

## A TRIBUTE ON FIRST DEATH ANNIVERSARY.

### SOHANLAL JAMANLAL JANGID—A PERFECT COMBINATION OF COURAGE, PATIENCE AND PERSEVERANCE.

What a unique person! Mr. Sohanlal Jamanlal Jangid, the focus of this article, died at the age of 80 plus on 10<sup>th</sup> September 2010 midnight. The readers may think what is special about him? Yes he was a very extra-ordinary person, nay patient. He was the first patient, due to whom the organisation Hridaya Mitra Mandal, Nagpur was formed. He hailed from Sikkar district of Rajasthan. An expert carpenter by profession, Mr. Sohanlal had migrated to Nagpur (Maharashtra) way back in 1967. He had a very trying time in making his livelihood since he was totally unknown to all Architects or Civil contractors here.

Finally he came in contact with the leading Architect of Nagpur - Mr. Sheo Dan Mal. After great reluctance, he was offered a small job which happened to be the turning point of his life. The Architect was highly impressed with his workmanship and then on assigned various carpentry and furniture work to him. With is great determination, hard work and quality-consciousness, Sohanlal rose to the position of a reputed building contractor. During the past thirty years he has to his credit, construction of Smruti cinema, Central India Institute of Medical Sciences, many large constructions in Kalamana market, Haldiram factory, many posh bungalows in Ramdaspath and also some flat schemes. He worked very hard in those days and on many days cycling some 40 to 50 miles a day.

Around ten years back, he had his first heart-attack during train journey near Betul station and was admitted to a Nagpur hospital. He was in the ICCU for four days and was discharged after a week. He was advised medication for six months and then Angioplasty if needed. After discharge when at home, Mr. A.N.Nafde, his old friend requested him to try with Lauki (Bottle Gourd) Juice Therapy alongside his medication. He readily agreed and took juice thrice a day for six months. It worked wonderfully and the same Doctor told

'no surgery is required'. This gave a great boost to the usefulness of Lauki juice for heart patients. From 25<sup>th</sup> August 2000 Hridaya – Mitra Mandal, Nagpur started its campaign to advice Lauki juice for the benefit of heart patients.

Mr. Sohanlal remained very active for the next five years with medicines and juice. During 6<sup>th</sup> year he complained of chest pain and was advised Angioplasty with a stent. After this the pain occurred on many occasions. However he preferred to remain on medicines and Lauki juice only. He continued his routine of site work as in the past.

In 2007, he became seriously ill and was admitted to hospital and declared critical. His Ejection Fraction had slumped to 20%. Doctors and experts opined that Bypass is the only treatment but he may not sustain it. His chances of survival are only 20%. Without surgery too he will not survive for more than a month.

He decided not to go for Bypass and remain on medication and Lauki juice. With a great courage and determination, he lived for three more years leading a semi active life, attending work at construction site. Finally he was hospitalized for a week for stomach disorder and liver trouble due to which his end came and not any heart problem. Hats off to this great soul!!! Who fought heart disease for a decade against all odds and predictions. *Hridaya-Mitra Mandal, Nagpur pays its tributes to this great soldier, who stood as an inspiration for other heart patients.*