

Our heartiest wishes for Happy Diwali and a Prosperous New Year for all our Associates, Friends and Families, Philanthropists and Well-wishers.

Project 'Life' Changing Lives through Virtual platform

Project 'Life' has been involved in social and humanitarian activities for more than four decades. During the journey we have faced many challenges and hardships in moving ahead to reach the milestones of success. Consistent support, inspirations and encouragement received from all our donors, friends and well-wishers have made it possible. Despite all challenges and hardships we have continued to serve humanity through various interventions including health & wellness, education, women empowerment has made it possible. During the current COVID-19 pandemic most of the social and economic activities have come to a halt. However we have continued to move ahead by initiating for the first time in the history of Women Empowerment Programme to provide Virtual skill based training of underprivileged women of rural Gujarat. Similarly virtual inauguration of school projects including Smart Classes for e-learning for the rural children of Gujarat as well as organizing webinars for health & wellness programmes. Various Yoga webinars and lectures are organized online. Life Blood Centre has truly played the role of Corona Warrior by distributing Plazma to Covid patients and managing uninterrupted blood supply to poor and needy patients.

On completion of 17 years, Science of Living & Community Outreach Program initiated in 2003 in Saurashtra region with an objective to uplift Health & Wellness of the people. Thousands of people have been benefitted so far which has further encouraged us to enhance our activities and to introduce additional yoga techniques, methodology, research work in Yoga, modern facilities for participants and so on. Similarly, through social media, we have been involving more people in practices of Yoga to help them lead a healthy life. During this global pandemic we have initiated Online Certificate Course on Yoga (CCY). Those who aspire to be Yoga teachers or interested in making a career in Yoga could now got opportunity to explore at their door step.

200 hours online certificate course was organised by Life Yoga Academy, Project 'Life' and Kaivalyadhama Lonavla started from 20th August, 2020. Renowned faculties from Kaivalyadhama and Project 'Life' enriched the students with their deep knowledge and vast Yoga experiences. Few of the faculties include Shri O. P. Tiwari, Prof R. Bodhe, Shri Rajeshwar Mukerji, Prof R. S. Bhogal, Dr. S. D.

Bhalekar and Shri Subodh Tiwari. There is no age bar for those interested in enrolling for the course and requires minimum qualification of 12th pass. Important topic that covered under the course includes Introduction to Yoga, Introduction to Patanjali, Yoga and Value Education, Introduction to Hatha Yoga, Introduction to Human system, Yoga and Health, Yoga for Wellness, Yoga and Mental Health, Yoga practicals, Breathing and Pranayam Practices, leading to meditation and teaching methods and class management.

We have been standing tall for 41 years and continue to serve humanity for centuries to come.



Chandrakant Koticha
Founder Executive Trustee



Meetal Koticha Shah
Joint Executive Trustee



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HEALTH & WELLNESS PROGRAMMES DURING COVID-19

'Corona Virus: Don't Fear, Be Alert'
Dr. Sankalp Vanjara on Facebook live
 Life Health & Wellness Centre, Project 'Life', Rajkot.



The lecture keeping in view the present pandemic on the subject 'Corona Virus: Don't Fear, Be Alert' was organised under the ongoing health lecture series (Lecture no. 218) of 'How Not to Fall Sick?' on Sunday, 5th July 2020 by Dr. Sankalp Vanjara, MD, from Sterling Hospital, Rajkot, who delivered his speech in Gujarati language with comprehensive and useful explanation on how to defeat and protect ourselves from corona virus. More than 6500 people from all over Gujarat highly responded to this Facebook live lecture. For more details : <https://www.facebook.com/362276827161948/videos/3081454208603279/>

Virtual Yoga Workshop 'Yoga – A Road to Happiness' through digital platform



Life Health & Wellness Centre, Project 'Life' organized online **Yoga** Workshop from 9th

July to 11th July 2020 for comprehensive understanding of impacts of **Yoga** practice on our body, mind and soul.

Talk show on 'Yoga & Diet for Weight Loss' Facebook live program

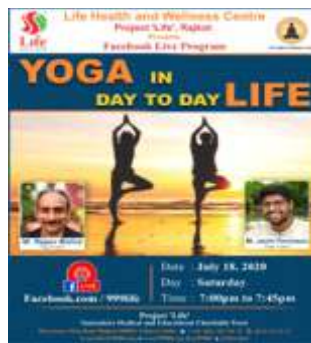
Life Health & Wellness Centre, Project 'Life' organized Facebook live talk show on 12th July 2020, Sunday on 'Yoga & Diet for Weight Loss' by Ms. Dhruvi Vyas, Dietician and Ms. Mital May, **Yoga** expert for community outreach program.



Through this Facebook live program people knew the techniques to lose their weight through Yoga and Diet. More than 3600 people are reached through this program who have responded positively. For more details : <https://www.facebook.com/362276827161948/videos/1661273574021736/>

Talk show on 'Yoga in day to day life' Facebook live program

Life Health & Wellness Centre, Project 'Life' organized Facebook live program on 18th July 2020, Saturday on 'Yoga in day to day life' by Mr. Rajeev Mishra who said that in this critical time of epidemic, **Yoga** can play an important role to keep ourselves healthy. It is necessary to develop immunity of our body to fight against any type of virus especially COVID-19. Meditation will give us peace of mind and can cure diseases. Physical, mental, emotional problems can



be solved through **Yoga**. A positive response was given by more than 4000 people on the subject on social media. For more details : <https://www.facebook.com/362276827161948/videos/2596244917301384/>

'Women's Health' by Dr. Manisha Moteria Facebook live

'Women's Health' by Dr. Manisha Moteria Facebook live



Dr. Manisha Moteria is renowned gynecologist in Saurashtra region. At present she is President of The Federation of Obstetric & Gynecological Societies of India, Rajkot.

Life Health & Wellness Centre, Project 'Life', Rajkot organized lecture on 'Women's health' (Lecture no. 219) under the ongoing series of 'How Not to Fall Sick?' on 26th July 2020, Sunday regarding prevention of Cancer by **Dr. Manisha Moteria, M.D.** who explained the measures to prevent breast cancer & ovary cancer which are the major issues among majority of women at present. **Yoga** plays a key role to maintain good health by preventing many physical diseases and to achieve peace of mind and happiness. She got a positive response from women all



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over Gujarat during her Facebook session. More than 9500 women were reached through social media. **For more details :**

<https://www.facebook.com/362276827161948/videos/1682127811956749/>

Online Yoga Session for Pregnant Women by Ms. Dhruvi Vyas

Life Health & Wellness Centre, Project 'Life', Rajkot organized online free Yoga session for pregnant



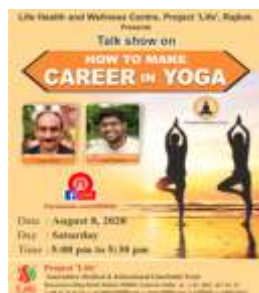
women from 28th July to 31st July 2020 at 6.00 pm to 7.00 pm under the guidance of Ms. Dhruvi Vyas, Dietician and Yoga Expert.

Yoga is safe and effective practice for pregnant women because in addition to providing relief during pregnancy, it can help to prepare body for facing labor and delivery issues. The gentle movements, slow breathing and other techniques of Yoga helps to releasing stress in critical time. **For more details :**

<https://www.facebook.com/362276827161948/videos/546286426034676/>

Online Certificate Course in Yoga, Facebook live program on Saturday, 8th August 2020, by Mr. Rajeev Mishra & Mr. Jasmin Panchasara

Life Yoga Academy has organized Facebook live talk show regarding online certificate course in Yoga on Saturday 8th August 2020, The



purpose of the program was to create awareness and complete information regarding online certificate course in Yoga.

Mr. Rajeev Mishra welcomed all and gave brief information about Kaivalyadhama and their achievements in the field of Yoga.

Mr. Jasmin Panchasara gave detailed information about certificate course in Yoga jointly organized with Life Yoga Academy and Kaivalyadhama.

Today demand of Yoga experts are increasing day by day. It is required to give traditional and scientific knowledge of Yoga to the students who want to give their services in the field of Yoga. Kaivalyadhama is a renowned Yoga institute not only in India but also in abroad. Based on the syllabus designed and provided by Kaivalyadhama, experts of Life Yoga Academy will teach and educate people. This course will helpful to them who wants to build their career in Yoga field. **For more details :**

Restarting Routine Yoga Class at Project 'Life', Rajkot from 17th August 2020 by Life Health & Wellness Centre

With great pleasure we announce that Life Health & Wellness Centre, Project 'Life' has re-opened Yoga Classes from 17th August 2020 onwards following the guidelines like social distancing and sanitization of all Yoga Halls. Initially we have started only 3 session with limited participants taking all protective measure. Yoga participants are allowed to use Yoga mats provided by Project 'Life' only. Complete cleanliness, using sanitizers etc are maintained in Yoga halls. Social distancing is maintained for sitting arrangements, hand sanitizer is provided to all participants. Yoga mat is not allowed to bring from outside. Oxygen level and body temperature are measured and recorded for each participants on regular basis before admitting to Yoga halls. We have started implementation of Yoga through virtual platform.

Ms. Meetal Koticha Shah, Joint Executive Trustee, Project 'Life' has appealed people to join and start practicing Yoga for good health. Online Yoga sessions are conducted on regular basis.

Inaugural function of Online Certificate Course in Yoga organized on 20th August 2020

Life Yoga Academy, Project 'Life' & Kaivalyadhama, Lonavla jointly organized inaugural function of Online Certificate Course in Yoga on 20th August 2020 through Zoom Platform. Program started with chanting and prayer. Every participants gave their introduction. The duration of this course was up to 30th



October 2020 for 3 hours daily. Classes timings were from 6.00 am to 9.00 am from Monday to Saturday. The time allotted was 1.30 hrs for practical session and 1.30 hrs for theoretical session.

Sri Subodh Tiwari, CEO, Kaivalyadhama virtually inaugurated online certificate course in Yoga.



He gave an inspiring speech and blessed all participants. Ms. Meetal Koticha Shah, Joint Executive Trustee, Project 'Life' welcomed all participants. She explained the importance of course and told that this course will be very helpful to know the traditional and scientific aspect of Yoga.

Dr. Gaurang Vyas told that qualified Yoga teachers have an opportunity to provide their services and can play key role to make society healthy. Mr. Jasmin Panchasara gave complete details of the course. Mr. Rajeev Mishra, Sr. Manager told that Yoga should be actually experienced which will only help you to become a teacher. So for experiencing all the aspects of Yoga, you should know the depth of Yoga. To know Yoga, this course will help a lot.



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Lecture on Kidney Diseases and Prevention By Dr. Sanjiv Patel on Facebook live



Life Health & Wellness Centre, Project 'Life', Rajkot organized lecture on 'Kidney Diseases and Prevention' on 30th August 2020, based on prevention of kidney. **Dr. Sanjiv Patel, M.S.**, renowned Urologist in Saurashtra region, who performs Endoscopic Urology and Advance Surgeries using Holmium Laser besides offering consultation on urinary tract disorders delivered his speech related to kidney problems. He gave useful information on how to prevent kidney disease. As Dr. Sanjiv Patel said that many people are suffering from kidney related issues like stone, prostate and infections. He told that prevention is better than cure. More than 17500 people joined the lecture during Facebook live session. **For more details :** <https://www.facebook.com/362276827161948/videos/955724054908267/>

Restarting Healthy Life Club sessions from 3rd November 2020

Life Health & Wellness Centre, Project 'Life' started routine *Yoga* Sessions of Healthy Life Club from 3rd November 2020. The

timings are 5.00 pm to 6.00 pm & 6.00 pm. to 7.00 pm. Mr. Jasmin Panchasara and Mr. Rajeev Mishra are conducting the sessions regularly. Project 'Life' is following all Government norms like social distancing etc.

Indian Yoga Association (IYA) - Gujarat Chapter (GC) Committee Members meeting through Zoom on 6th September 2020

Indian Yoga Association - Gujarat Chapter organized a meeting on Sunday, 6th September 2020 under the leadership of Sri Kamlesh Udasi, Secretary, IYA - GC. He welcomed all committee members and briefed the agenda of meeting. All participant *Yoga* centers updated present status of *Yoga* classes and also shared their views. However, many of them expressed their inability to conduct routine offline *Yoga* Session due to current COVID-19 pandemic. Ms. Meetal Koticha Shah, Vice-Chairman said that Life Health & Wellness Centre, Project 'Life' started online as well as offline *Yoga* Session as per Government instruction. She informed all that Project 'Life' translated 4 books of Kaivalyadhama on Asana, Pranayama, Yogic Chikitsa and Asana: Why and How? In Gujarati language. Regarding this it was discussed to send one set of books to all committee members.

Ms. Meetal Koticha Shah asked and suggested that reports of *Yoga* Centre should publish in 'Yogawani' published by Indian Yoga Association. Mr. Rajeev Mishra suggested to prepare a directory of *Yoga* professionals as well as Yoga Centers of Gujarat.

'ENT Health - What you need to know?' Facebook live-Lecture on By Dr. Yash Pandya



Under the series of 'How Not to Fall Sick?' on 13th September 2020, Sunday,

Life Health & Wellness Centre, Project 'Life', Rajkot organized lecture on 'ENT Health - What you need to know?' (Lecture no. 221) based on information and prevention of disease related to Ear, Nose & Throat - ENT. Dr. Yash Pandya, M.S. is a renowned ENT surgeon in Saurashtra region. It was Facebook live lecture in which we got very good response from all over Gujarat. This lecture reached to 15404 persons. **For more details :** <https://www.facebook.com/362276827161948/videos/786072558814753/> **'Karma Yoga' Facebook live - Lecture on By Dr. Rajeev Mishra**



Under the series of 'How Not to Fall Sick?' on 27th September 2020, Sunday, Life Health & Wellness Centre, Project 'Life', Rajkot organized lecture on 'Karma Yoga : Path of Happiness' (Lecture no. 222) based on Karma Yoga Philosophy. Dr. Rajeev Mishra, M.D., delivered his speech related to Karma Yoga and its impacts on life. More than 4600 people have participated.

For more details : <https://www.facebook.com/362276827161948/videos/333402477876648/>



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VILLAGE UPLIFTMENT AND HEALTH AWARENESS PROGRAM (VUHAP) FOR RURAL GUJARAT

In India more than 70% population lives in rural regions facing various issues of health care like water contaminated disease, water pollution etc and other diseases caused due to bacterial and viral infections which requires drastic changes to uplift the villages.

Village Upliftment and Health Awareness Program (VUHAP) was



introduced to create health awareness among the villagers as rural population face many health problems due to lack of knowledge about protective measures and precaution to be followed for living a healthy life. Our objective is to address sensitive health issues including various viral disease like malaria dengue etc. apart from present pandemic COVID-19.

Implementation of VUHAP

We are planning to implement VUHAP in 100 villages where project 'Life' has already built up primary schools under Primary School Infrastructure Development Program in villages of Gujarat initiated due to disastrous earthquake of Gujarat in 2001.

Initially we have implemented VUHAP as a pilot project in 6 villages surrounding Rajkot and Surendranagar.

The objective is to focus on healthcare awareness for viral disease prevailing in rural Gujarat and provide facilities especially keeping in view COVID-19 crisis prevailing at present and for precautions to be taken in future.

The digital launching of VUHAP was done in association with Life Global USA on 15th August, 2020, as a part of celebration of 74th Independence Day of India.

Gram Sevaks - Dedicated persons serving villagers for healthcare & upliftment:

Gram Sevak is a dedicated person who is willing to provide voluntary services and is appointed by Gram Panchayat or Principal of the schools to support our objectives of

health awareness through digital platform. They educate & guide the villagers for health awareness drive through meeting with villagers, carry implementation of various health plans, educate people about viral disease, especially about COVID-19 crisis and create awareness about overall cleanliness, health facilities. They will also make the villagers aware about various health schemes & policies introduced by the Government.



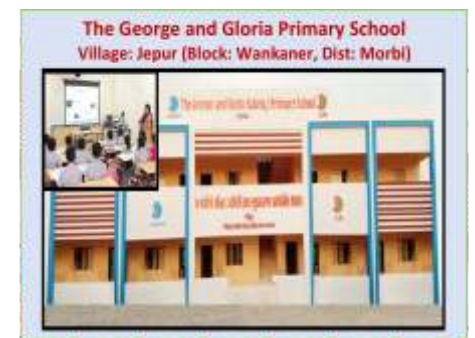
Masks & hygiene kits are being distributed to the children and villagers. More than 1,000 families have been provided mask through Gramsevaks, the school Principals & team as well as leaders of the villages. The students will be advised how to maintain cleanliness and hygiene by washing hands with sanitizers/soap.

Primary School Infrastructure Development Program



Life Education Centre have set an objective to develop infrastructures of 108 Primary Schools with all basic facilities to secure right of education along with holistic development of students in the rural and urban areas under Primary School Infrastructure Development Program. We have developed 90 schools in infrastructure in the rural and urban areas and handed over to the Government of Gujarat.

Even during the pandemic we have completed the infrastructure of one school which is ready for digital dedication with all basic facilities including digital learning and three schools are under construction and will be ready for dedication shortly.



Smt. Kusumben Mansukhlal Kamdar Primary School
Village: Panchasiya (Block: Wankaner, Dist: Morbi)



Smt. Navalben Nathulal Mehta Primary School
Village: Neknam (Block: Tankara, Dist: Morbi)



Dr. Navnidhray Chhaganlal Mankad Primary School
Village: Keshod (Block: Jam Khabhalia, Dist: Devbhumi Dwarka)





EMPOWER WOMEN... EMPOWER NATION...

Project 'Life' has been dedicated in empowering women economically and socially since 2008 through providing livelihood training in various trades like Sewing, Embroidery, Beautician Practice & Catering to underprivileged women of rural Gujarat.

The trained women are provided free of cost equipment. We also provide market linkage to the women. We have empowered so far more than 8000 women.

Having empowered we have continued to support the women even during lockdown period by providing them work for earning livelihood. The women prepared 100 thousand masks and were distributed to UK and 50 thousand masks are also distributed within Gujarat as a measure to protect from COVID-19.

Making India self-reliant by unprivileged women through digital technologies Virtual vocational livelihood training for underprivileged women of rural Gujarat



The underprivileged women who are only breadwinners, responsible for earning livelihood for their families, as well as responsible to look after elderly members

and children. For them, physical vocational training under pandemic was not practical, we have taken the initiative for the first time in the history of women empowerment to manage and continue skill based vocational training in various trades by expert trainers through **virtual training programme for the underprivileged women following the guidelines and protective measures suggested by the Government to protect from COVID-19.**

DIGITAL INAUGURATION OF VIRTUAL VOCATIONAL TRAINING



The digital inauguration of vocational training for 150 BPL widows/women from rural Gujarat was done on September 05, 2020. More than 300 women participated in the event. During an interaction with women participants we came to know about their circumstances and condition. Some of the successful women also shared their stories during the event.



The dignitaries present were Mrs. Bina & Mr. Mayur Sanghvi, Chair Life Global UK. Mrs. Renu & Mr. Bharat Mehta, Ms. Chandni Vora & Mr. Mitesh Vekaria, Mr. C. B. Patel, Mrs. Taruna & Mr. Dilip Mithani, Mr. Tushar Shah, Mrs. Alka & Mr. Anil Doshi, Mrs. Jyotsana & Mr. Anil Parekh, Dr. Natubhai Shah & Dr. Abhay Chopada, Mr. Ketan Mehta, Mr. Vinod Kotecha, Mr. Bhogilal Sanghvi,

Sewing

Beautician Practice

Embroidery

Catering



Mr. Ramesh Shah, Trustees of Life Global UK. Ms. Anita Kamdar, Ms. Vanita Patel, Ambassadors, Life Global UK, Mrs. Rekha & Mr. Ashok Sodha, Mrs. Chhaya & Mr. Kirit Shah, Mrs. Parin Somani, Mr. Ketan Bharatbhai Shah from UAE, Mr. Bakul Mehta from Oman, Project 'Life' Patron & guide Mr. Shashikant Koticha, Managing Trustee - Project 'Life', Mr. Chandrakant Koticha, Executive Trustee - Project 'Life', Ms. Meetal Koticha Shah, Jt. Executive Trustee - Project 'Life', our valued donors & other dignitaries present in the event who have made the event successful.

“GAURI - A woman with strong determination”

“Yes, I have changed destiny...”

the family. Gauriben was also worried without any support. She decided to do some work.

In the meantime she happened to meet the members of women empowerment program. They gave information about various vocational training being provided free of cost in different trades in the women empowerment centre. They had interactions with Gauriben and they guided her that she can become self-reliant through training and earn her livelihood without depending on others. She decided to admit for training of sewing.

She took keen interest in the training, learnt a lot about sewing and completed her training in due course. With perseverance she made

now make different ladies garments and with the support of her husband. They started saving money from the income earned and purchased another sewing machine. With increased working capacity, they could easily earn more than INR 25,000/- per month with the help of two machines.

As she earned sufficient income buy another sewing machine. Both wife and husband are working on these two machines and earned more than 25,000/- rupees per month. Her husband is also now free from doing labour work and got new work to do it efficiently with interest.

However, the couple has dream to purchase more sewing machines to expand their



The small family of Gauriben and Gautambhai was living a happy life. Gautambhai was serving as a worker in a textile mill of Ahmedabad. Their one child was handicapped. He earned enough to survive his family. However due to recession in cotton business, the mill was closed and Gautambhai became jobless. He had no other experience or business or service to continue his earning. It was very difficult for him to set elsewhere and he had no option except doing labour work. He found it difficult to meet up the expenses of

good progress. On completion of training she was given a sewing machine **Free Of Cost (FOC)**. Apart from vocational training she was also provided training for self-defense, gender equality, banking, budgeting & finance which helped her a lot to develop her personality with self-confidence to live in the society with dignity and status. She was now more confident and started job work of preparing ladies garments with all her efforts. Since her husband was jobless he also joined with Gauriben to support in her work. She can

business and provide employment to underprivileged women like her and enabling them to earn their livelihood as she has done.

She expresses gratitude to generous donors and will remain indebted to Project 'Life' for providing her opportunity to become self-reliant and live in the society with status and dignity.

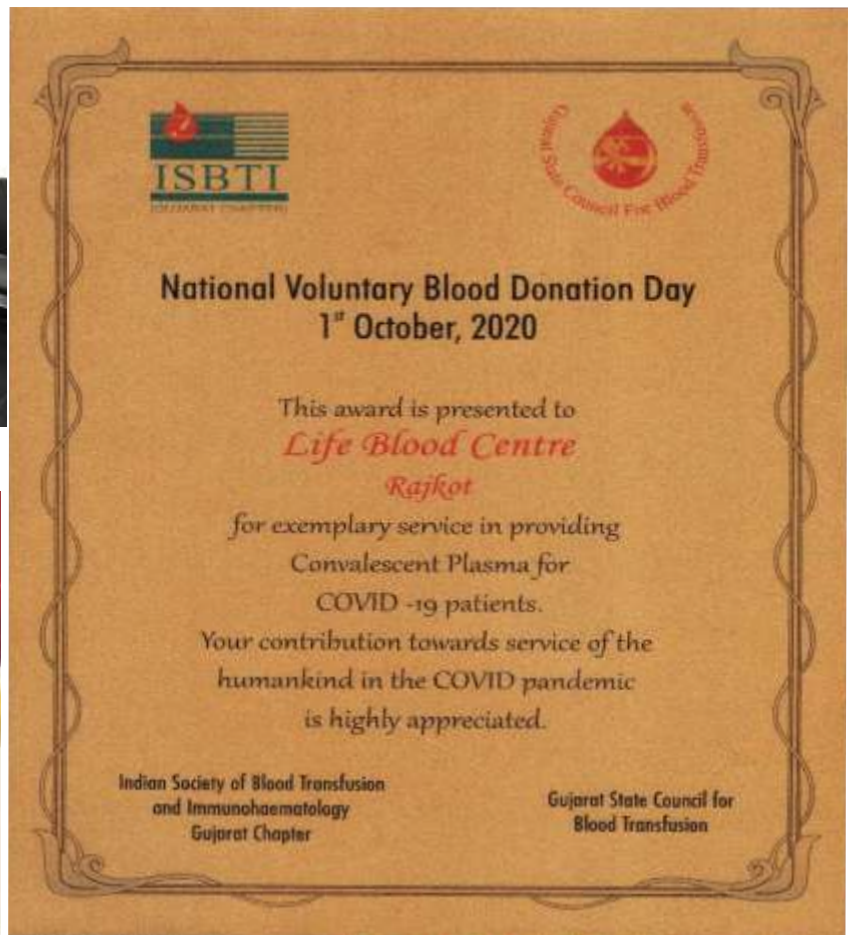
**Yes, There are many more TO BE transformed.
Thank You philanthropists, You Made It Possible..!**



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EFFORTS OF LIFE BLOOD CENTRE AS CORONA WARRIOR

Covid-19 Convalescent Plasma (CCP): After obtaining permission from a Government authority, plasma collection from Covid-19 recovered patients has been started at Life Blood Centre, Rajkot in current pandemic condition of Covid-19 from 07th August, 2020. First Covid-19 case of Gujarat state Mr. Nadim Sevandiya donated first CCP at Life Blood Centre.



Life Blood Centre has been striving to continue uninterrupted blood supply of high quality of blood for the needy patients of Saurashtra regions since more than three decades. We have successfully collected more than 3300 units of blood and have supplied nearly 6000 units and 30 blood donation camps are organized.

Under Thalassaemia Prevention Centre we have conducted 177 Thalassaemia awareness drive. We have also conducted 147 Thalassaemia screening tests are done.

Meetal Koticha Shah
Joint Executive Trustee

Kirit Vassa
Joint Executive Trustee

Chandrakant Koticha
Executive Trustee

Shashikant Koticha
Managing Trustee

Project 'Life'

Saurashtra Medical & Educational Charitable Trust
Indian Medical Scientific Research Foundation

Racecourse Ring Road, Rajkot - 360 001. Gujarat, India. ☎ +91-281-2479133 ✉ savelifelife@999life.org 🌐 999life.org 📱 @999life 🐦 liferajkot