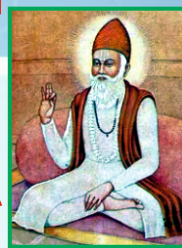




JEEVANPATH

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**



A pigeon was brought for treatment to Jeevan Jyot Jeevdaya wing after the pigeon's wing was injured while flying.

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

**ON OCCASSION OF BIRTHDAY OF
SMT. USHABEN RASIKBHAI SHROFF (SANTACRUZ)**

Pictures speak of the Medical Camp



A medical camp was organized on the occasion of the 1st Death Anniversary of the Late Shri Dhirajlal Maganlal Gala, Founder of the Matushree Lilbai Maganlal Gala (Merau) Charitable Trust.

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



FACTS OF LIFE

**If everyone is happy with you
then surely you have made
many compromises in your LIFE
AND**

**If you are happy with everyone
then surely you have ignored
many faults of others.**

**Good things comes to those who believe
Better things comes to those
who are patient
But the best things comes
to those who
do not give up. ■**



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





-: PLEASE NOTE :-

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“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.

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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 : **M. 9869206400/9076169355**



How can you help ?

■ Full One day Free Simple Meal	14,500
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MONTH SPECIAL

Gopal Krishna Gokhale - Political Mentor of Mahatma Gandhi

Gopal Krishna Gokhale was born on 9th May 1866 in a marathi Hindu brahmin family in Ratnagiri. Bombay Presidency, now Maharashtra. He was the first Indian to get University Education. He graduated from Elphinstone College, Mumbai in 1884. He was a professor of history and political economy at Fergusson College, Pune. He resigned from his teaching position in 1902 to enter politics. He was elected President of the Indian National Congress in 1905. He was an Indian Political Leader and a social reformer during the Indian Independence Movement and Political mentor of Mahatma Gandhi.



Social Reforms done by him.

- Founded the Servants of India Society in 1905.
- Campaigned for social reforms and Indian Self-rule.
- Opposed the illtreatment of untouchables.



➤ Took up the cause of impoverished Indians in South Africa.

➤ He was a fierce critic of the indentured labour system.

➤ He worked to

promote free and compulsory primary education.

➤ He played a key role in shaping the Morley Minto Reforms 1909.



Influence on Mahatma Gandhi :

➤ He was a mentor to Mahatma Gandhi in his formative years.

➤ He influenced Gandhi to advocate for moderate and constitutional methods of agitation.

Other Contributions:

➤ Proposed the 'Lightening conductor theory.'

➤ Delivered a speech at a meeting in Pune in support of Mamlatdars who had recorded confessions against a Corrupt British officer.

He died at the age of 48 years on 19th February 1915 in Mumbai.

His famous saying was "No taxation without representation." ■



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

- | | |
|--|-------------------------------|
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| 16) Late Kumari Hansaben Ratanshi Lodaya | : Competition Scheme |
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| 19) Smt. Manjulaben Natwarlal Shah (Harsol) | : Medical Camp |
| 20) Shri Natwarlal Bulakhidas Shah (Harsol) | : Blood Camp |
| 21) Smt. Nalini Rasik Jadavji Shah | : Ambulance Service |
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| 25) Smt. Sakerben Premji Charitable Trust (Worli) | : Chemotherapy Dept |



DO YOU KNOW ?

What is the meaning of VARANASI?

There is a saying in ancient Hindu scriptures, he who dies in Varanasi goes to heaven. So a lot of people took it upon themselves to when they were close to death to go to Varanasi to meet death there because they thought it would take them to heaven. And they are physically doing that.

What is the actual meaning of Varanasi? Varna in the ancient language of Sanskrit means your eyebrows, Nasi means your nose. And third eye is where your eyebrows and nose line meets. He who lives there, not in a town of Varanasi but he who lives there in his third eye goes to heaven. It is not even heaven but they are free from the cycle of coming and going. Raise your energy from basic chakras about food, sex and power games. Open



There was never an angry man that thought his anger unjust.





your heart up-
purify your fifth
chakra the chakra
of art and then
bring your energy
all the way upto
your third eye.

Bringing your energy to the third eye is the best a human being can do. That is your Varanasi.

He who lives in the third eye, come and find your abode in third eye. It is the residence of contentment, of suchness of being good with what it is. Trust is the currency of those who live in Varanasi. In third eye find that trust and faith. Bring your energy upto that. We wish you that journey and may you live in Varanasi, in your third eye. ■



FESTIVALS OF INDIA

GAJAN FESTIVAL



Gajan or Shiva gajan is a Hindu festival celebrated in the Indian State of West Bengal and Bangladesh. It is associated with such deities as Shiv, Neel

and Dharmaraj.

The word Gajan is considered a combination of parts of two words - Ga is from the word Gram meaning village and jan is from the word Janasadharan meaning Folk. In this sense Gajan is a festival of village folk.

Gajan spans around a week, starting at the last week of Chaitra continuing till the end of the Bengali New Year.



He who angers you conquers you.





It ends with charak Puja on the last day of Chaitra the last month in the Bengali Hindu Calendar.

The next day is Poila Baisakh, the first day of Bengali New Year. Participants of this festival is known as Sanyasi or Bhakt.



Person of any gender can be a Participant. The central theme of the festival is deriving satisfaction though non-sexual pain, devotion and sacrifice.

This festival is one of the ancient festival of West Bengal. The festival is seen in parts of Malda, Murshidabad & few parts in Nadia and large parts of Burdwan.

The gajan of Shrikhand Village in Burdwan is famous as the gajan of Bhrotanather but actually it is the gajan of Baba Dugdha Kumar Shiv. This gajan was launched by





Shri Chiranjeev and Sulochan Anand among the Vaishnav Parshad gajans.

This festival is for bringing fertility back in the spring. The rituals can be performed by any person who performs austerities to gain eligibility to make offerings to the deities.

In Shiva's gajan, Shiv is married to Harkali on this day. The sanyasis form the barjatri (bridegroom's party). In Dharma's gajan, Dharmathakur is married to Kamini in Bankura Dist or Mukti.

The shiv and Dharma Gajan have 3 common aspects:

- renouncing worldly life during the ritual
- undertaking physical ordeals
- making offerings to Surya

The festival is known for its colourful costumes, pantomimes and daring acts of penance. ■





HEALTH TIPS

SOL KADI - SUMMER COOLER (ANTI-OXIDANT RICH RECIPE)

Ingredients :

- ☆ 3 tbs Kokum extract.
- ☆ Salt added to it
- ☆ 1 cup grated coconut
- ☆ 1/2 green chili
- ☆ 4 garlic cloves
- ☆ 2 tsp sugar

Rinse 10 kokum fruit-add water and wash them thoroughly. Then soak them for in 1/2 cup of warm water for 10 minutes. Boil them for 5-6 minutes. Let it cool - then crush them and pass through sieve to get Kokum extract.

Take a mixture jar. Add coconut, chilli and garlic. Add 1 cup of hot water and crush it. Pass through the strainer and take out coconut milk.

Once again, pour the residue in mixture and hot water and again churn it. Strain and get the coconut milk.

Take a bowl. Add coconut milk, add sugar. Dissolve sugar and then add kokum extract as per your requirement. You can add roasted Jeera powder if you like.

Chill in fridge for 1-2 hours. Take out from fridge and pour into glasses. Garnish with chopped corriander and fudina leaves.

This kadi is always served cold.



**WOMEN EMPOWERMENT****Priti Sudan -
CHAIRPERSON OF U.P.S.C.**

Priti Sudan was born on 30th April, 1960 is the Chairperson of the Union Public Service Commission (UPSC) a central body tasked with recruiting India's Civil Servants appointed by the President of India in August 2024.



Priti joined the UPSC as a member in November 2022.

Previously she held the office of the Health Secretary of India from October 2017 to July 2020. Priti has also served as a member of the Independent Panel for Pandemic Preparedness and Response (PPR), an independent group overseeing the World Health Organization (WHO) from 2020 to 2022.

She earned a degree in Economics and Social Policy and Planning from the London School of Economics and Political Science. She has been trained in Public Finance Management in Washington.

A 1983 batch of IAS officer of the Andhra State, Priti was previously a Secretary of department of Food and Public Distribution. Apart from this, she has served as



various Central and State level positions such as a Joint Secretary in the Ministry of Defence as well as in position relating to Disaster Management and Tourism. She has been



a key functionary in the Planning and Implementation of the **Ayushman Bharat Yojana**, a scheme of the Indian Government National Health Policy aiming to provide free health insurance coverage at the secondary and tertiary level to India's bottom 40% poor and vulnerable population. She has also served as consultant in the World Bank.

Since 2020. She has been serving as a member of the Independent Panel for Pandemic Preparedness and Response (PPR) an Independent group examining how the WHO and Countries handled the Covid-19 Pandemic, co-chaired by Helen Clark and Ellen Johnson Sirleaf and served till 28th Nov. 2022. There after she served as a member of UPSC from 29th Nov. 2022 onwards. Afterwards on 18 Aug. 2024, she was appointed Chairman of UPSC and will serve there till 29th April 2025.

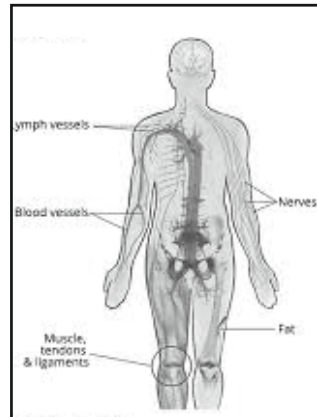
She is also member of the Board of Partnership for Maternal, New Born and Child Health (PMNCH). ■



BETTER YOU KNOW

SYNOVIAL SARCOMA CANCER

Synovial Sarcoma Cancer is a rare cancer that tends to occur near large joints mainly the knees. It is a cancer that can come from different types of soft tissues such as muscle or ligaments. It is often found in the arm, leg or foot and near joints such as the wrist or ankle. It can also form in soft tissues in the lung or abdomen. It may also be called Malignant Synovioma.



It usually affects young adults. It begins as a growth of cells that can multiply quickly and destroy healthy tissue. The first symptom is usually swelling or a lump under the skin. The lump may or may not be hurt.

It is usually slow growing so it can be years before diagnosis is made. Sometimes it is diagnosed in error as a joint problem such as arthritis or bursitis.

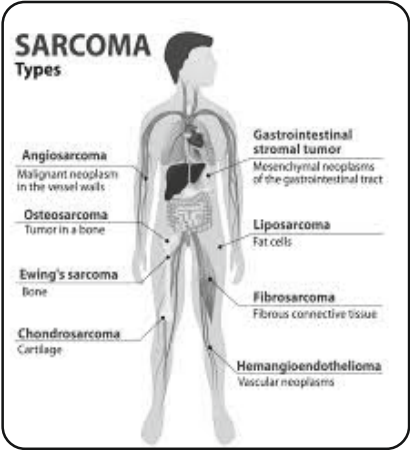
Imaging tests take pictures of the body. They can show where it is, how large it is and if it has spread to other areas of the body. Tests might include MRI Scan-Xray and CT Scan.

Biopsy is a procedure to remove a sample of tissue for testing in a laboratory. It may be removed using a



needle that is put through the skin and into the cancer, Sometimes surgery is needed to get the tissue sample,

Treatment options for Synovial Sarcoma include surgery, radiation therapy, chemo therapy, targeted therapy, clinical trials etc. ■



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❖ In loving memory of Late Lalit Shamaldas Shah (Harsol) By : Mahendra Shamaldas Shah	Borivali	Jeevdaya	5,000/-
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❖ 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 Chimanal Sakarchand Shah (Uvarsad) By : Hema Pradip Shah	Pune	Jeevdaya	500/-



PLACES OF INTEREST

Crazy Cars Museum

Sudha Cars Museum is an automobile museum located in Hyderabad, India. The museum displays "Crazy Cars" that



resemble everyday objects. These are handmade by Kanyalooyina Sudhakar, known mainly as K.Sudhakar, who started it as his hobby in his school days and opened the dedicated museum in 2010.

He had an inclination towards motor Cars and Mechanics since childhood. He created his first car at the age of 14 collecting the necessary articles from Junkyards.



His name was in the Guinness World Records in 2005 for the largest tricycle. On 1st July 2005, he rode the largest tricycle in Hyderabad which



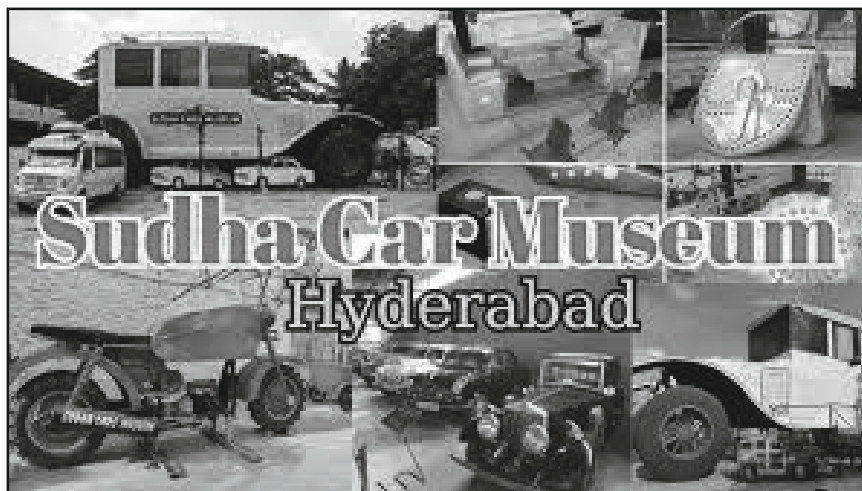


had an overall height of 12.67 metres. The tricycle's wheel diameter was 5.18 metres.

He and his museum are

mentioned in the Limca Book of Records and have also been featured on Ripley's Believe it or Not.

At the exhibits of the museum accompany a plaque giving information of the make of the car, the time it took to manufacture and the maximum speed it can attain. The museum also has the smallest double decker bus in the world which can accomodate 10 people. Twelve different motor cycles in small sizes are on display of which the smallest is 33 cms in height and can be driven at the





speed of 30 kms per hour.

Sudhakar stated that some of the cars are created keeping special occasions in mind.



For Womens' day, he designed a car shaped like a hand bag and stillets that was powered by 6cc engine. For Bal Divas, (Children's Day), he designed cars based on a pen, pencil and sharpner. A condom shaped car was unvelled to commemorate World Aids Day.

A homemade cars cost around Rs. 85,500/- to Rs 1,50,000/- for manufacturing but are not for sale. The Cars are often brought out of the museum for road shows where people can see them being driven.



To carry a grudge is like being stung to death by one bee.



Also in display are modified cars. These include a three wheeled auto converted into a van and a Maruti Van converted into a single boogie tram. The display also includes a variety of Tandem bicycles supporting upto 6 riders. Several motor-cycles with modified side cars are also on display. These include shoe and commode shaped side cars,

Exhibits at the museum has a car shaped like a handbag, stiletto heels, shoe, helmet, camera, toilet, condom, couch, burger, shivling, computer, cake etc.

The address of this museum is :

19-5-15, 1/D, Bahadurpura X Road,

APHB Colony, Bahadurpura, Hyderabad, Telangana

This museum is open from 9.30 am to 6.30 pm daily with entry fees of Rs. 120 for adults and Rs. 80/- for children, plus an additional Rs. 100/- for cameras. It will take atleast 2-3 hours to see the whole museum. ■

THANK YOU VERY MUCH FOR YOUR SUPPORT

- ❀ **Computer Service** : Rakshaben Kirtibhai (Kotda) (Trycon System-Dadar), Chintan Hiren Dedhia (Nagapur)
- ❀ **Coverpage Designing** : Chintan Mulchand Savla (Ramania)
- ❀ **Voluntary Help** : Young Alert Group (Shahu Nagar-Mahim)
- ❀ **St. George Hospital Annadan Kshetra**: Amrutaben Khuthiya (Bhachau)
- ❀ **Banner and Advertisements Sponsor** : Buddhichand Maru (Halapur)
- ❀ **Diaries** : Good Luck Book - VasANJI Hansraj Dedhia (Gadhshisha)





OUR RELIGION

The Teachings of Buddha

The core teachings of Buddha also known as Siddharth Gautama, revolve around understanding sufferings, its causes and the path to liberation (Nirvan) through Four Noble Truths and eight fold Path.

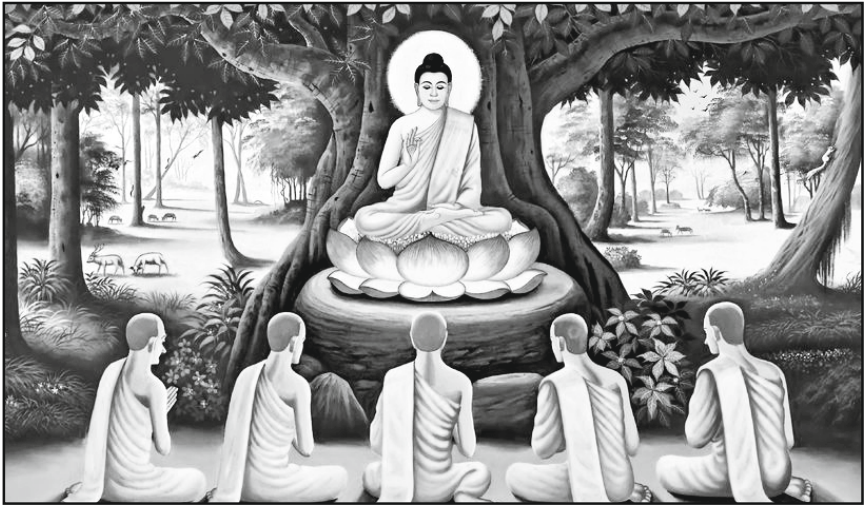


The Four Noble Truths.

- 1 - **Dukkha** - Suffering - Life is inherently marked by suffering, dissatisfaction and impermanance
- 2 - **Samudaya** - Cause of Suffering - Suffering arises from attachment, craving and ignorance.
- 3 - **Nivodha** - Suffering can be overcome by eliminating its causes.
- 4 - **Magga** - The Eightfold Path provides the means to achieve enlightenment and end of suffering.

The Eightfold Path

- **Right understanding** - understanding the four Noble Truths.
- **Right thought** - Cultivating positive and ethical thoughts.



- ✦ **Right Speech** - Speaking truthfully and kindly.
- ✦ **Right Action**- Acting ethically and compassionately.
- ✦ **Right Livelihood** - Earning living in a way that does not harm others.
- ✦ **Right Effort** - Striving to cultivate positive qualities and overcome negative ones.
- ✦ **Right Mindfulness** - Being present and aware of one's thoughts, feelings and actions.
- ✦ **Right Concentration** - Developing focus and concentration through meditation.

Other Important Concepts.

- ✦ **Karma** - Actions have consequences and good deeds leads to good outcomes while bad deeds lead to bad. outcomes.



"When you hold on to anger and unforgiveness, you can't move forward."



- **Rebirth** - The cycle of birth, death and rebirth influenced by Karma.
- **Nirvana** - The ultimate goal of Buddhist practice, a state of liberation from suffering and the cycle of rebirth.
- **The three marks of Existence** - Impermenence, Suffering and non-self.
- **Mindfulness** - Paying attention to the present moment without judgement.
- **Compassion and Kindness** - Cultivating empathy and kindness towards all beings. ■

BENEFITS FOR CANCER PATIENTS

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❖ Usha Rajput	Dadar	2,001/-
❖ Ruchi Tandon	Bhandup	2,000/-
❖ Kedar Vijay Thorat	Pune	1,111/-
❖ Sanjit Jitendra Chavan	Dadar	1,000/-
❖ Babulnath Nageshwaram Alur	Thakurli	500/-



Last Month's activities carried out by Trust

- 33 cards were given for food and 17 for Haldi milk.
- Food Grains distributed among 153 Cancer patients family.
- Fruits were distributed among 934 patients per day.
- 14 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 9 patients.
- 14 patients were given help by different trusts and received best response.
- Medicines worth Rs. 9,07,233/- were given to cancer patients.
- Medical treatment worth Rs. 3,21,250/- 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.4,83,280/-.
- Handicapped person were provided with : 4 Walker, 2 Walking Sticks, 3 Commode Chairs, 3 Wheel Chairs, 5 Flower Beds, 3 Oxygen Machines and 4 Oxygen Cylinder were given.
- 6 files made for cancer affected patients.
- 83 Patients got benefit of free Ambulance Service.
- 3 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/-





PRIDE OF INDIA

DHARAMBIR NAIN - Indian Para-athletic

Dharambir Nain was born on January 18, 1989 in Badana Village, Rohtak, Haryana. He did his schooling at C.A.Z. Senior Secondary School, Sonipat. He was paralysed below the waist after a diving accident on 2nd June 2012, when he hit the rocks in a canal near aunt's house.

His father passed away in 2011 and his accident soon after left him shattered. He was bed-ridden for over a year and during that period the visit of Amit Kumar Saroha to his house along with a friend has changed his life as Saroha introduced him to Sports.

He took up para athletics in 2014 and was mentored in Discus Throw by Amit Kumar, who trains at Sports

Authority of India facilities in Sonapat.

Dharambir represented India in the 20th Summer Paralympics in





Rio de Janerio where he finished 9th. He first took part in the London World Championships in 2017. He won a silver medal at the 2018 Asian Para-games.



He represented India at the World Championships in Dubai in 2019 and Paris in 2023. At the 2020 Summer Paralympics at Tokyo, he came 8th in his event.

In 2022, he won two silver medals in Clubs throw and Discus Throw at the 13th Fazza International Athletics Championships and silver medal in Club Throw F51 at the 2022 Asian Para Games in Hangzhou, China. The same year he received the Bhim Award, the highest Sports honour presented by the State Government of Haryana. He won the bronze medal at the 2024 World Para Athletic Championships in Kobe, Japan.

Finally he won a Gold Medal in the men's Club Throw F-51 event at the 2024 Summer Paralympics in Paris. His victory was a historic for India in the Paralympics. He dedicated his gold medal to his coach Amit Kumar Saroha. Some say his journey from a diving accident to becoming a champion is inspiring. ■



Story of Stanford University

The Leland Stanford Junior University was founded In 1885 by Jane and Leland Stanford in memory of their only child Leland Jr. who died of typhoid fever at the age of 15. After his death in 1884 the Stanford couple determined that they would use their wealth to do something for other people's children in California.

Their son had taken admission in Haward University but he had not completed even one year of his education and he died. So his parents decided to do something in



the memory of their son in Haward University only so that students in the University will get its benefits.

One day they took an appointment and went to see the President of the University. It took good time till they were called inside the cabin. They greeted the President and said. "Sir, our only son was studying in this University so we want to do something in his memory in this University. The Couple looked very simple because of their clothes so the President said "Do you know how much we spend for the classes and building of the University?. It amount to about 1-5 billion. What and how will you help us compared to this so that your son's remembrance will be kept as memory here?"

The couple looked at each other. They understood each other's feelings. Saying bye to the President they walked out.

The President told his Secretary, "See how I managed to convince them ?"

This couple came out of the President's office and laughed at each other. They said "If cost of constructing and Managing the University is such a small amount, then why not we only build the University ourselves?"

This couple was Stanford Couple and the University built in the memory of their son is known as one of the World's best University known as Stanford University.



10 Benefits of Eating Soaked Walnuts

Starting your day with soaked walnuts provide numerous health benefits from boosting brain function and heart health to improving digestion and skin. These nutrient-packed nuts offer a powerful natural energy boost.



- 1) Walnuts are a powerful source of Omega-3 fatty acids and anti-oxidants, enhancing memory, focus and cognitive function. Starting your day with soaked walnuts give your brain the nutrients it needs to thrive.
- 2) Loaded with healthy fats and essential nutrients, soaked walnuts help reduce bad cholesterol, improve blood vessel health and promote cardio-vascular well-being ensuring strong healthy heart overtime.
- 3) Soaked walnuts are satisfying and rich in fiber and protein helping to curb cravings, control hunger and support healthy weight loss.
- 4) It contains plenty of anti-oxidants that fight free radicals help in reducing oxidative stress and keep



a person lit by safeguarding the cells and thereby decreasing the aging process.

- 5) It balances mood. The Omega-3 fatty acids found in walnuts help one regulate mood. They diminish stress, anxiety and symptoms of depression which enhancing mental clarity and emotional balance.
- 6) Walnuts are rich in Zinc, Selenium and Iron which strengthens your immune system and help your body, ward off infections and illnesses while improving overall health.
- 7) They are easier to digest as soaking softens them and activates enzymes ensuring better nutrient absorption while supporting gut health and preventing digestive discomfort..
- 8) Soaking of walnuts provides healthy fats, proteins and carbohydrates steady energy. It helps you, to be active, alert and powered throughout the day.
- 9) Packed with Vitamins, Omega-3 and anti-oxidants, it nurture the skin to improve elasticity and bring down inflammation that can give one a bright and youthful glow.
- 10) It is rich in magnesium, calcium and phosphorous essential for maintaining bone density strengthening skeletal health and reducing the risk of Osteoporosis.





RECIPE

BENGALI SPECIAL MANGO MISHTI DOHI

Ingredients :

- ☆ 2 cups whole milk yogurt
- ☆ 1/2 cup sweetened condensed Milk
- ☆ 1/4 cup Heavy fresh cream
- ☆ 1 cup ripe mango puree
- ☆ 1/4 tsp Cardamom powder
- ☆ 1/4 cup pieces of ripe mango for Garnish
- ☆ few chopped pistacheos for Garnish.

Method :

In a bowl, whisk together the yogurt, condensed milk and heavy cream. Add mango puree, whisk again until well combined. Add cardamom powder & mix.

Pour the mixture into individual serving bowls or cups

Cover and refrigerate for atleast 4 hours to allow the flavour to mix.

When ready to serve, sprinkle the cardamom powder, pistacheos and pieces of mango over each serving.

Relish Cool Cool Misti Dohi. ■



**KIDS STORY**

Bhairavnath And Vaishnodevi

Bhairavnath was a learned sage, who had accumulated so much knowledge that he had become arrogant about it. One day, Goddess Durga was born as Vaishno to a couple who lived in the same village as Bhairavnath.

As the little girl was growing up, Bhairavnath



observed that she has special skills, and got suspicious of her. He would follow her and observe that she went into a cave every day and then disappeared.

One day he located her and followed her to misbehave. This angered Vaishno, who turned into the





angry Goddess Kali and killed Bhairavnath with her trident.

Bhairavnath was surprised to see this form of the goddess with his dying breath, he asked for forgiveness. His honest plea melted the goddess's heart and she accepted his apology. Later, she granted him the boon that Vaishodevi pilgrimage would only be considered complete when pilgrims also visit the Bhairavnath temple to worship him.

Moral : It is never too late to show one's ego and transform into a good person. ■

JALARAM ANNDANKSHETRA

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ Arjundas Alreja	Santacruz	15,000/-
❖ Pratibha Mohan Kher	Dadar	10,000/-
❖ Ishan Singh		
By : Jitendra Pratap Singh	Nahur	7,000/-
❖ Rajkumar Ahuja	Powai	7,000/-
❖ Karen Joseph Rodrigues	Andheri	5,000/-
❖ Yashica Lalka	Mulund	5,000/-
❖ In memory of Chandrakant Jadhav		
By : Lata Chandrakant Jadhav	Thane	4,500/-
❖ Sunil Jaywant Kadam	Naigaon	4,000/-
❖ Avianna Jain	Worli	4,000/-
❖ Priya Agarwal		
By : Sandeep Agarwal	Chembur	4,000/-
❖ Vineet Sureshmal Jain	Lalbaug	4,000/-
❖ Kishor Shah		
By : Hetal Panchal	Mulund	4,000/-
❖ Subhi Kala	Indore	4,000/-

**STORY FROM MAHABHARATA**

The Yaksha Questions

The Pandavas went through many difficulties during their twelve-year exile. Towards the end of the exile, they were tested again by a yaksha who was none other than Dharma in disguise.

This story took place in the Areneya upa-parva when the Pandava brothers were pursuing a deer to retrieve a kindling fire it had stolen from a brahmin. They found the kindling but were too tired and thirsty. They had ventured deep into the forest and needed rest and water before they could proceed. Yudhistira asked Nakula to climb up the tree and see if there was a water body nearby. Nakula found a lake and said he would go and bring them some water.

When he failed to return, Yudhistira sent Sahadeva to see what happened. Sahadeva went and didn't return either. At the lake, the brothers met a yaksha who stopped them from drinking the water as he owned the place. He said they could drink if they answered his question. However, the brothers ignored him, drank the water, and fell unconscious. The same happened to Arjuna and Bhima who reached the lake searching for Nakula and Sahadeva.

With all four brothers gone, Yudhistira himself went to the lake to find his brothers. There he saw them on the ground,



looking dead. He wondered how his warrior brothers could have been killed so easily and thought the lake water was poisoned, perhaps by Duryodhana. Then, he realized the bodies didn't show signs of poisoning.

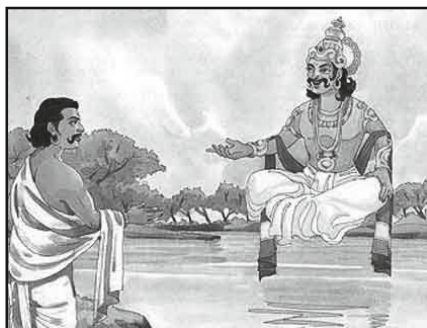
Yudhsitira stepped into the lake when a voice spoke to him. The voice told him to stop and first answer the question or he would end up like his brothers. The questioner showed himself as a gruesome-looking yaksha sitting on a tree. He said he killed the four Pandavas for not following his instructions. Yudhistira said he would obey and answer the questions as well as he could.

Thus began a long round of philosophical debate with many questions and answers like what makes the sun rise and set, what are the divine traits of brahmins, what is a sacrificial formula, etc., and some trick questions like what does not close its eyes while asleep, what travels alone, what is a man's self, and so on.

Needless to say, Yudhistira had excellent knowledge about these and continued to answer whatever questions



the yaksha flung at him. Then, the yaksha said he was pleased and asked Yudhsitira to choose one of his brothers to revive back to life. Yudhsitira chose Nakula. When asked why,



he replied that by choosing Nakula he would ensure that one son of Madri (Nakula) and one son of Kunti (himself – Yudhishtira) remained alive. The yaksha was pleased and replied that he would revive everyone.

Yudhistira knew the yaksha was a powerful being and asked him to reveal his true identity. The yaksha smiled and said he was Dharma (Yudhistira's birth father) and was delighted to see his son follow the virtuous path. The yaksha offered a boon to Yudhistira who asked him to steer the deer away from the poor brahmin's kindling. Dharma said the entire episode of the deer running away with the kindling was part of his test. Then he offered another boon to Yudhistira

This time, Yudhsitira said they were getting ready to spend the final year of exile in disguise and asked for a boon that would prevent anyone from recognizing them. Dharma gave them the boon and also advised that they should spend the year in King Virata's kingdom. He blessed the Pandavas that their exile would be successfully completed. ■



Krishna enlightened Karna

People, almost always, say that Mahabhart happened because of Duryodhan, Shakuni and Dhritrahtra's blind love for his son. Some even blame Draupadi (misogyny, of course). The truth, however was different.

Before karna's death, Lord Krishna had a conversation with him, explaining it to him that he wasted his entire life try to prove himself superior. It was in that conversation, he told Karna that Mahabhart didn't happen because of Duryodhana or Shakuni. It was because of three people. Dronacharya, Bheeshma and Karna himself.

Krishna said that the three of you will be blamed for the massacre of thousands of people. Had it not been for the three of you, Duryodhan would never have dared to fight against the Pandavas.

Krishna enlightened Karna before his death.

In the end, when Karna asked him if the world will ever consider him a capable warrior, Krishna replied to him by saying, you have forgotten all your knowledge because of a curse. You are unarmed. The wheel of your chariot is stuck. We are killing you after such mishaps. We would not have been able to kill you otherwise. This, itself is the proof that you are one of the greatest warriors of all time. The world will remember you that way only. ■

HUMOUR

- **Ashaben Dasondi,**
Matunga



- ❖ I got a new pen that can write under water.
It can write other words too.
- ❖ I went to the aquarium this weekend but I didn't stay long. There is something fishy about the place
- ❖ What do you call a sheep who can sing and dance?
Lady Ba Ba
- ❖ Why can't dinosoure clap their hands?
Because they are extinct.
- ❖ I gave my handyman a to-do list but he only did Jobs 1, 3 and 5.
Turns out he only does odd jobs.
- ❖ What did the skillet eat on its birthday?
'Pan-cakes'
- ❖ Dogs can not operate MRI Machines.
But Catscan.
- ❖ I went to a silent auction.
I won a dog whistle and two mimes.
- ❖ How is my wallet like an onion ?
Everytime I open it, I cry.
- ❖ What kind of fish do penguins catch at night?
Star Fish
- ❖ Can a frog jump higher than a house?
Of course, a house can not jump.
- ❖ I was going to try an all almond diet.
But that is just nuts.



Picture Speaks of Jeevan Jyot Old Age Home



Sick elderly people at Jeevan Jyot Old Age Home are enjoying a meal of Ras-Puri during the mango season.



Picture speaks of Compassion

A daily wage labourer from Parbhani village in Maharashtra was fitted with an artificial prosthetic leg.

To,



Picture speaks of Compassion



**Shri Harakhchandbhai Savla (Badawala),
Founder and
Managing Trustee
of Jeevan Jyot Trust,
giving a toy
to a girl
suffering from
cancer, expressing
her pain and
compassion.**