



## *Deepsikha's E-News April 2024 to June 2024*

***“HAPPINESS DOESN'T RESULT FROM WHAT WE GET BUT WHAT WE GIVE”***

*Rhabdomyosarcoma patient 15 year old Bhaigya Lakhi Saikia from Morigaon district, Assam completed her follow-up tests successfully*



*Well-wisher Mrs P Subhalaxmi along with family celebrated her 80<sup>th</sup> Birthday with patients at Assam Bhawan. Distributed bedsheets and sponsored kheer for all.*

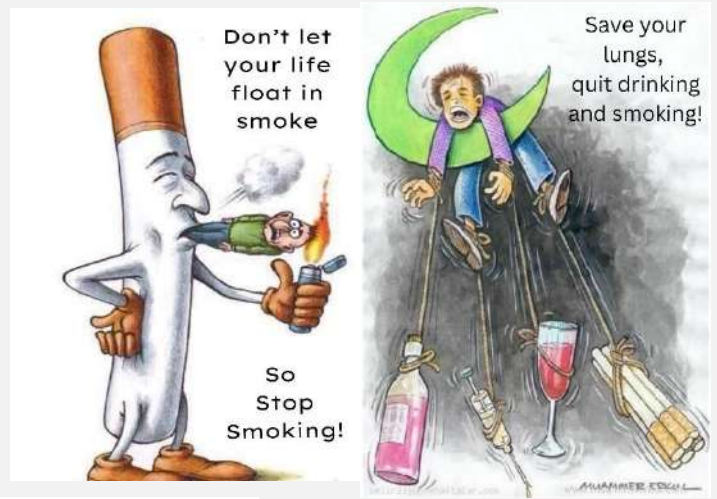
*Seth Bhojraj Hassomal Charitable Trust have continued their support for FREE accommodation in all 6 dormitories at Assam Bhawan consecutively for 7<sup>th</sup> year. Also Medical Aid as well as final rite support for needy cancer patients*



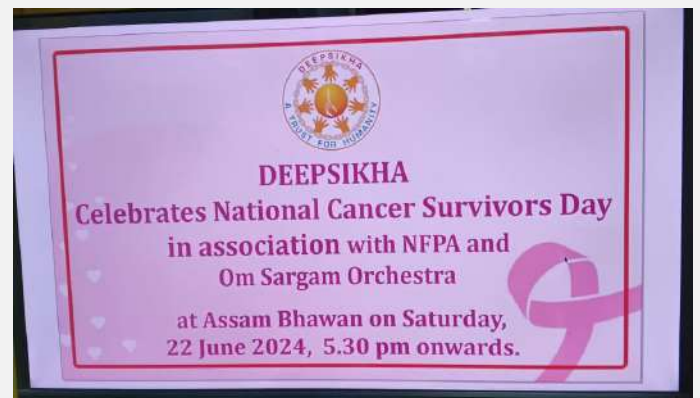
MR AMIT ADVANI  
CEO SBHCT

*Intern Sainivedika from Puttaparthi Institute visited all Deepsikha Bhawans and conducted "World No Tobacco Day" campaign for students and distributed posters, Pledge for No Tobacco by staff at Assam Bhawan.*

*Also, children from Vashi society pledged to abstain from Tobacco in all forms.*



*National Cancer Survivor Day (NCSD) celebration on 22<sup>nd</sup> June 2024 at Assam Bhawan to honor those who are living with history of Cancer for their strength and courage. NCSD is performed celebration of Life. Event was conducted by NFPA.*





*Om Sargam Orchestra by talented visually impaired singers and musicians who thrilled our cancer warriors and ALL at Assam Bhawan, Vashi.*

*Cancer Survivors Day was sponsored by Shamdasani Foundation and Mrs Purnima Seth.*



*Nutritious recipes shared by our donor Ms Supriya Bose, qualified Nutritionist and Dietician.*

### *Dahi poha.*

*Ingredients: poha 2cup, curd 3/4cup, 1 teaspoon oil, rai, whole dry chilli, curry leaves, salt. wash the poha and keep it aside for 10 min. Then add the curd to it and mix.*

*Heat the oil in a vessel and add the rai, chilly, curry leaves and let them splutter.*

*Add this to the poha and curd mixture and mix.*

*Add salt to taste and garnish with chopped coriander.*

### *Dahi poha (sweet)*

*Ingredients: poha 1cup, Curd 3/4cup, cut fruits like banana, mango, apple (as available), chopped dates and some nuts.*

*Mix all the ingredients and a delicious and healthy breakfast is ready.*

## Dalia khichdi

*Ingredients:dalia 1/2 of medium katori, moong dal or soaked whole moong 1/2 of medium katori, some chopped vegetables like,beans,capsicum, green peas,grated carrot etc. jeera, and whole dry red chilli for seasoning, 1 teaspoon oil and 1/teaspoon ghee(optional, little garam masala powder, salt.*

*Wash and soak the Dalia and moong for 1/2 an hour, Heat oil in a vessel. Add the jeera, chilly, hing. Let them splutter. Add a pinch of haldi and the vegetables. Cook for 2-3min. Add little grated ginger and the soaked Dalia and moong. Mix all the ingredients. Then add 2 times water (warm) ,salt and little garam masala. Cook till all the water is absorbed, add little ghee. Nutritous khichdi is ready.*

*HDFC Asset Management Company Ltd has continued its CSR partnership with Deepsikha for the third year sponsoring the operations of 2 Buses for FREE transport of outstation cancer patients and their families to Tata Memorial Hospital, Parel and return to Navi Mumbai.*

*Galaxy Surfactants Ltd has continued its CSR partnership with Deepsikha for the fourth year sponsoring Medical Aid for outstation cancer patients staying at Deepsikha Arogya Bhawans, Navi Mumbai.*

*Well-wisher donated folding table to our child patient Ms Hiya Gogoi at Deepsikha's Aradhana Bhawan.*



*Stationery packets donated by Shreeraj Foundation.*







*Yoga Day celebration with all patients and attendants and staff, Manjula Parashar instructed necessary guidance in presence of Devasish Sharma, IAS. Joint Resident Commissioner, Assam Bhawan, Vashi Navi Mumbai.*

