

Muni Seva Ashram
Newsletter
September - November 2018



GUJARAT'S FIRST CYCLOTRON

Accurate diagnosis and staging are essential for the optimal management of cancer patients. Positron emission tomography (PET) has emerged as a powerful imaging tool for the detection of various cancers. The combined acquisition of PET and CT (Computerised Axial Tomography) has advantages over PET or CT alone and minimizes their individual limitations. It is a valuable tool for staging and restaging of some tumours and has an important role in the detection of recurrence in asymptomatic patients with rising tumour marker levels. It also allows for monitoring response to therapy and permitting timely modification of therapeutic treatments.

The heart of the technology is a cyclotron, a proton accelerator, that accelerates proton for a nuclear reaction creating a radioactive isotope. This radioactive isotope (generally fluorine) is then combined with a glucose molecule to make the FDG (Fluoro-Deoxy-Glucose) which is inserted into the patient's body. Since cancer cells attract glucose and thus FDG, and scanning the radioactive isotope is very easy and effective, this method helps diagnose the location, type and stage of cancer.

To protect the operators and the environment, Medical Cyclotron is housed in a massive concrete vault with 2.2 metre thick walls. This is a unique design that has been created here which helps reduce the size of heavy lead doors and do away with the motorised machinery required to open them.

The cyclotron at Muni Seva Ashram is the first project in Gujarat to produce radioisotopes for medical application. This will be a unique project in the history of India and the world, as it opens up opportunities for research in different areas.

This INR 14-crore project will support the needs of cancer patients in Gujarat and surrounding areas, in diagnosing, staging, and restaging needs of cancer people. It has applications in other areas like cardiology, neurology, neuropsychology. Other than the medical field, the cyclotron can also be used for research, educational purposes and also for developing a better variety of crops by seed mutations.

On 6th September, Anuben's birth anniversary, the cyclotron installed at Muni Seva Ashram was inaugurated by Dr Jayanti Ravi (Commissioner of Health, Medical Services & Medical Education, Ex-officio Principal Secretary to Government, Health and Family Welfare Department, Gujarat. The Guests of Honour of the event were Dr Velumani (Thyrocare Diagnostic), Mr Huyghebaert Peter (Consul General, Consulate of Belgium), Mr Bruno Scutnaire (President, IBA RPS, Belgium), Mr R Venkatramanan (Managing Trustee, Tata Trusts), Prof. Kailash Sharma (Director, Academics, Tata Memorial Hospital, Mumbai), and Dr Somasundaram Subramanian (Founder & CEO, Euro Asian Foundation of Oncology). The

auspicious event was blessed by Shree Ganeshdasji Maharaj (Shree Santram Mandir, Umreth).



MOBILE MEDICAL UNIT

Kailash Cancer Hospital and Research Centre

J. V. GOKAL CHARITY TRUST is a not-for-profit Public Charitable Trust registered within the provisions of Bombay Public Trust Act, 1950. The trust is a national level organization aiming to reach out to the underprivileged and needy communities by providing them with educational opportunities and access to basic healthcare facilities through charity. Since its inception in 1967, J. V. GOKAL CHARITY TRUST (JVGCT) works with the values of Trust, Devotion and Compassion for the communities it serves.

The trustees of J. V. Gokal Charity Trust have donated a Mobile Medical Unit to Kailash Cancer Hospital & Research Centre (KCHRC), Goraj (Gujarat). This Unit will be used for Early Cancer Detection and Awareness project. JVGCT intends to support this project by raising CSR Funds from corporates and like-minded donors.



BHOOMI POOJAN

Sharda Mandir Primary School

On 19th September, the Bhoomi Poojan of the land for the new campus of the Sharda Mandir Primary School was done by the trustee Udaybhai Dalal and his wife Naynaben Dalal, who are also a major donor for the new school campus. The event was attended by the Chairman, Dr Vikram Patel, other trustees, the group of architects, builders and engineers, the staff of the school and the students of the school.

WINNERS

Sharda Mandir Primary School

In the Khel Mahakumbh, a state-organized sports competition, on 20th September, the girls Kho-Kho team of Sharda Mandir Primary School won the match and went up to the district level. Sharda Mandir Primary School was also the winner of the 30m race, 50m race and cycling and the winners will be participating in the district level.

CELEBRATIONS

Sharda Mandir Primary School

The following celebrations were held at the school for the children and the staff in September, with special food and decorations:

- 3rd September, Janmashtami - Celebrated with Raas-Garba done by all the teachers and students at night under the moonlight with beautiful and colourful traditional clothes
- 5th September, Teacher's Day - Celebrated with students dressing up as teachers and playing the role for students of lower grades for the whole day, it helps students understand the challenges of becoming a teacher, managing a class and teaching the students, and thus the students learn to respect teachers better; Gauri Jagdishbhai Parmar was given the role of the Principal, which she performed wonderfully
- 6th September, Founder Anuben's Birthday - To celebrate the birth of the founder of Muni Seva Ashram, her favourite devotional songs were sung during the morning prayer; the principal Vinodbhai Parmar, a student of Anuben's daycare centre, shared with the students his memories of Anuben and her life, especially all her great characteristics and all the learnings the students can take from them
- 16th September, Ganesh Chaturthi - The entire school celebrated Ganesh Chaturthi by bringing and establishing an idol of Lord Ganesha in the school and organizing a 'Satyanarayan Katha' for all the students, teachers and the staff

LENDING A HAND

Bhagini Mandir

The month of September was very fruitful for the women of Bhagini Mandir. They have been donated nightgowns and inner wear and handkerchiefs. The special care given to the women by the Muni Seva Ashram family impressed one visitor so much that he decided to sponsor 13 women for a year.

In the month of November, to celebrate the new year, the women were given new dresses by a donor.

GOBAR-DHAN

Biogas

Ministry of Drinking Water and Sanitation, Government of India has issued the guidelines for GOBAR-DHAN with the objective to ensure cleanliness in villages and generate wealth and energy by converting cattle dung and solid agricultural waste into compost and biogas and improve the lives of villagers. This initiative aims to support biodegradable waste recovery and conversion of waste into resources and also provide economic and resource benefits to farmers and households.

A State-level Technical Advisory Committee (STAC) for guiding the overall policy and advising the state from time to time on technology, multi-sectoral practices, and approvals of specific projects has been formed.

Deepak Gadhia, a trustee of Muni Seva Ashram, has been appointed a member of the STAC team for Gujarat.



ORAL HYGIENE

Sharda Mandir Primary School

Every 6 months, the students of Sharda Mandir Primary School are given a dental check-up to maintain their oral hygiene. This time the dentists Dr Dipti Parikh and Dr Apeksha Tevar from the Kailash Cancer Hospital and Research Centre checked the students' teeth and gave them a basic understanding of oral hygiene and its maintenance.



APPRECIATION

Muni Seva Ashram

On the occasion of completion of 40 years of Khadi Gramodhyog Sangh, Samanvay Rajkot, and on the 150 birth anniversary of Mahatma Gandhi, on 24th November, Dr Vikram Patel, the Chairman of Muni Seva Ashram was honoured for the contribution he has given to the society all his life, in the form of Muni Seva Ashram.



REST IN PEACE

Vanprastha Mandir

On 13th September, Kusumben Shah, a resident of Gokul Vanprastha Mandir passed away at the age of 75 years. She was a member of the Muni Seva Ashram Family for more than 10 years and was loved by many at the ashram and will be dearly missed. May her soul rest in peace.

CREATIVITY

Bhagini Mandir

Preparing for Navratri and Diwali in September, the women of Bhagini Mandir were taught to make a variety of 'toran' (doorway decorations), jewellery and colourful lamps to be sold to visitors. The women were taught and helped with embroidery and knitting.

HEALTH CAMPS

Kailash Cancer Hospital and Research Centre

The following health camps were conducted by the Kailash Cancer Hospital and Research Centre in the nearby villages:

- 26th September - Health Checkup Camp (Nose, Tongue, Teeth, Ears, Nail, Heart, Throat, Skin, Respiration, etc.) at Popdipura Primary School: 29 participants
- 27th September - Health Checkup Camp (Nose, Tongue, Teeth, Ears, Nail, Heart, Throat, Skin, Respiration, etc.) at Dundelav village: 23 participants
- 28th November - Health Checkup Camp (Nose, Tongue, Teeth, Ears, Nail, Heart, Throat, Skin, Respiration, etc.) at Goraj village: 77 participants
- 20th September - Dental Awareness Camp at Sangadol Vasahat Primary School: 21 participants
- 20th September - Dental Awareness Camp at Sangadol Primary School: 115 participants
- 20th September - Dental Awareness Camp at Popdipura Primary School: 29 participants
- 27th September - Dental Awareness Camp at Eklavya Model Residential School: 120 participants
- 27th September - Dental Awareness Camp at Dundelav Primary School: 23 participants
- 27th September - Dental Awareness Camp at Madodhar School: 115 participants



CELEBRATING NAVRATRI

Vanprastha Mandir

From 10th October to 18 October, the Muni Seva Ashram family celebrated Navratri in the Gandhi Chauk of the main campus. It was as if the campus had come alive during those nine days. All the members of the Bhagini Mandir, the Nursing College, the Vocational Training Centre and the Parivar Mandir (as most of them are women) played garba enthusiastically and happily adorned in the beautiful and colourful traditional clothing (chaniya-choli) of Gujarat. Quite a few staff members and their families joined these women along with villagers living nearby. For the members of the Vanprastha Mandir, their routine live was sprinkled with the glitter of laughter, music and dancing in the evenings and that brought in the sparkle of memories of their youth.

Festivals have their own way of bringing people together and brightening up lives, and though things seemed dull after Navratri, upcoming Diwali led to cleaning up of the whole ashram and thus a lot of activity.

PROVERBS

Sharda Mandir Primary School

Samvitti Foundation organized its monthly sessions on 26th September where the Sahityamitra Preeti Macwan enthusiastically narrated a story of ‘છાંચડે જજ ને છાંચડે આવજે (Go in shade and come back in shade)’ from the section of Kishormitra of ‘Doot’ to the young girls of Sharda Mandir Primary School. The session was interactive, imaginative and made the participants think logically.

The participants could identify the hidden meaning behind the proverb (the name of the story). They also spoke several proverbs and discussed the meanings of the same. They could identify that not only hard-work but intelligence too is important to achieve success. They also learnt the importance of responsibility, especially in understanding and learning from our mistakes.



REST IN PEACE

Bhagini Mandir

Sumanben Mehra, an 80-year-old member of Bhagini Mandir passed away on 18th October and all her final rites were performed at the ashram. She will be deeply missed by the whole ashram family, especially her fellow residents and her caretakers. May her soul rest in peace.

CARPENTRY

Vocational Training Centre

In the second week of November, the Vocational Training Centre of Muni Seva Ashram initiated its first non-healthcare course - Carpentry.



FESTIVALS & OCCASIONS

Bhagini Mandir

The women of Bhagini Mandir celebrated the founder, Anuben's, birthday on 6th September with the inauguration of the Cyclotron and a feast. In the month of September, the women also celebrated Ganesh Chaturthi.

For Navratri in October, the women were given special hair treatments - their hair was dyed to make them feel younger and joyful. They were also invited to the Navratri celebrations in the school Libora Anmol on 12th October to participate in garba.

For Diwali too, the women were given special beauty treatments like hair dyeing and nail painting. They were also given new clothes and bedsheets, and their rooms were cleaned for the new year. To decorate their rooms, the women were also given colourful decoration lights. These small things made the women feel cared for and special during the festive season.

BASIC LIFE SUPPORT

Vocational Training Centre

More than 115 students of the Vocational Training Centre were given the Basic Life Support (BLS) Training on 20th September. Dr Apeksh Patwa gave the lecture and demonstration and the one-on-one training was given by Megha Patel, a faculty of Vocational Training Centre.



SHARAD POONAM

Sharda Mandir Primary School

Sharad Poonam was celebrated at the Sharda Mandir Primary School on 29th October where the students and staff members participated in Raas-Garba in traditional Gujarati dresses. The event, sponsored by Chandubhai, was also attended by Udaybhai, Naynaben, Hemantbhai, and Adityabhai.

GOOD CLINICAL PRACTICE

Kailash Cancer Hospital & Research Centre

A Workshop for Good Clinical Practice was organised by the Clinical Research Department of Kailash Cancer Hospital on 6th October at its premises on Muni Seva Ashram, Goraj. The three speakers of the workshop were:

- Dr Charu Gautam: Senior Medical Director and Head of Phase I at IQVIA
- Dr Dharmesh Domadia: AVP, Global Clinical Operation, Pharmacovigilance & Biomatrix at Clianza Research Limited
- Dr Nabakumar Talukdar: Sponsor's Medical Expert for Bioequivalence & Pharmacovigilance operation at Alembic Pharmaceuticals Limited

The workshop was attended by 65 delegates in all. This is the 3rd such workshop organised by the Research Department since it started in 2011. The aim of organizing such workshops is to encourage and uphold the highest standards for conducting Clinical Trials.



ARTISTS

Sharda Mandir Primary School

Sharda Mandir Primary School participated in the Kala Mahakumbh (state-organized art competition) organized in Goraj and thus had the following winners:

- Poetry Writing - Third Prize: Gauriben J. Parmar (8th grade)
- Elocution - Second Prize: Dharmaraj R. Padhiyar (8th grade)
- Essay Writing - Second Prize: Hetal K. Parmar (8th grade)

WORLD DIABETES DAY

School of Nursing

On 14th November, the School of Nursing organized an exhibition on 'Family and Diabetes' to build awareness programs about diabetes and thus work towards eliminating the disease.

The major objectives were:

- To save lives through mass education
- To create awareness among the general public about diabetes
- To educate people regarding preventive measures for diabetes
- To explain the various strategies through posters & slogans



ACTS OF KINDNESS

Sharda Mandir Primary School

Samvitti Foundation organized its monthly sessions on 30th October where Sahityamitra Preeti Macwan shared the story "भारतसौन्दर्य दीप (Lamp of Humanity)" from 'अभिव्यक्ति २०१० (Abhivyakti 2010)' (A collection of short stories and poems) with the young girls of Sharda Mandir Primary School.

The story talks about a woman who, like a candle which consumes itself to give light to others, sacrifices her own luxuries for the welfare of other beings in need, and all this, without letting anyone know about her generous deeds, until the end of her life. This brought an understanding of the importance of compassion and even the smallest acts of kindness and their impact on others.



KHEL MAHAKUMBH 2018 Eklavya Model Residential School

The students of Eklavya Model Residential School have been the winners at the District level in the following:

- Boys:
 - 50m race: 2nd prize
 - 100m race: 1st prize
 - 100m race: 2nd prize
 - 200m race: 1st prize
 - 400m race: 1st prize (under-14)
 - 400m race: 1st prize (under-17)
 - 600m race: 1st prize
 - 800m race: 1st prize
 - 1500m: 1st prize
 - High Jump: 3rd prize
 - Javelin Throw: 3rd prize
 - Kho-Kho: 1st prize (under-14)
 - Kho-Kho: 2nd prize (under-17)
- Girls:
 - Kho-Kho: 1st prize (under-14)
 - Kho-Kho: 1st prize (under-17)
 - Kho-Kho: 1st prize (Above-17)
 - Kabaddi: 1st prize (under-14)
 - Kabaddi: 1st prize (under-17)
 - Volleyball (Team A): 1st prize (under-14)
 - Volleyball (Team B): 2nd prize (under-14)

Teams winning 1st prizes participate at the state level.

LIVE CHAT SESSION

Solar Energy

Deepak Gadhia, a trustee of Muni Seva Ashram was featured on a live chat session at the time of premier of the video Solar Concentrators - Steam Generators on 22nd November where he shared his experience and knowledge on solar concentrators, steam generators, and community cooking from his experiences at Muni Seva Ashram and beyond.



ON THE DISPLAY

Eklavya Model Residential School

Four science projects were displayed in the inter-school Science Exhibition at Waghodia - the project made by Rajesh and Ramchandra won the third prize worth Rs.1000 and was also selected for the state-level exhibition.

Six science projects were displayed at the CRC at SVS level out of which three projects were selected for the District-level and one project was selected for the state level.



LEARNING ETIQUETTES WITH FUN

Sharda Mandir Primary School

Samvitti Foundation organized its monthly sessions on 30th November where Sahityamitra Seema Trivedi Varia shared the story 'ટોપીવાળો ફેરિયો', a tale from Panchtantra with the young girls of Sharda Mandir Primary School.

The speakers made the session interactive by making the children make paper caps to enact the story. At the end of the session, the children understood that taking someone's things requires their permission and that you should never blindly copy anyone, even while imitating someone, you need to put your mind to it.



TESTS & QUIZZES

Eklavya Model Residential School

The following tests and quizzes were participated in by the students of the Eklavya Model Residential School:

- G.K. Quiz, conducted by Vikas Vartul Trust, Bhavnagar - 121 students from grades 6th to 12th participated
- “Gandhi Vichar Prachar” exam - 141 students participated
- “Bharatiya Sanskruti” exam - 112 students participated
- Physics, Biology & Chemistry Olympiad was conducted by Indian Association of Physics Teachers, Bengaluru - Grade 12th students participated
- NTSE exam, Vadodara - Grade 10th students participated
- National Level Scholarship Test conducted by Aakash Coaching Institute - 55 students participated

STATE-LEVEL WINNER

Eklavya Model Residential School

Aaradhna Rathva of Eklavya Model Residential School, Muni Seva Ashram, Goraj, Waghodia represented Vadodara rural at state level under-14 Relay Team won the gold medal with a cash prize.



150TH BIRTH ANNIVERSARY

Vivekanand Higher Secondary School

This year, on 2nd October, Vivekanand Higher Secondary School celebrated the 150th birth anniversary of Gandhiji. The day started with a rally, through which the students and the teachers promoted Gandhiji's philosophies, especially cleanliness, throughout the village. The rally was followed by Gandhiji's Sarvadharm Prathna (Prayer) and the students sang his favourite bhajans and songs.

The students were then spoken to, by various teachers, about Gandhiji, his lifestyle and his teachings. Following that quite a few competitions like elocution competition, drawing competition, drama, etc., on the theme of Gandhiji, were organized by various teachers.



GANDHI JAYANTI

Sharda Mandir Primary School

91 students of 6th to 8th grade of Sharda Mandir Primary School celebrated Gandhi Jayanti with Prabhat Feri, Sarvadharm Prarthna Sabha, Gandhi Geet, Bhajans, understanding and discussing Gandhian philosophy. This helped them know more about and understand the teachings of Gandhi which will enable them to apply those teachings in their daily lives.

NATURE CAMP

Eklavya Model Residential School

26 students of the Eklavya Model Residential School participated in the Nature Camp at the Dang forest from 18th-20th November.



RANGOLI COMPETITION

Vivekanand Higher Secondary School

With Diwali just around the corner, a rangoli competition was organized at the Vivekanand Hr. Sec. School. The students of the grades 9th to 12th participated in house wise groups. The rangoli size was predecided to be 10 feet by 10 feet and the first prize was won by the Raman house.

PERSONALITY DEVELOPMENT CAMP

Vivekanand Higher Secondary School

Oasis Foundation organized a Personality Development Camp at the Vankuva Campus of Muni Seva Ashram from 30th October to 1st November for the students of grade 9th and 11th. The students were taught a variety of skills like confidence, soft skills, etc. and values like honesty, integrity, cooperation, etc. through various activities.