



JEEVANPATH

JEEVANPATH

₹ 10/- 1



Vol. No. 13, Issue No. 7

For Awareness ₹10/-

Mumbai, 15th December 2025

Website : www.jeevanjyot.in

Total 44 Pages

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



**The ocean is the origin of many living creatures. After being
injured in an accident, this baby sea bird was brought
to the Jeevan Jyot Jeevdaya Wing for treatment.**

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

MATUSHREE TARABEN CHUNILAL MODI
BY : SHRI DINESH CHUNILAL MODI (BADSHAH FAMILY)



For the recreation the elders of Jeevan Jyot Old Age Home, a colourful music festival was organized in a section of the old age home. The artists are playing their instruments and the elders are enjoying the music.



Our generous donor who has a soulful of compassion and courage that enrich the flame of life; the one who would lovingly serve meals to elders with his own hands, and offering affection to the elderly, Our heartfelt salutations to Shri Chandrakantbhai Mehta.



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

Estd. : 1983

Jeevanpath®

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

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Trust Regd. No.: P.T.R.E.-17259 - F.C.R.A. 083780700 ❀ CSR Regd. No.: CSR 00002659

TI.T. EXEMPTION, DIT (E), MC/8E/80G/53(2009-11) ❀ **Email :** jeevan_jyot@yahoo.in



ॐ **Arihante Namō Nama:**

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

FROM THE EDITOR'S DESK



Namaste

"Namaste" you must have heard this word. Because it has been passed out from generation to generation in the household as a greeting but have you ever wondered what is its origin and what is its significance?

It is first found in Rigved, that is one of the most ancient texts of India. The meaning of it is divided into two parts " Namah", I bow down to you. Spiritual meaning is the divinity in me bows to the divinity within you because there is one piece of Param Atma in all of us.

There are five fingers in us. It represents Tamas or dullness, Rajas or Passion, Satva or peace, Jivatma or the soul and Parmatma that is supreme or Parabrahma.

When you press five fingers together in Anjali Mudra, it activates points like near your mind, one near your eyes and one behind your ears. Basically over all your air or the aura around you becomes peaceful and it is also a humble gesture from India.

So be proud of it - Once again "Namaste". ■

-: Apology :-

Due to work pressure and lack of staff, we were unable to publish the list of donors this month, so please forgive us. - Editor



"Don't quit. Suffer now and live the rest of your life as a champion."



**-: 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



HEALTH TIPS

16 STRANGE HABITS THAT ARE ACTUALLY HEALTHY

- 1 Sneezing - Clears Nasal Passage
- 2 Crying - Releases emotional Stress.
- 3 Farting - Helps reduce high blood pressure
- 4 Laughing Loudly - Reduces stress hormones
- 5 Napping - Boosts memory and heart health.
- 6 Shivering - Activates fat burning
- 7 Eating Garlic - Lowers cholesterol.
- 8 Cold Showers - Improves blood circulation
- 9 Dancing - Boosts brain and heart
- 10 Morning Sun - Balances Vitamin D and mood
- 11 Chewing Slowly - Supports gut health
- 12 Singing - Improves lung functions
- 13 Day Dreaming - Strengthens creativity
- 14 Drinking Warm Water - Helps digestion
- 15 Sitting Still - Calms the nervous system.
- 16 Walking Barefoot - Strengthens foot muscles.





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 |



**MONTH SPECIAL****Mohd. Rafi****- Indian Playback Singer**

Mohd. Rafi was an Indian playback Singer. He is considered to have been one of the greatest and most influential singers of the Indian Sub-continent. He was notable for his versatility and range of voice. His songs varied from fast, peppy number to patriotic

songs, sad to classical songs, romantic songs and quawwalis to ghazale and bhajans. He was known for his ability to mould his voice to the persona and style of the actor lip syncing the song in screen in the movie.

He was born on 24th Dec. 1924 at Kotia Sultan Singh Punjab in a Bhatti Jat Muslim family. He began singing by imitating the chants of a Fakir who roamed the streets of his village. He learnt classied music from Ustad Abdul



Wahid Khan, Pandit Jiwanlal Mattoo, and Firoze Nizami. His first performance came at the age of 13, when he sang in



Lahore, featuring K. L. Saigal. He made his debut in Lahore as a playback singer in the duet 'Goriye Nee, Heeriye Nee' with Zeenat Begum in the Punjabi film "Gul Baloch" released in 1944. At the same time he was invited by All India Radio, Lahore Station to sing with them.



He moved to Bombay in 1944 Poet Tanvir Naqvi introduced him to Film Producer Abdur Rashid Kardar, Mehboob Khan and actor director Nazeer. He also appeared in two movies.

He sang a number of songs for Naushad. In 1949, Rafi was given a solo song by Music directors such as Naushad, Shyam Sunder and Husanlal Bhagatram. In the early phase of his career, he often followed K.L. Saigal and G.M. Durrani, but later evolved his own unique style. In 1948, after the assassination of Mahatma Gandhi, the team Husanlal Bhagatram, Rajendra Krishan and Rafi had



overright created the song 'Suno Suno Ae Duniyavalo Bapuji ki Amar Kahani'. He was invited by Jawaharlal Nehru to sing at his house also.



In the 1970s, Rafi suffered from a throat infection for an extended period of time. During a brief period then, he recorded fewer

songs. Although his musical output was relatively low during this period. He did sing some of his best and most popular songs like 'Yeh Duniya, Yeh Mehfil', 'Jhil-mil sitaron ka Aangan', 'Aaj Mausam Bada Beiman', 'Chalo Dildar Chalo', 'Yaadon Ki Baraat', 'Teri Bindiya Re'.

He made a comeback as a leading singer in mid-1970. In 1974 he won the Film World Magazine, Best Singer Award. In 1977, he won both Filmfare and National Award for the song 'Kya Hua Tera Wada' from the movie 'Hum Kisise Kum Nahin!'

Mohd. Rafi died at 10.25 pm on 31st July 1980, following massive heart attack at the age of 55. He was buried at the Juhu Muslim Cemetery, his burial was one of the largest funeral processions in India as over 10,000 people attended it.

He received six Filmfare Awards and one National Film Award in 1967. He was honoured with the 'Padma Shri' Award by Govt. of India. He was honoured with the the best singer of the Millennium title by Hero Honda and Stardust magazine. In 2013, he was voted for the greatest Voice in Hindi Cinema in the CNN-IBN's Poll. ■



Last Month’s activities carried out by Trust

- 28 cards were given for food and 11 for Haldi milk.
- Food Grains distributed among 134 Cancer patients family.
- Fruits were distributed among 830 patients per day.
- 7 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 2 patients.
- 4 patients were given help by different trusts and received best response.
- Medicines worth Rs. 9,58,200/- were given to cancer patients.
- Medical treatment worth Rs. 3,23,850/- was given to other patients.
- 11 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.4,93,200/- .
- Handicapped person were provided with : 5 Walker, 2 Walking Stick, 4 Commode Chairs, 3 Wheel Chairs, 4 Flower Beds, 3 Oxygen Machines and 4 Oxygen Cylinder were given.
- 4 files made for cancer affected patients.
- 23 Patients got benefit of free Ambulance Service.
- 9 patients got Colostomy Bag at Concessional Rate.
- 2 Cancer patients 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/-



INSPIRATIONAL STORY

Thank You God For Everything

Once upon a time, in the heart of a vast and unforgiving desert, there lived a frail little bird. Her feathers once bright and strong had fallen off by passage of time. Her wings once capable of soaring through the sky. Now have become weak and useless. She had no home and no companions, no shade and no water. The scorching sun was merciless and the hot sand beneath her claws offered no respite. Her life was one of endless pain and loneliness. Every day she searched the barren dunes for a drop of water and a seed or a bit of shade, but the desert gave her nothing. Her heart thought heavy with sadness still beat with tiny spark of hope alive.

One day when the sun was shining high in the sky, a white dove was staring gracefully in the sky. It was on its way to a distant place gliding gently over the sand. The little bird looked up summoning all her remaining strength called out harsly. "Brother, stop." The dove heard the noise, gently landed beside her, looked at her with gently eyes and asked, "Sister, what's wrong? Why do you look so sad?" with tears in eyes, the little bird asked, "where are you going?" "To heaven" the dove replied. Its wings fluttering in the wind. The little bird eyes lit up. For the first



"Whether you think you can or you think you can't, you're right."



time in a long time, she closed her tiny wings and said earnestly “Please, when you get to heaven, please ask God about me Ask him when my suffering will end, when will my dark days end?” The dove nodded slowly “I will ask, I promise” and with the quick flap of its wings it flew away leaving a small hope planted like a seed on dry soil.

When the dove arrived in heaven, it was greeted at the gates by an angel. In a worried voice, it told the story of the little bird. She is in so much pain said the dove. She has no food, no water, no rest... Please ask God when will her pain end? The angel closed his eyes and listened to God’s voice. Then he opened his eyes and said God has written another 10 years of suffering into her life. There is no comfort, no peace but only suffering.

The dove was sad but if I tell her this, he pleaded, she will be devastated. She will lose all hope Is there any way she can change her fate? “The angel thought deeply, then smiled faintly, tell her this, In every situation, good or bad, she must say “Thank You God for everything” That is her test. If she passes, everything can change. The dove returned to the desert and found the bird waiting in the bright sunlight. It looked up eagerly “What did God says” Dove hesitated but then repeated the angel’s message. The little bird blinked, confused said, “Thank You even if I am in pains, Yes the dove said, “always say it with all

your heart. Although the message confused her she nodded slowly. "I will, I promise."

That very evening, as the sun burned her bare skin, she collapsed on the sand, she whispered. "Thank you God for Everything." the next morning when her throat was sore with thirst and there was no water, inside, she whispered again. When the wind held and there was no shelter to be found, when her fragile body troubled with sickness and loneliness, she closed her eyes and repeated. "Thank You God for everything" And then something extra-ordinary slowly happened. Her feathers began to grow back stronger, brighter and more beautiful than before at first, she did not even notice for the first time in years, the ground was alive, green roots were emerging from the earth.

A small pool of clear water formed near her feet. Plants began to sprout and air smelled of life. The little bird bathed in the rain drank the water, and felt the joy it had never known in its entire life, Its sadness had gone her heart was filled with peace. 10 days later, the white dove flew over the same desert road and froze in the sky below on the once deserted land he saw. lush green bushes, a sparkling pond and in the midst of all a small bird. She was flying, laughing, singing in the rain, soaked air the desert had changed.



Astonished, the dove flew back to heaven. He found the angel, “What happened?”. He asked breathlessly. “You said she would suffer for 10 years. It’s only been 10 days.” The angel smiled gently, “yes 10 years was written but she changed it.”

“How?” the dove asked, “When someone accepts the hardships with pure gratitude, they burn away their past Karma.” Said the angel “They elevated themselves above their fate. Her challenge was not to endure the pain “it was the trust, surrender and be grateful and she did.”

This story reminds us that life often presents us with challenges, beyond our understanding. We fall into despair. We ask ourselves why me?” But this little bird teaches us a powerful truth. Even in the deepest sorrows, gratitude can turn the tide.

When we stop, complaining and start appreciating even the smallest things our hearts soften our burden, lighten, gratitude-Connects us to a higher truth that very moment, even the painful ones, carries with the lessons of grace and the positivity of transmission.

So from today promise yourself this -

“No matter what storm, sadness, or barren desert you pass through, whisper with faith

“Thank you God for everything”





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

Donor's Name	Area	Scheme	Amt.₹
Kusumben Mahendra Shah (Harsol) By : Mahendrabhai Shamaldas Shah Family	Borivali	Jeevdaya	5,000/-
On occassion of Birthday of Karuna Shah (Harsol) By : Dipali Narendra Shah	Matunga	Haldi Milk	2,100/-
In loving memory of Late Arvindbhai Vallabhdas Sonecha By : Hansaben Arvindbhai Sonecha Family	Kandivali	Medicine	2,000/-
In loving memory of Late Mahendrabhai Manilal Gandhi (Limbodara) By : Induben, Alpesh, Sanjay Gandhi Family	Borivali	Jeevdaya	1,200/-
In loving memory of Late Natvarlal Bulakhidas Shah (Harsol) By : Manjulaben Natvarlal Shah Family	Kandivali	Jeevdaya	1,000/-
In loving memory of Late Kamlaben & Late Kantilal Nagindas Shah (Harsol) By : Kantilal Nagindas Shah Family	Bhayandar	Medicine	1,000/-
In loving memory of Late Kamlaben & Late Bechardas Doshi By : Dilip B. Doshi	Mulund	Medicine	500/-
In loving memory of Late Shardaben & Late Chimanlal Sakarchand Shah (Uvarsad) By : Hema Pradip Shah	Pune	Jeevdaya	500/-





WOMEN EMPOWERMENT

Mittal Patel - An Indian Activist

Mittal Patel born on 13th January 1981 in Sanhilhalpur. Becharagi, Mehsana District, Gujarat. She did her Bachelor of Arts in Physics before studying journalism at Gujarat University in Ahmedabad. She dreamt of becoming an IAS officer.

Instead, she became a hero of over 7.5 lakhs People while preparing for UPSC. She stumbled upon a Community living on Sugar-cane field, Families under blue plastic sheets That night she witnessed horror, a woman abducted a child flung into thorny bushes. By morning it was as of nothing had happened. No police, no justice, Forgotten. That night changed everything. She discovered these were De notified Tribes labelled 'Criminal by the British in



1871. A stigma that stuck for generations condemning over 12-15%. of India's total population to invisibility. In



"If you can find a path with no obstacles, it probably doesn't lead anywhere."





Gujarat alone their population is estimated to be around 6 million, One mother told her “I have not eaten in days, how will I feed

my child?”

In 2006 Mittal put aside her IAS dream and started to work with indigenous people. Four years later, she founded Vicharta Samuday Samarthan Manch (VSSM) an organisation dedicated to supporting nomads. They worked with the Bawa, Ghodaliya, Kangasiya, Meer, Nathuadee, Salat and Sarvaiya tribes helping people to get married, set up schools, assert land rights and claim identification papers. Her mission was not charity but its identity. She listened, organised, she fought for a name and for address and a vote. And the invisible became visible. Her work has searched voter I.D.S, ration cards, and dignity for over 7.5 lakh people. She ran to schools and established two hostels in Ahmedabad, that is providing shelter and education to around 601 children at present. She made 12000 families self-reliant with interest free loans.

The VSSM acts as a bank lending money to individuals. Building up on the connections fostered by the VSSM,



“Mountains have a way of dealing with overconfidence.”





the Kalupar co-operative Bank has given micro finance loans of RS. 50,000 to 100 indigenous people in order to buy housing and also

issued loans upto 25000/- to small businesses.

Apart from this, with her support 18000 houses have been built giving permanent address to families who had wondered for centuries. She has created 200 villages forests nurturing over 18 lakh trees and revived 380 lakes healing both land and lives.

Gujarat alone has 20 nomadic tribes and 20 denotified tribes. These tribes have traditionally worked as knife sharpeners, haberdashers, Snake charmer, and rope-workers. Mittal engaged with members of the Dafer community who were commonly regarded as criminals after being labelled as such under the British Raj. She worked to help them integrate into broader society. By 2018, 90% of the





indigenous people of Gujarat had become citizens of India. However she was still compelled to organize actions against lynch mobs which targeted tribal people. The following year, she was appointed to a board alongside. Otaram Devasi and

under IVITI Aayig which was intended to suggest welfare measures for indigenous people. In 2020, she published a book entitled 'Sarnama Vinama Moanvio' She has also revived more than 87 Gujarat lakes.

Her activism from human rights was recognised with the "Nari Shakti Puraskar"

she was also presented with the Award on International Women's Day, 8th March 2018 by Our President Ram Nath Kovind.

Mittal may not hold the title but she has built a legacy restoring dignity to an entire people.





PLACES OF INTEREST

Kabir Vad in Bharuch Gujarat

Kabir vad is a banyan tree located on a small river island in the Narmada River. in Bharuch district Gujarat. The tree and place is associated



with 15th century mystic poet Kabir and the location includes a temple dedicated to him. The place is a religious site as well as a popular tourist spot.

Nearchus, an admiral of Alexander the live at described a large specimen on the banks of the Narmada river possible Kabir Vad. The tree's canopy was so extensive, it sheltered 7000 men. It was later described by James Forbes (1749-1819) in his Oriental Memoirs as nearly 610



m. (2000 ft) in circumference with over 3000 trunks. Currently the area of its canopy is 17520 m. (4.33 acres) with



perimeter of 641 m.
(2103 ft.)

The banyan tree and place a religious site as well as a popular tourist spot is associated with 15th century mystic poet Kabir, whose temple is also there.



From Bharuch to Jhanor via Shukla Tirth, there is a place known as Kabirmodhi on the bank of the Narmada River from here a boat ride brings people to the river Island where Kabirvad is located.

Local legend has it that there were two brahmin brothers Jeeva and Tatva, in the village of Shukla Tirth, near Mangleshwar in Bharuch district, Gujarat One day the brothers, were inspired to find a true saint to do so they planted a dried shoot of a banyan tree in their asurtyard and gurmised that whichever saint would turn the dried shoot green would be a true saint. In the end



they concluded that Kabir turned the shoot green and therefore was a true saint. According to the legend the shoot developed in to Kabir Vad.

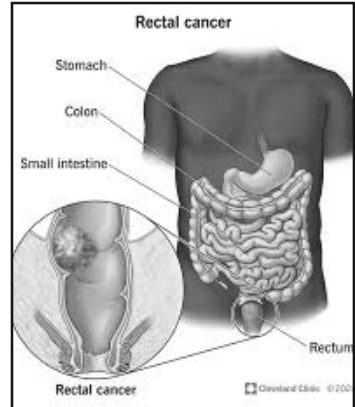




Rectal Cancer

Rectal cancer is a type of cancer originating in the rectum, the final section of the large intestine. It develops from uncontrolled cell growth, often from precancerous polyps and is a form of colorectal cancer.

Symptoms can include rectal bleeding, changes in bowel habits, and abdominal discomfort. Diagnosis involves colonoscopy with biopsy and treatment options are surgery, chemotherapy and radiation therapy, often in combination with the goal of complete removal and preserving normal function.



Causes & Risk Factors:

Genetic Mutations: Rectal Cancer starts when cells in the rectum undergo genetic mutations leading to uncontrolled cell proliferation.

Age: The risk of rectal cancer increases with age with the average age diagnosis being 63.

Lifestyle: A diet high in red and processed meats is a risk factor.

Medical History: Inflammatory bowel diseases like Crohn's disease and ulcerative colitis increase risk.



Family History: A family history of rectal or colorectal cancer also increases risk.

Symptoms:

- ✓ Rectal bleeding or blood in the stool
- ✓ Changes in bowel habits, such as increased frequency or narrow, ribbon like stools.
- ✓ Mucus in the stool or passing blood without stool.
- ✓ Persistent abdominal pain, cramping or bloating.
- ✓ Fatigue.

Diagnosis typically involves procedures that examine the rectum and colon, such as colonoscopy or sigmoidoscopy often with a biopsy to examine the abnormal cells. Imaging tests like CT Scans or MRI may be used to determine if cancer has spread to nearby lymph nodes or other organs. ■

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)



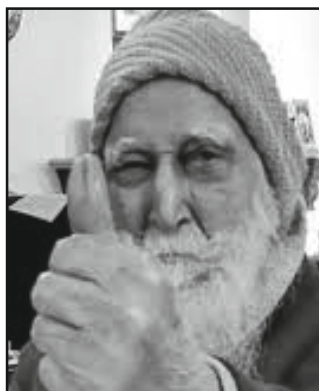


PRIDE OF INDIA

COLONEL PRITHIPAL SINGH GILL

- SERVED IN ALL THREE WINGS OF THE ARMED FORCES

Colonel Prithipal Singh Gill was born in Patiala State on 11th December 1920 to Lt. Colonel Harpal Singh Gill of the Patiala Lancers. Gill studied at Govt. College Lahore A passionate flyer, he earned a flying licence at Walton Airport in Lahore in 1942, without informing the family he joined the Indian Air Force. Commissioned a pilot officer, he was training on Harvard aircraft at Karachi when his father arranged for his transfer from the IAF as the family considered flying unsafe.



Gill transferred to the Royal Indian Navy and was pisted as a temporary Sub-Lieutenant in the gunnery branch of the Royal Indian Naval Volunteer Reserve (RINVR) on 25th January 1943. He was then sent to attend the



"We can do anything we want to if we stick to it long enough."





Long Gunnery Staff course at the Army School of Artillery in Deolali qualifying as an instructor. He ended his naval service in Sept. 1948, and briefly served as a civil servant in the Punjab Government.



In April 1951, Gill joined the Indian Army. He was posted to the Regiment of Artillery due to his prior experience with gunnery. His Initial posting was with the Gwalior Mountain Battery, equipped with 5.4 inch guns. He later served with 34 Field Regiment and was promoted to Major in 13th May 1956.

Promoted to Lt. Colonel on 2nd August 1962, Gill commanded 71 Medium Regiment during the Indo-Pakistan war of 1965. Seeing action in the Sialkot sector, during a battle he personally led a mission to retrieve four of his guns which had been cut off by the enemy. He was promoted to Colonel on 19th June 1968 and was appointed a sector Commander in the Assam Rifles, stationed at Ukhrul in Manipur. He took an early retirement from the Army, relinquishing his commission on 1st December 1970.

He died on 5th December 2021, at the age 100 in his home in Chandigarh. So he was a centenarian with the unique distinction of having served in all three wings of the armed forces. ■





WOMENS SPECIAL

HOW TO MAKE ALOE VERA ICE CUBES FOR INSTANT GLOWING SKIN

Aloe Vera Ice cubes offer various skin benefits such as soothing sunburns and redness, reducing acne and puffiness, tightening pores and hydrating the skin. The ice provides an instant cooling effect that reduces inflammation while the aloe vera gel is known for its moisturizing and anti-inflammatory and rejuvenating properties leaving the skin refreshed and glowing.

Key Benefits

Soothing and Cooling:- The instant coldness provides immediate relief for irritated skin, such as sunburns and heat rash.

Reduces Inflammation and puffiness:- The cold helps constrict blood vessels which can reduce swelling, redness and the appearance of puffy eyes.

Combats Acne:- Aloe Vera's anti-inflammatory properties help calm acne and reduce the redness associated with breakouts.

Hydrates and Refreshes:- The gel moisturises the skin and leaves it feeling supple, refreshed and revitalised.

Tightens Pores:- The cold temperature temporarily narrows pores which can help the skin look smoother.





Improves Skin

Tone and Glow:- The combination of cooling and moisturising effects can give the skin a fresh and glowing appearance.



How to make them:

- ◆ Extract fresh aloe vera gel from a leaf or use natural aloe vera gel.
- ◆ Mix the gel with a small amount of water and create a smooth mixture.
- ◆ Place 2-3 drops of lavender essential oil in each section of the ice tray. Stir gently with a popsicle or toothpick.
- ◆ Pour the mixture into an ice-cube tray and if you wish add few drops of rose water to give good smell and freeze it overnight before gently tap the bottom of the ice-cube tray on a flat surface.

How to Use: Rub a froze aloe vera ice-cube over your face, under your eyes or directly on an affected area of skin. The benefits are immediate but for sensitive skin, keep the application time limited such as to 30-second intervals.





FESTIVALS OF INDIA

THE HORNBILL FESTIVAL

The Hornbill Festival is a vibrant 10 days celebrations in Nagaland, India held annually from 1st December to 10th December to showcase the rich



heritage and diverse cultural activities of the Naga tribes. Also known as "Festival of Festivals", it features traditional tribal performances, music, dance, handicrafts, native sports, food stalls and interactive exhibits at the Kisama Heritage Village, near Kohima, the capital of Nagaland.

The main goal is to revive, protect and promote the rich and cultural heritage, traditions and diversity of the Naga people.



Conceptualized in the year 2000, Hornbill Festival event is organised by the State Government to showcase Nagaland's traditional heritage in all its ethnicity diversity and grandeur.





Activities :

- 10 days cultural performances by different naga tribes
 - Handloom and handicrafts.
 - Flora and vegetation.
- 
- Indigeous games and sports.
 - Local cuisine - Food festival.
 - Village walks / treks
 - Exhibition cum sale of tourism products.
 - International Loin Loom
 - World War-II Rally
 - Sports events - International Hornbill Naga Wrestling.
 - Open Contacts - Naga king chilly and Pineapple eating Competition.
 - Hornbill Music Festival - Handshake Concerts.
 - Adventure-Outdoor activities like Mountaining Biking
 - Dzukou valley Day Hikes.
 - Arts and Crafts.
 - Bamboo Carnival / Night Carnival.

How to Reach :

The nearest airport is Dimapur which is 74 kms away.
 Convenient railway station is Dimapur, Major city is Kohima
 - 7 kms Away. ■





100 SALUTES

SHEETAL DEVI

ONLY FEMALE PARA - ARCHERY CHAMPION.

Sheetal Devi was born on 10th January 2007 in Kishtwar district of Jammu & Kashmir. She was born with Phocomelia, a rare medical condition resulting in the absence of arms. She is the first and only female para-archery champion without upper limbs.



In 2019, She attended a youth event in Kishtwar where she was noticed by the Indian Army's Rashtriya Rifles unit which led to the army supporting her education and providing medical assistance.

At a youth event organized by the Indian Army, Sheetal



caught the attention of coaches Abhilasha Choudhary and Kuldeep Wadhwan who were impressed by her confidence and decided to begin her training. Although they initially



"Don't cry because it's over, smile because it happened."





considered using
prothetics to assist her,
but doctors advised
that it was not possible
in her case. Her ability
to climb trees using
only her legs had

significantly developed her core strength which became important in her training.

The coaches had never trained someone without arms for achery before. However after researching and learning about Matt Stutzman, an archer who uses his legs, they began her training. Within 11 months, Sheetal competed in the women's compound bow event at the 2022 Asian Para Games, where she won two gold medals for India. She secured gold in the mixed doubles and women's Individual, in addition to a silver medal in the women's double compound event, which moved her to the top of the para world Archery rankings in the women's compound open category.





On 9th January 2024, she received the Arjuna Award 2023 from the President of India, Smt. Droupadi Murmu at Rashtrapati Bhawan. She became



the youngest athlete to compete in women's Para Archery at the 2024 Summer Paralympics.

Awards

- ❏ Best Youth Athlete of the year 2023 by Asian Paralympic Committee.
- Best Women Para-Archer of the year 2023 by World Archery.
- ❏ Arjuna Award 2023 on 9th January 2024.

She has also received a medal for Archery at the 2024 Summer Olympics - Mixed team compound.

The Latest Achievement of Sheetal Devi

She won the gold medal in the Women's Compound individual category at the Para World Archery Championship in Gwangju on Saturday September 27, 2025. At 18 years old, she defeated the World No. 1 Archer to become the first Indian woman and the first armless archer to win this title, marking a historic moment for Indian Para-Archery.





RECEIPE

(NO MAIDA - NO OVEN)

EGGLESS BANANA WALNUT CUP CAKES

Ingredients :

- | | |
|--|-------------------------------------|
| ☆ 8 cup cake moulds | ☆ 2 Banana over ripe |
| ☆ 1 cup wheat flour | ☆ $\frac{1}{3}$ cup sugar |
| ☆ $\frac{1}{2}$ cup milk | ☆ 1 tbs Instant coffee powder |
| ☆ $\frac{1}{4}$ cup refined oil or melted butter | |
| ☆ $\frac{1}{4}$ tsp vanilla essence | ☆ $\frac{1}{4}$ tsp Baking soda |
| ☆ 1 tsp. Baking powder | ☆ $\frac{1}{4}$ tsp salt |
| ☆ 2 tbs milk powder | ☆ 1 tsp lemon juice or vinegar |
| ☆ $\frac{1}{4}$ Cup choco chips | ☆ $\frac{1}{4}$ cup chopped walnuts |

Method : Take a blender jar. Put ripe banana pieces, milk, sugar, coffee powder. Churn and transfer to a bowl. Add vanilla essence. Mix well.

Sieve all the dry ingredients - wheat flour, baking soda, baking powder, milk powder, salt. Mix all well and then transfer it to the prepared mixture.

Add lemon juice or vinegar, chopped walnuts and choco chips - keeping few for decoration. Mix well.

Add it to paper moulds - fill up to $\frac{3}{4}$ tbs of the cup. Tap it well. Decorate with walnuts and choco chips.

Pre-heat big Kadai. Put wire wreck on it and put baking tray on it. Cover it and heat it for five minutes.

Transfer the prepared cup cakes on Kadai. Bake on low medium heat for 30-35 minutes.

If you are baking it in oven, bake on 180°C for 25-30 minutes.

Take it out. Let it cool. Remove on wreck. It's ready to serve. ■





MOTIVATIONAL STORY

GOOD DEEDS ALWAYS COME BACK

Once in a quite country of Scotland a boy was playing in a swamp when suddenly he lost his footing and he fell into the the thick muddy water. More he struggled to come out more deeper he sank. Terrified he screamed for help. His cries echoed across the open fields. A poor farmer named Fleming was working nearby, heard the desperate cry, without a second he dropped his tools and ran towards the sound. As he reached the edge of the swamp, he saw the child flailing barely able to keep his head above the water. Thinking quickly Fleming grabbed the long sturdy branch, waded into the muddy ground and stretched it towards the boy. With great effort, and risk of his own life he managed to pull the child out of the muddy water. Exhausted but relieved he helped the boy to his feet and sent him home.

The next day, luxurious car stopped in front of Fleming's modest hut. A wealthy man stepped out, approached the farmer and Said "I am the father of the child, you saved yesterday. I cannot thank you but if there is anything I can do for you." The farmer touched by the man's gratitude replied "I did it out of humanity."

At that moment, farmer's young son appeared at the door of the hut. Seeing the boy and noticing the humble conditions in which the farmer lived, the wealthy man had an idea. He said, "If you don't accept money, then let me



offer you something else. Let me take responsibility for your son's education. The farmer first hesitated for a moment. Sending his son to a prestigious institution was beyond his wildest dreams. But realising the incredible opportunity before him, he nodded with agreement.

Thanks to the sponsorship, young Alexander Fleming was admitted to the finest school in London where he excelled his studies. He later attended St. Mary's Hospital Medical School in London where his relentless curiosity and scientific brilliance led him to a ground braking discovery, the world's first antibiotic Penicillin in 1928. This miraculous drug would go on to save millions of lives but the story doesn't end here.

Years later during World War 2, the wealthy man's son fell seriously ill with Pneumonia. His condition was critical and his survival seemed uncertain. He was treated with Penicillin, the very drug discovered by none other than Sir Alexander Fleming. That wealthy man's son was none other than Winston Churchill, who later became the Prime Minister of Britain twice.

This story is powerful reminder that kindness has a way of reward, coming full circle of selfless act done without expectation can return in ways one couldn't imagine. Do good for others, not for recognition but because it is the right thing to do. One day that kindness will find its way back to you in the most extraordinary way.

If you believe that good deeds always come back in some way or the other, then Karma is real. ■

**KIDS STORY**

Jealousy and Kindness

In a lush green forest, a tiny ant lived with her family from the very beginning. She was known for being wise and hard working, always ahead of others. But as the time passed something began to change inside her heart. Whenever she saw the peacock dancing, she thought “Look at his beauty. Everyone admires him. Why does no one look at me? when she saw the butterfly flying freely, she wished “Ah, if only I had wings too. Why am I only crawling on the ground?” Even the squirrel made her jealous leaping from one tree to another in the blink of an eye. Slowly her heart filled with bitterness. She lost interest in her work. The ant that once gathered food before anyone else now stay behind distracted and gloomy. Others often asked her why did you looks so sad these days? But she only smiled weakly and stayed silent.

One day the forest was struck by a fierce storm and heavy rain. Trees broke, rivers overflowed and many animals lost their homes. The butterfly’s wings became soaked and heavy. She couldn’t fly anymore. The squirrel’s tree collapsed leaving her shivering on the ground. Even the proud peacock’s colourful feathers were drenched and he couldn’t spread them to dance. The forest was in chaos.

But deep underground the ant’s colony remained safe and Strong. They carefully built tunnels protected them from the Storm. But the tiny ant saw the suffering of others something broke inside. “I wasted so much time



envying others she thought. But today they are the ones in trouble. Can I do something to help them?

At that moment, she made a decision and she gathered all the ants and said, "We must help others. Together we can save them. Hundreds of ants marched out in lines. Some carried the butterfly carefully on their backs to the dry place. Some built a bed of leaves for the trembling squirrel. Others cleaned the water from the peacock's feathers so that he could lift his head again. The animals were stunned.

How could such tiny creatures have such enormous hearts? When the storm passed and sun shine again, the peacock, butterfly and squirrel came to thank the ant. The peacock said, "I have never seen a beauty greater than yours!" The squirrel whispered, "today I have learned true strength is not in show, but in service." The butterfly smiled, "You cannot fly and you may not shine, but you saved us all. That makes you the greatest."

For the first time in her life, the little ant felt proud of who she was. She realised she was far more precious than she thought. From that day, she stopped comparing herself with others. She understood that every creature has its unique purpose. When we discover our true strength, and use them to help others. We become truly special. Real greatness is not in beauty, wings or strength, it is in kindness, service and the courage to use what we have already for the good of others.

Jealousy makes us blind to our own worth. We waste our days wishing for what others have, while forgetting the gifts hidden within us. ■

**KIDS CORNER**

When Hanuman Refused To Obey Lord Rama

Lord Hanuman was morose after the coronation ceremony. He sat in the corner, meditating on Lord Rama with closed eyes. Tears were flowing incessantly from his eyes.

Sita noticed and informed Lord Rama at once about it. Rama went near to Hanuman and said, “I couldn’t give you anything in return for your Bhakti and Devotion. The only thing I can do is take you along with me to Vaikunta”.



Hanuman asked, “Will you be there with me in Vaikunta” to which Lord Rama replied, “yes, but not as Rama, but as Lord Mahavishnu.” Lord Mahavishnu is the cause, and Lord Rama is the effect’.

Hanuman replied, “I wouldn’t go to a place where Lord Rama isn’t present. I will stay back in Ayodhya and will continue meditating on Lord Rama”.



“I’d far rather be happy than right any day.”

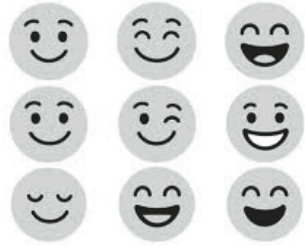




HUMOUR

☛ Innocence at its best

A small boy parks his bicycle nearby the Parliament house and walks on.



A police constable stops him and asks : "Why did you park your bicycle here! Don't you know about this road? Many MPO, sometimes Chief Ministers and even President and Cabinet Ministers and politicians pass from here."

The boy replied innocently, "Don't worry, I have locked my bicycle."

☛ Did you hear about a blind carpenter who picked up his hammer & saw?

Did you hear about the deaf shepherd who gathered his flock and heard!

☛ Mary : "John says, I am pretty and Andy says, I am ugly. What do you think Peter?"

Peter : "I think you are ugly pretty."

☛ "You should be ashamed of yourselves," said the teacher, "When I was your age I didn't even know what a lie was."

The boys gave the ten dollars to the teacher. ■



JOKES - Ashaben Dasondi,
Matunga

❖ A man was driving down the road when a policeman stopped him. The officer looked in the back of the man's truck and said, "why are these penguins in your truck?"



The man replied, "These are my penguins. They belong to me?"

"You need to take them to the 2s" The Policeman said.

The next day, the officer saw the same guy driving down the road. He pulled him over again. He saw the penguins were still in the truck, but they were wearing sunglasses this time.

"I thought I told you to take these penguins to the 200" the officer said.

"I did" the man replied. "And today I am taking them to the beach."

❖ A man goes to the doctor and says, "Doctor, wherever I touch, it hurts."

The doctor asks, "What do you mean?"

The man says, "When I touch my shoulder, it really hurts. If I touch my knee - OUCH! When I touch my forehead, it really, really hurts."

The doctor says, "I know what's wrong with you - you've broken your finger!" ■

The picture speaks of Jeevan Jyot Old Age Home.



Celebrating the birthdays of the elderly is a joyous occasion at Jeevan Jyot Old Age Home.



Picture speaks of Compassion

'How much trouble will a child cancer patient have without a leg?' The thought is simply shuddering. With the aim of encouraging this patient to live life with the help of an artificial leg, bioengineers at the Jeevan Jyot Trust are taking measurements for an artificial leg.

To,



**The Picture speaks
of "Waste out
of Best"**

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