

(SFCD) set-up in 1992. The 'Trash to Cash' initiative uses trash collected from temples, hotels, newspaper vendors and even Delhi Metro. The unit employs 36 people with intellectual disability who create raw material like fabric and paper sheets. Then a production team comprising 59 people who are audibly, visually or physically impaired make the finished products. What is heartening is that women with disability form the core of this section.

Vipin, who works as a paper

weaver in the unit, says, "Having low-vision and being 100 per cent deaf meant that I could only stay at home. Today, I travel on my own, work a full day, and support my family."

To increase visibility, Prabhat deploys an iridescent fleet of four rickshaws and one e-rickshaw as its retail outlets for exhibitions, fairs, festivals and family days at corporates. Their latest initiative 'Green Thursdays' has been well received by corporates. Every Thursday they

visit corporate offices with their e-rickshaw to create environmental awareness. To watch a live demo of trash being converted into something fantastic and functional is a new experience for corporate employees and also makes them eco-sensitive.

The next time you visit Dilli Haat, do have a look at the Trash to Cash rickshaw. I still flaunt my upcycled jeans handbag with great elan!

www.trashtocashindia.com

- *Punya Srivastava*

Defeating cancer through veganism



Dr Thomas Lodi: Vanquishing cancer through veganism

It is not difficult getting rid of cancer. The challenge is to keep it gone," said Dr Thomas Lodi (MD). He is an alternative cancer

treatment specialist, with centres in Arizona, USA and Bangkok. Recently in India to deliver a talk on the topic 'The Myths and Lies associated with Health and Disease' across Delhi-Bangalore-Chennai in the end of May, Dr Lodi drew hundreds of eager audience in all the three cities. The talk series was organised jointly by the Indian Raw Vegan Foundation and Green

Path, Bangalore, the International Tamil Veg Union, Chennai, and the Reiki Healing Foundation, Delhi.

According to him, people have been made to believe that diseases are some kind of foreign invasions on their bodies which can be treated by the use of other foreign products like medicines. The truth is that the body is always engaged in self-healing. When we live within the parameters established by nature, the body stays healthy. However, since our lifestyles have deviated way beyond what nature had intended, we have been encroached by 'diseases' like cancer.

"A raw vegan diet that constitutes lots of cancer-fighting phytonutrients along with optimum dose of natural Vitamin B keeps the body in its natural state of health," he said. Dr Lodi also

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Dr. Deepak Talwar

stressed upon the significance of a dairy-free and meat-free diet. He quoted from case studies of cancer survivors who, with the help of raw vegan diet and lifestyle, gave a tough fight to cancer and ended its presence in their lives. "The challenge is to keep

cancer at bay and stop it from returning. You can do this by restoring your body and upping your immune system, and for this, a raw vegan diet is your only bet," he stressed. The talk ended with a sumptuous treat of organic raw fruits and sprouts.

Dr Thomas Lodi, founder of integrative oncology healing centre in Arizona, is renowned for his comprehensive cancer care programme. His foundation utilises a raw vegan diet and multi modalities for cleansing, rebalancing and enhancing all the bodies' systems.

The number game



Participants converge for a group picture after the conclusion of the workshop

If we thought that only our birth number, ie the date on which we are born, affects us, we are wrong. Our numerology chart comprises various numbers that influence our life and determine our life purpose. This was brought to my realisation when I attended numerologist Priyanka Ghode's one-day workshop on numerology in Mumbai last month.

Priyanka, a young mother, was an expert of her game. As she began to throw light on the magic of numbers and their specific vibration, many revelations tumbled out. A practitioner of the Pythagorean school of numerology, Priyanka said that contrary to popular belief, the life path number of a person was more important than the date of birth. Life path number

is the sum total of all the figures in a person's date of birth. Several numbers fell in the category of master numbers and the possessor of these numbers had greater potential compared to other numbers in numerological reading.

Apart from that there is an expression number, secret self number, growth number, maturity number, attitude number, challenge number, and karmic number. These specific numbers denote the nature of our life journey, our greatest desire, our talents, leanings, growth curve and the learning we are supposed to make in this lifetime. The absence of certain numbers too indicates the areas which we need to work upon.

The information was so empowering that simply by working out the date of birth and the name of a person one could get many insights into the nature and abilities of a person.

-Priyanka Ghode: 9822553204
- Shivi Verma

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