



JEEVANPATH

JEEVANPATH

₹ 10/- 1



Vol. No. 14, Issue No. 2

For Awareness ₹10/-

Mumbai, 15th July 2026

Website : www.jeevanjyot.in

Total 44 Pages

E-mail : jeevan_jyot@yahoo.in



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**



**Under the
Jeevan Jyot
Jeevdaya
Wing, cows
are fed fresh
green and
dry fodder
(grass) daily.**

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 TALAKSHI RAGHAVJI CHHEDA (RATADIA GANESH - KANDIVALI)

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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PHYSIOTHERAPY	3:00 pm – 5:00 pm	Wednesday	Dr. Nishi Sanghavi
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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

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

Estd. : 1983

Jeevanpath®

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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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Trust Regd. No.: P.T.R.E.-17259 - F.C.R.A. 083780700 ❖ CSR Regd. No.: CSR 00002659

TI.T. EXEMPTION, DIT (E), MC/8E/80G/53(2009-11) ❖ **Email :** jeevan_jyot@yahoo.in



ॐ **Arihante Namō Nama:**

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

FROM THE EDITOR'S DESK



GOD HAS GIVEN US:

Eyes, not to judge others but
to look beyond situations.

Mouth, not to criticize but
to speak the truth.

Hands, not to punish but
to give a helping hand.

Ears, not to be insensitive but
to listen and hear voices in pain.

Everything God has given us has a purpose.
Use them for the greater glory of the Lord.





-: PLEASE NOTE :-

Donors are requested to send their particulars; Name, Address, Pan Card Number, towards donation (corpus fund or general) on ***jeevan_jyot@yahoo.in*** or **+91 9869206400**.

“These details are required to meet the provisions for Income Tax Regulations Act for 80G. If the trust is unable to give the donor details during audit, then penalties are levied to the trust.

The donors should insist for receipts and certificate(s). For International donations kindly contact our office for FCRA account details and process.

It is reported that some people are collecting donations in the name of our Trust with forged copies of our receipt book and certificates. We have not appointed anyone to collect donations.

Kindly contact us first before transferring any amount in any account for our trust.

EASY METHOD OF GIVING DONATION TO US

For the ease of donors **Jeevan Jyot Cancer Relief & Care Trust** has opened **Savings Account** in :

Bank of Maharashtra (Parel, Bhoiwada Branch)

A/c. No. 20059826756

IFSC - MAHB0000563

Donors can now deposit from anywhere in India. Please inform the Trust Office about the same. The receipt and 80G certificate will be couriered to you as soon as possible. For more information about such donation, Please contact : **M. 9869206400/9076169355**





How can you help ?

■ Full One day Free Simple Meal	14,500
■ Full One day Free Sweet Meal	26,000
■ One Time Free Meal (Near Tata Hospital)	4,000
■ One Time Free Meal With Sweet (Near Tata Hospital)	7,000
■ 5 Yearly Miti Yojana (Near Tata Hospital)	18,000
■ Lifetime Miti Yojana (Near Tata Hospital)	45,000
■ Whole Day Turmeric Milk (Near Tata Hospital)	800
■ One Time Free Meal (Near J. J. / Wadia Hospital)	4,000
■ One Time Free Meal With Sweet (Near J. J. / Wadia Hospital)	7,000
■ One Time Free Meal (Sangali Hospital)	2,500
■ One Time Free Sweet Meal (Sangali Hospital)	5,000
■ Special Member	31,000
■ Blood Donation Camp	40,000
■ One Day Picnic For Patients	30,000
■ Charitable Allopathic Dispensary Monthly Expenses	30,000
■ One Cancer Checkup Camp (100 Persons)	40,000
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■ Toy Bank Monthly Expenses	20,000
■ Charitable Homeopathic Dispensary Monthly Expenses	15,000
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■ 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



Six Secrets of Life After 70

Diana passed away at the age of 96. Her family walked into her quiet room. On one of the walls, they saw something unusual. It wasn't a photo, it was not a painting. There were six simple sentences written in her own handwriting. They were gentle reminders—words that helped her find peace and meaning in her later years:

- 1. Walk slowly but walk everyday:** Even when her legs became weak, she held on to the wall and took slow steps down her hallway. Movement, no matter how small, is life. A walk doesn't need to be long or fast; just standing, moving your feet, and feeling your body alive is enough. Each step is a quiet celebration of still being here.
- 2. Keep one friend to talk to:** As you grow older, many friends pass away and your days become quieter. But you must always keep in touch with at least one friend or neighbor. Even a short phone call brightens your evenings. Loneliness can weigh heavier than age itself. One voice, one person who listens, is sometimes all we need to feel connected. You don't need a crowd; you just need one true connection.
- 3. Do not complain about the past:** We all have some regrets, but choose not to let them control you.

Instead of filling your days with bitterness, focus on the present. Complaining will not change what has happened. What matters is the day right in front of you.

4. **Share something small everyday:** Give something away every day; sometimes it may be a treat or a small packet of biscuits, sometimes just a smile or a kind word. Believing in giving something back will make your life lighter. When we share even the simplest thing, it reminds us that we are connected to others and our life still has value.
5. **Rest without guilt:** As your body grows older, you become tired very soon. You need rest more often. Have a nap under your favorite blanket in the afternoon without apologizing. Don't feel guilty about it. Resting is not a waste of time; it is a part of life. As we age, our bodies ask for peace, and honoring that is not a weakness.
6. **Thank the morning everyday:** When you open your eyes, you must give thanks. It doesn't matter whether the day is busy or slow, fast or easy, soft or hard—gratitude is the secret of keeping your heart young. Every morning is a gift; each sunrise is proof that your life's journey is not finished. ■

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

- | | |
|---|-------------------------------|
| 1) Smt. Naliniben Bipinchandra Mehta | : Cancer Detection Centre |
| 2) Smt. Champaben Zumakhram Shah | : Colostomy Bag Centre |
| 3) Smt. Sakarben L. D. Shah (Bidada) | : Shri Jalaram Annadankshetra |
| 4) Smt. Pushpavati Kishorbhai Bhojraj (Merau) | : Ambulance Service |
| 5) Smt. Naynaben Bipinbhai Dani (Matunga) | : Senior Citizen I-card |
| 6) Shri Mahendrabhai Manilal Gandhi (Limbodra) | : Black Molasses |
| 7) Shri Dungarshi Mulji Maru (Karaghogha) | : Modern equipment |
| 8) Miss Saisha-Naisha Dani (Matunga) | : Toy Bank |
| 9) Matushree Khetbai Devraj Maru (Halapur) | : Charitable Dispensary |
| 10) Matushree Kantaben Chunilal Gagaldas Shah (Serisa): | Animal Welfare |
| 11) Matushree Chandrabai Jayantilal Chatrabhuj Modi &
Matushree Lachhbai Hirji Karamshi Bheda (Samaghogha) : | 'Haldi Doodh' |
| 12) Shri Hariram Mathuram Agrawal (Chembur) | : Fruit Distribution |
| 13) Matushree Sushilaben Kantilal Dani (Harsol) | : Animal Ambulance |
| 14) Matushree Lalitaben Biharilal Shah (Santacruz) | : Ozone Therapy Centre |
| 15) Matushree Taraben Jayantilal Vadhani (Matunga) | : Jeevan Jyot Drug Bank |
| 16) Late Kumari Hansaben Ratanshi Lodaya | : Competition Scheme |
| 17) Mayurbhai Mehta and Jitendrabhai Parekh | : Ambulance Maintenance |
| 18) Matushree Indumatiben Mahendrabhai Gandhi (Limbodra) | : Pathology Lab |
| 19) Smt. Manjulaben Natwarlal Shah (Harsol) | : Medical Camp |
| 20) Shri Natwarlal Bulakhidas Shah (Harsol) | : Blood Camp |
| 21) Smt. Nalini Rasik Jadavji Shah | : Ambulance Service |
| 22) Late Shri Inderchand Lakhichand Khinvesera (Dhule) | : Pasti Scheme |
| 23) Dr. Ramesh Mantri | : Grain Distribution |
| 24) Smt. Ushaben Manilal Gala (Kandagra-Goregam) | : Jalaram Annakshetra |
| 25) Smt. Sakerben Premji Charitable Trust (Worli) | : Chemotherapy Dept |

**MONTH SPECIAL**

Sunil Gavaskar –

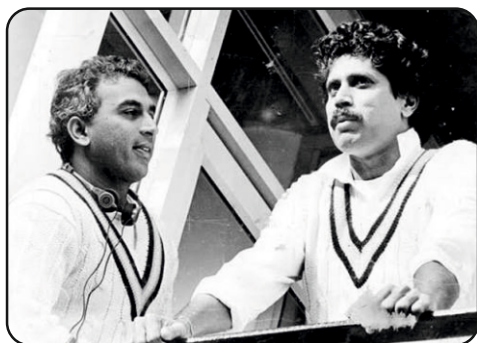
Former Indian Cricketer

Sunil Gavaskar, mostly known as “Sunny,” was born in Mumbai to a middle-class Marathi family on 10th July 1949. He was a student of St. Xavier’s High School. Young Gavaskar was named India’s Best Schoolboy Cricketer of the year 1966. While playing for his school, he scored 246, 222, and 85 in school cricket in his final year of secondary education, before striking a century against the touring London schoolboys.



His selection to the Indian cricket team was due to the presence of his uncle Madhav Mantri, a former Indian Test wicketkeeper, on Bombay’s Selection Committee. Sunny





responded with a century against Rajasthan in his second match, and two other consecutive centuries saw him being selected for the

1970–71 Indian team to tour the West Indies.

He captained the Indian National Cricket team while representing India and Mumbai from 1979 to 1987. He was the first batsman to pass 10,000 runs in Test cricket. He is widely acknowledged as one of the greatest opening batsmen of all time.

Sunny was widely admired for his technique against fast bowling, maintaining a particularly high average of 65.45 against the West Indies team, who possessed a four-pronged fast-bowling attack widely regarded as the most vicious in Test history. His captaincy of the Indian team was





considered one of the first attacking ones, leading the Indian team to victory in the 1984 Asian Cup



and the World Championship of Cricket in 1985. At the same time, there were multiple exchanges of captaincy between him and Kapil Dev, with one change coming just six months before Kapil Dev led India to victory at the 1983 Cricket World Cup. Sunny is also a former Sheriff of Bombay.

Records and Achievements :

1. Sunny was the first Test cricket player to make over 10,000 runs.
2. He held the record for the highest number of centuries.
3. As an opening batsman with a batting average above 50. He is still holding those two test cricket records (Runs and Centuries)
4. He scored the highest runs (774) in a series against the West Indies.



5. He has the maximum number of runs and centuries scored by any player against the West Indies (2,749 runs and 13 centuries).



6. He is the only cricketer to score 4 consecutive centuries at two venues—Port of Spain and Wankhede Stadium.
7. He is the only cricketer with Test century partnerships with 18 different players.
8. He became the first Indian fielder to get over a hundred catches in Test cricket.
9. He is the third Indian cricketer to carry his bat in Test cricket, with a score of 127 not out in the Faisalabad Test in the year 1983.
10. He was named one of the Wisden Cricketers of the Year in 1980.



Awards :

1. S u n i l
Gavaskar
is a
recipient of
the Indian
s p o r t s
honor, the



Arjuna Award, and the
civilian honor of the Padma
Bhushan.

2. He was inducted into the
ICC Cricket Hall of Fame in
2009.



3. In 2012, he was awarded
the C.K. Nayudu Lifetime
Achievement Award, the highest honor the BCCI
can bestow on a former player. ■



JALARAM ANNDANKSHETRA

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❖ Jay Sharda	Thane	7,000/-
❖ Late Satish Chandra Gautam's Birthday		
By: Shashi Gautam	Ghatkopar	4,000/-

Last Month's activities carried out by Trust

- 23 cards were given for food and 4 for Haldi milk.
- Food Grains distributed among 146 Cancer patients family.
- Fruits were distributed among 1010 patients per day.
- 3 poor & roadside needy patients were given blood transfusions.
- Accommodation help was given to 4 patients.
- 3 patients were given help by different trusts and received best response.
- Medicines worth Rs. 6,83,220/- were given to cancer patients.
- Medical treatment worth Rs. 3,11,250/- was given to other patients.
- 51 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.4,63,500/- .
- Handicapped person were provided with : 2 Walker, 1 Walking Stick, 3 Commode Chairs, 5 Wheel Chairs, 2 Flower Beds, 2 Oxygen Machines and 4 Oxygen Cylinder were given.
- 6 files made for cancer affected patients.
- 16 Patients got benefit of free Ambulance Service.
- 4 patients got Colostomy Bag at Concessional Rate.
- 1 Cancer patient were given ritual burial under "Kafan-Dafan" scheme.
- 3 unknown persons loitering in street were admitted to Old Age Home.

■ ■ ■

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

The activities are as follows: (Per day)

	Amt.
■ Food Distribution -	₹ 25,000/-
■ Grain Distribution -	₹ 2,500/-
■ Cancer Treatment expenses -	₹ 25,000/-
■ Medicine expenses	₹ 10,000/-
■ Chemotherapy expenses-	₹ 40,000/-
■ Wheelchair -	₹ 6,500/-
■ Crutches -	₹ 600/-
■ Walker -	₹ 1,200/-
■ Hearing Aid -	With the help of Donors
■ Free Ambulance Service -	₹ 1,000/-



WOMEN EMPOWERMENT

Vijayalakshmi Ramanan – First Woman Indian Air Force Officer

Vijayalakshmi Ramanan was born on 27th February 1924 in Madras (now Chennai). She trained as a doctor, earning her MBBS degrees after joining the Madras Medical College in 1943. As a student, she was a recipient of the Balfour Memorial Medal in medicine and a prize for surgery from the Madras University. She went on to earn an MD in Obstetrics and Gynaecology and worked as a surgeon in Madras before joining the Indian military.



She joined the Indian Army Medical Corps in 1955



under a Short Service Commission. In 1969, she became the Senior Gynaecologist and Obstetrician at the Air Force Hospital in Bangalore and led military efforts to

encourage family planning in the services. She became a Flight Lieutenant on 20th March 1953 and a Wing Commander on 22nd August 1972. She went on to be seconded as the first female officer in the Air Force in 1971. In addition to working as a gynaecologist in military hospitals in India, she also provided medical care to service members during the wars in 1962, 1966, and 1971. She served in Armed Forces Hospitals in Jalahalli, Kanpur, Secunderabad, and Bangalore, teaching obstetrics and gynaecology to nursing officers during that time.



Speaking about her experiences as the first woman

officer in the Indian Air Force, she had said, "For quite some years I was the only lady officer in the Air Force. Initially, I was scared to work with men, but I





was brave and thought to myself, I can face anything with the Indian Air Force.” Not having uniforms for women at the time of her joining, she had custom-tailored a saree and blouse with the Air Force colors, which later became the standard uniform for women officers.



She retired as a Wing Commander in 1979. She was the recipient of the Vishisht Seva Medal, which was awarded to members of the IAF for distinguished service of a high order, presented to her on 26th January 1979 by the then Indian President Neelam Sanjiva Reddy for her treatment of women and children affiliated with the IAF. She was the first woman officer to be commissioned in the IAF, serving for 24 years prior to her retirement. Vijayalakshmi was also trained as a classical Carnatic musician and was an ‘A’ grade artist with All India Radio from the age of 15, broadcasting from Delhi, Lucknow, Secunderabad, and Bangalore.



She died at the age of 96 in Bangalore on 18th October 2020. ■





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

Donor's Name	Area	Scheme	Amt. ₹
✦ In loving memory of Late Arvindbhai Vallabhdas Sonecha By : Hansaben Arvindbhai Sonecha Family	Kandivali	Medicine	2,000/-
✦ In loving memory of Indravadan N. Shah's death anniversary By : Manoramaben Indravadan shah	Matunga	Jeevdaya	2,000/-
✦ In loving memory of Late Mahendrabhai Manilal Gandhi (Limbodara) By : Alpaben Alpesh Gandhi	Borivali	Medicine	1,200/-
✦ In loving memory of Late Indumati Mahendrabhai Gandhi (Limbodra) By : Beena Sanjay Gandhi	Borivali	Jeevdaya	1,200/-
✦ In loving memory of Late Natvarlal Bulakhidas Shah (Harsol) By : Manjulaben Natvarlal Shah Family	Kandivali	Jeevdaya	1,000/-
✦ In loving memory of Late Kamlaben & Late Kantilal Nagindas Shah (Harsol) By : Kantilal Nagindas Shah Family	Bhayandar	Medicine	1,000/-
✦ In loving memory of Late of Saraswatiben Rasiklal Shah (Unava) By : Pallavi Shirish Shah	Sion	Jeevdaya	500/-
✦ In loving memory of Late Kamlaben & Late Bechardas Doshi By : Dilip B. Doshi	Mulund	Medicine	500/-
✦ In loving memory of Late Shardaben & Late Chimantal Sakarchand Shah (Uvarsad) By : Hema Pradip Shah	Pune	Jeevdaya	500/-

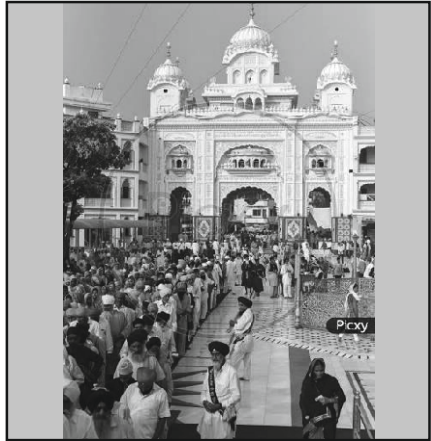




PLACES OF INTEREST

NANDED GURUDWARA – HAZUR SAHIB

The sacred temple known as Hazur Sahib is a significant Sikh pilgrimage site in Nanded, Maharashtra, situated on the banks of the Godavari River. As one of the five Takhts of Sikhism, it is the location



where the tenth Sikh Guru, Guru Gobind Singh Ji, took his last breath and is believed to be his final resting place. The Gurudwara was built by Maharaja Ranjit Singh between 1830 and 1839.

The inner chamber of the Gurudwara contains a treasury of the Guru's personal belongings and weapons, which are displayed for devotees, while all the rituals are carried out by the priests in the outer room. The Sikhs built a room over the platform where Guru Gobind Singh Ji would sit while holding



his court and installed the Guru Granth Sahib Ji on it. They called it Takht Sahib. Guru Gobind Singh Ji, while



conferring Guruship to the Guru Granth Sahib Ji, had himself named Nanded as 'Abchalnagar' (literally meaning 'Steadfast City') after the first word of a hymn read at random on the occasion.

The other four Takhts are:

1. Sri Akal Takht Sahib at Amritsar, Punjab.
2. Takht Sri Keshgarh Sahib at Anandpur Sahib, Anandpur.
3. Takht Sri Patna Sahib in Bihar.
4. Takht Sri Damdama Sahib in Talwandi Sabo, Bhatinda, Punjab.

The shrine of Nanded differs from other historical places of Sikh worship. Here, all ancient customs which were practiced at the time of the Guru are still practiced today. For example, a sandalwood tilak is still applied on the foreheads of priests and devotees. The management of the Gurudwara is overseen by the Gurudwara Sachkhand Board. ■



INSPIRATIONAL STORY

FROM VIRAT KOHLI'S PERSPECTIVE



One morning, I was just relaxing at my house when I saw Vamika was packing her lunch box. Then I noticed that she packed two lunch boxes,

so I asked her, “Why are you packing two lunch boxes? Do you get so hungry?”

To that, she smiled and said, “Papa, the other lunch box I have packed for my friend. She has not enough money to buy her lunch. So I want to share my lunch with her.”

I told her, “Take this money and buy her a good enough lunch from this.”

She told me, “Papa, I don’t want this money. I don’t want her to feel different than me.



If I share my lunch with her and if we both eat the same lunch, we will be alike. She will not feel different and not feel neglected or helpless. We both will be happy for it.”

That day I realized that greatness should not only be in your respective fields, but it should also be in the hearts of human beings. ■

DONATE WITH AN OPEN HEART

<i>Name</i>	<i>Area</i>	<i>Amt.</i>
❀ Suman Advani	Mulund	20,000/-
❀ Meherwan Pollard		
By: Adi Pollard	Haji Ali	11,000/-
❀ Mehru B. Madon	Grant Road	10,000/-
❀ Lilaram Chhaperwal	Vashi	6,000/-
❀ Vandana Chandrashekhar Karekar	Dahisar	5,000/-
❀ Rajveer Daiya	Mulund	2,000/-
❀ Jagdish Harishchandra Dave	Panvel	1,000/-
❀ Jaloo Homi Ghadiali	Parel	500/-

- ❀ You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.
- ❀ What difference does it make to the dead, the orphans and the homeless, whether the mad destruction is wrought under the name of totalitarianism or the holy name of liberty or democracy?



FESTIVALS OF INDIA

BONALU

FESTIVAL OF TELANGANA

Bonalu is a traditional month-long festival celebrated annually in Telangana, primarily in the twin cities of Hyderabad and Secunderabad, to honor Goddess Mahakali. Celebrated during the auspicious Telugu month



of Ashad Masam (June–July), it serves as a thanksgiving to the Mother Goddess for protecting the community from diseases and fulfilling vows.

The name Bonalu derives from Bhojanam,



meaning a meal or a feast. Women dress in traditional attire (half-sarees or sarees) and carry brass or earthen pots on their





heads containing
cooked rice,
jaggery, curd, and
milk, topped with
neem leaves, a
lighted lamp,
turmeric, vermillion.



A Potharaju, the male guardian of the Goddess, energetically leads the procession, dancing to the rhythmic, thunderous beats of Teen Maar drums. Devotees also offer small, colorful paper or wooden structures as a token of respect, and the festival concludes with a grand procession where the Goddess's idol is immersed.

Celebrations typically span three to four Sundays with devotees gathering at specific revered temples. The first Sunday festival begins at the



historic Jagadamba Temple at the Golconda Fort. On the second Sunday, offerings are made at the Ujjaini





Mahakali Temple in Secunderabad and the Balkampet Yellamma Temple. The third Sunday celebrations culminate in the Old City of Hyderabad,



centering around the famous Sri Simhavahini Mahakali Temple in Lal Darwaza and the Akkanna Madanna Temple.

Declared an official state festival after the formation of Telangana, the celebrations offer a vivid, raw, and deeply moving glimpse into the region's indigenous cultural roots.

The origin of this festival can be traced back to the 19th century in the erstwhile Hyderabad State and is linked to the Regimental Bazaar in the twin



cities of Hyderabad and Secunderabad.

In the year 1813, a plague broke out and took the lives of thousands of



people. Just before that, a military battalion from Hyderabad had been deployed to Ujjain, where a temple of Shiva in the form of Mahakaleshwar is situated. The battalion is said to have prayed to Goddess Mahakali for the safety of their families to kill plague and vowed that if the plague ended, they would install the idol of Mahakali in the city when they returned home. It is believed that Mahakali deployed the disease and kept the pestilence away. When the battalion returned home, they built the Ujjaini Mahakali Temple and installed the idol of the Goddess. This was followed by the offering of Bonalu to her, which became an established tradition ever since. ■



THANK YOU VERY MUCH FOR YOUR SUPPORT

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



Kaposi's Sarcoma Cancer

Kaposi's Sarcoma (KS) is a rare type of cancer that can form masses on the skin, lymph nodes, mouth, or other organs. The skin lesions are usually painless, purple, and may be flat or raised. Lesions can occur singly, multiply in a limited area, or may be widespread. Depending on the subtype of the disease and level of immune suppression, KS may progress either gradually or quietly. Except for classic KS (where there is generally no deep immune suppression), KS is caused by a combination of immune suppression (such as HIV/AIDS) and infection by human herpesvirus 8 (HHV-8)—also called Kaposi's Sarcoma-associated herpesvirus (KSHV). It primarily strikes individuals whose immune defenses are compromised.

Signs & Symptoms

- ❀ **Skin Lesions:** The most common sign. They usually appear as flat or raised spots that are red, purple, or brown. They are mostly painless but can grow inside, cause swelling in the legs, or become itchy.





- ✦ **Mucous Membrane Lesions:** Lesions can grow inside the mouth, nose, or throat.
- ✦ **Internal Organs:** In severe cases, it can affect the digestive tract and lungs, leading to nausea, vomiting, diarrhea, weight loss, or shortness of breath.

Diagnosis and Treatment :

Doctors perform a physical examination and may biopsy suspected skin lesions, using imaging or endoscopy for internal organs. Treatment depends on the type and spread of the cancer:

- ✦ **HIV/AIDS-Related:** Typically managed with antiretroviral therapy (ART) to restore the immune system, along with systemic chemotherapy if required.
- ✦ **Transplant-Related:** Often improves by adjusting or reducing the dose of immunosuppressive medications.
- ✦ **Localized Lesions:** Can be treated with localized therapies like radiation therapy, cryotherapy, or surgical excision. ■





HEALTH TIPS

METHI SPROUTS – A SUPERFOOD

Methi (Fenugreek) sprouts are packed with nutrients and offer numerous health benefits. Incorporating a spoonful of these sprouts into your morning routine contributes significantly to your overall well-being. Here are 10 reasons to make Methi Sprouts a daily habit:



- 1. Rich in Nutrients:** Methi sprouts are an excellent source of Vitamins A, C, and E, as well as minerals like iron, potassium, and calcium. These nutrients are essential for maintaining overall health and well-being.
- 2. Enhances Heart Health:** Methi sprouts help to lower bad cholesterol (LDL) and triglycerides. This reduces the risk of cardiovascular diseases and promotes heart health.



3. **Aids in Weight Loss:** The fiber and protein content in Methi sprouts promotes a feeling of fullness. This can help reduce overall calorie intake and support weight loss efforts.
4. **Controls Blood Sugar Levels:** The soluble fiber in Methi sprouts regulates blood sugar levels. Regular consumption can be beneficial for managing diabetes and preventing blood sugar spikes.
5. **Anti-Inflammatory Properties:** Methi sprouts contain antioxidants and anti-inflammatory compounds. These properties help to reduce inflammation and protect against chronic diseases.
6. **Strengthens Immunity:** Methi sprouts are rich in antioxidants and essential vitamins. These nutrients boost the immune system and enhance the body's ability to fight infections.
7. **Boosts Digestive Health:** Methi sprouts contain high levels of dietary fiber. Fiber aids in digestion, prevents constipation, and promotes a healthy gut.

- 8. Improves Skin Health:** The vitamins and antioxidants in Methi sprouts prevent skin issues like acne, dryness, and wrinkles. It nourishes the skin, promoting a healthy, glowing complexion.
- 9. Regulates Hormonal Balance:** Methi sprouts contain phytoestrogens that can help balance hormones. This can be particularly beneficial for women experiencing menstrual or menopause issues.
- 10. Supports Bone Health:** Methi sprouts are a good source of calcium and other minerals. These nutrients are vital for maintaining strong and healthy bones, helping prevent osteoporosis. ■



BENEFITS FOR CANCER PATIENTS

Name	Area	Amt.
❀ Yogesh Amal	Chandivali	21,000/-
❀ Sheena Padekar	Kalwa	5,000/-
❀ Tamashree Sen	Byculla	5,000/-
❀ Shivcharanlal Jaiswal		4,000/-
❀ Vanamala Khochare	Vashi	1,001/-



INSPIRATIONAL STORY

The Three Laughing Monks

Once upon a time, in ancient China, there lived three old monks. Their real names were never recorded, not because people forgot them, but because they never told anyone. To this day, they are simply remembered across China as the “Three Laughing Monks.” They were always together, walking the dusty roads of China from village to village, from town to town.

But here was what made them different: they never preached, they never taught with words, and they never explained philosophy. They did only one thing—they laughed.

Whenever they arrived at any village, they would walk straight to the main square, stand there in a circle for a moment, and then they would begin to laugh quite loudly. At first, it was just a gentle laughter—warm, natural, and contagious. Slowly, people passing by would look at them, someone would smile, another would chuckle, and soon the laughter would spread from one person to another until the entire square filled with laughing voices. Farmers, merchants, children, old people—everyone laughed. And when the whole village was laughing, these three monks simply moved on.

Their laughter was their prayer; their laughter was their teaching. They never said a single word. All across



China, the Three Laughing Monks became known and loved. People said they had never seen teachers like them before and perhaps never would again. They seemed to carry a simple message: Life is not a burden, life is not a punishment; life is an opportunity—an opportunity to laugh. It was as if they had discovered a great cosmic joke, something so obvious yet so deeply forgotten by most people. For many years, they traveled like this, spreading joy wherever they went.

One day, everything changed. One morning, in a village in the northern province, one of the three monks collapsed and died. News spread quietly. Villagers dropped their trade, farmers left their fields, and people ran from far away. They expected sorrow, they expected tears, and they expected mourning. But what they saw shocked them: the two remaining monks were laughing—not softly, not politely, but laughing even harder than before!

The crowd was confused. Some were offended, and some were angry. Finally, a few town villagers stepped forward and asked, “How can you laugh when your brother has just died?”

For the only time in their lives, the monks answered. One monk wiped his tears, laughed, and said, “Yesterday, on our way to your village, this monk proposed a bet on who amongst us would die first, and today he won!” Then they laughed again.

The monk continued, “He even left instructions.” Tradition required the dead body to be washed and dressed in clean clothes, but the old monk had written: “Do not change my clothes. I was never dirty for a single day. No filth of this world ever touched me because I laughed it away.”

So, they honored his wish. The body was placed on the funeral pyre, wearing the same old clothes. The fire was lit, and as the flames touched the fabric, something incredible happened. Suddenly, fireworks shot into the sky—hundreds of colors exploding in every direction! The dead monk had hidden fireworks inside his robes!

The villagers gasped, then they laughed, and they laughed with tears in their eyes. They laughed with open hearts, and in that moment everyone understood.

You see, maybe the reason we are here on this Earth is not just to struggle, not just to worry, and not just to suffer; maybe we are here to experience joy, to laugh even in the face of fears, even in the face of death. So next time when you face a problem, look in the mirror, smile, and laugh. Laugh because your joy is what makes you alive.■

✦ Most of the arguments to which I am party fall somewhat short of being impressive, knowing to the fact that neither I nor my opponent knows what we are talking about.

**RECEIPE****GLUTEN-FREE****JOWAR DOSA & KARA CHUTNEY**

Jowar, also known as Sorghum, is a millet known for its rich antioxidant and essential mineral content. To give the classic South Indian dosa made with rice a healthier spin, make this gluten-free Jowar Dosa in 30 minutes.

Ingredients :***For Dosa***

- ☆ 1.5 cups jowar flour ☆ 4 cups water
- ☆ 1 onion, finely chopped
- ☆ 2 green chillies, finely chopped
- ☆ 2 tbsp coriander leaves, finely chopped
- ☆ 7–8 curry leaves, finely chopped
- ☆ Salt to taste ☆ Oil for cooking

Method:

1. Make a fresh batter with jowar flour and water. Allow it to rest for 30 minutes.
2. Add finely chopped vegetables and salt. Mix all the ingredients together and ensure that it has no lumps.
3. Heat up a dosa pan, pour some oil, put a spoonful of dosa batter, and spread it well.
4. Cook till it is crispy, turning both sides. Serve with sambar & chutney.



Ingredients :

For Kara Chutney

- ☆ 2 tsp oil
- ☆ 1 tbsp urad dal
- ☆ 7–8 finely chopped curry leaves
- ☆ 1 finely chopped onion
- ☆ 2 cloves of garlic, finely chopped
- ☆ 1 tomato, finely chopped
- ☆ A small ball of imli (tamarind)
- ☆ 1 tbsp chana dal
- ☆ 2 dry red chillies
- ☆ Salt to taste
- ☆ 3/4 tsp mustard seeds

Method

1. Heat oil in a pan. Add mustard seeds. Once they crackle, add urad dal and chana dal.
2. Let it get a little brown and roasted. Then add curry leaves, dry red chillies, and onion, and sauté well. Also add garlic & salt.
3. Add tomatoes and stir well. Once the tomatoes are soft, switch off the gas and let it cool.
4. Then add this mixture to the mixer with some water and blend it coarsely.

Tempering

1. In a small pan, add oil, mustard seeds, a few curry leaves, and a small piece of red chilli.
2. Once it crackles, add this to the prepared chutney. Stir well.
3. Your Kara Chutney is ready! Serve it with Jowar Dosa. ■



KIDS STORY

The Story of the Blue Bird

There was once a little blue bird who grew up but was too scared to learn to fly. His brother often asked him why he would not fly like his siblings. To that, the only reply the blue bird had was that he was too scared to fly. He would often wonder by himself what was beyond the trees and asked his mother what was beyond the big tree, to which his brother would just say, “Nothing,” and tell him to go back to sleep.

One day, the blue bird decided to investigate what this “nothing” was that lay beyond the big tree. He traveled along until he saw a pool of clear water. There he met a green bird who begged him to come along with him to look for this “nothing.” Soon, a flock of birds flew by and invited the green bird and blue bird to discover “nothing” with them. This encouraged the blue bird to raise his wings, and he flew! He flew high, he flew low, he flew here, and he flew there.

Back home, everyone was wondering where



the blue bird had gone. When the blue bird came back home, his siblings and mother asked him where he had been, to which he replied, “Nothing.” So the entire family decided to fly out to explore this “nothing.” They flew high, flew low, and they flew everywhere.

Moral of the Story

We must overcome our fears and get out of our comfort zone to truly experience life.

If the blue bird had never flown away from his nest, he would never have explored “nothing.”

Hesitation and doubt always exist; it is going through life, constantly pushing those boundaries, that really matters.

It is human to develop fears and be insecure and scared of certain things in our life. These fears and insecurities hold us back and don’t allow us to grow as individuals. Boundaries shouldn’t be set by ourselves or society. We should constantly push these mental boundaries and get over our fears.





THE REAL STORY

RATNA BAHADUR TAMANG - A DOUBLE AMPUTEE CHEF FROM NEPAL

Nepali chef Ratna Bahadur Tamang, a double amputee chef, is inspiring everyone on Master Chef India Season 10. Despite losing both hands in a tragic electrical accident in 2015, he turned to cooking and amazed the judges with his skills. His journey shows how determination and courage can redefine limits.



Despite his disability, Ratna continued to pursue his passion for cooking using prosthetic hooks to manage tasks in the kitchen.

He appeared on the show Master Chef India where he demonstrated remarkable precision in cooking, such as preparing noodle dishes.

Judges Vikas Khanna, Kunal Kapur, and Ranveer Brar were deeply moved by his story, with Ranveer noting, "Taste is not in the hands, it is in the dreams."

Ratna received a standing ovation and a signed apron from the judges. He is widely regarded as an inspiration on social media for overcoming immense physical challenges.



Joke of the Day

Admin : Added Vidya to the group.
Anil : Hi Vidya, welcome to the group.
Vidya : Hi guys, I'm new to the city.
Satish : Hi Vidya, text me if you have any problem, I'll arrange a solution for you.
Vijay : Hi Vidya, if you need anything tell me, it can be arranged.
Sunil : Hi Vidya, my brother is in Pune, any problem I will manage it for you.
Vidya : Thanks guys for your support.
Ravi : Vidya, what's your full name?
Vidya : Vidyadhar Patil.

Ravi left, Satish left, Vijay left, Anil left, Sunil left, Sanjay left. Even Admin left.

Now Vidya is the Admin. ■

- “Advice? I don’t have advice. Stop aspiring and start writing. If you’re writing, you’re a writer. Write like you’re a goddamn death row inmate and the governor is out of the country and there’s no chance for a pardon. Write like you’re clinging to the edge of a cliff, white knuckles, on your last breath, and you’ve got just one last thing to say, like you’re a bird flying over us and you can see everything, and please, for God’s sake, tell us something that will save us from ourselves. Take a deep breath and tell us your deepest, darkest secret, so we can wipe our brow and know that we’re not alone. Write like you have a message from the king. Or don’t. Who knows, maybe you’re one of the lucky ones who doesn’t have to.” - **Alan Wilson Watts**



RIDDLES

- 1. Nobody empties me but I never stay full for long. What am I?
- 2. What occurs once in a minute, twice in a moment, but never in a hundred years?
- 3. What can travel around the world while staying in a corner?
- 4. What is at the end of a rainbow?
- 5. The more there is, the less you see. What am I?
- 6. How can you drop a raw egg onto a concrete floor from a height without cracking it?
- 7. A monkey, a squirrel, and a bird are racing to the top of a coconut tree. Who will get the banana first?
- 8. What English word has three consecutive double letters?
- 9. Ten fish are in a tank, 2 drown, 4 swim away, and 3 die. How many are left?
- 10. What is always in front of you but you cannot see it?



Answer :

- 1. A moon
- 2. The letter 'W'
- 3. A stamp
- 4. The letter 'W'
- 5. Darkness
- 6. Concrete floors are very hard to crack!
- 7. No one—it's a coconut tree.
- 8. Bookkeeper
- 9. 10
- 10. The future

Typesetting : **Sanika Rohan More**, Vidyavihar.

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



The purpose of learning is to understand, not to memorize.



The picture speaks of Grain Distribution



With the support of generous donors, Jeevan Jyot Trust provides grain twice a month to 150 families affected by cancer. Here, the Trust's Founder and Managing Trustee, Shri Harkhchandbhai Savla (Badawala), can be seen handing over a bedsheet along with grain to a female cancer patient living on the footpath.

Picture speaks of Compassion



Shri Harkhchandbhai Savla (Badawala), Founder and Managing Trustee of the Trust, handing over a Night Dress (garment) to a female cancer patient, provided by a generous donor.

To,



**Picture speaks
of Umbrellas
Distribution**



Under the 'Jeevan Jyot Jalaram Annadankshetra' initiative, cancer patients arriving from outside the city are provided with pure and nutritious meals daily. With the help of generous donors, 200 Taalpatri (poncho) and 180 umbrellas were distributed to patients living on the pavement to protect them from the rain.