

'Life' Bliss



Wishing
our readers
Very Happy
and prosperous
New Year
We wish
Peace, Joy &
Prosperity.

2019

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Founder Executive Trustee

Greetings!

Hope this New Year brings lot of joy and happiness to you and your family. Every passing year is a lesson learnt so that every new year can be a handy experience to make our lives and those around us live a pleasant life. On this occasion we seek your blessings to help us perform more and more humanitarian services to help enrich the lives of the deprived and the underprivileged. Your support in the 41 years journey

of Project 'Life' has always been encouraging.

On the beginning of Vikram Samvat 2076 let us strive to make this world a better place by contributing few hours of our lives towards well being of others.

Chandrakant Koticha



Joint Executive Trustee

'Saal Mubarak'.

Wishing everyone a prosperous and memorable New Year. Every new year begins with a hope to do something memorable work that can leave traces for generations to come. Project 'Life' is one such example which was started 41 years back by Koticha brothers. With passing years, the organization which was started with one noble activity of serving the society was blessed to take up the task of seven different interventions. Today, strong foundation stone laid by Mr. Shashikant Koticha and Mr. Chandrakant Koticha and the impact of their work has motivated it's second generation to do grass root work touching human lives.

We are happy to announce that this year we have launched a new unique initiative for women titled '**Project Shakti**'. Women holds a prominent place in every community in every home and in everyone's life. Yet, it is seen that they are the most deprived class when it comes to their health and wellness. Their involvement in daily chores are normally taken for granted and their health and mental peace is often overlooked by not only people around them but their own self as well. Under this project, right from puberty to menopause we will touch lives of women of every age to help them come out of physical, mental and physiological problems through Yoga and Diet. If a women is healthy, people around them will be naturally healthy.

This New Year, I invite all of you to be a part of this noble initiative and help daughters, mother, wife, sisters, aunts and loved ones live a healthy life.

Meetal Koticha Shah



Yoga for All Special Events and Lecture Series



Coming Soon



Project 'Shakti' – Project 'Shakti' is an ambitious project of Life Health & Wellness Center of Project 'Life' which aims to improve overall wellness of women. This unique project which is expected to start soon will be lead by experts Ms. Dhruvi Vyas and Ms. Sejal Darji.

1) **Yoga demonstration program at various schools** – To generate health and fitness awareness among children, Yoga demonstration programs were organised at various schools in Rajkot city.



The schools covered includes Swarwati Vidya Mandir, Sadhu Vaswani School, Saint Gargi School, Kotak School and Sarojni Nayadu School.

A total of 679 students participated



in the program. Yoga teachers helped students get basic knowledge on Yoga and also made them understand the correct postures of Yoga which can help them develop their memory power and concentration towards their studies.

2) **Seminar on Yoga Instructor Course (YIC)** – A promotional seminar on Yoga Instructor Course was organized at Project 'Life' on 6th July 2019. The program aims to train people in making them Yoga teachers 30



people participated in the event. A brief on Yoga Instructor Course, its objective, scopes and syllabus were shared among the participants.

6th batch of Yoga Instructor Course was commenced on 12th July 2019, were currently 23 students are undergoing training



for the YIC. Mr. Abhishek Dwivedi of 'Life' has been conducting theoretical and practical session on regular basis.



3) Seminar on Health Awareness

– A seminar on 'Weight reduction through Diet and Yoga' was organised on 8th July for SRPF Jawans at SRPF group 13, at Ghanteshwar. Ms. Dhruvi Vyas and Mr. Rajeev Mishra delivered their speech and shared their views on how one can remain healthy despite of their busy schedules. A total of 50 Jawans participated in the event. They were made known various techniques on weight reduction through Diet and Yoga. On 20th July, another program on



'Total Health Through Yoga' was conducted for the SRPF Jawans. Around 200 Jawans participated in the program. Mr. Rajeev Mishra



delivered lecture with various Yoga demonstration useful for staying healthy.

4) Special Program on Meditation

– A special program on meditation was organised on 3rd August 2019, at Project 'Life'. A total of 57 people participated in this program organised on Saturday especially for the working class people. Mr. Jasmin Panchasara and Ms. Sejal Darji conducted sessions on meditation explaining its importance in daily life and for sound mental peace.

5) How Not to Fall Sick? Lecture Series

– Under the lecture series of 'How Not to Fall Sick?' Dr. Gaurang Vyas delivered a lecture on 'વજન ઘટાડવા માટે પ્રકૃતિ શ્યેટ'. This was the 210th lecture in the series organised at the Project 'Life' building on 3rd August 2019. The expert highlighted the techniques and benefits to reduce

weight through પ્રકૃતિ શ્યેટ. A total of 71 people participated in the program.

6) Workshop on Yoga and Mantra

– A workshop on 'Yoga and Mantra' was jointly organised by Life Health & Wellness Centre, Project 'Life' and Kaivalyadhama, Lonavla from 16 to 21 September 2019 at Project 'Life' in which 241 people participated. Around 25 people took advantage through personal counselling.

Ms. Sandhya Dixit from Kaivalyadhama and Dr. Gaurang Vyas delivered lecture on 'યોગ અને મંત્ર : વૈજ્ઞાનિક મહત્વ' (lecture no. 211) in which 200 people participated.

7) Regular Yoga Session

– One of the mission undertaken by Project 'Life' is to ensure health and wellness of people through its health and wellness center where Yoga and meditation is a core part.



Yoga Session are conducted daily at Project 'Life' headquarter Rajkot where daily around 350 people are participating.





Marching ahead towards building educated society

91st

Foundation Ceremony of the primary school at village Panchasiya on July 6, 2019

The Foundation Stone of the 91st School named Smt. Kusumben Mansukhlal Kamdar Primary School was laid at Village : Panchasiya in Wankaner town of Morbi District with august hands of Mr. Kirit Vassa, Ahmedabad.

The school had been donated by Mrs. Anita and Mr. Divyesh Kamdar & Family, through Life Global UK, UK.

Member of Legislative Assembly from Wankaner Constituency Mr. Mohmad Javed Pirjada presided over the foundation stone laying ceremony. Mr. Mayur Parekh, District Primary Education Officer, Morbi, Mr. G. Parasara, Vice-President, District Panchayat, Morbi, students, their parents and people of Panchasiya village participated in this occasion.



Mr. Shashikant Koticha, Managing Trustee of Project 'Life' delivered inspiring speech in the occasion and gave a brief about the four decade social and humanitarian journey of Project 'Life', Rajkot.

Mr. Kirit Vassa, Joint Executive Trustee gave introduction of the donors and read out the messages received on the occasion.

Mr. Mohmad Javed Pirjada expressed his gratitude to the donors for their generous contribution towards promotion of education in the rural Gujarat through Primary School Infrastructure Development Program undertaken by Project 'Life'. He also appreciated social and humanitarian activities of Project 'Life'.

Students of the school performed a spectacular cultural program.



92nd

Foundation stone of the Primary School at village Jipur on August 10, 2019

The Foundation Stone of the 92nd School was laid at Village : Jipur in Wankaner block of Morbi district. The ceremony was performed with august hands of Mrs. Ansuya and Mr. Harshad Parekh, Mumbai.

The school donated by The George Subraj Foundation, New York, USA, has been named The George & Gloria Subraj Primary School.

Morbi District Primary Education Officer, Mr. Mayur Parekh participated as the Chief Guest for the foundation stone laying ceremony. In this occasion Mr. Dineshbhai Garchar, Taluka Primary Education Officer, Wankaner, students and their parents, leaders and people of Japur village were also present.

Mr. Shashikant Koticha, Managing Trustee of Project 'Life' delivered inspiring speech on the occasion and gave a brief on the four decades of social and humanitarian journey of Project 'Life', Rajkot.

Mrs. Ansuya Parekh, Mumbai, expressed her best wishes for the new school in the rural region which will impart primary education to the rural children for better tomorrow. She also appreciated social activities of Project 'Life' for new infrastructure of primary schools like Smt. Champalakshmi Narottamdas Lakhani Primary School, Village Napaniya - Khijadiya.

Mr. Rushikesh Pandya, Chief Development Officer, gave introduction of the donors and read out the messages received on the occasion.

The students of the school performed spectacular cultural Programme.

93rd

Foundation Ceremony of the Primary School at Village Neknam on September 11, 2019

Moving ahead with the commitment to built 108 schools in rural Gujarat, the foundation stone of 'Life' Bliss



the 93rd School was laid at Village Neknam in Tankara block of Morbi district named Smt. Navalben Nathubhai Mehta Primary School by Life Global NJ, USA. Foundation stone was laid with august hands of Shri Mayurbhai S. Parekh, District Primary Education Officer, Morbi. The school has been donated by Mrs. Sarla and Mr. Guntant Mehta, Texas, USA & Life Global NJ, USA.

On the occasion Mr. Shashikant Koticha, Managing Trustee of Project 'Life' delivered an inspiring speech to the children and villagers and also shared incidents of the inspiring four decades of social and humanitarian journey of Project 'Life', Rajkot.

Member of Legislative Assembly, Tankara Mr. Lalit Kagathara was the Chief Guest of the event. Mr. Keshu Raiyani, Ex-President, District Panchayat, Morbi, Mrs. Dipa Boda, Taluka Primary Education Officer, Tankara, students and their parents along with various leaders of village and villagers of the Neknam village participated wholeheartedly in the event.

Speaking on the occasion, Mr. Kagathara congratulated Project 'Life' for its exceptional dedication towards social and

humanitarian activities since many years. He lauded the organization's wholehearted efforts for promotion of primary education and hoped that children of rural region will get better opportunities of higher education through better primary schools.

Speaking on the occasion, Mr. Keshu Raiyani said that there were many hinderances in execution of the school project but those were successfully resolved by Project 'Life'. He said he was proud of the organization for doing such excellent humanitarian work for promotion of education in rural Gujarat.

Appreciating the mission of Project 'Life' in building primary Government schools, Mr. Mayur Parekh said that very soon three new schools will be dedicated to the Government of Gujarat by the organization. "I am pleased with their social activities and indebted to Project 'Life', Rajkot. My heartiest congratulations to the organization for the noble cause."

Mr. Rushikesh Pandya, Chief Development Officer, gave introduction of the donors and read out the messages received on the occasion.



Mission to Empower Underprivileged Women

Women Empowerment is a signature project of Share & Care Foundation, USA. With support of this foundation, Life Women Empowerment Centre run by Project 'Life' has taken up the mission to empower the underprivileged marginalized widows and women holistically by providing them vocational skill based training in various trades along with training in self-defense, gender equality, banking, budgeting & finance in order to make them economically independent and socially empowered.



Training Session on Gender Equality at Junagadh Center

A training session was conducted on Gender Equality by the faculty of Government of Gujarat for 125 trainee women of Junagadh block on August 16, 2019 at Junagadh Centre.

The participants were explained the need and importance of Gender Equality and its impact on their families. The faculty helped women to understand their rights and ways to become self-reliant by



seeking knowledge. She encouraged women to come forward and become self-reliant economically and socially so that they can live with confidence and dignity in the society.

Training Session on Self Defense at Ahmedabad & Junagadh Center

Self-protection is the first and for most requirement for every woman. Under Life Women Empowerment Program, self defense programs are regularly organized for women undergoing vocational training. A woman who knows how to self-protect herself incase of any eventuality always lives without fear and with full confidence in the society. A total of 150 women participated in the two weeks training program organized at Ahmedabad Centre. Practical training with basic tips and skills were



imparted to them by the 'Marshal Trainers'.

On the occasion, many victimized women who were present for training, shared their experiences. A comprehensive debating and interaction took place among



the women with the counselor. The training session turned out to be the result oriented session for every participant. feedbacks received from the participants revealed that the impact of self-defense training had gone a long way resulting in increase of self-confidence among the women to live with status and dignity in the society.





Progress Report of Indian Medical Scientific Research Foundation



July to September - 2019

Sr. No.	Particulars	July-19	Aug-19	Sep-19
1	Thalassaemia Awareness Drive	235	1155	1176
2	Thalassaemia tests done	217	606	1150
3	Thalassaemia Screening Camps organized	1	1	5

Total tests done through Thalassaemia screening camps from July to September-2019

Sr. No.	Thalassaemia screening camps organized by	Month of Thalassaemia Screening Camp	Total no. of test done
1	Shashtri Vidhiyalaya School - Ghed Bagasara	July	89
2	Shri Patel Kelvani Mandal College - Junagadh	August	523
3	Bachelor of Rural Studies College - Mangrol	September	125
4	UK Vachhani Mahila Arts and Home Science College - Keshod	September	187
5	N. P. Arts and Commerce College-Keshod	September	273
6	Shri M. N. Kampani Arts and A. K. Shah Commerce College-Mangrol	September	316
7	Matushri Virbaima Mahila Science & Home Science College, Rajkot	September	174

Progress Report of Life Blood Centre

Sr. No.	Particulars	July-19	Aug-19	Sep-19
1	Total Blood units collected	1111	1430	964
2	Total Blood units supplied	1643	1704	1836
3	Total Blood donation camps organized	14	08	13

Upcoming Events



Life Blood Centre



No.	Event details	Date
1	39th Foundation day of Life Blood Centre	December 6, 2019



Life Health and Wellness Centre



No.	Event details	Date
1	Total Health Through Yoga Workshop by Dr. Satish Pathak	December 9, 2019



Life Women Empowerment Centre



No.	Event details	Expected Date
1	Inauguration of Vocational Training of 150 Women at Junagadh District	November 30, 2019
2	Equipment Distribution Ceremony of 200 trained Women at Ahmedabad District	January 15, 2020
3	Inauguration of Vocational Training of 200 Women at Ahmedabad District	January 25, 2020
4	Equipment Distribution Ceremony of 150 trained Women at Junagadh District	January 30, 2020
5	Inauguration of Vocational Training of 150 Women at Junagadh District	February 15, 2020



Life Education Centre



School number	Name of School	Village	Expected Date of dedication
85	Smt. Shantaben Chinubhai Shah Primary School	Jetalpur (Dist: Ahmedabad)	December 27, 2019
86	Shree Virchandbhai Maganlal & Smt. Lilavantiben Ajmera Primary School	Dadli (Dist: Rajkot)	January 2, 2020
87	Shri Surji Sivji (Gangar) Shah Primary School	Dared (Dist. Bhavnagar)	January 11, 2020
88	Late Sushilaben & Late Rajnikant Ambani Primary School	Moti Banugar (Dist. Jamnagar)	January 17, 2020

Meetal Koticha Shah
Joint Executive Trustee

Kirit Vassa
Joint Executive Trustee

Chandrakant Koticha
Executive Trustee

Shashikant Koticha
Managing Trustee

Project 'Life'

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