

अनुसंधान

03CC1092024



Founder
Pujya Shree Anuben Thakkar



Chairman
Dr. Vikram Patel



परमार्थ आत्मशुद्धि का
साधन है ।

Jay Shree Krushn!

In the quiet rhythm of life at Muni Seva Ashram, we have come to understand a profound truth: the joy, or ānanda, we seek is not found in material pursuits, but in the selfless service of others. This guiding principle, deeply embedded in our spiritual and cultural heritage, was beautifully embodied by the visionary Pujya Shree Anuben. Her unwavering dedication to the less fortunate, the poor, and the sick-through education, healthcare, social upliftment, and environmental sustainability-has shown us that service is not merely an act of kindness, but a sacred journey towards आत्मशुद्धि (ātmashuddhi), the purification of the soul.

In this journey, we have realized that we receive far more than we give. Whether in the serene embrace of Bhagini Mandir, the peaceful sanctuary of Vanprasth Mandir, or the welcoming haven of Atithi Mandir, the true essence of seva comes alive. Here, compassion flows freely, touching both those who serve and those who are served. Each act of kindness, every moment of care, connects us to a higher purpose and the divine light within.

As we walk this sacred path of service, our hearts are purified, allowing the divine light within us to shine ever brighter. This illumination not only enriches our lives but extends beyond the ashram, touching countless souls in its wake. In this issue of अनुसंधान, we are honoured to spotlight the community care initiatives that embody this spirit-the compassionate work being done at Bhagini Mandir, Vanprasth Mandir, and beyond. Through these insights, may the ripples of positivity and love inspire us all to serve with a deeper sense of purpose.

With heartfelt gratitude,

Team अनुसंधान

**The belief that some lives matter less is the very foundation
of all that is wrong in our world.**

Indian culture celebrates community and kinship, where family bonds are deeply cherished. However, when a child faces physical or mental challenges, even the strongest families can struggle with despair. The burden is often heavier when the child is a daughter, as concerns for her safety and future weigh heavily on her loved ones.



Pujya Shri Anuben, with her profound wisdom, envisioned that these daughters should be met not with pity or disdain, but with the values of equality and love that bind our society. Their lives should be nurtured and dignified, reflecting both their pride and the pride of the society they are part of.

In 1984, Pujya Shri Anuben's compassionate vision took shape with the founding of Bhagini Mandir under Muni Seva Ashram. Today, Bhagini Mandir stands as a true temple of humanity, guided by the principles she established. It has become a sanctuary for 110 differently-abled bhaginis above the age of 18, providing them not only with care but with the dignity and respect they deserve.

Age Group	Numbers
Between 18 to 45 years	53
45 + years	57
Total Bhaginis	110



Each bhagini receives personalized care through comprehensive health checks, life skills training, and ongoing support. Remarkably, they often surprise their families with positive changes when they return home once a year.

Their day begins at dawn with a prayer, followed by a caring routine of brushing, bathing, and breakfast. They enjoy walking, playing, and engaging in physiotherapy, bhajans, and learning activities. Afternoons are dedicated to creative pursuits like drawing, stitching, and reading, while evenings are spent enjoying stories, swings, and shared meals. Their day ends peacefully, wrapped in the warmth of a community that nurtures them every step of the way.



Love, Equality, and Safety: Honouring Pujya Shri Anuben's Vision

Muni Seva Ashram, Gorai's
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In their shared home, they participate in daily activities like making chapatis, arranging utensils, and enjoying meals together, fostering a deep sense of community and belonging.



Recently, with the heartfelt support of NGO MANN, our bhaginis have been learning new skills such as embroidery, paper making, and rakhi making. They are finding joy and pride in their creative expressions.



Expanding our embrace - help us welcome more bhaginis with love and dignity.

From humble beginnings to a renewed sanctuary, Bhagini Mandir is expanding its embrace, welcoming more bhaginis with love and dignity. We've completed a new building to accommodate 65 more bhaginis, with construction underway for another 50. To realize this vision, we need approximately 2 crores. If your heart feels called to support, please reach out to us.



Old Building



New Building



Work in Progress

From daily meals to lifelong care-your support brightens a bhagini's world and warms their heart.

Consider sponsoring a bhagini for a year or providing a day's meal, breakfast, or milk. We extend heartfelt gratitude to Shri Babubhai Patel and Dr. Bansibhai Shah from North Carolina, USA, for helping us build a permanent fund of INR 10 lakhs. This fund bridges gaps in donations and ensures our bhaginis are always cared for. Those touched by this cause are warmly invited to reach out to us.



Amidst the swift transformations sweeping through India, the bonds that once united generations are being strained by the forces of industrialization, urbanization, and globalization. The traditional family structure, once a pillar of support for our elderly, is giving way to the rise of nuclear households and dual-career families. This shift has left many elderly parents facing the silent struggles of isolation, economic dependence, and declining health.



In response to this profound challenge, Pujya Shree Anuben saw the urgent need to create safe havens for our elderly. Thus, the homes of Gokul, Vrindavan, and Mathura were lovingly built under the Vanprastha Mandir umbrella at Muni Seva Ashram, Goraj. These homes are not just shelters; they are sanctuaries where the elderly can live with dignity, surrounded by care and compassion.

Vanprasth Mandir	Residents
Mathura	26
Vrudavan	23
Govardhan	58
Total	107



At Vanprastha Mandir, we offer more than just a home; we create a community where the elderly find companionship, regain independence, and experience the joy of belonging. Our devoted staff treat every resident like family, providing personal care and support. Weekly health checks and prompt medical attention ensure their well-being. Here, they pray in the serene hall, and find solace in the library's books, surrounded by a caring community.



Mrs. Sonal Patel (Georgia USA)
Donated
Radha Krushna Pratimaji
for Vanprastha Mandir

Manjuba & Dinkardada
Golden years of
togetherness at
Vanprastha Mandir

Sudhaba
Ever Happy
at
Vanprastha Mandir

Manjulaba & Ranchhoddada
A legacy of love and life,
celebrated at
Vanprastha Mandir

Raksha Bandhan
by
She Team, Waghodia Dist.
at Vanprastha Mandir

To further enhance the lives of our elders, we have established a new complex, Goverdhan, which offers air-conditioned residential units, internet connectivity, and spaces for prayers, indoor games, walking and yoga amidst a serene, green environment. It is our mission to ensure that every elderly person who comes to us finds not just a home, but a place where they can thrive, surrounded by warmth, respect, and the peace they deserve in their golden years.

If you would like to bring comfort to our seniors by sponsoring a meal or supporting their yearly care, please reach out to us. Your kindness will make a world of difference.

Atithi Mandir: Strength and Support Beyond Treatment

Muni Seva Ashram, Goraj's
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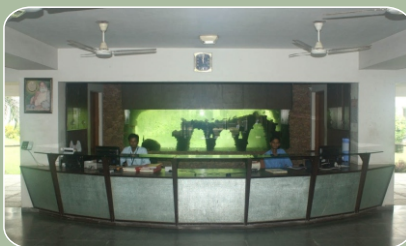
Cancer touches every part of life-physically, socially, financially, and emotionally. For patients of Kailash Cancer Hospital and Research Centre, we provide comprehensive support, addressing essential needs like transportation, nutritious food, and safe housing to aid in recovery.

Healing is more than treatment - it's holistic care.



To support patients and their families, we provide transportation to and from Baroda and Godhra. Our Atithi Mandir offers a tranquil and affordable home away from home, with 160 dormitory beds and 84 additional rooms in various categories, allowing families to focus solely on the healing process.

Care that extends beyond the hospital-ensuring comfort and accessibility for all.



Our kitchen at Atithi Mandir serves fresh, hygienic meals to around 1,200 people daily, mostly using organic produce from our farms and milk from our gaushalas. We ensure that nourishment supports the healing process.



Nourishment with care - fresh, organic meals for healing.

**Expanding with compassion -
help us build the future.**

As patient numbers grow, so does our commitment. With our hospital expanded to 450 beds, we're now adding to Atithi Mandir. This 210,318 sqft project will cost approximately INR 56.76 crore. We invite you to support this vital expansion and make a significant difference.



Muni Seva Ashram, Goraj's
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Signs and Symptoms of HEAD & NECK CANCER

મુઠાશ અને ગળાનાં કેન્સર - લક્ષણો

Symptoms in the MOUTH & THROAT:

- A lump in the neck that you may be able to feel through the skin. Typically the lump is painless
- A sore in the mouth that won't heal
- Coughing up blood
- Hoarse voice
- Loose teeth
- No pain swallowing

Symptoms in the NOSE

- Nosebleeds
- Stuffy or blocked nose that doesn't go away

Other Symptoms:

- A sore on the skin of the face, neck or lips that doesn't heal
- Ear pain
- Loose weight without trying

Signs & Symptoms of ESOPHAGEAL CANCER

ગળાનાં કેન્સરનાં લક્ષણો

- Difficulty swallowing (dysphagia)
- Weight loss without trying
- Chest pain, pressure or burning
- Worsening indigestion or heartburn
- Coughing or hoarseness

Signs and Symptoms of Anal Cancer:

ગળાનાં કેન્સરનાં લક્ષણો

- Bleeding from the anal area
- Pain or pressure in the anal area
- Itching or discharge from the anus
- A lump or swelling near the anus
- Change in bowel habits or stool diameter

HEAD & NECK CANCER

Diagnostic Modalities

26.04.2024 સુધીનાં પ્રાથમિક ડોક્ટરો પરીચક્ષે

Physical examination
બોલિયુ તપાસ

Imaging Tests
બોલિયુ પરીચક્ષે

Endoscopic examination
બોલિયુ તપાસ

Laboratory investigations
બોલિયુ તપાસ

Biopsy
બોલિયુ તપાસ

Early Detection Saves Lives
સવારે શોધવાથી જીવ બચી શકે છે

BLADDER CANCER

Signs & Symptoms May Include:

મુઠાશનાં કેન્સરનાં લક્ષણો અને લક્ષણો

Blood in urine (hematuria), which may cause urine to appear bright red or cola colored; though sometimes the urine appears normal and blood is detected on a lab test

Frequent urination

Painful urination

Back pain

Weight loss

Stomach pain

Swelling in the legs

Early Detection Saves Lives
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Image	Title	Author
	Happiness - A guide to Developing life's most important skill	Matthieu Ricard
	When Breath Becomes Air	Paul Kalanithi
	Start where You Are - A guide to comprehensive living	Pema Chodron
	What happened to you? - Conversations on trauma, resilience, and healing	Bruce Perry & Oprah Winfrey
	How to stop worrying and start Living	Dale Carnegie
	The coffee Bean - A simple lesson to create positive change	Jon Gordon & Demon West
	After the Rain	Alexandra Elle
	How to Ikigai - Lessons for finding happiness and living your life's purpose	Tim Tamashiro
	The 7 habits of highly effective people	Stephen R Covey
	The Tipping Point - How little things can make a big difference	Malcolm Gladwell
	How to eat	Thich Nhat Hanh
	Believe It to Achieve It - Overcome your doubts, Let go of the past, and unlock your full potential	Brian Tracy
	The Last Lecture	Randy Pausch
	Tuesdays with Mourie	Mitch Albom
	The Five am Club	Robin Sharma
	The Power of Positive Thinking	Norman Vincent Peale
	The Art of Living	Thich Nhat Hanh
	The Nature Fix	Florence Williams
	Buy the change you want to see - Use your purchasing power to make the world a better place	Jane Mosbacher Morris
	Living Beautifully - With Uncertainty and Change	Pema Chodron
	The Monk Who sold His Ferrari	Robin Sharma
	Awaken the Giant within	Tony Robbins
	The Art of Happiness - A Handbook for Living	HH The Dalai Lama
	The book of forgiving	Desmond Tutu & Mpho Tutu
	Here, there & Everywhere	Sudha Murty
	the book of Joy	Dalai Lama & Desmond tutu
	Letter to my Daughter	Maya Angelou
	The Four Agreements	Don Miguel Ruiz
	Man's Search for Meaning	Viktor E. Frankl
	The Power of your subconscious mind	Dr Joseph Murphy
	Be water my friend: the teachings of Bruce lee	Shannon Lee
	A New Earth	Eckhart Tolle
	You Can If You Think You Can	Norman Vincent Peale
	The Alchemist	Paulo Coelho
	Success Is A choice	John C Maxwell
	The Willpower Instinct	Kelly Gonigal
	What are you doing with your life	J Krishnamurti
	the Seven Spiritual Laws of Success	Deepak Chopra
	The Boy, The Mole, The Fox and The Horse	Charlie Mackesy
	Jonathan Livingston Seagull	Richard Bach
	Siddhartha	Hermann Hesse
	The Joy of Less	Francine Jay
	Healing and Recovery	David R Hawkins
	Unschool	Kerry Mcdonald
	Oultive : The science & art of longevity	Dr Peter Attia
	Meta Human	Deepak Chopra
	Attitude is your super power	Edurado Clemente
	Maturity : The Responsibility of Being Onself	OSHO
	Being Mortal	Atul Gawande

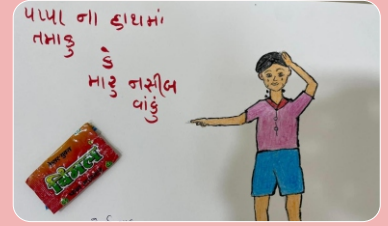
Books are more than companions; they are the architects of human destiny. Throughout history, they have shaped perceptions, changed perspectives, and made history. Our Chairman, Dr. Vikram Patel, exemplifies this power. An avid reader, his intellectual journey has been shaped by Swami Vivekananda, science and technology, and two beloved books: *The Yearlings* by Marjorie Kinnan Rawlings and *Les Misérables* by Victor Hugo, which he revisits annually for their enduring wisdom.

To spark a similar love for reading in young minds, we've launched this initiative wherein, every Saturday, we share a book summery—50 so far—in Gujarati on Facebook and English on Instagram, making knowledge accessible to our diverse audience and inspiring the next generation to discover the life-changing magic of books.

Echoes of Change: Uplifting Narratives from Our Ashram

Muni Seva Ashram, Goraj's
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Our Ashram's initiatives truly touch hearts and change lives. Montu Salatghera, a class 8 student at Shardamandir Baxipanch Ashram Shala, was inspired by our anti-tobacco campaign. During Diwali vacation, Montu's silent plea moved his father, a GSRTC employee and 15+ year tobacco addict, to quit gutkha for good. Montu's quiet courage transformed his father's life, embodying the power of love and determination.



At our schools, we regularly hold Kaushalya (skills) sessions where students learn life-saving skills, such as surviving fires, earthquakes, floods, and other disasters. Krushn Bariya, a 7th-grade student, took these lessons to heart. When his neighbor, a 75-year-old grandmother, suffered an electric shock while handling a household motor, Krushn bravely stepped in and saved her from serious injury. The villagers later honored him for his heroic act. When asked if he was afraid, Krushn simply said, "Yes, but my school taught me to care for the elderly, and since I knew what to do, I did it."

Illuminating the Path: Dr. Vikram Patel's Dharti Ratna Recognition

Rarely does society see individuals as exceptional as our Chairman, Dr. Vikram Patel. When such visionary leaders emerge, they guide us from darkness to light. This humble soul was honoured with the Dharti Ratna Award by the Ashirvad Foundation, a testament to his extraordinary impact.



Cultivating Prosperity through Seeds of Change:

Muni Seva Ashram's FPO Initiative

Indian farmers, especially the 86% who are small and marginal, face significant challenges, including small landholdings, limited access to quality seeds, depleted soils, inadequate irrigation, low mechanization, and poor market access. These issues are compounded by a lack of capital, forcing farmers to rely on costly loans.

Under the visionary leadership of Dr. Vikram Patel, Muni Seva Ashram is forming a Farmer Producer Organization (FPO) to empower these small and marginal farmers. This initiative, supported by the government's plan to create 10,000 FPOs, will empower farmers through collective strength, enabling better access to investments, technology, and markets.

FPO Goals:

- **Boost Incomes:** Organizing farmers to improve bargaining power and secure better prices.
- **Economies of Scale:** Collective purchasing and selling to reduce costs and increase profits.
- **Fair Market Access:** Eliminating middlemen to ensure farmers receive their fair share.

This initiative will pave the way for sustainable growth and prosperity in the agricultural sector.

Support

We have reached these milestones through your benevolent support. Your contributions, both financial and otherwise, keep us moving forward. Our expansions, construction projects, introduction of newer facilities, and beneficiary support programs are made possible by the corporate and personal support we receive. For this, we are eternally grateful.

We believe in complete transparency. Every contribution is immediately followed up with an 80G compliant receipt. Daily updates of Muni Seva Ashram are documented on our Facebook and Instagram handles, and newsletters are published on our website: www.greenashram.org For information on how to donate or offer assistance, please visit our website: www.greenashram.org Thank you once again for your unwavering support!

We welcome your suggestions to make अनुसंधान even better. Please share your thoughts and feedback with us at anusandhan@greenashram.org

भूखे के सामने अपनी थाली सरकाने का सुख मनुष्य ही अनुभव कर सकता है।
हमें सभी की इस भावना को जाग्रत करना है, ताकि एक दिन ऐसा आये कि कोई भूखा रहे ही नहीं।

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