

'Life' Bliss



More than

7500

Womens empowered

Dedicated

84

Primary Schools to Government

Impacted over

579000

persons in Health and Yoga

Distributed over

259000

grown up trees for replantation

Issued

609000

units of blood & blood components

More than

656000

Thalassaemia Screening Tests done

More than

2850

NRGs / NRIs Benefitted



From the desk of

Founder Trustee - Chandrakant Koticha

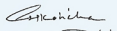


Past 40 years of dedicated humanitarian services offered by Project 'Life' has been an extra ordinary journey helping us to scale exceptional heights in serving the society. We have strived to be a not-

for-profit-organization with a difference. 'Changing Lives' is not just our motto but the oxygen that we breathe in every day to get desired results. Rather than limiting ourselves to one or two areas of service, we spread our wings to seven different interventions each touching the basic requisite of the society.

The journey which began in 1978 took the shape of establishing first Blood Bank of Saurashtra region in Rajkot in 1981, followed by Environment (1990), Thalassaemia (1993), Education (2000), Health and Wellness (2003), Women Empowerment (2008) and NRG Centre (2011).

We expanded our reach by forming 'Life' Global Charity Partners through friends of Life in UK, USA, California, Australia and Canada etc. Today, it gives me immense pleasure as I look back and see thousands of lives have been changed through our 'Life' team efforts. Now it is time to look forward under the leadership of GenNext - Meetal Koticha Shah.


Chandrakant Koticha



Healthy Life Club celebrates 12th Anniversary

Healthy Life Club was started by Project 'Life' on 2nd April 2007 with an aim to help people lead a peaceful, healthy and happy life. This year, the club completed its 12 years of remarkable journey. On the occasion various lectures were arranged on Health and Wellness along with Yoga Session and Chanting Session. The event was attended by 130 people.

Yoga Programs for State Reserve Police Force (SRPF), Group 13, Ghanteswar

A special program on yoga was organized for the SRPF, Group 13, Ghanteswar on 13th April 2019 by Life Health & Wellness Centre in which 21 Gujarat SRPF staff participated. Dr. Dhruvi Vyas delivered lecture on diet for weight management. On the occasion, the SRPF staff was also given an insight about Project 'Life' activities by Rojeev Mishra, Manager, Life Health and Wellness Centre.

How Not to Fall Sick? Lecture Series

As a part of the ongoing lecture series 'How Not to Fall Sick?', Dr. Kamal Parikh, M.D., delivered a lecture on 'Su Jamsa one Kevi Rite Jamsa' (How and What to Eat) on 20th April 2019. This was Dr. Parikh's 208th lecture in which 115 people participated. He presented the scientific reasons, techniques and benefits of diet.

Similarly, on 15 June 2019, the 209th lecture was conducted by Dr. Gaurang Vyas. He delivered a lecture on 'Yoga one Aahar' (Yoga and Food). Around 115 people benefitted with the tips shared by Dr. Vyas.

Special Events : Tour for students of Yoga Instructor Course - A

Special tour for students undergoing Yoga Instructor Course was organized on 18 May 2019. They visited holy place of Acharya Bahaddevji Ashram and took his spiritual guidance and blessings.

Valedictory function of Yoga Instructor Course Students - On 20th May 2019, a valedictory function of Yoga Instructor Course for the students of 6th batch was organized at Project 'Life'. On the occasion, students shared their feedbacks and were hopeful for a promising career in Yoga.

International Yoga Day

Report for Yoga activities organized by Project 'Life' in the context of 5th International Day of Yoga on 21st June, 2019

The 5th International Yoga Day was celebrated with pomp. Innumerable indoor and outdoor programs covering various segment of the society were arranged by the Life Health and Wellness department to spread health awareness and importance of yoga among the people in the city.

The first program was conducted on 7th June for the Office of the Commissioner at Central GST Bhavan, Rajkot. A total of 50 staff members including 40 male and 10 female members benefitted from the session. The staff members practiced common yoga protocol in the guidance of Mr. Kunal Sonar, Ms. Mital May and Mr. Rajeev Mishra.



Free Yoga Sessions

Every year, Project 'Life' conducted free yoga sessions for the people of Rajkot. Regular 6 batches were conducted at Project 'Life' auditorium from morning to evening. The main motive behind this session is to help people get the feel of yoga and the benefits that they can derive in future through regular practice of yoga. A total of 758 people participated in the 4 day free yoga session that began on June 17, 2019.

Celebration of International Day of Yoga

Total 2097 participants benefited through yoga activities on International Day of Yoga, on 21st June, 2019.



Like every year, Life Health and wellness Centre, celebrated International Day of Yoga on June 21st, this year too. The programme was open for regular members for Project 'Life' as well as people of Rajkot.

Parallel 3 sessions were conducted at the same time at different locations in 'Life' building including terrace, auditorium and level 5 hall. Common yoga protocol was practiced in all the sessions.

Chief Commissioner of Income Tax Mr. Debashish Chaudhary and other income tax officers, staff members from Bank of Baroda were among the participants who gave fillip to the event. A total of 303 people participated in the day's celebration.

Outdoor Programmes on International Day of Yoga

A total of 11 outdoor programmes were organised on June 21st 2019 to mark the Yoga Day celebrations. Different teachers from Project 'Life' worked to make the events successful assisting several people to get benefited from the practice of common yoga protocol. This includes yoga session for the staff of the office of the Commissioner at the Centra GST Bhavan, for the students of Government Engineering College, a session at Swaminarayan Temple, Rajkot, a session at Shrinath Dham Haveli, a session for students at Rahevar School, New Era



School, Arpit International School and Sunflower English School.

At Sunflower English School, the yoga programme was organised for 3 days for students from class 4 to 12 from 19th to 21st June for students in which they were given brief knowledge about yogic practices.

Similarly, outdoor yoga programs were also organised for staff members of Hotel Sarovar and staff members of Life Insurance Corporation of India, Rajkot.

Also a 5 day yoga shibir for the cadets of SRPF from 17th to 21st of June. The cadets were given brief knowledge about the yoga practices and how regular yoga practice can help achieve better results in day to day routine. Daily 125 cadets took part in the yoga session from 7:00 am to 8:00 am. On International Day of Yoga, total 350 cadets practiced together.

Meanwhile, to ensure event a grand success, as a preparation of the common yoga protocol for the International Day of Yoga a special session was organized at Project 'Life' on Sunday 16th June. Yoga teachers were given briefing about the practices which was required to be given to the participants who were going to demonstrate or support the yoga day programmes.

The session was conducted by Ms. Sejal Darji with the help of Mr. Rojeev Mishra, Mr. Abhishek Dwivedi and Mr. Jasmin Panchasar. Demonstration of the practices was done by Ms. Bansli Bhatt.

INTERNATIONAL YOGA DAY

Life Health and Wellness Center

Report for Yoga activities organized by Project 'Life' in the context of 5th International Day of Yoga, 21st June, 2019

Sr.	Date	Place	Male Participants	Female Participants	Total
1	07.06.2019	Central GST Bhavan	40	10	50
2	16.06.2019	'Life' Auditorium	10	29	39
3	17.06.2019 to 20.06.2019	SRPF	125	-	125
4	17.06.2019 to 20.06.2019	'Life' Auditorium	207	507	714
5	19.06.2019 to 20.06.2019	Sunflower English School	191	108	299
		Total (A)	573	654	1227

Report for Yoga activities organized by Project 'Life' on 5th International Day of Yoga, 21st June, 2019

Sr.	Place	Male Participants	Female Participants	Total
1	'Life' Terrace	54	82	136
2	'Life' Auditorium	90	13	103
3	'Life' Level-5	80	20	100
4	SRPF	350	-	350
5	Central GST Bhavan	70	20	90
6	Govt. Engineering College	57	16	73
7	Sunflower English School	49	50	99
8	Hotel Sarovar	9	2	11
9	LIC	150	50	200
10	BAPS Swaminarayan Temple	95	-	95
11	Shrinath Dham Haveli	40	90	130
12	Rahevar School	80	36	116
13	New Era School	68	44	112
14	Arpit International School	150	105	255
	Total (B)	1342	528	1870

Grand Total - Total (A) + Total (B) = 1227 + 1870 = 3097

Total 3097 participants benefited through Yoga activities organized by Life Health & Wellness Centre, Project 'Life', Rajkot in context of 5th International Day of Yoga on 21st June, 2019.

Visit of Kaivalyadhama : Lonavla

For the growth and development of Life Health & Wellness Centre, Project 'Life', Mr. Rajeev Mishra and Mr. Abhishek Dwivedi visited Kaivalyadhama: Lonavla on 21st February to 23 February 2019. During the visit of Kaivalyadhama, many meetings and discussion took place to plan further activities on various aspects.

Meeting was organized with Swami Mahesandaji, Sri O. P. Tiwariji, Sri Subodh Tiwariji and other faculties of Kaivalyadhama.

During the meeting it was decided that with the support of Kaivalyadhama, Project 'Life' will commence new yoga courses and organize yoga workshops under the guidance of Kaivalyadhama faculties.

Sri O. P. Tiwariji, International Pranayama Guru already visited Rajkot for 'Pranayama Workshop' from 3rd June to 8th June 2019.

Smt. Sandhya Dixit, Senior Yoga Instructor will visit on 16th September to 21st September 2019 for 'Asana and Mantra Workshop' at Project 'Life'.

Dr. R.S. Bhogal, will visit on 16th December to 22nd December 2019 for 'Meditation Workshop'.

Dr. Satish Pathak will visit on 20th January to 25th January 2020 for 'Total Health Through Yoga Workshop'

'Life' instrumental in spreading the importance of Yoga – O. P. Tiwariji

Six day Pranayama workshop organised at 'Life' building under the leadership of International Pranayama Master



Pujya Swami Parmatmananda Saraswati



O. P. Tiwariji



A six day Pranayama workshop was organized by Project 'Life' in collaboration with Kaivalyadhama, Lonavala under the leadership of world renowned International Pranayama master Shri O. P. Tiwariji at 'Life' building, Rajkot on June 3. Shri Tiwariji was accompanied by his two disciples Mr. Banwarilal and Mr. K. K. Yuzi

The workshop began with lightening lamp by Shri Tiwariji. In the inaugural session Swami Parmatmanandaji from Aarsh Vidya Mandir, Mr. Chandrakant Koticha, Executive Trustee of Project 'Life', Mrs. Meetal Koticha Shah, Joint Executive Trustee of Project 'Life' were present along with delegates of different Yoga institutions including Mr. Dipakbhai Punjabi from Art of Living, Ms. Jalpaben Buvariya and Mr. Rajeshbhai Kacha from Lakulish Yoga Vidyaapeeth and Dr. Gaurang Vyas from Mudita Yoga Foundation.

In the inaugural function, Swami Parmatmanandaji blessed the people with a short speech on yoga

and spirituality. He made people aware about how yoga is useful in day to day life.

The participants on day one were taught about the importance of Pranayam and were taught the right technique of breathing along with scientific values of Pranayama by Shri Tiwariji. A total of 235 participants were present on day one. Shri Tiwariji also answered doubts and questions raised by the participants during the session.

During the entire workshop Shri Tiwariji also taught Kapalbhathi Kriya, Agnisar Kriya, Mulabandha, Uddiyani Bandha, Jalandhar Bandha, Muloma-Viloma, Ujjayee, Bhramari, Sitali, Sitkari, Suryabhedan and Chandrabhedan Pranayamas along with Kumbhaka making participants understand the traditional and scientific importance of each. He also explained benefits of each practices, techniques, limitations, do's and don'ts with necessary references. He also clarified the meaning of Sanskrit Text - AUM Stavan.

On June 8, on the last day of the workshop, Shri Tiwariji released second edition of Gujarati Book - "Asana Sha Mate ane Kevi Reete ?" which is a translated version of national awarded book - "Asana: Why & How ?" written by Shri O. P. Tiwariji. The book was translated by Project 'Life' in Gujarati earlier.

On the occasion, the result of Yoga Instructor Course which was jointly organized by Kaivalyadhama and Life Yoga Academy from 12th July 2018 to 20th December, 2018 was also announced. Students were awarded with mark sheets and certificates.

Mr. Koticha felicitated Shri Tiwariji with a shawl. Similarly, Shri Jasmin Panchasara - Sr. Yoga Teacher at Project 'Life' felicitated Shri Banwarilal Shripal and Mr. K. K. Yuzi was felicitated by Shri Rajeev Mishra, Manager, Yoga Department. All the participants were honoured with certificate of participation.



Empowering Women

Gender equality training session by
Mrs. Sheetal Shah, Director, Sales Force, Boston, USA
at Ahmedabad centre on 13th april, 2019



A Gender Equality training session was conducted by Mrs. Sheetal Shah for 150 women/widows undergoing vocational skill based training.



Mrs. Sheetal Shah is the director at Sales Force, Boston, USA and was at the Ahmedabad centre on April 13. Addressing the participants on gender inequality, she explained the need of gender equality for women and why they should come forward to gain equal status with men both economically and socially.



She opined that ideally women who live in the rural areas suffer from inferiority complex. They need to be at par with men in all walks of life including education, family decisions, occupation and other social areas. She shared her own experience as a woman and told the audience how she came forward in her life. She informed that her parents brought her up keeping in mind gender equality and there was no bias among siblings.

He was invited along with Smt. Bhabhini Kumbhani, Chairman, District Education Committee, Junagadh who presided over the function. Mr. K. A. Patel, District Primary Education Officer, Junagadh, Mr. Mahendra Mashru, Social Activist were invited as the Chief Guest of the event. Mr. Dhirajlal Kumbhani, Junagadh and Mr. Chandresh Mehta, Rajkot were the Guest of Honour.



Mr. Satish Gadodia heartily congratulated Project 'Life' for the activities of women empowerment through skill based training. He said that empowerment of women will empower not only families but also society and nation at large.

Mrs. Kumbhani and Mr. Patel delivered inspiring and motivating speech for women and said that women should come forward to make the families self-reliant, educate their children for a better life. Mr. Mashru lauded the dedication of Project 'Life' towards humanitarian and social causes.

During the occasion, an interactive session between the successful women who have already completed the training and those women undergoing the training was also done, so that those women who were undergoing the training can look up to the success stories of how a trained women have benefitted through training.

Mr. Rushikesh Pandya, Chief Development Officer, Project 'Life' gave introduction of the donors and described the journey of four decades of Project 'Life'.

Inauguration of skill based vocational training along with equipment / kit distribution at Ahmedabad centre on 17th June 2019



Equipments / Kits were distributed to 115 women / widows with the august hands of Mr. Bhagwan Shrivani, Chairman, Techniline Electronics LLC, Dubai, UAE at Ahmedabad Centre on June 17, 2019

The event was also marked with the inauguration of vocational training supported by self-defense, gender equality, banking, budgeting & finance training for 150 women.



Mr. Digant Somapura, Editor of Mantavya News TV Channel, Ahmedabad and Mrs. Usmitaben Shah, President, Jain Arise Global Organization, Mr. Hemendra Desai, Past Chief General Manager, Industrial Extension Bureau, Gujarat Government were Chief Guest at the event.

Mrs. Pragaben and Mr. Ushakant Shah were Guest of Honors at the event Mr and Mrs Anju Shiviani delivered an inspiring speech to the audience and said that women should always be ready to face various challenges of life with confidence and patience. He admired the humanitarian and social activities being undertaken by project 'Life' since four decades and added that he was proud to be associated with such an organization.

Mr. Somanpura lauded the efforts of Project 'Life' and appreciated their efforts of providing social platform to marginalized women by empowering over 7500 women so far.

Mrs. Shah shared her experience and struggle she faced in her life and inspired and encouraged women to move forward and become self-reliant



through all the efforts. Mr. Kirit Vassa, Joint Executive Trustee, Project 'Life' briefed the journey of women empowerment mission by Project 'Life' and introduced the guests.

An interaction session with successful and trained women was done. The successful women shared their experience and views among the audience.

Vocational equipments/kits distributed to 100 BPL women/widows by Mr. Satish Gadodia at Junagadh Centre on 25th April, 2019

Vocational equipments and kits were distributed to 100 women and widows living Below Poverty Line (BPL) at Junagadh Centre by the august hands of Mr. Satish Gadodia, Chairman, Gujarat Holdings, UAE on April 25, 2019



NRG Centre, Rajkot



On 29 June 2019 a meeting was organized by Gujarat State Non-Residential Gujaratis' Foundation, Gandhinagar in which Ms. Meetal Koticha Shah, Chairperson, NRG Centre – Rajkot was present.

Mr. N. P. Lavingiya, Additional Secretary, NRI Division, Govt. of Gujarat and Mr. P. V. Antani, Director, Gujarat State Non-Residential Gujaratis' Foundation, Gandhinagar greeted all.

All Chairman, President of NRG Centre were present in the meeting. In meeting was about future event planning and to increase the numbers of vendors.

Ms. Meetal Koticha Shah informed them about connectivity of NRG Centre, Rajkot all over the world. Recently Mr. Rushikesh Pandya visited US, Canada and talked about GSNRGF and NRG Centre and its activities. Mr. N. P. Lavingiya admired that NRG Centre - Rajkot is doing good job globally.

NRG Centre, Rajkot made an event planning for the Year of 2019-20 and send to GSNRGF. This Year NRG Centre will organize Vendors meet, NRI meet and marriage seminar in the region of Saurashtra.

This meeting was very fruitful for all NRG Centers.



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 ✉ savefile@999life.org 🌐 999life.org 📺 @999life 🐦 liferajkot