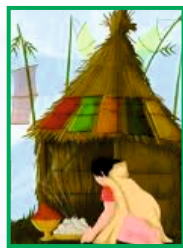




₹ 10/- 1

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



The sick rabbit
were brought
to 'Jeevan Jyot
Jeevdaya Wing'
for providing
immediate
medical
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

LATE SMT. ASHA BHARAT SOMAIYA'S MONTHLY DEATH ANNI.

BY : SHRI BHARAT DHANJI SOMAIYA (MULUND)



Sri Madhapar Jakhkbautera Sangh Mumbai and Matushri Bhagyawantiben Jakhkhubhai Ravji Nandu (Nana Bhadia) sponsored Blood donation camp organised by Jeevan Jyot Trust.

The inaugurating donor family and other dignitaries are seen in the pictures of the lighting of lamp and the camp.

Brave warriors donating blood are seen receiving certificates and gifts.

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

Estd. : 1983

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

Now you can read Jeevanpath on Internet - Visit - **www.jeevanjyot.in**

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ॐ **Arihante Namo Nama:**

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

FROM THE EDITOR'S DESK



Enjoy Yourself - 1950

You work and work
 for years and years
 You are always on the go
 You never take a minute off
 Too busy making 'dough'
 Someday you say, you'll have your fun
 when you are a millionaire
 Imagine all the fun you'll have
 In your old rocking chair
 Enjoy Yourself,
 It is later than you think
 Enjoy Yourself
 You are still in the pink
 The years go by as quickly as a wink
 Enjoy Yourself, it's later than you think
 You are gonna take that ocean trip
 No matter come what may
 You have got your reservations but
 you just can't get away

Next year for sure,
 You'll see the world
 You'll really get around but
 How far can you travel
 When you are six feet underground
 You worry when the weather is cold
 You worry when it is too hot
 You worry when you are doing well
 You worry when you are not
 It is worry, worry all the time
 You don't know how to laugh
 They'll think of something funny when
 they write your epitaph
 Enjoy yourself, it's later than you think
 Enjoy yourself while you are still in
 the pink
 The years go by as quickly as a wink
 Enjoy yourself, Enjoy yourself
 It's later than you think
 “Enjoy Yourself”



-: 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



MONTH SPECIAL

Ghazal King - Jagjit Singh



Jagjit Singh was born on 9th February 1941 in Sri Ganganagar, Bikaner, Rajasthan. He was educated initially at Khalsa High School and Government College in Sri Ganganagar. He obtained an arts degree from DAV College, Jalandhar. There he began his professional career in 1961 by undertaking singing and composing assignments at All India Radio (AIR) Jalandhar Station.

In March 1965, without the knowledge of his family, he moved to Bombay where there were many opportunities for music artists because of the Hindi Film Industry. He obtained work initially as a singer of advertising jingles and later progressed to playback singing.

His ability to convey profound emotion with simplicity remains unparalleled. His voice continues to be a balm for



the soul, a reminder of the power of Music to heal and connect us all. He was an Indian composer, singer, and musician. He



composed and sang in numerous languages like Hindi, Urdu, Punjabi, Bengali, Nepali, Gujarati, and Sindhi among many other languages. He is credited for the revival and popularity of Ghazal, an Indian Classical form, by

choosing poetry that was relevant to the masses and composing them in a way that laid more emphasis on the meaning of words and melody that evoked people. He recorded about 60 albums during his lifetime. He and his wife Chitra Singh came into prominence during the 70's and 80's and revived the style of traditional singing that had languished since the late 50's. Composing in the 'Bol-Pradhan' style (sung poetry and vocal improvisation over set musical arrangements), he used simple melodies and modes to accompany lyrics that were considered current and relevant to contemporary life.

His 1987 album 'Beyond Time' was the first digitally recorded release in India. He was regarded as one of India's most influential artists.

Awards:

- ❏ In 1998, he was given the Sahitya Academy Award, a literary honour for popularising



the work of Poet Mirza Ghalib with his score and soundtrack for the television series of the same name.



- ✦ In 2003, he was given Padma Bhushan by the Indian Government.
- ✦ He received a Teacher's Lifetime Achievement Award in 2006.
- ✦ He was posthumously awarded Rajasthan Ratna in 2013 by the Government of Rajasthan.
- ✦ In 2011, on the day of a concert with Ghulam Ali was scheduled, he was hospitalized after suffering from a cerebral haemorrhage. He breathed his last on 10th October 2011.

Jagjit Singh's Famous Ghazals:

- ★ Tum Itna Jo Muskura Rahi Ho
- ★ Jhuki Jhuki Si Nazar
- ★ Kal Chaudhvin Ki Raat Thi
- ★ Hothon Se Chhu Lo Tum
- ★ Woh Kagaz Ki Kashti
- ★ Chithhi Na Koi Sandesh
- ★ Yeh Tera Ghar Ye Mera Ghar
- ★ Jane Woh Kaise Log The
- ★ Ek Pyar Ka Nagma Hai





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

- | | |
|---|-------------------------------|
| 1) Smt. Naliniben Bipinchandra Mehta | : Cancer Detection Centre |
| 2) Smt. Champaben Zumakhram Shah | : Colostomy Bag Centre |
| 3) Smt. Sakarben L. D. Shah (Bidada) | : Shri Jalaram Annadankshetra |
| 4) Smt. Pushpavati Kishorbhai Bhojraj (Merau) | : Ambulance Service |
| 5) Smt. Naynaben Bipinbhai Dani (Matunga) | : Senior Citizen I-card |
| 6) Shri Mahendrabhai Manilal Gandhi (Limbodra) | : Black Molasses |
| 7) Shri Dungarshi Mulji Maru (Karaghogha) | : Modern equipment |
| 8) Miss Saisha-Naisha Dani (Matunga) | : Toy Bank |
| 9) Matushree Khetbai Devraj Maru (Halapur) | : Charitable Dispensary |
| 10) Matushree Kantaben Chunilal Gagaldas Shah (Serisa): | Animal Welfare |
| 11) Matushree Chandrabai Jayantilal Chatrabhuj Modi &
Matushree Lachhbai Hirji Karamshi Bheda (Samaghogha) : | 'Haldi Doodh' |
| 12) Shri Hariram Mathuram Agrawal (Chembur) | : Fruit Distribution |
| 13) Matushree Sushilaben Kantilal Dani (Harsol) | : Animal Ambulance |
| 14) Matushree Lalitaben 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 |





PERITONEAL CANCER

Primary Peritoneal Cancer is also known as Serous Surface Papillary Carcinoma or extra-ovarian carcinoma. It has historically been classified under Carcinoma of Unknown Primary (CUP). It is a cancer of the cells lining the peritoneum or abdominal cavity. It usually affects women and is diagnosed after the age of 60; it very rarely affects men.

Histomorphological and molecular biological characteristics suggest that Serous Carcinomas, including ovarian, uterine/fallopian, cervical, and primary peritoneal Serous Carcinoma, really represent one entity.

The median survival of this cancer is usually shorter by 4-6 months when compared with Serous ovarian cancer. Elevated albumin levels have been associated with a more favourable prognosis.

The most common cause of this type of cancer is a bacterial or fungal infection resulting from a ruptured organ in the abdomen, such as a burst appendix, perforated ulcer, or damaged intestine. Bacteria can also enter the abdominal cavity through trauma or complications with medical devices like peritoneal dialysis catheters, or from infections in people with liver diseases. It can hide in an organ like the stomach, colon, or gall bladder and spread into the peritoneum, triggering inflammation. These conditions can cause inflammation or holes in the gastrointestinal tract, allowing infection to spread.





In women, a ruptured fallopian tube can also lead to this. Injuries such as from a gunshot or knife wound can introduce bacteria into the abdominal cavity. Bacteria can enter the abdomen during surgery if proper protocols aren't followed. This affects when bacteria infect the fluid that cumulates in the abdomen, often due to advanced liver disease.

Although the precise causes are not known, a link with certain variants of the BRCA $\frac{1}{2}$ has been described. Furthermore, women with BRCA $\frac{1}{2}$ mutations have a 5% risk of developing this type of cancer even after prophylactic oophorectomy.

It shows similar risks of tumor suppressor gene dysfunction as ovarian cancer and can also show an increased expression of HER-2 receptors.

Prognosis and treatment is the same as for the most common type of ovarian cancer, which is epithelial ovarian cancer. ■

THANK YOU VERY MUCH FOR YOUR SUPPORT

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



Last Month’s activities carried out by Trust

- 28 cards were given for food and 9 for Haldi milk.
- Food Grains distributed among 122 Cancer patients family.
- Fruits were distributed among 905 patients per day.
- 13 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 6 patients.
- 8 patients were given help by different trusts and received best response.
- Medicines worth Rs. 9,23,500/- were given to cancer patients.
- Medical treatment worth Rs. 3,93,220/- was given to other patients.
- 17 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 : 3 Walker, 3 Walking Stick, 4 Commode Chairs, 5 Wheel Chairs, 4 Flower Beds, 3 Oxygen Machines and 5 Oxygen Cylinder were given.
- 4 files made for cancer affected patients.
- 23 Patients got benefit of free Ambulance Service.
- 4 patients got Colostomy Bag at Concessional Rate.
- 4 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/-

**WOMEN EMPOWERMENT**

Smita Sabharwal,

Secretary to Government,

Youth Advancement, Tourism & Culture

(From 11th November 2024)

Smita Sabharwal was born on 19th June 1977 in a Bengali family in Darjeeling. She had her schooling at St. Ann's High School in Secunderabad. She was the all India topper in the ICSE Exam. She graduated in commerce from St. Francis College for Women, Hyderabad. She was just 22, when she cleared the Union Public Service Commission exam in 2000, securing All India Fourth Rank.



After completing administrative training at Lal Bahadur Shastri National Academy of Administration, Mussoorie in 2001, she was trained in Adilabad district during her probation. Her first independent charge was as Sub-Collector of Madanapalle in Chittoor, which let her gain hands-on experience in Land Revenue Management and District Administration. Thereafter she worked in the Rural Development sector as Project Director, DRDA, Kadapa. She worked as a Municipal Commissioner, Warangal, where she introduced the 'Fund Your City' scheme where a large number of public utilities such as traffic junctions, foot overbridges, bus stops, parks were created with



Public-Private Partnership (PPP). Later she served as Deputy Commissioner, Commercial Taxes, Visakhapatnam.

Smita worked as Joint Collector of Kurnool and also of Hyderabad. In April 2011. She took charge as District Collector of Karimnagar district where she made a significant contribution in the Health and Education Sector. The health initiative to improve institutional deliveries in the public sector, popularly known as 'Ammalalana', was started and successfully implemented in the district. It became a role model for many health initiatives for high-risk pregnancy management, targeting IMR and MMR in NRHM of the Govt. of India. This initiative was also nominated as one of the best initiatives for the Prime Minister's award for excellence in public administration. With the help of public representatives, Karimnagar town underwent a facelift in the form of wider roads, scientifically planned traffic junctions, bus-stops, toilets, and other public utilities. Karimnagar district was awarded the Best District in the state's 20-Point Programme for 2012-13. She successfully started a programme, 'Voter Panduga', to increase polling percentage. She also served as District Collector of Medak during the General Elections 2014 and successfully conducted free and fair polls, registering a high polling turnout.





She is known popularly as the people's officer and is known to use the latest developments in technology to her advantage, especially in implementing government programmes on the field. Monitoring of medical doctors through Skype has completely changed the scenario in the public health sector. Performance monitoring of government schools through specially designed software has made Karimnagar and Medak districts stand top in the State during her tenure.

Awards :

1. Indian Express Devi Award 2015 for innovation.
2. E-India Government Digital Initiative Award - 2013.
3. Chief Minister's Award for the best district in the 21-point programme in 2011-12.
4. Chief Minister's Award for the best district in the 20-point flagship programme in 2012-13.
5. Recipient of "Platinum Award" worth Rs. 10.00 lakhs under the District Category sponsored by the Information Technology & Communication Dept. for the best E-Governance for the year 2012-13.
6. Nominated for the Prime Minister's award under the individual category for excellence in public administration for the Ammalalana programme in the erstwhile united state of Andhra Pradesh.

Smita is an Indian Administrative Service officer of the 2001 batch, belonging to the Telangana Cadre. She is the first lady IAS officer to be appointed to the Chief Minister's Office. She worked as Member Secretary of the Telangana State Finance Commission, Govt. of Telangana From 4th Jan 2024 to 10th November 2024. ■





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

Donor's Name	Area	Scheme	Amt. ₹
On the occasion of Mahendrabhai Shamaldas Shah (Harsol)'s birthday	Borivali	Jeevdaya	5,000/-
In loving memory of Late Vanlilaben Madhusudan Shah (Indroda) By : Madhusudan Somchand Shah	Mumbai	Jeevdaya	5,000/-
In loving memory of Late Shardaben & Late Chimanlal Sakarchand Shah (Uvarsad) By : Rahul Bhupendra Shah	Pune	Haldi Milk	2,500/-
In loving memory of Late Arvindbhai Vallabhdas Sonecha By : Hansaben Arvindbhai Sonecha Family	Kandivali	Medicine	2,000/-
In loving memory of Indravadan N. Shah's death anniversary By : Manoramaben Indravadan shah	Matunga	Jeevdaya	2,000/-
In loving memory of Late Mahendrabhai Manilal Gandhi (Limbodara) By : Alpaben Alpesh Gandhi	Borivali	Medicine	1,200/-
In loving memory of Late Indumati Mahendrabhai Gandhi (Limbodra) By : Beena Sanjay Gandhi	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 of Saraswatiben Rasiklal Shah (Unava) By : Pallavi Shirish Shah	Sion	Jeevdaya	500/-
In loving memory of Late Kamlaben & Late Bechardas Doshi By : Dilip B. Doshi	Mulund	Medicine	500/-
In loving memory of Late Shardaben & Late Chimanlal Sakarchand Shah (Uvarsad) By : Hema Pradip Shah	Pune	Jeevdaya	500/-



PLACES OF INTEREST

Khatu Shyam Temple, Rajasthan

Khatu Shyam Temple is a Hindu temple located in Khatu Shyam in the Sikar district of Rajasthan. It is a pilgrimage site dedicated to the



worship of Khatu Shyam, a divine figure believed to be a manifestation of Barbarika, a character from the Mahabharata. The temple is one of the most revered religious sites in Rajasthan, attracting millions of devotees annually, particularly during the Phalgun Mela, a festival held in the Hindu month of Phalgun (February-March). According to the legend, the temple was originally



constructed in 1027 CE by Roop Singh Chauhan, a local ruler. In his dream, he was guided to unearth a buried idol of Barbarika, believed to be the head of the warrior, at a site now



"A sunset paints the sky as if there were no tomorrow."





known as Shyam Kund, a sacred pond near the temple. The idol was installed in the temple, marking the



beginning of its veneration as a holy site. The current structure of the temple, built with white Makrana marble, reflects traditional Rajasthani architecture.

The temple's prominence grew over centuries, particularly due to its connection with Barbarika, the son of Ghatotkach and grandson of Bhima, revered as Khatu Shyam, believed to be an incarnation of Lord Krishna in the Kaliyuga. As per the tradition, Lord Krishna blessed Barbarika with the boon that he would be worshipped in this age under the name of Shyam. The temple is believed to house the head of Barbarika, making it a sacred site for devotees.



Nishaan Yatra is a revered pilgrimage honouring Khatu Shyam, a deity linked to Lord Krishna and Barbarika, held annually in Khatu, Rajasthan. During the





Phalgun Mela, lakhs of devotees participate in this procession, carrying a Nishaan, a sacred triangular flag in saffron, orange or red- symbolising devotion.

Pilgrims typically travel on foot from Ringas to the Khatu Shyam Temple, covering about 17 kilometers while chanting prayers, singing bhajans, and dancing. The flag is offered at the temple to seek blessings.

To visit Khatu Shyam, the most popular and feasible options are to fly to Jaipur and then take a taxi or cab, or to take a train to Ringas Junction and then a taxi to the temple. You can also travel by overnight train to Hissar station, which is a major railroad serving the area, and utilize local transport.

The best time to visit is the period between October and March. This is considered the best.

You can also find pre-arranged Khatu Shyam tour packages from Mumbai that include transport and accommodation for a spiritual journey. ■



HALDI MILK

Name	Area	Amt.
❀ Bharat Doshi	Ghatkopar	2,100/-
❀ Sudarshan Kumar	Bangalore	800/-
❀ Sanskriti Aayushi Savla's Birthday	Mulund	700/-





BLACK MOLASSES

A very beneficiary general tonic means Molasses. It called 'Mali' in Marathi. It called 'Kakvi' at some places and at many parts it called 'Matala No Gor'. The word 'Molasses' comes from Latin word 'Melaceres' which means 'Honey-like'. It was used as 'Health Food' in middle part of 20th century.

In the process of making jaggery, at the time of boiling sugar-cane juice, the black cream which lie on the juice is called Molasses. The entire energy of sugarcane juice is deposited in that cream and also nutrients like minerals and alkali are contains in large quantity, They are collected naturally, therefore they merged easily in our body. In Western Countries it called 'Blood Tonic'. Therefore it is used as energetic blood tonic against cancer. The side effects of chemotherapy and radiation are Appetite, Sickness, Hair- Fall, Dizziness, Vomitting, Weight-Loss and Depression and Black Molasses Tonic is effective on this .

There is more calcium in one spoon Molasses than in 1 glass of milk, more iorn than 9 eggs and plenty of vitamin-B, and also contains natural carbohydrates and Iron.

There is plenty of minerals like Iron, Calcium, Copper, Magnesium, Cromium, Manganese, Zinc, Phosphrous, Vitamin-B, Vitamin-E.

Black Molasses contents many efficacy. Therefore, it is used for cancer patients, T.B., Asthma, Arthritis, Disease of Lung and Weakness etc.,

It can taken with juice, water, herbal-tea or other food, it can be used under medical guidance.





8 PROTEIN-RICH SALADS

- 1. Sprouted Moong Salad with Raw Mango:** Add boiled sprouted moong, grated raw mango, chopped chilies, and fresh coriander together in this crunchy combo, sprinkle some peanuts for crunch. It is light, powerful, great for digestion, and easy on the gut.
- 2. Curd Rice Salad:** A tasty twist on a comfort classic. Use thick hung curd mixed with cooked rice or any millets. Add grated carrot, curry leaves, pomegranate seeds, and a tempering of mustard seeds, urad dal, and curry leaves. Sprinkle chaat masala. It gives you a good dose of healthy fats and protein.
- 3. Power Paneer Salad:** Cut or pan-fry cubes of marinated paneer. Mix with cucumber, bell peppers, and lettuce leaves. Add a spoonful of mint chutney as dressing. It's smoky, cool, and totally filling. Paneer adds protein and calcium while keeping carbs low.
- 4. Tandoori Tofu Salad:** Tofu chunks marinated in tandoori masala and curd, grilled till golden. Toss with greens, sliced radish, and onion. Add a squeeze of lime and sprinkle some chaat masala. Tofu gives a big protein boost and pairs with spicy Indian flavours.



5. Tempered Rajma

Salad: Boiled Rajma tempered with cumin seeds, curry leaves, and garlic. Mix it with cucumber, tomato, and a little of tamarind pulp. It is



healthy, tangy, and very filling. Sprinkle some coriander on it. Rajma gives iron, fibre, and slow-digesting protein.

6. **Chana Chaat Salad:** Take boiled kala chana, toss in finely chopped onion, tomatoes, coriander, and squeeze some lime. Add roasted jeera powder, black salt, and a drizzle of olive oil. It is easy to carry and packed with plant-based protein. Kala chana helps with satiety and keeps blood sugar levels steady for hours.

7. **Paneer Bhurji Salad:** Make paneer bhurji with crumbled paneer, onions, tomatoes, chilies, and turmeric. Serve over a bed of shredded cabbage and lettuce instead of bread. It is hot, spicy, and feels like comfort food without the carbs. Great for breakfast or a light dinner.

8. **Masoor Dal Salad with Sesame Toss:** Cook masoor dal, toss with shredded spinach, a simple tempering, and a toasted sesame dressing (like tahini). Add chopped walnuts. Masoor dal is one of the easiest dals to digest and is rich in iron and protein. ■



A Real Story

My name is Peter. I am 79. I wash dishes at Maplewood Senior Care, but as a resident, not as an employee. Yeah, I know I should be retired. But my wife, Jane, just sitting home made me feel like I was fading. So I asked the kitchen manager, "Got room for a dishwasher?" He said, "You bring your own apron, you're in!" I have been there for 3 years, slower than a snail.

Every lunch, I watch the dining room through a kitchen window. Most folks laugh, talk, eat. But Table #7, always quiet. An old lady named Eva sits there. She is 92, eyes so bad she cannot hold a spoon. Her tray comes back full - mashed potato, peas, and bread pudding - every single day. The staff thinks she is just picky. I know better.

On Tuesday, I saw her trembling hands try to lift the spoon. She dropped it. Her eyes filled with tears. My heart beat with shame. I walked over. Didn't say a word, just wiped her tray clean and then brought her a new plate.

I cut her bread pudding into tiny pieces, scraped the peas into a small cup, mashed her potatoes with extra butter.

"Try now," I said softly. She ate every bite. Looked at me like I had handed her a million dollars. Next day, same thing. I did it again. By Friday, the boss caught me. "Peter, you are not paid to feed the residents." I said, "I



am paid to care,” and I started preparing Eva’s plate before it even hit the dining room. Soft foods, small portions. Now, no food wasted. Then something changed.

The nurse saw me. The next day she put Eva’s medicines in applesauce so she could swallow them. The server brought Eva’s drink in a sippy cup - no more spills. The activity director sat with her during meals just to talk to her.

No one called a meeting. No one made a rule. We just saw her.

Last month, I got pneumonia. Had to miss work for a week. The first day I was back, Eva’s daughter met me at the door. She whispered, “She won’t eat unless you serve her.” That hit me hard. I am just a dishwasher, but to her, I was the reason she felt seen.

Yesterday, Eva is gone. Passed peacefully in her sleep. Her daughter hugged me and gave me her old knitting needles. “You were the one who made her feel like a person again.” I keep those needles in my apron pocket. I just noticed one silent table. But here is what I know now-

“Kindness is not about grand acts. It is about seeing the person no one else looks at and doing one small thing to say, “I see you.”

You don’t need a title to be someone’s hero. You just need to look up from your own plate.” ■



DONATE WITH AN OPEN HEART

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❖ Vilas Kamerkar	Mahim	1,001/-
❖ Jaloo Homi Ghadiali	Parel	500/-





HEALTH TIPS

Contd. from last Issue...

Why do we recommend Cinnamon for health?

Cinnamon, a common spice, offers various health benefits when incorporated into your diet. It can aid digestion, potentially lower blood sugar, and possesses anti-inflammatory and anti-oxidant properties.

You can easily add it to your meals and drinks or create topical treatments for skin benefits.

- **Add to your food and drinks** : Sprinkle cinnamon powder on oatmeal, yogurt, or toast. It can be added to herbal tea or smoothies. For a comforting drink, try cinnamon with hot chocolate or a peanut butter powder with cinnamon.
- **Incorporate into recipes** : Use it in baking like banana bread, muffins, or sweet pancakes.
- **Create a face mask** : Combine it with honey to make a face mask for acne or anti-aging benefits.
- **Use as a mouthwash** : Boil a small piece of it in water and use it as a mouthwash to help with bad breath and dental pain.
- **Add to massage oil** : Blend cinnamon oil in a carrier oil like almond oil and use it for massage or moisturizing.
- **Use in aromatherapy** : Cinnamon sticks can be simmered in water to release their fragrance, or cinnamon oil can be used in a diffuser.

Dosage : 1 tsp (2 grams) of cinnamon powder a day. ■





INSPIRATIONAL STORY

His journey didn't begin with exams. It began with learning how to hold a pencil.

For Manvendra Singh, it began with learning how to hold a pencil. Born with cerebral palsy, his right side was stiff, his neck weak, and even simple tasks demanded relentless effort. Doctors told his parents he might never coordinate on his own easily, but they refused to give up.

His mother, Reena Singh, a school principal, became his first teacher and constant support. She placed a pencil in his tiny fist, guiding him patiently as he learned to write.

His father, a pillar of encouragement, stayed by him through countless therapy sessions and hospital visits.

Together they took him to over 50 hospitals before his condition stabilized. Even when tragedy struck at 17



with his father's death, the family's unwavering love and belief kept Manvendra going.

Step by step, he turned struggle into skill. After pursuing an M.Tech in Electronics and Electrical Engineering, he prepared for the Engineering Services Examination.



On December 17, 2023, when the Union Public Service Commission declared the ESE results, Manvendra’s name appeared with All India Rank 31, securing his selection to the Indian Engineering Services on the very first attempt.

At just 24, this IIT graduate with cerebral palsy defied expectations to crack UPSC in his first attempt. ■



BENEFITS FOR CANCER PATIENTS

Name		Area	Amt.
❖ Late Rasila Vikram Sanghvi's			
4th Death Anni.		Santacruz	31,000/-
❖ Pushpa M. Patil		Santacruz	25,000/-
❖ Apple - Sanjay Gala	Abdul Rehman Street		25,000/-
❖ Alka Shankar		Kurla	15,000/-
❖ Anilkumar H. Sonawane & Pratik Anilkumar Sonawane			
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FESTIVALS OF INDIA

MAHA SHIVRATRI

It is a notable festival in Hinduism marking a remembrance of overcoming darkness and ignorance in life and the world. It is observed by



remembering Shiv and chanting prayers, fasting, and meditating on ethics and virtues such as honesty, non-injury to others, charity, forgiveness, and the discovery of Shiv. Ardent devotees stay awake throughout the night chanting “Om Namah Shivay”. Others visit one of the Shiv temples or go on a pilgrimage to the Jyotirlings. The festival is believed to have originated in the 5th century BCE.

Maha Shivratri is particularly important in the Shaivism tradition of Hinduism. Unlike most Hindu festivals



that are celebrated during the day, Maha Shivratri is celebrated at night. Furthermore, unlike most Hindu festivals that include expression of cultural



“The wound is the place where the light enters you.”





revelry, Maha Shivratri is a solemn event notable for its introspective focus, fasting, and meditation. It is self-study, social harmony, and an all-night vigil at Shiv temples.



Offerings of fruits, leaves, sweets, and milk are made to Lord Shiv. Some perform all-day fasting with Vedic or tantric worship of Shiv and some perform meditative yoga. In Shiv temples, the sacred Panchakshar mantra of Shiv, 'Om Namah Shivay', is chanted throughout the day. Devotees praise Shiv through the recitation of the hymn called the 'Shiv Chalisa'.

In Kashmir Shaivism, Maha Shivratri is called 'Herath' in Kashmiri, a word derived from Sanskrit 'the night of Har', another name of Shiv. It is celebrated on Trayodashi or the 13th day of the dark half of the month of Phalgun (February-March).

Maha Shivratri is celebrated mostly by people following Shaivism but it is widely followed, especially in Ujjain in Madhya Pradesh, Geparnath Mahadev near Kota (Rajasthan), Bhavnath near Junagadh (Gujarat), Tarakeshwar in West Bengal, and even in Nepal and Pakistan.

This year it will be celebrated on Sunday, 15th February 2026. ■



**100 SALUTES**

Bhuvnesh Ojha, Jungle Man of Rajasthan

Bhuvnesh Ojha is known as the Jungle Man of Rajasthan due to his extensive efforts in environmental conservation and afforestation, particularly in turning arid lands into forests.



His recognition primarily comes from his profound work with over 30,000 trees planted and the mobilization of 300 volunteers to combat desertification in the region.

He is turning barren lands into thriving green spaces through his work with the Plateau Foundation. He is quietly creating forests, conserving water, and empowering local communities, proving that even the driest land can bloom again.

In the heart of Rajasthan's arid terrain, where the sun beats down on cracked earth and sparse vegetation, most people see only sand and struggle. But for Shivnesh, every stretch of barren land holds the promise of life and a greener future. He has made it his life's mission to turn those dry, lifeless patches into thrive green spaces.

What began as a personal attempt to ease his family's daily water struggles soon grew into a profound purpose. Determined to change the fate of his land, he started planting trees one by one until his small act of hope blossomed into a movement of persistence and



"In three words I can sum up everything I've learned about life: it goes on."



purpose. Over the years, he has planted more than 31,000 native trees that can withstand the region's harsh climate.



In 2013, driven by his vision to bring green hope back to Rajasthan's parched lands, he founded the youth-led "Plateau Foundation". Since then, the organization has been transforming barren stretches into living ecosystems, conserving soil, recharging groundwater, and rebuilding rural livelihoods. In just 12 years, the team has:

- ✦ Planted over 31,000 trees.
- ✦ Created eight dense Miyawaki forests with 30-50 native species.
- ✦ Conserved two million liters of rainwater.
- ✦ Empowered 600 local farmers through natural farming and permaculture training.
- ✦ Growth into a community of over 800 dedicated volunteers.

"Change, like a tree, always starts small, but with care and conviction, it can grow strong enough to transform the world around us," he comments.

His work stands as living proof that even the driest lands can bloom again by greening urban spaces, greening, environmental changemakers, and sustainability.



WE ARE PROUD OF YOU

Pranav Soorma - Club Throw F51 - Para-athletic

P r a n a v
Soorma was born
in 1994 in
Faridabad,
Haryana. He did
his schooling at
St. Paul's School,
Delhi. He



completed his post-graduation from Delhi School of Economics. He works as a Manager in the Bank of Baroda.

In 2011, at the age of 16, he met with an accident that injured his spinal cord. His father quit his job to support his son to take up sports.

Athletes whose movement is affected to a high degree in the trunk, legs, and hands are qualified for the



F51 club throw event. They rely on their shoulders and arms to generate power and make the throw while seated.



Soorma won the Asian Para Games gold with a record on 23rd October 2023. Earlier in 2023, he also won gold in the Serbia Open.



In 2022, he won Silver and gold at the Tunis Grand Prix. In 2019, he won silver at the Beijing Grand Prix.

In the inaugural Khelo India Para Games, he improved his Asian record by throwing a distance of 33.54 m for his gold medal in December 2023 at the Jawaharlal Nehru Stadium, New Delhi.

He won the silver medal in the men’s club throw event at the 2024 Paris Paralympics. He also won the gold medal at the 2022 Asian Para Games. At that event, he set an Asian Games record with a throw of 30.01 m.

Prime Minister Shri Narendra Modi congratulated him for his resilience. He is supported by Sports NGO Olympic Gold Quest.

ANIMAL WELFARE

Name	Area	Amt.
❖ Mohan Devi Mehta's Birthday		
By: Ashok Mehta	Parel	3,000/-
❖ Suresh Chhabaria	Santacruz	3,000/-
❖ Sudarshan Kumar	Bangalore	2,500/-
❖ Vibha Sandeep Shah	Tardeo	2,000/-

JALARAM ANNDANKSHETRA

Name	Area	Amt.
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❀ Adi J. Pithawalla	Andheri	10,000/-
❀ Lata Lachhmandas Bhatia	Sion	7,000/-
❀ Kiran Prannath	Mumbai Central	7,000/-
❀ Shailesh S. Surve	Kalwa	7,000/-
❀ Late Smt. Rama Chauhan's Death Anni.		
By : Jitendra Pratap Singh	Nahur	7,000/-
❀ Bhavesh Dhimant Ponda	Kandivali	7,000/-
❀ Junaid Salim Tamboli	Ghatkopar	7,000/-
❀ Jitendra Pratap Singh	Nahur	7,000/-
❀ Akash Sunil Malani	Mira Road	6,700/-
❀ Pushap Lohar	Parel	5,000/-
❀ Anupkumar Janardhanan	Malad	4,000/-
❀ Mythili Venkatachalam	Wadala	4,000/-
❀ Manali Gangaram Khatavkar	Prabhadevi	4,000/-
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By: Sandesh Sawant	Lalbaug	4,000/-
❀ Kranti Chaitan Shirodkar	Kurla	4,000/-
❀ Anil Patodia	Wadala	4,000/-
❀ Shreya Gosar	Mulund	4,000/-
❀ On behalf of Rajkumar Jalan		
By: Mihika Jalan	Antop Hill	3,500/-
❀ Sudarshan Kumar	Bangalore	2,500/-



GRANDMA'S TIPS

Remedy For Wrinkles And Aging

Wrinkles and aging can be easily cured, if one adopt nine measures properly. The following nine methods as listed below should be followed to make the skin younger free from wrinkles and aging, as it is the sign of beautiful skin with glow in it.

- 1 To make your skin soft and beautiful apply lemon juice on your face.
- 2 Massage your face from neck to forehead which increase blood circulation in your face which help you to restore your beauty.
- 3 Apply Aloa vera on the wrinkles, dry it to and the wash off.
- 4 Apply coconut oil or olive oil or Castor oil that will help you in keeping glow.
- 5 Cut the green seedless grapes into halve and apply it. Leave it for 20 minutes and then wipe it off
- 6 Apply ripe papaya on your face. Let it dry for 15 minutes which makes you fair and free from wrinkles.
- 7 Turmeric powder with sugarcane juice help you to prevent from aging.
- 8 If one intake half a cup of carrot juice it would give the desired result.
- 9 Green vegetables and fruits in diet help to restore youth and beauty. □

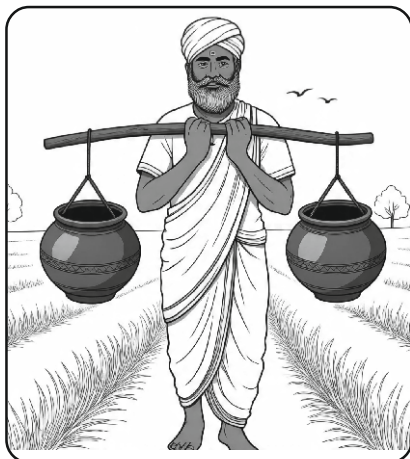




KIDS CORNER

Nobody is Perfect

Once upon a time, in a small village, there lived a hardworking farmer. Every morning he woke up very early and walked a long way to fetch drinking water from a well. He carried two clay pots. He tied them to the ends of a wooden stick and placed the stick across his shoulder.



But one pot was perfect, and the other pot had a small crack on its side; because of that crack, half the water leaked out before the farmer even reached home. The perfect pot was proud of itself. Every day, the perfect pot looked at the cracked pot and said softly, “Look at you. You are useless. Half of your water is always gone before we reach home.”

The cracked pot didn't reply. It stayed silent, holding back its sadness. Day after day the thing continued. The perfect pot made fun of it, and the cracked pot kept silent. Slowly the little pot began to feel worthless.

One day, it couldn't control its emotions anymore. Tears rolled down its sides as it whispered to the farmer, “I am so sorry.” The farmer looked at it gently and asked,



“I just need you and some sunsets”



“Why are you so sad? Why are you crying, my friend?” He asked softly. The cracked pot spoke in a trembling voice, “Because I am broken. I have a crack. Every day I lose half of the water because of it, and your effort is wasted. Please forgive me.” The farmer smiled kindly and said, “Oh! That’s why you are so sad? Tomorrow, I will show you something, and I’m sure that you will never feel useless again.”

The next day, the farmer carried both the pots as usual and went to fetch water from the well. On the way back, he said softly, “Today I want you to look carefully at the side of the road.” The cracked pot looked down. To its surprise, there were beautiful flowers blooming all along its side of the path. Red, yellow, and pink flowers swayed gently in the morning breeze. For the first time in many days, the cracked pot forgot its sadness. It admired the beauty and felt a little happy.

It admired the beauty and felt a little happy. But when they reached home, it saw again that half of its water was gone. Its heart sank. It whispered sadly, “Even after seeing those flowers, I still failed you. I still couldn’t





bring you a full pot of water.” The farmer placed the pots down, smiled, and said, “No, my friend. Didn’t you notice something? The flowers were not on the other pot’s side.” The cracked pot followed in surprise, “Why were the flowers only on my side?” The farmer smiled, “Because I have always known about your crack. That’s why many months ago, I planted flower seeds along your side of the path. Every day while we walked back home, you watered these seeds without even knowing it. And now the whole road is filled with beautiful flowers because of you.” The cracked pot’s tears turned into tears of joy. For the first time, it felt special. The farmer said, “So, you thought your weakness made you useless, but your weakness brought beauty and happiness to everyone. You water them every day. You are perfect in your own way.



Moral of the Story:

Friends, no one in the world is perfect. We all have flaws! We have cracks. But sometimes the things we see as our weaknesses can become our strength if we change how we look at them. Just like the cracked pot, your flaws can create something beautiful too.”





Joke of the Day

Mr. Rao retired and received a large amount on retirement. He deposited his money in a joint account with his wife and even shared the ATM card PIN with her.

One day he stepped out for an hour for some work and suddenly realized that he had forgotten his phone at home. He rushed back and was relieved to find it lying on the sofa.

As he sat down, he asked his wife, "Did any call come?"

She replied, "Yes, the bank called asking to update the bank account details."

Mr. Rao started sweating and collapsed into the sofa in panic. "Did you give them the OTP?" he asked anxiously.

His wife calmly said, "Yes, the bank manager himself told me, so I gave it to him."

Mr. Rao almost fainted. He quickly checked his bank balance on his phone, and the money was still there.

With a sigh of relief, he asked, "What OTP did you give?"

His wife innocently replied, "The OTP I got was 4162. Since it is a joint account, I gave my half of the OTP - 2081."

Mr. Rao felt like he had just conquered a mountain. "No wonder a wife is called 'better half'." ■





RIDDLES

1. What begins with an 'e' and contains only one letter?
2. A six-letter word, remove one letter and 12 remains.
3. What would you find in the middle of "Toronto"?
4. You see me once in June, twice in November, and not at all in May. What am I?
5. There is one in a corner, one in a room, none in a house, but one in a shelter. What is it?
6. I am the beginning of everything, the end of everywhere. I am the beginning of eternity, the end of time and space. What am I?
7. What 4-letter word can be written forward, backward, or upside-down, and can still be read from left to right?
8. What is $\frac{3}{7}$ chicken, $\frac{2}{3}$ cat, and $\frac{2}{4}$ goat?
9. I am a word of letters three, add two and fewer there will be. What word am I?
10. What kind of five letters has one left when two are removed?
11. What word is pronounced the same if you take away four of its five letters?

Ans:

- | | | | |
|-------------------|-------------------|-------------------|-------------------|
| 1. An envelope | 2. Dozens | 3. The letter 'O' | 4. The letter 'e' |
| 5. The letter 'R' | 6. The letter 'e' | 7. NOON | 8. Chicago |
| 9. Few | 10. Stone | 11. Queue | |

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

"Friendship marks a life even more deeply than love."

The picture speaks of Medical Camp



A medical camp of Tibetan medicine was organised by Jeevan Jyot Trust under the guidance of Dr. Thelma Dolkar, an expert in complex incurable diseases and an experienced pulse doctor. In this camp, people of the society took advantage of this golden opportunity.

To,



**The Picture speaks
Saluting the Flag**



**Mr. Harakhchandbhai
Savla (Badawala),
Founder and
Managing Trustee
of Jeevan Jyot Trust,
salutes the
flag in the
school campus.**