



**Navjivan
Foundation
Annual Report
2012-2013**

Index

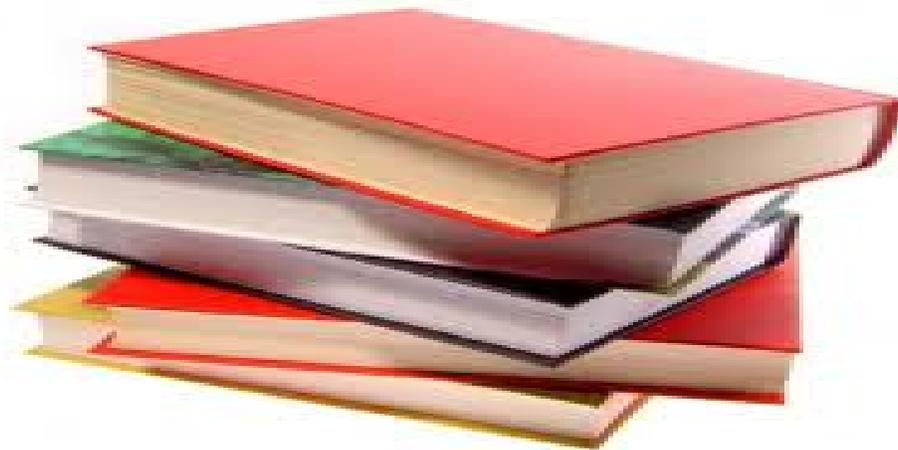
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Introduction

During this year 2012-2013 organization decide that if any contribution received by any source and if any genuine social service organization/s have proper work related activity/ies that fund may provide to that organization/s in proper manners.

On activities significance in this year Navjivan Foundation shows its activities by awareness camps on special giving nutrition, HIV/AIDS addressing, Lobby & Advocacy on Save Girl Child, Socio Economic upliftment of rural poor, Self help group work on Federation, Senior Citizen Counseling, Training to village health carders, Legal Counseling, initiatives For Formation On Self Help Cooperatives, Girl Child Right Protection, Campaign Against Female Feticide & For Dignity Of Girl Child, Campaign Against Domestic Violence, Child Laboure Prohibition & Social Mobilization, Rural Women Entrepreneurship Promotion, Programme For Tribal Socio Economic Development, Prevention Of Women Trafficking, Consumer Protection-Sensitization On Rights & Duties, Programme On Disaster Preparedness, Environment, Forest Management & Minor Forest Product Processing, Agriculture, Farmer Training, irrigation Through Water Source Creation, Ensuring Food Security, Celebration Of National & International Days, Emergency Relief Measures, & Govt. Committees/Networking From DC to Washington DC with other high officials not in India.



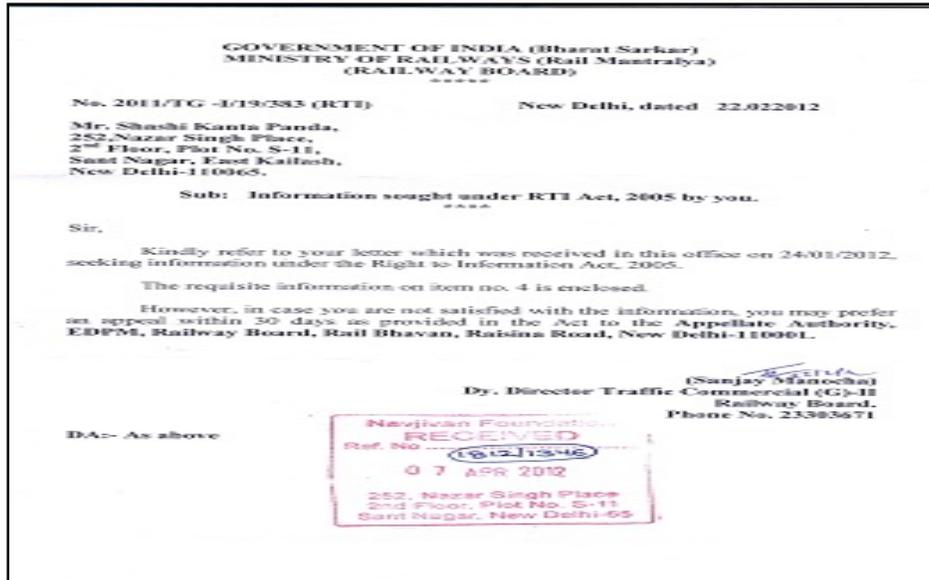
Details Activities of 2012-2013

Function, Award, Prize Distribution & Cultural Programme-In this year 2012-2013 organization has arrange a function for keeping world peace and integrity with accumulated some foreigners (Diplomat Of Netherland Embassy) with some important persons of Indian Govt. of India Ministries (Ministry Of Health & Family Welfare, Home, Culture with Delhi State Govt. IAS officers), CRPF IG, DIG & Commandants, Doctors, Principal, teachers and awarded them appreciation certificate for the purpose these people has great interest in social service but lack of time restrict them to do so. So organization appreciate them for their hiding nature and encourage spend little time for social work. In this function organization encourage and attract them for the study the students belong to poor family with distributing study material, food, fruits etc. In this function all the guest spend little time by students social drama on prevent air pollution and save forest like this.





On year 2012-2013 Public grievances- Organization case suit on United Insurance co. cheating on medical insurance of a genuine patient and in second case, in the state of Delhi pvt. schools neglect to admit BPL poor student like as the school named Kumar Mangalam ,third case of the year is neglected by Jajpur, Odisha District collector for organization local volunteers of Odisha to take interest in work under PNDDT Act Govt. Of India, Ministry Of Family Welfare, on the fourth grievances the question asked to District Collector South Delhi for Bhatikhurd land dispute (these question arise in preceding year), on the fifth Grievances the case was suited on Jajpur distt. Collector on not allow to work under PNDDT Act & in sixth case was suit on Railway higher officer bring village poor people & slave them by showing that they will do in rail work as employee in future & seventh grievance shows that In front of RBI of Delhi the currency vender sell currency by taking bribe 10%,20% and in eighth case was asked forest deptt. of Delhi for Bhatikhurd land & in ninth case was on Rail ticket booking corruption in AIMS counter and sell ticket except the people needed. On tenth Public grievances was related to Uttar Pradesh and in this connection a Property related case was suited of this year. Eleventh Public grievances was on rubbery matter in Bihar state in the distt. of Motihari where a general people could not get proper justice . This grievances was the eleventh case of organization send to deptt. on Delhi Garhi village covered by vegetable vender. On twelfth case was suit on the Office building matter, where related to office open problem and one of criminal person named Jasowant made problem. Thirteenth case related to UP matter and in this connection a case reminder was send. On senior citizen fourteenth Public grievances Reminder send for the proper justice to old person Ratan Garg. Fifteenth Grievances was on Bihar Sharma Case goes to vigilance PIDPI. Sixteenth Public grievance was on the Odisha where after death of father who was a bank employee under Uco. Bank and on duty died his son on cheating by Uco. Bank for offering job to son .Seventh case was on related to Odisha where criminal people exploit to simple man and the matter related to organization President Family suffered by criminals on property matter case in Odisha. Muslim Hindu Marriage case, Reminder send in this year with Motihari Sharma case reminder and Reminder for Medical insurance, Reminder to CA institute for directory, and at last Problem created by Gandhi Nagar Ps on Muslim marriage case fresh letter send to Bihar, Delhi & center ministries.



Request for the financial help-Organization request to Car Manufacturers in India & 7 other countries, request to Top Ten Rich People in India 2010, top Five Rich People in the World ,Email send to some funding allowed NGO's for some Financial assistance for purpose if we generate fund through these above, no doubt raise more social welfare work in different places.

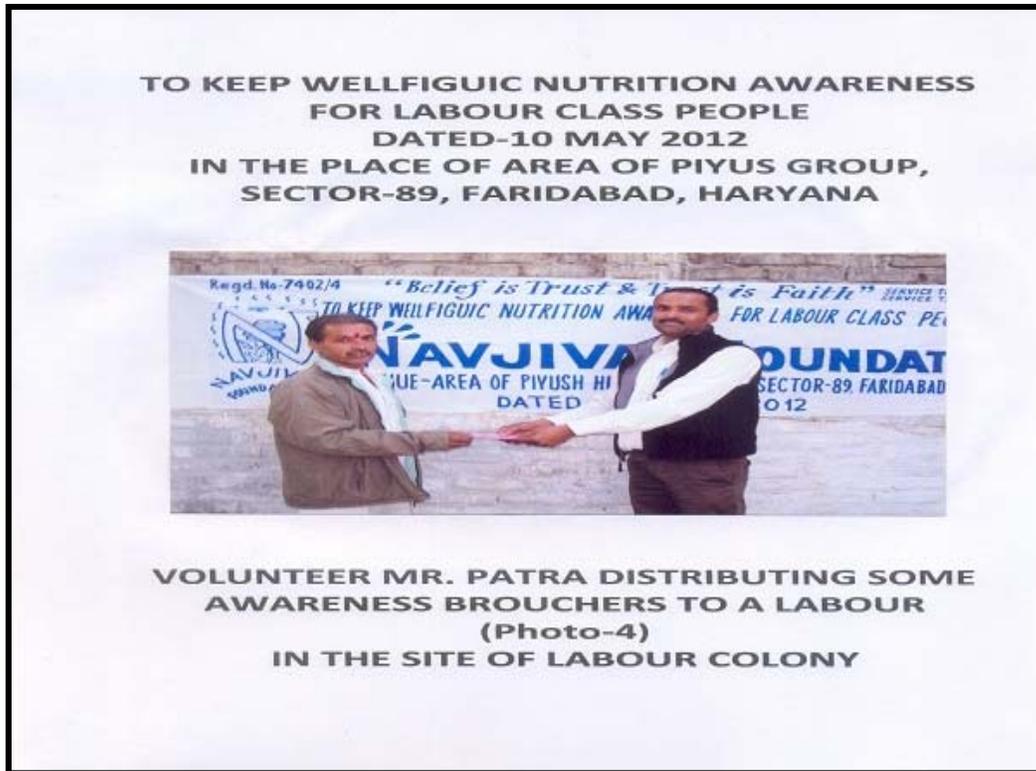
Awareness of 2012-2013 -send to blind organizations, Medical awareness aware to world Best 10 Hospital, Awareness letter send to some orphan age in Delhi .

Camp of 2012-2013 -First camp arranged by volunteers on save ladies life & give nutrition (Nutrition Awareness) @ society colony of labour classes, Sonipath, Haryana purpose to develop women empowerment and development in rural area.

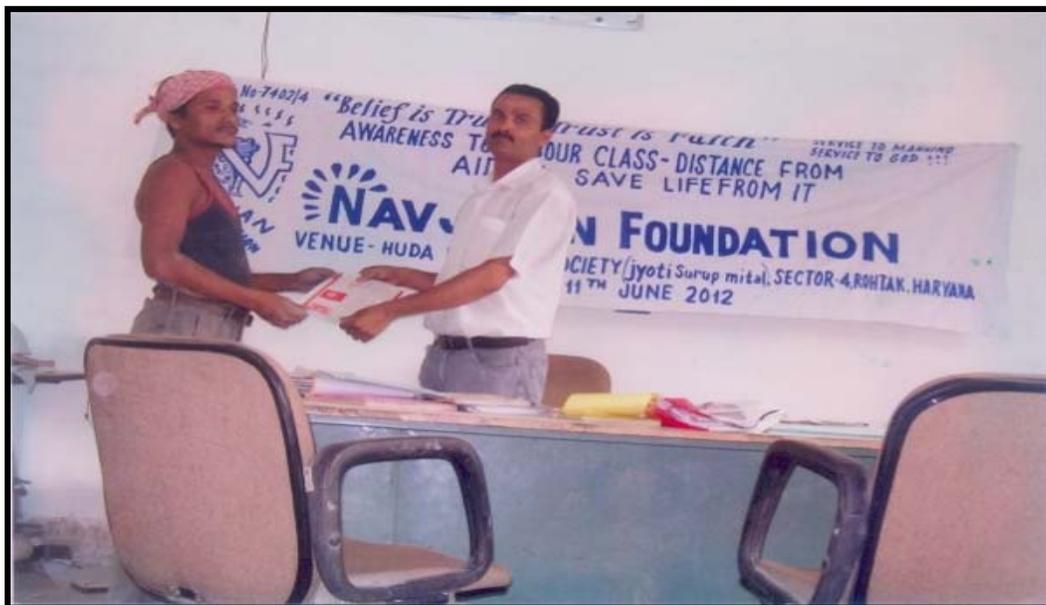


Second Camp arranged by volunteers on to keep well physic nutrition awareness for labour class people @ the place of area of Piyus group ,sector-89,Faridabad,

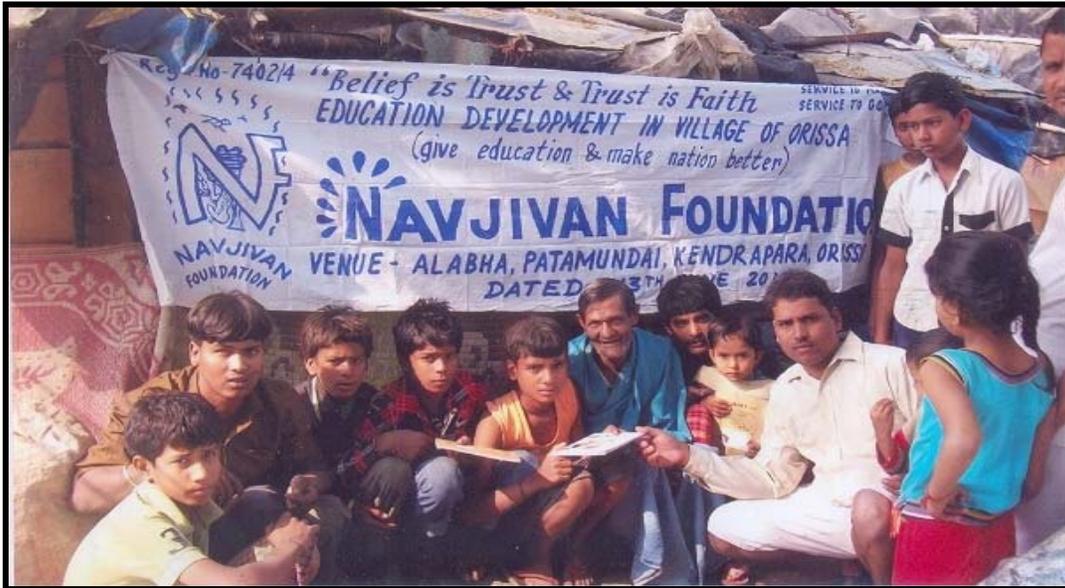
Haryana for the purpose good physic and wealthy body & mind nutrition is most needed.



Third Camp arranged by volunteers on awareness camp to laboure classes to distance from AIDS & save life from it @ the place of laboure class people , venue Huda housing society –Jyoti Surup Mittal- sector-4, Rohtak, Haryana and in this connection our purpose to save laboure from HIV/AIDS.



Fourth Camp arranged by volunteers on education development in the village of Odisha purpose give education & make nation better @ Alabha, Patamundai, Kendrapara, Odisha.



Fifth Camp arranged by volunteers on which have educational development, cultural programme, certificate award to the all categories of people whose have great interest in social welfare etc.



Socio economic upliftment of rural poor 2012-2013- Socio economic upliftment of rural poor another event full year of Navjivan Foundation has gone through since 13 years the organization has been working sincerely within its limited resources by taking up challenges and aiming to make rural society a better place to live in and it could happen only because of peoples' participation support and cooperation initial activities were to organize village meetings conduct leadership training for the village youths and women groups conduct separate awareness camp, educational development camp, village health and sanitation awareness camps, various literacy and cultural activities in the target areas of different part of india in rural area. Our long social contact with communities has helped us in introspecting socio economic issues of the day.

Rural development of 2012-2013-Since independence rural development vis-à-vis poverty alleviation has been considered as a major challenge to our country. However rural development is an integrated process which includes social, political & economic development of the poorer sections. Now SHGs, the latest evolved method of economic empowerment has emerged as panacea of rural people.

Economic up graduation of 2012-2013 -However Navjivan Foundation tied of many loose ends that persisted during this one year. By aiming hundred percent basic facilities, education guarantee, empowerment through economic up graduation, food security for all Navjivan Foundation thus want to bring tremendous in the futuristic society of different part of rural areas in India and its adjacent interior villages. Details of various activities of last year discussed separately for which we invite to concentrate our we blink.

Correspondence of 2012-2013-Letter was made on reason new Delhi superfast train not stop at Soro where as on same like station giving stop at Jaleswar , Odisha & others. On second correspondence was on Bhatikhurd land on which matter was asked to Delhi forest deptt. on which land village people had donated to organization with their NOC. Third letter was posted to CA institute for the directory of all India CAs. Fourth was posted with details of work request to DC of Jajpur-Odisha for approval of PNDT project. Fifth was on train ticket corruption in which letter with details was sanded to Railway Board. Sixth letter was dispatched to all information & broadcasting of India for help organization in their work with financial help. Seventh correspondence reminder was made to NRI ministries for the list of NRIs. Eighth letter of the year was made request for Supreme court to help organization for the license. Ninth correspondence was sanded to some past & present judges of Supreme Court of India , Delhi High Court & Bar Association for their guidance, help, suggestion, law& justice to organization. Tenth Correspondence to Funding request to Indian Association in Abroad with some NRIs ,RWA of India, Funding Agencies, Welfare Ministries & Indian Mobile Agencies, Request to help our volunteers commissioner & Assistance Commissioner in not Delhi.

Eleventh correspondence on information required of Pvt. security agencies . Twelfth was on misbehave Amar Colony Police Station Police to our member. Thirteenth on CRPF welfare program requested to give organization. Fourteenth application for 35AC & conform letter on it. Fifteenth correspondence to Funding request to some companies, in 56 countries high commissioner & NRIs, Indian embassies different part of the world. Sixteenth correspondence was on break up 35AC quarterly. Seventh correspondence was to Senior Citizen door to Door Service. Seventh was on LPG gas rent agreement demand where no rent agreement made, Eighteenth was by email for organization logo certificate. Ninth correspondence was asked details activities CRPF R.K.Puram. Twenty of the correspondences on PNDT Act send to Bettiah & Motihari in Bihar. Twenty one correspondence on Project proposal- PNDT- Odisha Principal secretary health & family welfare (Bhadrak, Balasore). Twenty two was the request for all department and high officials for the social work, Request to some insurance companies ,VVIP persons, FCRA Consultants. Last correspondence was on with

drawl case from opening bank account-Syndicate Bank Common wealth volunteers' letter.

RTI of 2012-2013- RTI was made for some details of PWD and in separate RTI asked PWD Shambhudayal on 2010-12 Schedule copy of No.72. Third RTI letter was on wasting ground letter by corruption. Fourth RTI was on the favoure of Govt. and purpose to collect house tax from the people use house property for business. Fifth to Eighth RTI was on high court of Delhi, Delhi Governor. CBI, Supreme Court etc. on no owner of land goes to occupied by bhumafia in Garhi, east Of Kailash and asked about the real owner if not give to organization for social service. For kind notice to these deptt. on 2000 it was a slum colony and by whose order it was demolished. Theseare the question and no answer from departments on whom RTI was made. On this RTI Supreme court Registrar & CBI with Appeal was made but with out any result.. Nineteenth RTI was on – Train Ticket details of Purushotamkumar.

Lobby & Advocacy On Save Child-Several workshops on lobby and advocacy were conducted from 2003 to 2013. The first workshop was held at Madhy Pradesh in the District of Mau, in the venue of Chhichhur on dated 18th March 2007 on empowering women through socio-economic initiatives with an aim to reduce Gender Disparity and to check female feticide , altogether 250 to more women joined from 100 SHGs in the workshop . Discussions were held for selection of SHGs for involvement in SGSY scheme and also involvement of SHG leaders in Gram panchayat level development work.

Organization detail works of 2012-2013-Details about organization work send to UNO all departments, Human Rights Switzerland, International lawyers associations, ICJ Switzerland, All State & Central Ministries, all state CM & Governors, all State & Central Legal service authorities, all state & central Human Rights Commission, all state high courts with supreme court of India, central CBI,IB and anti corruption, all medias not in India , Letter with details activities to 139 Embassies in India likely.

Project proposal of 2012-2013- Project proposal send to CRPF Odisha (Bhubaneswar), Bihar(Patna), West Bengal (Kolkata), Chhattisgarh (Bilashpur), Jharkhand (Ranchi).

Legal Counseling -Legal counseling to women in distress is being taken up by Navjivan Foundation at Okhla, Slum Area, Delhi on dated 04th May 2004 in which women from different SHGs for counseling. Mr. Ram Chandra Yadav past member & Mr. Pramod of our legal advisor practicing lawyers are voluntarily extending their services as legal counselors. The women victims exchanged their views and sought legal help on their personal matters such as marriage, on Dowry, Divorce and right on property etc. During the year to present 2013 total numbers of 5000 women in different areas have been counseled and the problems are as follows – Frustration, intolerance in boys resulting in sexual violence, exploitation and discrimination, legal property dispute, and finally inadequate legal protection etc. and in order to eliminate all these barriers. He put emphasis in reduction of socio-economic inequalities, improved access to education, community participation etc.

Initiatives For Formation Of Self Help Cooperatives-Initiatives have been taken by Navjivan Foundation to form Self Help cooperatives in Faizabad District 11 Block, 744 Village Panchayat in Uttar Pradesh and at present it spread to Bihar states, including some part of Himachal Pradesh, Odisha, Haryana, Punjab likely.

Campaign Against Domestic Violence- Domestic violence occurs very often in many families, some people knowingly doing and some unconsciously. Even the male as well as some female members of the families does not consider the dignity of one woman in the family. It is as if year long process. With the above scenario, Navjivan Foundation considered sensitizing women folk as well as the male on what domestic violence is how it affects women's lives and to what extent. Even the present Legislation is being discussed among them. More particularly, in the meetings of women SHG Federations and Farmer's club meetings the issue is being discussed as it has been integrated with all our community level activities. As a result, more federations are now taking up issues of domestic violence and solving at the Gram Panchayat Level by the presence of local volunteers up to present year.

HIV/AIDS issue addressing in 2012-2013 -As prevention is the only solution to stop this deadly disease, in order to aware people about its fury, Navjivan Foundation had organized District -Level Workshop, seminar, group discussion on AIDS awareness ,awareness camps involving SHG leaders , school/College adolescent and Youths , people from all rural levels participated in the above said discussions. In addition to, AIDS prevention programme condoms have been kept in all village level DDC. Besides all these, trainings were also imparted to youth leaders, child leaders, PRI members, social health workers, ANMs and TBAs so that they all can aware rural people about this.

Suggestions of 2012-2013- Suggestions to for help NGO those who are properly. Doing work Public grievances and Reminder send on capture5 acres land by local people whose have no owners

Self Help Group Work On Federation-SHG Promotion -Navjivan Foundation has formed many more self help groups to improve the socio-economic status of poor backward women through various income generating activities with in 13 years in different part of rural India. At first the women were motivated to form their own thrift and credit group. Now they avail bank loan to continue their IGP. Throughout the year the women SHGs are given various training to enhance their entrepreneur skills by organization local volunteers. They are also given exposure venture to gain practical knowledge on different IGA. We are trying to help the groups to reach Beneficiary to Entrepreneur status through different capacity building programmes.

Formation Of Federation Self Help Group -Initially the women SHGs appeared to be satisfied with coming together having meeting saving and credit but now SHGs have becomes a platform for sorting out their problems and for seeking strategies of strengthening the socio-economic status of their locality through federations. Navjivan Foundation has formed two several methods for social mobilization. Through this federation the members acquired greater awareness of their right and duties in the society. This federations has become an instrument for women to fight against all kinds of discrimination such as ill treatment, physical, mental and sexual harassment and atrocity like rape, wife beating and battering, eve teasing, murder due to dowry and so on . Besides all these, federations are taking up government schemes like road making, pond

making, bridge making and erection of small buildings. Apart that, federations also assist village folk to get old age pension, Indira Awas Yojana, benefit of Annapurna yojana and others schemes of government. It also assists government health worker to promote good health in villages. Federation members attend every village meeting and discuss existing problems of villages with Sarapancha/Mukhia and Ward Members. This SHG and Federation Formation comes under (Women Empowerment Through Self Help Group) in which Navjivan Foundation works as a Self Help Promoting Institute .

Training To Village Health carders -Two volunteers members from each SHG had been selected from every village/areas and then given training to them by Navjivan Foundation on primary health care so that later on they would not only make aware the people about basic health care but also provide free medicines such as ORS, Chloroquine tablets through Drug Distribution Centers at the time of need.

Campaign Against Female Feticide And Dignity Of Girl Child-Considering the Global Status report, the situation in India is very much alarming relating to sex ratio. Adding to that the situation Punjab is much worse than the other states 80% of districts in India have recorded an increasingly masculine sex ratio with the state of Punjab having the most masculine sex ratio. According to the decennial Indian census, the sex ratio in the 0-6 age group in India went from 104.0 males per 100 females in 1981, to 105.8 in 1991, to 107.8 in 2001, to 109.4 in 2011. The ratio is significantly higher in certain states such as Punjab and Haryana .. This trend is mostly increasing in areas of high literacy. This needs sensitizing the population at large.

In order to increase community involvement for arresting the trend, Navjivan Foundation is taking all care to sensitise different stake holders through discussions in women Federation meetings, arranging workshops/small camps, door to door service at the block and Gram Panchayat Level. Also our volunteers help to PC& PNDT Advisory Committee by, contributing our ideas for policy formulation at the district level or when needing in others. We have send with details of our working procedure to different districts collectors & CMOs.

Girl Child Protection-Since a long time Navjivan Foundation has been working for the welfare of poor girl child and protection of their rights and child welfare & development camp was held on dated 19th September 2004 at Mukundpur village in Delhi. Navjivan Foundation has progress these related matters in different part of Indian schools using model of the schools girls making shows etc. and as a matter at present in total among girl children to restore their right and dignity. These Balika Mandals Check discrimination, sexual abuse and both physical and mental harassment meted out to them from time and time.

Child labour Prohibition And Social Mobilization-Navjivan Foundation had organized day camp training programme for village level key leaders on child labour problems causes and strategy for prevention of child labour and it was started from 11th September 2005 at Maujanpur district in Uttar Pradesh in the district of Faizabad. So for that village level committee meetings were also organized by local volunteers in different part of India to motivate the rural

community for mainstreaming child labour to formal school . Hence, child labour has been stopped to a great extent after Navjivan Foundation intervention and training/camps in different areas.

After being aware about the forcing them for earning through labour. Besides these, Navjivan Foundation also promoted strategic collaboration and rapport building with other network and more specifically with government departments and other stakeholders to ensure partnership in child right campaign with local related medias.

Rural Women Entrepreneurship Promotion-For the successful implementation of women empowerment project, Navjivan Foundation has been given training to different women SHGs on capacity building for different entrepreneurial skills, trade identification marketing concept as well as which women SHGs in different areas in India. Some of them have already started. Different micro enterprises such as badi making, turmeric powder making, raggy powder making, mung dal processing, groundnut packaging , til ladu making, minor forest producers processing etc.

These micro enterprises make them self-interpendent women marching towards progress with lots of vigor vitality pride and honor. Moreover, these women entrepreneur are now a days becoming successful because they consider themselves more as entrepreneur rather than traditional housewife. Thus, justifying the saying “self help is best help” and “God helps those who help themselves”.

Programme For Tribal Socio-Economic Development-Since inception, Navjivan Foundation has been committed for socio economic development of the Tribals and the Schedule Cast community. The major focuses of activities are being concentrated for them. The programmes undertaken in the tribal related areas like Odisha, Bihar, Uttaranchal , Uttar Pradesh, Himachal Pradesh etc. the hill related areas by help of our local volunteers.

Prevention of women Trafficking-It is a regular phenomenon in all state like Chhattisgarh, Jharkhand, Odisha of India for last a decade that adolescents girls and women are being trafficked to other states i.e. Madhya Pradesh (Jhansi area) and Uttar Pradesh alluring them of false marriage and employment opportunities. Taking the advantage of their poverty, illiteracy and ignorance, the pimps are active in the district to pick-up the women and adolescents and they are being forced there for flesh-trade. Realizing seriously Navjivan Foundation intervened and started dialogue with district administrations, police personals, States Commission for women, State CM, Governors, Ministries, State Human Rights Commission etc. Orissa and highlighted the matter. Organization public grievance team are active in this matter, purpose to stop this illegal trafficking .

Consumer protection sensitization on rights and rules-As a part of economic development and protection of rural people from exploitation, we have taken up initiative to sensitize the people on consumer Rights and duties. For this, we have adopted the principle of creating peer educators in the village level who can ventilate the message to a large number of people. For this purpose we have adopted different types of schools in rural area in different states and tries' to sensitized & motivated the school children to know their rights as wall as others to know their Consumer Rights and Duties.

Environment-Navjivan Foundation organize regular environmental awareness small camps throughout the year in all the target villages to make aware the community about the usefulness of clean and green environment like preservation & protection of forests, ecological balance curbing soil erosion through plantation etc.

To protect the environment from cutting of trees, they have formed groups to guard the jungle everyday. They have also imposed fine on violation of the rules. We have advised for plantation through help of nursery. The villagers also given training to raise nurseries at their own and initiate plantation programmes in barren and infertile lands.

Programme On Disaster Preparedness -Natural as well as man made disaster is very much recurring in several states in India. Flood, Cyclone and fire accident etc. are very common and every year the people and the district loosing properties and infrastructure of some cores of rupees. For this we consider two initiatives i.e. (1) Disaster preparedness & (2) relief and rehabilitation to the victims of disaster.

Adding to that emergency relief to fire accident victims as well victims of flood is one of our priority and we do take up the same with our own resources. This year we have extended relief services to some families affected by fire accident in Delhi.

Forest Management & Minor Forest Product Processing-Rural volunteers of our village related to hilly and forest related areas try to development committee functioning to handles the responsibility of forests management and promote plantation programme in these areas where the forests have been completely denuded. They collected honey, leaf, amla, harida , jhuna and other minor forest produces and after proper processing sell in the market to earn some money. Navjivan Foundation has also taken the marketing responsibility of those products.

Emergency Relief Measures-Navjivan Foundation gives emergency relief to the victims to people in rural rears who are in distress by natural disasters like flood , drought , cyclone , super cyclone , fire etc. Navjivan Foundation has distributed food packets, utensils, rice, polythene to the fire victims. Navjivan Foundation also encourages blood donation awareness programmes by its volunteers through its blood donors network during emergency need of blood.

Celebration Of Natural And International Days-Navjivan Foundation has been observing the national & international days like World Health Day, international literacy day , Human Rights Day with the active participation of the communities. In the connection, demonstration, rallies, public functions have been organized to mark those occasions in needing areas.

Agriculture- For food security of farmers, Navjivan Foundation is attempting to make them aware and educate under different agricultural development programmes, about the latest and improved technical know-how of their profession through periodical workshops and trainings. During their training they are taught and encouraged to use bio-fertilizer in their fields instead of chemical fertilizer. Besides this, for creating water source, Navjivan Foundation also put emphasis on digging well and ponds in the awareness areas.

As Navjivan Foundation main objective is promoting income generation, self-reliance and food security through a sustainable agriculture for rural poor. The ongoing thrust in kitchen gardening has helped a great deal in the provision of food security and to curb the problem of mal-nutrition in rural areas.

So this programme was started on dated 14th October 2007 from the rural are of Basdila, Morodia, Khesraha, Siddarth Nagar, Uttar Pradesh and their after for good physic we are concentrating for the good nutrition like papaya and to increase their nutritional status.

On agriculture demonstration farm Navjivan Foundation has on the process to enable farmers learning through practice and help them by proper awareness, multi-cropping and water management and advice to take care of those farms each others with consult supervision of horticulture department.

Farmers Tanning-We are trying to giving tanning to farmers by our local experts volunteers those have proper knowledge on agriculture . During this training, farmers learn about different kinds of seasonal crops and multi-cropping system, use of green manure and how they can market their products to get a best bargain.

Irrigation through water source creation -In India it has experienced frequent drought situation in most separate parts because of irregular monsoon thereby the crops suffer substantially. To evade and the for the survival of paddy crops Navjivan Foundation has reconstructed water harvesting structure awareness among the farmers which provide irrigational facilities to hundred acres of land . In this connection Navjivan Foundation advice to constructed traditional wale. It is supposed to benefit more than lacks farmers in the project area.

Ensuring Food Security-The cultivated products does not provide security for the peasents at least for one year even if they able to manage their family from that it does not provide two meals to each member per day, and sometimes the members remain fasting having a meal per day. So to ensure food security for the rural peasants Navjivan Foundation has formed farmer clubs and self help groups in the project areas and motivate them to supplement their income by promoting multi cropping system and to adopt new technology and method in agriculture .

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Social Issues-However, while dealing with different social issues the cultural student group of Navjivan Foundation also play an important role through street plays, cultural shows, video shows to aware the people.

Other Activities- Like Save Energy- Organization give awareness about save energy and it indicate save money. Energy Savers provides homeowners with tips for saving money and energy at home and on the road. By following just a few of the simple tips here in the Energy Savers guide section as follows, we can make your home more comfortable and easier to heat and cool -- while we save money. We bring the latest information on energy-saving, efficient technologies. We even give tips for using clean, renewable energy to power our home.

Right in your own home, you have the power to save money and energy. Saving energy reduces our nation's overall demand for resources needed to make energy, and increasing your energy efficiency is like adding another clean energy source to our electric power grid.

This guide shows you how easy it is to cut your energy use at home and also on the road. The easy, practical solutions for saving energy include tips you can use today -- from the roof and landscaping to appliances and lights. They are good for your wallet and for the environment -- and actions that you take help reduce our national needs to produce or import more energy, thereby improving our energy security.

Some of the tips are simple to do. Others require more effort and investment, but promise big savings over the years.

We encourage checking out the tips and making improvements that will contribute to your energy bottom line and make our planet healthier and cleaner!

Save Energy and Money Today

An energy-efficient home will keep your family comfortable while saving you money. Whether we take simple steps or make larger investments to make your home more efficient, we'll see lower energy bills. Over time, those savings will typically pay for the cost of improvements and put money back in our pocket. Our home may also be more attractive to buyers when you sell.

Tips to Save Energy Today

Easy low-cost and no-cost ways to save energy.

- 1. Install a programmable thermostat to lower utility bills and manage your heating and cooling systems efficiently.**
- 2. Air dry dishes instead of using your dishwasher's drying cycle.**
- 3. Turn things off when you are not in the room such as lights, TVs, entertainment systems, and your computer and monitor.**

4. Plug home electronics, such as TVs and DVD players, into power strips; turn the power strips off when the equipment is not in use -- TVs and DVDs in standby mode still use several watts of power.

5. Lower the thermostat on your water heater to 120°F.

6. Take short showers instead of baths and use low-flow showerheads for additional energy savings.

Wash only full loads of dishes and clothes.

7. Air dry clothes.

8. Check to see that windows and doors are closed when heating or cooling your home.

9. Drive sensibly; aggressive driving such as speeding, and rapid acceleration and braking, wastes fuel.

10. Look for the ENERGY STAR® label on light bulbs, home appliances, electronics, and other products. ENERGY STAR products meet strict efficiency guidelines set by the U.S. Environmental Protection Agency and the U.S. Department of Energy.

Senior Citizen Development, Old Age Home & Counseling to them-This organization from 27th July 2004 give importance on Adult Education camp held on Govindpuri, New Delhi and there after our volunteers help them by counseling and send their grievances to the concern Ministries and on the field of old age home. Our volunteers take old people for few days to their home and treatment them.

In India two-thirds of the elderly males and 90-95 per cent of the elderly females are illiterate and a large number of them, particularly females, are single. Thus, the level of economic dependency is quite high. It has been estimated that about 18 million elderly males and 3.5 million elderly females would need jobs in 2001. These figures are based on the proportion currently working. This means that a huge amount of resources would be needed in order to create jobs for them in the future. Moreover, finances will also be required to maintain the 55 million not working, the majority of whom probably will not have adequate savings nor family assistance.

It has also been estimated that about 27 million elderly people would be ill at any given point of time in the year 2001 and thus need specialized medical care. In the absence of such medical facilities, large expenditures on infrastructure would be required to meet their needs.

The occurrence of physical disabilities is another important aspect of the aging process. There will be about 17 million disabled elderly persons in India in 2001, half of whom are likely to be visually disabled. The great majority of these would not be able to work and thus would be economically dependent.

In the absence of family support, they would expect help from the Government. Although State Governments and Union Territories have initiated schemes to provide some financial assistance to the handicapped or the destitute, the amount of such pensions ranges from only Rs. 30 to 60 per month. Moreover,

owing to the paucity of funds available, the pensions cover only a fraction of the persons eligible.

Among the positive factors which have been sustaining the elderly in India is the strong attachment of family members to the elderly. Social pressure continues to be placed on persons who fail to discharge this responsibility to their elderly family members.

Thus it is important to strengthen these values and the capacity of families to cope with the problems of caring for the elderly. The elderly should be considered as human resources and their rich experience and residual capacities should be put to optimum use for the benefit of national development. Their ability to lead healthy and fruitful lives should be ensured by the Government.

Counseling For Senior Citizens-We also handle the troubles of senior citizen who are in a need of mental counseling and suffer from behavioral and emotional problems. In India there are many people who face these challenges in day to day life and our expert guidance has helped them to lead a normal life again. We work to solve many problems like communication problems, changing role stress, conflicts, illness, anger, physical or mental conditions and many more. Clients can easily avail from us our services if they are facing any problem related to old age anxiety.

Problems of adjustment-Handle problems practically associated with home include feeling difficulties, insomnia, nightmares, sleepwalking and sleep talking, Maladjusted behaviors associated with home, and neighborhoods include lying, swearing, fighting, destructiveness, incorrigibility, bullying, testing, cruelty etc. Serious problems related with social adjustment are delinquencies such as stealing, truancy, begging, gambling, cruelty, homicide and suicide. Personality problems include aggressiveness, submissiveness or withdrawing behavior such as inferiority feeling, exclusiveness, shyness, hypersensitivity, self centeredness, conceit, jealousy, day-dreaming, anxiety, absentmindedness, secretiveness, suspiciousness and feeling of being persecuted and many more. Anyone facing any of the above problems is invited to consult us for remedial advice.

Counseling For Adult And Adolescent-We are engaged in offering counseling services for Adult and Adolescent. We efficiently handle the problems related to emotional difficulties in all age group. Only one customer is treated at a time so that his problems can be discussed and solved easily. Our skilled professionals are efficient enough to find out the root cause of the problem at a very short time and devise strategies accordingly. We handle many adults' behavioral problems including vocational mal-adjustment, bereavement, infidelity, Depression, substance Abuse, domestic violence and many more.

Adolescent behavioral problems may arise owing to one or more like as Bereavement, Depression, Domestic Violence, Infertility, Infidelity, Marital Difficulties, Substance Abuse, Lack of interest in manual work, Lack of inadequate facilities for work or study, Adjustment to emotional problems, Vocational mal-adjustment, Lack of balance between security and freedom, Constructive suggestion and assignment of proper exercises for utilization of their excess emotion and energy proves of great help in such cases, Social mixing is considered important for psychological well being at this level.

Emotional Problems-We have introduced these services to cater the problems of people who are married and having emotional Problems which arise out of Pre & Post Marital affairs. We ensure that our client details will remain confidential and under no circumstances these will be revealed. Our services include handling and providing solutions for problems like Managing anxiety, improving mood and overcoming depression, Surviving grief and loss, adjusting to college or new environs, understanding sexual orientation and identity, enhancing self esteem, premarital concerns, improving relationship with others, ending substance abuse, communication difficulties, dealing with emotional trauma, anger and conflict and many more. These Sessions empower our client with positive energy and enhanced self esteem.

Some of the common behavioral problems like as Coping with stress, Improving mood and overcoming depression, Enhancing self esteem, Managing anxiety, Surviving grief and loss, Adjusting to college or new environs, Improving relationship with others, Dealing with emotional trauma (e.g. abuse, assault. etc.), Understanding sexual orientation and identity, Coping with family and childhood issues, Ending substance abuse, Communication difficulties, Premarital concerns, Anger and conflict, Intimacy related issues, Ego related issues, Gender issues, Financial crisis, Sex issues, Infertility related issues, Adoption related issues, Chronic illness, Feeling Significant; Sadness, depression, anger, guilt, despondency or anxiety, Decreased ability to carry out routine activities, Disturbed sleep, Emotional stress, Physical distress such as pain, fatigue, shortness of breath, chest pain and muscular tension, Disharmony with family members, Remorse over past behavior, Distress over other losses, Multiple stressors, Thought of hurting yourself or others, Work and Career concerns, Anxiety and depression, Eating disorders, Development issues, Sexual Functioning, Sexual identity, Religious and spiritual issues, Drug and alcohol dependence and abuse, Post traumatic stress disorder, Childhood incest and sexual abuse, Lonesomeness Etc.

- THE END -