

SPMM મુંબઈ સ્પોર્ટ્સ ડે ૨૦૨૬નો અહેવાલ



આપણી SPMM મુંબઈ દ્વારા આયોજીત પ્રજાપતિ જ્ઞાતિના મુંબઈ અને આસપાસ નાં ઉપનગરોમાં રહેતાં સભ્યોમાં ખાસ કરીને યુવાનોમાં એકતા અને ખેલદિલીની ભાવના વધે તે હેતુથી તારીખ ૧૧ જાન્યુઆરી ૨૦૨૬ના રોજ કાંદિવલી સ્થિત પોયસર જીમખાના ખાતે એક ભવ્ય 'સ્પોર્ટ્સ ડે'નું આયોજન કરવામાં આવ્યું હતું. સવારે ૮:૦૦ વાગ્યાથી શરૂ થયેલો આ કાર્યક્રમ રાત્રે ૧૦:૦૦ વાગ્યા સુધી સતત જોશ અને ઉત્સાહ સાથે ચાલ્યો હતો. દિવસની શરૂઆત ઉદ્ઘાટન સમારોહ દ્વારા ખૂબ જ મંગલમય રહી હતી. સવારે પુરુષોની ટર્ફ ક્રિકેટ ટુર્નામેન્ટનું ઉદ્ઘાટન શ્રી વિજયભાઈ મોહનલાલ મિસ્ત્રી દ્વારા શંખનાદ, શ્રીફળ વધેરીને અને રિબન કટ કરીને કરવામાં આવ્યું હતું. ત્યારબાદ, બપોરે મહિલા ટર્ફ ક્રિકેટ ટુર્નામેન્ટનું ઉદ્ઘાટન શ્રી પ્રદીપભાઈ મગનલાલ મિસ્ત્રી દ્વારા શાસ્ત્રોક્ત વિધિ મુજબ શ્રીફળ વધેરીને અને

રિબન કટ કરીને કરવામાં આવ્યું હતું. ટર્ફ પર ક્રિકેટનો જબરદસ્ત રોમાંચ જોવા મળ્યો હતો:
* પુરુષોના વિભાગ માં કુલ ૮ ટીમો અને ટોટલ ૭૫ સભ્યોએ ભાગ લીધો હતો.
* જ્યારે મહિલાઓના વિભાગ માં કુલ ૫ ટીમો અને ૩૫ સભ્યોએ ટર્ફ ગજવ્યું હતું. બંને વિભાગમાં વિનર, રનર અપ અને સેકન્ડ રનર અપ ટીમોને આકર્ષક ટ્રોફીઓ એનાયત કરવામાં આવી હતી. સાથે જ દરેક સહભાગી સભ્યોને (Participants) પ્રોત્સાહિત કરવા માટે મેડલ્સ પણ આપવામાં આવ્યા હતા.

અન્ય મનોરંજક રમતો માં માત્ર ક્રિકેટ જ નહીં, પણ બાળકો, મહિલાઓ અને સિનીયર સિટીઝન્સ માટે પણ વિશેષ રમતોનું આયોજન કરવામાં આવ્યું હતું. જેમાં બલૂન રેસ, પોટેટો રેસ, લેમન એન્ડ સ્પૂન રેસ (લીબુ-ચમચી) અને પાસીંગ ઘબોલ જેવી રમતોમાં સૌએ હોશ હોશે

ભાગ લીધો હતો. આખો દિવસ શક્તિ અને સ્ફૂર્તિ જળવાઈ રહે તે માટે સવારનો નાસ્તો, બપોરનું પૌષ્ટિક ભોજન, સાંજનો નાસ્તો અને રાત્રે સ્વાદિષ્ટ ફાસ્ટ ફૂડ જમણની સુંદર વ્યવસ્થા કરવામાં આવી હતી, જેનો ખેલાડીઓ અને દર્શકોએ સાથે મળીને ભોજનનો ભરપૂર આનંદ માણ્યો હતો. આ સ્પોર્ટ્સ ડેમાં અંદાજે ૨૫૦ જેટલા લોકો ઉપસ્થિત રહ્યા હતા. ખાસ વાત એ હતી કે માત્ર સ્થાનિક જ નહીં, પરંતુ થાણા, વસઈ અને મઝગાંવ થી પણ જ્ઞાતિજનોએ રમતો માં ભાગ લઈને કાર્યક્રમની શોભા વધારી હતી. આમ, રમતગમતની સાથે પરસ્પર મેળાપ અને આનંદના માહોલમાં આ સ્પોર્ટ્સ ડે સૌ માટે યાદગાર બની રહ્યો.

Author: Bhupesh S. Lad

CONTENTS

CLICK ON THE TITLE TO NAVIGATE TO THE PAGE

1. COVER PAGE & SPMM SPORTS DAY 2026 - [Page 01](#)
2. PRAJAPATI COMMUNITY UPDATES - [Page 03](#)
3. WELLNESS WATCH - [Page 04](#)
4. FINANCIAL GUIDE - [Page 04](#)
5. NEWLY WEDDED COUPLES - [Page 05](#)
6. COMMUNITY KITCHEN - [Page 06](#)
7. TECHNO TIPS - [Page 07](#)
8. FUN CORNER - [Page 08](#)
9. PRAJAPATI HISTORY - [Page 09](#)
10. KNOWLEDGE SHARING (VASTU TIPS) - [Page 10](#)
11. BOOK NOOK - [Page 11](#)
12. LIFE TRIBUTE & SPIRITUAL TOPIC - [Page 12](#)
13. JOB OPPORTUNITIES - [Page 13](#)
14. UPCOMING SPMM MUMBAI EVENTS - [Page 13](#)
15. CONNECT WITH US - [Page 13](#)

DAKSHIN GUJARAT PRAJAPATI MAHILA SAMMELAN



આ દસ્તાવેજ દક્ષિણ ગુજરાત પ્રજાપતિ મહિલા સંમેલન ના આયોજન અને તેની સફળતાની સંપૂર્ણ વિગતવાર ગાથા છે, જેનું નેતૃત્વ કવિતાબેન ચેતનભાઈ પ્રજાપતિ દ્વારા કરવામાં આવ્યું હતું.

૧. પૃષ્ઠભૂમિ અને વિઝન (૨૦૧૫-૨૦૨૬)

- શરૂઆત: કવિતાબેન ૨૦૧૫માં વાપી પ્રજાપતિ સમાજ મહિલા મંડળના પ્રમુખ તરીકે કાર્યભાર સંભાળ્યો હતો. તેમનો મુખ્ય હેતુ પ્રજાપતિ સમાજની બહેનોને એકત્રિત કરી તેમને સક્ષમ અને નવી દિશા આપવાનો હતો.
- પ્રગતિ: શરૂઆતમાં નાના સ્તરે ગામડાઓમાં (કોપરલી, મોટાપોઢા વગેરે) પ્રવાસ અને મંડળો દ્વારા કામ શરૂ થયું હતું. ૧૦ વર્ષના સતત પ્રયત્નોથી તેમણે ૬ તાલુકાઓ અને ૨ સંઘ પ્રદેશોમાં મહિલા મંડળોને સક્રિય કર્યા.
- મોટું લક્ષ્ય ૨૦૨૦માં તેમણે આખા જિલ્લાના સ્તરે એક મોટું સંમેલન યોજવાનું નક્કી કર્યું, જેના માટે ૨૦૨૬ સુધી સતત તૈયારીઓ ચાલતી રહી.

૨. આયોજન અને તૈયારીઓ

- મહિલાઓનું નેતૃત્વ: આ કાર્યક્રમની સૌથી મોટી વિશેષતા એ હતી કે ટ્રસ્ટીઓની મંજૂરી સાથે આખું સંમેલન માત્ર બહેનો દ્વારા જ સંચાલિત કરવાનું નક્કી થયું હતું. માત્ર કવિતાબેનના પતિ (ચેતનભાઈ) અને એક યુવાન ટ્રસ્ટીએ જ સહયોગ આપવાનો હતો.
- વ્યક્તિગત પ્રયાસો: કવિતાબેન ખૂબ જ મહેનત કરી હતી. તેમણે જાતે ગાડી ચલાવીને ગામડે-ગામડે જઈને પત્રિકા આપી હતી અને દરેક ગામમાંથી ૨-૨ નેતાધિકારી બહેનોની નિમણૂક કરી હતી.
- વ્યાપ વધ્યો: શરૂઆતમાં અંદાજ ૮૦૦ મહિલાઓનો હતો, પરંતુ તૈયારી દરમિયાન જાણવા મળ્યું કે ૬૨ ગામોમાંથી આશરે ૩૦૦૦ જેટલી મહિલાઓ આવવાની છે. આથી કાર્યક્રમનું સ્થળ બદલીને જાહેર મેદાનમાં રાખવામાં આવ્યું.

૩. સંમેલનનો મુખ્ય કાર્યક્રમ (૪ જાન્યુઆરી, ૨૦૨૬)

- આકર્ષણ: મહિલાઓ પોતાના ગામની ઓળખ માટે એક જ રંગની સાડી પહેરીને અને ગામના બેનર સાથે મોટા ઉત્સાહથી આવ્યા હતા.
- ધાર્મિક અને સાંસ્કૃતિક કાર્યક્રમ: કાર્યક્રમની શરૂઆત માતાજીની આરતીથી થઈ હતી. કાર્યક્રમમાં રાસ, ગરબા, ભજન અને સાખી ગાયન દ્વારા સાંસ્કૃતિક વાતાવરણ સર્જાયું હતું.
- મુખ્ય અતિથિઓ અને વક્તા:
- સાધ્વી માતાજી અનંત વિભૂષિત શ્રી શ્રી ૧૦૦૮ મહામંડલેશ્વર જયનંદ સરસ્વતીજી દ્વારા આશીર્વાચન અને પ્રવચન આપવામાં આવ્યું.
- સુરતથી આવેલી વક્તા અદિતિબેન કટિયારે દ્વારા પ્રેરણાદાયક પ્રવચન આપવામાં આવ્યું.
- કાર્યક્રમનું અધ્યક્ષપદ ચંપાબેન વલ્લભભાઈ પ્રજાપતિએ સંભાળ્યું હતું.
- સન્માન: કાર્યક્રમમાં ૨૬૭૯ બહેનોને સ્મૃતિચિન્હ આપી સન્માનિત કરવામાં આવ્યા હતા. તેમજ સમાજના ટ્રસ્ટીઓનું પણ વિશેષ સન્માન કરવામાં આવ્યું હતું.

૪. નિષ્કર્ષ અને અસર

આ સંમેલન માત્ર એક કાર્યક્રમ નહીં, પણ એક મોટી સફળતા હતી. આના પરિણામે આજે દક્ષિણ ગુજરાતના વિવિધ ગામોમાં મહિલા મંડળો ખૂબ જ સક્રિય રીતે કાર્યરત છે, જે કવિતાબેનના મૂળ વિઝનને પૂર્ણ કરે છે.

PRAJAPATI COMMUNITY UPDATES

PRAJAPATI SAMAJ CRICKET CLUB (GANDEVI)

Author: Narendra V. Prajapati



શ્રી પ્રજાપતિ સમાજ ક્રિકેટ ક્લબ (ગણદેવી) દ્વારા આયોજિત જિલ્લા સ્તર પર સ્પર્ધા રાખવામાં આવી હતી, ૨૮/૦૩/૨૦૨૬ રવિવારે પાથરી ગામનાં મેદાન માં કુલ ૬૨ ગામની ટીમોએ ભાગ લીધો હતો. જેમાં દરેક ટીમ વચ્ચે ભારે રસાકસીને અંતિમ (Final) તબક્કામાં ગણદેવા તેમજ સાદળવેલ ગામની આવી હતી. છેવટે ગણદેવા ગામની ટીમ જીતી ગઈ હતી. આ સુંદર ટુર્નામેન્ટનું માર્ગદર્શન સમાજના નવયુવાનો તેમજ વડીલોના દ્વારા થયું હતું. છેવટે વિજેતા તથા ઉપ વિજેતા ટીમોને તેમજ બેસ્ટ બેટ્સમેન/ બેસ્ટ બોલર/ મેન ઓફ ધી ટુર્નામેન્ટની ટોફી આપવામાં આવી હતી. સર્વનો ખૂબ ખૂબ આભાર

WELLNESS WATCH

Heat Wave

Author: Nirali N. Prajapati

Heat is an important environmental and occupational health hazard. Heat stress is the leading cause of weather-related deaths. A heat wave is a period where local excess heat accumulates over a sequence of unusually hot days and nights.

What actions should the public take?

Stay out of the heat: Avoid going outside and doing strenuous activity during the hottest time of day. Stay in the shade. Spend 2–3 hours during the day in a cool place. Stay informed about official heat warnings.

Keep your home cool: Use the night air to cool down your home by opening windows after dark. During the day when outdoor temperatures are higher than indoors, close windows and cover them with blinds or shutters to block direct sunlight. Use electric fans only when temperatures are below 40 °C. If using AC, set the thermostat to 27 °C and turn on an electric fan.

Keep your body cool and hydrated: Use light and loose-fitting clothing and bed linens. Take cool showers or baths. Wet your skin using a damp cloth, spray, or wet light clothing. Drink water regularly (1 cup of water per hour and at least 2–3 litres per day).

Protect infants and children: Never leave children or animals in parked vehicles for any lightweight, loose-fitting clothing that covers their skin, and use wide-brimmed hats, sunglasses and sunscreen to protect them from the sun's rays. For further information contact your nearest doctor.

Reference:

[World Health Organisation. \(WHO\)](#)



FINANCIAL GUIDE

A Beginner's Guide to Managing Money

Author: Parth Lad and Parth Prajapati**Introduction:**

Money touches every part of life—whether it's paying bills, saving for the future, or enjoying the things you love. Learning how to manage it wisely reduces stress and helps you reach goals like buying a home, funding education, or retiring comfortably. The secret? A good budget.

What is Finance? Finance is simply the way we manage money. It includes earning (salary, business, side income), Saving (keeping money aside for later), Spending (daily needs and wants), Investing (growing money through stocks or deposits), Planning (preparing for future needs). Think of finance as the “big picture” of your money.

What is Budgeting? Budgeting is the plan for how you'll use your income. It makes sure you don't spend more than you earn and helps you save.

Simple Formula:

Budget = Income – Expenses
Budgeting means you control your money instead of money controlling you.

Why Does Budgeting Matters?

Budgeting helps you know where your money goes, Stop overspending, Build savings, Avoid debt traps, Be ready for emergencies

Reach goals faster, People who budget usually feel more secure and confident about money.

Steps to Create a Simple Budget:

Know your income (add up all sources like salary, business, rent, interest, or side hustle). Track Expenses — Split your expenses into Fixed expenses (rent, loan EMI, insurance, school fees) & variable expenses (food, travel, shopping, entertainment). Use the 50–30–20 Rule: 50% for needs (rent, food, bills), 30% for wants (shopping, outings), 20% for savings & investments. This keeps spending balanced. Build an Emergency Fund. Save enough to cover 3–6 months of expenses. It's your safety net for job loss, medical bills, or sudden repairs. Start Investing Early—Savings alone aren't enough, money loses value over time due to inflation. Popular options for investment are Mutual funds, Fixed deposits, Stocks, Gold, Retirement plans. The earlier you start, the more you benefit from compounding (money growing on money).

Key Takeaway:

Budgeting isn't about restricting yourself—it's about giving your money a purpose. Start small, stay consistent, and watch your financial confidence grow.

NEWLY WEDDED COUPLES



Congratulations

Dr. Varun J. Mistry
weds
Ami Harshadbhai Lad

Date of Marriage 20 Feb 2026

Groom :

Dr. Varun Jitendra Mistry (Neurosurgeon)

Father : Jitendra M. Mistry

Mother : Lina J. Mistry

Native : Nadod Bigri

Present Resident : Borivali

Bride :

Ami Harshadbhai Lad (BE EXTC, MBA)

Father : Harshadbhai A. Lad

Mother : Darshanaben H. Lad

Native : Roomla

Present Resident : Baroda,



Congratulations

Manasi Kamlesh Prajapati
weds
Bhavin Ashwin Jariwala

Date of Marriage 02 Feb 2026

Bride :

Mansi Kamlesh Prajapati (C A, B Com)

Father : Kamlesh Prajapati

Mother : Rashmi K. Prajapati

Native : Surat

Present Resident : Borivali

Groom :

Bhavin Ashwin Jariwala (BE, MBA)

Father : Ashwinbhai Jariwala

Mother : Sushilaben A. Jariwala

Native : Surat

Present Resident : Kalbadevi



Author: Sonali B. Prajapati

Grape Soda Summer Drink

Ingredients (serves 2–3):

- 2 cups fresh black or green grapes
- 2–3 tbsp sugar (adjust to taste)
- 1 tbsp lemon juice
- 1 cup chilled soda (club soda or sparkling water)
- ½ tsp black salt (optional, but gives a nice twist)
- Ice cubes
- Fresh mint leaves (optional)

Method:

- Blend the grapes: Wash grapes and blend them with a little water until smooth.
- Strain the juice: Use a sieve to remove pulp and seeds for a smooth texture.
- Add flavors: Mix in sugar, lemon juice, and black salt.
- Stir well.
- Add soda: Pour the grape juice into a glass (half full), then top with chilled soda.
- Serve chilled: Add ice cubes and garnish with mint leaves.

Health Benefits:

- Hydrates and cools the body.
- Aids digestion and refreshes. Rich in antioxidants for heart health.



Author: Payal P. Prajapati

Sugar-Free Petha Juice (Summer Detox Drink)

Ingredients (serves 2):

- 2 cups petha (ash gourd) cubes (peeled & deseeded)
- ½ cup chilled water or coconut water
- 1 tbsp lemon juice
- 5–6 fresh mint leaves
- A pinch of black salt

Method:

- Prep the petha: Peel, remove seeds, and cut into cubes.
- Blend: Add petha cubes + water/coconut water + mint leaves and blend until smooth. Strain (optional): For a smoother, juice-like consistency.
- Add flavor: Mix in lemon juice and black salt.
- Serve chilled: Pour over ice and garnish with mint.

Health Benefits:

- Hydrating & cooling – perfect for summer heat
- Supports digestion – light on the stomach
- Good for blood sugar control – naturally sugar-free
- Detoxifying – helps cleanse the body ♥ Low calorie – great for weight management

COMMUNITY KITCHEN



Author: Sonali B. Prajapati

Iced Coffee Frappe (Café Style)

Ingredients (serves 2):

- 1 cup chilled milk
- 1 tsp instant coffee
- 1 tbsp sugar
- Ice cubes
- Optional: chocolate syrup

Method:

- Blend until frothy. Drizzle chocolate syrup inside the glass before pouring.

Viral tip: Shake it in a jar first to create thick foam like reels!

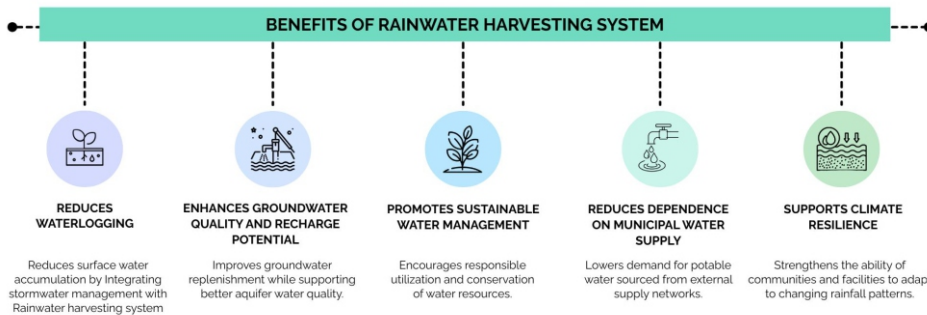
Health Benefits:

- Instant energy boost
- Improves focus
- Refreshing alternative to hot coffee

TECHNO - TIPS

Rainwater Harvesting: A Simple Solution to a Growing Water Crisis

Author: Harish Thakorbhay Mistry



Water is one of the most essential resources for life, yet it is increasingly under stress in rapidly growing urban areas. Cities like Mumbai face a paradox—heavy rainfall during monsoon months and water shortages during the rest of the year. Rainwater harvesting offers a practical and sustainable way to bridge this gap.

What is Rainwater Harvesting?

Rainwater harvesting is the process of collecting, storing, and using rainwater for various purposes instead of allowing it to run off into drains or be lost. This water can be stored in tanks or directed into the ground/borewells to recharge groundwater sources.

How Much Water Do We Consume Yearly?

Urban water consumption is significant. In Mumbai, the average water supply is around 135–150 litres per person per day. This means:

- Per person yearly consumption: ~50,000 litres
- For a family of four: ~200,000 litres annually

Mumbai's population of over 20 million, the total water demand runs into billions of liters every day.

This massive demand puts pressure on lakes, reservoirs, and groundwater sources.

Is Rainwater Harvesting Nature's Gift?

Rainwater harvesting can indeed be seen as a gift from nature. Mumbai receives substantial rainfall—often over 2,000 mm annually. If even a fraction of this rainwater is captured and reused, it can significantly reduce dependency on external water sources. Instead of letting rainwater flood streets and drains, we can use it to replenish what we consume. It's a Natural cycle—take water, use it, and return it to the earth.

Rainwater Harvesting in Residential Buildings Residential societies can play a major role in water conservation. Here's how:

- **Rooftop Collection Systems (Bldg Terrace):** Install downtake pipes from terrace to channel rainwater into storage tanks or recharge systems.

Using Borewells for Recharge: Rainwater can be filtered and directed into borewells, helping restore groundwater levels.

This is the most efficient way of collecting and diverting the rainwater to borewells, which can store lacs of lit of water underground in **AQUIFER** (Nature's gifted water storage tank below the ground). It is like the quantity of water which we used during the entire year from the borewell, gets recharged during monsoon season by rainwater harvesting. Our borewell will never get dry or borewell water quality will improve after RWH.

• **Recharge Pits Around Buildings:** Construct pits in open spaces to allow rainwater to percolate into the soil which will raise the ground water table.

• **Storage Tanks:** Many times rainwater is collected in plastic tanks (In absence of borewells) and used during monsoon season for daily nondrinking purposes like gardening, cleaning, flushing etc. usage, this will reduce

Municipal water consumptions and less rain drain to gutter, getting wasted.

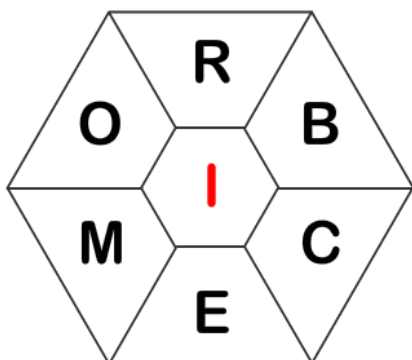
Additional Benefits:

- Reduces urban flooding
- Lowers water bills
- Improves groundwater quality
- Supports sustainable living
- Reduces dependence on tanker water

Conclusion: Rainwater harvesting is not just an environmental initiative—it is a necessity for sustainable urban living. With increasing population and water demand, cities must adopt smarter ways to conserve resources. By doing rainwater harvesting, we can turn seasonal rainfall into a year-round asset and ensure water security for future generations.

Every drop saved today is a step toward a more sustainable Tomorrow.

Make a new word by combining the letters in the hexagon.
The central red letter should be kept common everytime.



FUN CORNER



Spot 10 differences



To make a word take a letter or combination of letters from each tube.
Make four words for each group of tubes. Three words are already made.

S	PA	RR	OW

S	HO	M	R

AG	PA	AV	O

RR	P	PO	E

OW	E	N	IE

SP	R	IN	G

SP	W	A	SU

IN	UT	R	MM

T	E	UM	IN

ER	G	N	R

T	AB	L	E

T	S	CU	CH

AB	A	O	PB

OA	F	L	I

R	A	RD	E

M	PR	S	MO

D	CR	IN	O

TE	E	U	EE

SE	R	N	M

SUDOKU LETTER PUZZLES

A			E	I	D			
						H	B	
						C	A	
	H		G			B		C
		G				I		
I		A			H		E	
	G		F					
	A	D						
			H	C	E			G

<https://www.websudoku.com/>

Click on link to play

Answer key will be shared in next edition

A JOURNEY THROUGH PRAJAPATI HISTORY LEGACY OF THE EARTH-MAKERS

Author: Shashikant J. Lad



The Foundations of Philanthropy (1920–1945)

Long before the modern era, the Prajapati Association was active in the pulse of India's freedom struggle and social upliftment. Between 1921 and 1942, the community's contributions spanned across borders and causes:

• **Nationalistic Fervor:** Significant contributions to the Tilak Swaraj Fund (1921) and the Swaraj Movement Fund (1930).

• **Educational Support:** Funding for Karve Mahila University (1932) and Arya Kanya Mahavidyalay Vadodara (1935) highlighted a deep-seated belief in women's education.

• **Humanitarian Aid:** Swift support during the 1934 Bihar Earthquake and the establishment of the Bharat Samaj Hall in South Africa (1938).

• **The Navsari Hub:** From 1935–1944, the Shri Prajapati Vidyarthi Ashram in Navsari became a cornerstone for the youth, providing scholarships across 45 villages, interest-free loans, and vocational equipment like sewing machines for girls.

A Note on Value: To understand the scale of these contributions, consider that in 1920, an ounce of gold cost just Rs. 21, rising to Rs. 35 by 1935. The community's donations, ranging from Rs. 250 to Rs. 25,000, represented immense wealth and sacrifice.

From Ancient Clay to Social Identity

The history of the Prajapati is intrinsically linked to the very earth they shaped.

• **The Art of Clay:** Archaeological excavations reveal that the art of clay molding is thousands of years old. In cultural lore, we see this art in the earthen pots (Gori) used by Mata Yashoda to prepare buttermilk for Lord Krishna.

• **The Vedic Origin:** Historically, pottery was associated with the Brahmin varna. Over time, as social classifications shifted based on Karma (deeds) rather than birth, a faction specialized in this craft came to be known as Prajapati.

• **The Philosophy of Jati:** Our heritage aligns with the ancient wisdom: "Janmna Jayte Shudra, Sanskarat Dwij Uchyate"—one is born into simplicity,

but through deeds and refinement, one achieves greatness.

Preserving the Global Connection:

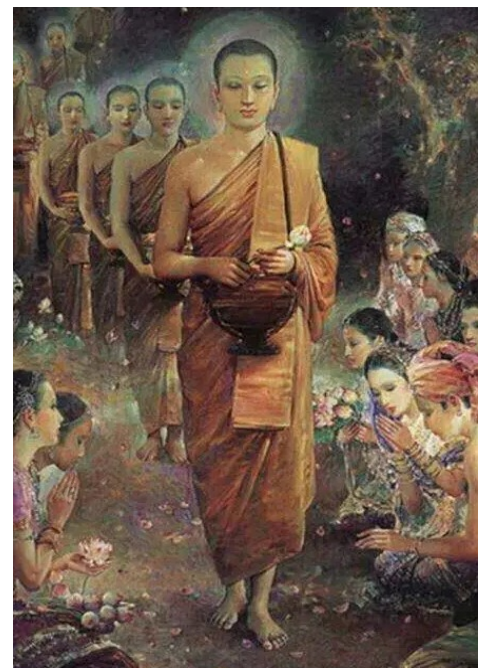
Today, whether we reside in Mumbai or cities abroad, our roots remain anchored in the institutions that supported our ancestors:

- Prajapati Association, Surat
- Prajapati Vidyarthi Ashram, Navsari
- Billimora Prajapati Ashram & others

OUR RESPONSIBILITY:

The flexible social order of ancient times eventually became rigid for self-protection against historical intrusions. Today, we have the opportunity to return to that original spirit of growth—where our identity is defined by our contribution to society and our commitment to preserving the visionary legacy of the Prajapati name.

(continued on page 12)



KNOWLEDGE SHARING

VASTU TIPS

Author: Ketan Bhagubhai Lad

नमस्ते वास्तु पुरुषाय भूशय्या भिरत प्रभो,
मद्गृहं धन धान्यादि समृद्धं कुरु सर्वदा।

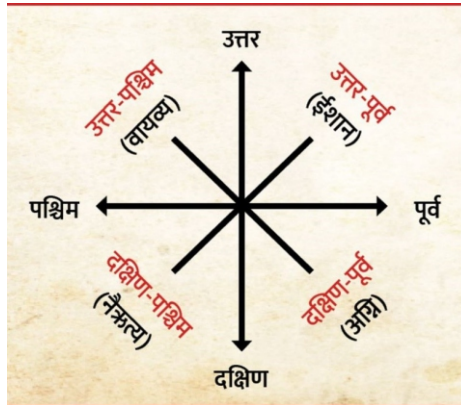
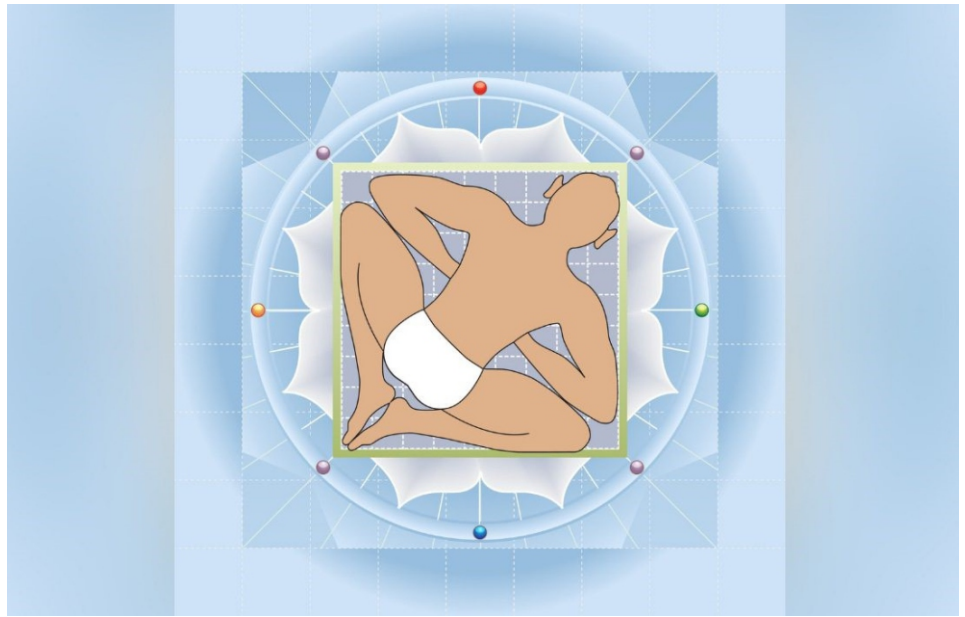
अर्थ: हे भूमि पर शयन करने वाले वास्तु पुरुष,
आपको नमस्कार है। मेरे घर में सदैव धन-धान्य
की समृद्धि बनाए रखें।

Vastu Purush who is staying in my
home, I salute you. Keep my home
prosperous and fulfilled with wealth
and prosperity.

Word Vastu is derived from Sanskrit
root Vas. Home is our abode of love
where we expect to enjoy the fruits of
our labor. We expect to enjoy our peace
& happiness, progress & prosperity,
health & wealth and faith & spiritual
development from our home.

The ancient India knew quite a few
other things beyond. Hence their house
building principles included: the North-
South flow of magnetic forces: the East-
West earth motion and Solar energy
forces: and with Divine Spiritual
Perception, they also knew the various
Deities who rule the different sections
of the house and based on the Nature of
the Deities, what type of room/function
is ideal in that part of the house. This
branch of ancient Indian knowledge is
called Vastu Sastra, or Vastu Shilpa
sastra, or Vastu Nirmana sastra. It was
employed to build not just houses but
to plan and build entire towns and cities
and temples.

Vastu is very popular and people also
know about it, but the knowledge given
in Social Media is very generic for
example if you put certain items in
certain direction you will get some
particular benefit. But Vastu is bigger
than just making some changes in
placement of certain objects.



The Origin of Vastu denotes 9 Zones 8 directions + Brahmasthan

NORTH, NORTH EAST, EAST,
SOUTHEAST, SOUTH, SOUTHWEST,
WEST, NORTHWEST and

BRAHMASTHAN – is situated at the
center of the house

People who talks about making
modification by demolition in house or
factory or any commercial space
according me is not having proper
knowledge. Vastu corrections can be
done without any demolition and it's a
precise old age science, which can give
exact results following certain
methodology. Even Temple
architecture follows traditional Vastu
which gives particular results for that
area.

Like any other ancient sastra, Vastu
must also be understood, interpreted
and implemented based on the
changed socio-economic conditions.
Take for example the rule “Bathroom
should not be next to kitchen – fire and
water must be away”. This is because in
those days the kitchen-fire was
produced by burning either wood or
coal and bathroom water source was a
well. So this would dampen the fire
wood/coal. In the modern kitchen, if
you have a gas stove at one corner and a
tap and sink at the other corner, its not
going to take you to hell. Similarly the
toilet in those days was an open space
and for hygienic reasons used to be at
the end of the house. But the modern
toilets are ok to be attached to bed
rooms.

In the name of Vastu many have started
various branches of it named as Medical
Vastu, Pyramid Vastu, Energy Vastu etc.
Medical Vastu focusses mainly on
Health related issues, while Pyramid
Vastu focusses on overall Vastu
balancing using Pyramids as a tool.
While Energy Vastu addresses overall
Energy of that particular place. We are
surrounded by various energies, as per
Vastu our energy gets drained or gets
uplifted. So it is very essential to
balance those energies in our Home,
Office, Factory etc.

BOOK - NOOK

DIGITAL AGE READING HABIT

*Author: Deepika Prajapati***Reading Habits in the Digital Age**

In today's fast-paced digital world, reading habits are undergoing a significant transformation. With smartphones, tablets, and laptops becoming an essential part of daily life, traditional reading is gradually being replaced by digital consumption. While this shift offers convenience and accessibility, it also raises an important question — are we truly reading, or simply scrolling?

The Changing Face of Reading

In earlier times, reading meant sitting quietly with books, newspapers, or magazines. It was a focused and immersive activity. Today, reading often includes short articles on mobile screens, social media posts, blogs, e-books, and even audiobooks. Reading is no longer limited to printed pages—it has expanded into the digital world, making knowledge more accessible than ever before.

Benefits of Digital Reading

Digital reading comes with several advantages. It allows readers to access books anytime and anywhere. E-books are often more affordable, and sometimes even free. Readers can explore a wide variety of global literature without physical limitations. Additionally, carrying an entire library in a single device adds unmatched convenience. As someone rightly said,



“A reader today can travel the world without leaving their room.”

Challenges We Face

Despite its benefits, digital reading also presents certain challenges. Constant notifications and distractions reduce our attention span. Many people tend to skim through content instead of reading deeply. Prolonged screen time can cause eye strain and fatigue. Moreover, social media often competes for attention, making it harder to focus on meaningful reading. In simple words, “We scroll more, but understand less.”

Building Strong Reading Habits

To maintain a healthy reading habit in the digital age, balance is essential. Setting aside even 15–20 minutes daily for focused reading can make a big difference. Combining physical books with digital reading helps maintain variety and depth. Turning off notifications while reading improves concentration.

Creating a peaceful reading space at home and joining book clubs or reading groups can also encourage consistency. Small efforts lead to big results, as “Small daily reading habits create lifelong knowledge.”

Conclusion

The digital age has not reduced reading—it has only changed its form. The real challenge lies not in whether we read, but in how we read. By developing mindful and focused reading habits, we can enjoy the benefits of both technology and traditional learning. “Today a reader, tomorrow a leader.”



જીવન શ્રદ્ધાંજલિ

સ્વર્ગ તુમ્હારે હૃદય મેં હૈ

ડૉ પ્રેમ રાવત જી

Author: Shri Bhagubhai M. Lad

પુનિત સ્મરણાંજલી
ગં. સ્વ. જમનાબેન ગણપતભાઈ પ્રજાપતિ
દેવલોક : ૧૩-૦૧-૨૦૨૬
મુળ વતન : વાપી

અમારા માતૃશ્રી ના ચરણોમાં
અમારી શ્રદ્ધાંજલી

સ્વ. કાશીનાથભાઈ ગણપતભાઈ પ્રજાપતિ
હરકિશનભાઈ ગણપતભાઈ પ્રજાપતિ
સ્વ. પ્રવિણભાઈ ગણપતભાઈ પ્રજાપતિ
સુરેશભાઈ ગણપતભાઈ પ્રજાપતિ
મહેશભાઈ ગણપતભાઈ પ્રજાપતિ
ગં. સ્વ. નયના નટવરલાલ પ્રજાપતિ
જયશ્રી પ્રદીપ મિસ્ત્રી

બોશિવલી પૂર્વ, મુંબઈ



પુનિત સ્મરણાંજલી
બાબુભાઈ નાથુભાઈ મિસ્ત્રી
દેવલોક : ૧૧-૦૨-૨૦૨૬
મુળ વતન : ધમડાછા (અમલસાડ)

અમારા પિતાશ્રી ના ચરણોમાં
અમારી શ્રદ્ધાંજલી

ચિરાગ બાબુભાઈ મિસ્ત્રી
આશા જયેશ પ્રજાપતિ
જીજ્ઞા જયેશ મિસ્ત્રી
મઝગાંવ - મુંબઈ
ફોન : ૯૮૨૦૨૩૯૩૮૧



પુનિત સ્મરણાંજલી
અમિત રમણલાલ પ્રજાપતિ
દેવલોક : ૧૯-૧૨-૨૦૨૫
મુળ વતન : અટગામ (ધનોરી) વલસાડ

પ્રજાપતિ પરીવાર તરફથી શ્રદ્ધાંજલી

રમણલાલ એલ. પ્રજાપતિ
હંસાબેન રમણલાલ પ્રજાપતિ
સેજલ અમિત પ્રજાપતિ
હરશિવ અમિત પ્રજાપતિ
કેશિક રમણલાલ પ્રજાપતિ
સતિશ રમણલાલ પ્રજાપતિ

સાંઈબાબાનગર, બાશિવલી(વે), મુંબઈ
ફોન : ૯૮૧૯૭૫૫૮૧૨



પુનિત સ્મરણાંજલી
હિરાલાલ મિઠલભાઈ લાડ
દેવલોક : ૨૬-૦૩-૨૦૨૬
મુળ વતન : તલાવચોરા, મોટાકળીયા

લાડ પરીવાર તરફથી શ્રદ્ધાંજલી

અંબાબેન હિરાલાલ લાડ
ચંજેશ હિરાલાલ લાડ
સ્મિતા ચંજેશ લાડ
સમીર ચંજેશ લાડ
સલોની સમીર લાડ

કાંદીવલી(વે), મુંબઈ-૪૦૦ ૦૬૭
ફોન : ૯૮૨૦૫૮૭૪૯૮



મનુષ્ય अपने जीवन में स्वर्ग की कामना करता है। वह सोचता है कि हो सकता है मेरे मरने के बाद मुझे स्वर्ग मिले। लोग कहते हैं कि हम अच्छा काम करेंगे तो स्वर्ग जायेंगे और स्वर्ग में फिर आनंद ही आनंद मिलेगा। परंतु संत-महापुरुषों ने कहा है कि स्वर्ग जीते-जागते संभव है। अगर अपना स्वर्ग इस जीवन में नहीं ढूँढ पाए तो उस स्वर्ग में क्या करोगे। लोग अंधविश्वास में पड़ जाते हैं। इस जिन्दगी के अंदर तुमको एक मौका मिला है। तुम चर्चा करते हो कि पिछले जनम में तुम क्या थे और अगले जनम में तुम्हारा क्या होगा। सचमुच में भाग्यशाली और बुद्धिमान वह है, जो अपना स्वर्ग यहीं बना ले। स्वर्ग भी यहाँ है, नरक भी यहाँ है। जब जान लिया उस चीज़ को जो हमारे अंदर है तो स्वर्ग पहुँच जाओगे और जब नहीं जाना, तो नरक में पड़े रहोगे। सबसे बड़ा नरक तो यह हुआ है कि स्वर्ग में रहते हुए भी तुम्हें पता नहीं है कि स्वर्ग में हो। एक वह गरीब होता है जिसके पास पैसा नहीं है और एक गरीब वह होता है जिसके घर के नीचे अरबों की संपत्ति है और फिर भी वह गरीब है। वह है असली गरीब। एक तो वह भूला-भटका होता है जिसे नहीं मालूम है कि उसकी मंज़िल कहाँ है। एक भूला-भटका वह होता है जो मंज़िल पर पहुँच तो गया, फिर भी उसको नहीं मालूम है, कि वह कहाँ भटक रहा है। मनुष्य के साथ भी यही बात है। जिस खज़ाने के साथ उसका जन्म हुआ, मृत्यु तक वह खज़ाना अंदर रहेगा, परंतु उस आदमी को नहीं मालूम है। फिर भी भटकता रहता है, फिर भी खोया रहता है, फिर भी और बातों में लगा रहता है। जिस स्वर्ग की तुमको तलाश है, वह तुम्हारे हृदय में है।

A JOURNEY THROUGH PRAJAPATI HISTORY (continued from page 09)

The Divine Art of Creation

The clack of the pottery wheel and the soft molding of earth is the heartbeat of the Prajapati Samaj—a sound that resonates not just with industry, but with devotion. Tracing our lineage to Lord Prajapati, the architect of the universe, we find a profound spiritual truth in our craft. Every pot shaped is a reminder of the divine hands that molded the cosmos of years old. In cultural lore, we see this art in the earthen pots (Gori) used by Mata Yashoda to prepare buttermilk for Lord Krishna.

- The Vedic Origin: Historically, pottery was associated with the Brahmin varna. Over time, as social classifications shifted based on Karma (deeds) rather than birth, a faction specialized in this craft came to be known as Prajapati.
- The Philosophy of Jati: Our heritage aligns with the ancient wisdom: "Janma Jayte Shudra, Sanskarat Dwij Uchyate"—one is born into simplicity, but through deeds and refinement, one achieves greatness.

This article delves into the daily rituals where faith and form meet, and how our community preserves a sacred heritage, seeing the divine in the very dust of the earth.

Job & Career Opportunities

Author: Bhupesh S. Lad

To further strengthen our SPMM community's professional growth, we are proud to have launched our new initiative of SPMM Career Connect—a dedicated WhatsApp Channel for job vacancies and career opportunities.

Whether you are a fresh graduate or non-graduate, looking for your first break or an experienced professional seeking a change, this SPMM Career Connect channel will serve as a bridge to your next career milestone.

We have nearly 190 followers now...

Join the SPMM Career Connect Channel:

<https://whatsapp.com/channel/0029VbCDIrhGU3BMjf5oHu1t>



Upcoming SPMM Mumbai events in Q2 (April - June)

- 1) Special Marriage Bureau for the later age, divorcee and later life candidates. (2nd week of May 26 - 10th May) Done
- 2) Notebooks distribution at Borivali, Malad, Thane, Vasai, Mazgaon & Parel. (24th May, 31st May & 7th June '26) Done
- 3) Launch of SPMM Employment Connect WhatsApp channel (May 26) Done
- 4) OSSG 2nd Drama (31st May '26) Done
- 5) Launching of the SPMM E-Connect magazine - (May '26)
- 6) Dharampur charity event at Gujarati School (14th June '26).

CONNECT WITH US:

SHRI PRAJAPATI MITRA MANDAL - MUMBAI

Bhupesh S.Lad : +91 9326688299

Hemal K Lad: +91 9821261395

Harkishan Prajapati: +91 9967240821

PRAJAPATI MAHILA GROUP

Jayshree B Mistry : +91 9920207458

Jayshree P Mistry: +91 8655122213

Jigisha A Prajapati: +91 9004213134

SPMM YOUNG GROUP

Bipin Mistry: +91 8080099000

Hiren Prajapati: +91 982170018

Jenish Gajjar: +91 8451809722

Nirali Mistry: +91 8861138812

ANY OTHER INFORMATION CONTACT US ON:

E-MAIL: spmm.community@gmail.com

Follow us on: (Click on image to follow)



<https://www.spmm.org.in/>