



**navjivan foundation
annual repot 2007-2008**

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Introduction

In the year 2007-2008 Navjivan Foundation has seen tremendous improvement in its activities for the welfare of the people. In this year organization organize 12 camps in one financial year.

Like preceding year for camps, all the formalities made in this year and this organization create good relationship with several official and collect more appreciation from Honb'le Supreme Court, All High Courts Of India, States Human Rights Commissions, All Chief Ministers Of India, All Governors Of States & The Embassies In India. From beginning of the year organization decided that this year should utilize for the benefit for the ladies and others in this connection our social worker decides to organize ladies and other related awareness camps.

CAMP SECTION
FOR THE MONTH OF APRIL-2007

On dated 29th April organization has arranged a camp in Arabai, Banda-Dist ,Uttar Pradesh and the name of camp was "Awareness On TB For Ladies". On every smoking material written, "Smoking is injurious to health" but to see it we are in confusion that why people smoke! Especially in western country many more ladies smoke for cold climate to keep their body warm. But in India we think is not essential. Because it's climate carry nine months hot and three months cold. So we think in here no smoking habit should like western country. Generally for ladies it bring ovary cancer and TB like disease .Now for TB in any govt. hospital free treatment of TB is continuing and we advice in our camp in any time TB attacked as soon as go to nearest govt. medical for its treatment and distant from smoking.

CORRESPONDANCE SECTION
FOR THE MONTH OF APRIL-2007

On dated 4THApril - For Receiving of Logo Certificate from Mumbai a letter dispatched to I.P.O. Building Director Mumbai and Register of Tread Mark, Dwarika Delhi. On dated 11THApril - Up to working position of NGO an information letter dispatched to Honb'le Social Welfare Samaj Kalyan Bibhag, Delhi Govt., Honb'le President Of India, Prime minister Of India, National Human Rights Commission, Ministry Of Home Affairs, Department Of Legal Affairs, Social Justice & Empowerment etc. On dated 16THApril- About newly elected Chairman a information letter dispatched to National Human Rights Commission, Ministry Of Health, World Health Organization, Social Justice & Empowerment, Lok Karyakram Aur Gramin Prodiyogik, Social Welfare Samaj Kalyan Bibhaga, United Nation Children Fund and Canara Bank. On dated 17THApril -Letter was sent to allotment of Institution Land to Delhi Development Authority & copy to Ministry Of Social Justice & Empowerment and Ministry Of Urban Development. On dated 18THApril - Letter sent on public grievances on Complain Officials Of North Eastern Hill University- Meghalaya-Shillang to Ministry Of Human Resource Development-Dept. Of Secondary Higher Education & copy to- Honb'le President Of India, Prime minister Of India, National Human Rights Commission, Central Vigilance Commission, Governor of Meghalaya, District Commissioner of East Khasi Hill-Shillong-Meghalaya, The Times Of India, NDTV, Aajtak etc. On dated 19/20/21/23/24/25/26/27/28/30TH/April -Some letters dispatched to companies in Delhi and Karnataka for financial assistance and these companies has applied before three months and in this dated we have informed after three months the working position of NGO. On dated 28THApril -Letter of thanks dispatched to Social Welfare Samaj Kalyan Bibhag for providing the list of Old Age Home for meeting several request from public on its to our organization.

**CAMP SECTION
FOR THE MONTH OF MAY-2007**

On dated 27th May organization has arranged a camp named as "Ladies Awareness Camp On refusing To Tobacco" in Sant Nagar, Firozabad in Uttar Pradesh. Tobacco means one type of drugs what raise blood pressure of human. On chewing tobacco due to raising BP it create more sweating and free to body and for this men feel that it's give extra power and good efficiency to do work. But on real sense gradually it decrease the ability and capacity of body .Because no drugs increase ability or energy of men and due to chewing for long period it create mouth cancer, lungs cancer, kidney cancer like this. So our suggestion for public save life from it and consult with doctor if needed. In high percent of sugar it will better to taking insulin to reduce its percentage. In this drugs we include the following :-

1. Khaini.
2. Tobacco Leaves.
3. Bittle (Panmasala).
4. Dhuanpatra etc.

**CORRESPONDANCE SECTION
FOR THE MONTH OF MAY-2007**

Ondated3/4/5/7/8/9/10/11/12/14/15/16/17/18/19/21/22/23/24/25/26/28TMay-
Remaining some letters dispatched to companies in Delhi and Karnataka for financial assistance and these companies has applied before three months and in this dated we have informed after three months the working position of NGO.

CAMP SECTION
FOR THE MONTH OF JUNE-2007

On dated 24th June organization has arranged a camp on "For Good Food & Healthy Family Awareness Camp On Diabetes For Ladies" If in mind the question arises the meaning of Diabetes, for its simple answer will "diabetes is a disorder that affects the way our body uses food for energy. The sugar we take in is digested and broken down to a simple sugar, known as glucose, insulin, produced by the pancreas; helps move the glucose in to cells. A healthy pancreas adjusts the amount of insulin based on the level of glucose. But, in diabetics, this process breaks down, and blood sugar levels become too high."

Symptoms

Abnormal thirst and a dry mouth.
Frequent urination.
Extreme tiredness/lack of energy.
Constant hunger.
Sudden weight loss.
Slow healing wounds.
Recurrent infections.
Blurred vision.

Worrying Facts

- *Diabetes is the largest cause of kidney failure.
- * Diabetes retinopathy is the leading cause of vision loss in adults.
- *People with diabetes are 15-40 times more likely to require a lower-limb amputation.

India having the highest number of diabetic patients in the world, the sugar disease is posing an enormous health problem in the country. Calling India the diabetes capital of the world, the international Journal of Diabetes in Developing countries says that there is an alarming rise in prevalence of diabetes, which has gone beyond epidemic from to a pandemic one.

The international Diabetes federation estimates that the number of diabetic patients in India more than doubled from 19 million in 1995 to 40.9 million in 2007. It is projected to increase to 69.9 million by 2025. Currently, up to 11% of India's urban population and 3% of rural population above the age of 15 has diabetes. Diabetes affects all people in the society, not just those who live with it. The "World Health Organization" estimates that mortality from diabetes and heart disease cost India about \$ 210 billion every year and is expected to increase to \$335 billion in the next ten years. These estimates are based on lost productivity, resulting primarily from premature death.

Various studies have shown that the high incidence of diabetes in India is mainly because of sedentary lifestyle, lack of physical activity obesity, stress and consumption of diets rich in fat, sugar and calories.

The most prevalent is the type 2 diabetes, which constitutes 95% of the diabetic population in the country. In this, patients are non-insulin dependent and they can control the glucose in their blood by eating measured diet, taking regular exercises and oral medication. Worldwide, millions of people have type 2 diabetes without even knowing it and if not diagnosed and treated, it can develop serious complications.

Type 1 diabetes (insulin dependent), however, is not preventable. In India, the Chennai-based Diabetes Research Centre says that over 50% cases of diabetes in rural India and about 30% in urban areas go undiagnosed. Globally, diabetes affects 246 million people, which is about 6 % of the total adult population. It is the fourth leading causes of death by diseases and every 10 seconds a person dies from diabetes related causes in the world. Each year, over three million deaths worldwide are tied directly to diabetes and even greater number die from cardiovascular disease. Modification in lifestyle and proper medication can delay and prevent diabetes in high-risk group. Eating whole grain carbohydrates and moderate exercises and avoiding excessive weight gain could eliminate over eighty percent of Type-2 diabetes.

CORRESPONDANCE SECTION FOR THE MONTH OF JUNE-2007

On dated 01ST June-2nd letter dispatched for allotment of land on favored of first letter no response On dated 17THApril to Delhi Development Authority & copy to Ministry Of Social Justice & Empowerment and Ministry Of Urban Development. On dated 04th June-Reminder-I sent to On dated 18THApril - Letter public grievances on Complain Officials Of North Eastern Hill University- Meghalaya- Shillang to Ministry Of Human Resource Development-Dept. Of Secondary Higher Education & copy to- Honb'le President Of India, Prime minister Of India, National Human Rights Commission, Central Vigilance Commission, Governor of Meghalaya, District Commissioner of East Khasi Hill-Shillong-Meghalaya, The Times Of India, NDTV, Aajtak etc. On dated 07th June-Reminder-I -on another public grievance on dated-12/03/2007 - Orissa murder case - to reopen and letter sent to Chief Minister of Orissa,National Human rights Commission, Ministry Of state-Lok Nayak Bhavan, CBI, Governor Of Orissa, Times Of Inia, PTI, Oriya News Paper-Samaj & Bangla News Paper-Bartaman & Economics Times,NDTV,Aajtak,S.P. Of Balasore & Bhadrak district etc. On dated 09th June-Request letter for sanctioning Project to Navjivan Foundation and in this connection letter with Project dispatched to Ministry Of Social Justice & Empowerment, Ministry Of Health, World Health Organization, Social Welfare Samaj Kalyan Bibhaga, Lok Karyakram Aur Gramin Prodiyogik, UNICEF and asking them/ taking advice from them for sanctioning project- Letter to Ministry of Women's & Child Development World Health Organization & Ministry Of Social Justice & Empowerment etc. On dated 11th June-Suggestion letter sent to Anisha Begum (on old public grievances on divorce and on dowry - from Sultanpur District, Uttar Pradesh) on Sultanpur Superintendent Of Police's letter that up to final decision of court the SP can not take decision. On dated 13th June-Second Reminder-II letter to Sports Authority Of India & Copy to Ministry Of Youth Affairs & Sports regarding providing address of cricket & tennis stars for getting it we would correspondence

them for financial assistance. On dated 15th June-Second Reminder-II letter dispatched on letter on dated 15/01/2007 for giving answer-Ministry Of Textile For a place in Delhi Haat to show our workings on physical handicapped and letter to Khadi & village Industrial Board for their project. On dated 16th June-Reminder-I for Receiving of Logo Certificate from Mumbai a letter dispatched to I.P.O. Building Director Mumbai and Register of Tread Mark, Dwarika Delhi. On dated 18th June-Reminder-I on Pakistan letter for working and letter to Social Welfare Samaj Kalyan Bibhaga, President Of India, PM Of India, National Human Rights Commission, Ministry Of Home Department Of Legal Affairs & Ministry Of Social Justice & Empowerment etc. and in this dated some letter of public answered on education, old age home, postal services, street children, reservation in education, population control, self dependent etc. On dated 25th June- in this dated some letter of public answered on education, old age home, postal services, street children, reservation in education, population control, self dependent and in this date letter dispatched to some companies in Noida, Delhi and Banks head office in India etc. for financial assistance. And well come them to participate with us in this noble work and comes to our office and inspect all these things. In this letter we show our activities of present and past both.

**CAMP SECTION
FOR THE MONTH OF JULY-2007**

On dated 08th July organization has arranged a camp on "Begging And Giving Alms re Offences-Stop Begging-Help Beggars Self Depend-Camp On Stop Begging & Alms" in Delhi at Sarojini Nagar. Some traditional belief of human nature in India pulls backward to our society. This means people of our country belief on vice and virtue. So they give alms to beggar. But if we analysis this system, can find men having wealth indirectly reducing the capability of other people. A man or a woman or a child has separate life style. This means a man and woman having well physic can utilize his physical labour for earning money and child has duty to learn lesson in school. So our society should aware these type of people about their duty but we indirectly convince them for begging. Because we belief on our tradition. If we want to beg we should alms to the people have no limbs! So more over, the wealthy people indirectly insisting people for begging and pulling their future towards darkness. On other side these types of beggar people with out labour earn money which make them lazy and every day increase their numbers. Now if we check in Delhi type of beggar in road can find several type of beggar like as follows:-

- *Oil Beggar-Only On Saturday.
- *Ring Road Beggar.
- *Rajastani Beggar.
- *Moving Beggar.
- *Begging To Foreigners.
- *Permanent Beggar.
- *Bulk Cart Beggar-Thurs/Friday.
- *Green Cloth Beggar.
- *Chanda Beggar.
- *Snake Beggar.
- *Child Beggar.
- *Mandir Beggar.

**CORRESPONDANCE SECTION
FOR THE MONTH OF JULY-2007**

On dated 02/03/04/05/06/ July- letter dispatched to some companies in Noida, Delhi and Banks head office in India etc. for financial assistance. And well come them to participate with us in this noble work and comes to our office and inspect all these things . In this letter we show our activities of present and past both. On dated 09/10/11/12/13/14/16/17/18/19/20/21/23/25/26/27/28/30/31 July-letter dispatched to some companies in Noida, Delhi and Banks head office in India etc. for financial assistance. And well come them to participate with us in this noble work and comes to our office and inspect all these things. In this letter we show our activities of present and past both. On dated 07th July-Reminder sent all film stars in Mumbai & Chennai on recent activities. On dated 13th July-Public Grievances on a minor girl kidnapping from Delhi, Pillanji Gaon -Sarojini Nagar, New Delhi and in this

connection our letter sent to CM of UP, Divisional Commissioner-South, Sarojini Nagar Police station, Delhi CM, Uttar Pradesh-Basti District-Nagar Bazar Police station, Basti-U.P.-SP & Collector, Social Welfare Samaj Kalyan Bibhag-Delhi, National Human Rights Commission, Ministry Of Human Resources Development - Deptt. Of Women & Child development, National Women Commission,, Ministry Of Social Justice & Empowerment, NDTV, Aajtak & News Paper-Dainik Jagaran, Rashtriya Sahara, Times Of India, and Ministry Of Home etc. On dated 16th July- Answer some public answer. On dated 23rd July-Congratulation to Newly Honb'le Ladies President Of India. On dated 25th July-One day 45 Blank calls to our help line number and in this matter we sent letter to Ministry Of Communication and copy to Divisional commissioner- South, MTNL, On Line Hotel Reservation (P) Ltd.

CAMP SECTION
FOR THE MONTH OF AUGUST-2007

On dated 12th August organization has arranged a camp on "Awareness Camp-For Public On Traffic Rule" at Badarpur (Lalkuan) in Delhi. Now Delhi as most busy city in India has no proper obeying traffic rule by public .So for this matter so many accidents made in daily life. On every morning when we read news paper our front can seen the heading as "Road Accident". More over it is happening for the unawareness of public on traffic rule. So our camp arrange and try to teaches five type of people like as Senior citizen, Young mass On Two Wheeler/Four Wheelers, Blue Line Driver, Auto Rickshaw Driver, Cyclist and General Walking man on traffic rule. Because of:-

Senior citizen has less eye side so we request them only on red light and zebra crossing or on under ground passing /over bridge cross road. As a mature man should advice to others on traffic rule.

Young mass On Two Wheeler/Four Wheelers these type of people having un matured brain and in tine age .So request through this camp to guardian not allowed minor for driving. Young mass have competition mind and they compete each other with motorcycle/four wheeler and in this sporting sprite sudden accident made. In this connection we meet group of young mass and suggest for smooth driving and suggest guiding each others.

Blue Line Drivers are not educated and any how they collect license from authority through brokers and they have competition between two blue line buses and DTC for collecting passanger and second the main driver take rest and give chance to helper for driving. So on this way we advise to blue line bus driver limited speed within 40 km per hour and not competition between each others.

Auto Rickshaw Driver these are more dangerous in city because these have no proper path some times this type of driver comes nearest and back side of the passengers and if at that time a bus comes in front of passanger ultimately accident made.

Cyclist should see red light but these types of people have no rule at all. Up to what extent the rule can broke done by Cyclist .Sangam Vihar and Ali Gaon Crossing like a city in Delhi full of covered by this type of people and in morning time passing of road too much difficult by any one. So more over we advice as a small vehicle its importance on traffic rule must.

Walking man should have knowledge on traffic rule like as use zebra crossing, passing through by passes (either under ground/over Bridge) and using footpath to go on.

On the camp date our team on behalf of organization use some command/advice/suggestion like as Life Is Anmol Save It, On Road Crossing See Red Light And Cross On Zebra Crossing, Slow Drive Is Best Drive, Obey Traffic Rule-Avoid Accident, Avoid Competition -Drive Slowly, Do No Use Mobile Or Absent On Driving, And At Last "YOUR FAMILY AWAITS YOU FOR EVENING RETURN".

**CORRESPONDANCE SECTION
FOR THE MONTH OF AUGUST-2007**

On dated 07th August-On Orissa murder case the Honb'le Governor forwarding letter to Ministry Of Home -Orissa- we sent letter to Complainant of Orissa and home Deptt. & thanks letter to the Honb'le Governor. On dated 08/09/10th August-General public answer through letters. On dated 11/13/14/16/17/18/20/21/22/23/24/25/27/29/30/31 August-Reminder letter sent some capitalist and companies in Orissa for the financial assistance. On dated 20th August-On Navjivan foundation President Journey by train in Aligarh station master conduct by train TT and in this connection letter sent Railway Ministry and Copy to Aligarh station master. On dated 21st August- Reminder letter sent to ministries on kidnapping minor girl from Pijanji Gaon and in this connection our letter sent to CM of UP, Divisional Commissioner-South, Sarojini Nagar Police station, Delhi CM, Uttar Pradesh-Basti District-Nagar Bazar Police station, Basti-U.P.-SP & Collector, Social Welfare Samaj Kalyan Bibhag-Delhi, National Human Rights Commission, Ministry Of Human Resources Development - Deptt. Of Women & Child development, National Women Commission,, Ministry Of Social Justice & Empowerment, NDTV, Aajtak & News Paper-Dainik Jagaran, Rashtriya Sahara, Times Of India, and Ministry Of Home etc. On dated 23th August-Reminder-II-Ministry Of On dated 18THApril - Letter sent on public grievances on Complain Officials Of North Eastern Hill University-Meghalaya- Shillang to Ministry Of Human Resource Development-Dept. Of Secondary Higher Education & copy to- Honb'le President Of India, Prime minister Of India, National Human Rights Commission, Central Vigilance Commission, Governor of Meghalaya, District Commissioner of East Khasi Hill-Shillong-Meghalaya, The Times Of India, NDTV, Aajtak etc. On dated 25th August- On dated 07th June-Reminder-I -on another public grievance on dated-12/03/2007 - Orissa murder case - to reopen and letter sent to Chief Minister of Orissa, National Human rights Commission, Ministry Of state-Lok Nayak Bhavan, CBI, Governor Of Orissa, Times Of India, PTI, Oriya News Paper-Samaj & Bangla News Paper-Bartaman & Economics Times, NDTV, Aajtak, S.P. Of Balasore & Bhadrak district etc. On dated 27th August-Reminder-II on providing institutional land and letter sent to DDA, Ministry Of Urban Development and Ministry Of Social Justice & empowerment etc. In this date Reminder -II was sent to our certificate of logo to Mumbai a letter dispatched to I.P.O. Building Director Mumbai and Register of Tread Mark, Dwarika Delhi. Reminder-III to Delhi Khadi & Village Industrial Board and Reminder-III to Reminder -Ministry Of Textile For a place in Delhi Haat to show our workings on physical handicapped. At last some answer of public by letter in this dated. On dated 29th August-Letter for Financial assistance to State Bank Of India and Reminder-II on Pakistan letter for working and letter to Social Welfare Samaj Kalyan Bibhaga, President Of India, PM Of India, National Human Rights Commission, Ministry Of Home Department Of Legal Affairs & Ministry Of Social Justice & Empowerment etc. and again regard sanctioning project letter to Ministry Of social Justice & Empowerment, National Human Rights Commission, Ministry Of health, Director Of Lok Karyakram Aur Gramin Proyogik, World Health Organization and Social Welfare Samaj Kalyan Bibhaga .

CAMP SECTION
FOR THE MONTH OF SEPTEMBER-2007

On dated 02nd September organization has arranged a camp on "Awareness Camp On Follow Help Line For Ambulance & Dial-102-For It's Service" at Medical Crossing in Delhi. Well treatment to patient decreases the disease. From spot to treatment of doctor and nurse in hospital there is a fine communication called Ambulance. It is such type of vehicle having small hospital and every facility attach in the vehicles. So without any problem patient can reach in hospital easily. So for every patient Ambulance facility must need and in this connection for awareness in between public we arrange a camp on Ambulance on dated 02nd September 2007 and without waste of time of public we try to solve this camp in discipline manner. Our motto to save life of every one.

CORRESPONDANCE SECTION
FOR THE MONTH OF SEPTEMBER-2007

On the date of 01/03/04/05/06/07/08/10/11/12/17/18/19/20/21/22/26/27/28/29 September- Reminder letter to Capitalist and the companies in Orissa. On dated 03rd September- To take permission and advice for National Emblems and the letter dispatched to the department of Honb'le President Of India, PM Of India, Ministry Of Home Affairs, Central Vigilance Commission, National Human Rights Commission, Ministry Of Social justice & Empowerment, CM Of Delhi, Social welfare Samaj Kalyan Bibhag, CBI, Department Of Legal Affairs, Ministry Of Information & Broad Casting, Times of India, NDTV, Aajtak etc. and on same date sent letter to Social Welfare Samaj Kalyan about asking the name of the Paper advertisement for deposit of project. On dated 11th September-In this date we request to Sex Worker- Delhi State AIDS Control Society, The President Of India, PM Of India, National human Rights Commission, Ministry Of Home Affairs, Ministry Of Social Justice & Empowerment, Social welfare Samaj Kalyan Bibhaga,, Sadar Bazar/Kamala Market Police Station, NDTV, Aajtak to Research On the Sex Worker and in this point of view our team want security. On dated 12th September-In this date answer of some general public given. On dated 18th September-On returning letter from Orissa, we again sent to letter to Orissa CM and Ministry Of Home on Reminder of murder case.

CAMP SECTION
FOR THE MONTH OF OCTOBER-2007

On dated 14th October organization has arranged a camp on "Awareness To Farmer On Modern Technology-Scientifically Cultivation Get More Product" in Uttar Pradesh at Basdila, Moradia, Khesraha, Siddarth Nagar. To utilize developed technology the western people producing more and more production in cultivation. So as the country like India the second largest population country in world have very less production. To see these we arrange a camp in rural area and try to aware on the following:-

1. Advice the youth of village for more concentrate in agriculture.
2. Using proper fertilizer in proper time.
3. Get financial benefit from Banks.
4. New Schemes.
5. Other Major Schemes.
6. Measure To Increase Crop Production.
7. New Institutional Establishment.

ENESS OF FARMER-LIFE IN EARTH

Advice the youth of village for more concentrate in agriculture. (This Can Find Through Camp File)

Now a days most of the youngest neglect to agriculture and going for town to earn something. So we suggest getting proper benefit in terms of loan from banks and using scientific machinery produce more and more cultivation.

Using proper fertilizer in proper time. (This Can Find Through Camp File)

Urea-Help To Grow Plant.

Potas-Strong The Plant.

Super-For Good Crops.

Get financial benefit from Banks. (This Can Find Through Camp File)

Some Schedule Banks And Financial Institutions help For Financial assistance to agriculture.

New Schemes. (This Can Find Through Camp File)

National Food Security Mission.

Rashtrya Krishi Vikas Yojana.

Other Major Schemes. (This Can Find Through Camp File)

National Horticulture Mission.

Micro Irrigation Scheme.

National Bamboo Mission.

Measure To Increase Crop Production. (This Can Find Through Camp File)

Increasing Public Interest In Agriculture.

Better Credit Flow To Farmer.

Special Rehabilitation Package For Distressed Farmer.

Minimum Support Price Increased With Reference To 2004-2005.

Marketing Performance.

Strengthening Extension.

New Institutional Establishment.

National Rain Fed Authority.

Center Institution Of Horticulture.

**CORRESPONDANCE SECTION
FOR THE MONTH OF OCTOBER-2007**

On dated 01/03/04/05/06/08/09/10/12 October-Reminder letter to Capitalist and the companies in Orissa and On dated 01/10/2007 Letter to United Nations Development Fund For Women (UNIFEM) & United Nations Children's Fund (UNICEF) to New York-On Fats Of NGO. In this same date organization raised voice on topic "May Check Corruption" and in this matter our voice reached near Honb'le President Of India, PM Of India, National Human Rights Commission, Ministry Of Home ,Ministry Of Human Resources Development-Deptt. Of secondary & Higher Education, Ministry Of Health, World Health Organization, Lok Karyakram Aur Gramindiyogik, Ministry Of Youth Affairs, National Commission For Women, All State Governors, Times Of India, NDTV , Aajtak etc. On dated 09th Request letter/advice dispatched for sanctioning project to Mrs. Rajani Patil-The Chair Person in Social Welfare Board. This is a best movement because in this date our information letter dispatched to All Chief Justice Of State High Courts and if needed in that State for any Public grievance fight on favored of that people. In this date organization sent some letter of general public. On dated 12th October 2007 Again letter to some companies, film stars and Banks for financial assistance. On dated 16th October 2007-Information letter and help to work in their State in this connection a letter dispatched to All State and UT Chief Ministers Of States. On dated 23/10/2007 An forwarding letter from UNIFEM-New York- dispatched to time set for meeting in Delhi- UNIFEM -Jorbagh. In this date and dated 31/10/2007-Diwali Greetings Delivered to some Ministries, PM, President and the people related with us.

**CAMP SECTION
FOR THE MONTH OF NOVEMBER-2007**

On dated 04th November organization has arranged a camp in Delhi at Nehru Place and the name of camp was "Camp On Solar Energy". Sun is the energy of all power and it is plenty of supply. So let us use this energy and settle all the problems of shortage of Electricity. To keep in our mind we decide to arrange in a place where more and more population runs every day.

Solar energy is a term of energy by using we can save the consumption of electricity and save power cut. Other sense it is less expensive than electricity and some banks are appreciated to use this system through loan plan with very less expenses.

We advertise through some posters regarding the benefits of solar energy like as return of investment with in 3 years, uninterrupted of hot water, no requirement of electricity, safe and simple to use, long life span 20 years, near zero maintenance, no requirement of gas, shack proof, save up to 1500 unit of electricity in a year like this. On suggestion we remarked that this is perfect for all applications-domestic industrial and commercial.

We remarked that this is perfect for all applications-domestic industrial and commercial. We also suggested to take the advice "Ministry Of New & Renewable Energy, Government Of India, Block No.-14, C.G.O. Complex, Lodi Road and Website: www.mnre.gov.in" and for purchase & repair of solar water heating system, contact the supplier/state renewable energy development agencies/Aditya solar shop.

We suggest that address and website available at Energy Development Agency Limited (IREDA), New Delhi, Phone-011-24682214-21 & Extn.-239 or toll free no.-1800-180-1350-51.

For the easy finance we show some list of schedule bank and financial institution with 2% on domestic, 3% on institutional and 5% on commercial and the name of banks are Canara Bank, Bank Of Maharashtra, Union Bank If Commerce, IREDA, Nagarjuna Credit & Capital Ltd., Srei Infrastructure Finance Ltd., Bhoansala leasing finance co. Ltd., Nagpur Sahkari Bank Ltd., Jalgaon Janata Sahkhari Bank Ltd., Kalyan janata Bank Ltd., Solapur Janata Sakhari Bank Ltd., Akola Janata Commercial Co-operative Bank, the Akola urban co-op. Bank Ltd., Parvara Sakhari Bank Ltd., cosmos co-operative Bank Ltd., Shikshak Sahkari Bank Ltd. And Lehalkaranj Bank Ltd.

**CORRESPONDANCE SECTION
FOR THE MONTH OF NOVEMBER-2007**

On dated 01st November-Invitation received from Karnataka States Human Rights Commission for the guest appearance in their meeting. On dated 04/09th Diwali Greetings delivered to remaining Ministries and related public with us. On dated 06th November answer to Rajasthan on calling us for working in Rajasthan in commission basis. The general answer of ours was we have no interest on commission basis if

your Govt. allow us for doing any project we may do that. On dated 07th November –On Navjivan Foundation President’s ceasing passport by passport office and fined , in this connection letter was dispatched to Ministry of External Affairs, Passport Office, President Of India and Ministry Of Home and CM Of Delhi. On dated 14th November –Letter to Prof. R.S. Shetty –Cricket Control Board, with ref. letter of Ministry of Sports for the address of Cricket Stars & Tennis Stars. On dated 15th November –Letter sent to companies in Delhi, Karnataka, Orissa for financial assistance. On dated 17th November – On letter from Delhi Legal Service Authority for attend of meeting and the courier reached in late . So in this connection we dispatched regret letter to them for not attend meeting. In this date we have written letter to Kamala Nagar Police Station for giving escort to our team to work on Sex Workers. On dated 21th November – against some complain from Cricket Board on film star Mr. Sarukh Khan encourage to Cricket Stars and in this connection our letter dispatched to Cricket Board to not restrict the Mr. Sarukh khan for all games. On dated 24th November – Information letter to the Embassies in Delhi and Malayasia and take interest to work in their countries and this copy of letter sent to Ministry Of External Affairs and National Human rights Commission etc.. On dated 26th November –Some letter from Kerala Chief Minister in their local language and we sent to dispatched to translate in English and sent us. On dated 28th November – For journey to any where in India we have written to rail board for providing VIP quota in Indian Railway System and this copy of letter sent to President, PM, national Human Rights Commission, Social Welfare Samaj Kalyan, Social justice & Empowerment, NDTV, Aajtak etc.

CAMP SECTION FOR THE MONTH OF DECEMBER-2007

On dated 09th December organization has arranged a camp on "Camp On Save Energy" at village Brizwasan in Delhi. Through our camp we suggest public to catch electricity thief because energy is limited in supply. In this camp we advice to take oath from today no one this area theft power of electricity. This energy is scare in supply so don't waste it unnecessary. On other words if we not solve this problem at last time would come in where we would suffer for loss of energy. So our call was to save energy.

Our command was in the camp date-power cut to theft of electricity and this should punishable both fine & punishment. Nation is our so let us come to safe all resources of country, save energy for the benefit of self & nation, use CLF lamp, switch on to save energy, switch to CLF and save electricity and save on electricity bills, do not theft electricity-avoid power cut, nation is your-honestly use all it's energy. We try to understand for general public order of "Ministry of power, Govt. of India, Shram Shakti Bhavan, New delhi-110001 and Bure of Energy efficiency, 4th Floor, Sewa Bhavan, R.K. Puram, New Delhi-110066, Fax-011-26178352, Phone-011-26179699 (5 Lines) and our organization phone/Help Line 011-6238444 and Fax-011-66620552 to catch power thief (bizli chor)". Our organization behalf we assure to keep top secret the name of the people in form us.

In this camp to save energy we call to use CLF lamp and give the advantages of it than incandescent lamp like this in advantages-we suggest that CLF lamp four times more efficient, acts up to 10 times longer than incandescent, se 50-80% less energy than incandescent, se 1/3 the electricity and lasts up to 10 times as long as incandescent, ingle 18 watt CLF uses in place of 75 watt incandescent saves about 570KWH over life time, eplacing single incandescent bulbs with CLFs keep out half-tone of CO2 out of the atmosphere, save electricity reduces CO2 emissions, sulfur oxide and high-level nuclear waste, newer CLFs give a warm. inviting light instead of the "cool white" light of older fluorescents, they uses rare earth phosphors for excellent co lour and warmth, new electricity ballasted CLFs don't flicker or hum, CLFs can be applied nearly any where that incandescent are used. In candescent bulb and the CLF lamp different is i)40 watts-7 to 9 watts, 60 watts-13 to 16 watts, 75 watts-18 to 19 watts and 100 watts-26 to 27 watts.

CORRESPONDANCE SECTION FOR THE MONTH OF DECEMBER-2007

On dated 01st December-Some question and answer of public given in this dated and a Suggestion letter on Public Violence in Orissa Jagatsinghpur and West Bengal Nandigram sent to President, National Human rights Commission, Ministry Of Home Affairs, Ministry Of Law & Justice, Ministry Of Social & Justice & Empowerment, Orissa CM, Collector Of Jagat Singh Pur, and for Bengal Case letter sent to West Bengal CM & Nandi Gram District Collector, Prasar Bharati, NDTV, Aajtak. On dated 03rd December-On Ms. Srirupaji assurance in Gandhi Smiti Bhavan-30 January Marg

in meeting/function on AIDS on dated 01/12/2007 with Chief Justice Of Supreme Court for financial assistance and in this connection our letter sent to National Legal Service Authority with our works in AIDS attachment. On dated 06th December- Letter sent to Tamil Nadu Chief Minister for the English translation for letter comes from him. On dated 08th December- Letter sent to Delhi Commission For Women on ladies Racket in East Of Kailash , Delhi because on dated 2/12/2007 night 10pm to 11 pm a receiving call from a mobile no to help her and in this connection we try to investigate and letter sent to other dept. like as Delhi Commissioner, National Human Rights Commission, Central Bureau Of Investigation, Social Welfare Samaj Kalyan, Ministry Of Home, Times Of India, Prasar Bharati, Delhi CM, Aajtak, Lajpat Nagar Police Station, etc. and in this connection Mr. Gupta call me in Amar Colony Police station and interfere in our work & undertake from President Of Navjivan Foundation to not complain like this. On dated 14th December-Some answer of Public given through correspondence. On dated 18th December-Reminder-III was sent on public grievances on Complain Officials Of North Eastern Hill University- Meghalaya- Shillang to Ministry Of Human Resource Development-Dept. Of Secondary Higher Education & copy to- Honb'le President Of India, Prime minister Of India, National Human Rights Commission, Central Vigilance Commission, Governor of Meghalaya, District Commissioner of East Khasi Hill-Shillong-Meghalaya, The Times Of India, NDTV, Aajtak etc. and Orissa murder case – to reopen and letter sent to Chief Minister of Orissa,National Human rights Commission, Ministry Of state-Lok Nayak Bhavan, CBI, Governor Of Orissa, Times Of Inia, PTI, Oriya News Paper-Samaj & Bangla News Paper-Bartaman & Economics Times,NDTV,Aajtak,S.P. Of Balasore & Bhadrak district etc. On dated 21st December- Complain letter sent to Ministry Of Home On Mr. Gupta calling to our Preside and interfere in our system on previous letter sent Delhi Commission For Women on ladies Racket in East Of Kailash , Delhi because on dated 2/12/2007 night 10pm to 11 pm a receiving call from a mobile no to help her and in this connection we try to investigate and letter sent to other dept. like as Delhi Commissioner, National Human Rights Commission, Central Bureau Of Investigation, Social Welfare Samaj Kalyan, Times Of India, Prasar Bharati, Delhi CM, Aajtak, etc. and in this connection Mr. Gupta cal our President in Amar Colony Police station and interfere in our work & undertake from President Of Navjivan Foundation to not complain like this. In this date Reminder –III letter sent to DDA, copy to Ministry of Urban Development & Ministry of Social Justice & Empowerment for allotment of institutional land. On dated 22nd December-Letter sent to NDTV for information after checking in Archana Cinema. In this dated Reminder-III send to Logo Certificate from Mumbai a letter dispatched to I.P.O. Building Director Mumbai and Register of Tread Mark, Dwarika Delhi. On 24th dated December-Reminder-III on Pakistan letter for working and letter to Social Welfare Samaj Kalyan Bibhaga, President Of India, PM Of India, National Human Rights Commission, Ministry Of Home Department Of Legal Affairs & Ministry Of Social Justice & Empowerment etc. On dated 26th December- Reminder-I sent for work on sex worker to Delhi State AIDS Control Society, The President Of India, PM Of India, National human Rights Commission, Ministry Of Home Affairs, Ministry Of Social Justice & Empowerment, Social welfare Samaj Kalyan Bibhaga,, Sadar Bazar/Kamala Market Police Station, NDTV, Aajtak to Research On the Sex Worker and in this point

of view our team want security. On dated 27thDecember-Reminder-I on letter/advice dispatched for sanctioning project to Mrs. Rajani Patil-The Chair Person in Social Welfare Board. On dated 28th December-Reminder-I Letter to Prof. R.S. Shetty – Cricket Control Board, with ref. letter of Ministry of Sports for the address of Cricket Stars & Tennis Stars. On dated 29th December-Reminder-I letter to For journey to any where in India we have written to rail board for providing VIP quota in Indian Railway System and this copy of letter sent to President, PM, national Human Rights Commission, Social Welfare Samaj Kalyan, Social justice & Empowerment, NDTV, Aajtak etc. On dated 31st December- Reminder-I sent to Ms. Srirupaji assurance in Gandhi Smiti Bhavan-30 January Marg in meeting/function on AIDS on dated 01/12/2007 with Chief Justice Of Supreme Court for financial assistance and in this connection our letter sent to National Legal Service Authority with our works in AIDS attachment. And in this dated on President of Navjivan Foundation passport ceasing passport by passport office and fined, in this connection letter was dispatched to Ministry of External Affairs, Passport Office, President Of India and Ministry Of Home and CM Of Delhi. The same date letter sent to the Director Of SBI for financial assistance with full proof supporting and invite SBI group for inquiry. This date we ask again with reference letter of UNIFEM, New York and its branch at Jorbagh, in New Delhi for taking decision. In the same date and dispatched New Years Card to Ministries, Companies, Banks, related public Embassies, State & National Human Rights Commission, PM and President Of India.

CAMP SECTION FOR THE MONTH OF JANUARY-2008

On dated 06th January organization has arranged a camp on "Awareness Camp On Asthmatic (Medical Awareness Camp)" in Delhi at Palam Village. The people in city effected with several breathing problem and Asthma is one of the dangerous disease now a days. Because maximum number of vehicles erupts smoke every day and if the area is rural much more dust affect this problem. So in our camp we suggest to public on common matter for asthma are cold and flu can trigger an attack, especially in children, smoking or second hand smoke adds to frequency, exercises and sports can cause wheezing and an attack, more so in cold weather when the airways are anyway constricted, extreme emotional arousal such as anger or fear is bad news, allergies to pollen grasses and dust mites, smoke foods, moulds or moulds or animals hair or dander causes asthma in susceptible people, blood tests or skin-pick test can be done to help find out whether your child does have an allergy, sudden change in temperature and weather, cold weather, cold wind, air conditioning and changes between hot and cold areas can be a trigger, chemicals and strong smells such as fumes paint,spray cans, perfumes or cleaning detergents can trigger asthma in some people, food additives, artificial flavoring and coloring (yellow colour in particular found in some cold drinks, jams,sausages and juices) can trigger an attack, some medicines such aspirin and other non-steroid anti-inflammatory drugs, and beta-blockers used for controlling blood pressure treating heart failure and preventing kidney damage in people with hypertension or diabetes.

COMMAND FOR ASTHAMA

Command for asthma was "In susceptible people, exposure to allergens causes the muscles surrounding the airways in the lungs to compress and the lining of the air passage swell up. This reduces the amount of air passing in to the lung, leading to coughing and wheezing."

SYMPTOMS

A symptom of asthma is as follows:-

- i) Wheeze, cough or have tightness at night.
- ii) Wheeze, cough or have chest tightness in the morning when you wake up.
- iii) Need to use an inhaler more than three times a week (not including before exercises) and wheeze or have chest tightness while running or during sport. And early detection and treatment can stop an attack from getting worse watch out for symptoms of:-

*Labored Breathing,

*Tightness in the chest,

*Frequent bouts of coughing,

*Exhaustion or inability to walk more than a few steps,

*Inability to speak more than one or two words per breath,

*Blueness around the lips,

*Babies and small children may just get the fast, appear restless, or may have problem feeding due to shortness of breathe. They may also severe coughing and vomiting.

TREATMENT ASTHAMA

Treatment of asthma management involves avoiding known allergens and irritants and controlling symptoms and airways inflammation through medication and,

*Long term control medications used regularly to prevent attacks. This is not for treatment during attacks. These include inhaled steroids to prevent inflammation, leukotriene inhibitors and anti-leg therapy given by injection to patients with more severe asthma.

*Long acting bronchodilators to open airways such as commonly sodium or nedocromil.

*Rescue medications are used to relieve symptoms during an attack. These include short-act-ing bronchodilators and corticosteroids, such as prednisone or methylprednisolone given by mouth or in to a vein.

CORRESPONDANCE SECTION FOR THE MONTH OF JANUARY-2008

On dated 01st January- dispatched New Years Card to related people, companies in Orissa and the people of Orissa and Karnataka. On dated 12th January-Suggestion letter for Nation on Terrorist and general people - 26 January Republic Day 2008 to President Of India, PM Of India, Ministry Of Home Affairs, CM Of Delhi, National Human Rights Commission, Delhi Legal service Authority, National Legal service Authority, NDTV, Aajtak and Prasar Bharati. On dated 14th January- Letter to cricket Stars (address provide By Cricket Board) like as Mr. Kapil Dev, Sumil gavaskar, sachin Tendulkar, Anil Kumble, Sourav Ganguli, Dhoni, Yubraj singh, Navjot singh, for financial assistance. On dated 16/19th January- Answer of Public letters. On dated 22nd January- Again New Year Card for remaining Public related to organization. On dated 28th January- Letter to High Commissioner, Office of The United Nations High Commissioner For Human Rights, Switzerland & Copt to National Human Rights Commission, Ministry Of External Affairs India on seeking liaison. In this date written letter to Cuba embassy for seeking liaison.

CAMP SECTION FOR THE MONTH OF FEBRUARY-2008

On dated 03rd February organization has arranged a camp in Delhi at Sahabad Mohmadpur and the name of camp was "Awareness Camp for Pregnant Women on Spines". Research say evolutionary curve has ensured that pregnant women do not tip over Pregnant women do not tip over, and researchers said an evolutionary curve has a lot to do with the reason why. Anthropologists studding the human spine have found that women's lower vertebrae evolved in ways that reduce back pressure during pregnancy, when the mass of the abdomen grows by nearly one-third and the center of mass shifts for ward considerably. That increases pressure on the spinal column, strains the muscles and generally reduces stability.

Even without the benefit of advanced study in biomechanics, women tend to deal with in biomechanics, women tend to deal with the shift-and avoid trembling over like a bowling pin-by leaning back. But the solution to one problem creates another, since it puts even more pressure on the spine and muscles.

And that, reported researchers from Harvard University and the University of Texas in the current issue of the journal Nature, is where evolution enters the story.

The lower spine in humans had already developed a unique forward curve that helped compensate for the extra pressures that arose when the primate ancestors went from moving around on four limbs to walking upright. Researchers looked for an additional mechanism that might have compensated for the increased stain of pregnancy as well as. What they found, said Katherine K. Whit come, a post doctoral fellow at Harvard and the lead author of the paper, was evidence that evolution had produced a stronger and more flexible lower spine for women. After studding 19 pregnant subjects, whit come found that the lumber, or lower back, curve in women extends across three vertebrae, as opposed to two in men. And the connecting points between vertebrae are larger in women, and shaped difficulty in ways that make the stack more stable and less prone to bones shifting out of alignment or breaking.

Since the engine of evolution runs on the passage of genes from one generation to the next, pregnancy is a critical moment .Without that adaptation, whit come said, females would have been in greater pain during pregnancy and might not have been able to forage or escape or escape predators, ending the pregnancy and the genetic line.

At the University of Texas with Dr. Lisa Shapiro, associate professor of anthropology. Dr Whit come found that the difference between male and female spines do not show up in chimpanzees.

That suggested that the change occurred in response to the pressures of walking upright. When she moved on to Harvard and started working with Daniel Lieberman, an anthropologist with expertise in primate fossils, she was able to examine two samples, she found the three vertebrae arrangement in one sample and not in the other: Separate evidence suggested that the extra-curvy spine belonged to a female and the other to a male. "It was very exciting" to have the fossilized puzzle fall in to place, Whit come said.

The extra flexibility is prattle successful, Shapiro said, since women still commonly complain of back trouble during pregnancy. That is the difference between the way that evolution works and the way actual designers do their job, Whit come said: nature tinkers.

**CORRESPONDANCE SECTION
FOR THE MONTH OF FEBRUARY-2008**

On dated 01/04th February-Answer Of Public and on dated 04th February letter to Ministry Of Women & Child Development-Department Of Women & Child Development, President Of India, PM Of India, National Human rights Commission, CM Of Delhi, NDTV, Aajtak on information regarding New Born girl child from First January Govt. steps. On dated 08th February-Letter to some embassies in India for their National day like as Country Nepal, Israel, Maldives and the same copy goes to Ministry Of External Affairs. On dated 14th February-Asking Question to Deptt. on returning Social Welfare Fund ,Delhi and in this connection letter to President Of India, PM Of India, Finance Minister P. Chitambam, Planning Commission, Delhi Government, delhi Finance Deptt., CM Of Delhi, Social welfare Minister Of Delhi -Dr Yogananda Shastri, Doordarshan, NDTV, Aajtak, Ministry Of Social Justice & Empowerment etc. On dated 27th February- Introducing letter to Supreme Court Of India & All High court Chief justice and request them in any Public Grievances create in that state please help to take Court with our reference of helpless people. On dated 29th February- Information letter to all central Govt. Ministries PM and President Of India.

CAMP SECTION FOR THE MONTH OF MARCH-2008

On dated 09th March organization has arranged a camp on "Awareness Camp On Air Pollution (Avoid Air Pollution & Save Human Life)". All ways every human being should give importance on save air and water from pollution and in this connection we can say that factories and companies in this world make such type of problem. Hence we arrange a camp on air pollution in our locality i.,e. Okhla industrial estate and our importance to control the following gases:-

CARBON MONOXIDE

Colorless, odourless gas produced by the incomplete burning of carbon-based fuels including petrol, diesel and wood, cigarette smoke. It lowers oxygen levels in blood, which slow down reflexes and make people sleepy and confused.

CARBON DIOXIDE

A greenhouse gas emitted as a result of activities such as the burning of coal, oil and natural gases.

CHLOROFLUOROCARBONS

Chlorofluorocarbons are gases related mainly from air conditioning systems and refrigeration. When released in to the air, CFCs rise to the stratosphere, where they come in contact with few other gases which lead to the ozone layer that protects the earth from the harmful ultraviolet rays of the sun.

LEAD

Lead is present in petrol, diesel, lead batteries, paints, hair dye products etc. Stunts growth in children, lowers IQ causes nervous system damage, digestive problem and cancer.

OZONE VEHICLES

Ozone vehicles and industries the major source of ground level ozone emissions. In the upper layers of the atmosphere, it shields the earth from harmful ultraviolet ray of the sun. However at the ground level, it is a pollutant with highly toxic effects. Ozone makes our resistance to colds and pneumonia.

NITROGEN OXIDES

Nitrogen oxide products from burning fuels including petrol, diesel and coal. Causes smog and acid rain and makes people susceptible to asthma and respiratory diseases.

SUSPENDED PARTICULATE

Suspended particulate consists of solids in the air in the form of smoke, dust and vapor that can remain suspended for extended periods and is also the main source of haze that reduces visibility. The finer of these particles, when breathed in can lodge in our lungs and cause damage and respiratory problems.

SULPHUR DIOXIDE

Sulphur dioxide is a gas produced from burning coal, mainly in thermal power plants. Some industrial processes as production of paper and smelting of metals produce Sulphur dioxide. It is a major contributor to smog and acid rain. Sulphur dioxide can lead to lung diseases.

HOLD YOUR BREATH

Air pollution does more than trigger an asthma attack. It gives you nauseous and makes your eye water. Some studies show that it is also a risk factor for heart attack.

1. Eye irritation 44.4 percent.
2. Cough 28.8 percent.
3. Pharyngitis (sore throat) 16.5 percent.
4. Dyspnoea 9 shortness of breath 16.2 percent.
5. Headache 10 percent.
6. Vomiting 9.3 percent.
7. Conjunctivitis 8 percent.
8. Abdominal pain (stomachache) 6.5 percent.
9. Respiratory problem 5.9 percent.
10. Rhinitis (runny nose) 3.3 percent.
11. Bronchitis is 2.3 percent.
12. Burning mouth and throat 0.8 percent.
13. Epistaxis (nosebleed) 0.5 percent.
14. Depression 0.2 percent.
15. Of the affected, 87 percent are non-smokers, 13 percent smoke.

CORRESPONDANCE SECTION FOR THE MONTH OF MARCH-2008

On dated 03rd March-After our letter on returning social welfare fund the Deptt. Realized on it and in this connection again lettered to President Of India, PM Of India, Finance Minister P. Chitambaram, Planning Commission, Delhi Government, delhi Finance Deptt., CM Of Delhi, Social welfare Minister Of Delhi –Dr Yogananda Shastri, Doordarshan, NDTV, Aajtak, Ministry Of Social Justice & Empowerment-Why Realization After Return Of Fund ? On dated 17thMarch-On Hung decision in Pakistan to Mr. Sarvajeet Singh our letter to both the countries and the head office of Human rights to find our the real fact of a man having two name in India and Pakistan and stop hung up to last inquiry of Human Rights and in this connection we have dispatched letter to "Office Of The United High Commissioner For Human Rights-Switzerland & copy to- Honb'le President Of Pakistan, Minister Of Law Justice & Human Rights Pakistan, Supreme Court Of Pakistan, national Human Rights Of India, President Of India, PM Of India, Ministry Of External Affairs, High Commissioner For The Islamic Of republic Of Pakistan and BBC News Etc." On dated 29/31st March-Letters to Architect in Delhi For Financial assistance and if not possible providing some work to our newly organized team named S.SANGITA CONSTRUCTION which team will do all the civil/interior work and adopt this NGO.

**For 2007-2008
Representation**

ANNUAL REPORT ON 2007-2008

Camp Section

Twelve Camps Section
Called Womens & Civil Year

Correspondence Section

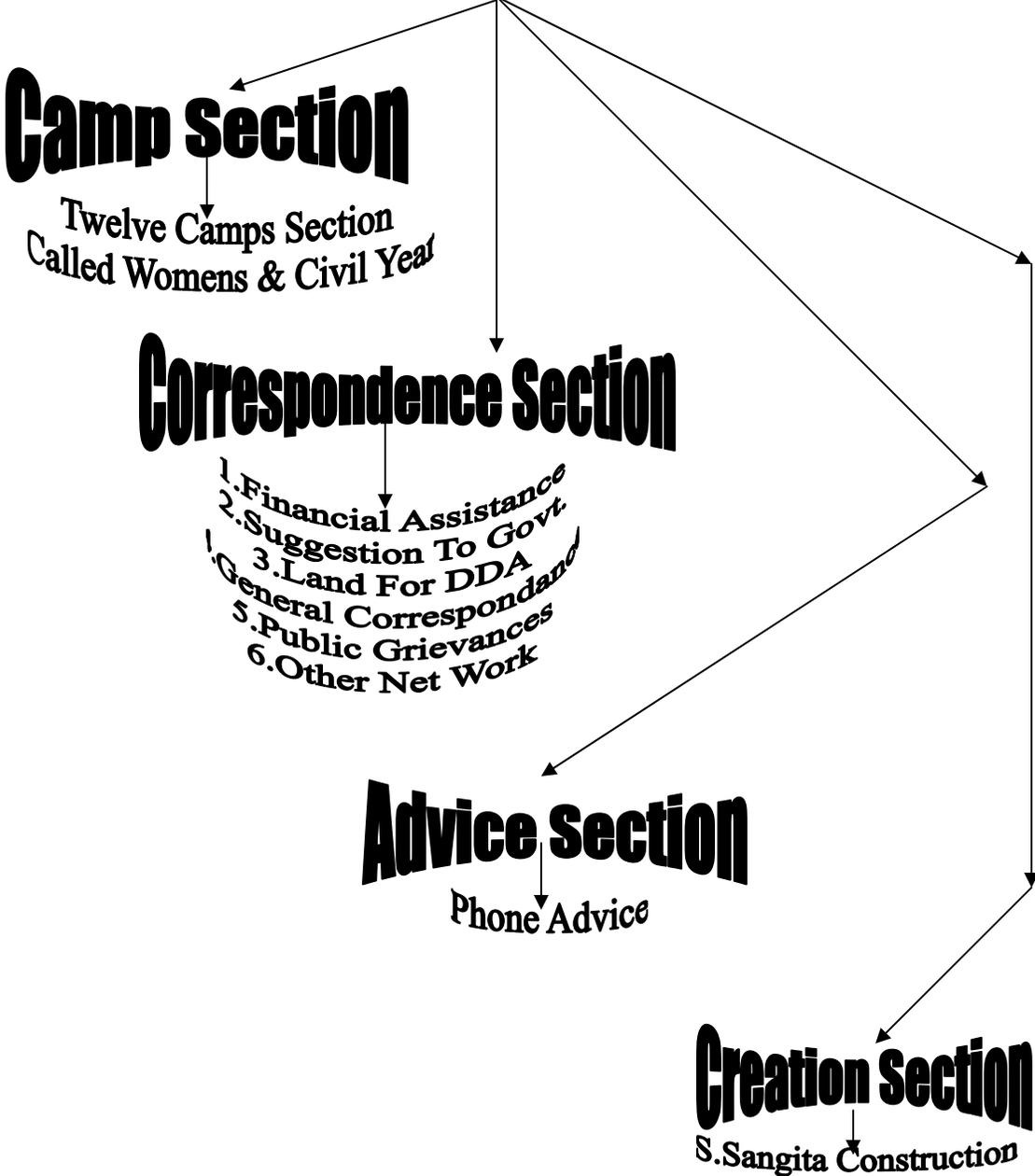
- 1. Financial Assistance
- 2. Suggestion To Govt
- 3. Land For DDA
- 4. General Correspondance
- 5. Public Grievances
- 6. Other Net Work

Advice Section

Phone Advice

Creation Section

S.Sangita Construction



CAMP SECTION →
12 Camp In This Year Named This Year Women & Civil Year
12 Camp In This Year Named This Year Women & Civil Year

ADVICE SECTION → *By Phone Solv Problem*
By Phone Solv Problem

PUBLIC GRIEVANCES
 1. *Anisha Begum Case*
 2. *Meghalaya Case*
 3. *Orissa Case*
 4. *Delhi Case*

OTHER NET WORK →

1. Companies/Body/Banks
2. Banks
3. Ministries
4. Govt.
5. Film Star
6. FA Own Raise By Creating ssangita construction

FINANCIAL ASSISTANCE

CREATION →
S. Sangita Construction

**35)Detail Report-Directly For Social Welfare
Women & Civil Year-2007-2008
Camp Section-**AVOID SMOKE AND AVOID "TB"**
Smoking Habit Is Not A Healthy Life**

On every smoking material written, "Smoking is injurious to health" but to see it we are in confusion that why people smoke! Especially in western country many more ladies smoke for cold climate to keep their body warm. But in India we think is not essential. Because it's climate carry nine months hot and three months cold. So we think in here no smoking habit should like western country. Generally for ladies it bring ovary cancer and TB like disease .Now for TB in any govt. hospital free treatment of TB is continuing and we advice in our camp in any time TB attacked as soon as go to nearest govt. medical for its treatment and distant from smoking.

SAVE YOUR'S FROM "TB"

Quick Go To Govt. Hospital For Medical Treatment

Distant Children From Patient

Leave Smoke & Take Vitamin & Minerals

Purpose Of Camp

Awareness on "TB" for ladies camp was held on dated 29th April 2007 at Arabai ,Banda , Uttar Pradesh. To arrange this camp our purpose was in north side of India some ladies smoke birries and cigettes. If any one asks them for smoking, simple answer comes from their mind that to solve gas problem we are smoking. So in this camp we suggest that smoke is not a solution for acidity problem and show several problems for smoking like as throat cancer and TB. In this connection we give more importance on TB and guide them to obey some our advice like as for good food, from TB patient remove her children and take medical treatment, take vitamin and minerals etc.

Research Plan

On research plan table, except camp other things are analysis as following:-

SL	Particulars	Figure
01	Covering Houses	500
02	Population	2500
03	Hindu , Muslim & Others	2125,250,125
04	Widow Ladies In Village	11.25
05	Literacy Standard:- Male Female Child Old	875 150 125 05
06	Classification Of Population-Male,Female,Child,Old	875,750,625,250
07	Working Life-People Out Side Village :- Gents Ladies	87.5 37.5
08	People Physical Handicapped:- Male Female Child Old	17.5 7.5 000 000
09	Village Child Labour	12.5

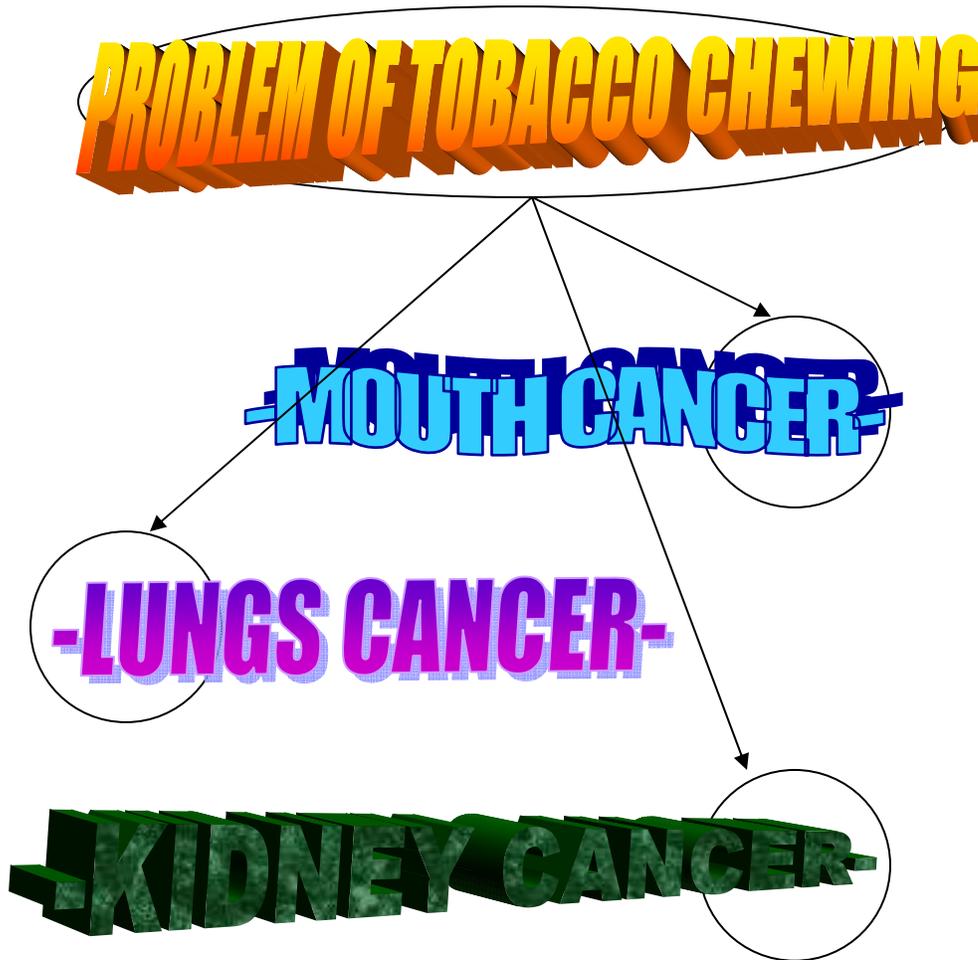
**(36/36)Detail Report-Directly For Social Welfare
Women & Civil Year-2007-2008**

**Camp Section-REACH NEAR EXERCISES NOT REACH NEAR
TOBACCO**

Food For Life But Life Not For Tobacco Or Drugs

Tobacco means one type of drugs what raise blood pressure of human. On chewing tobacco due to raising BP it create more sweating and free to body and for this men feel that it's give extra power and good efficiency to do work. But on real sense gradually it decrease the ability and capacity of body .Because no drugs increase ability or energy of men and due to chewing for long period it create mouth cancer, lungs cancer, kidney cancer like this. So our suggestion for public save life from it and consult with doctor if needed. In high percent of sugar it will better to taking insulin to reduce its percentage. In this drugs we include the following :-

1. Khaini.
2. Tobacco Leaves.
3. Bittle (Panmasala).
4. Dhuanpatra etc.



Purpose Of Camp

Ladies Awareness Camp on Refusing to Tobacco camp was held in Sant Nagar, Firozabad in Uttar Pradesh on dated 27th May 2007. Our purpose of to arrange this was to prevent ladies from chewing tobacco. Because tobacco chewing is create cancer (about cancer specified as below) for ninety-nine percent people. We suggest ladies for not inviting death through this type of chewing. Tobacco chewing decrease health of body, because due o it people not eat proper food for their health .So we suggest people through door to door service and in camp by some written advice through cardboard etc.

CANCER DISEASE KILLS 50 PEOPLE IN INDIA EVERY HOUR

Cancer Fourth Biggest Killer

*India States: Cancer In Numbers

2.5 Million-Cancer Causes At Any Given Time

8,00,000-New Cancer Occur Every Year

4,40,000-People Die Of Cancers Every Year

50% Of All Cancers Are Linked To Tobacco

WHAT CAUSES CANCER?

Cancer occurs because of changes of the genes responsible for cell growth and repair. These changes are the result of the interaction between genetic factors and external agents such as:

#Physical carcinogens like ultraviolet (UV) and lionizing radiation

#Chemical carcinogens like asbestos and tobacco smoke

#Biological carcinogens like infections by virus (Hepatitis B virus causes liver cancer Human papilloma virus (HPV) causes cervical cancer) and bacteria (H. pylori causes gastric cancer) and parasites (schistosomiasis causes bladder cancer)

#Contamination of food by toxins like aflatoxins causes liver cancer

Cancer kills 50 people in the country every hour while 100 others are diagnosed with it within the same time, shows the National Cancer Registry Programme data collected by the Indian Council Of Medical Research (ICMR). This makes cancers the fourth biggest killer disease in India.

Annually about 4,40,000 people die of various cancers in India, with 7,00,000 to 9,00,000 being diagnosed with a cancer each year. At any given movement, there are 2.5 million cancer patients in the country. Tobacco use in the single most important risk factor for cancer typing such as lungs, larynx, oesophagus, stomach, bladder, oral cavity and others. Each year, 10 lakhs people die of tobacco-related diseases, including cancers, says the ICMR.

"Over 60% of those affected are in the prime of their life, between the ages of 35 and 65 years. About 50% deaths from cancer are caused because of tobacco use and are completely preventable, which is why I want to discourage tobacco use through legislation." says health minister Anbumani Ramadoss.

"We are setting up a National Regulatory Authority (NRA) to monitor and regulate the effective implementation of tobacco control laws. Tobacco testing laboratories will also be set up for content regulation. Says Ramadoss."

The National Cancer Registry Programme data has shown that parts of India have the world's highest incidence of cancer of the gallbladder, mouth and lower pharynx. Breast cancer has replaced cancer of the cervix as the leading cancer among women in urban India. Lung cancer is the most common cancer in men in Kolkata, Mumbai and New Delhi.

Dietary factors play an important role in causing some cancers with obesity increasing risk of cancers of the breast, uterus, stomach, colon and kidneys, among others. "Tobacco use and alcohol are proven to cause several cancers such as that of the lung, oesophagus, pharynx, larynx, liver and breast," says Ramadoss. Some viral infections have also been proven to cause some cancers, such as Hepatitis B virus to liver cancer and Human Papilloma Virus (HPV) to cancer of the cervix.

INDIA'S FUTURE IS GOING UP IN SMOKE.....

Every Fifth Child under the age of 15 is using tobacco.

Every Third Child thinks boys who smoke are cooler, have more friends.

Every Eighth Child has got a free smoke from a tobacco firm representative.

.....BUT THERE IS HOPE YET

*Strong negative campaign and national ban on smoking in public places has helped.

*Three out of four smokers want to quit, and every second child has been told about tobacco dangers in school.

SMOKE BOMB TICKING

One In Five Young Teens Use Tobacco Says School-Based Survey

More than one in five students, before the age of 15, use some form of tobacco, says a pan India, school-based survey carried out among 12,086 children between 13 and 15 years.

While 15.6% smoke cigarettes, 15.9% said they use some form of tobacco. The survey was carried out in 2006 and is part of the Global Youth Tobacco Survey (GYTS) conducted in 140 countries. It is the second GYTS survey conducted in India, the first was in 2003.

"A comparison with the 2003 data-when there were no restrictions on tobacco use-shows that the national ban on smoking in public places and selling tobacco to minors are working. Exposure to secondhand smoke in public places has decreased from 49% to 40% at the national level, while the percentage of those who light their first cigarette before the age of 10 has dropped from 48.6% to 36.9%."Health ministry remarked.

But the bad news is the gap between boys and girls using tobacco is narrowing and the overall prevalence of its use has remained static at 4.2% of the adolescents surveyed.

"Smoking dipped in north and south India, but what's pushed up the national average is the increase in current smoking trend in the central, eastern and north-eastern region".

Increase in smoking among 13-15 year olds was the highest in the northeast-up from 11.2% to 18.2%. The highest drop was in north India-from 4.9% to 1.5% and in central, from 4.8% to 1.2%.

The GYTS data from India includes five determinants of tobacco-control; availability and price, second-hand smoke, cessation, media and advertising and smoking messages in the school curriculum.

Over half the students surveyed said they had been taught about the dangers of tobacco use-increased risk of premature death, heart disease, stroke, cancers, lung disease, miscarriages and importance among others-at school.

LIGHT MY FIRE

Power of the puff is catching them young. A survey conducted with over 12,000 students between 13 and 15 years threw up some alarming data. More than 1 in 5 children said they use some form of tobacco, though they were aware of its ill effects.

Puff Prevalence

14% currently use any tobacco product (Boys:17.2% Girls:9.5%).

12.2% had never smoked cigarettes (Boys:14.7%, Girls:8.9%).

15.1% of those who have never smoked are likely to start next year.

Over 6 in 10 students think passive smoking is harmful.

Attitude

32.2% think boys and 16.8% think girls who smoke have more friends.

30% think boys and 19.9% think girls who smoke look more attractive.

Availability

9.6% usually smoke at home.

51.3% buy cigarettes.

72.5% who bought cigarettes were not refused because of their age.

Advertising

74% saw anti-tobacco messages in the past month.

71.6% saw pro-tobacco ads on billboards in the past month.

1.1% were offered free cigarettes by a tobacco company representative.

Family `n`Friends

26.5% live in homes where others smoke in their presence.

40.2% are around others who smoke outside home.

35% have one or more parents who smoke.

6.1% have most or all friends who smoke.

Trying To Quite

70.6% want to stop.

55.5% tried to stop smoking in the past year.

Lessons Learnt (Past Yeras)

54.6% had been taught about the dangers of smoking.

37.2% had discussed in class reasons why people their age smoke.

51.3% had been taught the effects of tobacco use.

Research Plan

On research plan table, except camp other things are analysis as following:-

SL	Particulars	Figure
01	Total Houses & Covering Houses	1200 & 600
02	Population	3000
03	Hindu , Muslim & Others	2100,600,300
04	Widow Ladies In Village	34.2
05	Literacy Standard:- Male Female Child Old	1234.8 1048.8 547.2 09
06	Classification Of Population-Male,Female,Child,Old	1260,1140,570,30
07	Working Life-People Out Side Village :- Gents Ladies	378 258
08	People Physical Handicapped:- Male Female Child Old	25.2 11.4 0000 0.15
09	Camp Attend People:- Male Female Child Old	1234.80 855 00000 18
10	Village Child Laboure	11.40

(37/37)Detail Report-Directly For Social Welfare Women & Civil Year-2007-2008

Camp Section-EXCESS EVERY THINGS IS BAD

Now India Is Capital Of Diabetes & For Healthy Life Distant From "Diabetes".

If in mind the question arises the meaning of Diabetes, for it simple answer will "diabetes is a disorder that affects the way our body uses food for energy. The sugar we take in is digested and broken down to a simple sugar, known as glucose, insulin, produced by the pancreas; helps move the glucose in to cells. A healthy pancreas adjusts the amount of insulin based on the level of glucose. But, in diabetics, this process breaks down, and blood sugar levels become too high."

Symptoms

Abnormal thirst and a dry mouth.
Frequent urination.
Extreme tiredness/lack of energy.
Constant hunger.
Sudden weight loss.
Slow healing wounds.
Recurrent infections.
Blurred vision.

Worrying Facts

- *Diabetes is the largest cause of kidney failure.
- * Diabetes retinopathy is the leading cause of vision loss in adults.
- *People with diabetes are 15-40 times more likely to require a lower-limb amputation.

India having the highest number of diabetic patients in the world, the sugar disease is posing an enormous health problem in the country. Calling India the diabetes capital of the world, the international Journal of Diabetes in Developing countries says that there is alarming rise in prevalence of diabetes, which has gone beyond epidemic from to a pandemic one.

The international Diabetes federation estimates that the number of diabetic patients in India more than doubled from 19 million in 1995 to 40.9 million in 2007. It is projected to increase to 69.9 million by 2025. Currently, up to 11% of India's urban population and 3% of rural population above the age of 15 has diabetes. Diabetes affects all people in the society, not just those who live with it. The "World Health Organization" estimates that mortality from diabetes and heart disease cost India about \$ 210 billion every year and is expected to increase to \$335 billion in the next ten years. These estimates are based on lost productivity, resulting primarily from premature death.

Various studies have shown that the high incidence of diabetes in India is mainly because of sedentary lifestyle, lack of physical activity obesity, stress and consumption of diets rich in fact, sugar and calories.

The most prevalent is the type 2 diabetes, which constitutes 95% of the diabetic population in the country. In this, patients are non-insulin dependent and they can control the glucose in their blood by eating measured diet, taking regular exercises and oral medication. Worldwide, millions of people have type 2 diabetes without even knowing it and if not diagnosed and treated, it can develop serious complications.

Type 1 diabetes (insulin dependent), however, is not preventable. In India, the Chennai-based Diabetes Research Centre says that over 50% cases of diabetes in rural India and about 30% in urban areas go undiagnosed. Globally, diabetes affects 246 million people, which is about 6 % of the total adult population. It is the fourth leading causes of death by diseases and every 10 seconds a person dies from diabetes related causes in the world. Each year, over three million deaths worldwide are tied directly to diabetes and even greater number die from cardiovascular disease. Modification in lifestyle and proper medication can delay and prevent diabetes in high-risk group. Eating whole grain carbohydrates and moderate exercises and avoiding excessive weight gain could eliminate over eighty percent of Type-2 diabetes.

Top 10 Countries With Diabetes Population (20-79 Age Group) Figures In Million

SL No	Country's Name	In The Year 2007	In The Year 2025 (P)
01.	INDIA	40.9	69.9
02.	China	39.8	59.3
03.	USA	19.2	25.4
04.	Russia	9.6	17.6
05.	Germany	7.4	11.5
06.	Japan	7.0	10.8
07.	Pakistan	6.9	10.3
08.	Brazil	6.9	8.1
09.	Maxico	6.1	7.6
10.	Egypt	4.4	7.4

Prevalence Of Diabetes In Select Indian Cities

SN No.	City In India	Percentage
01	Bangalore	16.6
02	Delhi	13.5
03	Chennai	12.4
04	Mumbai	11.6
05	Hyderabad	11.7
06	Kolkata	9.3

SYMPTOMS OF DIABETES

- Abnormal Thirst And A Dry Mouth,**
- Frequent Urination,**
- Extreme Tiredness/Lack Of Energy,**
- Constant Hunger,**
- Sudden Weight Loss,**
- Slow-healing Wounds,**
- Recurrent Infections,**
- Blurred Vision,**

WORRYING FACTS OF DIABETES

- Diabetes Is The Largest Cause Of Kidney Failure.**
- Diabetic Retinopathy Is The Leading Cause Of Vision Loss In Adults.**
- People With Diabetes Are 15-40 Times More Likely To Require A Lower-Limb Amputation.**

Purpose Of Camp

On dated 24th June 2007 at Etora ,Agra , Uttar Pradesh our camp was held on "For Good & Healthy Family Awareness Camp On "Diabetes" For Ladies". We try to understand ladies on above matter and advice in simple language medical treatment and insulin and bitter juice for drink, yoga (meditation) needed in this camp we take a small girl for giving aid on yoga, organizer for decrease sugar etc.

Research Plan

On research plan table, except camp other things are analysis as following:-

SL	Particulars	Figure
01	Covering Houses	500
02	Population	2000
03	Hindu , Muslim	490,10
04	Widow Ladies In Village	16.8
05	Literacy Standard:- Male Female Child Old	550.4 442.4 396 18
06	Classification Of Population-Male,Female,Child,Old	640,560,440,360
07	Working Life-People Out Side Village :- Gents Ladies	358.4 274.4
08	People Physical Handicapped:- Male Female Child Old	9.6 6.72 8.32 6.12
09	Camp Attend People:- Male Female Child Old	627.2 520.8 0000 7.2
10	Village Child Laboure	39.6

**(38/39)Detail Report-Directly For Social Welfare
Women & Civil Year-2007-2008**

Camp Section-BEGGING AND ALMS ARE OFFENCE

Begging and Alms Are Not Means Of Vice & Virtue-Stop It.

Some traditional belief of human nature in India pulls backward to our society. This means people of our country belief on vice and virtue. So they give alms to beggar. But if we analysis this system, can find men having wealth indirectly reducing the capability of other people. A man or a woman or a child has separate life style. This means a man and woman having well physic can utilize his physical labour for earning money and child has duty to learn lesson in school. So our society should aware these type of people about their duty but we indirectly convince them for begging. Because we belief on our tradition. If we want to beg we should alms to the people have no limbs! So more over, the wealthy people indirectly insisting people for begging and pulling their future towards darkness. On other side these types of beggar people with out labour earn money which make them lazy and every day increase their numbers. Now if we check in Delhi type of beggar in road can find several type of beggar like as follows:-

- *Oil Beggar-Only On Saturday.
- *Ring Road Beggar.
- *Rajastani Beggar.
- *Moving Beggar.
- *Begging To Foreigners.
- *Permanent Beggar.
- *Bulk Cart Beggar-Thurs/Friday.
- *Green Cloth Beggar.
- *Chanda Beggar.
- *Snake Beggar.
- *Child Beggar.
- *Mandir Beggar.

**BEGGING & ALMS BOTH OFFENCE FOR OUR NATION
&
STOP IT**

**VICE & VIRTUE IS NOT MEASURED
BY
ALMS
RATHER
IT DESTROYED A LIFE**

Purpose Of Camp

On dated 08th July 2007 the "Awareness Begging And Giving Alms Are Offences Stop Begging-Help Beggars Self Depend "Camp On Stop Begging & Alms" are held in Sarojini Nagar, South Delhi in Delhi. Our purpose of the camp try to solve the begging system from India. In this area we covered in Delhi -North Rajnagar To Palika Reservation & East Laxminagar To 'M' Block i.,e., full Sarojini Nagar and meet 400 total beggars likely *Oil Beggar-05,*Ring Road Beggar-50,*Rajastani Beggar-35,*Moving Beggar-95,*Begging To Foreigners-80,*Permanent Beggar-25,*Bulk Cart Beggar-52,*Green Cloth Beggar-28,*Chanda Beggar &*Snake Beggar & *Child Beggar & *Mandir Beggar-30 and advice both donor and beggar from separate this profession .Because this system blame to our country in foreign .Donor understand that he/she has done great work as donate few rupees but absent of their knowledge a worthless society named with beggar created. This society create some problem like as pollution i.e., stay any where side of the road and made a unauthorized village ,theft at night and fired with using stream from tree and collected amount at night used by them in drinking wine and playing gambling etc. As uneducated people have in this society they have no knowledge on society ultimately after drinking wine acquainted with physical sex and as a result number of children born to continue this society. So if we not control this type of society now it would more difficult for controlling population at future. Because laziness of their distant from doing work on honest way. Especially life of children goes to in criminal way.

Research Plan

On research plan table, except camp other things are analysis as following:-

SL	Particulars	Figure
01	Covering Area	North Rajnagar To Palika Reservation & East Laxminagar To 'M' Block i.,e., full Sarojini Nagar
02	Total Beggar Covered	400
03	Oil Beggar	05
04	Ring Road Beggar	50
05	Rajastani Beggar	35
06	Moving Beggar	95
07	Begging To Foreigners	80
08	Permanent Beggar	25
09	Bulk Cart Beggar	52
10	Green Cloth Beggar	28
11	Chanda Beggar Snake Beggar Child Beggar Mandir Beggar	30

(39/40)Detail Report-Directly For Social Welfare
Women & Civil Year-2007-2008
Camp Section-SAVE LIFE OBEY TRAFIC RULE
Life Is Anmol Save It

Now Delhi as most busy city in India has no proper obeying traffic rule by public .So for this matter so many accidents made in daily life. On every morning when we read news paper our front can seen the heading as "Road Accident". More over it is happening for the unawareness of public on traffic rule. So our camp arrange and try to teaches five type of people like as Senior citizen, Young mass On Two Wheeler/Four Wheelers, Blue Line Driver, Auto Rickshaw Driver, Cyclist and General Walking man on traffic rule. Because of:-

Senior citizen has less eye side so we request them only on red light and zebra crossing or on under ground passing /over bridge cross road. As a mature man should advice to others on traffic rule.

Young mass On Two Wheeler/Four Wheelers these types of people having un matured brain and in tine age .So request through this camp to guardian not allowed minor for driving. Young mass have competition mind and they compete each other with motorcycle/four wheeler and in this sporting sprite sudden accident made. In this connection we meet group of young mass and suggest for smooth driving and suggest guiding each others.

Blue Line Drivers are not educated and any how they collect license from authority through brokers and they have competition between two blue line buses and DTC for collecting passenger and second the main driver take rest and give chance to helper for driving. So on this way we advise to blue line bus driver limited speed within 40 km per hour and not competition between each others.

Auto Rickshaw Driver these are more dangerous in city because these have no proper path some times this type of driver comes nearest and back side of the passengers and if at that time a bus comes in front of passenger ultimately accident made.

Cyclist should see red light but these types of people have no rule at all. Up to what extent the rule can broke done by Cyclist .Sangam Vihar and Ali Gaon Crossing like a city in Delhi full of covered by this type of people and in morning time passing of road too much difficult by any one. So more over we advice as a small vehicle its importance on traffic rule must.

Walking man should have knowledge on traffic rule like as use zebra crossing, passing through by passes (either under ground/over Bridge) and using footpath to go on.

On the camp date our team on behalf of organization use some command/advice/suggestion like as Life Is Anmol Save It, On Road Crossing See Red Light And Cross On Zebra Crossing, Slow Drive Is Best Drive, Obey Traffic Rule-Avoid Accident, Avoid Competition -Drive Slowly, Do No Use Mobile Or Absent On Driving, And At Last "YOUR FAMILY AWAITS YOU FOR EVENING RETURN".

→ **LIFE IS AN MOM SAVE IT**

→ **YOUR FAMILY AWAIT YOU FOR EVENING RETURN**

→ **AVOID COMPETATION-DRIVE SMOOTHLY**

DONOT USE MOBILE & ABSENT MIND ON DRIVING

→ **DONOT USE MOBILE & ABSENT MIND ON DRIVING**

→ **ON ROAD CROSSING SEE RED LIGHT**

→ **OBEY TRAFFIC RULE AVOID ACCIDENT**

→ **SLOW DRIVE BEST DRIVE**

TRAFFIC POLICY SHOULD PERFORM THEIR DUTY PROPERLY & VILOT TRAFFIC RULE PUNISHMENT IMMEDIATELY

→ **TRAFFIC POLICY SHOULD PERFORM THEIR DUTY PROPERLY & VILOT TRAFFIC RULE PUNISHMENT IMMEDIATELY**

→ **DELAY HAN DRIVE FIRST ADVICE PUBLIC NO DELAY IF YOU DRIVE**

→ **AVOID HIGH VOLUME MUSIC AND AVOID ALCOHOL IN DRIVIND**

→ **BUS DRIVER MINIMUM QUALIFICATION SHOULD FIX-EDUCATION**

→ **PUBLIC AWRENESS ON TRAFFIC RULE & OBEY IT SAVE LIFE FROM ACCIDENT**

Purpose Of Camp

On dated 12th August 2007 our organization arrange a camp on "Awareness Camp-For Public On Traffic Rule" and in this connection we help to senior citizen for passing road, Young mass on careful driving, Blue line driver to obey traffic rule and limit speed 40 km per hour, advice to auto rickshaw driver and not to over take and for knowledge on general child- a student essay competition etc. in Delhi at Badarpur (Lalkuan Chowk). Purpose of our team avoid accident and save life and our command on such camp-YOUR FAMILY AWAIT YOU FOR EVENING RETURN. With out this ours have several slogan on that day for all type of people like as:-

1. Life Is Anmol Save It.
2. On Road Crossing See Red Light And Cross On Zebra Crossing.
3. Slow Drive Is Best Drive.
4. Obey Traffic Rule-Avoid Accident.
5. Avoid Competition -Drive Slowly.
6. Do No Use Mobile Or Absent On Driving.
And At Last
7. "YOUR FAMILY AWAITS YOU FOR EVENING RETURN".

Research Plan

On research plan table, except camp other things are analysis as following:-

SL	Particulars	Figure
01	Covering Area	500-Metre
02	Public Meet	750
03	Help To Senior citizen For Crossing Road	50
04	Young mass On Two Wheeler/Four Wheeler-Advice	350
05	Advice To Blue Line Driver For Not Breaking Traffic Rule	25
06	Suggestion To Auto Rickshaw Driver On Traffic Rule	250
07	Traffic Rule For Cyclist	75

**(40/41)Detail Report-Directly For Social Welfare
Women & Civil Year-2007-2008**

Camp Section-KNOWLEDGE ON AMBULANCE-DIAL-102

Use Ambulance And Save Life From Death

Well treatment to patient decreases the disease. From spot to treatment of doctor and nurse in hospital there is a fine communication called Ambulance. It is such type of vehicle having small hospital and every facility attach in the vehicles. So without any problem patient can reach in hospital easily. So for every patient Ambulance facility must need and in this connection for awareness in between public we arrange a camp on Ambulance on dated 02nd September 2007 and without waste of time of public we try to solve this camp in discipline manner. Our motto to save life of every one.

Total Area Covered-500Meter



Total Public Meet-250



Advice Under Bridge Of Medical Crossing-30



Advice To Vehicle For Side Ambulance-40



Advice To Light Vehicles For Side Ambulance-20



Advice To Youngmass For Help Line-102-45



Advice To Light Vehicles For Siding Ambulance On It's Siren-20



Advice To Private Vehicles For Side Ambulance-15

Advice To Private Vehicles For Side Ambulance-15



Advice On Medical Crossing To General Public-45



On that day we on behalf of Navjivan Foundation try to give awareness the total general public 250 with area covered 500 meter and in this public 55 was bus passengers-in buses,30 people of walking public-under the medical bridge, vehicles driver-40-to side ambulance on it's siren time,45 young mass for using helpline of 102 for Ambulance, suggestion for 20 light vehicles holders to siding to Ambulance and private vehicles holders 15 and other public 45.In our camps we faced that some questions on Ambulance like as follows:-

1. Question Of Public-Honestly speak how much money was given by Ambulance Dept.?

Answer Our Boys-We are voluntary service organization and actually what we feel good we do that. This means the self satisfaction of public is our motto and for this no amount demand from any one.

2.Question Of Public-Why You take much more interest for using Ambulance?

Answer Our Boys-Because life is your and as an human nature always we suggest save your life in hindi Anmool.. So to a patient any other bring lot of problem but Ambulance is made with that type of system where no separate pain feel to patient.

3. Question Of Public-Ambulance Cost is much more than the other vehicles. So why we spend extra amount for this?

Answer Our Boys-Yes, extra amount have to pay for Ambulance .Because Other vehicles are not made for carrying patient but Ambulance is especially made for the patient because at the time of driving vehicles due to road jam and some type of incomplete road vehicles do not run smoothly but Ambulance has separate system. So separate pain do not feel to patient and with small medical treatment having inner the vehicles and nurse and other facility also.

4. Question Of Public-Would you pay extra amount demand by Ambulance?

Answer Our Boys-No, we can not pay a single amount because our duty to active public by public grievance.

5. Question Of Public-Yours get commission and after this you will remain silent?

Answer Our Boys-No man pay us a single amount for this welfare work till now. For this you may judge it/check it.

6. Question Of Public-Have you arrange Ambulance at the time of arrangement?

Answer Our Boys-Our duty if any one call us at the same time we will call the Ambulance centre and inform to public.

7. Question Of Public-What is the difference between general vehicles and Ambulance?

Answer Our Boys-General vehicles has no separate system like as Ambulance. Because in this vehicles separate system having been like as nurse and other medical facility to reach patient safely in hospital.

8. **Question Of Public**-Ambulance has no service in all the area. So how we depend on it?

Answer Our Boys-But at present in city and nearest to city it has great service but near future it will extend to rural area.

Purpose Of Camp

On dated 02nd September 2007 at Medical Crossing in Delhi the "Awareness camp on follow help line for Ambulance & Dial-102-for its service "made. Because this is a good spot for our organization to arrange this camp and without wasting of time of any body we finish this camp.

Research Plan

On research plan table, except camp other things are analysis as following:-

SL	Particulars	Figure
01	Total Area Covered	500 Metre
02	Advice Inside Public Blue Line Buses	55
03	Advice Under Bridge Of Medical Crossing	30
04	Advice To Vehicles For Side To Ambulance	40
05	Advice To Young Mass For Help Line-102	45
06	Advice To Light Vehicles For Side Ambulance	20
07	Advice To Private Vehicles For Side Ambulance	15
08	Advice On Medical Crossing To Public	45
09	Total Public Meet	250

**(41/42)Detail Report-Directly For Social Welfare
Women & Civil Year-2007-2008**

**Camp Section-JAI KISHAN-SCIENTIFIC-CULTIVATION
Scientific Way Cultivation-More Production**

To utilize developed technology the western people producing more and more production in cultivation. So as the country like India the second largest population country in world have very less production. To see these we arrange a camp in rural area and try to aware on the following:-

1. Advice the youth of village for more concentrate in agriculture.
2. Using proper fertilizer in proper time.
3. Get financial benefit from Banks.
4. New Schemes.
5. Other Major Schemes.
6. Measure To Increase Crop Production.
7. New Institutional Establishment.

ENESS OF FARMER-LIFE IN EARTH

Advice the youth of village for more concentrate in agriculture. (This Can Find Through Camp File)

Now a days most of the youngest neglect to agriculture and going for town to earn something. So we suggest getting proper benefit in terms of loan from banks and using scientific machinery produce more and more cultivation.

Using proper fertilizer in proper time.(This Can Find Through Camp File)

Urea-Help To Grow Plant.

Potas-Strong The Plant.

Super-For Good Crops.

Get financial benefit from Banks.(This Can Find Through Camp File)

Some Schedule Banks And Financial Institutions help For Financial assistance to agriculture.

New Schemes. (This Can Find Through Camp File)

National Food Security Mission.

Rashtrya Krishi Vikas Yojana.

Other Major Schemes. (This Can Find Through Camp File)

National Horticulture Mission.

Micro Irrigation Scheme.

National Bamboo Mission.

Measure To Increase Crop Production. (This Can Find Through Camp File)

Increasing Public Interest In Agriculture.

Better Credit Flow To Farmer.

Special Rehabilitation Package For Distressed Farmer.

Minimum Support Price Increased With Reference To 2004-2005.

Marketing Performance.

Strengthening Extension.

New Institutional Establishment.

National Rain Fed Authority.

Center Institution Of Horticulture.

**Advice the youth of village for more
concentrate in agriculture. (This Can
Find Through Camp File)**

**Now a days most of the youngest
neglect to agriculture and going for
town to earn something. So we suggest
getting proper benefit in terms of loan
from banks and using scientific
machinery produce more and more
cultivation.**

**Using proper fertilizer in proper
time.(This Can Find Through Camp
File)**

**Urea-Help To Grow Plant.
Potas-Strong The Plant.
Super-For Good Crops.**

**Get financial benefit from Banks.(This
Can Find Through Camp File)**

**Some Schedule Banks And Financial
Institutions help For Financial
assistance to agriculture.**

**New Schemes. (This Can Find
Through Camp File)**

**National Food Security Mission.
Rashtrya Krishi Vikas Yojana.**

**Other Major Schemes. (This Can Find
Through Camp File)**

**National Horticulture Mission.
Micro Irrigation Scheme.
National Bamboo Mission.**

**Measure To Increase Crop
Production. (This Can Find Through
Camp File)**

**Increasing Public Interest In
Agriculture.**

**Better Credit Flow To Farmer.
Special Rehabilitation Package For
Distressed Farmer.
Minimum Support Price Increased
With Reference To 2004-2005.
Marketing Performance.
Strengthening Extension.**

New Institutional Establishment.

 **National Rain Fed Authority.**

Center Institution Of Horticulture.

 **PUBLIC AWARENESS**

Purpose Of Camp

On dated 04TH October 2007 at Basdil, Moradia, Khesraha, Siddarth Nagar in Uttar Pradesh the "Awareness to farmer On Modern Technology" "Scientifically Cultivation Get More Product" camp made by Mr. Rahis Khan. We select this area because on our opinion rural area is main source of any type of cultivation because all the corn field in world in village area. So we decide to go to rural area and help to aware the village farmer and advice to using modern technology, using good and separate type of fertilizer in the period of needing of plant etc.

Research Plan

On research plan table, except camp other things are analysis as following:-

SL	Particulars	Figure
01	Total House Covered	250
02	Total Population Covered	1250
03	Hindu & Muslim	625 Each
04	Average Population In Village	05
05	Average Village People Classification- Male,Female,Child,Old	437.5,375,250,187.5
06	In Village Physical Handicapped,Widow	6.25 &11.25
07	Village People Out Side Of Village-Gents,Ladies	562.5,281.25
08	Village People In Agriculture	125
09	Village Child Labour	05
10	Village Edu. Std.-Male,Female,Child,Old	196.88,142.5,45,5.63
11	Village-Camp Attend People-Male,Female,Child,Old	262.5,262.5,50,56.5
12	Showing Villagers-All India agriculture-Production- Three Years04-05,05-06,06-07- Foodgrains,Sugarcane,Cotton	198.36,2008.06,216.13- 237.09,281.17,345.31- 16.43,18.50,22.70

(42/43)Detail Report-Directly For Social Welfare Women & Civil Year-2007-2008

Camp Section-USE FREE GIFT OF NATURE FOR HUMAN SERVICE

Sun Is Store Of All Energy

Sun is the energy of all power and it is plenty of supply. So let us use this energy and settle all the problems of shortage of Electricity. To keep in our mind we decide to arrange in a place where more and more population runs every day.

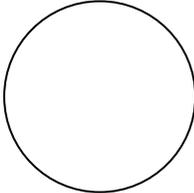
Solar energy is a term of energy by using we can save the consumption of electricity and save power cut. Other sense it is less expensive than electricity and some banks are appreciated to use this system through loan plan with very less expenses.

We advertise through some posters regarding the benefits of solar energy like as return of investment with in 3 years, uninterrupted of hot water, no requirement of electricity, safe and simple to use, long life span 20 years, near zero maintenance, no requirement of gas, shack proof, save up to 1500 unit of electricity in a year like this. On suggestion we remarked that this is perfect for all applications-domestic industrial and commercial.

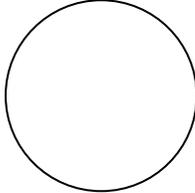
We remarked that this is perfect for all applications-domestic industrial and commercial.We also suggested to take the advice "Minnistry Of New & Renewable Energy, Government Of India,Block No.-14,C.G.O. Complez,Lodi Road andWebsite:www.mnre.gov.in" and for purchase & repair of solar water heating system, contact the supplier/state renewable energy development agencies/Aditya solar shop.

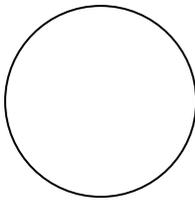
We suggest that address and website available at Energy Development Agency Limited (IREDA), New Delhi,Phone-011-24682214-21 & Extn.-239 or toll free no.-1800-180-1350-51.

For the easy finance we show some list of schedule bank and financial institution with 2% on domestic,3% on institutional and 5% on commercial and the name of banks are Canara Bank, Bank Of Maharashtra, Union Bank If Commerce, IREDA, Nagarjuna Credit & Capital Ltd., SreiInfrastructure Finance Ltd.,Bhoansala leasing finance co. Ltd., Nagpur Sahkari Bank Ltd.Jalgaon Janata Sahkhari Bank Ltd.,Kalyan janata Bank Ltd.,Solapur Janata Sakhari Bank Ltd.,Akola Janata Commercial Co-operative Bank,the Akola urban co-op. Bank Ltd., Parvara Sakhari Bank Ltd., cosmos co-operative Bank Ltd.,Shikshak Sahkari Bank Ltd. And Lehalkaranj Bank Ltd.,

USE
**FREE GIFT**
OF
NATURE

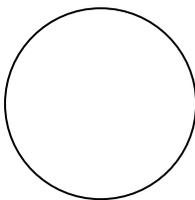
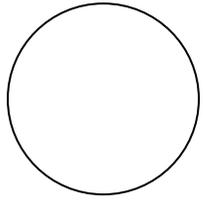
LIMITED SOURCE
ONCE STOP-
ELECTRICITY





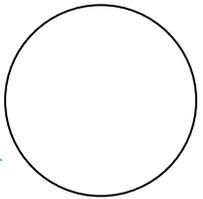
**NO PROBLEM ON
POWER CUT**

FINE TESTY FOOD



GOOD LIGHTING

**NATURE IS OUR
MOTHER LET US DRINK
HER MILK AND BE
HEALTHY**



Purpose Of Camp

On dated 04TH November 2007 at Nehru Place, in Delhi the an awareness camp was held on "Solar Energy" and the name of camp was "Camp On Solar Energy" made by the assistance of social worker Mr. Surya Kanta Sandhibigraha and Co-ordinator Mrs. Manorama.. On Behalf of organization all the members and social workers decided to organize this camp in Nehru Place because this centre is a largest business centre on electronic and thousand numbers of people always run in this area for marketing. So we decided to arrange this type of camp in this area will bring more result able for the general public. In this connection we suggest people to using solar systems and save electricity. Because electrical power is man made power and once at future it may comes to an end. But if we collect this energy from nature i.,e. from Sun directly by using some electronic machinery we will get same energy like as electrical energy. So we suggest to public for taking financial assistance from banks/financial assistance in this manner.

Research Plan

On research plan table, except camp other things are analysis as following:-

SL	Particulars	Figure
01	Total Public Meet In Camp Date	688
02	Shopkeeper	50
03	Ladies	250
04	Classification-Ladies-21-30,:31-35,:36-40,:41-above	120,55,35,40
05	Classification-Gents-18-25,26-30,31-35,36-40,41-50,51-above	12,28,55,100,85,70
06	Security Meet	10
07	Tea Seller/Vendor Meet	18
08	Upper Class People (Owner) Meet	18

(43/44)Detail Report-Directly For Social Welfare

Women & Civil Year-2007-2008

Camp Section-Nation Is Your, Utilize It's Energy On Honest Way

Man Made Are Limited In Supply-Do n't Waste It

Through our camp we suggest public to catch electricity thief because energy in limited in supply. In this camp we advice to take oath from today no one this area theft power of electricity. This energy is scare in supply so don't waste it unnecessary. On other words if we not solve this problem at last time would come in where we would suffer for loss of energy. So our call was to save energy.

Our command was in the camp date-power cut to theft of electricity and this should punishable both fine & punishment. Nation is our so let us come to safe all resources of country, save energy for the benefit of self & nation, use CLF lamp, switch on to save energy, switch to CLF and save electricity and save on electricity bills, do not theft electricity-avoid power cut, nation is your-honestly use all it's energy. We try to understand for general public order of "Ministry of power, Govt. of India, Shram Shakti Bhavan, New delhi-110001 and Bure of Energy efficiency,4th Floor, Sewa Bhavan, R.K. Puram, New Delhi-110066,Fax-011-26178352,Phone-011-26179699 (5 Lines) and our organization phone/Help Line 011-6238444 and Fax-011-66620552 to catch power thief (bizli chor)". Our organization behalf we assure to keep top secret the name of the people in form us.

In this camp to save energy we call to use CLF lamp and give the advantages of it than incandescent lamp like this in advantages-we suggest that CLF lamp four times more efficient, acts up to 10 times longer than incandescent, se 50-80% less energy than incandescent, se 1/3 the electricity and lasts up to 10 times as long as incandescent, ingle 18 watt CLF uses in place of 75 watt incandescent saves about 570KWH over life time, eplacing single incandescent bulbs with CLFs keep out half-tone of CO2 out of the atmosphere, save electricity reduces CO2 emissions, sulfur oxide and high-level nuclear waste, newer CLFs give a warm. inviting light instead of the "cool white" light of older fluorescents, they uses rare earth phosphors for excellent co lour and warmth, new electricity ballasted CLFs don't flicker or hum, CLFs can be applied nearly any where that incandescent are used. In candescent bulb and the CLF lamp different is i)40 watts-7 to 9 watts, 60 watts-13 to 16 watts,75 watts-18 to 19 watts and 100 watts-26 to 27 watts.

nation is your-utilize it's energy on honest way

honesty makes nation great

catch power thief and save electricity

**man made are limited in supply-use it properly
honesty, truth & courage help a man to complete man**

switch off lamps on the time of unneeded

use CLF light for save energy electricity

to be a good citizen perform own duty in truth way

to be a good citizen perform own duty in truth way

save energy save nation

Purpose Of Camp

On dated 09TH December 2007 at Brizwasan Village Brizwasan in Delhi the "Camp On Save Energy (Electricity)" Awareness camp made by Mr. Surya Kanta Sandhibigraha and co-ordinator Mrs. Manorama. Organization select this area because on our opinion rural area and the area related to rural i.,e. semi urban area is main source of theft electricity. So to aware general public we decided to organize this type of camp in this area and motivated public for save electricity and uses CLF lamp in home.

Research Plan

On research plan table, except camp other things are analysis as following:-

SL	Particulars	Figure
01	Total Houses Covered Brizwasan Gaon & Brizwasan	2000,500
02	Total Population Covered Brizwasan Gaon & Brizwasan	10000,2000
03	Classification In Brizwasan Gaon & Brizwasan-	
	Hindu	9000,1400
	Muslim	5000,200
	Others	5000,400
04	Average Population Family-Brizwasan	04
05	Hindu Punjabi-Brizwasan	1120
06	People Working Standard –Brizwasan	
	Mail	200
	Young	1200
	Female	400
	Child	600
07	Jat Category In Brizwasan Rural	7200
08	Others Category Among Hindu In Brizwasan Rural	1800
09	Widow In Brizwasan Rural	300
10	Education In Brizwasan Rural	5000
11	People Classification In Brizwasan Rural	
	Old	500
	Male	4000
	Female	2000
	Child	3500
12	People Working Outside- In Brizwasan Rural	200
13	Profession Of People- In Brizwasan Rural	
	Shop	3600
	Govt. Servant	200
	farmer	200

**(44/45)Detail Report-Directly For Social Welfare
Women & Civil Year-2007-2008**

**Camp Section-Medical Awareness On Asthmatic-Help For Fine
Breathing**

Avoid Asthma & Life Made Smooth For Long Period

The people in city effected with several breathing problem and Asthma is one of the dangerous disease now a days. Because maximum number of vehicles erupts smoke every day and if the area is rural much more dust affect this problem. So in our camp we suggest to public on common matter for asthma are cold and flu can trigger an attack, especially in children, smoking or second hand smoke adds to frequency, exercises and sports can cause wheezing and an attack, more so in cold weather when the airways are anyway constricted, extreme emotional arousal such as anger or fear is bad news, allergies to pollen grasses and dust mites, smoke foods, moulds or moulds or animals hair or dander causes asthma in susceptible people, blood tests or skin-pick test can be done to help find out whether your child does have an allergy, sudden change in temperature and weather, cold weather, cold wind, air conditioning and changes between hot and cold areas can be a trigger, chemicals and strong smells such as fumes paint,spray cans, perfumes or cleaning detergents can tigger asthma in some people, food additives, artificial flavoring and coloring (yellow coloure in particular found in some cold drinks, jams,sausces and juices) can trigger an attack, some medicines such aspirin and other non-steroid anti-inflammatory drugs, and beat-blockers used for controlling blood pressure treating heat failure and preventing kidney damage in people with hypertension or diabetes.

COMMAND FOR ASTHAMA

Command for asthma was "In susceptible people, exposure to allergens causes the muscles surrounding the airways in the lings to compress and the lining of the air passage swell up. This reduces the amount of air passing in to the lung, leading to coughing and wheezing."

SYMPTOMS

A symptom of asthma is as follows:-

- i) Wheeze, cough or have tightness at night.
- ii) Wheeze, cough or have chest tightness in the morning when you wake up.
- iii) Need to use an inhaler more than three times a week (not including before exercises) and wheeze or have chest tightness while running or during sport. And early detection and treatment can stop an attack from getting worse watch out for symptoms of:-
 - *Labored Breathing,
 - *Tightness in the chest,
 - *Frequent bouts of coughing,
 - *Exhaustion or inability to walk more than a few steps,
 - *Inability to speak more than one of two words per breath,
 - *Blueness around the lips,
 - *Babies and small children may just great he fast, appear restless, or may have problem feeding due to shortness of breathe. They may also severe coughing and vomiting.

TREATMENT ASTHAMA

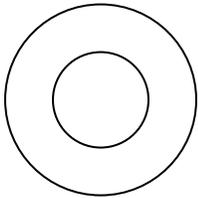
Treatment of asthma management involves avoiding known allergens and irritants and controlling symptoms and airways inflammation through medication and,

*Long term control medications used regularly to prevent attacks. This is not for treatment during attacks. These include inhaled steroids to prevent inflammation, leukotriene inhibitors and anti-ileg therapy given by injection to patients with more severe asthma.

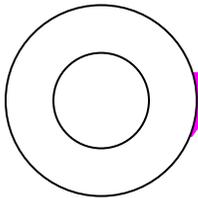
*Long acting bronchodilators to open airways such as commonly sodium or nedocromil.

*Rescue medications are used to relive symptoms during an attack. These include short-act-ing bronchodilators and corticosteroids, such as prednisone or methylprednisolone given by mouth or in to a vein.

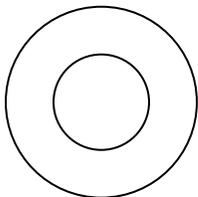
SYMPTOMS



Wheeze, cough or have tightness at night.



Wheeze, cough or have chest tightness in the morning when you wake up.



Need to use an inhaler more than three times a week (not including before exercises) and wheeze or have chest tightness while running or

during sport. And early detection and treatment can stop an attack from getting worse watch out for symptoms of:-

****Labored Breathing,***

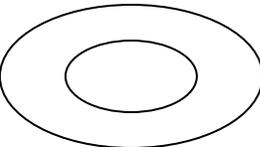
****Tightness in the chest,***

****Frequent bouts of coughing,***

****Exhaustion or inability to walk more than a few steps,***

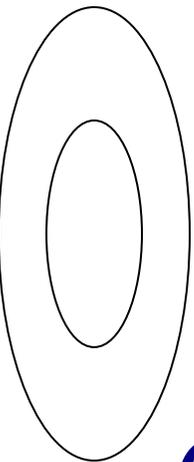
****Inability to speak more than one or two words per breath,***

****Blueness around the lips,***



**Babies and small children may just great he fast, appear restless, or may have problem feeding due to shortness of breathe. They may also severe coughing and vomiting.*

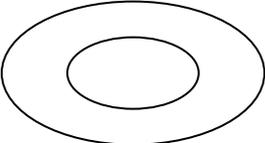
TREATMENT ASTHAMA



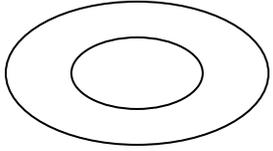
Treatment of asthma management involves avoiding known allergens and irritants and controlling symptoms and airways

*inflammation through
meditation and,*

 **Long term control
medications used regularly
to prevent attacks. This is
not for treatment during
attacks. These include
inhaled steroids to prevent
inflammation, leukotriene
inhibitors and anti-leg
therapy given by injection to
patients with more severe
asthma.*

 **Long acting
bronchodilators to open*

airways such as commonly sodium or nedocromil.



**Rescue medications are used to relieve symptoms during an attack. These include short-act-in bronchodilators and corticosteroids, such as prednisone or methylprednisolone given by mouth or in to a vein.*

Purpose Of Camp

On dated 06TH January 2008 at Palam Village in Delhi "An Awareness Camp Asthmatic (Medical Awareness Camp)" made by Mr. Surya Kanta Sandhibigraha and co-ordinator Mrs. Manorama. Our organization selects this area because this area is related to Haryana side and distance from main Delhi. So most people come from rural area to settle in this area and they feel this is one of the urban area. So they have the habit on smoking and if any body asks them about on this smoking, simple answer comes that this way for controlling the gas of belly. So to proof this thinking wrong we arrange this type of camp in that area. Our motto to prevent the people from smoking because it is one of the major problems of asthmatic.

Research Plan

On research plan table, except camp other things are analysis as following:-

SL	Particulars	Figure
01	Total House Covered	1000
02	Total Population Covered	5000
03	Classification Of People-Hindu,Muslim,Others	3750,750,500
04	Average Of Family In The Village	05
05	Education Standard People In The Palam Village-Average	7
06	Among Hindu-Jat People	3375
07	People Working Standard In Business Others	1000 3750
08	Physical Standard In Village People	100
09	Category In Village- Male Female Child Old	950 1000 2300 750
10	Camp Attend People	30
11	Child Labor In Village	207
12	Camp Attend People In Village Male Female Child Old	475 350 46 97.5

(45/46)Detail Report-Directly For Social Welfare
Women & Civil Year-2007-2008
Camp Section-Save Women-Save Babies
Spines, made extra curvy for women

Research say evolutionary curve has ensured that pregnant women do not tip over. Pregnant women do not tip over, and researchers said an evolutionary curve has a lot to do with the reason why. Anthropologists studying the human spine have found that women's lower vertebrae evolved in ways that reduce back pressure during pregnancy, when the mass of the abdomen grows by nearly one-third and the center of mass shifts forward considerably. That increases pressure on the spinal column, strains the muscles and generally reduces stability.

Even without the benefit of advanced study in biomechanics, women tend to deal with in biomechanics, women tend to deal with the shift-and avoid trembling over like a bowling pin-by leaning back. But the solution to one problem creates another, since it puts even more pressure on the spine and muscles.

And that, reported researchers from Harvard University and the University of Texas in the current issue of the journal Nature, is where evolution enters the story.

The lower spine in humans had already developed a unique forward curve that helped compensate for the extra pressures that arose when the primate ancestors went from moving around on four limbs to walking upright.

Researchers looked for an additional mechanism that might have compensated for the increased strain of pregnancy as well as. What they found, said Katherine K. Whitcome, a post doctoral fellow at Harvard and the lead author of the paper, was evidence that evolution had produced a stronger and more flexible lower spine for women.

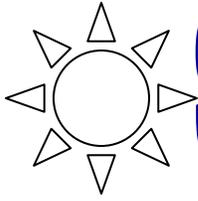
After studying 19 pregnant subjects, Whitcome found that the lumbar, or lower back, curve in women extends across three vertebrae, as opposed to two in men. And the connecting points between vertebrae are larger in women, and shaped differently in ways that make the stack more stable and less prone to bones shifting out of alignment or breaking.

Since the engine of evolution runs on the passage of genes from one generation to the next, pregnancy is a critical moment. Without that adaptation, Whitcome said, females would have been in greater pain during pregnancy and might not have been able to forage or escape or escape predators, ending the pregnancy and the genetic line.

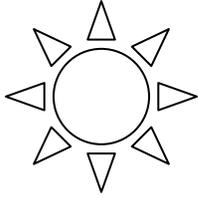
At the University of Texas with Dr. Lisa Shapiro, associate professor of anthropology. Dr Whitcome found that the difference between male and female spines do not show up in chimpanzees.

That suggested that the change occurred in response to the pressures of walking upright. When she moved on to Harvard and started working with Daniel Lieberman, an anthropologist with expertise in primate fossils, she was able to examine two samples, she found the three vertebrae arrangement in one sample and not in the other: Separate evidence suggested that the extra-curvy spine belonged to a female and the other to a male. "It was very exciting" to have the fossilized puzzle fall in to place, Whit come said.

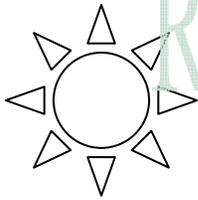
The extra flexibility is prattle successful, Shapiro said, since women still commonly complain of back trouble during pregnancy. That is the difference between the way that evolution works and the way actual designers do their job, Whit come said: nature tinkers.



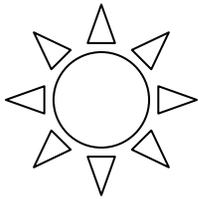
Spines, made extra curvy for women



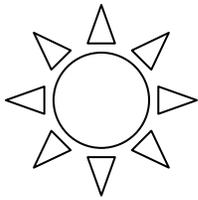
Diagonal Stretch-See Under



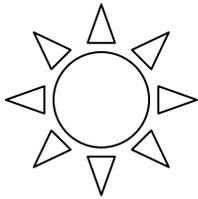
Research For Health-See Under



Frog Pose-See Under



Happy Women-Happy Family



Save Life Of Ladies-Save A Baby

Purpose Of Camp

On dated 03rd February 2008 at Sahabad Mohmadpur Village in Delhi "An Awareness Camp For Pregnant Women On Spines)" made by Mr. Subas Chandra Mohapatra and co-ordinator Mrs. Kalpana. Our motto to save ladies for any kind of problem. We advice through the camp when women get together to chat, the conversation often turns to health issues. It is not uncommon for the least one women to confide that she is a breast cancer survivor or perhaps is in the midst of dealing with the disease.

So how does yoga fit in keeping our breast healthy? Breast health is maintained by the body's tympanic system. In addition to helping your body fight infection, an active and healthy lymphatic system remove potentially harmful material from the body's tissues and cells. Lymph flow is depend upon muscle contractions, which massage to outside of the lymphatic vessels, and breathing, which pills lymph along with each inhalation. With its sensitivity to breathing and movement, it is easy to see how the lymph system responds to yoga practice.

The following simple yoga exercises stimulate the circulation of blood and vital energy through the lymphatic system. Feel free to practice these exercises and postures individually or as a set. The first two, Diagonal Stretch and Reach for Health, can be done either sitting on the floor or on a chair with the spine straight and the feet flat on the floor.

Diagonal Stretch

In this exercises the lymphatic system is activated by vigorous movement and powerful breathing. The pad at the base of the little finger is a reflex point that empowers the communication centre of the brain.

1. Sit in the easy pose. Please your thumbs on the pads of the hands at the base of your little fingers. Keep the rest of the fingers straight. Extend your arms to the sides, parallel to the ground, with the palms facing downward.
2. Alternately raise on arm up 600 from the horizontal while bringing the other arm down 600. Inhale as the left arm goes up, and exhale as the right arm goes up, and exhale as the right arm goes up. Breathe powerfully and move quickly. Continue for 1-3 minutes.

Research For Health

In this exercises the powerful movement of the arms, coupled with the force breath, is similar to a material art exercise. The "snapping back" movement activates the lymph and breast tissues.

1. Sit on your heels. If you need to take pressure off the knee joints, place a firm pillow between your buttocks and legs. Make your hands in to fists with your thumbs tucked inside. Bring your hands to chest level with your arms by your side, elbows pulled back.
2. Powerfully extend one arm forward on a deep inhalation. As your arm extends its full length, open your fingers as through you were grasping something. Then close them quickly, again with the thumb inside, and snap the arm back powerful to the side of your body as you exhale strongly. Repeat with the other arm and continue for 1-2 minutes.

Frog Pose

This exercise increases the flow of energy to the body and mind internal heat (called tapes) and energy move from the pelvic area upward through the heart center and balance the glandular system.

1. While standing, bring your heels close together, or touching and turn your feet slightly outward. Squat down, keeping your heels of the ground and bringing your fingertips to the ground with arms inside your spread knees. Straighten your spine as much as possible in the squatting position.
2. Inhale and straighten the legs, bringing the head as close to the knees as you can. The fingertips remain on the ground and the heels stay slightly off the ground. Exhale and return to squatting position. Continue for one minute. Then relax.

Research Plan

On research plan table, except camp other things are analysis as following:-

SL	Particulars	Figure
01	Total Houses Covered	1750
02	Total Population	6500
03	Religion Categories-Hindu, Muslim, Others	6300,200,000
04	Village Average Family	03
05	Education Standard	90%
06	Village Hindu Classification-	
	Sc	800
	St	000
	General	6050
	Others	000
07	Classification Of Village people-	
	Male	2600
	Female	1950
	Child	1300
	Old	650
08	Physical Standard Of Village	
	Gents	26
	Ladies	4.875
	Child	2.6
	Old	9.75
09	Widow In Village	39
10	Village People Going For Out Side Village-To Work	50%
11	Child Laboure In Village	13
12	Camp attend People-Women	546
13	Death Of Pregnancy Women	
	2006	10
	2005	12
	2004	17
	2003	19
	2002	20

(46/47)Detail Report-Directly For Social Welfare
Women & Civil Year-2007-2008
Camp Section-Proper Oxygen- Fine Breathing
Save Oxygen Save Air

All ways every human being should give importance on save air and water from pollution and in this connection we can say that factories and companies in this world make such type of problem. Hence we arrange a camp on air pollution in our locality i.,e. Okhla industrial estate and our importance to control the following gases:-

CARBON MONOXIDE

Colorless, odourless gas produced by the incomplete burning of carbon-based fuels including petrol, diesel and wood, cigarette smoke. It lowers oxygen levels in blood, which slow down reflexes and make people sleepy and confused.

CARBON DIOXIDE

A greenhouse gas emitted as a result of activities such as the burning of coal, oil and natural gases.

CHLOROFLUOROCARBONS

Chlorofluorocarbons are gases related mainly from air conditioning systems and refrigeration. When released in to the air, CFCs rise to the stratosphere, where they come in contact with few other gases which lead to the ozone layer that protects the earth from the harmful ultraviolet rays of the sun.

LEAD

Lead is present in petrol, diesel, lead batteries, paints, hair dye products etc. Stunts growth in children, lowers IQ causes nervous system damage, digestive problem and cancer.

OZONE VEHICLES

Ozone vehicles and industries the major source of ground level ozone emissions. In the upper layers of the atmosphere, it shields the earth from harmful ultraviolet ray of the sun. However at the ground level, it is a pollutant with highly toxic effects. Ozone makes our resistance to colds and pneumonia.

NITROGEN OXIDES

Nitrogen oxide products from burning fuels including petrol, diesel and coal. Causes smog and acid rain and makes people susceptible to asthma and respiratory diseases.

SUSPENDED PARTICULATE

Suspended particulate consists of solids in the air in the form of smoke, dust and vapor that can remain suspended for extended periods and is also the main source of haze that reduces visibility. The finer of these particles, when breathed in can lodge in our lungs and cause damage and respiratory problems.

SULPHUR DIOXIDE

Sulphur dioxide is a gas produced from burning coal, mainly in thermal power plants. Some industrial processes as production of paper and smelting of metals produce Sulphur dioxide. It is a major contributor to smog and acid rain. Sulphur dioxide can lead to lung diseases.

HOLD YOUR BREATH

Air pollution does more than trigger an asthma attack. It gives you nauseous and makes your eye water. Some studies show that it is also a risk factor for heart attack.

1. Eye irritation 44.4 percent.
2. Cough 28.8 percent.
3. Pharyngitis (sore throat) 16.5 percent.
4. Dyspnoea 9 shortness of breath 16.2 percent.
5. Headache 10 percent.
6. Vomiting 9.3 percent.
7. Conjunctivitis 8 percent.
8. Abdominal pain (stomachache) 6.5 percent.
9. Respiratory problem 5.9 percent.
10. Rhinitis (runny nose) 3.3 percent.
11. Bronchitis is 2.3 percent.
12. Burning mouth and throat 0.8 percent.
13. Epistaxis (nosebleed) 0.5 percent.
14. Depression 0.2 percent.
15. Of the affected, 87 percent are non-smokers, 13 percent smoke.

→ **CARBON MONOXIDE**

→ **CARBON DIOXIDE**

→ **CHLOROFLUOROCARBONS**

→ **LEAD**

→ **LEAD**

→ **OZONE VEHICLES**

→ **NITROGEN OXIDES**

→ **SUSPENDED PARTICULATE**
SULPHUR DIOXIDE

→ **SULPHUR DIOXIDE**

→ **HOLD YOUR BREATH**

→ **GASES GREAT PROBLEM IN EVERY HUMAN NATURE**

→ **FINE BREATH-LONG LIFE**

→ **LIFE IS YOUR-TAKE WELL BREATH-LIVE FOR LONG LIFE**

Purpose Of Camp

On dated 09TH March 2008 at Okhla Industrial Area in Delhi "Awareness Camp On Air Pollution-(Avoid Air Pollution & Save Human Life)"Camp was made by Mr. Subas Chandra Mohapatra and co-ordinator Mrs. Kalpana. Our purpose of the arrange this camp to save human being from hazardous gas and this gases comes from which nature and the effect of this gases in men like as :-

- 1) CARBON MONOXIDE
- 2) CARBON DIOXIDE
- 3) CHLOROFLUOROCARBONS
- 4) LEAD
- 5) OZONE VEHICLES
- 6) NITROGEN OXIDES
- 7) SUSPENDED PARTICULATE
- 8) SULPHUR DIOXIDE

Research Plan

On research plan table, except camp other things are analysis as following:-

SL	Particulars	Figure
01	Total Area Covered	500
02	Total Public Meet	2500
03	Total Factory Owner Meet	25
04	Among Labor Classification:- Machine man Fireman Other Lab our	1500 500 500
05	Suggestion For Labor To Use Protector	250
06	Advice To Factory Owner For Providing Protector To Labor	25
07	Advice To Factory Owner For Worker Duty Should Not Exceed 8 Hours	08
08	Adice To Factory Owner For Worker ESI Needed	25
09	Advice 2500 Worker For Testing Cough In Any Kind Of Coughing & Sneezing	2500
10	Advice Worker For Not Smoking-Worker	2500
11	Advice Workers For Yoga	2500
12	Advice Workers For Morning Exercises	2500