic
And get the world infected. ■

MOTIVATIONAL STORY**One lonely heart finding another**

My name is Dhruv. I am 71. Last winter, after my wife Tara passed away, I moved into this little apartment building in a quiet part of Noida. Just a room with a view of the parking lot. Felt like the lonliest place on earth. The walls were thin but the people? Thick as stone. Nobody talked. Just shuffled in, shut their doors Me included. I would sit by the window, watching cars come and go, wondering if anyone else felt this low.

One tuesday rain hammering the roof, I saw Mrs. Kapoor. She is 90, lives across the hall, struggling with her grocery bag plastic handle cut right into her palm. She dropped an apple. Rolled toward my feet. I picked it up, handed it back. Her hands shade like leaves "Thank You dear" She whispered, eyes watery. "These old fingers -- they don't listen any more." I walked her to her door. Inside a worn chair and a phone. A real phone-corded. Like from my childhood. "My son calls every Sunday" she said putting the receiver. "But the week is long." That's all she said. But I felt it in my bones. The silence in that room was heavy, Like mine.

❖❖❖❖❖ "Walking with a friend in the dark is better than walking alone in the light." ❖❖❖❖❖

Next day. I knocked again. Brought her the newspaper. She invited me in. We sat. Talked about nothing much, her cat Winky my grandkids in Mumbai, Her voice was small but warm. When I left, she gripped my hand. "Come back. tommorow, please!" I did. And the day after. Just to sit, to listen, she would tell stories about growing up on a village farm, milking cows before school. She would ask about Tara. I had finally talked, really talked, for the first time, since she died.

Then last month, I got a call from my daughter. My grandson Karan was having a rough time bullied at school wouldn't talk to anyone. Sat in his toom headdown, my daughter sounded broken. He just needs hope Papa, Something to lift him! I hung up, heart sinking. How you fix a kid's heart from 1000 kms away?

That afternoon I visited Mrs. Kapoor. Told her about Karan Her face softened "Bring him to me" she said tapping the old phone. "Not the boy, his voice, put him on Speaker." I called my daughter. Karan was hesitant. But Mrs. Kapoor started singing, a silly song about a chicken who lost her eggs. Karan giggled. Then she told a story, how she stood up to a mean kid who stole her lunch in 1943. "I didn't fight him" she said, voice firms. "I gave him

half of my food. It seems he was too hungry." Karan was quiet. Then, "Can you tell me another story?" That night, Karan slept through the night first time in weeks.

I thought it was just for Karan but words got out. Mrs. Singh downstairs, she was raising twins alone, asked if Mrs. Kapoor would read to them before bed. She did used her speakerphone. Next week. Mr. Bose from Flat 3B asked if she would listen to his poetry. He was shy barely speaks English. She did, nodded along said, "Son, beautiful. Keep it up." Soon it was not just kids. Then she started "story time Sunday". Anyone would call her number between 2 to 4 pm. She would share wisdom, jokes or just sit quiet if someone needed to cry. I helped set it up, wrote the number on sticky notes, put them in mailboxes. At first, folks were wary "Scam" Someone muttered. But then Sarita from 2C called Her mom was sick in the hospital. She just needed to hear a kind Voice. Mrs. Kapoor talked about her own sister sick long ago. Sarita cried. Then thanked her, said mother could breath again.

Now every Sunday that old phone rings nonstop. Kids ask for bedtime stories, seniors call because they are scared or lonely. A vet called last week said her dog died and he was her only family. Mrs. Kapoor talked to her for

an hour about her dog Robin "He is waiting for you at the rainbow bridge with extra belly rubs. The vet sent flowers the next day. "You saved me." the card said.

Mrs. Kapoor is not famous. No news crews just a corded phone and a heart too big for one room. But something changed here. Now people smile in the hall now, hold doors, last week I saw Mr. Bose. teaching Sarita's twins to say "Thank You" in Bengali. They giggled. Mrs. Popli brought me soup when I had the flu.

I still miss Tara but this is not loneliness. This is home. Mrs Kapoor showed me connection is not about big gestures. It's about answering the phone, or knocking on a door or sharing your apple. We got so caught up in fancy apps and busy lives, we forgot the simplest thing, being there. Even if it is just a voice down a wire.

So here is my promise to you. Call someone today, Not a text, a real call. Ask how they really are? Listen you don't need pity or sympathy, just a listening ear. And the courage to say "I am here." Because that's how we heal each other. One shaky voice at a time, One lonely heart finding another.

This building? It is not bricks and mortar anymore. It is alive and it started with an apple on the floor. ■

**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 Bhavesh Mahendra Shah By : Mahendra Shamaldas Shah (Harasol)	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 (Unava) 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/-

WOMEN EMPOWERMENT

Commander Prerna Deosthalee - Indian Navy

Commander Prerna Deosthalee has been appointed as the first woman officer to command a Warship in the Indian Navy (INS). She will command the warship in the western fleet of the Indian Navy.

A Mumbai native Prerna completed her schooling at the Convent of Jesus and Mary. She is a post-graduate in psychology from St. Xavier's College was commissioned into the Indian Navy in 2009. Since her growing up years in Mumbai, she was fascinated with Naval aircraft and helicopter operations. When her younger brother joined the navy, she too was motivated to do so.



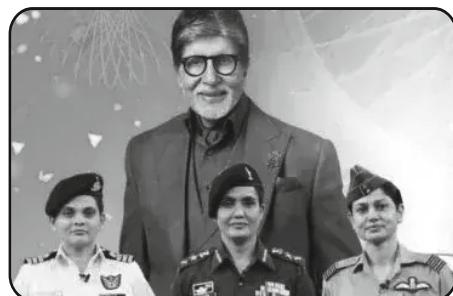
For the first time in history, the Indian Navy appointed a woman as the commanding officer of an Indian Naval Ship. On Navy Day

on December 4th, she assumed Command of the Goa based worship INS Trinkat, a fast attack craft of the Indian Navy, named after Trinkat Island in the Andaman & Nicobar archipelago. Prerna, the first woman observer of the Tupdeo TU-142 has also served on the 'P81' a maritime reconnaissance aircraft.



She was recently presented the appointment letter by Rear Admiral Praveen Nair on her selection as the commanding officer of waterjet FAC INS Trinket.

She has also served as the First Lieutenant of the Kolkatta class destroyer INS Ekennai (DC5)



"The navy is a tight-knit family" says Commander Prerna Deosthalee, the first woman to command Indian Naval Ship. She was led by a "sense of adventure". She

quotes "I aspire to be the best in whatever I do and to do my duty well and hopefully, make a difference. Belief in one self is the only quality required, the navy train you well for everything else. We have an ocean & opportunities which enable both professional and personal growth for officers and sailors".

BENEFITS FOR CANCER PATIENTS

Name	Area	Amt.
❖ Ranka Charitable Trust	Bangalore	50,000/-
❖ Late M.S. Subbulakshmi & Late L.N. Ramaswamy		
By: Ganesh Ramaswamy Iyer	Powai	6,000/-
❖ Vedant Murnal Sandeep Sawant	Bhandup	5,000/-
❖ Shivansh & Sarvesh		
By: Pradeep Balkrishna Dandekar	Khar	5,000/-
❖ Keki Minoo Vacha	Thane	5,000/-
❖ Anukampa Foundation	Bangalore	4,000/-
❖ Susan Dara Master	Vikhroli	3,000/-
❖ Atharva Prasad Sawant	Lalbaug	2,000/-
❖ Kavita Jain	Tardeo	1,100/-
❖ Namdev Sitaram Keer	Sewree	1,001/-
❖ Sampada Belsare	Vileparle	1,000/-
❖ Lishant Sandip Jain	Goldeval	1,000/-
❖ Soham Santosh Parab	Parel	500/-
❖ In memory of Late Sakharam Pathre		
By: Ravindra Sakharam Pathre	Prabhadevi	500/-
❖ In memory of Late Narmadai Pathre		
By: Ravindra Sakharam Pathre	Prabhadevi	500/-

PLACES OF INTEREST

Kaas Plateau

The Kaas Plateau or Kaas Pather is a UNESCO World Natural Heritage site in 2012 located in Maharashtra's Satara District, known for its



vibrant bloom of over 850 species of wild flowers from August to October each monsoon season. It transforms into a spectacular 'Valley of flowers' with endemic and rare plants attracting nature lovers, photographers and botanists.

The plateau is accessible by road from Satara and has strict regulations in place to protect its delicate ecosystem. It is situated about 25 kms from Satara City in the Sahyadri range of the Western Ghats, Maharashtra.

It has a unique eco-system rich in endemic and endangered species with over 850 varieties of wild flowers, grasses and plants. The plateau comes alive with a carpet of colours during the monsoon season, from August to early October.

The plateau is situated at an altitude of 1200 mtrs. and is approximately 10 sq. kms. in area. It has more than



850 species of flowering plants which includes orchids, shrub's such as Karvy and Carnivorous plants such as Drosera Indica. This is a plateau made from volcanic rocks in the Satara District and comes under the biosphere of the Western Ghats.

The plateau experiences a natural cycle of extreme conditions with wet water-logged cool monsoons, Very dry hot summer (45°C) and dry winter (5°C). The Soil is acidic only a thin layer on top of laterite rock underneath. Extreme seasonality influences the ecology of the site.

Kaas Plateau is a Plateau located around 25 kms from



Satara. There are two ways to reach it, one the more direct way from Satara and another from Tapola Via Mahabalshwar and



Panchgini. It is 20 kms from North part of Koyana Santury. The major portion of the plateau is reserve forest.

Kaas lake is a perennial source of water supply for the western part of Satara City by gravity. At certain places water gets accumulated because of uneven surface. The plants growing on this plateau are typically of Herbaceous nature of like grasses. The small shrubs and trees are located at the periphery of the Plateau.

The Kaas Plateau is currently open to visitors for the 2025 wild flower season, which typically runs from mid-September to mid-October, offering a breathtaking display of blooming flowers.

You can book tickets online via the dedicated website for the plateau, which is mandatory on weekends and public holidays.

The area also offers other attractions like nearby waterfalls and boating, making it a popular and worthwhile trip for those seeking a natural escape. The plateau is close to other natural attractions like Thoseghar Waterfalls and offers activities like boating on Bamnoli Lake. It provides a peaceful and beautiful escape from the hustle and bustle of city life. ■

Blood Clots :

What they are and What thing do?

Blood clots form to stop bleeding when a blood vessel is injured; a natural process called coagulation, where platelets and proteins form a mesh to seal the injury. Clots become dangerous when they form abnormally, are too many or do not dissolve naturally. Factors increasing this risk include long periods of inactivity. Surgery or injury pregnancy certain medications like birth control pills and inherited clotting disorders.

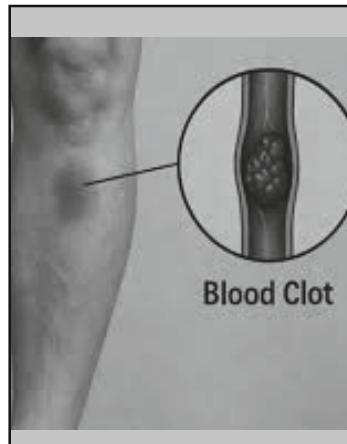
Normal Clotting (Hemostasis)

- **Injury triggers response.** When blood vessel is damaged, it narrows to slow blood loss.
- **Platelet plug formation.** Platelets travel to the site of injury and clump together, forming a plug.
- **Fibrin mesh creates a clot.** Proteins in the blood especially fibrin form a mesh that traps red blood cells and reinforces the platelet plug creating a stable blood clot.
- **Healing and dissolution.** After the injury heals, the blood naturally dissolves the clot.

Risk Factors for Abnormal Blood Clots :

- **Inactivity.** Sitting or lying down for long period slows blood flow, increasing clot risk.

- **Surgery and Injury.** Damage to blood vessels during these events can increase the chance of a clot forming.
- **Pregnancy.** The hormonal changes and increased pressure on veins during and after pregnancy raise the risk of clots.
- **Medication.** Hormone replacement therapy and certain birth control pills can increase the blood's ability to clot.



Early symptoms of a blood clot depend on its location but often include pain, swelling, warmth, and skin colour changes in the affected limb or sudden shortness of breath, chest pain, dizziness or coughing blood if the clot has traveled to the lungs.

Other symptoms can include sudden headaches, vision changes, speech difficulties or weakness if the clot is in the brain.

Seek emergency medical help immediately if you experience symptoms of a pulmonary embolism (clot in the lungs) such as sudden shortness of breath or chest pain as this can be life-threatening. ■

PRIDE OF INDIA**ARUNIMA SINHA -
THE FIRST FEMALE AMPUTEE
TO CLIMB MT. EVEREST**

Arunima Sinha was born in Ambedkar Nagar near Lucknow, U.P. Her father was in the Indian Army and her mother was a supervisor in the health department.

Arunima liked football and was also a national Volleyball player. She wanted to join paramilitary force. She got a call letter from the CISF and faced a life changing assault. She boarded the Padmavati Express train at Lucknow for Delhi on 12th April 2011 to take an exam to join the CISF. She was pushed out of a general coach of the train by



hooligans wanting to snatch her bag and gold chain. She fell on the track and was unable to move due to her severe injuries. A train coming from the





opposite side ran over her leg below the knee. She lay there throughout the night with 49 trains passing by. Local people took her to the hospital the following day.

While still being treated in the All India Institute of Medical Sciences, she resolved to climbs Mt. Everest. She was inspired by cricketer Yuvraj Singh and the television show "To do something" with her life. She excelled in the basic mountaineering in Uttarkashi and was encouraged by her mother to climb Everest. She climbed Mt. Everest with a prosthetic leg which was arranged by raising funds with the help of Swami of Ramkrishna Mission, Vadodara.

She contacted Bachendri Pal, the first Indian woman to climb Mt. Everest in 2011. When she met her, after hearing her story, Mrs Pal said, "My child, you decided to climb Mt. Everest in these situations with prosthetic leg, you have already climbed Mt. Everest. Now just the date is remaining the world to know."

She climbed Island Peak (6150 mtrs) in 2012 as preperation for her ascent of Everest. She and Susan Mahout, a USAF Instructor had together climbed Mt. Chaser Sangria (6612 Mtrs) in 2012 under the guidance

of Hendrik Pal started their ascent of Mt. Everest.

After a hand foil of 17 hours, she reached the summit of Mt. Everest at 10.55 am



on 21st May 2013 as part of the Tata Group Sponsored Eco Everest expedition becoming the first female amputee to Scale Mt. Everest. She took 52 days to reach.

Akhilesh Yadav, then Chief Minister of Utter Pradesh honoured her and handed over two cheques, one of Rs. 20 lakhs from State Government and Rs. 5 lakhs on behalf of Samajwadi Party.

She is now dedicated towards social welfare and wants to open free Sports Academy for poor and disabled people. She also wrote the book titled "Born Again on the Mountain" in 2014.

She was awarded PadmaShri in 2015. She was also awarded Tenzing Norgay Highest Mountaineering Award in India same as Arjun Award.

She is donating all the financial aids she is getting through awards and seminars for the same cause. The academy would be named Shaheed Chandra Sekhar Vikalang Khel Academy. ■

JALARAM ANNDANKSHETRA

Name	Area	Amt.
❖ Vidyanand Vinayak Joshi	Wadala	11,000/-
❖ Late Shiv Narayan Singh ji By: Jitendra Pratap Singh	Nahur	7,000/-
❖ Maruti Linguram Pawar	Thane	7,000/-
❖ Arjundas A. Alreja	Santacruz	5,000/-
❖ Durgesh Anil Jadhav	Bandra	4,000/-
❖ Ilaben Savani By: Jinal Savani	Thane	4,000/-
❖ Pradeep Jayanand Jenage By: Manisha Pradeep Jenage	Dadar	4,000/-
❖ Hiten Kapadia	Sewree	4,000/-
❖ Bhushan Rakesh Gupta	Lalbaug	4,000/-
❖ Disha/Janhavi Sunil Rana	Kalachowki	4,000/-
❖ Dr. Yasmin Surti	Kalachowki	4,000/-

- ★ In the attitude of silence the soul finds the path in an clearer light, and what is elusive and deceptive resolves itself into crystal clearness. Our life is a long and arduous quest after Truth.
- ★ The other day when I was walking through the woods, I saw a rabbit standing in front of a candle making shadows of people on a tree.
- ★ He was a multi-millionaire. Wanna know how he made all of his money? He designed the little diagrams that tell which way to put batteries in.
- ★ "If these pills don't stop the kleptomania, said the psychiatrist, "try and get me a nice video camera."
- ★ If I said anything which implies that I think that we didn't do what we should have done, given the choices we faced at the time, I shouldn't have said that.

JOKE**WHAT A SADNESS TO BE OLD**

I got out from the supermarket and looked for the key of my car. It was not in my pockets. I went back inside and searched among the shelves attentively but found nothing. I searched among tomatoes and potatoes and other things what I had bought but couldnot find the keys.

Suddenly I realised that it could be left inside the car and the car would be stolen. I ran rapidly to the car park, and the car had disappeared.

I called the police and gave then my position, the discription of the car, the licence plate etc, and I confessed that I left the key inside.

Then I made the most difficult call to my wife "Darling, I left the key in the car and it's stolen" my voice trembled.

There was a long silence and then she screamed "I drove you and dropped you at the supermarket before going to the hairdresser!

Not without embarrasement but happy, I said "How nice! So you are coming to pick me up?"

She screamed again. "I cannot - Idiot? I am in the Police Station and I have to convince them that I didn't steal the car!" ■

DONATE WITH AN OPEN HEART

Name	Area	Amt.
❖ Devendra Durlabhji Mair	Borivali	25,000/-
❖ Indrajit Laxman Sawant	Andheri	25,000/-
❖ Piano Presitel	Bhayander	20,000/-
❖ Kumar Rayaprolu	Pune	10,000/-
❖ Bhushan Manohar Mane	Parel	5,000/-
❖ JRD Polymer Pvt. Ltd.	Prabhadevi	5,000/-
❖ Chhaya Parshuram Narvekar	Bhandup	3,000/-
❖ Sudhir Karnataka	Mahim	2,500/-
❖ Arpita Industries	Bhiwandi	2,100/-
❖ Vineet Jain	Dadar	2,011/-
❖ Pooja K. Fatnani	Mulund	2,000/-
❖ Prachi Vivek Rane	Parel	2,000/-
❖ Shamsunder Sitaram Nevrekar	Wadala	2,000/-
❖ Usha Rajput	Dadar	1,500/-
❖ Nilesh P. Baviskar	Pune	1,100/-
❖ Pratibha Ranjan Shenoy	Chembur	1,000/-
❖ Kiran Laxmi Bhosle	Parel	1,000/-
❖ Smita Ketan Chachad	Parel	500/-

- ★ To run away from danger, instead of facing it, is to deny one's faith in man and God, even one's own self. It were better for one to drown oneself than live to declare such bankruptcy of faith.
- ★ Among the many misdeeds of the British rule in India, history will look upon the act of depriving a whole nation of arms as the blackest.
- ★ It is better to be violent, if there is violence in our hearts, than to put on the cloak of nonviolence to cover impotence.

RECEIPE**SOUTHEKAYI IDLI
(CUCUMBER IDLI)****Ingrediants :****For Idli :**

- ★ 1 cup Idli Rawa
- ★ 1 cup grated coconut
- ★ 2 tbs dahi
- ★ Salt to taste
- ★ 2 tbs water

For Tadka

- ★ 1 tbs oil.
- ★ 1 tbs mustard seeds
- ★ 2 chopped green chillies few curry leaves
- ★ 2 tbs Udad daal

Add:

- ★ $\frac{1}{4}$ cup chopped coriander
- ★ $\frac{1}{4}$ cup grated coconut
- ★ $\frac{1}{2}$ tsp. Baking soda

Method : Roast Idli rawa and let it cool. Then mix Idli rawa, grated coconut, 2 tbs dahi, salt and water. Mix well. Prepare Tadka using udded daal, mustard seeds, green chillies and curry leaves.

Add Tadka to the mixture. Also add corriander leaves and baking soda & mix well.

Put the mixture in the idli mould & steam for 15 minutes.

Take out the mould & let it cool. Take out idlis and serve with green chutney or tomato chutney. ■

FESTIVALS OF INDIA**BUNDI FESTIVAL OF RAJASTHAN**

Bundi festival is an annual cultural and tourism festival celebrated in the city of Bundi, located in the Hadoti region of Rajasthan. This vibrant festival showcases the rich cultural heritage, traditional art forms and historical significance of Bundi. It typically takes place in the month of November and spans over three days, attracting both domestic and international tourists.



and the first Bundi utsav was organised in the year 1996. The then Bundi District Collector Madhukar Gupta had taken the initiative to connect the common people with this festival.

Over the years, the festival has gained popularity, becoming one of the most eagerly anticipated events in Rajasthan's cultural calendar.



The Bundi utsav offers a colourful and diverse array of cultural events and activities providing visitors with a glimpse into the region's rich cultural tapestry.

Some of the highlights of the festival include :

Cultural Processions :

Colourful processions wind their way through the streets of Bundi featuring elaborately decorated camels, horses and elephants adorned with traditional attire and accessories. These processions showcases the regal heritage of Rajasthan and add to the festive atmosphere. It starts with the worship of Lord Ganesh at the Taragarh Fort in Bundi city.

Crafts Bazaar :

A bustling market place to set up during the festival offering a wide range of hand-crafted items, textiles, jewellery and pottery at the playground of Government Senior Secondary School, Bundi. Visitors have the

opportunity to purchase authentic Rajasthan handi-crafts and interact with skilled artisans.

Cultural Performances :

The festival features captivating performances of traditional Rajasthani folk music, dance and theatre at Chaurasi Khambon ki Chhatri in the city of Bundi. Artists from across the region come together to show their talent, enchanting the audience with their vibrant performances.

Rajasthani Cuisine :

The festival is a culinary delight offering visitors a chance to savor the flavours of Rajasthani Cuisine - Traditional dishes such as Katta Bafla, Gatte Ki Sabji, Danamethi ki Sabji and Kadke are served to foreign visitors at the festival venue.

Tourist Activities :

In addition to cultural activities, the Bundi Utsav also includes various tourist activities such as heritage walls,



guided tours of historical monuments and fun activities as tug-of-way, mustache competition, turban tying competition, pot race, horse race, camel and elephant race etc.

Deepdan :

Deepdan, an event during which earthern lamps are lit and set float on the waters of Nawal Sagar Lake in which thousands of citizens participate.

Painting Workshop :

A drawing and painting workshop also held at Sukh Mahal located on the bank of Jait Sagar Lake in the city.

Village Safari :

On the last day of the grand and colourful Bundi Utsav, visitors from foreign countries enjoyed the Village Safari. They visit Theekanda village and get acquainted with the rural lifestyle, costumes and culture.

The festival attracts tourists from around the world contributing to the economic development of Bundi and the surrounding areas. ■

THANK YOU VERY MUCH FOR YOUR SUPPORT

- ☛ **Computer Service :** Rakshaben Kirtibhai (Kotda) (Trycon System-Dadar), Chintan Hiren Dedhia (Nagalpur)
- ☛ **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)

DO YOU KNOW ?**8 HEALTH BENEFITS OF DATES**

Dates are the fruit of the date palm tree, which is grown in many tropical regions of the world. Dates are high in fiber and antioxidants. Their nutritional benefits may support brain health and prevent disease.

- 1) Dates are very nutritious.** It contains several vitamins and minerals, in addition to fiber and antioxidants. However they are high in calories since they are dried fruit.
- 2) Dates are high in fiber,** which may be beneficial for preventing constipation and controlling blood Sugar.
- 3) High in disease-fighting antioxidants.** It contains several types of antioxidants that may help prevent the development of certain chronic illnesses such as heart disease, cancer, Alzheimer's and diabetes.
- 4) More promote brain health.** It may be helpful for lowering inflammation and preventing plaques from forming in the brain which may be important for preventing Alzheimer's disease.
- 5) May promote natural labour.** Dates may promote and ease natural labor for pregnant ladies when consumed during the last few weeks of pregnancy.
- 6) Natural Sweetner.** Dates are a health substitute for white

sugar in recipes due to their sweet taste, nutrients, fiber and antioxidants.

- 7) **Other potential health benefits.** Some people claim that dates promote bone health and aid in blood sugar control but these effects have not been studied sufficiently.
- 8) **Easy to add to your diet.** Dates are incredibly versatile and make a delicious snacks. They are often paired with other foods such as almonds, nut butter or soft cheese. It is very sticky, which makes them useful as a binder in baked goods, such as cookies and bars. You can also use it to sweeten up sauces such as salad dressings or blend them into smoothies and oatmeal. But as it is high in calories, they should be best consumed in moderation.■

Joke of the day

A British doctor says, "In Britain, medicine is so advanced that we cut off a man's liver, put it in another man and in 6 weeks, he is looking for a job."

The German doctor says, "That's nothing. In Germany We took part of a brain, put it in another man and in 4 weeks he is looking for a job."

The Russian doctor says, "Gentlemen, we took half a heart from a man put it in another's chest and in 2 weeks, he is looking for a job."

The American doctor laughs, "You are all behind us. A few months ago, we took a man with no brain, no heart, and no liver and made him President, Now the whole country is looking for a job!" ■

KIDS STORY**TIME OF YOUR LIFE**

Every morning at 7.30 am. old Martin opened his little watch shop in the city. At 78, his hands were still the steadiest around he fixed watches like a healer and with quiet care.

One rainy afternoon Daniel, a stressed-out executive rushed in. "My watch is losing two minutes a week, I need it fixed by tommorow."

Martin glanced at the watch. "It'll fake three days"

"I'll pay double" Dannel insisted. Martin calmly replied "Come back in three days." In the meantime take this", He handed Daniel an old bronze pocket Watch.

Over the next few days, Daniel noticed something strange. The watch didnot keep time like his digital one. Hours dragged during meetings but flew by at lunch with his daughter. It was not broken. It was reflecting how he lived.

On the third day, he returned, puzzled. "This watch is irregular." Martin Smiled. "It is tuned to your soul. It does not measure time, It measure life." As he handed back the repaired watch he added "this one will lose time again if you keep loosing your life."

"There are two kinds of time" he said. "The time that passes and the time you live."

Daniel never forget those words. He soon get his job, started his own business and began truly living.

Wishing you the time of your life, that is not just spent but truly lived. ■

KIDS CORNER

The Story Of A Squirrel

After the abduction of Sita, Lord Rama along with this army of monkey and bears starts making a bridge over the sea that would connect them to Lankai. Lord Rama was triumphant to see the passion, dedication and energy level of his army towards the construction of the bridge. A little squirrel was picking up a pebble in her mouth and putting it near the boulders. She did it repeatedly and effortlessly.

Just then, a monkey noticed her and started making fun of her. He told her to stay away lest a boulder crush her. Hearing this, everyone started making fun of her. The squirrel was in tears. Lord Rama was noticing all this from a distance.

Upset, the squirrel went to Lord Rama and complained about everyone to him. Lord Rama then demonstrated to the Army how the pebble thrown by the squirrel has worked as the connector between the two boulders. Even her contribution is as valuable as the other members of the army.

Acknowledging the squirrel's effort, Lord Rama stroked the squirrel's back. The stroking left the marks of his finger on the body of the squirrel. Since then, the squirrels have carried white stripes on their body. This is one of the interesting short stories from Ramayana for children. ■

Last Month's activities carried out by Trust

- 23 cards were given for food and 7 for Haldi milk.
- Food Grains distributed among 147 Cancer patients family.
- Fruits were distributed among 669 patients per day.
- 3 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 4 patients.
- 9 patients were given help by different trusts and received best response.
- Medicines worth Rs. 9,08,260/- were given to cancer patients.
- Medical treatment worth Rs. 3,93,540/- was given to other patients.
- 14 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.4,23,890/- .
- Handicapped person were provided with : 4 Walker, 2 Walking Stick, 3 Commode Chairs, 4 Wheel Chairs, 2 Flower Beds, 1 Oxygen Machines and 3 Oxygen Cylinder were given.
- 6 files made for cancer affected patients.
- 31 Patients got benefit of free Ambulance Service.
- 2 patients got Colostomy Bag at Concessional Rate.
- 1 Cancer patient was given ritual burial under "Kafan-Dafan" scheme.
- 2 unknown persons loitering in street were admited 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/-

RIDDLES

- 1) What walks on four feet in the morning, two in the afternoon and three at night?
- 2) A boy and a doctor were fishing. The boy is the doctor's son but the doctor is not his father. Who is the doctor?
- 3) What is more useful when it is broken ?
- 4) Simon's dad had four sons: March, April & May. What is the name of the fourth son?
- 5) What word is spelled wrong in the dictionary?
- 6) What is seen in the middle of March and April that cannot be seen at the beginning or end of either month?
- 7) This belongs to you, but everyone else uses it?
- 8) What can you hold in your right hand, but never in your left hand?
- 9) A group of bunnies were having a birthday party. What kind of music they were listening to ?
- 10) The rich men want it, the wise men know it, the poor all need it, what is it?

Ans:

- 1) Human 2) Mother 3) An Egg
- 4) Simon 5) Wrong 6) 'R' 7) Your Name
- 8) Your Left hand 9) Hip-hop music. 10) Love

HUMOUR- **Ashaben Dasondi,
Matunga**

- 👉 A snail walks into a bar and the barman tells him there's a strict policy about having snails in the bar and so kicks him out. A year later the same snail re-enters the bar and asks the barman "What did you do that for?"
- 👉 Mother: "Did you enjoy your first day at school?"
Girl: "First day? Do you mean I have to go back tomorrow?"
- 👉 Headmaster: I've had complaints about you, Johnny, from all your teachers. What have you been doing?
Johnny: Nothing, sir.
Headmaster: Exactly.
- 👉 Teacher: "Nick, what is the past participle of the verb to ring?"
Nick: "What do you think it is, Sir?"
Teacher: "I don't think, I KNOW!"
Nick: "I don't think I know either, Sir!"
- 👉 A: Hey, man! Please call me a taxi.
B: Yes, sir. You are a taxi.



The picture speaks of the festive celebration



Like every year, this year also sarees were distributed to cancer affected women by the generous donor Shri Dinesh Modi on the occasion of Diwali festival.

Cancer affected women patients were delighted after receiving Diwali sweets, sarees and biscuits.

To,



The Picture speaks of Compassion



Grains, clothes and blankets were distributed to flood-affected people in several villages of Maharashtra under the initiative of Jeevan Jyot Trust.