

'Life' Bliss

DIGITAL EDITION

5 WAYS TO BE MENTALLY HEALTHY

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



Friends,

In the last issue, we have announced that from this edition we are going to start an article series on **"5 ways to be mentally healthy"**. So, first and foremost technique to be mentally healthy is **"To Connect"** with other people.

1) To Connect

Good relationships are important for mental wellbeing.

They can:

- ▶ Help to build a sense of belonging and self-confidence
- ▶ Give an opportunity to share positive experiences
- ▶ Provide emotional support and allows us to support others

When we understand the importance of human connection in our life, we can take action and start to build healthy relationships. It involves a mental toughness to push through actual or perceived rejection or barriers. People generally do not care how much we do or say until they know how much we care.

What does human connection mean?

Human connection is the sense of closeness and belongingness a person can experience when having supportive relationships with those around them.

Connection is when two or more people interact with each other and each person feels valued, seen and heard. There's no judgment and a person feels stronger and nourished after engaging with each other. Human connection can be a chat over coffee with a friend, a hug from a partner after a long day or a hike in the woods with a family member.

Connecting with someone doesn't have to always include words, either. Time spent in relative closeness and experience can also be a bonding experience.

Why is human connection important?

Our day-to-day lives are busy. We spend our days balancing between endless meetings, school activities and family responsibilities. On top of that, we try to squeeze in exercise and running errands.

This leaves us with no time to connect. In a world of more virtual interactions than physical, human connection is now more important than ever.



Here are some benefits to social connection.

- ▶ Mental health boost
- ▶ Longer lifespan
- ▶ Improved quality of life
- ▶ Increased fulfillment

Now that you know all the great things that can potentially come out of having healthy social connections, it's time to put your phone down and start interacting personally with the people in your life. Apart from being crucial to your happiness, interacting face-to-face with others for the purpose of strengthening your connections can have a number of powerful, long-term advantages.

Building connections and working on them takes a lot of time and effort. But everything you put into these relationships will be worth it. Even the smallest, seemingly insignificant interactions can have profound effects on your life when they happen on a regular basis. And, as you expand your network, you won't just increase your happiness. You also end up being part of other people's social networks, which means that you will be contributing to the happiness and longevity of others.

With this in mind, along with all the good things you have just read, the next thing to learn is how to increase your social connections. To do this, here are some practical and easy tips for you:

- ▶ Get rid of your "busy mindset"
- ▶ Find the courage to connect with other people
- ▶ Work on making your existing connections stronger
- ▶ Try to be more mindful and accepting of other people
- ▶ Learn how to share yourself with other people
- ▶ Reach out to other people and be present for them



CELEBRATION OF 41ST FOUNDATION DAY OF LIFE BLOOD CENTRE



Life Thalassaemia Prevention Centre reached to **2732** people through awareness drive and did **2444 Thalassaemia** tests in last quarter. Inauguration to make **Thalassaemia Free Gujarat and India Campaign** by organising First Thalassaemia Awareness & Screening Programme at Sarojini Naidu Girls High School.



Celebration of National Voluntary Blood Donor Day on
01st October, 2021



Awarded as best blood centre in NGO segment by
Gujarat State AIDS Control Society (GSACS) on
01st December, 2021.



Progress Report

Particulars	Oct. - 2021	Nov. - 2021	Dec. - 2021
Total Blood Units Collected	1234	841	1710
Total Blood Units Supplied	1736	1357	1785

Virtual Vendors Meet

Gujarat State Non Residential Gujarati's Foundation, Gandhinagar & NRG Centre Rajkot organized virtual vendors meet to increase the numbers of vendors to provide services and benefits to Gujarat Card Holder on 24th December 2021 from 5.00 to 6.00 pm.

Ms. Meetal Koticha Shah, Chairman - NRG Centre Rajkot and Mr. Rushikesh Pandya, Secretary - NRG Centre, Rajkot welcomed all dignitaries and brief about the objectives of the program. Mr. Utasav Bhatt, Mamlatdar - GSNRGE, Gandhinagar and Mr. Chitnan Prajapati, System Manager - GSNRGE, Gandhinagar explained about benefits of connected commercial organizations with Gujarat Card. Mr. D. G. Panchamiya, Secretary - Kutch Saurashtra Productivity Council, Rajkot has supported the program to get success by sharing information. Approximately 100 vendors joined this program. NRG centre rajkot organized virtual meet with zero cost which GSNRGE officials noticed and appreciated efforts of NRG centre rajkot due to pandemic it was decided to organize event virtually.





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EVENT REPORT

On occasion of 41st Foundation Day of Life Blood Centre, Project 'Life', Rajkot has organized an event to participate in the legacy of excellence in Transfusion Medicine. National campaign was initiated to make **"Thalassaemia Free Gujarat & India"** and **"Know Your Blood Group"**.

Hon'ble Dignitaries & Bureaucrats present during the event. Project 'Life' is obliged for their valuable support and intensive guidance which will enforce us to serve with more passion towards life-saving noble cause.



HH Acharya Dr. Lokesh Muniji
Founder-Ahimsa Vishwa Bharti, Delhi
Global Ambassador of Project 'Life'



Shri Amit Arora, IAS
Municipal Commissioner
Rajkot



Hon'ble Shri Rambhai Mokariya
Member of Parliament
Rajya Sabha



Dr. Darshita Shah
Deputy Mayor
Rajkot



Shri Arun Mahesh Babu, IAS
District Collector & DM
Rajkot



Dr. Parin Somani
International Motivational Speaker (UK)
Ambassador, Project 'Life'

Video Appeal for Thalassaemia Screening Test by Prominent Actors

Wagle Ki Duniya – Nayi Peedhi Naye Kissey



Rajesh Wagle



Vandana Wagle



Harshad Aggarwal



Advocate Dakshesh Joshipura

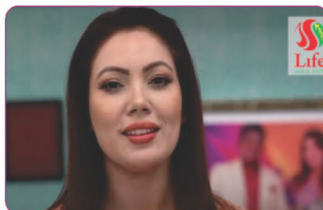
Taarak Mehta Ka Ooltah Chashmah



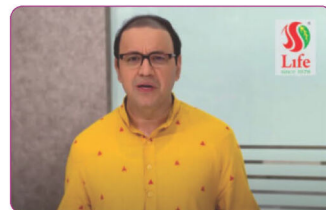
Asit Kumar Modi



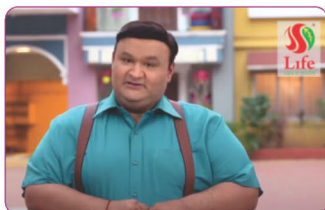
Jethalal Gada



Babita Iyer



Atmaram Bhide



Dr. Hansraj Hathi



Patrakar Popatlal



Roshan Singh Sodhi



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7 SCHOOLS UNDER CONSTRUCTION



Smt. Kusumben Mansukhlal Kamdar Primary School
Panchasiya



The George & Gloria Subraj Primary School
Jepur



Smt. Vijayaben & Shri Jayantilal Patel Primary School
Sardharka



Dr. Sarojben & Dr. Jayendrabhai Shah Primary School
Kukda



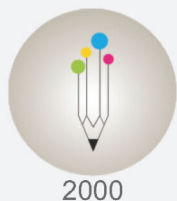
Life Global USA Campus
Smt. Navalben Nathubhai Mehta Primary School
Neknam



Smt. Vimlaben & Shri Manharlal Mehta Primary School
Gangiyavadar



Bavishi Family (Illinois, USA) Primary School
Juna Vaghaniya



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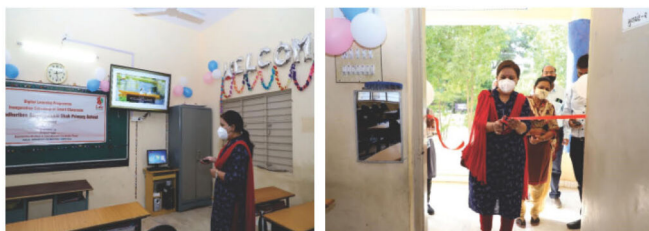
DISTRIBUTION OF SCHOLARSHIPS & OTHER PROGRAMS



Smt. Shantaben and Shri Jayantilal Vithalji Doshi Primary School,
Gundala (Jas)



Smt. Lilavanti Amratlal Anandjee Sanghvi Secondary School,
Khajurda



Digital Learning

Digital Learning Program aims to provide facilities for digital learning, through Smart Class and Computers to the rural children of Gujarat to enhance their ability for smart learning in the school. Inauguration ceremony of Smart Classrooms at Late Madhuriben Suryakantbhai Shah Primary School, Village: Mulchand



Science on Wheels Program

Distribution of Advance Science Kit and Science Experiment Reference Books in Government Primary Schools in November 2021

ACTIVITIES AT A GLANCE

Finale of Talent Hunt Program on
04 December, 2021 in Project 'Life', Rajkot.

Talent Hunt Program is an effort of Life Education Centre, which aims to provide a platform to the students to showcase their hidden talent like dancing, singing etc. through participation in various competitions.



Dr. Navnidharay Chhaganlal Mankad Primary School
Keshod (Winner)



Smt. Sushilaben & Shri Rajnikant Ambani Primary School
Moti banugar (Runners up)

Smt. Lilavantiben Manilal Mehta
Primary School
Velada



Navnat UK Primary School
Jabalpur

Smt. Tijadevi Haribaksh Lohiya
Primary School
Sajadiyadi



Shri Pravinbhai Narbheram Mehta
Primary School
Jamnagar



WOMEN ARE THE REAL ARCHITECTS OF THE SOCIETY

Interaction session of 150 BPL widows/women with
Mrs. Bharati & Mr. Sanjiv Shah (Orange, CA, USA) at
Ahmedabad on 26th October 2021



Inauguration of Vocational Training for
250 BPL Widows/Women at
Ahmedabad on 23rd November 2021



Awareness for Vocational Skill based
training to 300 Women of
Police Department at Ahmedabad
on 27th November 2021



Physical & Virtual Training of
Self Defense arranged
simultaneously for 400 BPL Widows/
Women of Ahmedabad & Junagadh
District from 7th to 17th Dec., 2021

Banking, Budgeting & Finance Training
Session conducted by Bank of India for
225 BPL Widows/Women at
Ahmedabad Centre on 23rd Dec. 2021





ACTIVITIES AT A GLANCE

Commencement of 9th batch of Certificate Course in Yoga (200 hrs.) from 7th October 2021



Facebook Live Lectures

facebook.com/999life

Day | October | Time
Saturday | 9th | 10.30 to 11.00 AM

Importance of Yoga in Day to Day Life
By : Shri Rajeev Mishra & Shri Chirag Tanna

For more details please contact : +91 85 11 33 11 33

Project 'Life'
Saurashtra Medical & Educational Charitable Trust
'Life', Racecourse Ring Road, Rajkot - 360 001, Gujarat, India.

Importance of Yoga in
Day to Day Life on 9th October 2021

facebook.com/999life

Day | October | Time
Saturday | 23th | 10.30 to 11.00 AM

Meditation : How & Why ?
By : Shri Rajeev Mishra & Shri Chirag Tanna

For more details please contact : +91 85 11 33 11 33

Project 'Life'
Saurashtra Medical & Educational Charitable Trust
'Life', Racecourse Ring Road, Rajkot - 360 001, Gujarat, India.

Meditation How & Why? on
23rd October 2021

facebook.com/999life

Day | November | Time
Saturday | 13th | 10.30 to 11.00 am

Importance of Yoga Nindra
Live talk on facebook
By Yoga Expert
Shri Rajeev Mishra & Shri Jasmin Panchasara

For more details please contact : +91 85 11 33 11 33

Project 'Life'
Saurashtra Medical & Educational Charitable Trust
'Life', Racecourse Ring Road, Rajkot - 360 001, Gujarat, India.

Importance of Yoga Nindra on
13th November 2021

De-stress Yoga Workshop
by
Life Health & Wellness Centre
Project 'Life'

Date : 25th to 30th October 2021
Time : 8.00 am to 9.00 am

Yoga can be extremely soothing, reducing tension and relaxing the body and mind.

For more details please contact on +91 85 11 33 11 33

Project 'Life'
Saurashtra Medical & Educational Charitable Trust
'Life', Racecourse Ring Road, Rajkot - 360 001, Gujarat, India.

De-Stress Yoga Workshop from
25th to 30th October 2021

Life Health & Wellness Centre
Project 'Life' organizes

Special Meditation Session
For Peace of Mind
By Shri Rajeev Kumar Mishra

Date : Saturday, October 30, 2021
Time : 8.00 am to 9.00 am
Venue : Project 'Life', Racecourse Ring Road, Rajkot

Free participation for all

For more details please contact : 85 11 33 11 33

Project 'Life'
Saurashtra Medical & Educational Charitable Trust
'Life', Racecourse Ring Road, Rajkot - 360 001, Gujarat, India.

Free Meditation Session on
30th October 2021

Life Health & Wellness Centre
Project 'Life' organizes

YOGA WORKSHOP FOR WOMEN HEALTH

Workshop from
22nd Nov. 2021
to
27th Nov. 2021

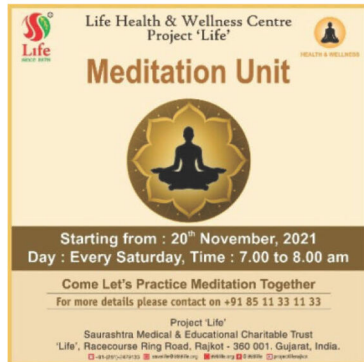
Time
8:00 to 9:00 am
5:00 to 6:00 pm

Venue
Project 'Life', Rajkot.

Registration is Compulsory
Call on : 85 11 33 11 33

Project 'Life'
Saurashtra Medical & Educational Charitable Trust
'Life', Racecourse Ring Road, Rajkot - 360 001, Gujarat, India.

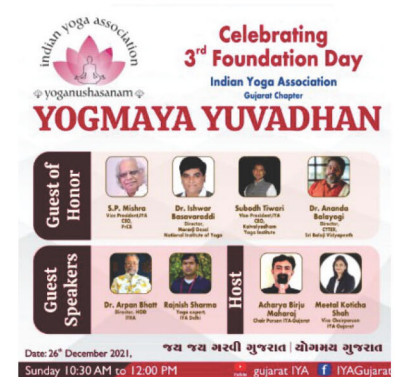
Workshop for Women Health from
22nd to 27th November 2021



**Meditation Unit from
20th November 2021**



Yoga for Senior Citizens



'Yogamaya Yuvadhan'



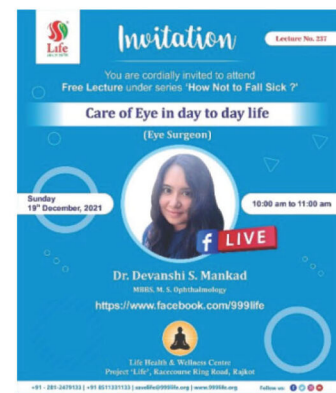
**Participation in 10th International Conference on
'Yoga & Mental Health' organized by Kavailyadham, Lonavala**



**Lecture no. 235 on
'Stress Management'
by Dr. Gautam Dave**



**Lecture no. 236 on
'Seasonal Mosquito Disease'
by Dr. Darshan Jani**



**Lecture no. 237 on
'Care of Eye in day to day Life'
by Dr. Devanshi Mankad**

Meetal Koticha Shah
Joint Executive Trustee

Kirit Vassa
Joint Executive Trustee

Chandrakant Koticha
Founder Executive Trustee

Bakul Mehta
Patron

Project 'Life'

**Saurashtra Medical & Educational Charitable Trust
Indian Medical Scientific Research Foundation**

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