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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.**



In an attempt to soothe the suffering of the pigeon, who was suffering from the pain of Jeevadaya, treatment was provided in the Jeevadaya Wing of Jeevan Jyot.

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

SHRI LAKHAMSHI V. CHHEDA (Ghatkopar)



For the daily wage earner who lives a life of misery in the face of rising inflation, while others are suffering from a terrible disease like cancer, where food cannot be swallowed and a food pipe is stuck in their nose. In such a dire situation, the patient urgently needs medicine for treatment.

At that time, the philanthropist Mrs. Purviben Kalpen Hariya (Bada) and the founder and managing trustee of the organization, Mr. Harakhchandbhai Savla (Badawala) are seen providing free medicine and financial assistance to the patient.



A saree from the homes of generous donors was given to a cancer-stricken woman. The founder and managing trustee of the organization, Shri Harakhchandbhai Savla (Badawala), is seen providing free medicine and financial assistance to the patient.

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



TODAY'S INSPIRATION

One who does good to others does good to himself. Goodness does not lie in the results but in doing the work because the feeling of doing good work itself is a good reward.

Mohini Gowda, a fruit seller from a bus stand at Ankole, Karnataka keeps her surroundings (near her stall) clean everyday by picking the trash. Someone captured her routine on phone and made it viral on Social media and it came to notice of our Prime Minister Shri Narendrabhai Modi.

Modiji made sure that he meets her during his visit to Karnataka. She was the special guest to receive Modiji.

Such little gestures makes huge huge difference.
Today onwards let us do good to all.



People who fly into a rage always make a bad landing. – Will Rogers.



-: 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 (Bhoiwada Branch) IFSC - MAHB0000563	A/c. No 20059826756
Bank of Baroda (Dena Bank) (Lower Parel Branch) IFSC - BARB0DBSUNX (5th Character is Zero)	A/c.No.99290100008461
State Bank of India (Parel Branch) IFSC - SBIN0001884	A/c. No 31171138885
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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 : **Mob No. 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

Zakir Hussain - Renowned Tabla Maestro

Zakir Hussain was born on 9th March 1951 in present day Mumbai, Maharashtra. He was the eldest son of tabla player Alla Rakha and was widely considered as one of the greatest tabla player of all time. He was just seven years old when he started playing tabla and at the age of twelve already gave his first concert.



He attended St. Michael's High School in Mahim and graduated from St. Xavier's College in Mumbai. He also earned a doctorate in music from the University of Washington.

Renowned for his mastery of the tabla, Zakir Hussain is a celebrated musician and composer who has achieved International acclaim winning multiple Grammy Awards. His contributions to Hindustani Classical music, fusion genres and global collaboration have cemented his legacy as one of the most influential artists worldwide. His career is replete with work with Indian and International artists



alike. He achieved much prominence in the 1970s touring the United States giving over 150 concerts to each year. His fresh approach to music led him to collaborate with

many different musicians from multiple genres and styles, jazz and world music.

In 1991, he collaborated with drummer Mickey Hant on the album Planet Drum which won a Grammy Award. He has received multiple



Grammy nominations throughout the career and won several awards including 3 Grammys in February 2024.

He was also involved in composing music for significant events such as the Opening Ceremony of the Summer Olympics in Atlanta in 1996.



He participated in many historic collaborations including 'shakti' which he founded with John McLaughlin and L. Shankar, Remember Shakti



making music, the Dig a Rhythm band, Planet Drum

Global Drum Project with Mickey Hart, Tabla Beat Science and Sangam with Charles Lloyd and Eric Harland.

Zakir Hussain has been awarded with a long list of Prestigious Awards.

- Padma Shri in 1998
- Padma Bhushan in 2002.
- Padma Vibhushan in as 2023.
- Sangeet Natak Akedemi Award 1990 and Fellowship in 2018.
- National Heritage Fellowship from the U.S. National Endowment for the Arts in 1999.

Zakir Hussain, the renowned tabla maestro passed away on 16th December 2024 at the age of 73 in San Franscisco due to complications arising from idiopathic pulmonary fibrosis, a chronic lung condition. May his soul rest in peace. ■



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 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 |



Inspirational Thoughts

When you are deeply injured.

You never recover until you forgive.

Forgiveness is the best form of Love

It takes strong people to say sorry

and an even stronger person to forgive.

Forgive impartially and unconditionally

Forgive anyone and everyone

Forgiving is human.

Make it a habit.

There are four people you need to forgive if you are really serious about changing your LIFE and learning how to live in the present.

The first people you have to forgive are your parents living or dead. You must absolutely forgive them for every mistake they ever made in bringing you up. Nobody taught them how to be good parents.

The second person you must forgive are the people from your marriages or relationships that didnot work out.

The third person you must forgive is everyone else in life who has ever hurt you in anyway. Clean the slate. Forgive and forget.

The fourth and final person you have to forgive is yourself. Stop carrying these past mistakes around with you that was then and this is now. ■



Being Rich from Within

I got on to the bus. Seeing the crowd inside, I was upset. There was no place to sit. Just then, a person vacated his seat. The man standing next to the vacant seat could have sat there, but instead he offered the seat to me.

At the next stop, the same thing happened again. He gave his seat to another. This happened 4 times during the entire journey. The man looked like a normal worker, returning home after a long day at work...

At the last stop when all of us got off, I spoke to him. "Why were you giving your seat to another person every time you got a vacant seat?" His answer took me by surprise.

He said "I have not studied much in my life nor do I know many things. I don't have much money either. So I don't have anything much to give to anyone. That's why I do this everyday. It is something I can do easily. After working all day I can stand for a little longer. I gave my seat to you and you said thank you. It gave me satisfaction that I did something for someone. I do this daily & feel I am contributing in some way. I go back home refreshed & happy every day that I gave something to someone."

I was speechless! Wanting to do something for someone on a daily basis is the ultimate gift. This stranger taught me a lot. How easy it is to be rich from within!

Beautiful clothes, lots of money in the bank account,



When you feel "dog tired" at night, it may be because you growled all day.



expensive gadgets, accessories & luxuries or even educational degrees - may or may not make you rich and happy; but a small act of giving is enough to make you feel rich & Happy everyday

DONATE WITH AN OPEN HEART

Name	Area	Amt.
❖ Anand Engineers Pvt. Ltd.	Andheri	50,000/-
❖ Ramnath D. Akshekar	Parel	11,000/-
❖ Sandip Basu	Mahalaxmi	11,000/-
❖ Kumar Rajyaprolu	Pune	10,000/-
❖ Geeta Singh	Andheri	5,000/-
❖ Mythili Venkatachalam	Wadala	5,000/-
❖ Pooja K. Fatnani	Mulund	2,700/-
❖ Babulnath Nageshwaram Atur	Thakurli	2,001/-
❖ Ravindra Pore	Byculla	2,000/-
❖ Govind Tukaram Gaikwad	Wadala	1,111/-
❖ Kantilal M. Jain	Lalbaug	1,000/-
❖ Jaloo Ghadiali	Parel	600/-
❖ Balakrishna Pandurang Polekar	Bhandup	501/-
❖ Sujal Mondal	Dadar	500/-
❖ Balkrushna Janardan Masurekar		
By : Nikit Balkrushna Masurekar	Lalbaug	500/-
❖ Vanita Sabhani	Khar	500/-
❖ Mohan Sabhani	Thane	500/-
❖ Prabhu Jahangiani	Worli	500/-
❖ Pushpa Sabhani	Parel	201/-
❖ Neelam Bhojwani	Thane	201/-
❖ Vidya Anil Pal	Wadala	101/-



FESTIVALS OF INDIA

BHAGORIA FESTIVAL



The Bhagoria festival is an Indian harvest festival. It is celebrated by the tribal people of Madhya Pradesh and Maharashtra originally known as Malwa Tribes who participate

include Bhil, Bhilala and Pateliya. The festival is said to have originated during the time of Raja Bhoj, when two Bhil Kings began organising fairs in their Capital Bhagor.

The festival takes place in the Barwani, Dhar, Alirajpur, Khargone and Jhabua districts of Madhya Pradesh and Maharashtra. It has agricultural significance and coincides





with the end if harvesting of crops. It is celebrated for seven days in the month of March before Holi. Traditionally celebrants travel to the festival grounds with their families on decorated bullock carts. There they purchase the things required to celebrate Holi, dance to traditional musical instruments, sing-songs called "Lok-Geet" and meet the people of the region. People play flutes, drums and percussion.

Both young men and women dress in traditional clothes. Girls smears coloured powder on the foreheads of boys they choose as their bridegroom. Tribal girls get tatoos on their hands. Match making is also one of the purpose of attending this festival. ■



Last Month's activities carried out by Trust

- 34 cards were given for food and 23 for Haldi milk.
- Food Grains distributed among 147 Cancer patients family.
- Fruits were distributed among 997 patients per day.
- 42 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 4 patients.
- 17 patients were given help by different trusts and received best response.
- Medicines worth Rs. 8,98,200/- were given to cancer patients.
- Medical treatment worth Rs. 4,97,120/- was given to other patients.
- 106 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.5,03,240/-.
- Handicapped person were provided with : 5 Walker, 2 Walking Sticks, 4 Commode Chairs, 3 Wheel Chairs, 5 Flower Beds, 3 Oxygen Machines and 6 Oxygen Cylinder were given.
- 9 files made for cancer affected patients.
- 107 Patients got benefit of free Ambulance Service.
- 8 patients got Colostomy Bag at Concessional Rate.
- 3 Cancer patient were given ritual burial under "Kafan-Dafan" scheme.
- 9 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**Sumati Morarji -****The first Woman of Indian Shipping.**

Sumati Morarji was born on 13th March 1909 in Mumbai. She was known as the first woman of Indian Shipping. She is credited to have become the first woman in the World to lead an organization of Ship owners -



'The Indian National Steamship Owners Association' later named as 'Indian National Shipowners Association' which has been traditionally a male bastion.

Sumati was born to the wealthy family of Mathuradas Gokuldas. She was named Jamuna after the sacred river associated with Krishna in Vrindavan. According to then contemporary customs in India, while still a young girl, she was married to Shantikumar Narottam Morarji, the only son of Narottam Morarji, founder of Scindia Steam Navigation Company, which later grew to be India's largest shipping firm.

She was included in the managing agency of the company in 1923 at the age of 14. She built the company from humble beginnings parlaying a few vessels in the



company and gradually developing it till she assumed the full charge of the company by 1946 managing around 6,000 people. She was already



on the Board of Directors and her expertise in the shipping trade developed over many years. Due to her amazing feat, she was also elected the President of Indian National Steamship Owners' Association in 1956 and next two years and again in 1965. It was under her supervision that the company rose to fleet of 43 shipping vessels totalling 5,52,000 tonnes of dead weight.

From 1979 to 1997, she was chairperson of the company until the Government took over the debt-ridden Scindia Steam Navigation. She was later appointed as the chairperson emeritus of the company till 1992.

She remained in regular touch with Mahatma Gandhi and both met on several occasions. Their exchange was documented in newspaper reports.

Gandhiji counted her as closest friend. Between 1942 and 1946, she was involved in the underground movement for Independence with him.

Accomplishments :

- ❖ She was the founder of the Sumati Vidya Kendra School in Juhu, Mumbai.



- ✦ She provided one way passage to A. D. Bhakti Vedant Swami Prabhupad - Founder of the International Society for Krishna Consciousness (ISKON) in 1965.
- ✦ She was elected as Vice President of the World Shipping Federation, London in 1970.
- ✦ She served as the Chairperson of the Narottam Morarji Institute of Shipping.
- ✦ She was instrumental in bringing the Sindhis from Pakistan during partition of India.
- ✦ She helped to establish a model for modern Indian Shipping Companies and offered to the World not only business values but also helped propogate ideas of Indian Culture and Heritage.

She has been awarded Padma Vibhushan, the second highest civilian honour of India in 1971.

She died due to Cardiac Arrest on 27th June, 1998 at the age of 89. ■

"It is not purely for business motives that we today concentrate on Shipping. We want our people to travel abroad and the foreigners to see our ancient land. It has been the Indian tradition to export the best to foreign countries. We did business in merchandise for centuries, but our most precious cargo has been ideas of universal brotherhood and deep spirituality. Our tradition of such transcendent goodwill to all has continued throughout."

- Sumati Morarji

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 occassion of Birthday of Bhavesh Mahendra Shah	Borivali	Jeevdaya	5,000/-
☛ In loving memory of Late Arvindbhai Vallabhdas Sonecha By : Hansaben Arvindbhai Sonecha Family	Kandivali	Medicine	2,000/-
☛ In loving memory of Late Mahendrabhai Manilal Gandhi (Limbodara) By : Induben, Alpesh, Sanjay Gandhi Family	Borivali	Jeevdaya	1,200/-
☛ In loving memory of Late Natvarlal Bulakhidas Shah (Harsol) By : Manjulaben Natvarlal Shah Family	Kandivali	Jeevdaya	1,000/-
☛ In loving memory of Late Kamlaben & Late Kantilal Nagindas Shah (Harsol) By : Kantilal Nagindas Shah Family	Bhayandar	Medicine	1,000/-
☛ In loving memory of Late Kamlaben & Late Bechardas Doshi By : Dilip B. Doshi	Mulund	Medicine	500/-
☛ In loving memory of Late Shardaben & Late Chimanlal Sakarchand Shah (Uvarsad) By : Hema Pradip Shah	Pune	Haldi Doodh	500/-



PLACES OF INTEREST

The Om Temple, Pali, Rajasthan

The Om Temple in Pali, Rajasthan is a unique and magnificent project that is inspiring and important for the



future of mankind. Located in the village of Jadan Pali district, this temple is the world's first ever temple designed in the iconic - Om Shape. The complex spans across 250 acres and boasts impressive visual presence that's even visible from space.

The temple's design is based on the Nagara style of temple architecture which is originated in the 5th century

AD and is prevalent in parts of Northern India. The complex features a central building constructed in the shape of the ancient Sanskrit symbol Om, with





108 compartments of residential units that attract tremendous cosmic energy. The temple also has a lake representing the crescent Moon of the Om Symbol, with a tower known as

Bindu, constructed as a large overhead water tank, 108 feet in height and containing 12 temples on its floors.

Some of the notable features of the Om temple include :-

- ❖ **Shiv Mandir** : A temple dedicated to Lord Shiv, constructed from pink sandstone with intricately carved sculptures.
- ❖ **Bhakti Sagar** : A meditation and prayer hall.
- ❖ **Jadan School** : A school building that can accommodate 1900 students.
- ❖ **Gaushala** : A home and care for old, homeless and sick animal.
- ❖ **Rainwater Harvesting**: A system that provides a year round supply of fresh water for rural communities in drought affected areas.
- ❖ The Om temple in Pali is not only an architectural masterpiece but also a



place of pilgrimage for millions of spiritual seekers. It's a must visit destination for anyone interested in Yoga, spirituality and Indian Culture. ■



BENEFITS FOR CANCER PATIENTS

Name	Area	Amt.
❁ Matushree Anandiben		
Fulchand Jain	Parel	5,100/-
❁ Dr. U. K. Shah	Wadala	5,000/-
❁ Sayalee Chandrakant Jargam	Parel	2,500/-
❁ Atharv Prasad Savant	Chinchpokli	2,000/-
❁ Alan D'souza	Sewree	2,000/-
❁ Vasantiben Chandanmal Jain	Sion	2,000/-
❁ Priya Anil Pal	Wadala	1,200/-
❁ Kiran Bhosle	Prabhadevi	1,000/-
❁ Chunilalji Pumaja	Sion	1,000/-
❁ Nathumalji	Sion	1,000/-
❁ Sujit Kumar Patro	Hyderabad	750/-
❁ Manju Pradip Jain	C. P. Tank	500/-
❁ Monica Khare	Nepeansea Rd	200/-



JALARAM ANNDANKSHETRA

Name	Area	Amt.
❖ In memory of P.H. Ramaswamy		
By : Chandrasekar K. Sambasivan	Bangalore	14,500/-
❖ Arjundas Alreja	Santacruz	10,000/-
❖ Sneha Shah	Matunga	7,500/-
❖ Bhavna Meghani's Birthday		
By : Sneha Shah	Matunga	7,500/-
❖ Hansaben Ashok Shah		
By : Bhavin Jayantilal Gada	Goregaon	7,000/-
❖ Satindra Gulati	Nepeansea Rd	7,000/-
❖ Saroj Lahoti	Malad	7,000/-
❖ Matushree Labhuben		
Keshavlal Chawda	Malad	7,000/-
❖ Murari Lal	Parel	7,000/-
❖ Devdas P. Mane Patil	Bhandup	5,000/-
❖ Pramod Muranjan	Bhayander	4,000/-
❖ Miloni Jay Shah	Matunga	4,000/-
❖ Tapan Chauhan	Shivaji Park	2,000/-
❖ Vinay B. Arondekar	Shivaji Park	1,100/-

"History records the successes of men with objectives and a sense of direction. Oblivion is the position of small men overwhelmed by obstacles."





MELANOMA CANCER

"Melanoma" which means "black tumour" is the most dangerous type of skin cancer. It grows quickly and has the ability to spread to any organ.

Melanoma comes from skin cells called melanocytes. These cells produce melanin the dark pigment that skin its colour. Most melanomas are black or brown in colour but some are pink, red, purple or skin-coloured also.

The ABCDEs of Melanoma

	Benign mole	Melanoma	
A			Asymmetry Is the spot asymmetric? If you draw a line in the middle, one half does not match the other.
B			Border Are the borders uneven? The borders are not well defined or are irregular in shape.
C			Color Does it have different colors? Melanoma lesions are often more than one color or shade.
D			Diameter Is it larger the 1/4"? Melanoma growths are normally larger than 1/4" in diameter.
E			Evolving Is there a change in growth? Over time, Melanoma will often change characteristics, such as size, shape or color.

About 30% of melanomas begin in existing moles but the rest start in normal skin. This makes it especially important to pay attention to changes in your skin because the majority of Melanomas don't start as moles. However how many moles you have may help predict your skin's risk for developing Melanoma. It's important to know if you are in a high-risk group for developing melanoma skin cancer. Because of the fast growth rate of melanomas treatment delay sometimes may mean the difference

between life and death. Knowing your risk can help you, be extra vigilant in watching changes in your skin and seeking skin-examinations

Melanoma accounts for only about 1% of all skin cancers but causes the great majority of skin cancer related deaths. It's one of the most common cancer in young people under 30, especially in young women. Prevention and early treatment are critical, especially if you have fair skin, blonde or red hair and blue eyes. It's widely accepted that increasing levels of ultraviolet (UV) exposure are one of the main reasons for this rapid rise.

You can get melanoma on any area of your body. It can even form on your eyes and internal organs. Men are more prone to develop on their trunk - often the upperback. while women are more likely to have on their legs.

Treatment consists of Radiation therapy and mohs surgery. Skin grafting and wide local excision is also one of the treatment Antiviral drug, chemotherapy and immuno therapy are other procedures. Consult your doctor at the earliest. ■

"The reason we struggle with insecurity is because we compare our behind-the-scenes with everyone else's highlight reel."

100 SALUTES

Suhas Yathiraj - Para Badminton Player

Suhas Yathiraj was born on 2nd July, 1983 in Hassan, Karnatak. He was diagnosed with a limb impairment at birth which significantly attached his mobility. However his parents raised him with the belief that no obstacle was too great to overcome, a philosophy that has guided him throughout his life.



Since his father was a government servant, he had to travel and move with father during his postings. He did most of his secondary education in DVS Independant College, Shivamoga, Karnatak. He graduated from National Institute of technology, Surathkal in Computer Science and Engineering branch in 2004 by scoring first class with distinction. He is also an IAS officer of the 2007 batch of U.P. Cadre and has served as District Magistrate of Gautam Buddha Nagar and Prayagraj. He won the gold medal at the National Para Bedminton Championships in 2018. He is the only IAS officer in India to win a Paralympic medal and an Arjun Award.



At the 2016 Asian Para-badminton championship, Beijing, China, he became the first Indian Bureacrat to



win a professional International Badminton Championship. He won the gold in the finals when he was serving as District Magistrate at Azamgarh. He came to international attention when he won gold and became first ever serving Indian Bureacrat to represent and win a medal for India at global level.

In December 2016, he became the recipient of U.P. level Civilian honour, the Yash Bharati which he received on 1st December 2016 from the then Chief Minister of Uttar Pradesh Akhilesh Yadav. On 3rd December, World Disabilities Day, he received award from State Government for his performance in Para Sports. He has been awarded for his performance by Governor of U.P. for his duties related to elections by Revenue Minister and Chairman. Suhas is also supported by GOSPORTS Foundation through the Para Champion Programme. Since his appointment in Feb-2023, he is serving as the Secretary and Director-General of Youth Welfare and Prantiya Rakshak Dal, Govt. of U.P. ■



Benefits of Pumpkin Seeds

Pumpkin seeds benefits can include helping you get a good night rest or supporting the efficiency of different bodily functions. It also provides anti-oxidents fibre, healthy fats, magnesium, protein and more.

You can enjoy these seeds as a snack or in a variety of receipes like pumpkin seed butter, protein powder and tofu.

- 1) Pumpkin seeds are source of magnesium.** This mineral plays an essential role in more than 300 reactions in your body including keeping your heartbeat steady. Maintaining nerve and muscle function. Managing blood sugar, producing energy strengthening bones and supporting a healthy immune system.
- 2) It protects against heart disease.** It provides more fat than carbohydrate and protein. The fat is mostly mono-unsaturated and poly-unsaturated fat. Those healthy fats reduce LDL cholesterol levels which helps lower your risk of heart disease and stroke.
- 3) It increases Male Fertility.** It helps improve. aspects of male fertility such as ejaculatory latency and sexual stimulation. Zinc deficiency may impair sperm quality and development of sperm cells.



Pumpkin seeds are a source of Zinc with about 2.17 mgs. per One Ounce Serving.

- 4) **It reduces Breast Cancer Risk.** Phytoestrogens are natural compounds in pumpkin seeds. It is similar to



the hormone estrogen. Consuming foods that contain Phytoestrogens helps reduce breast cancer risk.

- 5) **It supports healthy sleep.** Pumpkin seeds are a source of tryptophan, an amino acid with about 576 mgs per 100 gms of seeds. It helps your body produce melatonin and serotonin hormones that promote a good night rest. Melatonin controls your sleep. Wakeup cycle and Serotonin helps regulate mood and sleep.

Roasting Pumpkin seeds might increase the effects of flavonoids and phenols. They are generally safe to eat but you will want to be mindful of their calories and fibre contents. A one ounce serving of Pumpkin seeds has about 163 calories which makes for a good snack.

Tips :

- 1) You can enjoy pumpkin seeds shelled or unshelled. Add them to salads or as a garnish for cooked vegetables, hummus, soups and stir-fries



- 2) Incorporate Pumpkin seeds butter into baked goods, energy balls, pesto, sauces and smoothies.
- 3) Sprinkle pumpkin seeds into avocado toast, fruit salad, Oatmeal or yogurt.
- 4) Whip pumpkin seed protein powder into blended soups, smoothies to boost your protein intake.
- 5) You can add it to your trail mix. Pair them with nuts, dried fruits and dark chocolate for a delicious energy boosting snack. ■

- "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**
- "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**



RECIPE

ORANGE SANDESH

To make Paneer or Chenna

Ingredients :

- ☆ 500 ml. full fat milk
- ☆ 3 tbsp. lime juice or vinegar

Method :- Bring the milk to a rolling boil and then lower the flame to simmer. Add 2 to 3 tbs of lime juice or vinegar (dissolved in water) little by little and stir gently. You will find that the chenna is separating from the whey. When it is completely, separated, turn off the gas and pour the mixture into a colander lined with a cotton cloth. Gather the ends of cloth and squeeze tightly. Run into cold water at the sink to remove the flavour of lime juice from chenna.

Tie the cloth ends to the top and let the remaining water drip off. Transfer the chenna into a wide bowl or plate and knead well when it's little cool with your fingertips, till it smoothens out. Gather together into a ball and proceed to make Sandesh.

To make Orange Sandesh -

- ☆ 1 cup grated chenna
- ☆ 2 tbs powdered sugar
- ☆ 5 drops Orange Essence
- ☆ 2 tbs orange squash.



Garnish.

- ☆ 1 tbs chopped almonds ☆ 1 tbs chopped pistachios
- ☆ 6 orange segments

Combine Chenna (Paneer), Orange squash and Orange essence with powdered sugar in a big thali. Knead very well till smooth. Place this mixture into a bowl and keep in the freezer for 15 minutes. (Here you can also use dried orange zest.)

After 15 minutes take it out and divide into 8 equal portions and roll each portion into a ball and then flatten it lightly. Make an impression into the centre using your index finger.

Finally garnish with almonds, pistachios and Orange segments. Put in the fridge for 30 minutes & then serve.



THANK YOU VERY MUCH FOR YOUR SUPPORT

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A Heartwarming Story from Indian Army

One Grizzly bear (Himalayan Brown Bear) family used to visit us at xxxx post in Siachin initially only during nights. We started keeping food for the family. Their confidence in us developed over a period and they even started coming during day.

There was also a bear cubs about an year old. It used to come with his mother but after about 6 months, it was either deserted by the mother or got lost. Then it started roaming alone but it had problems since the dogs in the post wouldnot let it come close. When we saw this, we started tying the dogs. The confidence grew and it started to come close. We named him 'Bahadur' after the company's name -Bahadur Company.

For a few days we could not see Bahadur. One day one of my posts which used get cut off due to 60 feet of snow reported that Bahadur is roaming around with his head stuck in a tin box. This post was about 800 mtrs. from my company Headquarter. I took 6 boys with me and went to rescue the bear myself. It's not that I was not concerned about boys' safety but I still decided to do the rescue.

When we reached the place, Bahadur was roaming with the tin box around its head over a cornice probably without food for last 3-4 days. It was making circle in the cornice (cornice - an overhanging mass of hardened snow at the edge of a mountain precipice). Basically,

cornice is a false extension of ground made by hard snow over a period of time and it can not take too much weight. It can break off and can lead from Avalanche. So it was very difficult to go closer to the bear to rescue it.

I found the lightest boy from the group and briefed him to go close to the bear and tie the rope around his neck. We also tied a rope to the waist to pull him in case the cornice breaks down. This boy was very nervous to get close to the bear. After about over three minutes I decided to rescue it for my own.

Bahadur was approached by me on my knees and I pulled him out of the cornice as quickly as possible to avoid breaking off the cornice. After bringing Bahadur safely, we tried it with ropes to take it to our xxxx post, where we could release him after removing the tin box. It took almost a kind of surgery to cut the tin box without damaging the ears and neck of Bahadur. We gave him food and released it but it didnt go away for a good three hours. Afterwards it became part of my company. Whenever we shouted it's name Bahadur, it always appeared from nowhere. It still comes to the post for food.

Although the story is very heartwarming, please do also take a moment to appreciate the very difficult conditions and the environment the Indian Army is guarding our Borders. Furthermore, do also see and acknowledge the accomodation they are staying with bare minimum amenities. It takes a special kind of men to do this.

A big salute to the Soldiers of the Indian Army. ■



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 will increase blood circulation in your face which will help you to restore your beauty.
- 3 Half cup of carrot juice daily will help you to get glow on your face.
- 4 Apply coconut oil or olive oil or Castor oil that will help you in keeping glow on face.
- 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 helps you to prevent from aging.
- 8 Green vegetables and fruits in diet helps to restore youth and beauty.



Motivating Ideas

- ✚ Ego is just a small 3-letter word which can destroy a big 12 letter word **Relationship**.
- ✚ Speak only when you feel your words are better than **Silence**.
- ✚ Don't get impressed by money, followers, degrees and titles. Be impressed by kindness, integrity, humility and generosity.
- ✚ One beautiful heart is better than thousand beautiful faces. So choose people having beautiful hearts rather than faces.
- ✚ One bad chapter doesn't mean your story is over.
- ✚ Failure is not the opposite of success. It's a part of success.
- ✚ Sometimes its better to just remain silent and smile.
- ✚ If you can learn self-control, you can master anything.
- ✚ The problem with closed minded people is that their mouth is always open.
- ✚ We are not given e good life or a bad life. We are given a life and its up to us to make it good or bad.
- ✚ Sunsets are proof that endings can be beautiful.
- ✚ Don't carry your mistakes around with you. Instead place them under your feet and use them as stepping stones.
- ✚ Life is ironic. It takes sadness to know happiness, noise to appreciate, silence, and absence to value presence. ■



You Are...

(A message with meaning)

You are strong... When you take your grief and learn it to smile.

You are brave... When you overcome your fear and help others to do the same.

You are happy... When you see a flower and are thankful for the blessing.

You are loving... When your own pain does not blind you to the pain of others.

You are wise... When you know the limits of your wisdom.

You are true... When you admit there are times you fool yourself.

You are alive... When tomorrow's hope means more to you than yesterday's mistake.

You are growing... When you know what you are but not what you will become.

You are free... When you are in control of yours and do not wish to control others.

You are honorable... When you find your honor is to honor others.

You are generous... When you can take as Sweetly as you can give.

You are humble... When you do not know how humble you are.

You are thoughtful... When you see me just as I am and treat me just as you are.

You are merciful... When you forgive in others the faults you condemn in yourself.

You are beautiful... When you don't need a mirror to tell you.

You are rich... When you never need More than what you have.

You are you... When you are at peace with who you are not.

- Heena Baver, Kochin



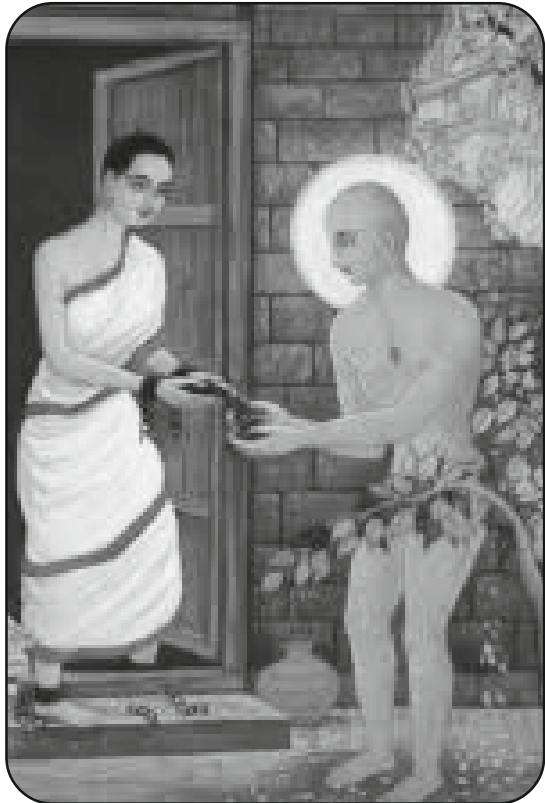


KIDS CORNER

STORY OF CHANDANBALA & BHAGWAN MAHAVIR

Chandanbala was a daughter of King Dadhivahan of Champa and Queen Dharini and was also known Vasumati. It was from her mother that she had imbibed the value of tolerance, renunciation and religious faith. As a result of such grooming, she desired spiritual growth and she decided not to marry. Knowing her mind and intentions her parents allowed her very willingly to remain firm in her vow.

Meanwhile, Shatanik, the king of Koushambi attacked Champa and Chandanbala was sold as a dasi. But Dhanvan Sheth paid adequate money and saved her from becoming



a courtesan. He treated her as his daughter.

Once Sheth happened to return from tour and as usual she went to him to wash his feet, meanwhile, in order to save her loose hair from falling into the dirty water, Sheth lifted it up with the good intention.

Mula Shethani, his wife happened to see this sight and she became jealous. Once when Sheth was away from the towns, she took the opportunity and cut off Chandanbala's hair, then her feet were chained and she was driven into a cellar. She had to go without food and water for 3 full days. When Sheth returned, he sensed the situation and decided to call a blacksmith. Meanwhile he gave her some boild unsplit black beans, kept there for the cattle, in a winnowing basket.

Chandanbala was amazed at how things were going. She started wondering that once she was a princess and could get anything she wanted and now she had to settle with whatever she was getting. She then thought of offering lentils to someone else. She got up and walked to the door. Stood there with one foot out and the other in. To her surprise, she found this young monk (Mahavir) coming near her room. She said, "Oh, respected monk, please accept this food and oblige me. Bhagwan Mahavir looked at her and noticed that one of his predecided conditions was still missing, So without accepting food, he kept on going.

His conditions were :

- ✎ The person who would be offering should be princess
- ✎ She should be bald headed
- ✎ She should be in chains.
- ✎ While offering uncooked lantils, her one foot should be inside the house and the other one outside the house.
- ✎ She should be in tears.

Chandanbala met with all conditions except tears in her eyes and therefore Mahavir went away. She felt very sad and tears started running down her face. She started thinking that how unfortunate she was, that even though she had chance to offer food to the monk he would not accept it. She in her crying voice once again requested Mahavir to accept food. Mahavir turned back and saw tears in her eyes. He came back to accept the food knowing that all his conditions were met, she put the lentils in Bhagwan Mahavir's hand and felt satisfied.

Bhagwan Mahavir, thus accepted alms from Chandanbala after five months and twenty-five days. Her chain broke miraculously. She regained her beautiful hair. As soon as Bhagwan accepted alms from her, there was divine showers of flowers. King Shatanik and Mula Shethani begged to be forgiven for all their misdeeds.

Chandanbala became the first disciple of Bhagwan Mahavir and being a torch bearer for the mankind. She ultimately attained divine knowledge - Kevalgyan. ■



HUMOUR

- Ashaben Dasondi,
Matunga



- ❏ Father : A Kangaro can jump higher than the Empire State Building.
Son : No Way.
Father : offcourse. The Empire State Building cannot jump at all.
- ❏ Why won't it hurt if you hit your friend with a 2-litre of soda?
Because its a soft drink.
- ❏ Why does bees have sticky hair?
Because they use honey combs.
- ❏ What do you call a snake that is 3.14 ft long.
A n - thon
- ❏ What's the difference between a Hippo and a Zippo ?
One is really heavy, the other is a little lighter.
- ❏ What do you call a Monkey in a mine field?
A Babooooom
- ❏ Why did the coffee file a Police Report?
It got mugged
- ❏ When does a Joke become a Dad Joke?
When the punch line becomes apparent.
- ❏ What's the difference between a Seal and a Sea lion?
An Icon
- ❏ You know why Crabs never give to Charity?
Because they are Selfish.
- ❏ What did the right eyes say to the left eyes.
Between you and me - something smells !

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Picture speaks of 'Jalaram Annadankshetra'.



In the midst of rising inflation, patients who do not have enough money for treatment and medicine for a terrible disease like cancer are getting free pure and sattvic food under Jeevan Jyot Jalaram Annadanakshetra.

Pictures speaks of 'Jeevan Jyot Old Age Home'.



The sick elders who have taken shelter at the Jeevan Jyot Old Age Home, who have become orphans under the roof of the Jeevan Jyot Old Age Home, are eating lovingly.

To,



The picture speaks of 'pain and compassion'.



The founder and managing trustee of the organization, Shri Harakhchandbhai Savla (Badawala), is giving medicine and blankets to a visually impaired cancer-stricken child.