



JEEVANPATH

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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 festival of kites
is a punishment for
many many birds.
Manjha (thread
used for kite flying)
is prepared by
grinding glass
powder cuts the
pigeons feathers.
Request from
'Jeevadaya Wing' :
Please stop
flying kites,
Many innocent
creatures will
get the
gift of life.

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 SHRI P. K. HARIHARAN - APPA - MULUND

BY : SUSHMA ANIL FURIYA (BIDADA)



Shri Harakhchandbhai Savla is seen encouraging a woman suffering from cancer by giving her a saree set.

Women with cancer often lose their hair during chemotherapy. The Jeevan Jyot Trust accepts donations of 18 to 20 inches of hair. The organization sincerely thanks the sisters who donated hair for this activity. Women suffering from cancer feel a sense of satisfaction and build their self esteem after receiving wigs made from donors hair.



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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Patron - Mr. Khetshi Malshi Savla

Printer/Publisher/ Editor

Mr. Harakhchand Savla

Editing Assistance

Mrs. Aasha Dasondi

Ms. Hiral Chintan Shah Savla

BRANCH OFFICES

Jalgaon Office

Shah Raghavi Lalji Satra (Gundala)

109, Polan Peth, Jalgaon- 425 001

Tel: 0257-2224156 M.: 09673364290

Sangli - Kolhapur

Meena Jethalal Maru (Halapar)

M.: 7709900433

Nala Sopara Office

12, Laxmi Shopping Center,

Near Radha Krishna Hotel,

Tulinj Road, Nala Sopara (East)

Khusbu Gala - 8928765301

Jeevan Jyot Medical Centre

R/3, Shree Swami Samarth CHS.,

Opp. Dadoji Kondev Stadium,

Thane (W.) - 400 601

-: Main Office :-

Jeevan Jyot Cancer Relief & Care Trust

5/6, Kondaji Chawl, Jerbai Wadia Rd.,

Near Tata Hospital, Opp. Petrol Pump.

Parel, Mumbai-12.

Tel : 9869206400/9076169355

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

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ॐ Arihante Namō Nama:

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

FROM THE EDITOR'S DESK



The Power of Small Things

- Gaur Gopaldasji

You know what Motichur Ladoo teaches us? Its all about the power of compounding. Small small grains of each bundi has power of consistency. These tiny little things, small, consistently over the years, non-stop with perseverance and dedication work, then the ladoo is made.

It is all about small, consistent efforts done daily. Relationships don't break because of what you do, or big cheating you do, or make others feel guilty but they break because you don't do small small things. It is because you did not value, you did not appreciate, you do not show gratitude, you did not express.

It is not that one day something happened and relationship broke. Its may be between spouses or friends or partners or family.

The ladoo teaches us do the small things right consistently. You will see the power of compounding. What happens when you do small things over a period of time, it adds. This will bring fragrance to your relationships like the grains of bundi add upto to make a ladoo. ■



“Never let the fear of striking out keep you from playing the game.”



:- 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





10 REASONS TO ADD CINNAMON TO YOUR DIET

Cinnamon is one of the most humble Kitchen spices that rarely gets its praise. Just a sprinkle each day can fight many health problems in the human body. Here are 10 reasons why you should add cinnamon in your diet.

- 1) **Blood Sugar Control :-** Suffering from diabetes? Cinnamon contains compounds such as Cinnamaldehyde and polyphenols which can mimic insulin and improve insulin sensitivity. If one wants to drop blood sugar levels naturally, they can count on Cinnamon.
- 2) **Heart Health :-** It helps manage cholesterol levels and stabilizes blood pressure which together support over all heart function and reduce the risk of heart related issues.
- 3) **Rich in Anti-Oxidants :-** It is loaded with powerful anti-oxidants which help fight harmful free radicals and may slow aging.
- 4) **Inflammation reducing power :-** Its anti-inflammatory compounds can help calm internal swelling in the body and lower the risk of chronic illnesses like arthritis which involves chronic inflammation in the joints.



- 5) **Brain Function Boosting :-** Compounds in cinnamon have been proven to enhance neural signaling improving focus, memory and alertness and protecting against neurodegenerative diseases like Alzheimer's.
- 6) **Better Digestion :-** It contains bioactive compounds that stimulate the digestive system and helps soothe the stomach reducing bloating, gas and indigestion for a happier gut.
- 7) **Strengthens Immunity :-** Possessing anti-bacterial and anti-fungal qualities, it helps fight off infections and boost your immune system.
- 8) **Weight Management :-** It has slightly sweet flavour and its effect on blood sugar levels can help curb sudden hunger and cravings for sugary snacks, thus helping in keeping weight under check.
- 9) **Improves Mood :-** It contains manganese, a mineral involved in brain function along with anti-oxidants and essential oils like cinnamaldehyde. These together help balance mood and relieve headaches and irritability.
- 10) **Promotes Oral Health :-** It has anti-bacterial nature along with anti-fungal properties. It helps keep gums healthy and breath fresh making it a popular addition to mouth washes.

(To be Continued...) ■

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**

Raja Ramanna - Indian Nuclear Physicist

Raja Ramanna was born on 28th January 1925 in Tiptur, Princely State of Mysore, British India, now in Tumkur district, Karnataka. He obtained his bachelor's degree in physics at Madras University and PhD in Nuclear Physics from Kings College, London. He joined the Tata Institute of Fundamental Research and later the Bhabha Atomic Research Centre (BARC) to work in nuclear physics. He worked under Homi Jehangir Bhabha whom he had met earlier in 1944.



He joined the nuclear program in 1964 and later became the Director of this program in 1967. He expanded and supervised scientific research on nuclear weapons and was in charge of the team of scientists in BARC that

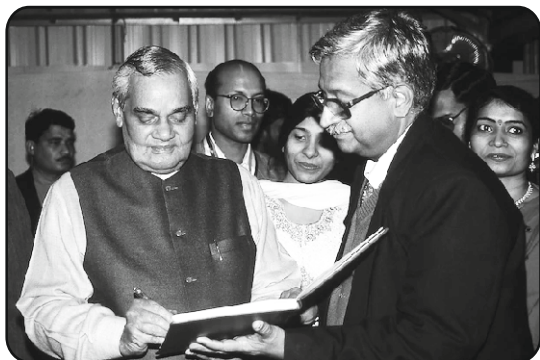
designed and carried out the testing of the first nuclear device in 1974. He was also associated with Indian Nuclear



Program for more than four decades and also facilitated research for the Indian Armed Forces. His significant contributions include leading India's first nuclear test in 1974, also known as the 'Smiling Buddha' test and playing a key role in the design of India's first nuclear reactor 'Apsara'.



He served in various roles such as Secretary for Defence Research, Govt. of India (1978-81), Scientific Adviser to the Minister of Defence, Director-General of Defence Research & Development Organisation (DRDO) (1978-82), Chairman of Atomic Energy Commission (1983-1987) and Secretary of the Department of Atomic Energy. He later became the Minister of state for Defence in 1990. He served as a Member of Parliament, Rajya Sabha from 1997 to 2003. Towards the later part of his career, he advocated against nuclear proliferation and testing.



Ramanna was associated with various academic institutions. He was the Founder director of National Institute of Advanced Studies and served as the



chairman of Board of Governors at IIT Mumbai.

He was awarded multiple honorary doctorates by various Universities. His main awards include :

- Shanti Swaroop Bhatnagar Prize for Science and Technology (1968)
- PadmaShri (1969)
- Padma Bhushan (1973)
- Padma Vibhushan (1975)
- Meghnad Saha Medal (1984)
- Birla Memorial Award (1985-86)
- Asutosh Mookerjee Gold Medal (1996)

He had a keen interest in music and trained as a musician. He played Piano. He died on 23rd September 2004 at the age of 79 due to gastronomical issue.

Then President of India Dr. A. P. J. Abdul Kalam said, “The passing away of Dr. Ramanna is a deep personal loss for me as he was a mentor, guide and teacher for me over the years. He was always keen to contribute to national development which was evident in his role as a Union Minister and a Member of Parliament. For us in the science and technology community, he was always a source of inspiration and a guide.” ■



Last Month's activities carried out by Trust

- 21 cards were given for food and 4 for Haldi milk.
- Food Grains distributed among 143 Cancer patients family.
- Fruits were distributed among 890 patients per day.
- 4 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 3 patients.
- 3 patients were given help by different trusts and received best response.
- Medicines worth Rs. 9,97,230/- were given to cancer patients.
- Medical treatment worth Rs. 3,83,500/- was given to other patients.
- 23 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.4,98,500/- .
- Handicapped person were provided with : 4 Walker, 2 Walking Stick, 5 Commode Chairs, 4 Wheel Chairs, 3 Flower Beds, 2 Oxygen Machines and 3 Oxygen Cylinder were given.
- 3 files made for cancer affected patients.
- 17 Patients got benefit of free Ambulance Service.
- 6 patients got Colostomy Bag at Concessional Rate.
- 3 Cancer patients were given ritual burial under "Kafan-Dafan" scheme.
- 4 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

How to Rise when Life breaks you

Arohi and Akash both were born on the same day. It was a windy day. They were inseparable. They learnt to fly together, dove in the clouds glided over valleys, sang under the moon. While Arohi was bold, Akash was careful. But whenever he hesitated, she whispered, “If will fly beside you always.” Their bond was deeper than their feathers and wings.

One winter, a violent storm cliffs. The wind howled like a beast Birds clung to branches of the tree, trees bent, sky became grey. They both flew together trying to guide two chicks from their safety. A sudden gust branch broke and in near the heart breaking moment, everything changed. One gust of wind, one broken branch, one goodbye that came so soon. Arohi searched for days but Akash was gone, not a feather, not a song, just emptiness.

Arohi returned to their nest but never left again. What is the sky she whispered if half of my wings are gone? After that day Arohi stopped flying high. She sat alone on the lowest branch of their favourite tree. She could not sing, she watched the sky, hoping for Akash to return.

Other birds tried to comfort her but she only whispered “How can I fly when my other wing is missing?” She stopped flying, singing. She was not afraid of the sky but she was afraid of feeling joy again. Because joy felt like



betrayal and hope felt like forgetting. But pain became familiar so she stayed. Sometimes suffering becomes a home, not because its safe but because it is known.

An old black kite with worn feathers lands nearby. He watches Arohi quietly. Then spoke, "You think your wings are broken, but what is broken is not your wings but your will to rise Arohi looks away. He said nothing for a long time then Kite said, "I lost my mate five seasons ago. I forgot how to sing too." I know the silence you sit on...

I know the sky that feels like a grave. Arohi looked up for the first time - What did you do? She asked. Kite replied, "I did not try to forget her. I sang songs. I flew where she once did. I carried her in my wings. Then he added." Pain does not stop us from flying, clinging the pain does. But the question is will you burry your soul with him?"

The next day Arohi finds a small chick near the valley, crying for help. That reminds her of Akash when they were young. She trembles her heart races she looks towards the cliff where the storm took him. Then back at the chick, weak she flew alone, she spreads her wings. She didn't fly to forget her pain. She flew because someone needed her strength more than she needed her sorrow. The wind pushes back. Her wings





shake but she rises, not as fast, not as fearless but she flies. She lifts the chick quietly, gently in her claws and carries it to safety. Other birds watch, some cry, she lands exhausted but alive the chick chirps. Arohi finally sings, not the song that she once sang for Akash but a new one, softer-stronger. Her pain had not disappeared but her purpose had grown louder than her grief. Arohi soars again through the valley. The same place she once lost everything. This time she carries not just memory but meaning. She looks at the sun then whispers into the sky “I could not carry you anymore Akash but I carry the love you gave into every well being.”

Dear friends, sometimes we suffer because we think the story is over. But may be suffering only ends when we give the pain a purpose Arohi did not fly because she was hurt but she flew because someone else needed her too and that is how she stopped suffering. Do not wait for the pain to disappear but wait for the reason stronger than the pain. That is when your wings rise again. That is how you can fly again. ■



HALDI MILK

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ Kanchi Bagtani	Mahim	1,000/-
❖ Usha Prabhakar Jadhav	Parel	800/-
❖ Abhijit Mistry	Lalbaug	700/-
❖ Sumati Vishnu Gokhle		
By : Hema Vishnu Gokhle	Dadar	700/-



“I believe that nothing in life is unimportant every moment can be a beginning.”





Oligometastatic Cancer

Oligometastatic cancer is an intermediate stage of cancer, where a limited number of tumors, usually up to 5, have spread from the primary tumor to a few sites in the body, placing it between metastatic cancer. This specific state of disease may benefit from aggressive, localized therapies to the known sites, sometimes in addition to systemic treatment with a goal of achieving better long-term outcomes.

Characteristics :

Limited Stage : This cancer has spread to a small number of sites typically defined as 5 or fewer metastatic lesions.

Intermediate Stage : It is considered an intermediate stage between cancer that is still contained to its origin and cancer that has spread extensively.

Distinct Molecular Signature : It may have a molecular signature different from widely metastatic disease.

Potential for different treatment : Unlike historically widely metastatic cancers, Oligometastatic cancer may be manageable with a more aggressive, localized treatment approach targeting the known metastases.

Treatment : Drug therapies like Chemotherapy, targeted therapy or immunotherapy are used to treat cancer throughout the body. Aggressive treatment such as high-dose Stereotactic Body Radiation Therapy (SBRT) are used to target and destroy the known metastatic tumors. For some cancers, a combination of both systemic and local therapies are used.

Diagnosing Oligometastatic Cancer is based on imaging findings from tests like CT Scan, MRI or PET Scans that reveal the number of metastatic lesions. ■





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

Donor's Name	Area	Scheme	Amt.₹
❖ Rita Bhavesh Shah's Birthday (Harsol)	Borivali	Jeevdaya	5,000/-
❖ Rameshchandra Jamnadas Shah (Jakasana)'s 1st monthly death anniversary By : Divyaben, Mehul, Manisha	Ahmedabad	Simple Lunch + Haldidoodh	5,000/-
❖ In loving memory of Late Arvindbhai Vallabhdas Sonecha By : Hansaben Arvindbhai Sonecha family	Kandivali	Medicine	2,000/-
❖ Late Indravadan N. Shah's death anniversary By : Manoramaben Indravadan Shah	Matunga	Jeevdaya	2,000/-
❖ In loving memory of Late Mahendrabhai Manilal Gandhi (Limbodra) By : Alpaben Alpesh Gandhi	Borivali	Medicine	1,200/-
❖ In loving memory of Late Indumati Mahendrabhai Gandhi (Limbodra) By : Bina 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) H. 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/-



WOMEN EMPOWERMENT**Amla Ruia –
“Water Mother of India”**

Amla Ruia born in 1946 in Uttar Pradesh. She is an Indian environmentalist known for her work in water harvesting. She is also known as the “Water Mother of India”



She began engaging with community issues from young age. The droughts in Rajasthan from 1998 to 2000 and 2003 deeply affected her and led her to focus on water conservation.

In 2003 she founded the ‘Aakar Charitable Trust’ to support drought prone rural areas by increasing the ground water level through traditional water harvesting techniques in rural India. Her work transformed the lives of over 18 lakhs villagers in Rajasthan and other rural areas which were affected by severe water scarcity and poverty.

In 2006 she initiated movement that begun with her first check dam in Mundawara, Rajasthan. Within 3 years, local farmers were able to earn Rs. 12 crores from barren land via the two check dams built by this Trust. This resulted in a number of successful stories in other villages, many of which have been labeled ‘Crorepati Villages’.



In 2017, Aakar Charitable Trust had built more than 200 check dams in more than 115 villages in Rajasthan, with flow-on effects to almost 200 other villages.



The trust provides 60-70% of the resources required to construct each check dam, while the village where the dam is sited provides 30-40% of resources, participate in its construction and is responsible for its maintenance and in that area ground water recharge improved soil health and revived seasonal water bodies. Check dams help manage both droughts and floods with lower environmental impact than large dams. Reduced pump use, cuts fuel and emissions, in saline areas, water quality was improved and ponds were built where check dams were not feasible.

The check dams allow the aquifers to be replenished during the monsoon, so that bore wells and hand pumps are recharged. Villagers have been able to grow upto 3 crops per year and keep livestock.

Amla's efforts have initiated girls to attend school as they no longer need to help their mothers carry water from long distances. Students can undertake tertiary education. Ruia is popularly known as 'Pani Mata' ('Water Mother'). She and her team have extended their efforts in



other states like Madhya Pradesh, Maharashtra, Odisha and Uttar Pradesh, also the Dantewala District in Chhattisgarh.

Awards She received include :-



- In 2008 FICCI FO IWAPF Award by FICCI for her contribution to rural women welfare.
- In 2011, she was awarded Lakshmipat Singhania - IIM Lucknow National Leadership Award in the category of community Service and Social Upliftment.
- In 2015, Devi Award by the Indian Express Group for being a 'Water Mother' to a hundred villages.
- In 2016, she was nominated for the Women of World Social Award category.
- In 2018, she received the India Eye International. Human Rights Observer Achievement Award 2018.
- In 2019, Parmarth Ratna Puraskar by Parmarth Seva Samiti for her contribution to Elevating water scarcity.
- In 2025, Vishalakshi Award (Art Of Living) by President Smt. Murmu for her contribution to sustainable Rural Development.
- In 2025, Jamnalal Bajaj Award by CFBP for the Development and Welfare of Women & Children.



PLACES OF INTEREST

Ice-Skating - Ice-Hockey in Ladakh

Ice Skating and Ice Hockey are popular winter sports in Ladakh due to its cold climate and naturally frozen surfaces which allow for outdoor play from late December to



early February. The sport grew its popularity despite a lack of equipment, with early players improvising blades and pucks from army boots. Organisations like SECMOC and the Hockey Foundation have donated equipment and initiated programs and support young people in the region. Ladakh Winter Sports Club was established in 1995 forstering the growth of Ice Sports like Ice Hockey and Ice Skating.



This region features some of the World's highest elevation rinks making it a sought after destination for Ice Hockey enthusiasts



and expatriates. It has developed a strong Ice Hockey culture with local tournaments like the CEC Ice-Hockey cup and an indigenous approach to the sport.



Various tournaments are held throughout the year including the Indian Ice Hockey Championship, The Royal Enfield Ice Hockey League.

Indian National Ice Hockey team has been competing at the International level since 2009 with head coach Adam Sherlip behind at the bench during the tournament in Abu Dhabi. He is also coached in Ladakh through the Hockey Foundation.

In 2011, an Indo-Canadian Film 'Speedy Singh's' based on an Indian Ice Hockey Team was produced by Actor Akshay Kumar, who is a fan of the sport. He also made a contribution to the Ice Hockey Association of India to encourage greater participation and awareness in the sport.

In summary Ice Skating and Ice Hockey in the



Himalayas is a cherished winter activity particularly in the colder mountainous regions offering unique natural environments for Skating and Ice Hockey.





BENEFITS FOR CANCER PATIENTS

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❀ Sachin Sanghvi	Vileparle	11,000/-
❀ Mehru Behram Madon	Grant Road	5,000/-
❀ Shrikant M. Katigar	Parel	5,000/-
❀ Vinit Jain	Dadar	2,011/-
❀ Tejas Jagdish Arya	Parel	2,000/-
❀ Udy N. Adhikari	Wadala	2,000/-
❀ Bhavna Hasmukh Jain	Byculla	2,000/-
❀ Viddhi Abhijit Patil	Parel	2,000/-
❀ Purvesh Parihar & Rekha Parihar	Chembur	2,000/-
❀ Usha Rajput	Dadar	1,500/-
❀ Rashmi Avlani	Sion	1,500/-
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Three amusing short stories with deep meaning

1) "Profound"

I saw a little kid eating ice-cream in the elevator. Out of concern, I casually asked him, "It's such a cold day, you will get sick eating that! No one told you not to eat ice-cream?"

The kid replied, "My grandma lived to be 103 !!" I asked, "from eating ice cream?"

He said, "No, because she never meddled in other people's business !"

How profound ! I finally understand why I am aging so fast - too much unnecessary meddling.

2) "Exhausted"

Scammers are everywhere these days. I just saw on the news about people's savings mysteriously disappearing - tens of lakhs and thousands gone without a trace.

Panicking, I rushed to the bank on my bike, inserted my card, entered my password and checked my balance. Thankfully my savings balance of Rs. 3,023/- was still there. I breathed a sigh of relief.

That was nerve-wracking. I swear. I am never watching the news again - too stressful.



As I left the bank, I was even more exhausted, my savings balance was safe, but my bike was gone.

3) "Hold Back"

A young lady boarded a train and saw a man sitting in her seat. She politely checked her ticket and then said, "Sir, I think you are in my seat."

The man pulled out his ticket and shouted, "Look closely ! This is my seat! Are you blind?"

The girl carefully checked his ticket and stopped arguing. She quietly stood beside him.

After the train started moving, the girl leaned over and softly said, "Sir, you are not in the wrong seat, but you are on the wrong train. This is heading to Coimbatore and your ticket is for Chennai."

There is a kind of restraint that leaves people regretting their actions. If yelling solved everything, donkeys would have ruled the world long ago. ■

THANK YOU VERY MUCH FOR YOUR SUPPORT

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**RECEIPE****PANEER KULCHA****Ingredients : *for Kulcha:***

- ☆ 1½ cup Maida
- ☆ 1 tsp Sugar
- ☆ ¼ tsp Baking Soda
- ☆ Oil a little bit - Milk to bind dough
- ☆ 1 tsp Salt
- ☆ ½ tsp Baking powder
- ☆ 1 tbps Curd

Ingredients : *For Stuffing*

- ☆ 1 cup Paneer
- ☆ 1 tsp coarsely grounded Coriander seeds
- ☆ 1 tsp coarsely grounded Jeera
- ☆ 1 tsp finely Chopped green Chillies
- ☆ 1 tsp Anardana
- ☆ 1 tsp Kalonji
- ☆ 1 finely cut Onion
- ☆ ½ tsp Shredded Ginger
- ☆ ½ tsp Salt
- ☆ ¼ tsp Garam masala
- ☆ 2 tsp finely chopped Coriander leave

Method : Mix all the ingredients in a thali for making dough of kulcha. With milk or water make a dough. It will be very sticky. Continously knead till the milk or water is fully absorbed in the dough. Take little oil and knead again.

Add dry maida and knead. Spread the dough & knead again & again till 2-3 minutes. Now it is ready to rest.

Rest the dough for 1/2 an hour with covered wet muslin cloth.

For stuffing: Mix well crumbled paneer, onion, coriander leaves and other ingredients. Just before stuffing, add salt (Not to add salt earlier).





Now make equal balls of the Kulcha dough roll it. Rest again for 10 minutes.

Add salt to the paneer stuffing. Make small balls and cover it with Kulcha dough. Make katori like thing of Kulcha dough and stuff the paneer stuffing in it. Cover it and roll it.

Take dry maida and roll the Kulcha. Make mini Kulchas. Now sprinkle little water to it and on it sprinkle coriander leaves and kalonji - anardana & jeera.

Heat tava put Kulcha on it. Cook on high heat on one side. Then turn the side and cook again. It will be very very fluffy.

Take it out, spread butter or ghee on it and serve hot.



Happy Life

1. Marry the right person. This one decision will determine 90% of your happiness or misery.
2. Work at something you enjoy and that's worthy of your time and talent.
3. Give people more than they expect and do it cheerfully.
4. Become the most positive and enthusiastic person you know.
5. Be forgiving of yourself and others and be generous..
6. Have a grateful heart. Persistence, persistence, persistence.
7. Discipline yourself to save money on even the most modest salary and commit yourself to quality.
8. Be loyal, be honest and be a self-starter.
9. Be decisive even if it means sometimes you'll be wrong.
10. Commit yourself to constant improvement.





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 rashed.

Reduces Inflammation and puffiness:- The cold helps constraint 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 subtle, 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 frozen 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. ■

6 Dishes to make in an Electric Kettle for Hosterllers

Every hostel room has its own rhythm. In one corner of almost every room sits a small appliance that quietly becomes indispensable, the electric kettle. It begins as a way to make tea but soon turns into a secret kitchen, bubbling noodles, quick desert when sugar craving strike.

- 1) Noodles :** Break the noodles, add quite enough water to cover and let the kettle do its work. Some Hosterllers add onion and green chillies and squeeze ketchup too. In 5 minutes you are bent over the kettle lid slurping noodles that tastes like friendship. You have to add the taste maker - masala pouch - once the steam is rising as the broth thickens.



- 2) Poha for gentle mornings :** Rinse, drain and let the poha fluff. Heat a spoon of oil in the kettle, stir in mustard seeds, onion, a pinch of turmeric, amchur powder and salt. Then fold in poha. Cover for a few minutes, open the lid and squeeze in some lemon juice and finely chopped coriander. It just tastes like home packed into a steel bowl.



3) One Pot Pasta : Boil pasta with salt until tender and stir in ketchup, butter and chilli flakes. If possible add a little cheese grated on top. It may taste like a cafe dish but the saucy, creamy, tangie is perfect for night.

4) Tomato Soup : Chop ripe tomatoes, drop them in kettle with water, a slice of ginger, pinch of salt. Let it bubble until tomatoes are soft. Then mash with the back of the spoon. Stir in butter, black pepper and a sprinkle of chilli flakes if you like.



Tear bread into cubes, toss them straight in the kettle for a quick soak. The soup is ready, warm, tangy and a perfect sip.

5) Rice Pullav : Soak rice for a while and then cook it in kettle with warm water, cummin seeds, onion and any vegetables of your choices. Add salt switch the kettle off and on until the rice grains soften, then fluff gently. A drizzle of ghee may



be coriander and suddenly the room smells nice.

6) Suji Halwa for desert : Roast samolina in ghee until nutty flavour comes. Stir in sugar and cardamom. Then carefully add hot water. It thickens fast, glossy and fragrant filling the room with warmth.





FESTIVALS OF INDIA

THE BIKANER CAMEL FESTIVAL

The Bikaner Camel Festival is an annual 2 day event in Rajasthan celebrating the role of Camels as the 'Ship of the desert' which features a decorated Camel,



parades, races and cultural performances - It usually takes place in January often on the second weekend to highlight the camel's importance in the desert life through decorated camel parades, competitions like camel racing, cultural performances like fire dances and puppet shows along with opportunities to try camel milk products, local food and handicrafts.



Organised by the Department of Tourism, Art & Culture, it promotes tourism and highlights the heritage of the

region which is home to the world's largest Camel Research & Breeding Farm.



Activities:

- Camel Parade - A procession of ornately decorated camels.
- Events designed to showcase camel endurance and skill.
- It includes Rajasthani folk dances, puppet shows and fire dances.
- Local craft and food - Stalls sell handicrafts, jewellery and pottery and features local dishes and camel milk sweet meats and tea.



Bikaner boasts some of the world's best riding camels and is aptly nicknamed 'Camel Country.' It is also home to one of the world's largest camel research and breeding farms as well as being known for having its own unique temple dedicated to Karni Mata Temple at Deshnik, called as Rats temple as one can see lots of rats near the temple.

Jodhpur International Airport is the nearest airport to Bikaner which is approx 251 kms away. The city is well connected with all the metro cities of India such as Delhi, Jaipur, Mumbai, Lucknow, Pune, Goa, Indore, Guwahati, Ahmedabad, Jammu, Chennai and others by train and road. ■



DONATE WITH AN OPEN HEART

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100 SALUTES

Tingong Wangpan,
Para-athlete

Tingong Wangpan is a para-athlete from Arunachal Pradesh. He has received 2 gold medals at the 7th International para-athletics championship on 7th October 2025 in the men’s 200m and 400m races (T35 category) He became the first para-athlete from Arunachal Pradesh to be admitted to the Sports Authority of India (SAI) National Centre of Excellence (NCOE) in Gandhinagar, Gujarat.



His accomplishments have been celebrated as major milestone for para-sports in India’s north-eastern region and an inspiration for many aspiring athletes.

His selection is a result of his hard work, perseverance and dedication supported by the guidance and training frameworks provided by the Paralympic Association of Arunachal (PAA). PAA President Ranju Hali while congratulating him said, “Tingong Wangpan’s selection is not only a matter of personal triumph but a proud moment for all of Arunachal Pradesh. His journey will inspire countless divyang athletes across the state to dream big and aim for international excellence.”

Tingong is also set to represent India at the world Para-athletics Championship 2025, scheduled to be held in New Delhi.



MOTIVATIONAL STORY

"Share Your Light"

Once upon a time a man heard that in a foreign place, far away, there was a holy flame burning. So he got up and left his home to find the holy flame and bring some of its light back home to his house.

He thought "when I have this light, then I will have happiness and all the people I love will have it too. He travelled far, far away and finally found the holy flame, with which he lit his light. On his way back, he had only one worry that his light could go out.

Then he met someone who was freezing and did not have any fire. He begged him to give some of his fire from the holy flame. The man with the light, hesitated for a moment. Wasn't his light too precious, too holy to be given away for something ordinary like that?

Despite these doubts, he decided to help and give some of his light to the one who was freezing in the darkness. Along the way he helped and shared the light with some others too. The man continued his journey home and when he had almost reached his house, a terrible thunderstorm started. He tried to protect his light from the rain and the storm, but at the end his light went out.

To return the long way back to the place where the holy flame was burning was impossible, he did not have



enough strength to go back that far but he was strong enough to return to the people whom he had helped on his way home and with their light he could light his own torch again.



Give warmth to someone, do good, light someone's path and it will come back to you sooner than you expected.

As the saying goes, "Cast your bread upon the waters and after many days, it will come back buttered."

This festive season, let it be a month of sharing your light to help someone, to light someone's path and doing some good.

The world really needs all the goodness and kindness that you can provide. And don't worry, it shall all come back. Sooner or later to light up your path, when you shall need it.

The Universe is a perfect score keeper and always settles and maintains the balance.

Share your light this festive season and always stay blessed forever. ■



KIDS CORNER

The Joy of Giving

John D Rockefeller was once the richest man in the world. The first billionaire in the world. By age of 25, he controlled one of the largest oil refineries in the United States.

By age 31, he had become the world's largest oil refiner. By age 38, he commanded 90% of the oil refined in the U.S. By 50, he was the richest man in the country. By the time, he died, he had become the richest man in the world.

As a young man, every decision, attitude and relationship was tailored to create his personal power and wealth. But at the age of 53, he became ill. His entire body became racked with pain and he lost all of his hair. In complete agony the world's only billionaire could buy anything he wanted but he could only digest soup and crackers. An associate wrote, "He could not sleep, would not smile and nothing in life meant anything to him."

His personal, highly skilled physicians predicted he would die within a year. That year passed agonizingly slowly. As he approached death, he awoke one morning with the vague realisation of not being able to take any of his wealth into the next world. The man who could



control the business world suddenly realised he was not in control of his own life. He was left with a choice.

He called his attorneys, accountants and managers and announced that he wanted to channel his assets to hospitals research and charity work.

John D. Rockefeller established his Foundation.

This new direction eventually led to the discovery of penicillin, cures for malaria, tuberculosis and diphtheria. But perhaps the most amazing part of Rockefeller's story is that the moment he began to give back a portion of all that he had earned his body's chemistry was altered so significantly that he got better.

It looked as if he would die at 53, but he lived to be 98.

Rockefeller learnt gratitude and gave back the vast majority of his wealth. Doing so made him whole. It is one thing to be healed. It is another to be made whole.

Before his death, he wrote this in his diary, "I was taught to work as well as play. My life has been one long happy Holiday, Full of work and lot of play. I dropped the worry on the way. And God was too good to me everyday.

The JOY OF GIVING is the JOY OF LIVING. This festive season, experience the joy of giving and stay blessed forever. ■



RIDDLES

1. What five letter word becomes shorter when you add two more letters to it.
2. You see me once in June, twice in November but not in May.
3. I shoot but never kill.
4. I am delicious way of representing data.
5. I get smaller everytime I take a bath.
6. John's father has three sons, Tom, Paul and third?
7. Jane has five daughters and each of her daughters has a brother. So how many children does Jane have?
8. I am a bird, I am a fruit and I am a person - What am I?
9. What is half of two plus two?
10. People buy me to eat but never eat me.

Ans:

- | | | | |
|----------------|---------------|-------------|--------------|
| 1) Short | 2) Letter 'E' | 3) A Camera | 4) Pie chart |
| 5) Bar of Soap | 6) John | 7) Six | 8) Kiwi |
| 9) Three | 10) A Plate | | |

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❀❀❀❀❀ "Nothing is impossible to a willing heart." ❀❀❀❀❀

The picture speaks of Blood Donation Camp



A man with cancer needs chemotherapy and radiation, as well as surgery, but the surgery is put on hold due to a shortage of blood. To combat this situation, blood donation camps are organized from time to time. Thank the brave warriors who donated blood during such difficult times.

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/quilt offered to the cancer patient who is staying on the footpath is presented by the Founder and Managing Trustee of the Trust, Shri Harakhchandbhai Savla (Badawala).