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JEEVANPATH

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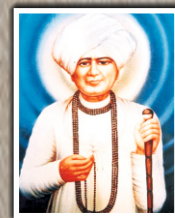
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E-mail : jeevan_jyot@yahoo.in



Om Sarve Bhavantu Sukhinah: Sarve Santu Niramaya |

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



Picture speaks of Humanity



Jeevan Jyot Cancer Relief and Care Trust sincerely thanks the donors for the work in bringing joy and happiness to Pediatric cancer-affected patients. Founder and Managing Trustee of Jeevan Jyot Trust Shri Harakhchandbhai Savla (Bada) is arranging children for picnic.

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

SMT. PREETI NIMESH SHAH (SION)



Elderly people busy with activities at Jeevan Jyot Old Age Home.

Picture speaks of Food Grains Distributuon



Families of cancer patients are physically, financially and mentally devastated. To keep their spirits up, 150 economically weak families are given food grains every month.



ॐ **Arihante Namō Nama:**

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

FROM THE EDITOR'S DESK



Shake off your problems

A man's favourite donkey fell into a deep precipice. He couldnot pull out, bring it out, no matter how hard he tried. He therefore decided to bury it alive.

He called some of the neighbourhood people to pour soil onto the donkey from above. The donkey felt the load, shook it off and stepped into it. More soil was poured.

“It shook it off and stepped up. The more soil that was poured, the higher it rose. By noon, the donkey was grazing in green pastures.

Lesson :- After shaking off (problems) and stepping up (learning from them), one will reach green pastures. ■

“Your intuition knows what to write, so get out of the way.”



-: 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 (Parel, Bhoiwada Branch)

A/c. No. 20059826756

IFSC - MAHB0000563

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



How can you help ?

■ Full One day Free Simple Meal	14,500
■ Full One day Free Sweet Meal	26,000
■ One Time Free Meal (Near Tata Hospital)	4,000
■ One Time Free Meal With Sweet (Near Tata Hospital)	7,000
■ 5 Yearly Miti Yojana (Near Tata Hospital)	18,000
■ Lifetime Miti Yojana (Near Tata Hospital)	45,000
■ Whole Day Turmeric Milk (Near Tata Hospital)	800
■ One Time Free Meal (Near J. J. / Wadia Hospital)	4,000
■ One Time Free Meal With Sweet (Near J. J. / Wadia Hospital)	7,000
■ One Time Free Meal (Sangali Hospital)	2,500
■ One Time Free Sweet Meal (Sangali Hospital)	5,000
■ Special Member	31,000
■ Blood Donation Camp	40,000
■ One Day Picnic For Patients	30,000
■ Charitable Allopathic Dispensary Monthly Expenses	30,000
■ One Cancer Checkup Camp (100 Persons)	40,000
■ Other Types Of Medical Checkup Camps (100 Persons)	40,000
■ Toy Bank Monthly Expenses	20,000
■ Charitable Homeopathic Dispensary Monthly Expenses ...	15,000
■ Monthly Adoption Expenses for 1 Patient	25,000
■ Monthly Radiation for 1 Patient	15,000
■ Pigeons' Medicine For 1 Month	7,500
■ Cost of One Day Grains	2,500
■ Ordinary Member Fee	2,000
■ Daily Dry Grass Cost	2,000
■ Green Grass Cost per day	1,500
■ Cow's Roti Cost per day	1,000
■ Daily Milk for Dogs	1,000
■ Cost of Feed for Pigeons	1,000
■ Ambulance	1,000
■ Ozone Therapy	500
■ Lifetime Yojana for Donors	12,50,000
■ Sponsorship for 1 Year	1,25,000
■ Patronship	1,25,000
■ Vice-Patronship	75,000

MAHARASHTRA DAY

Maharashtra Day is a state holiday in the Indian State of Maharashtra commemorating the formation of the State of Maharashtra in India from the division of the Bombay State on 1st. May 1960.

The States Reorganisation Act 1956 defined boundaries for the state within India on the basis of languages. The Bombay State that was formed as a Consequence of this Act, however was composed of different areas where different languages were spoken, Marathi, Gujarati, Kutchi & Konkani. The Samyukta Maharashtra Samiti was at the forefront of the movement to divide the Bombay state into two states, one composed of areas where people, primarily spoke Gujarati & Kutchi and the other where people primarily spoke Marathi & Konkani.

The State of Maharashtra and Gujarat were formed as a result of this movement according to the Bombay Reorganisation Act 1960 enacted by the Parliament of India on 25th April, 1960. The act came into effect on 1st May 1960. Certainly, both States celebrate 1st May.

Every year the Govt. of Maharashtra issues a notification declaring 1st May to be a public holiday to be celebrated as Maharashtra Day. This holiday applies to all the school, offices and companies under the jurisdiction of the State and Central Government celebrate this day



by organising various programmes.

Maharashtra Day is commonly associated with parades and political speeches and ceremonies in addition

to various other public and private events. Celebrating the history and traditions of Maharashtra, It is celebrated to commemorate the creation of a Marathi Speaking State of Maharashtra.

Every year a parade is held at Shivaji Park where the Governor of Maharashtra makes a Speech. The Golden Jubilee celebrations for Maharashtra Day were conducted on 1st May 2011 across Maharashtra.

The day is also marked with parades, patriotic songs and Cultural programmes particularly in Mumbai at the Hutatma Chowk (Martyrs' Square) to honour those who lose their lives in the struggle for the State.

In Maharashtra. State Government and private Sector inaugurates and launches various new projects and schemes on this Day. Annual celebrations of such institutions and projects are also held on Maharashtra Day. ■

MONTH SPECIAL

Harishankar Brahma

19th Chief Election Commission

Harishankar Brahma was born on 19th April 1950 in a Bodo family in Gossaigaon, Assam. He did his schooling from Don Bosco School, Guwahati. He did his B.A from St. Edmund’s College, Shillong and M.A. From Guwahati University.



Harishankar Brahma has held various Senior level posts in the Govt. of India and State Govt. prior to the present posting. Before retiring as Secretary from the Ministry of Power, he held posts such as Jt. Secretary (Border Management) for more than four years and completed almost all the border fencing and other border infrastructural work of Indo-Pak and Indo Bangladesh

Border. He also worked as Senior Secretary and Additional Secretary in National Disaster Management Authority (Ministry of



“The road to hell is paved with adverbs.”



Home Affairs). He was the Member Secretary of the State Electricity Board, Andhra Pradesh and also worked as :

- ✦ District Collector and Magistrate for 4 years
- ✦ Commissioner, Municipal Corporation of Hyderabad for 3½ years.
- ✦ Commissioner (Transport) and Ex-Officer Secretary (Transport, Road and Building), Govt. of Andhra Pradesh for 2 ½ Years.
- ✦ Commissioner and Ex-Officer Secretary (Food, Civil Supplies and Consumer Supplies) for 5 Years.
- ✦ Principal Secretary (Environment, Forest, Science and Technology) Govt. of Andhra Pradesh.
- ✦ He was appointed as the Election Commissioner in August 2010. He has overseen two Lok Sabha Elections (2014) and atleast one round of State Legislative Assembly Elections in every state.

In an article in The Indian Express on 28th July 2012, he blamed illegal immigration from Bangladesh for the 2012 Assam Violence.

He mentioned :

“Even the Election Commission of India is not immune to this problem. It has to tackle the problem of D-Voters (doubtful voters) numbering approx. 1.5 lakhs while preparing the electoral rolls of Assam. The subject matter is sub-judice.



This also poses a very serious Security threat to the Country. It is advisable that these pending cases lying in the various Courts and tribunals be disposed off quickly and within a definite time. Frame People who are found to be illegal immigrants by these tribunals should be deported.



Unless this basic issue within the Country is resolved, the problem is bound to recur from time to time and In place to place. ■

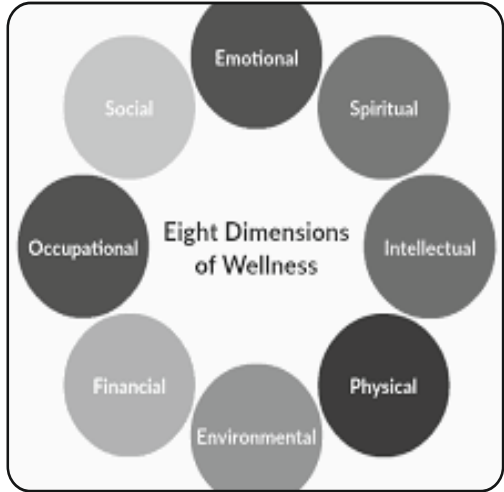
Amongst the many activities of the Trust few are undertaken in the name of the donors.

- | | |
|--|-------------------------------|
| 1) Smt. Naliniben Bipinchandra Mehta | : Cancer Detection Centre |
| 2) Smt. Champaben Zumakhram Shah | : Colostomy Bag Centre |
| 3) Smt. Sakarben L. D. Shah (Bidada) | : Shri Jalaram Annadankshetra |
| 4) Smt. Pushpavati Kishorbhai Bhojraj (Merau) | : Ambulance Service |
| 5) Smt. Naynaben Bipinbhai Dani (Matunga) | : Senior Citizen I-card |
| 6) Shri Mahendrabhai Manilal Gandhi (Limbodra) | : Black Molasses |
| 7) Shri Dungarshi Mulji Maru (Karaghogha) | : Modern equipment |
| 8) Miss Saisha-Naisha Dani (Matunga) | : Toy Bank |
| 9) Matushree Khetbai Devraj Maru (Halapur) | : Charitable Dispensary |
| 10) Matushree Kantaben Chunilal Gagaldas Shah (Serisa): | Animal Welfare |
| 11) Matushree Chandraben Jayantilal Chatrabhuj Modi &
Matushree 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 |

HEALTH IS WEALTH

TRANSFORMING WELLNESS TO PROVIDE SUSTAINABLE 'FAREWELL' TO DIVINE ITEMS

Sampurna Seva Foundation established in 2019 in Nashik is a non-profit organisation dedicated to the eco-friendly disposal and recycling of Sacred, Old or broken religious items such as idols, photos and books.



Founded by advocate Trupti Gaikwad, it addresses the pollution from waste in water bodies by recycling materials like plaster of paris (POP), stone and wood into useful repurposed products.

It's mission is to provide a respectful sustainable 'farewell' to divine items through Uttar Puja (rituals) before recycling.

The foundation collects, segregates and recycles religious items, turning waste into sustainable items such



as turning wooden frames into toys for under privileged children.

It offers door-to-door pickup services for religious waste across India for a nominal fee to

cover logistics and recycling costs.

Over 280 tons of religious materials have been processed to prevent environmental pollution.

The organisation encourages Volunteers and public participation to manage religious waste responsibility.



JALARAM ANNDANKSHETRA

Name	Area	Amt.
❖ Vineet Sureshmal Jain	Lalbaug	4,000/-
❖ Hemant Amrute's 2nd Death Anni. By: Parini Hemant Amrute	Goregaon	4,000/-
❖ Heer Hetal Rahul Mane	Ghatkopar	11,000/-
❖ Late Sanatkumar J. Sanjit By : Bharat Ramkrishna Rane	Sewree	7,000/-
❖ Manisha Yatin Mody	Byculla	28,500/-
❖ Atul Damani	Pune	7,000/-

Last Month's activities carried out by Trust

- 27 cards were given for food and 8 for Haldi milk.
- Food Grains distributed among 121 Cancer patients family.
- Fruits were distributed among 724 patients per day.
- 19 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 6 patients.
- 4 patients were given help by different trusts and received best response.
- Medicines worth Rs. 9,27,830/- were given to cancer patients.
- Medical treatment worth Rs. 3,84,500/- was given to other patients.
- 6 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.2,89,400/- .
- Handicapped person were provided with : 3 Walker, 3 Walking Stick, 2 Commode Chairs, 5 Wheel Chairs, 2 Flower Beds, 3 Oxygen Machines and 2 Oxygen Cylinder were given.
- 4 files made for cancer affected patients.
- 13 Patients got benefit of free Ambulance Service.
- 2 patients got Colostomy Bag at Concessional Rate.
- 3 Cancer patients were given ritual burial under "Kafan-Dafan" scheme.
- 2 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

Beula Gabriel

A Compassionate Teacher

The future of the world lies in our classrooms Education is the movement from darkness to light but how many people in India have access to quality Education. Beula Gabriel is doing everything she can do to make education accessible to all sections of Society.



This 84 years old woman started St. Joseph Secondary School (SJSS) in Hyderabad's East Marredpally in 1993 with one aim-to provide Education to under privileged children, out of which many of them are first generation learners in their families. Such was her dedication to her



cause that Beula made many sacrifices in the last 20 years which includes selling her house to pay for the school building's rent



and infrastructure.

St. Joseph’s Secondary School now has 300 students studying from Kinder Garden to Class 10 in the



last 25 years. The school has educated children from all backgrounds. The students are mostly children of maids, rickshaw pullers, labourers, watchmen and others who find it tough to educate their children. The fee structures is nominal those who can afford it are welcome to pay, the others study free.

Beula and her school has transformed the lives of many children over the past years. Her students are now doctors, engineers, teachers, computer scientists, financial advisers, nurses and armed forces personnel says the Better India.



How was she inspired to make education her life mission? During her childhood, she saw her mother educating girls

from rural areas, enrolling them into training for Nursing. Her father had helped several people to set up their business. It showed her the power of education; how knowledge could transform lives.



She started on her plan in 1985 by setting up a school - St. Andrews in Hyderabad. However disagreements with her family who wanted to use the school as a money-making business machine led her to abandon that plan.

While most schools have entrance test admission, SJSS has a different policy. Beula says, “No student has ever turned away for failing an entrance test. We conduct tests only to access the potential of students and place them at appropriate levels. In fact, we prioritise students who have been rejected from other schools, whether for academic, physical or social reasons.

As the school completes 25 years, instead of a celebration, Beula has asked her students to collect basic necessities such as grains, pulses and other essentials and distribute them to their neighbourhoods. More than 100 families received goods through the students efforts on the first day of the month-long celebration. ■



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

Donor's Name	Area	Scheme	Amt. ₹
• In loving memory of Late Mitesh Mahendra Shah (Harsol)	Borivali	Jeevdaya	5,000/-
• In loving memory of Late Lalitbhai Shamaldas Shah (Harsol)	Borivali	Jeevdaya	5,000/-
• On the occasion of Varshaben Himanshubhai Gandhi's birthday	Matunga	Jeevdaya	2,500/-
• 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	Medicine	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 of Saraswatiben 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 Chimantal Sakarchand Shah (Uvarsad) By : Hema Pradip Shah	Pune	Jeevdaya	500/-

"It is sad not to love, but it is much sadder not to be able to love."



PLACES OF INTEREST

Tripura Sundari Temple, Udaipur, Tripura

The word “Tripura” means three cities or three worlds and ‘Sundari’ means beautiful woman. Tripura Sundari means the most beautiful



woman in the world. Tripura could also mean the three cities crafted by Mayasura and destroyed by Tripurantaka, the meaning is who is beautiful to the destroyer of the three cities. She is also known as Tripura as her mantra has three clusters of letters. She is also called Tripura because she is manifested in Brahma, Vishnu and Shiv as



the creator, preserver and destroyer of the Universe.

The Tripura Sundari Temple in Udaipur is a significant Hindu temple dedicated to



the goddess Tripura Sundari. It is one of the 51 (fifty one) Shakti Peeths and was built in 1501 AD. by King Dhanya Manikya. The temple is located in the city of Udaipur which wees historically known as Rangamati and was the capital of the Manikya Dynasty for many years.

The temple is situated in the ancient city of Udaipur, about

55 kms from Agartala. It is believed to be one of the holiest Hindu shrine in this part of the country and witnesses the highest number of visitors for a temple in North East India after Kamakhya Temple in Assam.



The state of Tripura is

❁❁❁❁❁❁❁❁❁❁ "When you reach the end of your rope, tie a knot in it and hang on." ❁❁❁❁❁❁❁❁❁❁

named after the temple popularly known Matabar, the shrine is set upon a small hillock that resembles the hump of a tortoise (Kurma) which gives it the name of Karma Pith.



As in other typical Hindu temples, stalls along the road to the temple sell flowers and baskets of offerings that visitors can buy and offer to the Goddess as Prasad. The common prasad is Peda, the sweet and the red hibiscus flower is also prized as an offering.



The Tripura Sundari temple is in Udaipur, Tripura and can be reached by air, train or road with Agartala being the most common starting point from Agartala. You can take bus or hire a taxi to cover the approximate distance of 95 kms to the temple. The nearest airport is at Agartala which is connected to major Indian cities like Delhi, Kolkatta and Guwahati. ■

MOTIVATIONAL STORY

**WHEN WE WERE BROKEN-
SOMEONE FIXED US ANYWHERE**

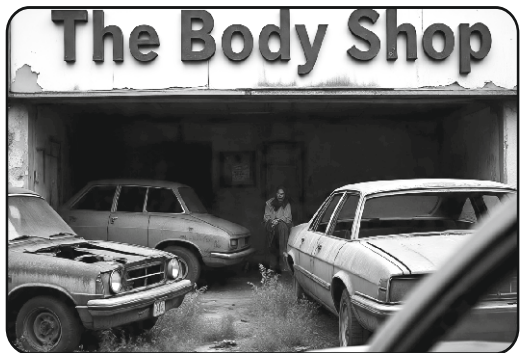
Three months ago my teenage son totaled our car. It was his fault-texting. Thank God no one was hurt but the repair estimate was brutal - \$ 4200. Our insurance deductible alone was \$2500. I was furious and terrified. We didn't have that kind of money. I work 2 jobs & My husband was disabled. Some months, we were already choosing between electricity and groceries.

The body shop suggested a place on the south side. 'Cheaper' they said "Cash only"

I pulled upto what looked like a junkyard. Rusted cars everywhere. Weeds pushed through cracked concrete. A faded sign barely hanging on. I almost drove away.

Then an elderly man shuffled out. He had to be 75, may be older. Grease-stained coveralls. Hands trembling slightly. A thick accent I could not quite place it. "You need a fix?" he asked.

I explained the situation he looked at the car, pinched and



dented, disappeared into the garage. A few minutes later, he returned with a clipboard. "I fix for \$800." I blinked. "But the estimate said-".



"They change new parts, fancy paint. I use good parts, Make it safe \$800 – he said.

"And when to pay?"

"You pay \$50 now. Rest when you can. No hurry."

I just stood there "Why would you trust me?"

He looked at me with eyes that had seen a lifetime "During war, stranger had my family in barn. Six months never asked for money Only said when you can help someone else "I never could hide someone But I can fix cars. I cried right there in that cluttered lot.

He fixed the car in 3 days, Perfect safe when I came to pick it up. an elderly woman was there, arguing with him in the same language, crying and waving her hands at her battered sedan.

He just nodded, patted her shoulder and took her keys, "Another Charity Case?" I asked quietly.

He shrugged, “Her husband died. Pension not here yet. Car is how she sees grand daughter, I fix.”

Over the next two months, I paid him in \$50 and \$100 instalments Everytime. I stopped by, someone else was there - a single dad, a laid-off factory worker, an immigrant family All driving cars that should have been scrap. All kept alive by this old man who changed what people could afford or nothing at all.

When I made my final payment, I asked him.

“How do you stay in business?”

He smiled, gentle and tired. Some people pay full. They keep lights on. Some pay little. they keep heart on Balance.

Last week, I drove past his shop It was closed. A “For Sale” sign stood out front. I panicked and called the number on his card. A woman answered - his daughter.



“My father passed away Tuesday” she said softly. “Heart attack” in the Shop.

I could not breathe. “We are going through his records.” She continued. “He had \$847 in the bank.

But his ledger... 73 people still owed him money Some for years Over \$30,000/- total.”

She paused “His note says, “Forgiven.” They needed wheels more than I need money. The funeral was yesterday.

73 people showed up Every single name from that ledger. Strangers bound together by one man’s refusal to let us stay broken. We pooled money and paid off the shop’s debts and gave the rest to his daughter.

Later my son asked me, “Mom, why are you crying? You didn’t even know him that well.

“Because” I told him, “that man taught me something your generation needs to learn. Everyday, you see people - really see them. Their broken cars. Their broken hearts, their empty wallets. And you decide: Am I someone who fixes things or someone who walks away?”

My son understood. Last month, he started volunteering at a food pantry. He does not talk about it. He just goes.

The shop is still for sale. The sign still says “Cash only”

But 73 of us know what it truly meant: Pay what you can, When you can, If you can.

Because some debts are not about money. They are about remembering that once- “When we were broken- someone fixed us anyway.” ■

FESTIVALS OF INDIA

HANUMAN JAYANTI

Hanuman Jayanti is a festival of India. It is the birthday of Hanuman, the Monkey God. It is Celebrated on the 15th day of Chaitra-Purnima It is important festival for Hindus. Hanuman is the symbol of strength, energy and devotion. He is worshipped as a deity with supreme power and conquer evil spirits



While usually Hanuman Jayanti is celebrated on this main date, some south Indian regions like Andhra Pradesh, Telangana, Tamil Nadu observe it on different dates based on their real lunar Calendars, often during the Margashirsha month with the 41 days celebration ending later in May.



Hanuman is regarded to be an ancient devotee of Ram an avatar of Vishnu widely Known for his unflinching devotion. He is

revered as a Symbol of strength.

Hanuman is a monkey, born to Kesari and Anjana. He is also known as the celestial son of Vayu, the wind God. His mother Anjana was an apsara who was born on earth due to a curse upon giving birth to a son.



On the festival day, devotees of Hanuman Celebrate him and seek protection and blessings. They join in temples to worship him and present religious offerings. In return, the devotees receive prasad. People read Hanuman Chalisa, Hindu Text. Devotess Visit temples and apply a vermilion to their foreheads from Hanuman's murti.

According to legend, when Hanuman found Sita applying sindoor to her forehead he enquired about the custom. Sita replied that doing so would ensure a long life of her husband Ram. Hanuman then proceeded to smear his entire body with Vermillion thus ensuring Ram's immortality.



It is also believed that the person who meditates

while keeping Lord Hanuman in their mind and chant his mantra Hanuman Chalisa always receives the blessings of Bajrang Bali. Additionally all the troubles and problems in their life are eliminated leading to various miracles.

Hanuman Jayanti this year will be celebrated on 2nd April, 2026 ■



BENEFITS FOR CANCER PATIENTS

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ Vardhman Kumar Jain	Rajasthan	40,000/-
❖ Ankit Jain	Rajasthan	20,000/-
❖ Interscape	Borivali	20,000/-
❖ Pratibha Mohan Kher	Dadar	10,000/-
❖ Meher Wadhera & Nikki Shah	Sewree	10,000/-
❖ Nirmala R. Popat By : Meena Popat	Dadar	5,000/-
❖ Nanda J. Dhekale	Parel	5,000/-
❖ Sandeep S. Ghadigaonkar	Prabhadevi	5,000/-
❖ Tilakraj B. Saigal	Goregaon	3,000/-
❖ Vinit Jain	Dadar	2,020/-
❖ Shamsunder Sitaram Nevrekar	Wadala	2,000/-
❖ Laxmibai D. Phatak By : Sukhada A. Phatak	Kurla	1,000/-
❖ Narendra Bhau Chavan	Goregaon	1,000/-
❖ Kiran Bhosle	Prabhadevi	1,000/-
❖ Manish Bharat Chande	Parel	1,000/-
❖ Darshana Tushar Kothare	Hindmata	500/-



WE ARE PROUD OF YOU

Shailesh Kumar - Para athlete High jump

Shailesh kumar born on 8th August 2000 in Islamnagar, Jamui, Bihar. was born to Pratimadevi and Shivnandan Yadav. He has two brothers. He did his graduation in Mathematics.

In T63 classification athletes with a single leg above the knee amputation compete with a prosthesis.

He won the gold medal at the 2023 Asian Para games held in 2023 in Hangzhou. He represented India at the world Para-athletics championships at Paris in July 2023 and won a silver medal. He won the National championship at Bhubaneswar in March 2022.

He qualified for the 2024 Summer Olympics. He also broke the nine-year old Asian Para games record of 1.80 m. set by Paralympics medalist Sharad Kumar in 2014.

He won the gold medal in the 2025 World champions in the men's high jump T63 event.

Prime Minister Narendra Modi congratulated him for winning the gold medal.



He is currently being supported by Olympic Gold Quest a sports NGO. He is currently serving as a Child Development Project Officer (CDPO) in the State of Bihar. ■



DONATE WITH AN OPEN HEART

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TULSI - THE MAGICAL PLANT

The tulsi or holy basil is an important symbol in the Hindu religious tradition and is worshipped in the morning and evening by Hindus at large. The holy basil is also a herbal remedy for a lot of Common ailments so lets see its uses.



- 1) Healing Power :** The tulsi plant has many medicinal properties. The leaves are a nerve tonic and also sharpen memory. They promote the removal of the catarrhal matter and phlegm from the bronchial tube. The leaves strengthen the stomach and induce copious perspiration.
- 2) Fever and Common Cold :** The leaves of basil are specific for many fevers. During the rainy season, when malaria and dengue fever are widely prevalent, tender leave boiled with tea, act as preventive against these diseases. In case of acne fevers, a decoction of the leaves boiled with powdered cardamon in a half litre of water and mixed with sugar and milk brings down the temperature.



- 3) **Coughs** : Tulsi is an important constituent of many Ayurvedic Cough Syrups and expectorants. It helps to mobilize mucus in bronchitis and asthma. Chewing tulsi leaves relieves cold and flu.
- 4) **Respiratory Disorder** : The herb is useful in the treatment of respiratory system disorder. A decoction of the leaves with honey and ginger is an effective remedy for bronchitis, asthma, influenza, cough and cold. The decoction of the leaves with salt and cloves also gives immediate relief in case of influenza. They should be boiled in half a litre water till 50% of water is left and then taken. Gargling with this decoction also helps. You can add Haldi to it also.
- 5) **Sore throat** : Water boiled with basil leaves can be taken as drink in case of sore throat. This water added with Haldi can also be used as a gargle.
- 6) **Children Ailments** : Common pediatric problems like cough, cold, fever, diarrhea and vomiting respond favourably to the juice of basil leaves. It postulates that chicken pox, delay their appearance, basil leaves taken with saffron will hasten them.
- 7) **Mouth Infections** : The leaves are quite effective for the ulcer and infections in the mouth. A few leaves chewed will cure these conditions. ■

**RECIPE****SPINACH RICE WITH GREEN CURRY****Ingredients : *For the Rice:***

- ☆ 2 tea cups uncooked rice ☆ 2 tbs. ghee
- ☆ 1 finely sliced onion ☆ 2 chopped green chillies
- ☆ 2 bundles spinach ☆ Salt to taste
- ☆ 1 tea cup boiled green peas

To be ground into a paste (for the rice)

- ☆ ½ bundle coriander leaves (2 cups)
- ☆ 4 to 6 green chillies ☆ ½ tsp. sugar
- ☆ Juice of ½ lemon ☆ 2 tbs grated fresh coconut
- ☆ 1 tsp Salt.

For the Curry:

- ☆ 1 whole coconut ☆ 1 Onion finely chopped
- ☆ 2 tsp plain flour ☆ 1 tbs ghee – salt to taste

To be ground in paste:

- ☆ 3 tbs chopped coriander
- ☆ 3 green chillies ☆ juice of ½ lemon

Method: For the Rice

- ☛ Boil the rice. Each grain should be separate
- ☛ Chop the spinach
- ☛ Heat the ghee in a vessel and fry onion for 2 minutes



- Add spinach and green chillies & fry again.
- Mix the cooked rice and the prepared paste well and add it to spinach mixture. Cook for one minute.
- Add the green peas, Salt and Cook for 2 minutes
- Take a large piece of aluminium foil and make a packet of the rice.
- Bake in hot oven at 400 ° F for 15 minutes.

For the Curry

- Chop the onion finely
- Grate the coconut, add 5 teacups of water and allow to stand for a while. Blend in a liquidiser and strain.
- Add the flour to coconut milk
- Heat the ghee in a vessel and fry the onion for 2 minutes
- Grind the paste of chopped coriander and green chillies and juice of 1/2 lemon
- Add this paste and fry again for 2 minutes
- Add the coconut milk and salt
- Boil for 10 minutes

Serve hot with the green rice.

NB: The procedure of aluminium foil and baking the rice in it is optional. You can also serve without baking it.



SANJEEV KAPOOR

- An Indian Celebrity Chef

Sanjeev Kapoor is an Indian Celebrity Chef, Television presenter, Cookbook author and intreprenneur. He was born on 10th, April 1964 in Ambala, Haryana. He began his career in the Hospitality Industry in 1984 atter completing the Diploma in Hotel Management from the Institute of Hotel Management Catering and Nutrition, Pusa, New Delhi.



After working in many hotels at different places like Varanasi, New Zealand, he became the Youngest Executive Chef of Centaur Hotel in Mumbai in the year 1992.

He is also the recipient of the Best Executive Chef of India Award by H& FS and the Mercury gold Award at Geneva, Switzerland by Indian Federation of Culinary Associations. He is in the board as one of the key members of the International Culinary Panel of Singapore Airlines.



Awards

- ✦ ITA Awards (2010, 2004, 2002) for Best Cookery Show (Khana Khajana)
- ✦ ITA Award (2015) for popular chef and entrepreneur (Zaih-E-Hind)
- ✦ Padma Shri (2017)
- ✦ Achieved the Guinness World Record by Cooking 918 kg. Khichdi live at world Food India, 2017, New Delhi
- ✦ Case Study on Sanjeev Kapoor Published by Harvard Association.



- ✦ National Award of 'Best Chef of India' by the Government of India for his popularity and Contribution to Indian cuisine.

- Ranking 31st in Reader's Digest list of 100 of India's most trusted persons and 73rd in the Forbes list of Top 10 Indian Celebrities of 2019



- Panel of judges for Master Chef India Season 3 & 4.

Books:

- The Yellow Chilli Cookbook
- Mastering the Art of Indian Cooking
- How to cook Indian
- Royal Indian recipes
- Khana Khajana - Celebration of Indian Cookery
- No oil Vegetarian recipes. ■

THANK YOU VERY MUCH FOR YOUR SUPPORT

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KIDS CORNER

Story of Lion and Fox

Once upon a time, the lion became very hungry and he said to fox “Bring me something to eat or I will kill you.”

Fox went to a donkey and said, “The lion wants to make you king, come with me” Donkey was very happy. Immediately he was ready to



When Lion saw the donkey, he attacked on donkey but somehow the donkey managed to escape but his ears were cut off.

The donkey said to fox, “You tricked me. The lion tried to kill me.” The fox said, “don’t be silly. He removed your ears to place the crown on your head. Let’s go back.”

It made sense to donkey so he went back. The lion attacked the donkey again, this time, he could cut off his tail but donkey escaped. He said to fox, “You were lying. The lion cut off my tail.” The fox said, “he only removed your tail so that you can sit comfortably on the Throne. Come back with me.”



The fox convinced the donkey to return again. This time lion caught the donkey and killed him. The lion said to the fox, “Well done for bringing back the donkey. Now go, skin him for me and bring to me his brain, liver, lung and heart.

The fox skinned the donkey and ate the donkey’s brain but brought back his lung, liver, and heart to the lion. The lion became very angry and asked “Where is the brain?”

The fox replied, “He had no brain, my king. If he had any brain, he would not have returned to you after you cut off his ears and tail.

The lion said, “That is very true.” ■



HALDI MILK

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❖ Mansi Nayak	Mahim	700/-
❖ Ameya Jadhav	Parel	700/-

JOKES

Two factory workers were talking
 The Woman said, " I can make the boss give me the day off"
 The man replies – "And how would you do that?"
 The woman says, "Just wait & See"
 Then she hangs upside-down from the ceiling.
 The boss comes in & says, " What are you doing?"
 The woman replies, "I am a light balls"
 The boss says, "You have been working so much that you have gone crazy. I think you need to take a day off."
 The man starts to follow her and the boss says "Where are you doing?"
 The man says, "I am going home. I cannot work in the dark.

A person who speaks two languages is bilingual.
 A person who speaks three languages is trilingual.
 A person who speaks four or more languages is multilingual.
 What is a person who speaks one language?
 An American.

A patient to a doctor
 Patient: Doctor, when I stand on my head the blood rushes to my head, but when I stand on my feet, the blood doesn't rush to my feet.
 Doctor: It is because your feet are not empty. ■



RIDDLES

1. I cannot talk, but I always reply when spoken to?
2. I love to dance and twist. I shake my tail as I sail away. When I fly wingless into the sky – Who am I?
3. What is it that no one wants to have but no one wants to lose either.
4. What goes through cities and fields, but never moves?
5. When it is alive We sing when it is dead, we clap our hands – what is it?
6. What can go through glass without breaking it?
7. I have no life but I can die, what am I?
8. What kind of room has no walls, door or windows?
9. It belongs to you but your friends use it more than you do?
10. What two things can you never eat for breakfast?
11. I am orange, I wear green hat and I sound like a parrot – who am I?
12. What runs all around the backyard yet never moves?

Ans:

- | | | | |
|-----------------------|-------------------|---------------|--------------|
| (1) An Echo | (2) Kite | (3) Lawsuit | (4) A road |
| (5) A birthday Candle | (6) Light | (7) A battery | (8) Mushroom |
| (9) Your name | (10) Lunch/Dinner | (11) Carrot | (12) A fence |

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“Life shrinks or expands in proportion to one’s courage.”

Picture speaks of Mobile Ambulance



These mobile ambulances take orphaned parents who are lying on the streets, exhausted, smelly and sick, to the hospital and then put them in an old age home.

Picture speaks of Compassion



When hearing becomes less, a person becomes lonely. The Jeevan Jyot becomes a help in this sorrow.

To,



The Picture speaks of 'Kafan-Dafan' activity



**A compassionate act of Jeevan Jyot Cancer Relief and Care Trust,
it has benefited from the cremation of
more than 350 cancer-affected bodies in 43 years.**