



**UTTAR PRADESH VOLUNTARY
HEALTH ASSOCIATION**

ANNUAL REPORT

2023 - 2024

Making Health a Reality for All





UTTAR PRADESH VOLUNTARY HEALTH ASSOCIATION



www.upvha.org

upvhalko@gmail.com

CONTACT NUMBER - 0522-7965109

5/459, VIRAM KHAND, GOMTI NAGAR, LUCKNOW

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A NOTE FROM THE PRESIDENT



As we find ourselves in the year 2023, a time marked by the ongoing challenges posed by climate change, it serves as a poignant reminder of the unpredictability of life and the need for resilience in the face of adversity. We acknowledge that even the most meticulously laid plans may encounter obstacles, but our values, purpose, and unwavering commitment to the well-being of communities continue to guide us towards a better future.

It is with great pleasure that we present to you the Annual Report for the year 2022-2023, encapsulating the best practices and achievements of the Uttar Pradesh Voluntary Health Association (UPVHA) across its diverse projects. With a mission to promote quality healthcare and environmental sustainability. We are heartened to witness the tangible impact of our collective efforts in enhancing the health of individuals. UPVHA diligently utilizes its extensive network and collaborates with key stakeholders to safeguard the lives of vulnerable and marginalized communities. Our unwavering commitment to our mission and vision drives us forward, ensuring that no effort is spared in pursuing our goals.

I extend my heartfelt gratitude to the members of the governing board of UPVHA for their invaluable guidance and unwavering support. I also take this opportunity to express our sincere appreciation to the member organizations for their continuous support, which has been instrumental in successfully implementing all our programs. Furthermore, I extend our heartfelt thanks to Government of Uttar Pradesh, Van Vibhag, Edlegive Foundation, the Ministry of Health and Family Welfare, the Government of Uttar Pradesh, UPSACS, The Union against Tuberculosis and Lung Diseases, and the Ipass Development Foundation for their unwavering support. None of the achievements realized in the past year would have been possible without the unwavering dedication and tireless efforts of UPVHA's dedicated staff. The team's commitment to UPVHA's aspirations and mission has been exemplary, and their dedication remains the driving force behind our success.

Lastly, I would like to express my deepest gratitude to our donors, trustees, and the entire UPVHA team for their unwavering belief in our cause and their commitment to driving our philanthropic activities in a direction that ensures a sustainable and resilient future. Together, let us continue our journey towards a healthier and more prosperous society, empowering communities, and addressing the upcoming challenges.

Thanking You!!

With best wishes,
S. N. Mishra
President

SECRETARY'S NOTES



I would like to address the core principles that guide our organization, the Uttar Pradesh Voluntary Health Association (UPVHA), in our pursuit of holistic well-being. As the Secretary of UPVHA, I am proud to lead a team that upholds the principles of recognizing the interconnectedness of people, animals, plants, and the environment. At UPVHA, we have embraced this concept as the foundation of our work, enabling us to make a substantial impact on the communities we serve.

Our commitment to reaching every district stems from our belief in the transformative power of change. While health has always been our primary focus, we have expanded our efforts to include environmental initiatives. We understand the pivotal role a healthy environment plays in overall well-being and strive to promote sustainable practices and environmental conservation. Quality work is at the heart of UPVHA's endeavors. We set high standards for ourselves in every field we engage in, ensuring that our initiatives have a meaningful and lasting impact. Our ultimate vision is to benefit as many people as possible, creating positive change in their lives and the communities they inhabit.

I express my deepest gratitude to the entire team, volunteers, and partners who have contributed to our journey thus far. It is through your unwavering dedication, passion, and collaboration that we have been able to achieve remarkable milestones. As we continue to evolve, let us remain committed to pushing boundaries, fostering innovation, and embracing collaboration to drive positive change. Thank you for your continued support and commitment to our shared mission. Together, we will make a lasting difference in the lives of individuals and communities.

Thanking You!!

With best wishes,
Kalindi Tripathi
Secretary

EXECUTIVE DIRECTOR'S MESSAGE



I would like to take a moment to emphasize the significance of our organization's mission and highlight our ongoing efforts to make a lasting impact on the well-being of communities. The Uttar Pradesh Voluntary Health Association (UPVHA) has been dedicated to promoting health awareness and delivering quality healthcare services throughout the region.

As the Executive Director of UPVHA, I firmly believe in the concept of One Health, which emphasizes the interconnectedness of humans, animals, plants, and the environment. This collaborative, multisectoral, and transdisciplinary approach serves as the foundation for our work. We strive to achieve optimal health outcomes by recognizing and addressing the interplay between these elements at local, regional and national levels. Our organization is committed to reaching every district and place possible in Uttar Pradesh, leaving no stone unturned in our quest for meaningful change. While our primary focus has been on health, UPVHA has expanded its scope to include environmental initiatives. We recognize the critical role that a healthy environment plays in overall well-being, and we are dedicated to promoting sustainable practices and environmental conservation. At UPVHA, our unwavering focus remains on delivering quality work in every field we engage in. Whether it is healthcare access, awareness campaigns, or environmental projects, we strive for excellence. Our vision is simple yet powerful leaving a lasting positive impact on their lives. to benefit as many people as possible,

I would like to express our sincere gratitude to the Government of Uttar Pradesh, the Department of Forests (Van Vibhag), EdleGive Foundation, the Ministry of Health and Family Welfare, UPSACS, The Union against Tuberculosis and Lung Diseases, and the Ipsas Development Foundation for their steadfast support. Moreover, I want to express my heartfelt gratitude to all the team members, volunteers, and partners who have been instrumental in our progress. Together, we have achieved significant milestones, but there is still much work to be done. Let us continue to push the boundaries, innovate, and collaborate to bring about a positive change in the lives of individuals and communities we serve.

Thanking You!!

With best wishes,
Vivek Awasthi
Executive Director



ABOUT US

Uttar Pradesh Voluntary Health Association (UPVHA) is a network of voluntary organizations working in the field of community health and development across the state. It was established as a non-profit secular organization registered under Society Registration Act 1860 in November 1985.

UPVHA works in collaboration with various partners in the field of health. The major focus issues are Reproductive and Child Health, Tobacco Control, Adolescent Reproductive Health, Women Empowerment, Safe Abortion, HIV/AIDS/STD/RTI, Nutritional Deficiency Disorder, Malaria, Tribal Health, ISM/TSM, Female Foeticide, Strengthening of PRI, Child Education, Geriatric Care, Climate Change Environmental Health, Gender Equity etc.

UPVHA having good strength in networking and have more than 83 NGO's partners working in the field of Education, Community Health and Development in Uttar Pradesh. UPVHA has good relationship with state government and also provides support in State level policy advocacy, Implementation of NHM activities, Facilitation of IEC, Strengthening of partners CSOs, Research & Documentation. Health department has nominated UPVHA in different State and District Level Committees.







Our Vision

**Let us Join Together to
Make Health a Reality for All**



Our Mission

UPVHA will promote quality health care especially for the vulnerable (regionally determined) groups with their participation in activating the public health system in revitalizing /promoting healthy living practices by encouragement of social vigilance and by strengthening partnership among likeminded individuals, institutions and groups, and in this way build a community movement for health



OUR FOCUS AREA



Neonatal Health

Maternal Health
& Child Survival

Nutrition & ARSH

TB Communicable
& Non-Communicable

Child Education

Women Empowerment

Safe Abortion

Water & Environmental
Sanitation

Panchayat Environment

Climate Change

Geriatric Care

Communicable & Non-
Communicable Disease



TOBACCO FREE YOUTH CAMPAIGN LAUNCHED



Tobacco free youth campaign was launched in Lucknow on World No Tobacco Day on 31 May 2023. A state level workshop for advancing tobacco control in Uttar Pradesh was jointly organised by Uttar Pradesh Health Department and Uttar Pradesh Voluntary Health Association on the occasion. Principal Secretary Medical Health and Family Welfare Parth Sarthi Sen Sharma addressed the workshop. Director General Medical Health Renu Srivastavas, state level officials from key departments, representatives from media, civil society organisations and other institutions participated.

The campaign aimed to raise awareness among young people about the dangers of tobacco use and to promote a healthier, tobacco-free lifestyle. During the workshop, discussions centered on strengthening policies, improving enforcement of tobacco control laws, and fostering collaboration between government agencies and non-governmental organizations. The event also focused on innovative strategies to engage youth in tobacco control initiatives and empower them to become advocates for a tobacco-free future. The collaborative efforts of the Uttar Pradesh Health Department and the Uttar Pradesh Voluntary Health Association highlighted the state's commitment to reducing tobacco consumption and protecting the health of its citizens.



STATE LEVEL SENSITIZATION WORKSHOP ON TOBACCO CONTROL



The UP Voluntary Health Association, in collaboration with 'The Union,' conducted a comprehensive one-day State Level Sensitization Workshop. The workshop was focusing on Emerging Challenges and Effective Implementation of Tobacco Control Policies and Legislation, particularly COTPA 2003, PECA 2019, and WHO-FCTC Article 5.3, aimed to engage key stakeholders in Uttar Pradesh, including senior government officials and national experts. The event, graced by notable figures such as Dr. Mukesh Matanhelia (State Nodal Officer, NTCP, UP) and Mr. Vivek Awasthi, discussed the increasing interference of the tobacco industry and the enforcement of state policies. Presentations by experts like Mr. Satish Tripathi (State Consultant, UP) and Dr. Shivam Kapoor (Technical Advisor, The Union) highlighted the challenges and opportunities in implementing these policies. The State Level Sensitization Workshop played a crucial role in bringing together stakeholders to address the emerging challenges in tobacco control. The recommendations provided in this report aim to guide future efforts in Uttar Pradesh towards more effective implementation of tobacco control policies, thereby contributing to the overall improvement of public health in the state. The workshop, attended by officials from various departments and civil societies, emphasized the need for collaboration to create a tobacco-free environment and improve public health in Uttar Pradesh. The workshop also fostered discussions on innovative strategies to counteract tobacco industry tactics and enhance public awareness about the dangers of tobacco use. Participants left with a reinforced commitment to advancing tobacco control initiatives, with a shared vision of a healthier, tobacco-free Uttar Pradesh.

DISTRICT LEVEL TRAINING OF SCHOOL TEACHERS UNDER TOBACCO FREE SCHOOL PROGRAM IN AMBEDKAR NAGAR



A district-level workshop regarding the National Tobacco Control Programme was held under the Tobacco Free School Program. The workshop aimed to ensure the effective implementation of the Cigarettes and Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply, and Distribution) Act, 2003 (COTPA). A call to action was issued to the District Magistrate and Inspector. Additional District Magistrate Ambedkar Nagar, Chief Medical Officer Ambedkar Nagar, while addressing the meeting, threw light in detail on the ill effects of tobacco and smoking and told that the people around are more affected by smoking than by the web. Order was given by DM to all related officers to make school Tobacco free and follow up the rule of 6(B). The workshop also facilitated discussions on effective strategies for monitoring and enforcing tobacco control measures within schools, ensuring compliance with COTPA regulations. The commitment from the District Magistrate and other officials underscored a unified effort towards creating a healthier, tobacco-free environment for students and the broader community.



LAW ENFORCEMENT ACTIVITY UNDER THE TOBACCO-FREE EDUCATIONAL INSTITUTION (TOEFI)



Law enforcement activities under the TOEFI Guideline (Tobacco-Free Educational Institution) initiative have been implemented in Ambedkar Nagar district, Uttar Pradesh, under Tobacco Free School Program to regulate the consumption and sale of tobacco products and promote a tobacco-free environment near schools. Principals issued warning letters to vendors selling tobacco products near school premises, reinforcing the commitment to creating a healthier environment for students. This initiative aims to curb the availability of tobacco products in proximity to educational institutions, thus protecting students from the harmful effects of tobacco and fostering a safer, healthier community.



BLOCK LEVEL TRAINING OF SCHOOL TEACHERS UNDER TOBACCO FREE SCHOOL PROGRAM IN AMBEDKAR NAGAR

Throughout October, from the 7th to the 30th, teachers from 50 schools participated in a tobacco-free training program aimed at making all schools in the district tobacco-free and spreading awareness among children. Held at BRC Akbarpur, the program included participation from 50 schools in Block Akbarpur. Five master trainers from the block—Mr. Mayank Kumar, Gupta, Chhaya Devi, Satyavati Devi—along with District Tobacco Control Cell advisor Dr. Sarvesh Gupta, DPO Ashutosh Maurya, KP Maurya, Sudhir Singh, and others were present. Dr. Sarvesh Gupta discussed the harm caused by tobacco consumption, while Ashutosh Maurya provided detailed information about the nine points of the COTPA Act and its guidelines. Master Trainer Chhaya Devi guided teachers on creating a tobacco-free school. An oath was administered, and Master Trainer Mayank Kumar provided information about online resources. All teachers pledged to raise public awareness about the harmful effects of tobacco and to make their schools tobacco-free. The collective commitment and enthusiasm from the educators were instrumental in setting a strong foundation for a tobacco-free culture in the district's schools.



TOBACCO FREE SCHOOL PROGRAM IN AMBEDKAR NAGAR



The Tobacco-Free School Program in Ambedkar Nagar was successfully implemented across all nine blocks, covering numerous schools to raise awareness about the harmful effects of tobacco consumption. Various activities were organized for students, including poster competitions, rallies, and essay competitions, to engage them in the cause. These initiatives aimed to educate students on the dangers of tobacco use and promote a tobacco-free lifestyle. The enthusiastic participation of students in these activities helped spread the message effectively, making a significant impact on the community and fostering a healthier, tobacco-free environment in the schools of Ambedkar Nagar.



LAW ENFORCEMENT ORIENTATION WORKSHOP



The comprehensive training workshops in various districts of Uttar Pradesh aimed to strengthen the implementation of the Cigarettes and Other Tobacco Products Act (COTPA-2003) by equipping law enforcement personnel with the necessary knowledge and skills. These workshops, conducted in districts such as Ambedkar Nagar, Mau, and Chitrakoot, focused on promoting the objectives, goals, and benefits of the National Tobacco Control Program (NTCP). The primary goal was to enhance the capacity of law enforcers to effectively enforce COTPA-2003, thereby protecting public health and reducing tobacco-related harm in the state. By the end of the workshops, law enforcement personnel were better prepared to address violations, contribute to tobacco control efforts, and support the state's public health initiatives.



HEALTH PROFESSIONALS TRAINING



Extensive training programs were carried out in Uttar Pradesh to provide health professionals with the necessary knowledge and skills for effective enforcement of the Cigarettes and Other Tobacco Products Act (COTPA-2003). These programs aimed to advance the objectives and advantages of the National Tobacco Control Program (NTCP). The initiative spanned various districts, including Fathehpur, Ayodhya and others. Through these training sessions, health professionals were empowered to inform the public about the dangers of tobacco, implement tobacco control measures, and assist individuals in quitting smoking. By enforcing COTPA-2003, these professionals play a crucial role in minimizing tobacco-related health risks, enhancing public health, and fostering a tobacco-free environment in Uttar Pradesh. The training also emphasized the importance of community engagement and education as essential components of tobacco control efforts



FOCUS GROUP DISCUSSION UNDER NATIONAL TOBACCO CONTROL PROGRAMME



On August 29, 2023, a focus group discussion (FGD) was held under the chairmanship of the State Nodal Officer, emphasizing the sustainability of tobacco control efforts. This important event took place in the auditorium of Swasthya Bhawan, Lucknow, and was designed to assess and strengthen the compliance of the Cigarettes and Other Tobacco Products Act (COTPA) 2003. The act, which serves as a comprehensive framework for tobacco control in India, was the focal point of the discussion, aiming for its complete and effective implementation across the state. The gathering of 35 participants, including public health experts, policymakers, and stakeholders from various sectors, underscored the importance of a collaborative approach to sustain and enhance tobacco control measures.

The workshop provided a platform for in-depth dialogue and exchange of ideas on the challenges and opportunities in enforcing COTPA-2003 guidelines. Participants discussed strategies to overcome obstacles in compliance and explored innovative methods to ensure the act's long-term success. The event also highlighted the critical role of inter-sectoral coordination and community engagement in driving the implementation of tobacco control policies. The outcomes of the discussion are expected to contribute significantly to the ongoing efforts to create a tobacco-free environment, ensuring that the public health objectives outlined in COTPA-2003 are met in both letter and spirit.



STAKEHOLDER TRAINING



Orientation workshops were organized by the District Tobacco Control Cell in various districts of Uttar Pradesh to educate and raise awareness among stakeholders about their roles and responsibilities in making the younger generation tobacco-free. The workshops highlighted the importance of collective efforts in addressing tobacco use and provided stakeholders, including educators, parents, community leaders, and organization representatives, with detailed information about the harmful effects of tobacco.

Participants were taught how to implement preventive measures, advocate for policies, and support young individuals. The aim was to foster collaboration and empower stakeholders to actively contribute to creating a supportive, tobacco-free environment for youth in Uttar Pradesh. By the end of the sessions, stakeholders were better prepared to engage their communities, drive policy changes, and support tobacco-free initiatives, thus reinforcing the collective effort towards a healthier future for the younger generation.



ACHIVEMENTS

- Municipal Corporations passed resolution regarding adaptation of Tobacco Vendor Licensing in 9 Municipal Corporations in board meetings.
- Director General Medical Services issued directives to all districts to implement ToFEI guideline and implementation plan was shared. At district level more than 40 districts release order to implement ToFEI guideline withing jurisdiction and developed plan. The progress was made under guidance of The Union with technical support provided by UPVHA project staff to STCC and DTCCs, Education department.
- Under technical assistance from The Union, UPVHA staff supported provided technical support to DTTCs to issue district level orders on tobacco vendor licensing, enforcement of article 5.3 policy, enforcement on COTPA, Tobacco free educational institutions, ban of Pan Masala and tobacco products in Gram Panchayat offices and meetings and to run Yellow Line Campaign. Total 1067 law violators penalized and during this financial year.
- Total 108 Sensitization and training workshops organised for state and district level officials and 8,049 officials from key departments sensitized on Tobacco free Generation, Article 5.3, tobacco vendor licensing, COTPA enforcement, ENDS ban, COTPA Amendment, Yellow Line Campaign, Tobacco free educational institutions and tobacco free public places.
- UPVHA team is providing technical support with STCC, DTCCs focusing on implementation of ToFEI guidelines across the state and strengthen reporting system. Education department started reporting to DTCCs on ToFEI implementation in state.
- State government closing doors for tobacco companies interference in health policies. Additional Chief Secretary Home GoUP issue order to all divisional and district level officials to not participate, support in any activities organised by Tobacco Industry or TI funded organisations. District level Empowered Committees started monitoring of state policy implementation in line with article 5.3.
- Under technical assistance from The Union, UPVHA staff supported provided technical support to DTTCs to issue district level orders on tobacco vendor licensing, enforcement of article 5.3 policy, enforcement on COTPA, Tobacco free educational institutions, ban of Pan Masala and tobacco products in Gram Panchayat offices and meetings and to run Yellow Line Campaign. In Matura more than 500 law violators penalized and around 5 lakh rupees collected during this financial year.

ACHIEVEMENTS

- In order to comply with the COTPA Act-2003, a total of 72 letters/ orders/ notifications were issued by various departments at the district level this financial year.
- The urban areas of 2 districts of Uttar Pradesh (Ayodhya and Amroha) have been declared smoke free by the District Magistrate.
- Significant progress made in Tobacco Vender Licensing implementation Gazette Notification issued for Tobacco Vendor Licensing in Moradabad, Ayodhya and Merrut Municipal Corporations.
- Team members provides technical support to STCC and DTCCs in sensitization of 8049 state and district level officials in 108 workshops.
- Total 72 state and district level orders issued and total 1067 law violators penalized in 139 enforcement drives during this year.



ONE-DAY IEC ACTIVITIES ON SANITATION AND HYGIENE

The Sanitation Awareness Program at Hulas Khera School, involving the Principal, Teachers, Students, and their parents, aimed to highlight the importance of sanitation for health, education, socio-economic status, and the environment. Led by expert Mr. Ajay Gupta, the session focused on seven components of sanitation, with a particular emphasis on solid and liquid waste management. Gupta explained the need for waste segregation, the distinction between bio-degradable and non-bio-degradable waste, and the benefits of composting and vermi-composting. He also discussed the economic advantages of selling non-bio-degradable waste and encouraged students to create kitchen gardens. The interactive session saw active participation from students, fostering their enthusiasm and sense of responsibility towards maintaining a clean and healthy environment.

The program also addressed the role of proper sanitation practices in preventing diseases and promoting overall community well-being. Mr. Gupta emphasized the significance of clean water and hygiene in schools and homes, urging families to adopt sustainable practices. The session concluded with a commitment from both students and parents to actively contribute to a cleaner and greener community, reflecting the program's success in instilling lasting values of environmental stewardship.



PLANTATION DRIVE AT EMMAR GOMTI GREENS



The Uttar Pradesh Voluntary Health Association (UPVHA), in collaboration with Van Vibhag, Aldaa Foundation, and One Step Towards Humanity & Nature, organized a plantation drive at Emmar Gomti Greens to promote environmental consciousness and sustainable practices. Dr. Ravi Kumar Singh, Divisional Forest Officer (DFO) Awadh, graced the event as the chief guest, emphasizing the ongoing responsibility of nurturing planted saplings. Mr. Vivek Awasthi, Executive Director of UPVHA, and the President of Aldaa Foundation, highlighted the collective duty of safeguarding the Earth. The drive saw enthusiastic participation from children, volunteers, and local residents, resulting in the planting of 200 saplings. The event underscored the significance of tree plantation and inspired collective action towards a greener future, contributing to a healthier and ecologically balanced Uttar Pradesh. The participants also engaged in discussions on the importance of biodiversity and the role of trees in combating climate change. The event concluded with a pledge by all attendees to continue their efforts in environmental conservation and to ensure the survival and growth of the newly planted saplings.



WORKSHOP ON WETLAND CONSERVATION IN HULAS KHERA VILLAGE

A workshop on wetland conservation and biomass harvesting was held in Hulas Khera Village, attended by 50 women. Organized by the Uttar Pradesh Voluntary Health Association (UPVHA) and addressed by its Executive Director, Mr. Vivek Awasthi, the event focused on the importance of wetlands for ecological balance, combating climate change, and sustaining livelihoods. It emphasized empowering women to engage in sustainable biomass harvesting and highlighted their critical role in environmental stewardship. The workshop incorporated interactive activities, including group discussions and hands-on training sessions, where participants learned about sustainable biomass harvesting techniques and shared their experiences and insights on wetland conservation. The event provided valuable insights into the significance of wetlands, the sustainable use of biomass resources, and the crucial role of women in environmental conservation efforts. Participants also discussed the challenges they face in conserving wetlands and how collective action can address these issues. The workshop concluded with a commitment from the women to implement the practices learned and to advocate for wetland preservation within their communities.



CLEANLINESS DRIVE UNDER SWACHH BHARAT MISSION



The Uttar Pradesh Voluntary Health Association successfully organized a cleanliness drive titled 'Ek Tareekh Ek Ghanta Ek Saath' under the Swachh Bharat Mission, promoting cleanliness and hygiene in the community. The event, which involved teachers, students, volunteers, and office staff, began with a discussion on the importance of cleanliness for health and the environment, emphasizing the role of responsible citizenship. Participants then engaged in cleaning the premises of Government Girls Degree College, Lucknow, demonstrating a strong spirit of unity and teamwork as they enthusiastically contributed to the efforts. The drive not only beautified the college campus but also served as an educational experience, instilling the values of cleanliness and civic responsibility among the participants. The event concluded with a pledge to maintain cleanliness in their surroundings and to inspire others in the community to do the same.



WORLD WETLAND DAY 2024 CELEBRATION



The Awadh Forest Department, in collaboration with the UP Voluntary Health Association, commemorated World Wetland Day on February 2, 2024, at Chak Gajaria Wetland, Lucknow. Starting at 9:00 am, the event gathered nature enthusiasts, environmentalists, birders, students, and local communities to raise awareness about wetlands' critical role in preserving biodiversity and the environment. The celebration featured a captivating Bird Walk, immersing participants in the wetland's rich avian life. Notable attendees included Chief Guest Dr. Ravi Kumar Singh (IFS, DFO Awadh), Guest of Honor Dr. Asad R. Rahmani (Ex-director BNHS), and Guest of Honor Prof. (Dr.) Venkatesh Dutta (Head BBAU). Dr. Singh emphasized the importance of wetlands as vital ecosystems and the need for collective conservation efforts. Dr. Rahmani and Prof. Dutta shared their expertise on avian biodiversity, highlighting unique bird species in the wetlands. Additionally, a plant distribution initiative encouraged participants to engage in environmental conservation and adopt green practices. The event's success underscored the community's dedication to protecting and preserving wetlands, promoting sustainability, biodiversity conservation, and community engagement for the benefit of current and future generations.



STAKEHOLDER MEETING ON GERIATRIC CARE PROJECT



The primary objective of UPVHA's Geriatric Care Project is to improve the health, well-being, and quality of life of elderly individuals living in eight urban slums of Lucknow. Supported by the HCL Foundation, this project aims to provide comprehensive care and support to the elderly, addressing their unique needs and challenges. UPVHA seeks to empower the elderly and integrate them into the broader community, promoting respect and care for this vulnerable population.

The Stakeholder Meeting emerged as a pivotal forum for key players in the Geriatric Care Project. Graced by Chief Guest Dr. BPS Kalyani, Director of Health, and hosted by Mr. Vivek Awasthi, Executive Director of UPVHA, the event saw participation from distinguished guests including Dr. Laxman Singh, General Manager of National Programs, NHM, UP; Dr. Alka Sharma, State Program Officer, NCD; and Dr. Mukesh Matanhelia, State Nodal Officer, NTCP. The meeting commenced with a warm welcome, followed by Ms. Kavita Kumari from HCL Foundation providing insights into their healthcare initiatives. Mr. Birjesh Pathak, Project Manager, outlined the project's trajectory, achievements, and upcoming milestones. Dr. Pretesh Rohan Kiran led discussions on stakeholder roles, fostering interactive exchanges to address challenges and enhance collaboration. Mr. Vivek Awasthi concluded with a vote of thanks, and a networking lunch facilitated further relationship-building. The meeting, marked by strategic dialogue and collaborative spirit, represented a significant milestone in advancing geriatric care in Lucknow, highlighting the transformative potential of collective action and partnership. The event underscored the importance of multi-sectoral collaboration in addressing the complex needs of the elderly, with stakeholders committing to continued support and innovation in geriatric care.

VOLUNTEERS TRAINING ON GERIATRIC CARE



The two-day training for 16 Community Youth Volunteers and 3 Field Supervisors on Nursing Care Equipment, directed by Dr. Pretesh, was comprehensive and thorough. Day 1 began with an introduction session, followed by Dr. Pretesh outlining the training objectives. Discussions on site arrangements and the importance of proper setup for effective nursing care were covered, along with sessions on accurate documentation. Participants then engaged in practical sessions to gain hands-on experience with nursing care equipment, concluding the day with a review session for questions and clarifications. Day 2 focused on practical application, starting with a visit to camp sites for real-world scenario planning and strategizing. Feedback sessions were held to reflect and improve based on field observations, and interactions with vendors addressed equipment procurement and maintenance queries. This training ensured that participants were well-prepared and equipped to deliver efficient and high-quality nursing care, greatly benefiting the communities they serve. The training not only enhanced the technical skills of the volunteers and supervisors but also emphasized the importance of empathy and patient-centered care in their roles. By the end of the program, participants felt confident in their abilities, ready to implement their newfound knowledge in the field, and committed to improving healthcare outcomes within their communities.



HEALTH SCREENING CAMP UNDER GERIATRIC CARE PROJECT



The Health Screening camps organized in eight selected urban slums of Lucknow under the Geriatric Care Project by UPVHA were a crucial initiative to assess the health status of the elderly population. The screening process included measuring blood pressure, sugar levels, weight, and height, and gathering information on exercise habits, alcohol and tobacco consumption, mental well-being, oral health, and dietary habits. A dedicated team of doctors, paramedics, volunteers, and support staff worked tirelessly to ensure the smooth conduct of the camps. Despite challenges, a total of 356 beneficiaries attended, demonstrating the significant impact and outreach of the initiative. This proactive healthcare intervention underscores a commitment to improving the well-being and quality of life for the elderly in urban slums, highlighting the collaborative efforts of organizations like UPVHA and the HCL Foundation in addressing the healthcare needs of vulnerable communities and fostering a culture of preventive healthcare. The initiative raised awareness among the community about the importance of regular health check-ups, further strengthening the project's long-term impact on geriatric health care in the community.



MONTHLY ELDERLY GATHERING



The elderly meeting was held in the eight slums of Khuram Nagar, Katara Platan, Purania, Madiyaon, Rahim Nagar, Vikas Nagar, Choti Jugauli and Badi Jugauli. It aimed to create a platform for senior citizens to gather, share experiences, and engage in enriching activities such as coloring, passing the ball, inflating balloons and yoga session. Participants were also provided with medicinal plants like Tulsi and Aloe Vera. The event envisioned to promote social interaction, cognitive stimulation, and physical activity among the elderly residents of these slums. Overall, the meeting served as a platform for holistic well-being and social connection among the elderly population in the targeted areas. The meeting fostered a sense of community and belonging among the elderly, enhancing their emotional well-being and reducing feelings of isolation. The engaging activities and distribution of medicinal plants not only promoted physical health but also encouraged participants to adopt self-care practices, contributing to their overall quality of life.



AWARENESS PROGRAM FOR WOMEN IN VILLAGE



An educational program on sanitation and the management of solid and liquid waste was held at Gram Panchayat Gadiya in Barabanki, Uttar Pradesh, targeting women to raise awareness and promote better practices within the community. The program covered essential waste management topics, including proper disposal methods, composting techniques, and maintaining clean surroundings to prevent health hazards. Additionally, it included a segment on menstrual hygiene, educating women on the importance of proper menstrual hygiene practices, the use and disposal of sanitary products, and the impact of good menstrual hygiene on overall health. This initiative aimed to empower women with knowledge, improve community health, and break the stigma surrounding menstruation. The program concluded with a commitment from the attendees to implement the learned techniques and share the knowledge with others in their community, fostering a culture of hygiene and environmental responsibility.



CAPACITY BUILDING UNDER THE GROW FUND



The Sanitation and Waste Management training session, led by expert Mr. Ajay Gupta, began with an introduction of the trainees and participants. Mr. Gupta covered the crucial aspects of sanitation and its impact on health, education, socio-economic status, and the environment. He analyzed various sanitation programs in India, including the Central Rural Sanitation Program, Total Sanitation Campaign, Nirmal Gram Puraskar, Nirmal Bharat Abhiyan, and Swachh Bharat Mission, highlighting their drawbacks and areas needing improvement. Emphasizing proper waste management, particularly for solid waste, Mr. Gupta stressed the importance of segregation into bio-degradable and non-bio-degradable categories. He discussed methods of organic composting and the potential of selling non-bio-degradable waste like plastic and metals.

Liquid waste management was another critical topic, divided into gray water and black water. Gray water, from kitchens and washrooms, can be reused for kitchen gardening and groundwater recharging after proper cleaning. Black water, from toilets, can be managed with eco-friendly Bio-Toilets designed by DRDO, which eliminate smells, prevent pests, and produce biogas and pure water. Mr. Gupta compared Sulabh Twin Pit Pour Flush Toilets with Septic tank Toilets, endorsing the former for rural areas due to its cost-effectiveness and environmental benefits. The session also addressed menstrual hygiene, emphasizing awareness and best practices. Participants actively engaged, contributing to discussions and clearing doubts. The session by Mr. Ajay Gupta was enlightening and transformative, providing valuable insights and setting the stage for informed actions and positive change in sanitation and waste management.

TARGET INTERVENTION AT AMBEDKAR NAGAR



Target Intervention Project is executed by UPVHA from last 11 years in District Ambedkar Nagar. This programme is funded by U.P State Aids Control Society. The target population under this project is female sex workers and UPVHA works with 300 FSWs to save them from risk of HIV infection.

Major activities include:

- Identification of target population and registration
- Counselling
- Contact
- Testing
- STI check-ups
- Health camps
- Group discussion
- Drop in centre
- Condom and lubes distribution
- Community organisation
- Community awareness programme



ACTIVITIES UNDER TARGET INTERVENTION IN AMBEDKAR NAGAR

Meeting with HRG Group:

To prevent HIV infection, peer educators working in identified communities at the regional level are contacting each identified HRG and providing them condoms as per their need. During this, they were suggested to use condoms while having sex with each of their sexual partners. They must use condoms so that they can avoid infections caused by sexual activity. During this time, they were also sensitized about HIV infection and told about the symptoms of other sexually transmitted diseases, methods of prevention and the benefits of condoms.



DIC Activities:

A cultural program was organized at project office through HRG. Various activities like discussion, cultural dance, singing, etc were organized. During the program, they were also given information about sexually transmitted diseases and HIV/AIDS infection, symptoms and prevention.



ACTIVITIES UNDER TARGET INTERVENTION IN AMBEDKAR NAGAR

Health and HIV Check-ups:

Achieving the goals of the programme, HIV and regular health check-ups were conducted for the identified HRGs and the infected HRGs suffering from sexually transmitted diseases were treated by providing medicines as per requirement. In the same sequence, they were advised to use condoms every time they have sex so that they do not have to suffer its ill effects.



World AIDS Day:

On World AIDS Day, December 1, 2023, a rally to raise awareness about HIV/AIDS was flagged off by Chief Medical Officer Dr. Rajkumar at Shishu Mandir Tanda. The rally passed through the bus stop and returned to Saraswati Shishu Mandir via Tanda Tehsil and Nehru Nagar. A seminar followed, conducted by TOI Project Manager Shri Sudhir Singh. Dr. M. H. Siddiqui, District Tuberculosis Officer, and other experts provided information on HIV/AIDS infection, prevention, and treatment, emphasizing regular medication and healthy practices. The event also included a signature campaign and candle march at the CMO office, with 300 participants.



ACTIVITIES UNDER TARGET INTERVENTION IN AMBEDKAR NAGAR

Public awareness seminar on HIV/AIDS:

Under the program, a public awareness seminar on the subject of HIV/AIDS was organized with the HRGs identified under the program on 14 September 2023 at Ashok Memorial College, Tamsa Marg. The project manager presided over the program. In which he discussed with the women group present and encouraged them. In which a total of 160 people including project office personnel and HRG women members of the project area participated.



Under the program, the achievements of this year is as follows:

Activities	Target	Achivement
Monthly Contact	8560	8450
Regular Contact	8560	7242
HIV Test	1404	1404
VDRL Test	1320	1320
DIC Meeting	33	31
Demand Generation Meeting	87	85
Free Condom Distribution	233712	145133
Community Event	02	02
Advocacy	20	20
CBS Camp	34	34

ACHIEVEMENTS



UPVHA is deeply honored to receive a heartfelt memento from F.C./DFO Awadh, Dr. Ravi Kumar Singh, in recognition of our unwavering commitment to environmental conservation, protecting biodiversity, and nurturing nature. This prestigious acknowledgment from such a distinguished figure is a testament to the hard work and dedication of our entire team. It serves as a powerful motivator, reinforcing our resolve to continue our efforts in safeguarding the environment. The trust and appreciation we have received from Dr. Singh and the broader community are invaluable, inspiring us to push forward with even greater determination.

We extend our sincere thanks to Dr. Ravi Kumar Singh for his support and belief in our mission. His recognition of our efforts fuels our dedication to creating a greener, healthier world. At UPVHA, we believe that positive change is a collective endeavor, and this memento symbolizes the collaborative spirit necessary for environmental stewardship. Together, let us continue to foster positive change for our precious planet, ensuring a sustainable future for generations to come. By working hand in hand, we can make significant strides in protecting our natural heritage and promoting a thriving, biodiverse ecosystem.

MEDIA REPORTS

दैनिक जागरण, 3 फरवरी 2024

चक गजरिया में विश्व वेटलैंड दिवस पर बर्ड वाक

जयपुर, तस्मन्तः - आईएचएम को सुरक्षित और संरक्षित को समुदायिक जिम्मेदारियों निभाने हम सभी का कर्तव्य है। इसकी वैसे बनाने स्थिति और उसके लिए प्रयास कर लिए जाएं, इसकी लेकर विशेषज्ञों ने अपने विचार व अनुभव साझा किए। वे परम्परा को विश्व वेटलैंड दिवस पर अग्रणी बन विभाग ने खुले कॉलेजों हेल्थ एक्सीलेंस के सहयोग से इसका स्टेटिस्म के पीछे स्थित चक गजरिया वेटलैंड में विशेष कार्यक्रम का आयोजन भी किया। चक गजरिया में वेटलैंड का क्षेत्र कई एकड़ में फैला है। वहाँ लक्ष्मण विकास प्राधिकरण द्वारा भी विकास कार्य कराए जाने की योजना है। इसे एक्सीलेंस स्थल के रूप में विकसित किया जाना है। वहाँ वेटलैंड दिवस पर बर्ड वाक का आयोजन किया गया, जिसमें चक-चककर लोगों ने हिस्सा लिया।

विश्व वेटलैंड दिवस पर आईएचएम के सहयोग और तीन विशेषज्ञों के संस्था में उनकी भूमिका के बारे में जागरूकता बढ़ाने का कार्यक्रम में आईएचएम में विभिन्न पक्षों जोड़ने का पता लगाने के लिए बर्ड वाक स्थिति कई आकर्षक गतिविधियाँ शामिल थीं। प्रतिभागियों को सम्मानित विशेषज्ञों के साथ बातचीत करने का अवसर भी मिला। कार्यक्रम में 2024 कैलेंडर का विमोचन भी अतिथियों ने किया। कैलेंडर में तस्मन्तः के पक्षियों को सुरक्षित को प्रदर्शित किया गया है। इसके अतिरिक्त, पर्यावरण संरक्षण और हरित प्रकृति



कैलेंडर का विमोचन करते कैलेंडरों अग्रणी डॉ. रवि कुमार सिंह व अन्य अधिकारियों। • तस्मन्तः

अवेडकर विश्वविद्यालय में वेटलैंड जागरूकता अभियान

विश्व वेटलैंड दिवस पर छात्रावास को चक गजरिया भीमवार अवेडकर केड्रीव विश्वविद्यालय के विभिन्न विभाग व पर्यावरण विभाग की ओर से जागरूकता सप्ताही हुई। विभिन्न विभाग के ला स्टूडेंट एकेडमिक कोरस के सहयोग से डॉ. अर्जुन अहमद ने कहा कि राष्ट्रीय स्तर पर होने कम्प्यूट एड वर्कशॉपों को सुरक्षित से लगा दिया जाए। तीन विशेषज्ञ एवं सात विभाग लक्ष्य की प्राप्त करने के लिए सहरी क्षेत्र में नम भूमि को सुरक्षित किया जाए। डॉ. सुधीरा अहमद ने कहा कि पर्यावरण संरक्षण प्रायोगिक प्रयोग का नैतिक कर्तव्य है। नम भूमि परिसरों के तब को सुरक्षित करती है।

को बढ़ावा देने के लिए एक चौक विवरण प्राप्त शुरू की गई। इस कार्यक्रम को लेकर प्रकृति

प्रेमियों, पर्यावरणविदों, पक्षी प्रेमियों, छात्रों और स्थानीय समुदायों सहित उपस्थित लोगों में जागरूकता उत्पन्न रहा। मुख्य अतिथि व चीफ कमी अग्रणी डॉ. रवि कुमार सिंह ने कहा कि उत्तरांचल की सरकार का पक्षी पक्षियों के लिए हमारे आईएचएम को सुरक्षित और संरक्षण की समुदायिक जिम्मेदारियों को रेखांकित करती है। कार्यक्रम में चीफ कमी अग्रणी डॉ. रवि कुमार सिंह, चीफ कमी अग्रणी डॉ. अरुण आर. खन्ना और चीफ कमी अग्रणी डॉ. कैप्टन राजू शामिल थे।

चीफ कमी अग्रणी ने उन प्रतिभागियों को भीमोटी देकर सम्मानित किया, जिसके द्वारा पक्षियों को सुरक्षित रखे पक्षी विमोचन हुई और पुरस्कार में प्रदर्शित हुई थी। इनमें प्रकाश चंद सिंह, तनिषा नाथ, प्रमोद कुशा, पुनम नथ, अरुण सिंह, सविता कुमार मिश्र, देवेंद्र मोहिना खन्ना आ आरुण सिंह रहे।

WINGS OF JOY



WORLD WETLANDS DAY: Birds such as painted stork, cormorants and Asian openbill were spotted during a walk for birdwatchers and photographs organised at the wetland near Ekana stadium in the city on the World Wetlands Day on Friday. The event was organized by forest and wildlife department and UP Voluntary Health Association. Former director of Bombay Natural History Society Asad Rahmani, environmental science professor Venkatesh Dutta and divisional forest officer Ravi Kumar Singh were also part of the event. Twelve photographers were also felicitated during the programme.

अमर उजाला

तस्मन्तः बुधवार, 23 नवंबर 2023

13

तंबाकू से रोजाना 10 लाख की जाती है जान

तस्मन्तः। तंबाकू निर्देशन विभाग का समरी सत्रा कार्यक्रम है। इसकी बनाने से रोजाना करीब दस लाख लोगों की जान जाती है। वलेंटरी हेल्थ एक्सीलेंस के निदेशन विभाग अग्रणी ने बुधवार को होटल में आयोजित कार्यक्रम में ये बातें कहीं। कार्यक्रम का आयोजन वलेंटरी हेल्थ एक्सीलेंस के साथ राज्य तंबाकू निर्देशन प्रोटेक्ट के सहयोग से किया गया। इस मौके पर डॉ. शिवम कपूर आदि मौजूद रहे। (साई सिटी रिपोटर)

राज्य तम्बाकू नियंत्रण प्रकोष्ठ एवं यू0पी0वी0एच0ए0 के संयुक्त तत्वाधान में प्रदेश में तम्बाकू नियंत्रण

तस्मन्तः। यू0पी0वी0एच0ए0 - 2023, विभाग तस्मन्तः संयुक्त के एक0पी0वी0एच0ए0 अनुच्छेद-5.3 तथा यू0पी0वी0एच0ए0 - 2019 के प्रभावी कार्यान्वयन पर राज्य स्तरीय उपाययोजना कार्यक्रम का उद्घाटन तस्मन्तः विभाग हेतु आयोजित किया पर राज्य स्तरीय कार्यक्रम। उद्घाटन के 22 नवंबर 2023 तस्मन्तः निर्देशन कार्यक्रम के अध्यक्ष होकर डॉ. शिवम कपूर उद्घाटन। में राज्य तस्मन्तः निर्देशन प्रकोष्ठ एवं यू0पी0वी0एच0ए0 के संयुक्त तत्वाधान में प्रथम में तस्मन्तः निर्देशन पर उन्मुखी चुनौतियों और नीतियों और कानूनों (यू0पी0वी0एच0ए0-2023, विभाग तस्मन्तः संयुक्त के एक0पी0वी0एच0ए0 अनुच्छेद-5.3 तथा यू0पी0वी0एच0ए0-2019) के प्रभावी कार्यान्वयन पर राज्य स्तरीय उपाययोजना कार्यक्रम का उद्घाटन निदेशन तस्मन्तः तस्मन्तः विभाग तस्मन्तः संयुक्त के अध्यक्ष डॉ. शिवम कपूर एक ऐसी संस्था है कि जिस पर तंबाकू निर्देशन के साथ कार्य करने से ही सफलता मिलेगी इस को समझते हैं।

मुद्दा बन करने वाले व्यक्तियों पर निगरानी पर प्रभाव पड़ता है उनके ही उपाय उनके साथ साथ रहने वाले लोगों पर पड़ता है जिसमें बच्चे व महिलाएं भी शामिल हैं। राज्य विभाग अधिकारियों ने बताया कि तम्बाकू किसी भी रूप में ही कुदमकदाक है। तम्बाकू उत्पादन करने वाले लोगों से जागरूकता बढ़ाने का काम होता है। तम्बाकू उत्पादन करने के कारण लगभग 10 लाख लोग प्रतिदिन अपने जान बचा रहे हैं, जो कि चिन्तनीय है। तम्बाकू अंतर्गत एक पर्याप्त नुकसान पहुंचाती है। तम्बाकू निर्देशन हेतु प्रथम तस्मन्तः संयुक्त के एक0पी0वी0एच0ए0 अनुच्छेद-5.3 तथा यू0पी0वी0एच0ए0-2019 के अंतर्गत अतिथियों के अनुमान के अनुसार करने में सभी विभागों को सहयोग प्रदान करने हेतु अनुच्छेद किया गया तथा तम्बाकू निर्देशन को तम्बाकू उत्पादन व पुराने करने पर विशेष जोर दिया गया। राज्य विभाग अधिकारियों, एन0पी0एन0पी0ए0 द्वारा बताया गया कि तम्बाकू



एवं अंतर्गत एक एक दूसरे के मुक्त है। तम्बाकू उत्पादन करने वाले लोगों को एक अलग काल है। वर्तमान में साल में होने वाली समस्त मीठों में 63 प्रतिशत मुक्त अंतर्गत लोगों के कारण हो रही है। तम्बाकू निर्देशन से हम अंतर्गत लोगों से होने वाली मुक्त एवं लोगों में कमी खाई जा सकती है। राज्य सरकार, राष्ट्रीय तम्बाकू निर्देशन कार्यक्रम द्वारा बताया गया कि यू0पी0वी0एच0ए0-2023, विभाग तस्मन्तः संयुक्त के एक0पी0वी0एच0ए0

अनुच्छेद-5.3 तथा यू0पी0वी0एच0ए0-2019 के अंतर्गत अतिथियों के बारे में विवरण से बताया गया। जो निम्नलिखित बताया गया कि जागरूकता निर्देशन से कुछ अने दिन निगरानी हो रही है, जिस हेतु निदेशन विभाग, पुलिस विभाग को निदेशन प्रदान देने हेतु जोर दिया गया। 250 विभाग कानून तस्मन्तः संयुक्त द्वारा निर्देशन एन0पी0एच0ए0 नू निर्देशन द्वारा बताया गया कि तम्बाकू जाति क्या है यह विवरण प्रदान हमारा समझ के इस विषय पर किम प्रकार हमारा कर रहा है

जो हम किम प्रकार मुद्दा को इस तम्बाकू जाति से सफलता प्राप्त करने है तथा तम्बाकू जाति से हमारे द्वारा किम का रहे हमारा जो किम प्रकार निगरानी को जा सफल है। निदेशन तस्मन्तः अतिथियों निदेशन यू0पी0वी0एच0ए0 एन0पी0एच0ए0 के अनुच्छेद 5.3 में सभी पक्षों को तम्बाकू निर्देशन के समझ में अपने सार्वजनिक समझ निर्देशन को निर्देशन और कानूनीकरण करने समझ यू0पी0वी0एच0ए0-2023 के अनुसार अतिथियों को तम्बाकू निर्देशन हेतु सार्वजनिक समझ निर्देशन को तम्बाकू जाति के सार्वजनिक और अन्य निर्देशन समझों से हम निर्देशन को सार्वजनिक करने को आवश्यकता है। कार्यक्रम से तस्मन्तः विभाग निदेशन विभाग, पुलिस अंतर्गत, तस्मन्तः विभाग और का अन्य और तम्बाकू जाति और तम्बाकू निर्देशन, निर्देशन एक निर्देशन निर्देशन निर्देशन, निर्देशन समझ निर्देशन निर्देशन के निर्देशन कार्यक्रम में मौजूद रहे।

MEDIA REPORTS

शहर को हरा-भरा बनाने में दिखा उत्साह

एम्मार गोमती ग्रींस में लगाए 200 पौधे

लखनऊ। उत्तर प्रदेश

महानगरपालिका

एम्मार गोमती ग्रींस

में 200 पौधे रोपे गए। इस

दौरान अमरपट्टी के विभिन्न

क्षेत्रों में पौधे रोपे गए।

इस अवसर पर

नगरपालिका के

प्रमुख अधिकारी

हैं।



एम्मार गोमती ग्रींस में 200 पौधे रोपे गए। (आई सिटी रिपोर्टर)

व्यापारियों ने डिवाइडर पर लगाए पौधे

लखनऊ। मोहन

रोड पर सड़क के

किनारे लगाए गए

पौधे। शिकायती के

बाद भी सुनवाई नहीं

हुई तो सड़क किनारे

पौधे लगा दिए। ताकि

सड़क किनारे की

दिवाइडर असानी से

दोड़ जाए और हादसे



दिवाइडर असानी से दोड़ जाए और हादसे न बने। (आई सिटी रिपोर्टर)

तंबाकू से तौबा करें लोग

इम्यूनिटी हो रही कमजोर

लखनऊ। तंबाकू से

तौबा करें लोग।

इम्यूनिटी हो रही

कमजोर।

तंबाकू से तौबा करें

लोग।

इम्यूनिटी हो रही

कमजोर।

तंबाकू से तौबा करें

लोग।

विचार

नवभारत टाइम्स

एक रूपरेखा में

कौन सा कौन सा

खराब रहे है।

कौन सा कौन सा

खराब रहे है।

कौन सा कौन सा

खराब रहे है।

कौन सा कौन सा

खराब रहे है।

कौन सा कौन सा

खराब रहे है।

कौन सा कौन सा

खराब रहे है।

कौन सा कौन सा

खराब रहे है।

कौन सा कौन सा

खराब रहे है।

कौन सा कौन सा

खराब रहे है।

कौन सा कौन सा

खराब रहे है।

मेडो

बॉयस ऑफ लखनऊ 05

तंबाकू के सेवन से बढ़ता है हार्ट अटैक का खतरा

लखनऊ। तंबाकू के सेवन से बढ़ता है हार्ट अटैक का खतरा।

तंबाकू के सेवन से बढ़ता है हार्ट अटैक का खतरा।

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तंबाकू के बजाय वैकल्पिक खेती को मिले बढ़ावा



तंबाकू के बजाय वैकल्पिक खेती को मिले बढ़ावा।

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तंबाकू के बजाय वैकल्पिक खेती को मिले बढ़ावा।

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तंबाकू के बजाय वैकल्पिक खेती को मिले बढ़ावा।

सरकारी गर्ल्स डिग्री कॉलेज में

सफाई का अभियान छात्राओं

शिक्षकों में दिखा जोश



सरकारी गर्ल्स डिग्री कॉलेज में सफाई का अभियान छात्राओं शिक्षकों में दिखा जोश।

सरकारी गर्ल्स डिग्री कॉलेज में सफाई का अभियान छात्राओं शिक्षकों में दिखा जोश।

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लोक भारती न्यूज व्यूरो

लोगों को प्रारम्भ दिखाई जिसमें मो.सारीक, सादिक, जफरम, मदन, रमेश, सभन्नुदर, इन्साफ आदि लोग शामिल रहे।



India News Bureau 1/12/2023

[illegible]

मौलाना धारवा संविधानमाला

यै गई मास्टर ट्रेनर आशुतोष सिंह जी द्वारा समस्त आध्यपकों को तंत्रिक मुक्त की राह्य दिखाया गया समस्त आध्यपकों ने राह्य लेते हुए यह आश्वासन दिया कि (छात्र) जैसे संस्तुतक पदार्थों के सेवन से लोगों को बचाएंगे तथा बर्धों को जागरूक करेंगे

तंबाकू सेवन न करने की शपथ दिलाई

[illegible]

उत्तम का जीवन न बनने की राख लेने समीप।

रघुवर सिंह, अरुण जेटली, अशोक कुमार ने लोकार्पण की। कार्यक्रम का संचालन नरकाने की अध्यक्ष दिव्या ने किया।

અભરણ દર્પણ સમાચાર



एरिस्टो कावली अङ्गुल अङ्गुली

[illegible][illegible]

युध क्षीणशक्त्या महाप्रयत्नात्



प्राप्ति रखने की कहा। मौजूद सभी अधिकारियों, कार्यवाहियों एनसीओ कैडेट, प्रशिक्षण एनसम् को सम्मान एवं सम्पत्ति जल्द का किसी भी प्रकार से लेबन न करने एवं सम्पत्ति उत्पाद बनाने वाली कर्मियों को किसी प्रकार का सहयोग न करने को शपथ प्रशिक्षणकारी द्वारा दिखायी गयी।

प्रदेश पर पहले स्थान पर
है जनपद

महानिदेशक, चिकित्सक एवं स्वास्थ्य सेवाओं, उग्र लक्षणक के अंतरिक्षनमस्य एवं उग्र कालेन्दी हेतु एसीमिशन के सहजोपे में निम्न शिक्षात्मक संस्थान लक्षणक के समे के आधार पर ताम्यक एवं ताम्यक त्रयप के त्रयपन करके में प्रवेश में निम्न को प्रथम स्थान प्राप्त हुआ है। कार्यवाहक मण्डल चिकित्सक अधिकारी डा अमरिन्द कुमार द्वारा कहा गया कि आप अपने आजीवनो स्वास्थ्य रखते हुए समान को अपने लोचन का कार्य करते हैं।

गैर संघर्षी लोगों का पता लगाने में समय लगता है। जो लोग तत्काल धूम्रपान का प्रयोग करते हैं। वह इसके विकल्प में जल्दी आ जाते हैं, जिससे आयु से पहले उनकी मृत्यु हो सकती है।

सुतोऽथ विप्रायै रा

संताड़ियाँ, राज
सन्तानकार, राष्ट्रीय सम्मान, निर्यात
कार्यक्रम इस बातों का कि शिक्षण
समाधानों के 100 गज के दरारे में
किन्हीं भी प्रकार के सम्मान, उपहारों को
लेना एक राष्ट्रीय अपराध है। अतः
के युवा को इस सम्मान, नो से दू
रचना ही इस सम्मान के समान है।

आगे प्रयास करते रहना
सबकी जिम्मेदारी

इस अवसर पर डीएस अस्थाना, भनौली रिवर, एमके पाण्डेय, ओम प्रकाश, संगीत गुप्ता, विनय पाण्डेय, अनूप पाण्डेय, अरुणोत्त श्रीवास्तव, आदि उपस्थित रहे।

अमेरिका की एक मशहूर
अभिनय कलाकार जेनफर
जोन्स का एक शक्तिशाली मुक्त
प्रदर्शन के तहत मूक
चित्रण 20.10.22 को
जीआरटी विचारों में
आज के शिखरों को
प्रदर्शित किया गया
कार्यक्रम में विक्का शर्मा
विचार प्रकट से डॉ.
शशि कुमारी जी विचार
वाच में आशाशील मंच
तथा कार्यक्रम को डीएनए
कीर्ति की शक्ति से प्रदर्शित करने
देन, जो आशाशील विचार
मंचों की शक्ति को प्रदर्शित
करने में सक्षम है।
प्रकार प्रदर्शित में कार्यक्रम
में विचारों को प्रदर्शित
करने में सक्षम है।

हाला कीटपक्ष एमएट 2003 के भागे में विनमृत जानकारी की गई साबित हो गई लेकिन कुलम हास लंबाई में जो रहे हास संबंधी रोचक फैसला के भागे में विनमृत जानकारी की गई प्रतीति को अंतराक्षीय और हास

के बारे में जानकारी के यह मास्टर
टैनर भी आधुनिक मित्र जी द्वारा
आपका आवाजों को रिकार्ड
की आपका डिजाइन गाना समस्त
आवाजों के साथ जोड़े हुए यह
आवाजों के डिजाइन के संभाव्य



सभी छा

सुदूर पूर्व में स्थित कि-सींग से लॉरी
को सफाई में तथा सफाई को
आसानी करने में।

गुणी प्राप्ति बंधन अधिन

अंबेडकरनगर, 15 दिसम्बर (तरुणमित्र)। महानिदेशक चिकित्सा एवं स्वास्थ्य लखनऊ एवं मुख्य चिकित्सा अधिकारी अंबेडकरनगर के निर्देश पर जिला तंबाकू नियंत्रण प्रकोष्ठ और सहयोगी संस्था उत्तर प्रदेश वॉलंटरी हेल्थ एसोसिएशन द्वारा जागरूकता कार्यक्रम सिंगारी देवी स्मारक महाविद्यालय रामनगर में किया गया। डॉ. सर्वेश कुमार, सलाहकार तम्बाकू नियंत्रण कार्यक्रम ने छात्रों को तंबाकू से हो रहे दुष्प्रभाव उच्च रक्तचाप, मुख का कम खुलना, मुख कैंसर, हृदयरोग, मधुमेह जैसी घातक बीमारियों के प्रति जानकारी दी, पोस्टर एवं निबंध प्रतियोगिता आयोजित की गई जिसमें प्रथम पुरस्कार अनामिका, द्वितीय पुरस्कार निशा, तृतीय पुरस्कार दिलीप कुमार, को प्रदान किया गया। कार्यक्रम में प्राचार्य डॉ. हरीशचन्द्र यादव, डॉ. प्रदीप कुमार, बंदिना, नफीस अहमद एवं विद्यालय के छात्र उपस्थित रहे।

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अम्बेडकरनगर / संवाददाता
महानिदेशक चिकित्सा एवं स्वास्थ्य
लखनऊ एवं मुख्य चिकित्सा
अधिकारी के निर्देश पर जिला तंबाकू
नियंत्रण प्रकोष्ठ और सहयोगी संस्था
उत्तर प्रदेश वॉलेंटरी हेल्थ एसोसिएशन
ने जागरूकता कार्यक्रम चलाना आ
रहा है। इसी कड़ी में बुधवार को
आयोजित हुआ। इस मौके पर
प्रतियोगिता के प्रतिभागियों को पुरस्कृत
किया गया।

तमनाकु निर्यंत्रण कार्यक्रम के जिस सलाहकार डॉ. सर्वेश कुमार ने छात्रों को तमनाकु से हो रहे दुष्प्रभाव मसलान उच्च रक्तचाप, मुख का कम्बु खुलना, मुख की चाल, हृदयरोग, मधुमेह जैसी घातक बीमारियों के बाबत जानकारी दी। इस मौके पर पोस्टर एवं निबंध प्रतियोगिता आयोजित हुई। जिसमें प्रथम पुरस्कार अनामिका को, द्वितीय पुरस्कार निम को और तृतीय पुरस्कार दिलीप कुमार को दिया गया। जागरूकता कार्यक्रम में प्राचर्य डॉ. हरिश्चन्द्र यादव, डॉ. प्रदीप कुमार, वंदना आदि मौजूद रहे।

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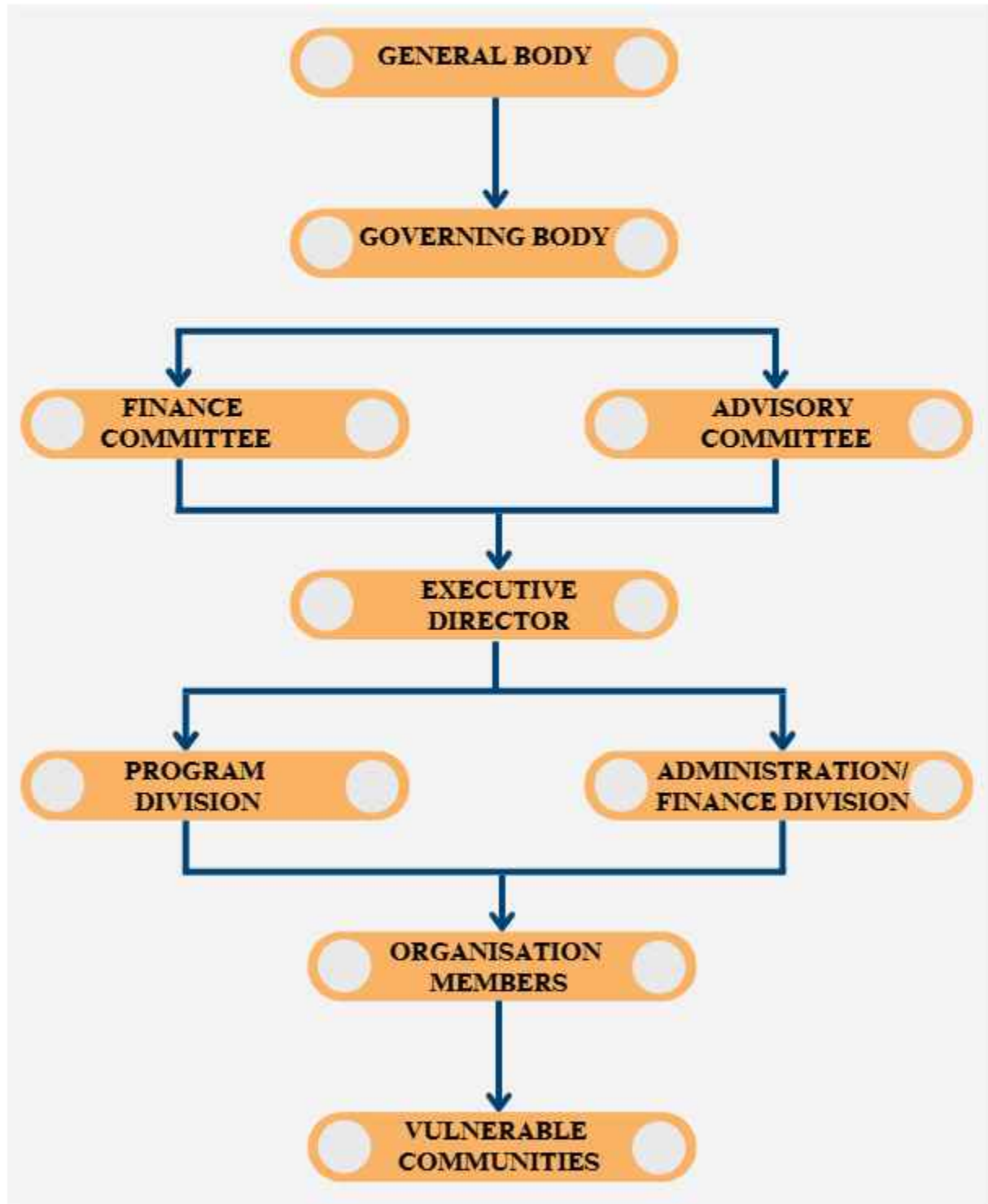
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www.upvha.org

upvhalko@gmail.com

CONTACT NUMBER - 0522-7965109

5/459, VIRAM KHAND, GOMTI NAGAR, LUCKNOW

