



मराठी भाषिक मंडळ, एडमंटन, वार्तापत्र, वर्ष – २, क्र.५, ऑगस्ट २० - २०१०  
नमस्कार मंडळी



### Ganeshostav :

- Bhadrapad Shukla Chaturthi (fourth day after new moon day of lunar month Shravan) is a Ganesh Chaturthi & Ganesh Pratishthapana Day. Thereafter it ends on Bhadrapad Shuddha Chaturdashi (i.e. 14th day of the bright half of lunar month Bhadrapad).
- Ganesh Festival was started by Lokmanya Bal Gangadhar Tilak. More than religious it has very high social value.
- It is a perfect time for creating a very holy atmosphere in the house, worship Lord Ganesh invite friends and relatives.
- There is no hard and fast rule as to how many days one should observe Ganesh Festival. (1, 5, 10, 21 days etc)
- Above all, Lord Ganesh will remove obstacles in your life and bring happiness to you & your family.

### Ganesh Festival

In olden days Ganesh festival was a purely family affair. It was celebrated even during the reigns of Satwahana, Rashtrakuta and Chalukya. There are also references in historical records to similar celebrations during Peshwa times, Lord Ganapati being the family deity of the Peshwas. The celebration would start on the first day of the month of Bhadrapada and would go on for ten days. Years later it became a practice to end the festivities on 'Anant Chaturdashi' with the immersion of the Ganapati idol in water. The celebrations were universally popular with rich and poor alike. The poor were given sweets and clothes. Upper caste Brahmins were fed on delicious meals. On the concluding day, the idol of Lord Ganesh was carried in a beautifully decorated palanquin in a ceremonial procession and taken to the river for immersion.

The last of the Ganesh festivals during the Peshwa regime was celebrated in the year 1815 when Bajirao II held the power. The year 1818 saw the end of Peshwa rule with Union Jack being unfurled on the great Shaniwar-Wada. Among the valuables the Britishers took away was a 'ruby-eyed Ganesh idol made in pure gold studded with diamonds and rubies. After the end of Peshwa rule, from 1818 to 1892 Ganesh Festival remained a family affair in Maharashtra. Emulating the example of Peshwas, princely states of Baroda and Gwalior too involved common people in the Ganesh festival.



**Lokmanya Tilak** was witness in 1892 where he saw the grand scale on which the festival was celebrated in Gwalior and the enthusiastic participation of people therein. This alone inspired him to make the Ganesh festival a public event in Maharashtra. However it needs to be mentioned here that social and political conditions of those times seemed ripe for making such a move.

During the Ganesha festival, Idol of Lord Ganesha is worshipped in many households. The worship lasts from 1 to 5, 10 or many a times 21 days.

This festival starting with the installation of beautifully engraved (sculptured) Ganesh idols in colorfully decorated homes and mandapas (pendals). The mandapas has been depicted by religious themes or current events. The idols are worshipped with families and friends. An enthusiastic spiritual atmosphere prevails.

The main sweet-dish during the festival is modak, also known as modagam [kozhakottai] in South India and karanjis. A modak is a dumpling made from rice flour/wheat flour with a stuffing of coconut, jaggery and some other condiments. It can be either steam-cooked or fried and the coconut can be fresh/dry grated. A karanji is similar but has the shape of the 4th day moon.

There are also public celebrations of the festival, with local communities (mandals) vying with each other to put up the biggest murti. The festival is the time for a lot of cultural activities like songs, dramas and orchestra.

Today, the Ganesh Festival is not only a popular festival - it has become a very critical and important economic activity for Maharashtra. Many artists, industries, and businesses survive on this mega-event. Ganesh Festival also provides a stage for budding artists to present their art to the public.

Tilak wished to bring about social change for political reasons too. He was convinced that social change was the key to political awareness. The country was under a foreign rule. To achieve the desired result it was necessary to awaken the people and what else would be fit than the already popular Ganesh festival? It is in these circumstances that in 1893 he appealed to the people to make it a festival of masses.

Ganesh Chaturthi is celebrated with great enthusiasm in Maharashtra. People invoke the blessings of Lord Ganesh for prosperity and wisdom and pray for his help in removing all obstacles. Tilak's appeal had a miraculous effect and people responded positively. 1893 saw the beginning of Ganesh festival as a public and popular event with Shri Bhau Rangari, Shri Khajgiwale, and Shri Ghotwadekar in Pune and residents of Keshavji Naik Chawl in Mumbai acting as pioneers.

In 1894 the festival spread to other places throughout Maharashtra. Year after year, the number kept increasing. His writings in Kesari and Maharatta and his public speeches had great influence in making the festival a truly public and participative event.

Festivals unite people. Ganesh festival provided him a necessary platform to arouse them to oppose the reign of terror. His ideas propagated through speeches and writing commanded wide attention forcing the British Govt. to sit up and take notice.

During this period, even 'Kirtans', a form of folk art, a kind of one man chat and musical show, promoting ideas contained in Indian mythology underwent great transformation. In what is now called Rashtriya Kirtan saw the initiation of movement to boycott of foreign made goods, promote the use of swadeshi (indigenous) goods to encourage education based on oriental values and for shunning of alcoholic drinks.

No one can deny the role played by Ganesh festival in mobilising support for the freedom struggle in Maharashtra and elsewhere. It is indeed sad that when India became a free country on 15th August 1947 that Tilak who struggled and suffered throughout his life to achieve this dream did not live to see it happen.



## Birth of Shri Ganesha ( Ganapati or Lambodara )

### Decapitated and reanimated by Shiva



Once, while Goddess Parvati wanted to take a bath, there were no attendants around to guard her and stop anyone from accidentally entering the house. Hence she created an image of a boy out of paste which she prepared to cleanse her body, and infused life into it, and thus Ganesha was born. Parvati ordered Ganesha not to allow anyone to enter the house, and Ganesha obediently followed his mother's orders. After a while Shiva returned from outside, and as he tried to enter the house, Ganesha stopped him. Shiva was furious at this strange little boy who dared to challenge him. He told Ganesha that he was Parvati's husband, and demanded that Ganesha let him go in. But Ganesha refused to hear him. Shiva lost his patience and had a fierce battle with Ganesha. At last he severed Ganesha's head with his Trishula. When Parvati came out and saw her son's lifeless body, she was very angry and sad. She demanded that Shiva restore Ganesha's life at once.

Unfortunately, Shiva's Trishula was so powerful that it had hurled Ganesha's head very far off. All attempts to find the head were in vain. As a last resort, Shiva approached Brahma who suggested that he replace Ganesha's head with the first living being that came his way which lay with its head facing north. Shiva then sent his disciples to find and take the head of whatever creature they happened to find asleep with its head facing north. They found a dying elephant which slept in this manner, and after its death took its head, attaching the elephant's head to Ganesha's body and bringing him back to life. From then on, he was called Ganapati, or head of the celestial armies, and was to be worshipped by everyone before beginning any activity.

### Shiva and Gajasura

Once there existed an demon (Asura) with all the characteristics of an elephant, called Gajasura, who was undergoing a penitence (or tapas). Shiva, pleased by him, decided to grant him, as a reward, whatever gift he desired. The demon wished that he could emanate fire continually from his own body so that no one could ever dare to approach him. The Lord granted him his request. Gajasura continued his penitence and Shiva, who appeared in front of him from time to time, asked him once again what he desired. The demon responded: "I desire that You inhabit my stomach."

Shiva granted even this request and he took up residence in the demon's stomach. In fact, Shiva is also known as Bhola Shankara because he is a deity easily propitiated; when he is satisfied with a devotee he grants him whatever he desires, and this, from time to time, generates particularly intricate situations. It was for this reason that Parvati, his wife, sought him everywhere without results. As a last recourse, she went to her brother Vishnu, asking him to find her husband. He, who knows everything, reassured her: "Don't worry, your husband is Bhola Shankara and promptly grants to his devotees whatever they ask of him, without regard for the consequences; for this reason, I think he has gotten himself into some trouble. I will find out what has happened."

Then Vishnu, the omniscient director of the cosmic game, staged a small play. He transformed Nandi (the bull of Shiva) into a dancing bull and conducted him in front of Gajasura, assuming, at the same time, the appearance of a flutist. The enchanting performance of the bull sent the demon into ecstasies, and he asked the flutist to tell him what he desired. The musical Vishnu responded: "Can you give me that which I ask?" Gajasura replied: "Who do you take me for? I can immediately give you whatever you ask." The flutist then

said: "If that's so, liberate Shiva from your stomach." Gajasura understood then that this must have been no other than Vishnu himself, the only one who could have known that secret and he threw himself at his feet. Having liberated Shiva, he asked him for one last gift: "I have been blessed by you with many gifts; my last request is that everyone remember me adoring my head when I am dead." Shiva then brought his own son there and substituted his head with that of Gajasura. From then on, in India, the tradition is that any action, in order to prosper, must begin with the adoration of Ganesha. This is the result of the gift of Shiva to Gajasura.



### **The gaze of Shani**

On the insistence of Shiva, Parvati fasted for a year to propitiate Vishnu so that he



would grant her a son. Lord Vishnu, after the completion of the sacrifice, announced that he would incarnate himself as her son in every kalpa (eon). Accordingly, Krishna was born to Parvati as a charming infant. This event was celebrated with great enthusiasm and all the gods were invited to take a look at the baby. However Shani (Saturn), the son of Surya, hesitated to look at the baby since Shani was cursed with the gaze of destruction. However Parvati insisted that he look at the baby, which Shani did, and immediately the infant's head fell off and flew to Goloka. Seeing Shiva and Parvati grief stricken, Vishnu mounted on Garuda, his divine eagle, and rushed to the banks of the Pushpa-Bhadra river, from where he brought back the head of a young elephant. The head of the elephant was joined with the headless body of Parvati's son, thus reviving him. The infant was named Ganesha and all the Gods blessed

Ganesha and wished Him power and prosperity.

### **Other versions**

Another tale of Ganesha's birth relates to an incident in which Shiva slew Aditya, the son of a sage. Shiva restored life to the dead boy, but this could not pacify the outraged sage Kashyapa, who was one of the seven great Rishis. Kashyap cursed Shiva and declared that Shiva's son would lose his head. When this happened, the head of Indra's elephant was used to replace it.

Still another tale states that on one occasion, Parvati's used bath-water was thrown into the Ganges, and this water was drunk by the elephant-headed Goddess Malini, who gave birth to a baby with four arms and five elephant heads. The river goddess Ganga claimed him as her son, but Shiva declared him to be Parvati's son, reduced his five heads to one and enthroned him as the Controller of obstacles (Vigneshwara).

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## **THROW AWAY THE HATRED:**

A kindergarten teacher has decided to let her class play a game. The teacher told each child in the class to bring along a plastic bag containing a few potatoes. Each potato will be given a name of a person that the child hates, So the number of potatoes that a child will put in his/her plastic bag will depend on the number of people he/she hates.

So when the day came, every child brought some potatoes with the name of the people he/she hated. Some had 2 potatoes; some 3 while some up to 5 potatoes. The teacher then told the children to carry with them the potatoes in the plastic bag wherever they go (even to the toilet) for 1 week.

Days after days passed by, and the children started to complain due to the unpleasant smell let out by the rotten potatoes. Besides, those having 5 potatoes also had to carry heavier bags. After 1 week, the children were relieved because the game had finally ended....

The teacher asked: "How did you feel while carrying the potatoes with you for 1 week?". The children let out their frustrations and started complaining of the trouble that they had to go through having to carry the heavy and smelly potatoes wherever they go.

Then the teacher told them the hidden meaning behind the game. The teacher said: "This is exactly the situation when you carry your hatred for somebody inside your heart. The stench of hatred will contaminate your heart and you will carry it with you wherever you go. If you cannot tolerate the smell of rotten potatoes for just 1 week, can you imagine what is it like to have the stench of hatred in your heart for your lifetime???"

**Moral of the story:** Throw away any hatred for anyone from your heart so that you will not carry sins for a lifetime. Forgiving others is the best attitude to take!

True love is not loving a perfect person but loving an imperfect person perfectly.

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## **Life itself is the most important thing:**

**A TRUE STORY** - A lineman's electrocution leads to a powerful life lesson

**SATURDAY, SEPT. 30, 1989**



**FAHLER, NORTHERN ALBERTA** - As **14,000 volts** of power surged through the line, Paul knew he was a dead man.

**IT WAS COLD AND MISERABLE OUT THERE.** The freak September snowstorm had dumped at least six inches overnight and Paul, an experienced lineman, figured he'd have to work again. So much for his day off. As if on cue, the phone rang. "Yeah, OK," he mumbled into the receiver before hanging up. He was tired of all the overtime, working one weekend after another. Pulling on his outdoor gear, he made a silent vow to steal away with Lorraine the next weekend. He'd wrap up this Saturday shift and then he and

his bride would take off on a trip to celebrate their recent marriage...As **14,000 volts** of power surged through the line, Paul knew he was a dead man. Standing in the open field, gripping the high voltage cable, he had enough time to marvel at “how it could end so quick” in the split second before the electricity slammed through his body, forcing every muscle to contract in a single violent Herculean squeeze. The powerful jolt hurled the lineman 20 feet through the cold September air like a feather in the wind. With a sickening thud, he landed on his back in the thick mud lining the ditch alongside the empty northern Alberta highway.

### **MCLENNAN HOSPITAL: ONE HOUR LATER**

Lorraine, a petite but feisty blue-eyed French Canadian, burst into the hospital emergency room, searching for her husband Paul. Bracing for the worst, she was relieved to find him in a small room alert and in pain, but otherwise looking fine. The only apparent injuries were a little hole in his ring finger and a burn on his wrist where his watch had been. Lorraine, 36, and Paul, 40, had been married exactly one week. He tried to tell her how much he loved her and where to access his finances and investments, but the agony was unstoppable—no amount of morphine could touch it. He was burning on the inside and they were helpless to stop it. The electrical current that coursed through his body had created a thermal burn that was literally boiling his blood. “All I could do was scream,” he shivers at the memory. His skin was so hot to the touch, the emergency room staff had to wear rubber gloves. The doctor in charge took Lorraine aside. “We’ll try to save everything we can, but it doesn’t look good.” She looked into the doctor’s eyes and knew he was telling the truth. “It was like a dream. All I could think was ‘this can’t be happening’,” she says.

### **16 YEARS LATER**

Paul is only now able to speak openly about the torment of the months and years following the electrocution. He remembers waking up in the burn unit at the University of Alberta hospital in Edmonton and being told his left foot and some fingers were gone. “What do you mean my foot’s gone?” he asked in horror. A short time later, he remembers begging them not to take his right hand. Hallucinations were a sign that another part of his body was gangrenous and would have to be amputated. Like a grotesque Stephen King novel, Paul continued to lose parts of his body over several weeks. Both legs are now gone along with most of his right arm and several fingers on his left hand. The man who once lived to heli-ski, golf and climb poles fixing power lines has endured split stumps, open sores, a heart attack, several emotional breakdowns and now, due primarily to the prolonged thermal burning, severe osteoporosis.

Yet, his spirit remains intact. Lorraine never left his side and she’s as lively and strong as ever.

“I don’t like a pity party. If something happens, I’ll say ‘well, let’s find a way,’” she says, a hint of a French accent framing her words. She found a way to bring him home and care for him and restore his confidence, refusing to baby him. When someone suggested they install wing handles on the doors, she shook her head saying, “No, you need to learn to live in the real world, and most doors in the real world don’t have wing handles.” There have been days and weeks when Paul steeped in self-pity.

But then a group of children gave him the gift of gratitude. One day Paul detoured through Edmonton’s Cross Cancer Institute on his way to rehab when a group of cancer-stricken children, many of who were bald from treatment, swarmed around him. Laughing and giggling, they asked for a closer look at his hard metal hook. “These kids made me see I’m pretty lucky. We’re not here forever so how we live this thing called life is pretty important. I don’t need a million dollars— life itself is the most important thing

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## Silly Jokes - हास्यरंग

Japanese hair cutting salon : Mishi Kapun Taku Yaki / Also ran: Kes Kapa

Russian waiter: Andre vada pav

African swimming pool che nav: Ya Doomba Doomba Doom Doom

Japanese hospital chya baher quiet zone aste. Tya zone che nav kay? Haka Naka Maru

Japanese shaleche nav : Ya shika

Tya shalechya principal che naav : Shiku naka.

Tya shalet kashachi shikvan detaat? : Hitachi

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Ekada eka navra ani baykoche jordaar bhandan hote ani te ekmekaanshi abola dhartaat. Navra zopaychya aadhi baykochya ushivar note thevto," mala sakali 6:00 la uthav". Dusrya divshi sakali navra utho ani pahato tar sakalche 8:00 vajlet!! To baykola kahi bolnaar tevdhyat tyala tyachya ushivar note diste. Tyavar lihile aste, " 6:00 vajlet, utha"!!!

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## Balvihar Prayers // बालविहार प्रार्थना

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### First Trimester

१ एकदन्तं महाकायं लम्बोदरगजाननम् ।

विघ्ननाशकरं देवं हेरम्बं प्रणमाम्यहम् ॥

Ekadantam mahakayam lambodaragajananam

Vighnanashkaram devam herambam pranamamyaham.

O Lord Ganesha, who has a single tusk, mighty body, pendant bellied,

I pray to Thee Oh Lord, to remove the obstacles from all actions I intend to perform.

२ गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः ।

गुरुरेव परं ब्रह्म तस्मै श्रीगुरवे नमः ॥

Gurur Brahmaa Gurur Vishnuh Gurur Devo Maheshvarah;

Gurureva param Brahma tasmai Shree Guruve namah.

Guru is Brahma, guru is Vishnu, guru is Lord Maheshwara; guru is the visible

supreme divinity incarnate, salutation to that guru.

३ सरस्वति नमस्तुभ्यं वरदे कामरूपिणि ।

विद्यारं भं करिष्यामि सिद्धिर्भवतु मे सदा ॥

Sarasvati namastubhyam varade kaamaroopini

Vidyaarambham karishyami siddhir bhavatu me sadaa.

Salutation to you, O Saraswati, grantor of blessings and embodiment of all wishes;  
I am getting inducted to studies, may there be fulfilment for me forever.

४ कराग्रे वसते लक्ष्मीः करमध्ये सरस्वती ।

करमूले तु गोविन्दम् प्रभाते करदर्शनम् ॥

Karaagre vasate Lakshmi, karamadhye Sarasvatee  
Karamoole tu Govindam prabhaate karadarshanam.

At the fore of the hands resides Lakshmi, and at the middle, Saraswati;  
at the root is seated Gauri, (so) see the palm of the hand at dawn (first).

५ ॐ सह नाववतु सह नौ भुनक्तु, सह वीर्यं करवावहै ।

तेजस्वि नावधीतमस्तु मा विद्विषावहै ।

ॐ शान्तिः शान्तिः शान्तिः ॥

Om saha naavavatu saha nau bhunaktu saha veeryam karavaavahai  
Tejasvinaavadheetamastu maa vidvishaavahai,

Om Shaantih, Shaantih, Shaantih.

May he protect us both—the teacher and the taught. May he nourish us both.

May we acquire more strength (from knowledge).

May our study be enlightened and may we not dislike each other.

### Second Trimester

६ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयः । सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभाग् भवेत् ॥

Sarve bhavantu sukhinah, sarve santu niraamayaah;

Sarve bhadraani pashyant, maa kashchid dukhabhaag bhavet.

Oh Lord in Thee may all be Happy, may all be free from misery

May all realise goodness and may no one suffer pain.

७ ॐ भूर्भुवः स्वः । ॐ तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि । धियो यो नः प्रच्योदयात् ॥ ॐ ॥

Om bhur bhuvas suvaha, Om tat savitur vareNyaM, bhargo devasya dhimahi  
Dhiyo yo nah prachodayaata, Om.

We meditate on the glory of the Creator, ; Who has created the Universe;

Who is worthy of Worship; Who is the embodiment of Knowledge and Light;

Who is the remover of all Sin and Ignorance; May He enlighten our Intellect.

८ ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते । पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥

Om poornamadah poornamidam poornat poornamudachyate

Poornasya poornamadaaya poornamevaavashishyate.

That (pure consciousness) is full (perfect); this (the manifest universe of matter;  
of names and forms being maya) is full. This fullness has been projected  
from that fullness. When this fullness merges in that fullness, all that  
remains is fullness.

९ ॐ त्र्यंबकं यजामहे सुगंधिं पुष्टिवर्धनम् । उर्वारुकमिव बंधनान्मृत्योर्मुक्षीय मामृतात् ॥

Om Tryambakam yajaamahe sugandhim pushtivardhanam

Urvarukamiva bandhanaat mrutyor mukshiya maamrutaata.

Om. We worship the three-eyed One (Lord Shiva) Who is fragrant and Who nourishes well all beings; may He liberate us from death for the sake of immortality, even as the cucumber is severed from its bondage (to the creeper).

१० असतो मा सत् गमय । तमसो मा ज्योतिर्गमय ।  
मृत्योर्मा ऽ मृतं गमय ॥ ॐ शान्तिः शान्तिः शान्तिः ॥

Asato Maa sat gamaya, tamaso maa jyotir gamaya  
mrityor maa amrutam gamaya, Om Shaantih, Shaantih, Shaantih.  
O Lord, please lead me from unreal to real. Please lead me from darkness to light.  
(i.e. from ignorante to knowledge). Lead me from death to immortality.

### Third Trimester

११ वक्रतुंड महाकाय, कोटिसूर्य समप्रभा ।  
निर्विघ्नं कुरुमेदेव, सर्वकार्येषु सर्वदा ॥

Vakratunda mahaakaaya, kotisurya samaprabhaa;  
Nirvighnam kurumedeva, sarvakaaryeshu sarvadaa.  
O god with the twisted trunk, broad-bodied, brilliant as thousand suns, bless me with freedom from obstructions and hindrances in all my works and for all times.

१२ ओंकारम् बिंदुसंयुक्तम्, नित्यं ध्यायन्ति योगिनः ।  
कामदं मोक्षदं चैव, ओंकाराय नमो नमः ॥

Aumkaaram bindusanyuktam, nityan dhyayanti yoginah;  
Kaamadam mokshadam chaiva, aumkaaraaya namo namah.  
Yogis meditate forever on Aumkara associated with the Bindu, salutation to the Aumkara, the grandor of wishes and salvation.

१३ कायेन वाचा मनसेन्द्रियैर्वा, बुध्यात्मना वा प्रकृतेः स्वभावात् ।  
कारोमि यद्यत् सकलं परस्मै , नारायणायेति समर्पयामि ॥

kaayena vaachaa manasendriyairva, budhyatmanaa vaa prakruteh swabhaavaat;  
Kaaromi yadyat sakalam parasmai, naaraayanaayeti samarpayaami.  
Whatever I do either by body, speech, mind or sensory organs, either with my personal knowledge or natural trait, I surrender and submit all to that supreme divine Narayana.

१४ त्वमेव माता च पिता त्वमेव, त्वमेव बन्धुश्च सखा त्वमेव ।  
त्वमेव विद्या द्रविणं त्वमेव, त्वमेव सर्वं मम देवदेव ॥

Tvameva maataa cha pitaa tvameva, tvameva bandhushcha sakhaa tvameva;  
Tvameva vidyaa dravinam tvameva, tvameva sarvam mama devadeva.  
You are the mother, you are the father, you are the relative, you are the friend,  
you are education, you are wealth, you are everything for me, O Lord, O Lord.

१५ शुभं करोति कल्याणं, आरोग्यं धनसंपदः ।  
शत्रु बुद्धि विनाशाय, दीपज्योतिः नमोऽस्तु ते ॥

Shubham karoti kalyanam, aarogyam dhanasampadah;  
Shatru budhhi vinaashaaya, deepajyotih namoostu te.

Shubham karoti kalyanam, aarogyam dhanasampadah;  
Shatru budhhi vinaashaaya, deepajyotih namoostu te.

The grantor of auspices, welfare, health, wealth and prosperity, salutation to you  
O flame of the lamp, for the destruction of the thought of enmity.

## HEALTH MATTERS - KARELA (BITTER GOURD)



Bitter gourd is a tropical vegetable, which is cultivated mainly in the Asian and African countries. It is also known by the name of 'Karela' and has a rough, warty skin. As the name suggests, the vegetable is bitter in taste and has a skin that is dark green in color. Bitter gourd has been found to have great medicinal value. In fact, it is said to have antidotal, antipyretic tonic, appetizing, stomachic, antibilious and laxative properties. This is the main reason why the vegetable is used in a number of native medicines of Asia and Africa. Given below is information of the health benefits and nutritional value of bitter gourd.

### Nutritional Value of Bitter Gourd

100 grams of bitter gourd comprises of the following nutrients:

- Calcium - 19 mg / Copper - 0.034 mg / Dietary Fiber - 3 g / Dietary Folate Equivalents - 72 mcg
- Folate - 72 mcg / Food Folate - 5.6 mcg / Iron - 0.43 mg / Magnesium - 17 mg / Manganese - 0.089 mg
- Pantothenic Acid - 0.212 mcg / Phosphorus - 31 mg / Potassium - 296 mg / Protein - 1 g
- Selenium - 0.2 mcg / Sodium - 5 mg / Sodium - 5 mg / Total Carbohydrates - 4 g / Zinc - 0.8 mg
- Vitamin A / Vitamin C / Calcium / Total Fat - 0g / Saturated Fat - 0g / Cholesterol - 0 mg
- Folic Acid - 0 mcg / Sugars - 0 g

### Nutrition Benefits of Eating Bitter Gourd

Bitter gourd has been associated with lowering sugar levels in people suffering from diabetes.

Bitter gourd is said to be helpful in fighting against cancer and a number of infections.

Bitter gourd has been known to provide relief from constipation and is also effective in the treatment of [psoriasis](#).

Bitter gourd helps in improving circulation and in turn, generates slimming effects on the body.

Regular consumption of bitter gourd has been associated with prevention as well as treatment of hypertension.

Bitter gourd is believed to be helpful in preventing eye complications, apart from treating neuritis.

The juice of the leaf of bitter gourd plant has been found to be beneficial in the treatment of [alcoholism](#). The essential vitamins and minerals present in bitter gourd help in treating defective metabolism of carbohydrates. The bitter tonic properties of bitter gourd have made it effective as a blood purifier. Fresh juice of bitter gourd is good for patients suffering from piles.

## Membership Fees :

The membership fee is - Single \$ 75, Couple \$ 100, Family with Children (under 21 years) \$ 125.

OR

Pay-as-you-go \$ 15 per person per event—paid on the day of event.

Cheque is payable to **MBME** or **Marathi Bhashik Mandal Edmonton**, can be mailed to MBME Treasurer or can be paid on 03 July 2010 Picnic event.

(MBME Treasurer—Ms. Sunita Zode, #7 - 2376 Millbourne Road West, Edmonton, T6K 3B4)

Events

### Upcoming Event

Ganesh Chaturthi on Saturday, Sept 12, 2010 at 10 am

