

Jeevan Aadhar Society

Inspiring and Changing Lives



ANNUAL REPORT 2022-23

Jeevan Aadhar Society

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ABOUT THE SOCIETY

Jeevan Aadhar Society

Jeevan Aadhar Society is an ISO and Great Place to work certified non-government, non-profit, non-partisan voluntary society situated in Mahabubabad district, Telangana state, India. We have been working in the field of Natural resources, Education, Health and sanitation, women empowerment, gender discrimination, environmental issues, sustainable development and human rights etc.

Vision

To effectively add to the social and monetary improvement of the communities in which we work and to be an association that consistently react to the evolving social realities through the advancement and utilization of information, towards development of sustainable society that promote and secures the equality, social justice and Human Rights.

Our vision is additionally set of a community where everybody has access to food security, health, drinking water, education, environmental issue, and promotes the privilege of women and man and child to enjoy life of wellbeing and equivalent opportunity. We aim to expand our effect both straightforwardly on the ground through our work, and in a roundabout way by influencing others.

Mission

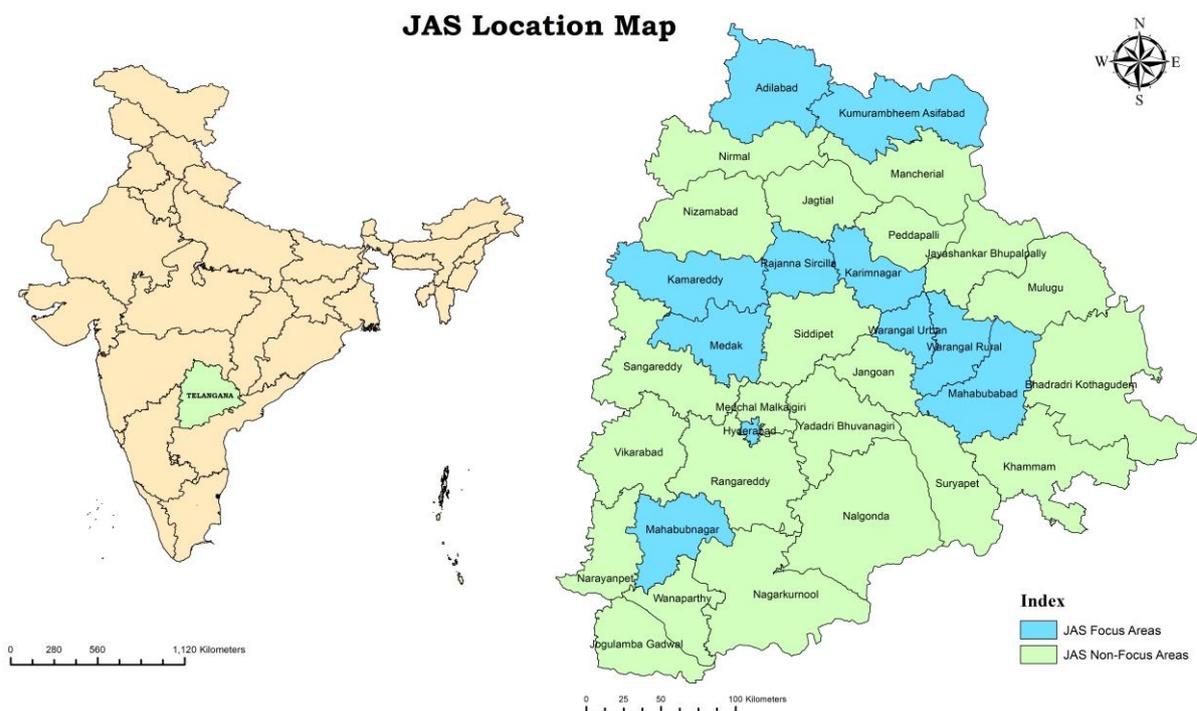
To work towards the promotion of the welfare activities of the both central and State (Telangana) governments and its system for the development of the society, and in pursuance of its vision and guiding principle. The society organize programs to facilitate the development of our societies through social work, research work as well as reaches out to the larger community through extension at local and regional levels.

Objectives

- a. To maintain the Natural Resources and Environment with increased public participations with the available public schemes.
- b. To improve the health standards of the people by making them aware about the harmful and contagious diseases.
- c. To eradicate age-old social practices that are prevailing in the society like child marriages, gender equality etc.

Our Journey

In 2022-23, Jeevan Aadhar Society strengthened its efforts in several key areas: environmental protection, educational upliftment, women's empowerment, and health awareness. Our journey has been about fostering community engagement and ensuring that the programs we design and implement reach those in need. Through partnerships with local governments, educational institutions, and other civil society organizations, we have expanded our reach and impact.



Natural Resources Management

Introduction:

Telangana, one of India's rapidly developing states, is rich in natural resources but faces challenges related to environmental degradation, water scarcity, and unsustainable agricultural practices. Jeevan Aadhar Society has been actively engaged in addressing these challenges through various community-centric programs. The JAS efforts focus on raising awareness about biodiversity, promoting sustainable agricultural practices, and conserving water resources. This outlines key initiatives undertaken by the JAS in Telangana during 2022-23, highlighting their impact on natural resource conservation.

1. Natural Resources and Biodiversity Awareness Program

Introduction:

The Natural Resources and Biodiversity Awareness Program aims to foster a deeper understanding of the importance of natural resources and the biodiversity that sustains ecosystems worldwide. As our planet faces mounting environmental challenges, including deforestation, climate change, habitat destruction, and species extinction, raising awareness about the critical role that natural resources and biodiversity play in maintaining the balance of our ecosystems has become more urgent than ever.

This program seeks to engage communities, students, and stakeholders by educating them on the sustainable use of natural resources, the interconnectedness of species, and the conservation efforts needed to preserve biodiversity for future generations. Through awareness, hands-on activities, and educational campaigns, we will equip participants with the knowledge and tools necessary to actively contribute to environmental conservation, ensuring a healthy and thriving planet for all living beings.

By promoting biodiversity conservation and responsible resource management, the program underscores the need for collective action to safeguard our natural heritage, enhance ecosystem services, and support a sustainable future.

Objective:

To educate communities in rural Telangana about the importance of biodiversity and the sustainable use of natural resources, with a focus on preventing deforestation, soil erosion, and loss of species diversity.

Approach:

The program was implemented in multiple villages, where farmers and local leaders were educated through workshops, seminars, and field demonstrations. The JAS collaborated with environmental experts and government officials to provide practical knowledge on agroforestry, soil conservation techniques, and sustainable farming practices.

Key Activities:

- Conducted biodiversity awareness program with over 500 participants, including farmers, school children, and local authorities.
- Distribution of educational materials on the importance of biodiversity and the role of native species in ecosystem health.

- Awareness program with farmers on soil preservation techniques such as crop rotation, organic farming, and planting cover crops to prevent erosion.

Impact:

- Improved understanding among local communities about the importance of conserving natural ecosystems and maintaining biodiversity.
- A shift towards more sustainable farming methods by over 100 farmers in target areas.
- Reduction in the use of chemical fertilizers and pesticides in pilot villages, contributing to healthier soil and crop yield improvement.



ఘనంగా ప్రపంచ పర్యావరణ దినోత్సవం

పాపన్నపేట, జూన్ 6, సమాజం స్టూన్స్ ప్రపంచ పర్యావరణ దినోత్సవ సందర్భం ఎకాట వ్యవసాయ విస్తరణ అధికారి భవాని వారి కుటుంబ సభ్యులతో కలిసి పర్యావరణ దినోత్సవ వేడుకలను జరిపారు. ఈ సందర్భంగా వారు మాట్లాడుతూ మనం ప్రకృతిని ఎలా ఉండ్ అలాగే కాపాడి మన ముందు తరాలకు ఇవ్వాలిగా సూచించారు. మనం ఈ భూమి మీద కొద్ది రోజులు ఉండిపోవడానికి వచ్చాం అలాగే పోదామని ఏది కూడా పాడు చేయకుండా ముందు తరాలకు అలాగే ఉండేలా చూసుకుందామన్నారు. పిల్లలకు ఆస్తులు, సంపదను ఇవ్వకపోయిన పర్వలేదు కాని ప్రకృతిని మాత్రం చెడగొట్టకుండా చూసుకోవాల్సిన బాధ్యత మనందరిపై ఉందన్నారు. ఈ కార్యక్రమంలో వినోద, ఇందుమతి, రాహుల్, వంశీ, కాలనీ వాసులు జీనాదార సొసైటీ డైరెక్టర్ సాకూర్ బాబు తదితరులు పాల్గొన్నారు.



2. World Earth & Soil Day Celebrations

Introduction:

The World Earth & Soil Day Celebrations serve as a global platform to recognize and promote the vital importance of our planet's ecosystems and the critical role that soil plays in sustaining life. Celebrated annually, this event emphasizes the

need for collective efforts to protect and nurture Earth's resources, particularly soil, which forms the foundation of food production, water filtration, carbon storage, and biodiversity.

Soil health is essential for agricultural productivity, climate regulation, and environmental balance. However, human activities such as deforestation, unsustainable farming practices, and pollution have contributed to widespread soil degradation. World Earth & Soil Day aims to raise awareness about the urgent need to restore soil health, promote sustainable land management, and advocate for the conservation of natural resources.

The celebrations bring together communities, environmental organizations, policymakers, and individuals to participate in activities such as tree planting, soil conservation workshops, educational campaigns, and discussions on sustainable practices. By fostering a sense of responsibility towards our planet and its soil, this event encourages participants to take proactive steps in preserving and restoring ecosystems for future generations.

Objective:

To promote soil health and environmental stewardship among the rural population, with a focus on sustainable land use practices and the prevention of soil degradation.

Approach:

On World Earth Day and World Soil Day, Jeevan Aadhar Society organized community events across Telangana. These events were designed to raise awareness about the critical role of soil in agriculture and ecosystem health. The JAS used this opportunity to engage local schools, farmers, and village councils in soil conservation efforts.

Key Activities:

- Organized tree plantation drives involving 20000 saplings across five districts.
- Conducted soil health workshops where farmers were trained in testing soil quality and understanding the importance of soil nutrients.
- Distribution of soil health cards to 500 farmers, helping them monitor the nutrient status of their fields and make informed decisions on soil management.



Impact:

- Enhanced awareness of soil health among farmers, leading to better soil management practices and reduced erosion.
- Increased community participation in tree plantation and land restoration activities.
- Introduction of soil-testing routines that have helped farmers in improving their crop productivity by maintaining soil fertility.

3. World Environment Day Celebrations

Introduction:

The World Environment Day Celebrations hosted by JAS (Jeevan Aadhar Society) focus on raising awareness and driving action towards protecting the environment and promoting sustainable living. Celebrated annually, World Environment Day serves as a global platform to address critical environmental challenges such as climate change, deforestation, pollution, and biodiversity loss.

JAS is dedicated to creating a greener, healthier world through education, community engagement, and hands-on initiatives. The event will include activities such as tree planting, waste management workshops, environmental seminars, and eco-friendly campaigns, all designed to inspire individuals to take action in their daily lives to reduce their environmental footprint.

Through these celebrations, JAS aims to foster a deeper connection with nature and empower communities to contribute to the global effort of environmental conservation. By promoting sustainable practices and collective responsibility, we can help safeguard our planet for future generations.

Objective:

To involve local communities, schools, and civic bodies in environmental conservation efforts, raising awareness about pollution control, waste management, and the need to protect natural ecosystems.

Approach:

World Environment Day events were held in schools, villages, and urban centers across Telangana, focusing on reducing plastic use, encouraging waste segregation, and enhancing green cover. These events fostered a culture of environmental responsibility among children, youth, and adults alike.

Impact:

- Successful reduction in the use of plastic and increased adoption of eco-friendly alternatives in several communities.
- Active involvement of schools in setting up waste segregation systems and recycling programs.
- Increased public participation in environmental conservation initiatives, promoting sustainable lifestyle changes at the community level.



ITDA PO Utnoor meet and explain our Programs

4. Haritha Haram Program

Jeevan Aadhar Society actively took part in the Haritha Haram Program initiated by the Government of Telangana. It began in the month of June 2022 and went on until October 2022.

The role of JAS was to purchase, plant various saplings like Coconut, Guava, Mango, Tulasi, Osari, Allaneredu, Chamanti, Rose, Karepaku, Vepa etc.) in many villages of Mahabubabad, Karimnagar and Medak and Adilabad districts in Telangana state.

Serial number	District Name	Mandal	Number of villages	Plants planted
1	Mahabubabad	Bayyaram	8	8626
2	Mahabubabad	Keshamudram	16	5236
3	Mahabubabad	Nellikudur	9	4564
4	Adilabad	Gadiguda, Sirpoor	11	4480
5	Medak	Papannapet	5	2689
6	Karimnagar	Choppadandi	13	2535
Total	4	7	62	12030

5. National Farmers' Day/Kisan Diwas Celebration

Objective:

To celebrate the contributions of farmers and educate them on sustainable farming practices, especially in the context of climate change and its effects on agriculture.

Approach:

Jeevan Aadhar Society marked National Farmers' Day by organizing a series of workshops and discussions on sustainable agriculture and climate resilience. Farmers were introduced to organic farming techniques, climate-smart agriculture, and drought-resistant crops.

Key Activities:

- Farmers' meetings with agricultural experts on soil health, irrigation management, and organic fertilizers.
- Distribution of drought-resistant seed varieties and advice on water-efficient farming techniques.
- Workshops on the benefits of switching to organic and climate-resilient farming practices to combat climate variability.



Impact:

- Positive reception among farmers, with over 200 adopting organic farming methods in a span of six months.
- Enhanced resilience among farming communities through the adoption of drought-resistant seed varieties, particularly in regions prone to water scarcity.
- Reduction in the use of chemical fertilizers and pesticides by farmers who participated in the training sessions.

6. Millet Seeds Distribution and Awareness Programme**Introduction:**

The National Farmers' Day (Kisan Diwas) Celebration organized by Jeevan Aadhar Society (JAS) honors the invaluable contributions of farmers to the nation's economy and food security. Celebrated annually on December 23rd, this day recognizes the hard work, dedication, and resilience of farmers who sustain the country with their efforts.

JAS is committed to supporting the farming community through various initiatives, including educational workshops, sustainable farming practices, and resource-sharing programs. The celebration includes interactive sessions, agricultural exhibitions, and community engagement activities aimed at empowering farmers and promoting their well-being. By celebrating Kisan Diwas, JAS reaffirms its commitment to fostering a prosperous and sustainable future for the farming community.

మిశ్రమ పంటలు వేయడానికి అవగాహన

ప్రజాపక్షం/పాపన్నపేట:రైతులు పోలాలలో మిశ్రమ పంటలు, చిరు ధాన్యాలు ఎలా వేసుకోవాలో టీవీ ఆధారిత సాఫ్ట్వేర్ ఆధ్వర్యంలో ఆదివారం మండల పరిషత్లోని అభివృద్ధి గ్రామంలో రైతులకు సాఫ్ట్వేర్ పౌండర్ సక్రమంగా, అవగాహన నడపి కల్పించారు. రైతులతో నీటికి ఈ సందర్భంగా ఆమె మాట్లాడుతూ, రైతులతో నీటికి అవినాశాచ సంబంధం ఎలా వుంది, నీటిని ఏ విధంగా, ఎక్కడ ఎలా పొదుపు చేయాలని ఆమె రైతులకు సూచించారు. వృధాగా ఖర్చు అవుతున్న నీటిని పెరటి తోటలకు ఏ విధంగా మళ్ళించాలి, ఫ్లాస్టిక్ నాదడం వలన కలిగే నష్టాలు ఏమిటి, అనే అంశాలపై రైతులకు సూచనలు చేశారు.



ప్రతి ఒక్కరు మొక్కలు ఏ విధంగా నాటాలి, మొక్కల సంరక్షణ చేపట్టడానికి, చేపట్టడంలో రైతుల పాత్ర గురించి తెలియజేశారు. ప్రస్తుతం పంటలపై చిరు ధాన్యాలు వేయడం వల్ల కలిగే ఉపయోగాలు మిశ్రమ పంటలు ఫలితాలను ఆమె రైతులకు తెలియజేశారు. ఈ కార్యక్రమంలో గ్రామ సర్పంచ్, గ్రామస్థులు, రైతులు పాల్గొన్నారు.



చిరు ధాన్యాల సాగుకు ప్రాధాన్యం ఇవ్వండి

టీవీఎన్(మెడల్): చిరు ధాన్యాల ప్రాధాన్యతను మూలన కాలానికి అనుగుణంగా ప్రజలు తమ ఆహార గుర్తింబి వాటి సాగును పెంచాలని జీవన్ ఆధార్ రష అలవాట్లు మార్చుకున్నారని, వాటి మూలంగా సాగైతే అధ్యక్షులు సత్తుడాయి పేర్కొన్నారు. సో ఆలోగ్య పరమైన సమస్యలు వస్తున్నాయని ఆమె మవారం టీవీఎన్ మండల పరిధిలోని ఎల్లపేట, షా బాద్ తండా, మెట్టుగడ్డ తండా గ్రామాల్లో ప్రజలకు అలోగ్యంపై జాగ్రత్త పెరిగిందన్నారు. నీటి సంరక్షణ జీవన్ ఆధార్ సాగైతే అధ్యక్షంలో చిరు ధాన్యాల ఐతో పాటు గ్రామాల్లో పరిసరాలపై ప్రతి ఒక్కరూ సాగుపై అవగాహన సదస్సు నిర్వహించారు. ఈ దృష్టి సారించాలని ఆమె కోరారు. సమావేశంలో సందర్భంగా ఆమె మాట్లాడుతూ.. సూతనంగా అయీ గ్రామాల ప్రజలు పాల్గొన్నారు.

చొప్పదండి: చొప్పదండిలో జీవన్ ఆధార్ సాగైతే అధ్యక్షులలో రైతులకు చిరుధాన్యాలపై అవగాహన సమావేశాన్ని నిర్వహించారు. కార్యక్రమంలో సాగైతే ఫౌండర్ గౌతమ్, నక్కబాయి, రైతులు పాల్గొన్నారు.



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చిరుధాన్యం పంటలపై అవగాహన

చొప్పదండి, న్యూస్ టుడే: మండల కేంద్రంలోని జిచ్చి బాలికల ఉన్నత పాఠశాల ఆవరణలో శనివారం జీవన్ ఆధార్ సాగైతే అధ్యక్షులలో చిరుధాన్యం పంటలపై అవగాహన సమావేశం నిర్వహించారు. సాగైతే అధ్యక్షురాలు సాక్షుడాయి మాట్లాడుతూ.. పురాతన పంటలకు పూర్వవైభవం తీసుకురావాలని ఆవశ్యకతను మహిళలకు వివరించారు. ఆహారం కలుషితం కాకుండా బలవర్ధకమైన ఆహారం చిరుధాన్యాలతోనే సాధ్యమవుతుందని పేర్కొన్నారు. కార్యక్రమంలో నైపుడు గౌతమ్, సాగైతే ప్రతినిధులు, స్థానిక మహిళలు పాల్గొన్నారు.

Objective:

To promote the cultivation of millets as a climate-resilient and nutritionally rich crop, encouraging farmers to diversify their crops and enhance food security.

Approach:

Recognizing the need for sustainable agriculture in the face of climate change, Jeevan Aadhar Society distributed millet seeds to farmers across drought-prone districts of Telangana. Alongside seed distribution, workshops were held to educate farmers about the nutritional benefits of millets and their ability to grow in low-water conditions.

Key Activities:

- Distributed millet seeds to 1,000 farmers in five districts.
- Conducted awareness sessions on the importance of including millets in crop rotation to enhance soil fertility and improve food security.

- Collaborated with local agricultural universities to provide farmers with technical knowledge on millet cultivation.

Impact:

- Significant uptake in millet cultivation, particularly in arid areas where water scarcity is a major challenge.
- Increased awareness among farmers about the nutritional and economic benefits of millets, with several farmers reporting higher yields and better market prices.
- Improved food security for farming families through crop diversification and the inclusion of millets in daily diets.

6. Water Conservation & Management Awareness Programme

Introduction:

The Water Conservation & Management Awareness Programme by Jeevan Aadhar Society (JAS) aims to educate and engage communities in the sustainable use and preservation of water resources. Water is essential for life, agriculture, and ecosystems, yet its availability is under increasing threat due to climate change, over-extraction, and pollution.

Objective:

To address the growing water scarcity in Telangana by promoting efficient water use and conservation techniques among farmers and communities.

Approach:

Jeevan Aadhar Society launched a water conservation campaign focused on promoting rainwater harvesting, efficient irrigation practices, and watershed management. The JAS collaborated with local government agencies to train farmers on water-saving techniques like drip irrigation and mulching.

Key Activities:

- Organized awareness program on rainwater harvesting and groundwater recharge, attended by 200 farmers.
- Installed 10 rainwater harvesting systems in schools and public institutions across rural Telangana.
- Demonstrated water-efficient irrigation methods such as drip and sprinkler systems in 5 demonstration plots.

Impact:

- Increased adoption of rainwater harvesting techniques in rural communities, leading to improved water availability during dry seasons.

- Significant improvement in water-use efficiency on farms through the use of drip irrigation, helping farmers maintain crop yields despite water shortages.
- Greater awareness of the need for sustainable water management practices among rural households and schools.

Conclusion

Jeevan Aadhar Society's work in Telangana over the 2022-23 period highlights the importance of community-based approaches to natural resource management. By focusing on awareness, education, and hands-on support, the JAS has helped rural communities adapt to environmental challenges while promoting sustainable practices. These initiatives have not only improved the livelihoods of local farmers but also contributed to long-term environmental conservation. As the region continues to face the impacts of climate change, Jeevan Aadhar Society remains committed to empowering communities to protect their natural resources.

EDUCATION

Introduction

The **Jeevan Aadhar Society (JAS)** has been actively engaged in numerous educational programs aimed at enhancing awareness, building skills, and fostering development in communities. These initiatives focus on providing access to quality education, career guidance, and promoting child rights, skill development, and literacy. Over the past year, the following programs have been conducted to bring about positive change in society:

1. Badi Bata Awareness Programme

The **Badi Bata Awareness Programme** was designed to promote school enrollment and ensure that children from underprivileged communities are given the opportunity to pursue education. The program focused on reaching out to marginalized families and raising awareness about the importance of education.

Objectives:

- Increase school enrollment rates among children, especially from disadvantaged backgrounds.
- Educate parents about the benefits of formal education and the long-term impact on their children's lives.
- Reduce dropout rates by encouraging continuous education and offering support where needed.



Key Activities:

- Community outreach through door-to-door campaigns, where volunteers interacted with parents and community leaders to emphasize the value of education.
- Organization of school visits, where parents and children were introduced to school environments and given information on admissions and financial support.
- Distribution of educational materials such as school kits, uniforms, and stationery to needy students.

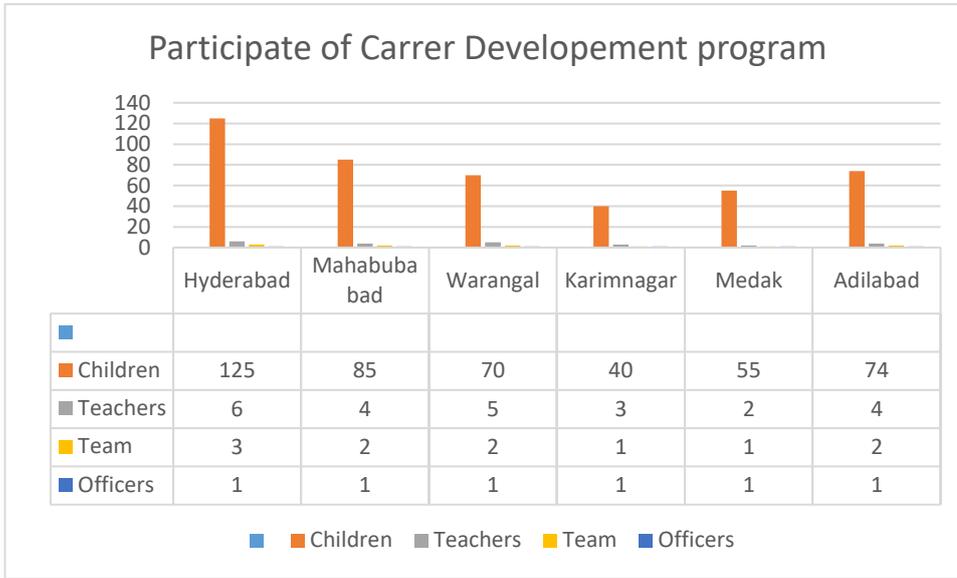
Outcomes:

- Enrolled over 500 children in local government and private schools.
- Decreased dropout rates by 15% in target communities.
- Created a network of local volunteers who will continue to support and mentor students.

Career Development Program

Special efforts by governmental and non-governmental organizations over the past few years have seen some changes in educational status of the children. Few Online campaigns were conducted with the help of community women and team members of the villages, our Jeevan Aadhar society has recognized non going students to school and briefly explained the future of the students to their parents and made a great interest regarding studies of their child and

made to take an oath by co-students they make every student to study in the like in Telangana state, This took place in the year of 2021-22.



CRC Week Celebration

Jeevan Aadhar society has conducted many school meetings by intention of educating children rights, genders, girls health education, pediatric health educations, de-worming, drawbacks of child marriages and convincing and informing regarding child rights to their parents and giving the child's right position in their houses.

The CRC week programs were held from November 14 to November 21, 2021





విద్యార్థులకు అవగాహన కల్పిస్తున్న జీవన్ ఆధార్ సొసైటీ డైరెక్టర్ సక్రబాయ్

విద్యార్థులకు అవగాహన జీవన్ ఆధార్ సొసైటీ డైరెక్టర్ సక్రబాయ్ మాట్లాడుతూ, విద్యార్థులను వ్యక్తిగత పరిశుభ్రత పాటించడంతో పాటు తోజనం చేసే ముందు చేతులను శుభ్రంగా కడుక్కోవాలని సూచించారు. విద్యార్థులను ఆప్రమత్తంగా ఉండాలన్నారు. కార్యక్రమంలో సీజనల్ వ్యాధులు ప్రబలమండా తీసు మంలో జిమ్మర్ల ప్రత్యేకాధికారి ఖాద్మ, సిబ్బంది కోవాల్సిన జాగ్రత్తలపై అవగాహన కల్పించారు.

International Literacy Day Campaign

With the help of village sarpanches, women communities and local bodies, our Jeevan Aadhar society has conducted campaigns on 8th Sept for encouraging the new types of digital studies to the children in view of international literacy day campaign with the theme "literacy teaching and learning in the covid- 19 crisis and beyond".



Happy Children Day

As it is a special day for children, This provided a gala celebration with all the eatables. Amusement by listening to patriotic leaders during story narrations. Built in personality of citizenship growth, cultural, traditional responsibilities towards

their beloved mother country. As the proverb says, “Today’s children are tomorrow’s citizens of the Country”.

Jeevan Aadhar Society is doing on November 14th children’s day has been celebrated as “Children’s Day” in India. India’s first Prime Minister Pandit Jawaharlal Nehru was born on 14th November as he likes the children, this day is being celebrated as children’s day. It is not just a day to let the future generation have its say. It is a day to remember a leader who, in his quiet but determined way laid the foundation to convert a nascent nation into a world power.

Jeevan Aadhar Society is children day celebration on Schoos in Mahabubabad, Karimnagar Medak, Adilabad and Asifabad district’s, Telangana state(14.11.2022).



Women Empowerment

Awareness Program

We continuously are empowering rural women bringing overall development for them. Besides it, we have provided sewing and weaving training programme to those women who are coming under the BPL Category. Approximately 12 individual women have been imparted training by our own effort, and they are generating income after getting training.

Taking this feature into deliberation for developing trained women, JAS focused on the essential activities in the reported period as follows:

- Formation of Self-Help Groups
- Savings and credit mobilization
- Credit linkages

A silent economic revolution is taking place in the rural areas by the formation and successful functioning of women Self Help Groups (SHG). Group meeting, minutes note, resolution, internal lending, loan, revolving fund, Bank, cheque, accounts, passbook, savings, repayment, subscription are no more new words for them. SHG is a major tool for empowerment of women and slowly converting their status equal to men.

	
<p>epaper.eenadu.net</p> <h3>ఆరోగ్యంపై అవగాహన</h3> <p>సిర్పూర్(యు), స్కాన్టుడే : యుక్త వయసు వచ్చిన అమ్మాయిలు నెల నెల సమయంలో జాగ్రత్తలు తీసుకోవాలని జీవన్ ఆదార్ సొసైటీ జైలెక్టర్ గేడం సాక్షి బాయి సూచించారు. ఈమె రకు ఆధిపత్యం మండలంలోని కొలినూర్ వారికల ఆశ్రమ పాఠశాలలో అవగాహన కల్పించారు. ఆరోగ్య విద్యార్థులకు కాస్టిక్, అంజోస్టిక్ టీన్ షాన్ షాన్ డైరెక్ట్ సాక్షులు సమస్యలు, పరిష్కారానికి తీసుకోవాల్సిన జాగ్రత్తలు, బొమ్మకాహారం వంటి వాటిపై వివరించారు. ఆనంతరం విద్యార్థులకు అవసరమైన కాస్టిక్ వస్తువులను పంపిణీ చేశారు. ఆమె వెంట ఆసీ మెంబర్ మేధం ఆచంట్</p> 	

Elimination of violence against women campaigning

Jeevan Aadhar society has conducted campaigns from November 25th to December 10th in various villages and zones at village women's conferences for awareness to women, children, young girls, and housewives regarding violence against women's, teenage girls, posh dressing of girls, eve teasing, how to manage menstrual cycle for young girls, etc. like Side effects, diseases and problems to the housewife from chronic gudumba drinkers, etc, Mahabubabad, Karimnagar, Adilabad and Medak Districts duly present during the campaign.



ఈనాడు
epaper.eenadu.net

కళాశాలకు వెళ్లి బండ్లో పాల్గొనాలని కోరారు.
హింసను అరికట్టడానికి ప్రత్యేక చర్యలు
సీమార్(యు), న్యూస్టుడె: రోజురోజుకూ పిల్లలపై జరుగుతున్న హింసను అరికట్టడానికి ప్రత్యేక చర్యలు తీసుకుంటున్నట్లు జీవన్ ఆధార్ సొసైటీ చైర్మన్ సాత్యజిత్ సాత్యజిత్ పేర్కొన్నారు. మంగళవారం సిర్పూర్(యు) మండంలోని కొహినూర్(కె) బాలికల ఆశ్రమ పాఠశాలలో విద్యార్థినులతో అవగాహన కార్యక్రమం ఏర్పాటు చేశారు. పిల్లలపై పాఠశాలలో, బయట జరిగే హింసను ఏమిదంగా ఎదుర్కోవ్వాలి అనే అంశంపై అవగాహన కల్పించారు. ఆమె వెంట సొసైటీ సభ్యుడు అచంబరాపు, పాఠశాల సీబ్బంది ఉన్నారు.

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బాలికలకు అవగాహన కార్యక్రమం

చొప్పదుడి, జూన్ 14: చొప్పదుడి బాలికల జడ్పీ ఉన్నత పాఠశాలలో మంగళవారం జీవన్ ఆధార్ సొసైటీ ఆధ్వర్యంలో విద్యార్థినులకు అవగాహన కార్యక్రమాన్ని నిర్వహించారు. హింస, అత్యాచారాల నుంచి బయట పడడానికి మార్గాల గురించి తెలియజేశారు. కార్యక్రమంలో జీవన్ ఆధార్ సొసైటీ ఛాంసెల్లర్ గౌతమ్, చైర్మన్ సత్యజిత్, పాఠశాల హెచ్.ఎం. రాధారాణి, ఉపాధ్యాయులు పాల్గొన్నారు.



District's	Children	Teacher	Officials	Team
Mahabubabad	126	9	2	2
Adilabad	96	8	2	3
Medak	79	5	1	1
Karimnagar	65	6	1	2
Total	386	28	6	8

National Girl Child Day

Jeevan Aadhar Society has conducted National Girls child Day in Mahabubabad and Adilabad District, Telangana state (24.01.2023).

Girls are leaders. Girls are change-makers. Girls are driving good and growth around the world. They are a fundamental source of transformational change for gender equality, and technology is a crucial tool to support their work, activism, and leadership.



International Women's Day

Jeevan Aadhar society also conducted international women's day campaign at Adilabad, Mahabubabad and Medak districts.

This year Jeevan Aadhar society has conducted campaigns regarding genders, social restrictions and the new amendment laws regarding public and police relationships, explained to the common peoples, and children. The theme for International Women's Day 2021 is **“Think equal, build smart, innovate for change”**. The society has made efforts in working in line with the theme which focused on innovative ways in which we can advance gender equality and the empowerment of women, particularly in the areas of social protection systems, access to public services and sustainable infrastructure.



HEALTH

WORLD HEALTH DAY

World Health Organisation in Collaboration with other Organisations Performs World Health Day every year on 7th April. In 1948 WHO organized the World Health Assembly for the first time and decided to celebrate World Health Day on April 7 and from 1950 the World Health Day has come into force effectively on 7th April. Various Government, Non Government Organisations are eagerly performing the programmes on different Health related issues. Mostly people are effected with Fatigue, Laziness, Diabetes, Obesity. WHO works worldwide to promote health, keep the world safe, and serve the vulnerable its goal is to ensure that a billion more people have universal health coverage, to protect a billion more people from health emergencies, and provide a further billion people with better health and well-being. JAS with its excellence and Team Members support has raised the importance of Good health through its various Orientation programmes and sensitized the people it explaining that Good Health is not just the absence of disease or illness, it is a state of complete physical, mental and social well-being. This means eating a balanced diet, getting regular exercise, avoiding tobacco and drugs and getting plenty of rest.

It defines health as a state of complete physical, mental, and social well-being according to the WHO.





JAS with its excellence and Team Members support has visited the schools and educated the children on the health education and to promote positive health attitudes, prevent disease, provide health instructions and services to students, JAS with its excellence and Team Members support has visited the Agriculture fields where most of the workforce engage in work their it has elaborated them about the Health to reach wellness goals are the personal commitments they make to improve your physical health, emotional wellness, and mental wellbeing. They might include things like exercise, diet, sleep, managing emotions, building relationships, doing stimulating mental activities, or seeking therapy for mental health challenges.

JAS with its excellence and Team Members support has conducted Sensitization programmes with Local Bodies include Public Representatives and through Grama Sabhas educated the Rural People on the importance how to maintain a good health which include like to practice Regular exercise, balanced nutrition, and adequate rest all contribute to good health. People receive medical treatment to maintain the balance, when necessary. Physical well-being involves pursuing a healthful lifestyle to decrease the risk of disease. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Physical activity has many benefits. It can improve your health, mood, and energy levels. But sometimes, the inspiration to get moving may be lacking.

JAS with its excellence and Team Members support has elaborated the following methodology and mentioned it in through its various Programmes conducted from Grass root to Upper Level it mainly focused on the problem solving solutions,

preventive measures and Life Skills Methods for Survival. It follows as below mentioned:

Family Counselling:

Many things can influence a child, including friends, teachers, and the things they see when they sit in front of the TV or computer. If you're a parent, know that your everyday behavior plays a big part in shaping your child's behavior, too. With your help, kids can learn to develop healthy eating and physical activity habits that last throughout their life

Bond with your kids

Parents have an important job. Raising kids is both rewarding and challenging. Being sensitive, responsive, consistent, and available to your kids can help you build positive, healthy relationships with them. The strong emotional bonds that result help children learn how to manage their own feelings and behaviors and develop self-confidence. Children with strong connections to their caregivers are more likely to be able to cope with life's challenges.

Build healthy relationships

Strong, healthy relationships are important throughout your life. They can impact your mental and physical well-being. As a child you learn the social skills you need to form and maintain relationships with others. But at any age you can learn ways to improve your relationships. It's important to know what a healthy relationship looks like and how to keep your connections supportive.

Take care of yourself while caring for others

Many of us will end up becoming a caregiver at some point in our lives. The stress and strain of caregiving can take a toll on your health. It's important to find ways to care for your health while caring for others. Depending on your circumstances, some self-care strategies may be more difficult to carry out than others. Choose ones that work for you.

A healthy body is maintained by good nutrition, regular exercise, avoiding harmful habits, making informed and responsible decisions about health, and seeking medical assistance when necessary.

his means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

JAS with its excellence and Team Members support has given following Diet Plan to maintain a Good Health in every of its Meeting so that to be are:

- ❖ Healthy Eating Plan.
- ❖ Take Baby Steps.
- ❖ Set Realistic Goals.
- ❖ Reward, Don't Punish.
- ❖ Get a Buddy.
- ❖ Track Your Meals.
- ❖ Add Exercise.

JAS with its excellence and Team Members support focused on social health as follows:

- ❖ Join a group focused on a favorite hobby, such as reading, hiking, painting, or wood carving.
- ❖ Learn something new.
- ❖ Take a class in yoga, tai chi, or another new physical activity.
- ❖ Join a choral group, theater troupe, band, or orchestra.
- ❖ Help with gardening at a community garden or park.
- ❖ Expecting a good health for all people and lives in a prosperous, stable environment.

Details of the ill-health persons mentioned below:

S.No	Name of the District	No. of the Villages	No. of the Mandals	Number of Persons
1	Karimnagar	8	4	330
2	Mahabubhabad	10	6	470
3	Asifabad	9	5	385
4	Medak	9	3	445
5	Sircilla	6	2	280
Total		42	20	1910

WORLD CANCER DAY

Cancer is a disease caused when cells divide uncontrollably and spread into surrounding tissues. Cancer is caused by changes to DNA. Most cancer-causing DNA changes occur in sections of DNA called genes. Every year the 4th February is observed as a day to raise awareness of cancer prevention and to promote awareness on treatment this was treated as International Day.

JAS Objective: To gradually reduce deaths and ill-health caused due to cancer and to reduce the stress that was occurred to person and to give moral support to the cancer affected person this was performed as International Day. These days, doctors are able to cure many cancers. But some cancers can come back many years after treatment

All cancer is triggered by altered genes. However, only five to 10 per cent of cancers are actually hereditary. Heredity may sometimes appear to be the reason for a cancer, especially when the same types of cancers run in families.

A test known as the “hereditary cancer gene panel” can check for many different genes associated with a risk for breast cancer, colon cancer, prostate cancer, and other cancers. To perform the test, doctors collect a small sample of your blood or saliva and send it to a specialized lab to be analyzed.

JAS with its excellence and Team Members support has pointed out the importance of preventing Cancer through various Orientation Programmes likewise it mentioned the following ways as below to the public and stood frontrunner it showed the various cases studies of the people affected with cancer and their complications and given a simplified solutions as :

- Don't smoke. ...
- Maintain a healthy weight. ...
- Exercise regularly. ...
- Eat a healthy diet. ...
- Non consumption of alcohol...
- Protect yourself from infections. ...
- Get screening tests regularly.

• **JAS through its programmes has raised the awareness on the reasons for Cancer as follows**

- Smoking.
- Lifestyle.
- Alcohol.
- Diet.
- Infection and inflammation. Viruses, Bacteria and parasites.
- Radiation. Non-ionizing radiation.

JAS in its meetings always focused on the Unhealthy Habits mainly Smoking, Alcohol consumption which is mostly consumed by an Adult Person in a traditional India this is done because of their Environment and their Life style. It recommended the Public that although the Unhealthy habits might give temporary satisfaction but implications in the Longrun is most effective on the Human Health which is leading to the deadliest cancer Cells and that will lead to the Person Death. However this indirectly producing the person Family into Economically backward and making them Poor as he was the Backbone of the Family. coming to Women they are mainly effected with Cervical and Breast Cancer which are most deadliest and Painful this kind of Cancerous cell growth in Women should be detected at earlier stage so that they might have some reduced Pain. In the same way it has given some warning signs in Human to predict cancer like

- Abnormal bleeding or bruising
- An unusual lump or swelling
- Sudden changes in vision, hearing, speech, mood, memory or balance
- Persistent daily headaches
- Unexplained fatigue
- Ongoing pain, tingling or numbness
- Frequent infections and fever
- Sudden, unexplained weight loss
- Any blood in your stool or urine
- Abnormal vaginal bleeding (breakthrough bleeding, unusual flow)
- Any new lump or change in breast tissue
- A new mole or unusual spot on your skin, or a mole that's changing in size, shape or color
- Persistent night-time sweating requiring you to change your clothes

- Painful lymph nodes after drinking alcohol
- Unexplained or persistent itching

JAS with its excellence and Team Members support encourage them even if they are undergoing treatment.

Supporting Family Members to keep away stigma and providing timely medicines to the Cancer affected persons likewise are discussed.

Details of the programmes conducted are mentioned below:

S.No	Name of the District	Number of Mandals	Number of Villages	Participants
1	Medak	2	4	112
2	Sircilla	2	4	120
3	Asifabad	3	6	145
4	Adilabad	2	3	69
5	Karimnagar	2	3	55
Total		11	21	502

World Malaria Day

World Malaria Day is observed every year on 25th April Internationally to spread awareness and to eradicate the Malaria Disease and give precautionary measures and see not to become victim of this evil Disease.

- Malaria is an infection caused by a plasmodium Parasite transmitted by the bite of Infected Mosquitoes
- Malaria mostly spreads through the bite of some infected Female Anopheles Mosquitoes.
- Blood transfusion and contaminated needles may also transmit Malaria.
- Malaria effected person suffers with chilled Fever and its incubation period is 10 to 15 Days.
- Fever,Cold,Head Ache,Vomiting, Nausia, Abdominal Pain following are the main symptoms of this Fever.
- Children are mostly affected to this Fever
- People with Low Immunity are vulnerable to this Fever which might be Fatal.

- To reduce malaria Infections, World Health Programs distribute preventive drugs and insecticide-treated bed nets to protect people from mosquito bites.
- The World Health Organisation has recommended a malaria vaccine for use in children who live countries with high numbers of Malaria cases.

JAS with its excellence and Team Members support has visited various Districts, Mandals, Villages in Telangana where the Malaria cause is more and reached the Public through its Orientation Programmes. It has elaborated the consequences that will be faced after the attack of Malaria Disease like Fever, Moderate-to-severe chills, Profuse sweating, Headache, Cough, Diarrhoea, Body-aches, Nausea, and in case of **Uncomplicated malaria** vomiting ,Anaemia. Likewise they also pointed about the **Severe malaria consequences like** Prostration, Respiratory distress, Confusion/agitation, Convulsion, Shock, Coma, Abnormal bleeding, Repeated vomiting.

- In addition to that JAS with its excellence and Team Members has given some precautionary measures by following Door to Door visit and conducting Public Mobilisation through Grama Sabha , all these helped the People to recognise the wellbeing of Life in this Day to Day busy life. Mostly people are ignore about the incidents until it occurs as this may leads to Fatal Death. In wake up of this the Society tried its Level Best in inculcating Health Education to the Public.

In view of the above awareness and some of the preventive measures is provided like to Protective clothing, bed nets and insecticides can protect, Ensure Cleanliness in Surroundings.



JAS with its excellence and Team Members has successfully executed some of the precautionary measures like

- Drained the Water Logged Tyres, and Pots, Drums which are not in Usage, Pit Holes which are not in Usage so that it helps in not developing the Mosquitoes Larva.
- Identified the Garbage which is Dumped nearby Houses with the Disease spreading Mosquitoes Develop. The Society has successfully shifted the Garbage with help of Local People which is helpful for the people.

Details of the Awareness provided mentioned below:

S.No	Name of the District	Name of the Mandal	Name of the Village	No. Of Persons
1	Mahaboobad	Kesamudhram	Veerareddypallythanda	29
2	Adilabad	Indravelli	Kobhaiguda	35
3	K.B.Asifabad	Sirpur (U)	Burnur (B0	40
4	Sircilla	Vemulawada	Marripalli	30
5	Medak	Papannapeta	Annaram	27
Total				161

World Food Day

Jeevan Aadhar society has conducted meetings in Mahabubabad, Medak, Adilabad and Karimnagar District, Telangana state on world food day with girls and women in view of explaining the anemia diseases, nutritional diseases, generalized weakness diseases, hormonal diseases.

Also, to explain how to cultivate the resources useful to our body in the agricultural lands and use the resources to be healthy and wealthy.



Seasonal Diseases Awareness Campaign

The JAS conduct in Khandow and Gadiguda villages, Adilabad District, Telangana to create awareness about seasonal diseases by showing some placards and explained about seasonal diseases and also created awareness about Food habits, cleaning of surrounding premises for preventing seasonal diseases such as Malaria, Typhoid, Dengue and Chikun gunya.



Breast Feeding Week

Women aspire to experience the Motherhood but few of them doesn't show any kind of interest to give birth to the child because of the fear that they might lose their beauty, charm and follows different methods

However Some of them though they give birth to the child but they were not willing to give breastfeeding for different personal reasons this was seen mainly in Rich Families and those who adapted to Luxury Life.

Accordingly the World Health Organisation and Medical Experts has warned not to follow such kind of harmful Methods as part of this every Year in the Month of August (1st to 7th) World Breast Feeding Week is commemorated .The Main Objective of this was to give awareness on the importance of Breastfeeding and its useful effects on the Mother and Child.

21 Dangers of Infant Formula

the Infant Formula Companies don't want you to know!

For Your Child: When you feed your baby infant formula, you increase your baby's chance of having:

- 1 asthma
- 2 allergies
- 3 ear infections
- 4 high blood pressure & heart disease
- 5 respiratory infections
- 6 lower IQ & cognitive development
- 7 obesity
- 8 iron-deficiency anemia
- 9 SIDS (Sudden Infant Death Syndrome)
- 10 diabetes (types 1 & 2)
- 11 digestive problems

For the Mother: When you don't breastfeed, you increase your own chance of developing:

- 16 diabetes (both gestational as well as type 2)
- 17 overweight & obesity
- 18 osteoporosis
- 19 breast cancer, ovarian cancer & uterine cancer
- 20 hypertensive & cardiovascular diseases
- 21 reduced child spacing

NB: References of the evidence-based research used for this information flyer is on the back
Produced by the World Alliance for Breastfeeding Action (WABA) on its 21st Anniversary - April 2012
Written by Nancy Forrest (RN, BSN, IBCLC), WABA-ILCA Fellow for 2011/2012

Details of the beneficiaries mentioned below :

S,No	Name of the Mandal	Beneficiaries	Grams	Team	Total
1	Sirpur	245	18	2+1	248
2	Lingapur	146	09	2	148
3	Jainoor	189	14	2+3	194
4	Kerameri	52	06	2+1	55
Total		632	47	13	645

Personal Hygiene Activity Awareness Programme

Towards creating a healthier society by popularizing preventive measures, JAS organizes awareness programs on various issues of health and hygiene.

JAS brings necessary healthcare to the ultra-poor in remote and hard to reach areas of Adilabad, Mahabubabad and Medak District, Telangana. Towards creating a healthier society by popularizing preventive measures,

JAS makes use of visual media which communities are familiar with, like street plays, puppet shows etc. Another strategy employed is involving children and youth in awareness programs like rallies, debates etc. because, children are the best messengers to carry the message to their parents, family and other community

members. Health-weeks and health camps are also generally organized in villages for different age groups.

Information about the conduct of health awareness sessions and camps is widely canvassed by our JAS well in advance. These sessions and camps are organized in coordination with the community keeping their time and other constraints in mind. Through these activities, our NGO ensures that such programs reach the maximum number of peoples.



World AIDS Day

JAS with its excellence and Team Members support raised the awareness on this disease which is caused due to HIV (Human Immunodeficiency Virus) is caused by a virus. AIDS is the generic name for the (Acquired Immunodeficiency syndrome). Immunity in the body is stimulated by the reasons that we face outside. A condom is the most effective form of protection against HIV and other STIs. It can be used for vaginal and anal sex, and for oral sex performed on men. HIV can be passed on before ejaculation through pre-cum and vaginal secretions, and from the anus.

Acquired Immune Deficiency Syndrome or better known as AIDS is a life-threatening disease. It is one of the most dreaded diseases of the 20th century. AIDS is caused by HIV or Human Immunodeficiency Virus, which attacks the immune system of the human body. There's no cure for HIV / AIDS . Once you have the infection, your body can't get rid of it. But there are medicines that can control HIV and prevent complications. Everyone diagnosed with HIV should take antiretroviral therapy medicines, also called ART.

Most people get HIV through anal or vaginal sex, or sharing needles, syringes, or other drug injection equipment. Only certain body fluids can transmit HIV

Many tools are available to help prevent HIV. You can choose not having sex, activities with lower chances of HIV transmission, never sharing needles, and using condoms. You can also use HIV prevention medicines such as PrEP or PEP. If you have HIV, you can prevent transmitting HIV to others.

JAS with its excellence and Team Members support raised the followed certain resources which are available which helps to achieve success that includes Examples like Website(s), Email lists/newsletters, Social media channels ,Traditional media contacts, Social media expertise, Experience/expertise with event planning and evaluation ,Staff, volunteers, and interns engaged in past events and special projects

JAS with its excellence and Team Members support has conducted some of the events include:

- Public forum or town hall meeting on local impact
- Essay contest
- News conference
- Visit to a local HIV/AIDS service organization or open house
- Proclamation
- media campaigns
- Health fair with HIV testing

JAS with its excellence and Team Members support pointed the importance of the AIDS day through the Communication and digital outreach about the Awareness Day can extend your reach to attendees at the grass root level and pointed some of the AIDS affected Persons given a hope and survival AIDS by trying to live a healthy lifestyle, including

- Eating healthy foods. This can give your body the energy it needs to fight HIV and other infections. ...
- Getting regular exercise. ...
- Getting enough sleep. ...
- Not smoking. ...
- Avoiding heavy drinking or taking illegal drugs. ...
- Protecting yourself from OIs.

JAS has followed the ways and means and followed a propaganda which is helpful for the persons who are affected with AIDS and given preventive measures for the persons not to get trapped into this disease through it various Orientation programs.



Details of the Persons affected with AIDS are mentioned below:

S.No	Name of the Village	Name of the Mandal	AIDS Occurred Persons
1	Jamni	Jainoor	50+2
2	Pangadi	Sirpoor	65+5
Total			122



Jeevan Aadhar Society
ISO Certified Organization
