



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
Gandhi Jayanti Celebration**



Shri Harakhchandbhai Savla (Badawala), founder and managing trustee of the Trust, worshipping Gandhiji in the Gandhi temple established at the Jeevan Jyot's office, which upholds Gandhiji's principles.



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

IN LOVING MEMORY OF MATUSHREE DEVKABEN MULJI KANJI GALA & SMT. NALINIBEN VRAJLAL GALA, VILLAGE DURGAPUR (NAVAVAS) - ANDHERI

Picture speaks of Compassion



A woman with hearing loss was given an ear machine (hearing aid) with the help of a generous donor.



A blind cancer patient was provided free medicine by the Trust.

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

Estd. : 1983

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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 Namō Nama:**

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

FROM THE EDITOR'S DESK



Be an Encourager

The world already has enough critics, negativity and judgment. What is truly need is more people who uplift, support & believe in others. Choose to be the voice that reminds someone of their worth.

Choose to spread hope instead of doubt in a world quick to tear others down, be the rare light that lifts people up. Your kindness and encouragement might be exactly what someone needs to keep going.

Spend a day, a week, a month without finding fault, rather spend it seeing the good in everyone. When you see something beautiful in someone tell them. It may take you a second to say it but for them it would last a lifetime.

The strongest drug that exists for a human being is another human being.

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring all of which have the potential to turn a life around.

This festive season let us just make each other happy without a reason.

Let us be an encourager and stay blessed forever. ■



“Always remember that you are absolutely unique. Just like everyone else.”



**:- PLEASE NOTE :-**

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

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

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

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

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

EASY METHOD OF GIVING DONATION TO US

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

HDFC Bank (Parel Branch)
IFSC - HDFC0000357

A/c.No 14731450000017

Donors can now deposit from anywhere in India. Please inform the Trust Office about the same. The receipt and 80G certificate will be couriered to you as soon as possible. For more information about such donation, Please contact : **M. 9869206400/9076169355**



How can you help ?

- Full One day Free Simple Meal 14,500
- Full One day Free Sweet Meal 26,000
- One Time Free Meal (Near Tata Hospital) 4,000
- One Time Free Meal With Sweet (Near Tata Hospital) 7,000
- 5 Yearly Miti Yojana (Near Tata Hospital) 18,000
- Lifetime Miti Yojana (Near Tata Hospital) 45,000
- Whole Day Turmeric Milk (Near Tata Hospital) 800
- One Time Free Meal (Near J. J. / Wadia Hospital) 4,000
- One Time Free Meal With Sweet (Near J. J. / Wadia Hospital) 7,000
- One Time Free Meal (Sangali Hospital) 2,500
- One Time Free Sweet Meal (Sangali Hospital) 5,000
- Special Member 31,000
- Blood Donation Camp 40,000
- One Day Picnic For Patients 30,000
- Charitable Allopathic Dispensary Monthly Expenses 30,000
- One Cancer Checkup Camp (100 Persons) 40,000
- Other Types Of Medical Checkup Camps (100 Persons) 40,000
- Toy Bank Monthly Expenses 20,000
- Charitable Homeopathic Dispensary Monthly Expenses ... 15,000
- Monthly Adoption Expenses for 1 Patient 25,000
- Monthly Radiation for 1 Patient 15,000
- Pigeons' Medicine For 1 Month 7,500
- Cost of One Day Grains 2,500
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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



OUR RELIGION

IMPORTANCE OF NAVRATRI

या देवी सर्वभूतेषु, शक्तिरूपेण संस्थिता ।

नमस्तस्यै नमस्तस्यै, नमस्तस्यै नमो नमः ॥

The beginning of spring and the beginning of Autumn are two very important junctions of climate and solar influence. These two periods are taken as sacred worship of the Divine Mother. It represents



celebration of Goddess Durga, the manifestation of deity in the form of Shakti.

During Navratri, the period of purification, renunciation and piety, first invoke Goddess. Durga, the Universal Mother, the embodiment of power, to remove impurities from the mind. Then invoke Goddess Lakshmi to cultivate the noble values and qualities. Finally invoke Goddess Saraswati for attaining the highest knowledge of the Self.

Lets bow to the Goddess and seek blessings from her to inspire and bless all of us with positivity, strength, wisdom, purity devotion, good health and prosperity.

Use the occassion of Navratri to purify your mind, body and soul and stay blessed for ever. ■





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

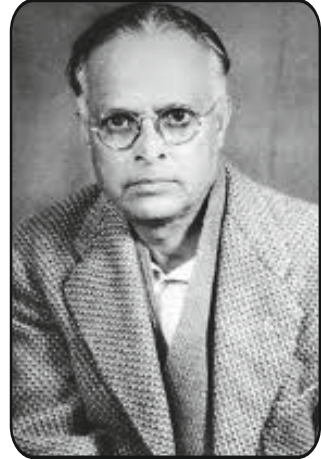
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|-----------------------------------------------------------------------------------------------------------------|-------------------------------|
| 1) Smt. Naliniben Bipinchandra Mehta | : Cancer Detection Centre |
| 2) Smt. Champaben Zumakhram Shah | : 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 |
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| 12) Shri Hariram Mathuram Agrawal (Chembur) | : Fruit Distribution |
| 13) Matushree Sushilaben Kantilal Dani (Harsol) | : Animal Ambulance |
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| 16) Late Kumari Hansaben Ratanshi Lodaya | : Competition Scheme |
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| 25) Smt. Sakerben Premji Charitable Trust (Worli) | : Chemotherapy Dept |



MONTH SPECIAL

R. K. Narayan - English Language Novalist

R.K. Narayan was born on October 10, 1906 in Madras, was one of the India's most celebrated English language Novalists. He is best known for his fictional town of Malgudi, a quintessential Indian locale that served as the setting for many of his works. His writing style is characterised by its simplicity, humor and insightful portrayal of human nature within the context of Indian society.



His early life was marked by frequent moves due to his father's job as a school headmaster. He spent his significant part of childhood with his grandmother, who instilled in him a love for story-telling and introduced him to Indian mythology and culture. After struggling with his studies, he eventually graduated from Maharaja College of Mysore.



His literary career began in the 1930. His debut novel 'Swami and friends' (1935) introduced

Malgudi and it's charming, characters, setting the stage for his subsequent works. Other notable novels include 'The Bachelor of Arts', 'The English Teacher' and 'The Guide' which won the Sahitya Akademi Award in 1958.

His writing often explored themes of tradition verses modernity, the complexities of family relationships and the search for meaning in life. His stories, while rooted in Indian culture, resonated relatable characters. He received numerous accolades including "Padma Bhushan" in 1964 and "Padma Vibhushan" in 2000. He was also nominated to the Rajya Sabha, the upper house of the Indian Parliament. He also received Sahitya Akademi Fellowship in 1994, the highest honour of India's national academy of letters.

The last long work of fiction that Narayan published in his life is the 'Grandmother's Tale" in 1992.

His full name was Rasipuram Krishnaswamy Iyer Narayanswami.



He passed away on May 13, 2001 in Chennai leaving behind rich literary legacy that continues to be cherished. ■

Last Month’s activities carried out by Trust

- 17 cards were given for food and 9 for Haldi milk.
- Food Grains distributed among 153 Cancer patients family.
- Fruits were distributed among 723 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. 9,83,200/- were given to cancer patients.
- Medical treatment worth Rs. 3,71,340/- 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.4,89,403/-.
- Handicapped person were provided with : 3 Walker, 1 Walking Stick, 4 Commode Chairs, 3 Wheel Chairs, 4 Flower Beds, 2 Oxygen Machines and 4 Oxygen Cylinder were given.
- 3 files made for cancer affected patients.
- 27 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.
- 3 unknown persons loitering in street were admitted to Old Age Home.

■ ■ ■

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

The activities are as follows: (Per day)

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



MOTIVATIONAL STORY

The Rich Tailor Story

In one of the poor villages, there was an old tailor. This man was the only tailor in the village and he sewed clothes for all the villagers at good prices.

One day, a resident of the village came to him and said, "You have lot of money, so why not help the poor? The village vegetable vendor does not have half of what you have, and every day he gives the poor vegetables without taking money from them."

The tailor replied, "God knows human intentions and he is the only one who has the right to hold us accountable for our money."

The man was very angry. He left in annoyance. and spread the rumors among the villagers that the tailor was a stingy man who loved money and refused to help the poor.

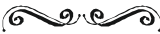
Days passed, the tailor fell ill and no one from the village visited him. The tailor died alone without anyone asking about him.

A month after the tailor's death, the vegetable vendor stopped sending vegetables to the poor. When the villagers asked him why he told them, "The vegetables that I was



distributing was not from my personal money. The village tailor used to give me a large amount of money every month to distribute vegetables to the poor and after his death, there is no free vegetables anymore.

Moral of the Story: Do not interfere in other people's affair, everyone is free to do whatever they want as long as they do not harm you. ■



BENEFITS FOR CANCER PATIENTS

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ Prannath's Birthday By: Kiran Prannath	Prabhadevi	20,000/-
❖ Piano Presitel	Bhaynder	20,000/-
❖ Sangeeta Singh By: Chanchal Singh	Thane	10,000/-
❖ Sanjeev Kumar Nagpal	New Delhi	5,100/-
❖ Rajesh Singh	Vasai	5,000/-
❖ Kalpana Joshi- Venkatesh	Bhandup	5,000/-
❖ Keshavlal Pardiwala By : Mahesh Pardiwala	Pedder Road	4,000/-
❖ Parshuram Narvekar By : Chhaya Narvekar	Bhandup	3,000/-
❖ Nilufer Hormaze Todiwala	Tardeo	3,000/-
❖ Sudhir Vishnu Parkale	Kalachowki	3,000/-
❖ Sanjay Ayodhyasing Chouhan	Dadar	2,500/-
❖ Nilesh P. Baviskar	Pune	2,200/-
❖ Asha Tanaji Ghorpade	Wadala	2,000/-
❖ Mahesh Manohar Kokate	Lower Parel	1,500/-



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

Donor's Name	Area	Scheme	Amt. ₹
<ul style="list-style-type: none"> In loving memory of Late Rita Bhavesh Shah By : Mahendra Shamaldas Shah (Harasol) 	Borivali	Jeevdaya	5,000/-
<ul style="list-style-type: none"> In loving memory of Late Arvindbhai Vallabhdas Sonecha By : Hansaben Arvindbhai Sonecha Family 	Kandivali	Medicine	2,000/-
<ul style="list-style-type: none"> In loving memory of Late Mahendrabhai Manilal Gandhi (Limbodara) By : Induben, Alpesh, Sanjay Gandhi Family 	Borivali	Jeevdaya	1,200/-
<ul style="list-style-type: none"> In loving memory of Late Natvarlal Bulakhidas Shah (Harsol) By : Manjulaben Natvarlal Shah Family 	Kandivali	Jeevdaya	1,000/-
<ul style="list-style-type: none"> In loving memory of Late Kamlaben & Late Kantilal Nagindas Shah (Harsol) By : Kantilal Nagindas Shah Family 	Bhayandar	Medicine	1,000/-
<ul style="list-style-type: none"> In loving memory of Late Saraswatiben & Late Rasiklal Shah (Unava) By : Dhaval Shirish Shah 	Sion	Jeevdaya	500/-
<ul style="list-style-type: none"> In loving memory of Late Kamlaben & Late Bechardas Doshi By : Dilip B. Doshi 	Mulund	Medicine	500/-
<ul style="list-style-type: none"> In loving memory of Late Shardaben & Late Chimantal Sakarchand Shah (Uvarsad) By : Hema Pradip Shah 	Pune	Jeevdaya	500/-



**WOMEN EMPOWERMENT**

Worm Rani - A COMPOSTING ENTHUSIAST

Vani Murthi grew up in the 1960 in a township located in the Indian city of Hyderabad. Ever since an incident of sexual abuse at the tender age of 5, she lived in the shadow of her sister, father and later on her husband. She avoided even mundane daily activities like going shopping or to the bank by herself. Not once during that phase did she ever leave the house alone.



The turning point in her life came at the age of 42. It was in 2009, she witnessed the Mavallipura landfill with around four million tonnes of garbage that she had to change the way. She produced and managed waste at home. She accepted an invitation to enrol to a course in Education for life. Having been confronted with questions about herself for the first time, she began to come to terms with her

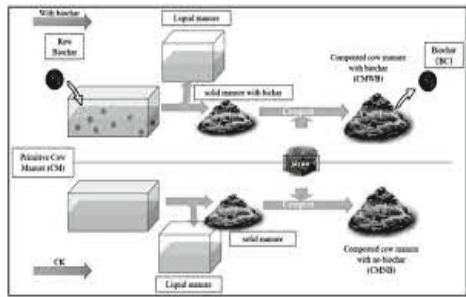


personality and set about leaving the baggage of her past behind.

She swore that from then onwards her waste wouldn't



go to land fills. She began the long journey to learn about and perfect composting at home through a series of trials and errors.



Her first step was to get involved with the community project. Working with other people and sharing a common goal made a new person out of her. Her introvert nature soon disappeared when she started working on the problem of urban waste and become a founder-member of the Urban Waste Management Round Table of Bangalore. It was here that she found her passion to practise waste management and composting and to connect with people to spread the word.

The warm and welcoming Vani, popularly known as Compost Queen is an icon in the area of composting and terrace gardening. You Tube riders featuring Vani demonstrating have reached almost 4,00,000 views besides her online presence. She is invited to speak on various platforms and is involved in several projects which is an attempt to get people to sort their household waste into colour coded bins. A uniform colour code of a green bin for organic waste, a red one for reject waste and a bag for recyclable waste is easy to understand and adopt. She also

wants people to get a positive feeling about the food they eat by growing their own organic vegetables.

"That is the most exciting thing if you learn to compost. You have simultaneously understood the basics of the circle of life and you can start producing your own healthy food." she explains while she casually pick up a handful of earthworms.



This is the story of a woman, who found her purpose late in life and in doing so, found herself leaving the baggage of her past behind.

Her normal routine, at exactly 5:30 am, Vani goes up to her rooftop garden, a ritual she maintains everyday and amidst luscious shades of green, she enjoy her morning coffee. Her early mornings are usually spent working in her green haven. Her garden is a forest of lucious vegetables like beans, okra, eggplants, radish, green tomatoes, peppers and an array of herbs sitting in her garden, one would scarcely believe that one is surrounded by several containers filled with composting organic waste. "If you compost the right way, there is no bad smell at all." says Vani, the passionate organic Farmer. ■



PLACES OF INTEREST

Mandavgadh, Madhya Pradesh

Mandavgadh also known as Mandu is an ancient city in the Mandav area of Dhar district in Madhya Pradesh, India. It is



historically significant with its peak during Mughal Era when it was known as Shadiabad meaning "City of Joy".

Mandu was a major city during the Mughal period and served as a royal retreat known for its romantic atmosphere and scenic beauty. Mandu is renowned for its impressive architecture showcasing a blend of Hindu and Afghan styles, reflecting its acoustic carrying stories within their walls and stones.

It boasts impressive structures like Jama Masjid, Hoshan Shah's tomb and Rani Rupmati Pavillion, Rewa Kund. The city is associated with the love story of Baz Bahadur, the last independant ruler of Malwa and his consort Rani Rupmati.

Shri Mandavgadh Teerth is dedicated to Lord Shri Pashwanath. It belongs to Swetamber sect of Jainism.



"One has to be positive. When you're positive, good things happen."



The temple has been attractively constructed and looks exquisite. It underwent expansion in 14th Century. The idol of Shri Pashwanath is believed to be much older. It is white in complexion and 91.54 cms. in height. It is seated in padmasan posture.

There is a lovely gorge on the way to the fort from Dhar. In monsoon, one can see lovely waterfalls cascading from the rocks Sagar Talab is a beautiful manmade lake inside the fort.

A major part of the 1977 Bollywood movie 'Kinara' starring Jitendra & Hema Malini and its song 'Naam Gum Jayega....' were shot in Mandu. Another film 'Rani Rupmati' (1959) was also based on this city.

Best time to visit Mandu is between October and March. Mandu weather usually remains very cool as it also marks the early spring season.

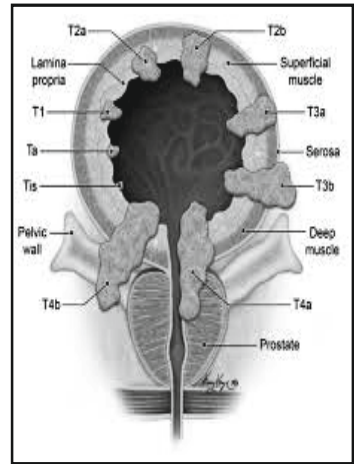


Mandu has no airport or railway station of its own. Indore is the nearest Airport and Ratlam junction is the nearest railway station. ■



The Bladder Cancer

The bladder is a hollow organ in the lower pelvis. Its main job is to store urine. Urine is liquid waste made by the kidneys and then carried to the bladder is made up of several layers. When you urinate, the muscles in the wall of the bladder contract and urine is forced out of the bladder through a tube called Urethra.



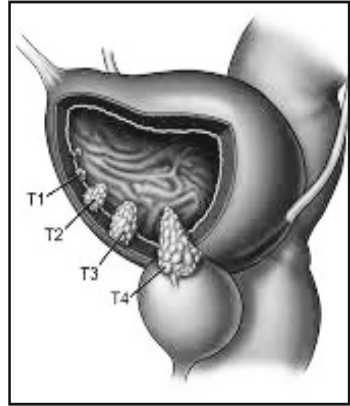
Bladder Cancer starts when cells in the Urinary Bladder start to grow out of control. As more cancer cells develop, they can form a tumor and with time, might spread to other parts of the body.

Bladder Cancer is the abnormal growth of cells in the bladder. These cells can grow to form a tumor which eventually spreads damaging the bladder and other organs. Most people with Bladder Cancer are diagnosed after noticing blood in their urine.

Those suspected of having Bladder Cancer typically have their bladder inspected by a thin medical Camera, a procedure called Cystoscopy. Suspected tumors are removed and examined to determine if they are cancerous. Based on how far the tumor has spread, the cancer is



assigned a stage 0 to 4, a higher stage indicates more widespread and dangerous disease. Those whose bladder tumors have not spread outside the bladder have the best prognosis. These tumors are surgically removed and the person is treated with Chemotherapy or one of the several immune stimulating therapies. Those whose tumors continue to grow or whose tumors have penetrated the bladder muscle, often have their bladder surgically removed which is called Radical Cystectomy.



Bladder Cancer is caused by changes to the DNA of bladder cells that result in those cells growing uncontrollably. Those changes can be random or can be induced by exposure to toxic substances such as aromatic amines, namely benzidine, beta-naphthylamine and ortho-toluidine used in the metal working and dye-industries.

Tobacco smoking is the main contribution to Bladder Cancer risk.

The International Agency for Research on Cancer further classifies rubber processing, aluminium production and fire fighting as occupation that increase the risk of developing Bladder Cancer. ■



PRIDE OF INDIA

SUNDAR SINGH GURJAR - PARALYMPIC JAVELIN THROWER

Sundar Singh Gurjar is born on 1st January 1996 in Karauli, Rajasthan. He lost his left hand in an accident. He contemplated ending



his life but para sports gave him a renewed sense of purpose.

In 2016, he registered the 'A' qualification made for the 2016 Rio Paralympics with a performance of 59.36 m. in 8th Fazza IPC Athletics Grand PRIX, Dubai. He created national record with 68.42m. during the 16th Para Athletics



National Championship in Panchkula.

In 9th Fazza IPC Athletics Grand Prix, he won 3 gold medals in Javelin throw, shot put and discuss throw under the coaching of Mahaveer Prasad Saini. He won silver medal in Javelin throw and





bronze medal in discus throw in Asian Para games 2018,



In 2019, he won the gold medal at the 9th World Para

Athletics Championships and in doing so, he not only defended his 2017 Para Athletes Championships title but also became the only second Indian to have clinched two world championships medal after Devendra Jhajharia.

He set a world record at the 16th Para Athletics National Championships in Puncnkula holding 3 gold medals in three events.

On 30th August 2021, he won bronze medal in the men's Javelin throw F46 event at 2121 Summer Paralympics. along with Devendra Jhajharia.

He is a recipient of Arjuna Award for Para-athletics.



THANK YOU VERY MUCH FOR YOUR SUPPORT

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❖ Adarsh Nagar Sarwajanik Ganeshotsav Mandal	Worli	44,000/-
❖ Aditya & Priyanka Harshvardhan Vora	Matunga	14,500/-
❖ Arjundas Alreja	Santacruz	10,000/-
❖ Pinaz Sharukh Deboo	Tardeo	7,000/-
❖ Lata Chugani By : Kishor Mirpuri	Khar	7,000/-
❖ Suresh Dondiram Jadhav	Dadar	7,000/-
❖ Father's Death Anni. By: Dr. Suresh Menon	Parel	7,000/-
❖ In memory of Sushil Balwant Loke By: Bipin Sushil Loke	Dadar	7,000/-
❖ Rujul Hindalekar's 15th Birthday. By: Umesh R. Hindalekar	Vikhroli	4,000/-
❖ Anil Kishorlal Patodia	Wadala	4,000/-
❖ On ocassion of Father's Birthday By : Arti Tushar Thosar	Parel	4,000/-
❖ Late Satishchandra Gautam's Death Anni.. By: Shashi Gautam	Ghatkopar	4,000/-
❖ Late Sanjay Patil's Birthday By: Priya Khot	Sewree	4,000/-
❖ Ankush Brijmohan Gupta	Parel	4,000/-
❖ Harshad Manohar Patankar's Death Anni. By: Sanika Harshad Patankar	Cottongreen	2,000/-
❖ Sanika Harshad Patankar	Cottongreen	2,000/-





INSPIRATIONAL STORY

LAILA AND DIRTY CLOTHES

A young couple moved into a new house. The next morning while they were eating breakfast the young woman - Laila saw her neighbour hanging the clothes outside.

"That lady does not know how to wash clothes they are not clean. Perhaps she needs better detergent." Laila said her husband - Manu-looked on, remained silent. Everytime the neighbour hung the clothes, Laila made the same comments.

A month later, Laila was surprised to see nice clean clothes hanging in the neighbourhood. She said to Manu "Look, she is finally learned how to wash correctly. I wonder who taught her this?"

Manu replied, "I got up early this morning and cleaned our windows."

So it is with Life. When we see when watching others depends on the clarity of the window through which we look. So donot be too quick to judge others, especially of your perspective of life is clouded by anger, jealousy, negativity or unfulfilled desires.

Judging a person does not define who they are. It defines who you are! ■



DONATE WITH AN OPEN HEART

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ Nakul Zaveri	Worli	25,000/-
❖ Usha Nandkumar Mahadik	Vikhroli	25,000/-
❖ Jayshree Navin Jain	Mulund	25,000/-
❖ Katy Noshir Gotla	Byculla	20,000/-
❖ Saumya Ganesh Gudelly	Prabhadevi	18,333/-
❖ Jayant Pratapsinh Rajda	Parel	10,000/-
❖ Harminder Mangatram Wasan	Sion	6,000/-
❖ Anukampa Foundation	Bangalore	6,000/-
❖ Ravindra Pore	Byculla	4,000/-
❖ Santosh P. Choudhari	Wadala	2,500/-
❖ Bharat Khumaji Bhor's Death Anni.		
By: Manik Shrikant Raut	Ghodapdev	2,000/-
❖ Shamsunder Sitaram Nevrekar	Wadala	2,000/-
❖ Shivali Chandrakant Jangam	Parel	1,500/-
❖ Sanket Lalit Chhajed	Parel	1,001/-
❖ Santosh S. Khandekar	Dadar	1,000/-
❖ P. Sujit Kumar Patro	Hyderabad	750/-
❖ Narayan Sadashiv Dattwade	Worli	500/-
❖ Reena Vinay Sawant	Parel	500/-
❖ Darshna Tushar Kothare	Parel	500/-
❖ Manohar vinayak Joglekar	Borivali	500/-



RECEIPE

RAGI HALWA (FINGER MILLET)

Ingrediants :

- ☆ 1 cup Ragi flour. ☆ 1/4 cup water.
- ☆ 1 cup Milk (boiled) ☆ 1/4 cup ghee
- ☆ 1/2 tsp nutmeg. powder. ☆ 1/4 cup sugar
- ☆ Chopped almonds, cashews, pistas.
- ☆ 1/2 tsp cardamom powder.

Method :

Heat the pan and roast ragi flour in ghee, till fragrant comes. Set aside.

In a seperate pan, Mix milk, water and sugar. Let it simmer.

Now add this milk mixture to the roasted flour. Add cardamon powder and nutmeg powder. Also add some chopped nuts and cook till the mixture thickens.

Garnish with chopped nuts and serve it warm.

Benefits :

- 1) Ragi is a good source of Calcium and Iron. If someone is suffering from anaemia or bone pain deficiency, Ragi is very good for them.
- 2) It is good for diabetic patient and heart patient as it has high fiber and high protein content. Also its glycemic index is very high.
- 3) It improves breast feeding production so good for breast feeding mothers. ■





HEALTH TIPS

Honey with various Medicinal Properties

Honey has various medicinal properties and is used to treat a range of ailments due to its antibacterial, antiviral, and antioxidant properties. It can be used to soothe, soar throats, heal wounds and even potentially help with coughs. Additionally honey has been traditionally used to improve digestion and potentially aid in preventing some types of cancer.

- 1) **Wound Healing** : Honey's antibacterial properties of along with its ability to create a moist wound healing environment, make it a useful topical treatment for wounds & burns.
- 2) **Soar Throat & Cough Relief** : Honey can help coat and smooth a sore throats and it has been shown to be as effective or more effective than some Over-the-counter cough medicines for coughs particularly in children.
- 3) **Anti-Oxidant and Anti-inflammatory** : Honey contains anti-oxidants and anti-inflammatory compounds that can help protect the body from damage caused by free radicals and reduce inflammation.





4) Digestive Aids : Honey can aid digestion and potentially relieve conditions like gastritis and stomach ulcers.

5) Potential Cancer Prevention : Some studies suggest honey may have potential chemopreventive properties and may be helpful in cancer treatment particularly in colorectal cancer.



6) Cardiovascular Health : Honey can help promote cardiovascular health by regulating blood pressure and potentially improving lipid metabolism.

7) Brain Health : Honey's antioxidant properties and ability to boost energy might contribute to improved brain function and memory, as well as potentially protect the nervous system.

Honey has also been traditionally used for eye ailments, as a sedative and to help with constipation.

Important Considerations :

While honey has many potential health benefits, it is still a form of sugar and should be consumed in moderation.

Honey is not a substitute for conventional medical treatment and should be used in consultation with a healthcare professional. ■





FESTIVALS OF INDIA

NARAK CHATURDASHI - KALI CHAUDAS

Narak Chaturdashi also known as Kali Chaudas is a significant Hindu festival observed on the 14th Day (Chaturdashi) of the Krishna Paksh on the month of Ashwin, preceding Diwali.

It holds importance as a day to banish negativity and evil faces, seeking protection of good over evil, symbolised by Lord Krishna's victory over the demon Narkasur. It is the purification of soul. The festival celebrates the triumph of good over bad.

It is a day for introspection and spiritual cleansing. Devotees seek to conquer their inner demons, such as greed, anger and fear and strive for inner peace and enlightenment.

The festival is also associated with invoking Goddess Kali and seeking her protection from negative energies and evil forces. Rituals like Abhyang Snan (Bathing with sesame oil) and lighting lamps are performed to purify the body, mind and environment.

It signifies the victory of light over darkness, both externally and internally. It is a time to dispel ignorance and embrace wisdom and faith.



It is the second day at the five days of diwali celebrations. It sets the tone for the festivities with themes of renewal and the triumph of good.

While the core significance remains the same, the rituals and celebrations of Kali Chaudas can vary across different regions in India. Some regions focus on specific deities like Goddess Kali, while others emphasize purification and protection rituals.

Kali Chaudas or Narak Chaturdashi, will be celebrated on Monday, October 20, 2025 this year. ■



LAUGHTER IS GOOD FOR YOUR HEALTH

- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- **Laughter triggers the release of endorphins,** the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

- ANKUR SHARMA, *Vidyavihar*



**KIDS CORNER****A SNAKE IN THE GRASS****- R.K. Narayan**

One afternoon all the members of a family were taking rest inside their house. Suddenly cyclist rang the bell of his cycle outside the door of the house. After one of the family members opened the door, the cyclist said, "I have seen a cobra entering the compound of your house!" After saying this, he went away

Hearing that, the four sons and their mother became very worried. So they assembled at the gate. They found their old servant, Dasa, sleeping under a shade. After waking Dasa they said to him, "A cobra has entered the house! Wake up and kill it!!"

Dasa dismissed the matter and tried to rest again. But the family forced him to search for the cobra, They also threatened him by saying he would be dismissed from the job, if he didnot find the snake.

In the meantime, some of the neighbours had already gathered around the house. They also accused Dasa of being idle. But Dasa defended himself and said, "I have been demanding a grass-cutter daily. Had I had one, the snake would not have entered the house. Hearing this the family members started to discuss buying a grass cutter They also talked about how much it will cost.

In the meantime, a college boy of the family came in and read statistical data that showed the number of death caused by snake-biting. Now the boys brought a bamboo stick and search for the snake, and started looking for the snake in bushes. They searched everywhere but couldn't find cobra.



Shortly after, an old man came to the house and introduced himself as a snake charmer. The family asked him, "Can you bring the cobra out?"

The snake charmer said, "I can do nothing if you don't show me the snake." He gave his name and address and told them to the members to call him if they found it.

Around 5 pm in the evening the servant Dasa suddenly came with a pot in his hand and said, "I have caught the cobra."

He also bragged about his bravery and blamed the family members for calling him lazy. Then he said, "I will hand over the cobra to the snake charmer." The family members appreciated him.

Five minutes later, after Dasa left home with the pot, the youngest son of the house suddenly cried out, "See over there! A cobra came out of the hole." The cobra must have heard the scream, it just looked at the gathering, crawled under the gate and disappeared.

The mystery remains : if the cobra was here, what was in the pot in Dasa's hand? Was he fooling everyone? Were there two cobras inside the house? But it would not have been a mystery had any one opened the pot.

Moral of the story : Trust but verify Summary - A snake in the grass story tells us that "We should always verify before trusting everyone. Blind trust will only lead us to troubles. The servant Dasa left them in a great confusion whether he told the truth about catching the cobra or he lied. ■



HUMOUR

- Ashaben Dasondi,
Matunga



☛ Husband : "Call ambulance fast, I am having heart attack."

Wife : (took his mobile) "Quick, Tell me your password."

Husband : "It's OK. I am feeling better now."

☛ A very serious fight was going on between husband and wife.

Husband : "I resign from the post of your Husband."

Wife : "Okay, but you will have to stay till I don't get any other alternative."

☛ Maths teacher : "What is a line ?"

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

Teacher : "Then what are parallel lines?"

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

☛ Teacher : "Why are you late?"

Student : "Mom and dad were fighting."

Teacher : "So what makes you late if they were fighting?"

Student : "One shoe was in Mom's hand and the other in dad's hand."



Picture speaks of Jeevan Jyot Old Age Home



Elderly residents are enjoying delicious food at Jeevan Jyot Old Age Home.



The students of the school were overwhelmed with emotion after visiting the elderly living in the Jeevan Jyot Old Age Home.

To,



Picture speaks of "Kafan-Dafan" Rituals



Families unable to bear the huge expenses of treatment of a cancer patient leave their loved ones alone in the hospital. Jeevan Jyot trust performs the last rituals of such a patients free of cost under "Kafan-Dafan" scheme.