



# Society for Animal Health Agriculture Science & Humanity

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## Annual Report 2008-09

### OBSERVATION OF NATIONAL ENVIRONMENT DAY:

On 1<sup>st</sup> March 2008 National Environment Day was celebrated on the theme “How to protect Environment” an painting competition in the Primary school of Kadergaun, Sultanpur Uttar –Pradesh to promote the youth and school to take part in a campaign to protect the environment and through this program Amethi coordinator Ram Karan Chauhan aware the students about the Environment and told them how can they protect it.

Another program also organized to aware the villagers and farmers that they should use the hybrid crops of rice in cultivation that emit less CO<sub>2</sub> and it also give the high productivity to the farmers, so they should aware about what are the hybrid seeds of rice that help him to protect the environment.

### OBSERVATION OF INTERNATIONAL WOMEN'S DAY:



On 8<sup>th</sup> March 2008 International Women's Day was celebrated as Self employment yojana .On this a open discussion between women organized at Kurushetra center, Haryana India .Many women's take part in this activity to discuss how we can improve our economic status and would be self dependent. On this day a small training camp is also organized for 3 days.

### OBSERVATION OF PREVENTION OF BLINDNESS WEEK:

On 1<sup>st</sup> April 2008 Prevention of blindness week was celebrated with a campaign “Care your eyes”. Eyes are important in our life with out sight world become useless. In this week volunteer campaign in different block of sultanpur such as Amethi, Bhetwa, Bhadar, Sangrampur Gauriganj, Sahgargh. In this campaign volunteers told them what is contract and how it affect us and their symptoms. They aware them that contract is a clouding of the eye's lens, which blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris, and is normally transparent. The lens helps to focus images onto the retina - which transmits the images to the brain.

Your vision may become blurry or dim because the cataract stops light from properly passing through to your retina. Cataracts are a leading cause of blindness among older adults. Cataracts can also sometimes be found in young people or even newborn babies. They tell there are also several possible risk factors for cataracts, such as:

-Intense heat or long-term exposure to UV rays from the sun

-Certain diseases, such as diabetes

-Inflammation in the eye

-Hereditary influences

-Events before birth, such as German measles in the mother

-Long-term steroid use

-Eye injuries

-Eye diseases

-Smoking

Main symptoms are cataract does not cause pain, redness or tears. The following problems may indicate that you have a cataract:

- You have blurred vision, double vision, ghost images, or the sense of a "film" over your eyes.
- Lights seem too dim for reading or close-up work, or you are "dazzled" by strong light.
- You change eyeglass prescriptions often and the change does not seem to help your vision.  
You may also be able to see the cataract in your eye. It may look like a milky or yellowish spot in your pupil.

The key to preventing vision loss is regular eye exams. If you are 65 or older, you should get a complete eye exam every one or two years, even if you have no problem seeing well. Be sure to ask your eye doctor for a dilated eye exam.

#### **OBSERVATION OF ANTI-CHILD LABOUR DAY:**

On 30<sup>th</sup> April 2008 Anti-child labour Day was celebrated with a theme "Campaign on Anti-Child Labour". CACL will attempt to identify children being employed under the age of 14 years and forward complaints to the District Collector and appropriate Labour department authorities. Questions were also raised about the validity of the State Government's figures on child labour — the officials seemed to depend on the Sarva Shiksha Abhiyan statistics of over 25,000 child workers and all plans to eradicate child labour hinged on this estimate.

#### **OBSERVATION OF ASTHAMA DAY:**

On 7<sup>th</sup> May 2008 Asthma Day was celebrated with a campaign in village of Kathergaon, block Bhetwa Sultanpur Uttar-Pradesh, India and tell the villagers, what are the

symptoms and how to know your Asthma is under control. Campaign include to tell them asthma needs two kind medication: reliver or rescue & controller medication.

In campaign tell them to take steps to avoid causes of asthma symptoms such as animal with fur, dust, strong smells and sprays, pollen from trees and flowers ,cigarette and fireplace smoke. Go to doctor 2 or 3 times in a year to check-ups even if u feel fine and have no breathing problems. Sign of asthma control is you sleep well and not wake up at night, you are physically active, lung function properly when you speak and have no expiratory problem.

#### **OBSERVATION OF ANTI-TOBACCO DAY:**

On 31<sup>st</sup> May 2008 Ant- Tobacco Day was celebrated on the theme “NO Gutakha-No Sweety” by organizing campaign awareness program in village Tikari, Amethi Uttar-Pradesh,India and through this campaign SAHASH volunteers told the villagers, how chewing Gutakha are harmful to our health and how it can cause a Cancer. Use of Gutakha increases the chance of developing cancer of oral cavity, food pipe stomach intestine, overy, mouth and throat, breast, liver, blood and othert organs.

As Gutakha is acceptable habbit by our society, so we have to care full about the use of it. You can quite the Gutkha by medical aids in the form of patches and chewing gum that release moderate amounts of nicotine into the bloodstream, have been found to be partially successful during the early days in combating withdrawal symptoms. However the psychological aspects of the habit are equally hard to surmount and must be overcome by sheer will power. Each individual’s motivations for trying to quit vary. The most important step remains the first one, making the decision. Quitting at any age is beneficial and does not only increase life expectancy, it also improves quality of life. We can control the cancer by avoiding Gutakha consumption by regular exercise, by controlling a weight of body and avoiding fatty foods. Regular self breast examination helps in detection of breast lump which can lead to breast cancer. Hepatitis B vaccination reduces the chance of occurrence of liver cancer.

SAHASH volunteers told the villagers symptoms of cancer which is caused by this tobacco such as

- Bloody discharge from urinary channel and private parts.
- Any swelling in the breast or other parts of the body.
- Continuous cough /change in voice /difficulty in breathing.
- Difficulty in swelling /sudden loss of weight /loss of appetite.
- Wound, which is not healing?
- Change in daily bowel/bladder habits.

Our volunteers tell the villagers in campaign how you quite the smoking & Gutakha.

1. If you smoke under stress at work, pick a date when you are away from work.
2. Decide whether you are going to stop suddenly or gradually. If it is to be gradual, work out a tapering system so that you have immediate goals on your way to an ‘I Quit’ day.

3. Don't store up cigarettes. Never buy by the carton. Wait until one pack is finished before you buy another.
4. Never carry cigarettes around with you at home or at work. Keep them as far away as possible. Leave them with someone or lock them up.
5. Until you quit, make a smoking corner that is far away from anything interesting.
6. Never smoke while watching television.
7. If you like to smoke with others, try smoking alone. If you like smoking alone, try to find the company of people who do not smoke.
8. Never carry matches or lighters around with you.

#### **OBSERVATION OF WORLD DIABETES DAY:**

On 27<sup>th</sup> June 2008 World Diabetes Day ,SAHASH organized a camp in Bhetwa Primary school,Sultanpur Uttar-Pradesh to aware the villagers to aware them about the Diabetes which is a deadly disease. Diabetes is one of the most common chronic diseases to affect children. It can strike children of any age, even toddlers and babies. If not detected early enough in a child, the disease can be fatal or result in serious brain damage. Yet diabetes in a child is often completely overlooked: it is often misdiagnosed as the flu or it is not diagnosed at all. Children with diabetes should monitor their blood sugar regularly to help control their diabetes. Diabetic Ketoacidosis (DKA), a build-up of excess acids in the body as a result of uncontrolled diabetes, is the major cause of death in children with type 1 diabetes. With early diagnosis and access to care, the development of severe DKA should be preventable.

Volunteer tell the signs of Diabetes in children such as:

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Tiredness
- Lack of interest and concentration
- Blurred vision
- Vomiting and stomach pain (often mistaken as the flu)

The World Diabetes Day campaign in 2008 aims to:

- Raise awareness of the warning signs of diabetes.
- Promote healthy lifestyles to help prevent type 2 diabetes in children.

### **OBSERVATION OF WORLD POPULATION DAY:**

On 11<sup>th</sup> July 2008 World Population Day was celebrated with family planning theme "We are two, We have two". On this day open discussion is done at Kurushetra Haryana. Here state co-ordinator Uma Shankar introduced the with the help of local Health center Nurse about the family planning and what are care and awareness program done by the government to promote the family planning. He also tell the what is the benefits of the family planning and how all of you able to manage the small family with good education ,health and wealth.

### **OBSERVATION OF WORLD LITERACY DAY:**

On 08<sup>th</sup> Sep 2008 World Literacy Day was celebrated on the theme "No-illiteracy" SAHASH Campaign and organize a small rally in the villages to aware the villagers that



they have to think on education and send all child's in school. According to the District Level Household and Facility Survey of the Ministry of Health, Government of India, 37 per cent girls in Uttar Pradesh are married before the age of 18. Apart from this, 60 per cent of the women who are married are illiterate. The 2001 Census had highlighted that the literacy rate for women in UP was 42.98 per cent.

As SAHASH launches the project KHEL-KHEL MAI PADHAI in Amethi at village Kadergaun to educate the children from age of 2 yrs to 5 yrs. It is continued as a formal education in the villages.

### **OBJECTIVE OF KHEL-KHEL MAI PADHAI**

To educate the children of villages from the age of 2 yrs to 5 yrs through toys ,charts and models. SAHASH gives the confidence among the villagers that their children are at the same level as children of metro cities.

### **SILENT FEATURES OF KHEL-KHEL MAI PADHAI**

We educate the children through different programs and cultural activities, so that they motivate towards education. Our volunteers go to guardian's house to report the progress of their child .Continuous meetings are organized with guardians. To accompany with govt. & private school teachers we provide a facility to the children who crossed the age of 05 years in reference of education. We organize monthly staff meeting for checking the progress of this project.

### **BENEFICIARIES**

- Personality development has increased in children.
- More Child's are educating in comparison of other school/centers.

- Decrease in illiteracy.
- Motivations and interest towards education has occurred in villagers.
- Children are motivated towards education due to use of toys.
- Guardian pay regards to our organization and for our mission of society.

#### **OBSERVATION OF WORLD ANIMAL DAY:**

On 4<sup>th</sup> Oct. 2008 World Animal Day was celebrated by organizing mobile campaign and tell the villagers about how they treat the pet animals and what care should be done about them. We visited many areas of the blocks with banners and vehicles treating, feeding and vaccinating stray animals. Many pet owners also visited our camp and took advantage of free consultation and treatment of their pets. During the campaign, we carried out our work with the support of many animal lovers, volunteers and doctors.

#### **OBSERVATION OF WORLD BLIND DAY:**

On 14<sup>th</sup> Oct. 2008 World Blind Day was celebrated by organizing Health Awareness Camp on Eye protection in Primary school of Katergaon, Sultanpur Uttar-Pradesh and in this camp our volunteers aware children and teachers signs of Possible Eye Problems in the the children such as :

What do children eyes look like?

- eyes don't line up, one eye appears crossed or looks out!
- eyelids are red-rimmed, crusted or swollen
- eyes are watery or red (inflamed)

How do children act?

- rubs eyes a lot
- closes or covers one eye
- tilts head or thrusts head forward
- has trouble reading or doing other close-up work, or holds objects close to eyes to see
- blinks more than usual or seems cranky when doing close-up work
- things are blurry or hard to see
- squints eyes or frowns

What does children say?

- "My eyes are itchy," "my eyes are burning" or "my eyes feel scratchy." "I can't see very well."
- After doing close-up work, your child says "I feel dizzy," "I have a headache" or "I feel sick/nauseous."
- "Everything looks blurry," or "I see double."

#### **OBSERVATION OF WORLD ANTI-POVERTY DAY:**

On 17<sup>th</sup> Oct 2008 WORLD ANTI-POVERTY DAY was celebrated to raise awareness among villagers & students that how we can fight against the poverty. A rally was organized by Ram Karan co-ordinator- Amethi Uttar Pradesh and Uma Shankar co-ordinator Kurushetra Haryana to achieve the vision of **ENDPOVERTY 2015**.

Students in school taken a pledge and call an slogan “**Stand up Against Poverty**”.

#### **OBSERVATION OF CANCER AWARENESS DAY:**

On 7<sup>th</sup> Nov 2008 World Cancer Awareness Day was celebrated by organizing a painting competition in Primary school Katergaon, Sultanpur Uttar-Pradesh with a theme “No Tobacco smoking and chewing” by Amethi coordinator Ram Karan. His motto was to aware the children first, because children are the beginners to start this habits from school age and home. They should know what are the harmful affect with using a tobacco .How badly this affect our lungs and heart which causes the cancer. After the competition was over, he also organize debate on this day on the above theme. And distributed the prizes who passes the competition of both.

#### **OBSERVATION OF HEPATITIS DAY:**

On 4<sup>th</sup> Dec 2008 HEPATITIS DAY was celebrated to raise awareness among students and villagers to protect health from Hepatitis B. This program was co-ordinated by Ram Karan. He gave the welcome address and introduced about Hepatitis B & emphasized the mode of transmission, preventive techniques and precautionary measures of this disease. He tell Hepatitis B is the most common serious liver infection in the world. It is caused by the hepatitis B virus (HBV) that attacks the liver. This disease is more infectious than AIDS because it is very easily transmitted by blood, a single virus particle can cause disease. It is transmitted through infected blood and other body fluids like seminal fluid, vaginal secretions, breast milk, tears, saliva and open sores . Once infected with the hepatitis B virus, approximately 10% of the people develop a chronic permanent infection. It is very common in Asia, China, Philippines, China, Africa and the Middle east. The overall incidence of reported hepatitis B is 2 per 10,000 individuals, but the true incidence may be higher, because many cases do not cause symptoms and go undiagnosed and unreported. It can be treated by a good nutritious diet is supplemented if there is jaundice.

Volunteer and co-ordinator Amethi tell the villagers how can we prevent Hepatitis B. He tell that it can prevented by taking precautions such as by changing any abnormal sex behavior and use condoms while having unprotected sex. Wear gloves when touching or cleaning up blood on personal items, tissues, tampons or other items. Don't share razors, toothbrushes or pierced earrings with anyone; make certain any needles for drugs, ear piercing or tattooing are properly sterilized or use disposable needles for this purpose. Hepatitis B vaccination. Effective blood bank screening. Prevention of alcohol abuse.

#### **OBSERVATION OF FARMERS DAY:**

On 23<sup>rd</sup> Dec 2008 Farmers Day observed to create awareness about rice varieties SAHASH organized Farmers Day to raise awareness among the farming community about recently developed rice varieties, hybrids and technologies .About 100 farmers from various villages participated in the programme.

#### **OBSERVATION OF NATIONAL CONSUMER DAY:**

On 24<sup>th</sup> Dec 2008 National Consumers Day was celebrated as Consumer Awareness Program and campaign as *Jago Grahak Jago (Wake up consumer, wake up.)* in different villages to aware the villagers about Consumer Protection Act, 1986, which has the objective of providing cheap, simple and quick justice to consumers. The government has intensified its consumer education initiatives by highlighting issues such as maximum retail price (MRP), labeling and standardization. We alerted the villagers while purchasing golden jewelries make sure that it has hallmark and they should take receipts from shopkeepers. We also alerted them while purchasing the utensils or any other item ,check the ISI mark & while purchasing the salt, ghee, spices, oils & other food materials to check Ag. Mark.

We also told them that if their electricity bills, water, bills, irrigation bills of canals came without using it, they have right to file an application under District Consumer Court where no fee is required for this application or lawyer to file it. Only an application is sufficient to get their rights and by it they can demand compensation for it. By this way many of villagers have become able to know the rights and they filed much application in consumer court regarding their issues & problems, whom they are facing from the government offices.

#### **OBSERVATION OF NATIONAL IMMUNIZATION DAY:**

On Saturday 31<sup>st</sup> Jan 2009 National Immunization Day was celebrated as Pulse Polio campaign and oral polio drops given to below five years children. As Last year 566 polio cases have been reported as against over one lakh fifty thousand such cases some years ago. 540 out of 566 polio cases are from Uttar Pradesh and Bihar. So strong steps were taken by our volunteer to make successful campaign. Government is trying to evolve methods and methodologies to re strengthen the programme for eradication of polio cases in both the states. On the appointed dates booths are visible all over villages of Amethi, Sultanpur (Uttar-Pradesh) in India and manage by our volunteers. House to house mop up rounds are also held on next day of the campaign.

Polio is transmitted from human to human without an intermediary host and is preventable by mass vaccinations. Policy makers also make assumptions in polio eradication planning, that socio-economic variables do not intervene substantially, and correspondingly that biological/technological control alone is going to be very effective. In reality, even with polio eradication, two or three socio-economic variables are intervening tremendously. They are 1) poor service delivery mechanisms, which continues to miss children, 2)cultural beliefs and practices and For diseases like TB, diarrhoea or maternal morbidity/mortality, socio-economic variables influence the disease condition to a great extent, and biological elimination/prevention mechanisms are not as simple or well developed. Given this, when governments put most resources into the polio basket, other health care priorities suffer.