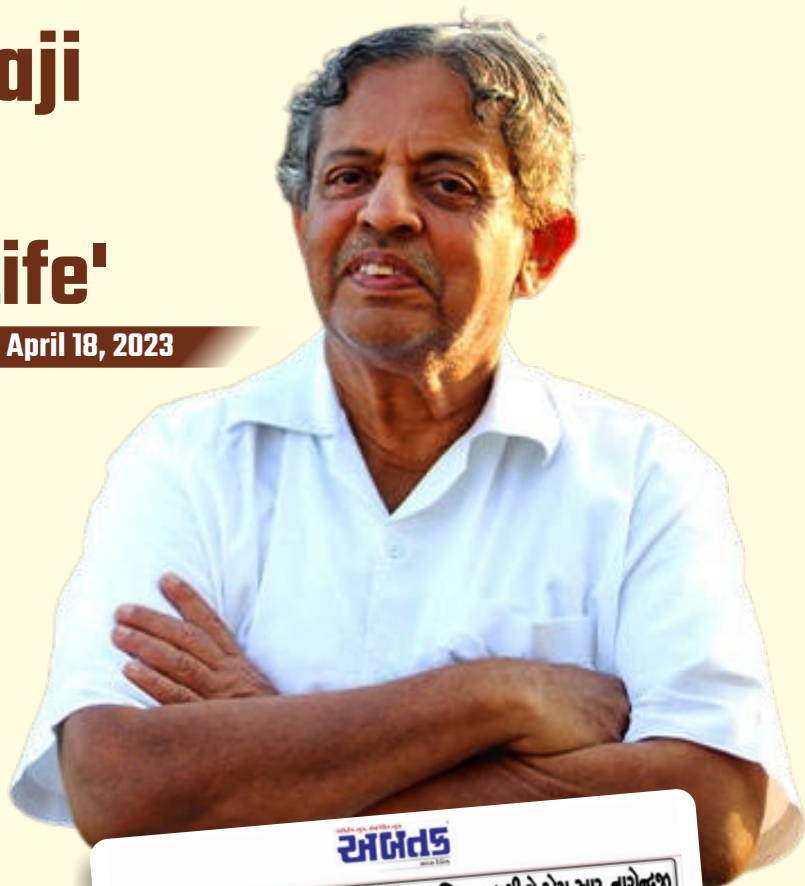




Dr. H. R. Nagendraji

Livens up Life at Project 'Life'

April 18, 2023



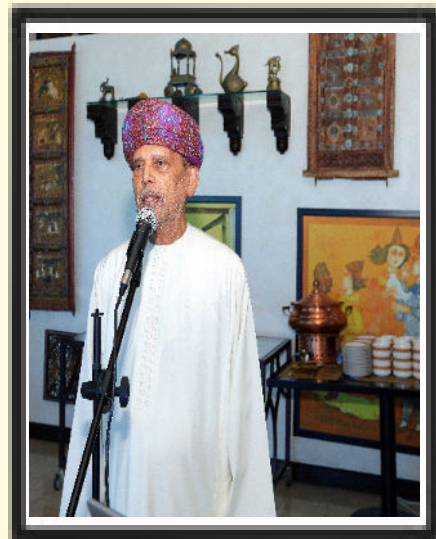
ENGAGING EVENTS



**Project 'Life' Team
Welcoming & Felicitating
the Rajkot District Collector**



**Life Global UK presenting Project 'Life', India
at Lions Clubs International Foundation,
London, UK**



**Awareness about the activities of
Project 'Life' at Oman**



Nursing Training Programme:

Specialized training programmes on “Basics of bedside blood transfusion process” starting from sample collection to basics of blood transfusion process were conducted for medical officers and nursing staff in four multispeciality hospitals of Rajkot city.



Sanidhya Hospital, Rajkot
April 28, 2023



Shiv Hospital
April 29, 2023



Wockhard Hospital, Rajkot



Nursing Training Program March, 2023



Date	Topie	Trainer	No. of Participants
15.03.2023	N M Virani Wockhardt Hospital, Rajkot	Dr. Nishith Vachhani	30
20.03.2023	N M Virani Wockhardt Hospital, Rajkot	Dr. Meera Kangad	32
21.03.2023	H J Doshi Hospital, Rajkot	Dr. Meera Kangad	46



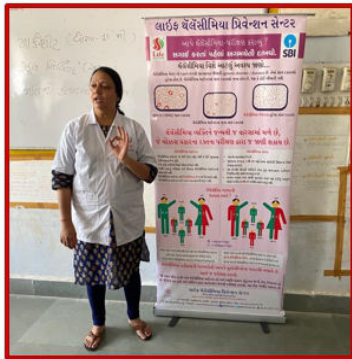
Score-card:

	January 2023	February 2023	March 2023	April 2023	Total
Total Blood Units Collected	1081	1258	1332	1045	4716
Total Blood Units Supplied	2104	1768	1907	1677	7456
Total Blood Donation Camps Organized	12	08	16	19	55



Life Thalassaemia Prevention Centre

Thalassaemia Awareness Drive & Screening Camps



Shri Haribapa Arts and Commerce College, Jasdan.
January 10, 2023



H & H B Kotak Institute of Science, Rajkot.
January 20, 2023



Gurukul Mahila Arts & Commerce College, Porbandar.
January 31, 2023



Sarvodaya Group of Colleges
February 6, 2023



I.T.I. College, Surendranagar
February 9, 2023



Hari Om School, Rajkot
February 17, 2023

Bone Marrow Transplant Awareness Talk & HLA Typing Camp

Bone Marrow transplantation is one of the potential cure for thalassemia disorder, HLA Typing is one step ahead towards this bone marrow transplantation.

In association with SRCC Hospital Mumbai, HLA Typing Awareness Talk and Screening Camp was conducted at Life Blood Centre on 24th April, 2023 for Bone marrow Transplantation benefits of thalassemia major children. The programme was organized under the guidance of Dr. Chintan Vyas, BMT consultant at SRCC Hospital, Mumbai gave vital information about bone marrow transplantation process, risk and success chances, etc. He also resolved the quarries related to BMT for major children and their parents. Apart from this few samples were also collected of thalassemia major children's siblings too for HLA Typing. Thus, this may be one kind of help for thalassemia major children to improve their life and life span.



Score-card

Intervention Statistics	Jan. 2023	Feb. 2023	Mar. 2023	April 2023
Thalassaemia Awareness Drive – People reached	2426	2395	815	329
Thalassaemia tests carried out	2159	2094	645	275
Thalassaemia Screening Camps organized	8	8	4	0



Closing Ceremony SBI - Life Thalassaemia Control & Prevention Programme Shree P. & T. V. Sheth High School, Rajkot. February 27, 2023



**G. K. & C. K Bosamiya
Arts & Commerce College
February 23, 2023**

The SBI-Life Thalassaemia Control & Prevention Programme completed 20,000 Thalassaemia Screening Tests in Saurashtra region in the year 2022 – 2023 generating mass awareness on Thalassaemia in the society.

4.66% Thalassaemia Minor cases & 1% other hemoglobinopathies were detected. All positive results cases were counselled.

Collaborating with Rajkot Municipal Corporation, 2223 Thalassaemia Screening tests were carried out in Rajkot District, targeting pre-marital age groups through Thalassaemia Awareness Drives and Thalassaemia Screening Camps in Schools & Colleges.

Interesting Facts :

Hb Sun Prairie a type of hemoglobinopathy was first reported in 1990 in an Indian patient with chronic hemolytic anemia. Since then only few cases have been found in India and Italy, making it an extremely rare Hb variant. In such cases a rare Hb variant manifesting as Thalassemic hemoglobinopathy is seen, highlighting the importance of gene sequencing in suspected cases of chronic hemolytic anemia.

One such case was diagnosed in March-2023 in Life Thalassaemia Prevention Centre during the Mass Thalassaemia Screening Programme and was counselled and spouse screening was further advised.



School Dedications

99th



**Sarva Mangal Family Trust Primary School,
Vaghapar (Dist: Morbi). January 20, 2023**

97th



**Smt. Vimlaben & Shri Manharlal Mehta Primary School,
Gangiyavadar (Dist: Morbi). February 09, 2023**

93rd



**Smt. Kusumben Mansukhlal Kamdar Primary School,
Panchasiya (Dist: Morbi). February 11, 2023**

96th



**Dr. Sarojben & Dr. Jayendrabhai Shah Primary School,
Kukda (Dist.: Surendranagar). January 30, 2023**

98th



**Smt. Vijayaben and Shri Jayantilal Patel Primary School,
Sardharka (Dist.: Morbi). February 10, 2023**

92nd



**Life Global Educational Camps
Smt. Navalben Nathubhai Mehta Primary School,
Neknam (Dist.: Morbi). February 28, 2023**



Life Women Empowerment Centre



The first quarter of 2023 has seen further addition of 260 women to this list of 10,000 success stories of Life Women Empowerment Centre.

Inauguration of Vocational Training Program

Junagadh



Dr. Prafulla Patel, USA & Smt. Geetaben Parmar,
Mayor of Junagadh
February 25, 2023

Ahmedabad



Mrs. Sarla & Mr. Gunvant Mehta, USA
March 19, 2023

Equipment / Kit Distribution

Junagadh



Dr. Dipti McGowan, the Chair and Guests from Life Global Australia, Mrs. Nalini Solanki, Dr. Himat Tank, Mr. Kirit Vassa and guests from Life Global California, USA
January 08, 2023

Ahmedabad



Mrs. Uma & Mr. Vyomesh Joshi, USA, Ms. Nalini Vassa, USA, Mr. Parag Desai, ED of Wagh Bakri Group, Mr. Amrendra Kumar Jha, Dy. GM and Zonal Head of UCO Bank, Ahmedabad, Dr. Binita Verdia, CSR Head, Zydus
January 02, 2023

CSR Initiative



Mr. Dipankar Mahapatra, GM, Mr. Krishan Kumar, DGM, and Mr. Alok Kapoor, DGM & Circle Head,
Distributing Sewing Machines under CSR initiative of Punjab National Bank at the Life Women Empowerment Centre in Ahmedabad and Junagadh. March 14 & March 27, 2023

Interactive Session



Mr. Chandrakant Patel, USA
January 02, 2023



Life Health & Wellness Centre



Yoga Sessions by Project 'Shakti'



Saraswati Shishu Prathmic Vidhya Mandir
January 25, 2023



Saraswati Vidhya Mandir
January 25, 2023



Chatrapati Shivaji Chatralay
February 25, 2023



Sadbhavna Vridhashram : February 25 & March 18, 2023

40 hours of Ashtanga Yoga Course Virani Science College, Atmiya University



Women's Day Celebration



Saturday, March 11, 2023



Life Health & Wellness Centre



Convocation Ceremony - 10th Certificate Course in Yoga



Lecture Series 'How not to fall sick?'

આમંત્રણ
ભારતીય હેલ્થ એન્ડ વેલનેસ સેન્ટર દ્વારા આયોજિત
'શું કરીએ તો સદાય સ્વાસ્થ્ય રહીએ'
પ્રવચનશ્રેણી-અંતર્ગત નિઃશુલ્ક પ્રવચન (ક્રમાંક : 250)

મેન્ટલ વેક્સિનેશન

વક્તા
ડૉ. કમલ પરીખ
એમ.ડી. (વક્તા, લેખક, ચિંતક)

29 જાન્યુઆરી 2023 : રવિવાર
સમય : સવારે 10-00થી 11-30

સ્થળ : પ્રોજેક્ટ 'ભારત', રેસકોર્સ વિંગ રોડ, રાજકોટ
સંપર્ક : 85 11 33 11 33

સંસ્થા 'આઈ' સોશ્યલ મેડિસિન એન્ડ યોગિક સોલ્યુશન્સ દ્વારા
ભારત, રેસકોર્સ વિંગ રોડ, રાજકોટ - 360 001, ગુજરાત, ભારત
+91 (281) 2479133 | sanathika@999life.org | 999life.org | projectlifethrough.com

Lecture no. 250
'Mental Vaccination'
By Dr. Kamal Parikh

આમંત્રણ
ભારતીય હેલ્થ એન્ડ વેલનેસ સેન્ટર દ્વારા આયોજિત
'શું કરીએ તો સદાય સ્વાસ્થ્ય રહીએ'
પ્રવચનશ્રેણી-અંતર્ગત નિઃશુલ્ક પ્રવચન (ક્રમાંક : 251)

આરોગ્ય અને આયુર્વેદ

વક્તા
ડૉ. યતિન વિનુભાઈ વેધ
B. S. A. M. (વક્તા, લેખક, ચિંતક)

26 ફેબ્રુઆરી 2023 : રવિવાર
સમય : સવારે 10-00થી 11-30

સ્થળ : પ્રોજેક્ટ 'ભારત', રેસકોર્સ વિંગ રોડ, રાજકોટ
સંપર્ક : 85 11 33 11 33

સંસ્થા 'આઈ' સોશ્યલ મેડિસિન એન્ડ યોગિક સોલ્યુશન્સ દ્વારા
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+91 (281) 2479133 | sanathika@999life.org | 999life.org | projectlifethrough.com

Lecture no. 251 & 252
'Arogya and Ayurveda'
By Dr. Yatin Vaidya

આમંત્રણ
ભારતીય હેલ્થ એન્ડ વેલનેસ સેન્ટર દ્વારા આયોજિત
'શું કરીએ તો સદાય સ્વાસ્થ્ય રહીએ'
પ્રવચનશ્રેણી-અંતર્ગત નિઃશુલ્ક પ્રવચન (ક્રમાંક : 253)

સૂર, શ્વાસ અને શ્રવણનું જતન

વક્તા
ડૉ. કુલદીપ પંચોલી
(M. S. E. N. T. & Head Neck Surgeon)

30 એપ્રિલ 2023 : રવિવાર, સમય : સવારે 10-00થી 11-30

સ્થળ : પ્રોજેક્ટ 'ભારત', રેસકોર્સ વિંગ રોડ, રાજકોટ
સંપર્ક : 85 11 33 11 33

સંસ્થા 'આઈ' સોશ્યલ મેડિસિન એન્ડ યોગિક સોલ્યુશન્સ દ્વારા
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Lecture no. 253
'Care of Sur, Swas and Shrawan'
By Dr. Kuldeep Pancholi

Special Shibirs for Yogic Solutions

યોગિક સિદ્ધિસ આધારિત આરોગ્યકર્મ શિબિર

સ્વાસ સંબંધી સમસ્યા તેમજ નિરાકરણ

કેન્સરના
• સ્વાસ્થ્ય પ્રદુષક
• અવેલ્યુઈ
• અવજનના અભાવે
• કમ્પ્રેશન
• કમ્પ્રેશન
• કમ્પ્રેશન

સ્વાસ્થ્ય
• સ્વાસ્થ્ય પ્રદુષક
• અવેલ્યુઈ
• અવજનના અભાવે
• કમ્પ્રેશન
• કમ્પ્રેશન
• કમ્પ્રેશન

25 ફેબ્રુઆરી 2023 : રવિવાર
સમય : સવારે 9 થી 12 (પ્રત્યક્ષ યોગ)
સમય : સાંજે 4 થી 7 (યોગિક યોગ)

સ્થળ : ભારતીય હેલ્થ એન્ડ વેલનેસ સેન્ટર, રાજકોટ
સંપર્ક : 85 11 33 11 33

સંસ્થા 'આઈ' સોશ્યલ મેડિસિન એન્ડ યોગિક સોલ્યુશન્સ દ્વારા
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Lungs and Yogic Solution
January 21, 2023

યોગિક સિદ્ધિસ આધારિત આરોગ્યકર્મ શિબિર

ડિપ્રેશન તેમજ નિરાકરણ

કેન્સરના
• સ્વાસ્થ્ય પ્રદુષક
• અવેલ્યુઈ
• અવજનના અભાવે
• કમ્પ્રેશન
• કમ્પ્રેશન
• કમ્પ્રેશન

25 ફેબ્રુઆરી 2023 : રવિવાર
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સમય : સાંજે 4 થી 7 (યોગિક યોગ)

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સંપર્ક : 85 11 33 11 33

સંસ્થા 'આઈ' સોશ્યલ મેડિસિન એન્ડ યોગિક સોલ્યુશન્સ દ્વારા
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Depression and Yogic Solution
February 25, 2023

યોગિક સિદ્ધિસ આધારિત આરોગ્યકર્મ શિબિર

આર્થ્રાઇટિસ (આઈ.ટી.ડી.) અને યોગિક ઉપાયો

કેન્સરના
• સ્વાસ્થ્ય પ્રદુષક
• અવેલ્યુઈ
• અવજનના અભાવે
• કમ્પ્રેશન
• કમ્પ્રેશન
• કમ્પ્રેશન

25 માર્ચ 2023 : રવિવાર
સમય : સવારે 9 થી 12 (પ્રત્યક્ષ યોગ)
સમય : સાંજે 4 થી 7 (યોગિક યોગ)

સ્થળ : ભારતીય હેલ્થ એન્ડ વેલનેસ સેન્ટર, રાજકોટ
સંપર્ક : 85 11 33 11 33

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Arthritis and Yogic Solution
March 25, 2023

યોગિક સિદ્ધિસ આધારિત આરોગ્યકર્મ શિબિર

હાઇપરટેન્શન (હાઇ બ્લડ પ્રેશર) અને યોગિક ઉપાયો

કેન્સરના
• સ્વાસ્થ્ય પ્રદુષક
• અવેલ્યુઈ
• અવજનના અભાવે
• કમ્પ્રેશન
• કમ્પ્રેશન
• કમ્પ્રેશન

29 એપ્રિલ 2023 (રવિવાર)
સમય : 7-00થી 9-00, સંજે : 5-00થી 7-00

સ્થળ : પ્રોજેક્ટ 'ભારત', રેસકોર્સ વિંગ રોડ, રાજકોટ
સંપર્ક : 85 11 33 11 33

સંસ્થા 'આઈ' સોશ્યલ મેડિસિન એન્ડ યોગિક સોલ્યુશન્સ દ્વારા
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Hypertension and Yogic Solution
April 28, 2023



Life Health & Wellness Centre

2003



Articles in Yogavani

January, 2023

March, 2023

JANUARY 2023, ISSUE-35
www.yogavani.in



Smt Meetal Koticha Shah
Joint Executive Trustee, Project 'Life' &
Senior Vice-Chairperson, Indian Yoga Association, Gujarat Chapter

Need of Yoga Education in Present Era

In the present times, the importance of yoga education is absolutely proved. With the inclusion of yoga in education, development of complete personality is possible. On one hand development of values is possible through yoga education and on the other side physical, mental, emotional and spiritual development can also happen. It is necessary that emphasis should be laid on yoga education so that the youth can get the knowledge of their yoga culture.

Swami Vivekananda's message to the youth, 'Arise, awake and do not stop until the goal is achieved'. In every field of science, research, technology, medicine, art, youth are playing their invaluable role in making the country proud with their talent. To maintain the integrity of the country, the youth of our country do not even care about their lives. The country is proud of such youths who have contributed from time to time in the interest of the country.

On one side there is a young country and on the other side there are equal youth.

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challenges. The biggest challenge of the present time is to save the youth from evil. We have to be alert in time and we have to get the youth out of the addiction of drugs, alcohol, tobacco and cigarettes. Due to drugs, crime, violence and cruelty are increasing in the society, which is a matter of concern. For this we have to educate the youth and make them aware of their duty, then only youth wealth can be preserved.

Making them aware of ideal life values, it is the demand of today's time. In order to develop spiritual values, social values, cultural values, moral values.

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Smt Meetal Koticha Shah
Joint Executive Trustee, Project 'Life' &
Senior Vice-Chairperson, IYA, Gujarat Chapter

Yogic Lifestyle and Geriatric Care

Old age, often seen as a difficult phase in life, can be actually joyous and enjoyable through regular practice of Yoga, Meditation and Pranayama. Yogic lifestyle can pave the way to live a stress free, peaceful and serene life. The changes ushered by old age are multi-fold. Social adjustment, dependence, generation gap, differences in way of thinking and value system can be frustrating and can affect the life adversely. Life's greatest pain is expectations. Feeling sidelined and ignored or avoided by mainstream can cause ailments and poor sense of well-being, sometimes depression and dejection. Society has undergone rapid changes.

Nuclear families have replaced joint families and support systems have been dwindling. People live with high stress levels and irregular routines. Old age and retirement from active lifestyle create alarming voids. Unmanageable mental and physical conditions and lack of family support have compelled people to seek solace in old age homes and the number is on the increase.

Getting old is imminent and unavoidable. But living healthy and happy is not.

While physical and mental changes are a normal occurrence with in-

Article

Happiness is a state of mind, easily found within.
Healthy life practices lead to happiness.
Age cannot damage, if we can manage. Because health is in our hands.

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creasing age. Life can be healthier and better managed in old age by adopting a Yogic lifestyle.

Yoga can augment adaptability and flexibility through enhancement of physical, emotional, mental and spiritual wellbeing, leading to comfort and content in the silver years.

Age is only a number and one is only as old as one feels. Yogic lifestyle can make huge difference in living and provide a cheerful, optimistic and healthy state of mind, body and soul. Introspection, devotion, and spiritual outlook are natural effects of Yogic practices.

The practice is simple and easy to adopt:

1. Regular brisk walk in the open air, preferably in morning.
2. Yogasana, Pranayama and Meditation.
3. Humor and laughter.
4. Enlighten your Retirement.
5. Regular sleep routine. Early to bed & early to rise.
6. Regular physical activity. Exercise.
7. Optimism.
8. Refrain from negative thoughts.
9. Develop new hobbies.

Happiness is a state of mind, easily found within.
Healthy life practices lead to happiness.
Age cannot damage, if we can manage. Because health is in our hands.



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Celebration of Yoga Mahotsav – 2023

In Association with Indian Yoga Association, MDNIY, Kaivalyadhama, IYA GC, Project 'Life'





Yoga Mahotsav - 2023

An event to commemorate 100 days countdown to
INTERNATIONAL DAY OF YOGA - 2023

Wednesday, 5th April, 2023 | 7:00 am to 8:00 am

Venue:
Project 'Life', Life Building,
Racecourse Ring Road, Rajkot

Theme : Yoga for Health and Wellness

27 DAYS TO GO

For more details kindly contact: 85 11 33 11 33

Organized by
Indian Yoga Association - Gujarat Chapter

In Association with
Project 'Life', Rajkot, Gujarat, India

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Yoga Shibir at Rajkot District Jail January 7 to 13, 2023



Meetal Koticha Shah
Joint Executive Trustee

Kirit Vassa
Joint Executive Trustee

Chandrakant Koticha
Founder Executive Trustee

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Patron

Project 'Life'

Saurashtra Medical & Educational Charitable Trust
Indian Medical Scientific Research Foundation

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