



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**



Small items discarded from your homes—such as hair, thread, or glass—often get entangled in the claws of small birds, preventing them from flying. Therefore, the 'Jeevan Jyot Jeevdaya Wing' humbly requests that you do not throw such items outside; instead, please dispose of them in a trash bin to help save the lives of countless voiceless creatures.

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

**IN MEMORY OF MATUSHREE DEVKABEN MULJI KANJI GALA
& SMT. NALINIBEN VRAJLAL GALA**

H. VRAJLALBHAI GALA (DURGAPUR/NAWAVAS-ANDHERI)



A Tibetan medical camp was organized by the Jeevan Jyot Trust. Many patients benefited from the excellent treatment provided by Tibetan Doctor Karma, a pulse therapist with expertise and experience in treating complex and incurable diseases.

Note: Tibetan therapy medical camps are frequently organized by the Trust.

The picture speaks of Jalaram Annadankshetra



Patients and their relatives are coming from rural area provided free pure and sattvic food every day under the Jeevan Jyot Jalaram Annadankshetra. With the support of generous donors, patients are enjoying the taste of mangoes and mango juice every day during the season.

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

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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 Namo Nama:

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

FROM THE EDITOR'S DESK



I AM A LIVING PERSON.

I am a living person

People have been unfair to me

I know they are victims of their habits.

They did not hurt me.

They were braised themselves.

I absorbed their pain and

I hurt myself

I release the past with understanding

I let go of what they did.

I forgive myself and them

Past is past-

It doesn't live with me anymore.

— B. K. Shivani





-: PLEASE NOTE :-

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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.

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Father's Day Story

Ada was a tiny duckling sleeping with her parents near a small pond. She was loved by her parents a lot.

One day, she wanted to buy her dad a shiny new fishing rod, but she didn't have any money. She came to her mother and sadly told her, "Mom, I have nothing to give Dad on Father's Day."

"Ada" Her mother said kindly, "Nothing is more special than a gift made with love."

Ada thought for a long time. She realized her father didn't care about a toy; he cared about her. She decided to use her paper and crayons to write him a beautiful letter.

On Father's Day, she read her letter aloud:

"Dear Dad, thank you for working so hard. Because of you, I can play at the lake, I am safe, and I have happy memories. I love you."

Her father gave her a big hug with tears in his eyes and said, "This is the best gift in the world."

Moral of the Story

The most valuable gifts are not bought with money but given from the heart.





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

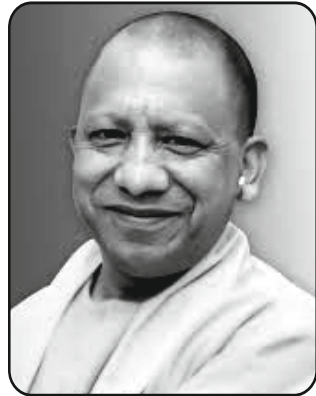
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MONTH SPECIAL

Yogi Adityanath, Chief Minister of Uttar Pradesh

Yogi Adityanath was born on 5th June 1972 in the village of Panchar in Pauri Garhwal, Uttar Pradesh (now in Uttarakhand) into a Garhwali Rajput family. He was named Ajay Mohan Singh Bisht. He completed his bachelor's degree in Mathematics from the Hemvati Nandan Bahuguna Garhwal University in Uttarakhand.



He left home in the 1990s to join the Ayodhya Ram Temple movement and the demolition of the Babri Masjid. Around that time, he also became a disciple of Mahant Avidyanath, the Chief of the Gorakhnath Math, who was leading the Ayodhya Ram Temple movement at that time.



He was based in Gorakhpur after his initiation.

Adityanath often visited his ancestral village, establishing a school there in 1998.



He was promoted to the rank of Mahant (high priest) of the Gorakhnath Temple Math after the death of Mahant Avaidyanath on 12th September

2014. He was made Peethadhiswar (Head Seer) of the math amidst traditional rituals of the Nath Sect two days later.

Adityanath was elected as a Member of Parliament from Gorakhpur for the first time in 1998 during the 12th Lok Sabha at the age of 26. He was the youngest Member of Parliament at that time. He was elected to Parliament for five consecutive terms: 1998, 1999, 2004, 2009, and 2014.

He was a prominent campaigner for the Bharatiya Janata Party (BJP) in the 2017 Assembly elections in the State of Uttar Pradesh. The State Government appointed him as Chief Minister on 18th March 2017, and he was sworn in the next day after the BJP won the assembly elections.

After becoming the Chief Minister of Uttar Pradesh, he kept around 36 ministries under his direct control, including Home, Housing, Revenue, Food and Civil





Supplies, Personnel and Appointment, Information, Planning, Estate Department, Rent Control, etc.



In the first

Cabinet meeting held on 4th April 2017, the decision was taken to waive the loans of nearly 87 lakh small and marginal farmers of Uttar Pradesh, amounting to Rs. 368.59 billion. For India's Independence Day celebrations in 2017, his government singled out Muslim religious schools (madrasas), requiring them to provide video evidence that their students had sung the Indian National Anthem.

In November 2019, he held consultations with private firms in order to increase private investment in the Defence Corridor Project. He subsequently inaugurated that corridor on 26th February 2023.

He played a crucial role in the development, inauguration, and legal facilitation of the Ram Mandir in Ayodhya. His administration oversaw the logistical support, site development, and safety during the 2024 inauguration. He also pushed for a 100-meter statue of Lord Ram in Ayodhya. ■





DO YOU KNOW ?

SQUIRREL TEACHINGS



Did you know that when a squirrel finds an orphaned baby squirrel, the first thing she does is feed it and wait?

She watches for a day—then two, and then three—hoping the parents will come back. If no one shows up, she doesn't walk away. She adopts the baby as her own.

She feeds it, warms it, teaches it how to survive, and raises it right alongside her litter as if it had always belonged.

Squirrels also have a tender ritual that most people have never heard about: When a female greets her partner after he has been out gathering food, she gently touches his face as if to wipe the exhaustion off him. And the male shows love in his own way; he brings her the best nuts he can find—walnuts, hazelnuts, almonds—whatever the forest has to offer.

That is how a squirrel family lives—Mom squirrel, Dad squirrel, and their babies—built on quiet care and mutual effort.

But here is the part that always stops biologists in their tracks:



Start: You don't have to be great to start, but you have to start to be great.



Roughly half of the seeds squirrels bury for “hard times” are never recovered. They forget them, and from those forgotten stashes come new trees—new oaks, new walnuts, new forests. Thanks to squirrels, ecosystems regenerate. Forests return, and with them, life.

Nature has been teaching us this forever—without books, without speeches, and without slogans.

Just for example: Love for the small, share what you can, and leave behind something that outlives you.



JALARAM ANNDANKSHETRA

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ Late Ramniklal K. Ghia		
By: Satish Ramniklal Ghia	Lamington Road	26,000/-
❖ Late Mr. S.S. Bharwani	Lamington Road	14000/-
❖ Tanya Reddy		
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WOMEN EMPOWERMENT

Kavita Chand : At 40, An Indian Woman Climbed Antarctica's Highest Peak

From the hills of Uttarakhand to Antarctica's highest peak, Kavita Chand's climb of Mount Vinson is a powerful story of courage, reinvention, and proving that it is never too late to chase bold dreams.



In the vast silence of Antarctica, where white stretches endlessly and the wind cuts through every layer, a tiny figure stood at the summit of Mt. Vinson. At 4,892 meters, with temperatures plunging far below zero, she unfurled the Indian Tricolor against one of the harshest landscapes on earth.



It was December 12, 2015, and in that frozen moment, a woman from Uttarakhand had just conquered the highest peak of the coldest continent.



She hails from the Almora district of Uttarakhand, a region better known for its quiet hills than polar expeditions. Her journey to Antarctica did not begin with mountaineering gear or expedition tents, but with local dreams and busy workdays.



For years, she built a career in the media and corporate sector in Mumbai while nurturing a deep commitment to fitness on the side. This commitment eventually demanded more. In 2014, Kavita made the courageous decision to step away from her corporate career and pursue endurance sports full-time, choosing uncertainty over comforts and passion over predictability.

Her expedition began on 3rd December. With her departure from India and reaching Punta Arenas, Chile, she flew to Union Glacier before landing at Vinson Base



Camp at about 2,100 meters—a journey that involved careful logistical planning and adaptation to isolation and the harsh Antarctic environments.



Under the leadership of renowned high-altitude guide Mingma David Sherpa and with support from experienced mountaineer Bharath Thammineni and his team, the nine-member Indian team pushed through meticulous acclimatization and planning with their boots and crampons to finally stand on the summit.



At 8:30 pm local time, Kavita reached the top of Mt. Vinson, a moment she described as an “indescribable honor,” especially as she hoisted the Indian Tricolor high above the Antarctic ice.

Her achievement has been celebrated across India, especially in her home state, and marks a significant milestone in her ongoing pursuit of the Seven Summits Challenge—scaling the highest peak on each continent.



Sometimes all it takes is one brave step and the courage to keep going to realize that even the coldest, most distant summits are within reach. ■



PLACES OF INTEREST

AMBOLI GHAT,
SINDHUDURG

Amboli Ghat is a mountain pass in the Sahyadri range. The hill station of Amboli lies on this ghat on the way from Kolhapur to Sawantwadi. The ghat receives heavy rainfall and is surrounded by thick forests, waterfalls, and a beautiful natural landscape. This ghat is one of the major tourist attractions in Maharashtra.



Amboli is a small village in the southern Konkan Division, Sindhudurg district of Maharashtra. It was originally a small village inhabited by the ancient tribe of



Warlis. Over time, the region came under the influence of various dynasties, including the Marathas and the British. The ghat lies at



an altitude of approximately 690 meters (2,264 ft) above sea level and is the last hill resort before ending in the coastal plains of Goa state. It abounds in unusual flora and fauna.

The source of the Hiranyakeshi river lies in the hills around Amboli village, and farmers cultivate rice there.



An ancient Shiva temple called Hiranyakeshi sits at the cave where the water emerges. The main attraction for tourists is the incredibly high rainfall (7.5 m average per year) and the numerous waterfalls and mist during the monsoons.

Amboli is well connected by road to the cities of Kolhapur (128 km), Belgaum (68 km), and Panaji (91 km). The nearest airport is Belgaum. The only local transport options in Amboli are motorized 3-wheeler rickshaws and a couple of private taxis.

There are a total of 5 places that are listed by the Maharashtra Tourism Development Corporation (MTDC):

1. Amboli Waterfall
2. Hiranyakeshi Shiva Mandir and ancient cave
3. Kavleshat (Reverse waterfall point)
4. Amboli Forest
5. Mahadev Gad (Point / Waterway)



INSPIRATIONAL STORY**QUIETEST CUSTOMERS**

He Ordered the Cheapest Coffee every day and sat for Three Hours - (When He Stopped Coming, His Daughter came.)

I run a small café on the corner of Maple and Third.

It's not fancy. Just a few wooden tables, warm lighting, and the kind of place where regulars feel like family.

That's why I noticed him the first day he walked in.

He was older - maybe late seventies. His coat was worn at the sleeves, his shoes scuffed. He walked slowly but with dignity.

He ordered the cheapest thing on the menu: a small black coffee.

Then he sat at the table near the window for three hours.

He didn't scroll on a phone. Didn't read a book. He just sat there, occasionally





watching people pass by outside.

The second day, he came again.

Same coffee.

Same table.

Same three hours.

By the end of the week, some customers began whispering.

"He's taking up space."

"If he's only buying coffee, he shouldn't sit that long."

"Is he homeless?"

But something about him didn't feel intrusive.

He always said thank you. Always cleaned his table before leaving. Always left a few coins as a tip-even when I could tell that coffee was probably stretching his budget. So I let him stay.

One afternoon, when I brought his coffee, I added an extra slice of bread.

He looked up at me.

"I didn't order this," he said gently.

"It's on the house," I replied.

He hesitated - then nodded. "Thank you."

The next week, I added a small bowl of soup.

Then sometimes dessert.

He never asked for anything more than that coffee.



He never complained.

He just sat quietly, like the café was the only place he felt safe. Over time, I learned his name was Walter.

His wife had passed away two years earlier.

"I don't like the house when it's quiet," he once told me. "Here, there's life." That sentence stayed with me.

He wasn't coming for food.

He was coming for noise. For warmth. For the feeling of not being alone. Then one day, he didn't show up.

I told myself maybe he was sick. The next day, still nothing.

A week passed.

Then two.

I caught myself glancing at the door every afternoon at exactly 2:15 p.m. - the time he always walked in.

A month later, a woman about my age entered the café.

She looked around like she was searching for something. "Are you the owner?" she asked.

I nodded.



"My father used to come here. Walter."

My stomach dropped.

"He hasn't been in for a while," I said quietly.

She smiled sadly.

"He passed away last month."

The words hit harder than I expected.

"I'm so sorry," I said.

"He talked about this place constantly," she continued. "He called it his 'second living room.'"

She reached into her bag and pulled out an envelope.

"He left this for you."

My hands trembled slightly as I opened it.

Inside was a handwritten letter.

It read:

To the kind café owner,

You may not realize this, but you gave me more than coffee. After my wife died, the days became very long. I didn't want to burden my daughter. I didn't want her to see how lonely I was.

Your café gave me something to wake up for. The extra bread, the soup - I knew it wasn't random. You saw me. At my age, that matters more than anything.

Thank you for letting an old man take up space.

- Walter



There was also a small check.

Not a huge amount, but more than he had ever spent in my café.

"For the kindness fund," his daughter said softly. "He wanted you to use it to help someone else who might need a place to sit."

I had to turn away for a moment to steady myself.

After she left, I walked to the window table - his table.

The chair was empty.

But it didn't feel empty.

The next week, I put up a small sign near that window:

"If you need a warm place to sit, you're welcome here."

No minimum purchase required.

Since then, a few people have taken that seat.

A college student studying between jobs.

A widow who brings knitting.

A man who just needed quiet.

And every time I bring them coffee-sometimes with a little extra bread - I think of Walter.

He came in every day and ordered the cheapest thing on the menu.

Some people thought he was taking up space.
But he taught me something simple and powerful:

Sometimes the most valuable thing you can give someone isn't food. It's permission to not feel alone.

And sometimes, the quietest customers leave the loudest impact. ■

DONATE WITH AN OPEN HEART

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ Atul Kantilal Sanghani	Andheri	15,500/-
❖ Santosh Sawant (BEST)	Malad	6,300/-
❖ Jaloo Homi Ghadiali	Parel	500/-

- "Whatever task you undertake, do it with all your heart and soul. Always be courteous, never be discouraged. Beware of him who promises something for nothing. Do not blame anybody for your mistakes and failures. Do not look for approval except the consciousness of doing your best."
- **Bernard Mannes baruch**
- "If there is any one axiom that I have tried to live up to in trying to become successful in business, it is the fact that I have tried to surround myself with associates that know more about business than I do. This policy has always been very successful and is still working for me."
- **Monte L. Bean**



FESTIVALS OF INDIA

HEMIS FESTIVAL, LADAKH

One of the biggest and most important festivals of Ladakh is the Hemis Festival, which is celebrated annually to mark the birth anniversary of Guru Padmasambhava. He is revered to be the incarnation of Lord Buddha. This two-day festival carries forward the legacy of ancient



Ladakh and serves as a celebration of the victory of good over evil. The origin of the festival can be traced to the 8th-century existence of a significant spiritual figure in Tibetan history, Guru Padmasambhava.

On this day, Hemis Monastery is adorned beautifully



to host the ceremony. The colourful festival showcases the beautiful handicrafts of the area. Natives dress up in their traditional attires and gather in the community





courtyard of Hemis Monastery, the biggest Buddhist Monastery of Ladakh.



The masked dance, also known as the Cham Dance, depicts the triumph of good over evil and is the main highlight of this festival. People also perform short plays that keep spectators amazed throughout the event. Vibrant costumes are worn by the Lamas, and monks wear their traditional long gowns. The performers also wear elaborate masks and headgear. Every mask holds a special significance associated with it.

At the end of the celebration, a sculpture made of dough representing the evil powers is destroyed by the head Black Hat Dancers. It is thrown in four different directions. This ritual indicates the purification of the soul after death.



“Chhang” is a local liquor which is served to the people attending the festival. It is a traditional Tibetan drink made from rice or



barley water infused with other ingredients that give this drink an exquisite taste.

Hemis Monastery is situated 45 km southeast of the town of Leh. It is easily accessible by road.



Kushok Bakula Rimpochee Airport in Leh is the nearest airport. You can hire a taxi from the airport to the monastery. Jammu Tawi, the nearest railway station to Leh, is 812 km away. To go to Leh from the train station, simply hire a taxi. With an overnight stay in Srinagar and Kargil, the trip takes 3 days to complete.

This is a 2-day fiesta which is celebrated in the month of June or July. The Hemis Festival of Ladakh is going to be celebrated from 24th June to 25th June in 2026. ■

THANK YOU VERY MUCH FOR YOUR SUPPORT

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❖ 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/-
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Life Questions

1. What is life?

Life is a journey of learning, growing, and becoming better every day.

2. What is the purpose of life?

To find meaning, help others, and live with peace and honesty.

3. Why do people fail in life?

Because of fear, lack of consistency, or giving up too early.

4. What makes life successful?

Discipline, patience, hard work, and the right mindset.

5. Is money everything in life?

No. Money is important, but peace and health matter more.

6. Why is life sometimes difficult?

Difficulties teach us lessons and make us stronger.

7. How can we be happy in life?

By being grateful, staying present, and not comparing ourselves to others.

8. What is the biggest truth of life?

Everything changes; nothing stays the same forever.

9. Why is self-respect important?

It protects your peace and sets boundaries with others.

10. What is the key lesson of life?

Never stop learning and never stop believing in yourself.

Life raises so many questions. Not all are worth thinking about, worth answering, or will even be answered as you live on. ■





THE REAL STORY

Pride of Gujarat — Jasprit Bumrah



A young boy in Gujarat lost his father when he was just 5 years old. His mother raised him alone in Ahmedabad, struggling to make ends meet.

As a young boy, he had only one pair of shoes and a single T-shirt. He washed the T-shirt every night so that he could wear it again the next day.

With no fancy facilities, he taught himself to bowl on the streets of Ahmedabad, developing the characteristic slinging action the world now recognizes instantly.

In 2012, a video of his bowling caught the eye of John Wright, who was then working as a talent scout and coach for the Mumbai Indians, and he was called for trials.

In fact, he was picked up by Mumbai Indians in the Indian Premier League (IPL)—a shining young fast bowler with a strange action but incredible talent.

During the early years of the player's IPL career with the Mumbai Indians, Mitchell Johnson noticed his unusual bowling action and raw pace during practice.



"You can't wait for inspiration. You have to go after it with a club."



Johnson, who used Asics shoes himself, gifted the player a pair of Asics bowling shoes. It was his first pair of high-quality shoes. Years later, the same boy who once struggled to afford shoes became a global brand ambassador for Asics.

From an IPL newcomer to India's strike bowler, he went on to take 400+ international wickets and become one of the most feared fast bowlers in the world.

The world knows him as Jasprit Bumrah. He was born on December 6, 1993, in Ahmedabad. ■

- "History has demonstrated that the most notable winners usually encountered heart-breaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats."
- B.C. Forbes
- "The man who will use his skill and constructive imagination to see how much he can give for a dollar, instead of how little he can give for a dollar, is bound to succeed."
- Henry Ford
- Somehow I can't believe there are many heights that can't be scaled by a man who knows the secret of making dreams come true. This special secret can be summarized in four C's. They are: curiosity, confidence, courage, and constancy, and the greatest of these is confidence."
- Walt Disney



HEALTH TIPS

SOAKED RAISINS — A POWERFUL MORNING HABIT WITH MANY BENEFITS

Sometimes the most effective health hacks are the simplest. A small bowl of soaked raisins in the morning may look simple, but this age-old habit supports your health in ways you don't even know about.



- **Aids Bone Health:** As we get older, keeping our bones strong becomes an important part of our overall health. Raisins can help to strengthen bones because of their high calcium and magnesium levels.
- **Boosts Digestion:** Raisins contain a high concentration of dietary fiber which is essential for proper digestion. It facilitates regular bowel movements, avoids constipation, and keeps your gut operating properly.
- **Keeps You Energized:** Soaked raisins are a rapid supply of glucose and fructose, providing a natural





energy boost without a sugar crash. For a morning boost, it is one of the most effective natural substitutes for caffeine.

- ✦ **Enhances Immunity:** Raisins include a high level of antioxidants and Vitamin C, both of which are essential for a healthy immune system. Consuming them in the morning on a daily basis will help you fight illnesses and feel better.
- ✦ **Supports Heart Health:** Raisins contain potassium and antioxidants which promote heart health by regulating blood pressure and decreasing inflammation, hence lowering the risk of numerous cardiovascular diseases. ■

- A person should not be too honest. Straight trees are cut first and Honest people are screwed first."
- "Before you start some work, always ask yourself three questions - Why am I doing it, What the results might be and Will I be successful. Only when you think deeply and find satisfactory answers to these questions, go ahead."
- You neither pluck roses without fear of thorns, nor enjoy a fair wife without danger of horns.
- "There is some self-interest behind every friendship. There is no friendship without self-interests. This is a bitter truth."
- Benjamin Franklin





RECEIPE

CANNELONI — NEAPOLITAN STYLE

Ingredients :

For the Pancakes:

- ☆ 1 teacup plain flour ☆ 1 tbsp oil
- ☆ ½ tsp salt

For the Stuffing:

- ☆ 2 bunches of spinach ☆ 2 tbs grated Paneer
- ☆ 4 tbsp grated Cheese ☆ Salt to taste
- ☆ 1 tsp crushed green chilies

For the Sauce:

- ☆ 1 kg tomatoes ☆ 5 cloves crushed garlic
- ☆ ½ tsp chili powder ☆ 4 tbsp tomato ketchup
- ☆ 50 gms grated cooking cheese ☆ Salt to taste
- ☆ 2 tbsp oil ☆ 4 tsp sugar

For the Topping:

- ☆ 50 gms grated cooking cheese

Method:

For the Pancakes:

Mix the flour, oil, and salt. Add water and prepare a soft dough. Keep the dough to rest for one hour.

After an hour, roll out the dough into small, thin rounds. Boil plenty of water in a vessel and add one tbsp of oil to the boiling water.



Drop one round at a time into the boiling water. Cook for ½ minute and remove. Repeat for all rounds.

For the Stuffing:

Chop the spinach very finely. Add 2 tsp of water and cook. When cooked, drain it and mash well.

Add crushed chilies, paneer, and cheese.

Also, add salt to taste.

For the Sauce:

Cut the tomatoes into big pieces. Add ½ teacup of water and cook.

When cooked, strain out a thick soup by processing it in a mixer.

Heat the oil thoroughly in a vessel, add the crushed garlic, and fry until it turns golden brown.

Add the crushed tomato soup, sugar, chili powder, and salt. Boil for 15 minutes. Add the tomato ketchup and grated cheese.

How to Proceed:

Fill each round with a tablespoon of the spinach filling/stuffing and roll it up.

Arrange on a greased baking dish, pour hot tomato sauce, and sprinkle the cheese on top.

Bake in a hot oven at 400°F for 10 minutes.

Serve hot. ■





KIDS STORY

Raghav and the Pot of Milk

There was a quiet village surrounded by green fields, warm sunlight, and simple lives. In that village lived a boy named Raghav. He was known for something special: he was intelligent, hardworking, and sincere. But his life was not easy. Raghav lived with his mother and he helped her run the home. Every morning, he woke up before sunrise. He walked to the fields, plowed the soil, watered the plants, and worked till sunset. He worked until sweat covered him completely. Only after finishing his work he came home, washed up, and studied for a short time. He loved studying, but he had very little time for schoolwork. Still, everyone in the village believed that he would top his 12th-grade exams. They believed in his intelligence, and Raghav also tried his best.

Finally, exam time arrived. He worked in the fields during the day and studied at night under a small lamp. When results came, something unexpected happened: Raghav failed in one subject. He felt like the sky had fallen on him.

But the worst part was not his failure. It was the villagers. Every day he walked from his house to the fields, people whispered, laughed, and threw sharp words



at him. “Look at this boy, he failed. He cannot even pass the subject. All his confidence is useless.” Their words were like thorns. He stayed silent, but inside, his heart was breaking.

One evening, after a long day of work, he went to his teacher, Karim, an old man with a calm voice and kind eyes. Raghav stood quietly in front of him and said, “Teacher, when I walk to the fields, people mock me, they laugh at me. I cannot tolerate it anymore.” The teacher looked at him, nodded slowly, and said, “Raghav, tomorrow morning, I want you to do something.” “What is it, teacher?” Raghav asked softly.

“Do one thing. Take a large pot, fill it with milk, and walk through the same path. But remember one thing: not even a single drop must fall. Not a single drop.” Raghav was confused. Why would the teacher ask him to do something so strange? But he respected his teacher, so he agreed.

The next morning, the sun rose gently over the fields. The birds began to sing and the village started waking up. Raghav filled a big pot of fresh milk right to the top. It was full and heavy, but still, he held the pot carefully with both hands and stepped outside. He took slow steps. The pot felt shaky. One small mistake and the milk would spill. As he walked, villagers again stood on the sides of the path,

ready to make fun of him. Some whispered, some laughed, and some looked at him with judgment.

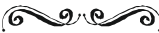
But something different happened that day. He couldn't hear anything. His eyes were fixed on the pot, his hands were steady, and his breath was slow and careful. All he saw was the milk. All he heard was his own heartbeat. All he felt was his focus. The world around him became a blur. Voices faded, faces disappeared. Even the loudest laugh sounded like a far-away echo. The only thing real was the pot in his hands. He reached the fields; not a single drop had fallen.

Later, he walked back to his teacher. "Teacher, I was so focused on the pot that I did not hear anything on the way!" The teacher smiled gently and said, "That is exactly my lesson to you. When you focus deeply on your work, your goals, your dreams, and your purpose, people's words lose their power. Their noise becomes meaningless, just like today."

Raghav felt something change inside him—a new strength. From that day onwards, he stopped worrying about what others said. He studied with more focus than ever before, he worked in the fields with deeper peace, and he walked with confidence because he understood the secret: **focus makes noise disappear.**

One early morning, as he stood watching the sunrise, the golden rays touched his face. He smiled because he knew that when you focus on your goal, all negativity becomes blurred—just like a camera blurs the background. That is the true power of focus.

So, if you ever feel hurt by people’s words, if you ever feel doubt or pressure, remember Raghav’s story. Take a deep breath, hold your milk pot (your dream) with steady hands. Stay focused, stay strong, and let everything else fade away.



BENEFITS FOR CANCER PATIENTS

Name	Area	Amt.
❖ Anil Pandurang Bhoir		
By : Meena P. Bhoir	Bandra	2,000/-
❖ Veeran Chopra	Vashi	500

- “Sooner or later every writer evolves his own definition of a story. Mine is: A reflection of life plus beginning and end (life seems not to have either) and a meaning.” - **Mary O’Hara**
- “Read, read, read. Read everything — trash, classics, good and bad, and see how they do it. Just like a carpenter who works as an apprentice and studies the master. Read! You’ll absorb it. Then write. If it’s good, you’ll find out. If it’s not, throw it out of the window.” - **William Faulkner**
- “A good story is a dream shared by the author and the reader. Anything that wakes the reader from the dream is a mortal sin.” - **Victor J. Banis**

Last Month’s activities carried out by Trust

- 32 cards were given for food and 11 for Haldi milk.
- Food Grains distributed among 135 Cancer patients family.
- Fruits were distributed among 1037 patients per day.
- 4 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 3 patients.
- 4 patients were given help by different trusts and received best response.
- Medicines worth Rs. 9,17,560/- were given to cancer patients.
- Medical treatment worth Rs. 3,57,600/- was given to other patients.
- 13 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.3,53,420/- .
- Handicapped person were provided with : 3 Walker, 2 Walking Stick, 4 Commode Chairs, 4 Wheel Chairs, 5 Flower Beds, 3 Oxygen Machines and 5 Oxygen Cylinder were given.
- 4 files made for cancer affected patients.
- 13 Patients got benefit of free Ambulance Service.
- 7 patients got Colostomy Bag at Concessional Rate.
- 2 Cancer patients were given ritual burial under "Kafan-Dafan" scheme.
- 2 unknown persons loitering in street were admitted to Old Age Home.

■ ■ ■

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

The activities are as follows: (Per day)		Amt.
■ Food Distribution -	₹	25,000/-
■ Grain Distribution -	₹	2,500/-
■ Cancer Treatment expenses -	₹	25,000/-
■ Medicine expenses	₹	10,000/-
■ Chemotherapy expenses-	₹	40,000/-
■ Wheelchair -	₹	6,500/-
■ Crutches -	₹	600/-
■ Walker -	₹	1,200/-
■ Hearing Aid -	With the help of Donors	
■ Free Ambulance Service -	₹	1,000/-

Joke of the Day

1. Once there were three turtles. One day they decided to go on a picnic. When they got there they realised they had forgotten the Soda. The youngest turtle said he would go home and get it if they wouldn't eat the sandwiches until the he got back.
A week went by, then a month and finally a year, when the two turtles said, Oh ! come on. Let's eat the sandwiches."
Suddenly the little turtle popped up from behind a rock and said "If you do so, I will not go!
2. Three mice are being chased by a cat. The mice were cornered when one of the mice turned around and barked "Ruff, Ruff, Ruff !"
The surprised cat ran away scared.
Later when mice told their mother what happened she smiled and said, "You see, it pays to be bilingual!"
3. The doctor says : "I have some good news and some bad news for you."
The man says : "O.K. Give me the good news first."
The dieter : The good news is you have 24 hours to live.
The man Says : "Oh no ! If that's the good news. what is bad news?"
The dieter Says : "The bad news is I forgot to call you yesterday."
4. Father: What did you do today to help your mother?
Son: I dried the dishes.
Daughter: And I helped pick up the pieces. ■



RIDDLES

- 1. I am not a teacher, but I help you to write. What am I?
- 2. I am full of words and pictures too. Open me up to learn something new. What am I?
- 3. I ring when it's time to start or end. I am not a phone, but I am every student's friend. What am I?
- 4. I bear the weight of knowledge on my shoulders every day. You will find me full at dawn and lighter by the hallway. What am I?
- 5. I am made of sand and I might have a moat. Build me near water, but I am not a boat. What am I?
- 6. I have a sail but no captain or crew. I fly in the sky and kids love me too. What am I?
- 7. I am cold and sweet and come on a stick. But eat me slowly or I will do a quick trick (melt). What am I?
- 8. I buzz and I hum and I fly all around. In the summer you will hear me, my wings make the sound. What am I?
- 9. What has a spine but no bones?
- 10. What has cities but no houses, forests but no trees, and rivers but no water?



Answer :

- | | | |
|---------------|------------------------|------------------|
| 1. A pencil | 2. A textbook / A book | 3. A school bell |
| 4. A backpack | 5. A sandcastle | 6. A kite |
| 7. A popsicle | 8. A bee | 9. A book |
| | | 10. A map |

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"Character is plot, plot is character."



The picture speaks of 'Jeevan Jyot Charitable Dispensary'

The Jeevan Jyot Trust runs a 'Charitable Dispensary' on a 'No-Profit, No-Loss' basis. Here, a team of various doctors treats a wide range of ailments at very low rates.



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OUR FACILITIES & TIMINGS

FACILITY	TIME	DAY	CONSULTANT
GENERAL OPD	11:00 am – 1:00 pm 11:00 am – 1:00 pm	Monday / Wednesday / Friday Tuesday & Thursday	Dr. Jainika C. Chheda Dr. Hasumati Chheda
HOMEOPATHY	1:00 pm – 3:00 pm 1:00 pm – 3:00 pm	Wednesday Friday	Dr. Bhakti Rambhia Dr. Mallika N. Kenia
PHYSIOTHERAPY	3:00 pm – 5:00 pm 2:00 pm – 4:00 pm	Wednesday Friday	Dr. Nishi Sanghavi Dr. Khushboo Gadda
DIET & NUTRITION	3:00 pm – 4:00 pm 12:00 pm – 2:00 pm	Tuesday Thursday	Ms. Naina Singhanian Ms. Maitri Soni
PSYCHOLOGIST	2:00 pm – 4:00 pm	Tuesday & Thursday	Ms. Nilom Shah
NEW SCALP ACUPUNCTURE	10:00 am – 12:00 pm	Monday to Friday	TCM Rashmin Kenia
SELF LOVE AND HEALING MEDITATION	5:30 pm – 6:00 pm (ONLINE)	Monday & Tuesday	Ms. Falguni Manek

SPECIALIST CONSULTANTS

	Gynecologist	Dr. Neeta Rambhia
	ENT Surgeon	Dr. Nirav Chheda
	Chest Physician	Dr. Prachi Shah
	Psychiatrist	Dr. Sagar Bhalke
	Speech Therapist	Ms. Disha Chheda
	Dental Surgeon	Dr. Nirav Gada
	Pain Management Physician	Dr. Vaibhav Vira

OUR FACILITIES

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98203 444522



MR. HARAKCHAND SAVLA
9869064000



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USG, EXPENSIVE BLOOD TESTS**

CONTACT PERSON : PARUL GADA - 98330 21505

To,



Picture speaks of Financial Assistance



With the support of generous donors, the Jeevan Jyot Trust provides financial aid to poor and needy patients.