



Niramaya

Newsletter



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Niramaya Health Foundation, Mumbai - 400 014.

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From the Director's Desk....

Welcome to the first issue of the Niramaya Newsletter!



Dr. Janaki Desai
Hon. Medical Director

Our beginnings....

As a founding member, I was asked to share my thoughts about Niramaya. Upon returning to Mumbai after 25 years overseas, my original plan was to resume private practice as an Ob-Gyn. doctor. After a year, however, I realized that I was looking for something more satisfying. A chance meeting with the visionary and inspirational founder of Pratham, Dr. Madhav Chavan, introduced me to the world of community care. In 1999, I joined Pratham's health initiative for Micronutrient Intervention for pre-school children in its Balwadis. New programmes grew while working in the communities, and by June 2001, Niramaya Health Foundation was born. Our founding mission is to provide medical services and healthcare education to children - pre-schoolers, adolescents and child laborers.

Besides our Micronutrient Intervention Project, several clinics were opened to serve children in the labor force, specifically those working in Zari Karkhanas. These children were being educated by Pratham and badly in need of medical care. Our health workers did a marvelous job of developing rapport with employers, and were able to convince them to send the children to us for treatment. We not only gave them medical care, but we treated them as more than labor commodities: Recreational activities were organized to bring some cheer and happiness to their lives. It was wonderful and heartwarming to see them enjoy indoor and outdoor games, field trips and some social events!! These were immensely satisfying moments for all of us at Niramaya.

Yet another need we identified was the lack of sexuality education in the community. We responded by conducting adolescent sexuality education programmes for girls and

boys, as well as clinical care and health education for women. Our purpose through these programmes is to empower individual health-seeking behavior.

Since then Niramaya.....

- Has expanded Micronutrient Intervention Programmes to Pratham Balwadis in Surat, Rajasthan, Uttar Pradesh and Delhi.
- Continues to provide clinical care to children in balwadis (Pratham & other NGO's) & adopted communities through health check up camps.
- Clinics provide preventive and curative care to the communities instead of children in labor force following raids on karkhanas in 2005 (Thankfully helping children back to their homes and loved ones!)
- Continue to provide and have expanded Adolescent Sexuality Education to boys and girls, in school and out of school, and in communities; Health education on issues at request by women, including cooking demonstration.
- Started HIV/AIDS awareness and education project for migrant laborers working in zari karkhanas.
- Started an innovative project - PEHAL - in Pune which provides health education to children and their mothers through Pratham Librarians.
- Has enjoyed active participation of volunteers, both domestic and overseas.

Future steps...

Niramaya will work to make India "ANEMIA FREE" by focusing on prevention, detection and management, especially in preschoolers. We also plan to expand our adolescent education programmes, in the face of growing domestic abuse and gender conflict in India.

Once again, I would like to acknowledge and thank the hard work, commitment, and dedication of Niramaya's doctors, health workers and staff..

Best wishes, Niramayees.

- Dr. Janaki Desai

Hon. Medical Director/Founder member,
Niramaya Health Foundation

आधुनिक कर्मवीर - डॉ. माधव चव्हाण



डॉ. माधव चव्हाण
'प्रथम' / 'निरामय' फाउंडर

साम्यवादी विचारांनी संस्कारीत बालपण, अमेरिकेमध्ये झालेलं उच्चशिक्षण, भारतात परतून प्राथमिक शिक्षण क्षेत्रात झोकून दिलेले आयुष्य आणि आज काँग्रेस सरकारच्या सल्लागार समितीमध्ये सल्लागाराचं पद. या

सगळ्या गोष्टी एकाच व्यक्तिच्या आयुष्यात घडल्या असतील हे मान्य करणं कठीण वाटतं, पण हे घडलं आहे. याच व्यक्तिची माधवसरांची मुलाखात घेण्यासाठी म्हणजे खरतर त्यांच्याकडून काही शिकण्यासाठी आम्हाला पंधरा मिनीटं मिळाली होती. आम्ही त्या वेळेचा पुरेपूर वापर करून घेणार होतो. त्यांच्या आयुष्यातील विरोधाभास समजून घेणार होतो. त्यांच्या स्वभावातील बिनधास्त रोकठोकपणा ठाऊक असल्याने थोडे नर्व्हस होतो पण त्याचबरोबर उत्सुक सुद्धा होतो.

अनुभवातून माणूस शिकतो असे म्हणतात, पण एका छोट्याश्या अनुभवातून माणूस एवढा मोठा बनू शकतो हे माधव चव्हाणांकडून त्यांच्या आयुष्याबद्दल ऐकतांना आपल्याला कळते. अमेरिकेत केमिस्ट्रीमध्ये P. hd. करतांना, सगळ्या मशिनरीजची जबाबदारी सारांवरच पडली आणि ते करतांना ते मेकॅनिकल इंजिनिअरच झालो असे ते विनोदाने म्हणतात. सर म्हणतात ते आपोआपच शिकत गेले. एखाद्यावर जबाबदारी सोपवल्यावर तो त्याच्यातून आपोआप शिकत जातो. भले त्याला त्याच्यातलं माहीत नसो. पण त्यातून मिळणारा आनंद तो वेगळाच आणि हाच मंत्र माधव सरांनी जीवनात वापरला. माणसांना कामं विश्वासाने सोपवित गेले. माणसे जोडत गेले आणि एवढे कार्य त्यामुळेच घडू शकले. एका बालवाडीचे 'प्रथम'च्या महावृक्षात यामुळेच इतके सहज रुपांतर होऊ शकले.

आज 'प्रथम' संस्थेचे कार्य एवढं वाढलं आहे, पण ह्या सगळ्याची सुरवात कशी झाली? आपण एवढी मोठी संस्था निर्माण करू शकू असं सरांना वाटलं होतं का?

माधव सर म्हणतात घरात साम्यवादी वातावरण होतं. आई वडील साम्यवादी होते. घरात नेहमी येणाऱ्या जाणाऱ्या कार्यकर्त्यांची वर्दळ असायची. आणि ह्या सगळ्या वातावरणात मी घडत गेलो. त्यामुळेच कॉलेज जीवनात बरेच मोर्चे काढले, संप पुकारले, आयोजित केले आणि यशस्वीरित्या पार पाडले. आणि असं बरेच काही....

अमेरिकेला जायचं कसं ठरवलं?

कॉलेज संपल्यावर वाटल की, अजून आपण पुढे शिकावं आणि मग P.hd. साठी अमेरिकेला गेलो. पण शेवटी आपलं ते आपलंच. म्हणून आठ वर्षांनंतर भारतात परतलो. आणि दिल्लीला युनिवर्सिटीत नोकरीला सुरवात केली.

पुढे मग आपल्याच सरकारी आडमुठेपणामुळे शिक्षकांवर होणारा अन्याय सहन न झाल्यामुळे त्यांनी कसा बंद पुकारला, महिनाभर

सगळी कॉलेज कशी बंद होती, त्यांना नोकरीवरून काढून टाकण्याचे कट, त्यांनी राजीव गांधीना लिहीलेले पत्र, सिस्टीम बदलण्याची वाटलेली आत्यंतिक गरज आणि शेवटी म्हणजे मागण्या पूर्ण होऊन यशस्वी झालेला संप हा त्यांच्या जीवनपट आपल्यापुढून सरकतो.

संप पुकारणारा हा नविन मुलगा कोण म्हणून तेव्हाच्या केंद्रिय शिक्षण सचिवांनी त्यांना भेटायला बोलवलं. सचिवांनी काय करायला आवडेल अस विचारल्यावर दूरदर्शनवर शिक्षणाविषय कार्यक्रम करण्याची इच्छा सर बोलले. पण दुदैवाने (सरकारच्या) सरकारकडून काही हालचाल झाली नाही. पण २ वर्षांनी सचिवांशी भेट झाल्यावर त्यांच्या बरोबर बोलल्यानंतर माधव सरांना खालच्या लोकांपर्यंत शिक्षण पोहचविण्याची गरज भासली.

त्यानंतर ते मुंबईला आल्यावर मुंबईच्या झोपडपट्टीत त्यांनी शिक्षणाच्या कामाला सुरवात केली. आणि 'प्रथम' च्या कामाला सुरवात झाली. 'प्रथम' का? तर प्राथमिक शिक्षणाचे कार्य, आणि प्रथमच अस होत असल्यामुळे 'प्रथम'. मग हळुहळू माणसं मिळत गेली. काम वाढू लागलं. सुरवातीला सरकारचे फंड्स मिळत होते पण नंतर फंड बंद झाले. परंतु तोपर्यंत प्रथमचं काम फार वाढलं होतं. पैशांची अडचण भासू लागली. मग मेधा कुलकर्णीच्या मदतीने काही सहकारी ऑल इंडिया रेडिओत कसे काम करू लागले आणि त्यांच्या पगारातनं कसं प्रथमच कार्य पुढे नेलं ते ऐकल्यावर ह्या माणसाचे कष्ट आपल्याला समजतात.

'निरामया हेल्थ फाउंडेशन' विषयी विचारल्यावर मुलांसाठी हेल्थ ची गरज व त्यातूनच निरामयाची जन्माविषयी सगळी माहीती ते सांगतात. निरामयाविषयी अपेक्षा विचारल्यावर मग आपल्याला त्यांची फॅमिली डॉक्टरची कल्पना, डॉक्टरांना विश्वासात घेऊन दवाखाने चालू करण्याची गरज व त्यातून लोकांच्या जवळ जाण्याची कल्पना आपल्या मनात ठसत जाते. 'Run organization like a good business' आणि असे केल्यावर माणसे आणि पैसे यांची कधी कमतरता भासणार नाही. असे माधव सर म्हणतात.

गप्पांच्या ओघात सर कुटूंबाविषयी एक किस्सा सांगतात, वडिल मोठे कार्यकर्ते असल्यामुळे सरकारकडून वडिलांवर पोलिसाच्या खुनाचा आरोप होता. आणि हा खटला ज्या न्यायालयात चालतो त्या कोर्टाचे जज हे सरांचेच आजोबा होते. तसंच शाहू महाराजांनी स्थापन केलेल्या वसतिगृहात वडिलांच्या देखरेखीखाली तयार झालेली यशवंतराव चव्हाण, वसंतदाद पाटील अशी मोठी माणसे यांची माहीती मिळते हे ऐकल्यावर एवढ्या मोठ्या माणसाचा मुलगा आज ह्या स्थानावर पोहचला यात आश्चर्य उरत नाही.

मुलाखातीच्या सुरवातीला फक्त १५ मिनिटे बोलणार असं म्हणणारा हा माणूस २ तास बोलतो व हे २ तास देखील आपल्याला १५ मिनिटे वाटतात, एवढे आपण भारावून गेलेलो असतो. आणि मग ह्या आधुनिक कर्मवीराशी बोलल्यानंतर 'प्रथम'च्या नाना चौकातल्या ऑफिसमधून बाहेर पडतांना आपण एक स्वप्न घेऊनच बाहेर पडलेलो असतो.

- डॉ. शामला दुपटे
डॉ. रुपेश महाजन

HIV AIDS situation In India



Dr. Shamia Dupte
Programme Director

It was a long gap of five years between the first AIDS case in the world and the first Indian AIDS case detection. Since then, India has been through a long way and today claims to have largest number of HIV positive people in the world.

A look at the AIDS Profile of India National AIDS Control Policy

In 1986, the first case was diagnosed in Chennai who was a commercial sex worker. In 1987 a National AIDS Control Program was launched to co-ordinate national responses. The focus of NACP was on surveillance, blood screening and educating people about AIDS. In 1992 the government set up NACO (the National AIDS Control Organization), to oversee the formulation of policies, prevention work and control program relating to HIV and AIDS. In the same year, the government also set up State AIDS bodies in 25 states and 7 union territories.

National AIDS Control Policy

In 1992, the government adopted the National AIDS Prevention and Control Policy NACP I. The focus was on making unlicensed blood banks illegal and setting up blood testing centers. 154 zonal blood testing centers were established and 815 public and voluntary blood banks were strengthened. NACP II was between 1999 to March 2006. It was about shifting focus on the high risk group for behavior change and making the program multisectoral.

Currently NACP III has been launched with focus on complex consultative procedures with PLWHA, NGOs, practitioners and experts in HIV AIDS, donors etc.

Number of people with HIV AIDS in India

By the end of 1987, out of 52,907 who had been tested, around 135 people were found to be HIV positive and 14 had AIDS.

By the end of 2005, UNAIDS estimates that there were 5.7 million people in India living with HIV, suggesting that India has a higher number of people living with HIV than any other country in the world. NACO has established an estimate of 5.2 million people, which indicates that there are less infected people in India than in South Africa. By the end of July 2005, the total number of AIDS cases reported to NACO was 111,608. Of this number, 32,567 were women and 37% were under the age of 30. Overall, around 0.9% of India's population is living with HIV.

The national HIV prevalence has risen dramatically since the start of the epidemic, but a study released at the beginning of 2006 suggests that the HIV infection rate has fallen in southern India, the region that has been hit hardest by AIDS. In addition, NACO has released figures suggesting that the overall rate of new HIV infections in the country is slowing.

The average HIV prevalence among women attending antenatal clinics in India is 0.88%. Much higher rates are found among people attending sexually transmitted disease clinics (5.66%), female sex workers (8.44%), injecting drug users (10.16%) and men who have sex with men (8.74%).

Rates vary widely between regions.

Testing Facilities

By the end of 2005 there were 873 VCT centers in India, compared to just 62 in 1997. These centers tested 225,600 people for HIV during 2005.

Antiretroviral treatment

Unfortunately, as in many poorer countries, access to this treatment is severely limited in India, with only 7% of people in need of ARVs in India receiving them by the end of 2005. The irony is that eight out of ten drugs approved are made in India.

The government has started to expanded access to ARVs in a number of areas, and the national number of ARV centres increased from 25 to around 70 in 2005 alone. They plan to increase this number to 100 and to increase the number of people receiving ARVS to 100,000 by 2007.

Corporate Sector and HIV AIDS

Before 2005, the involvement of corporate sector in HIV AIDS issues was in piecemeal. In a survey conducted by World economic forum, only 7% felt that there would be serious implications of HIV AIDS on their work. One survey in May 2005 revealed that only 11% had a written AIDS workplace policy, 31% had informal policy while 52% had no policy at all. In 50%, there was no provision for testing, 45% had no facility to distribute condoms, and 67% had no treatment program. In September 2005, a collective action was initiated and three areas where corporate can get involved in HIV AIDS issue were identified viz. a workplace education programs, offering clinical facilities and their communities.

Donors

India is receiving massive funding support as well as technical assistance from various UN related as well as other organizations.

Since 1992

- USAID - \$ 70 M
- CIDA (Canada based) - \$ 11 M Foundation
- DFID (Denmark based) - \$ 200 M

Since 2004

- Bill and Melinda Gates Foundation - \$ 200 M for next five years
- Global Fund - \$ 54 M

These are just a few prominent donors.

Future of HIV AIDS in India

According to some, there is going to be a reversal of the epidemic by 2008 and 2009 and we can actually see that the epidemic is stabilizing. But also there are concerns from some that HIV prevalence will peak at 1.9% in 2019. The number of AIDS deaths in India (which was estimated at 2.7 million for the period 1980-2000) will rise to 12.3 million during 2000-15, and to 49.5 million during 2015-50. And Economic growth in India will slow by almost a percentage point per year as a result of AIDS by 2019.

Whatever the exact figures turn out to be, it is clear that HIV and AIDS will have a devastating effect on India in the future, and that as much as possible needs to be done to minimize this impact.

(Data taken from NACO and AVERT websites)

PROGRAMMES



MSP Camp

➤ **Micro-nutrient Supplementation Program (MSP) For preschoolers**

Niramaya reaches over 5000 children each year studying in preschool run by Pratham, and private balwadis providing them with missing micronutrients in their diet and deworming medicine. Health workers conduct four MSP balwadi over a year. Medications given during first three camps are Iron tablets, Vitamin A and Albendazole tablet. Growth monitoring is done using 'Road to Health Chart' on which heights and weights for age are recorded. Cooking Demonstrations are organized for parents with special attention to mothers of malnourished children. Low cost nutritious recipes are promoted through such demonstrations.

➤ **Anemia detection Program for Adolescents and Women**

Niramaya has a special program for detecting anemia in women and adolescent girls and Iron medication is given to correct the anemia. WHO approved Hemoglobin color scale is being used for Hemoglobin estimation in the field.



Anemia Detection

➤ **SPARSH - Sensitization Programme for Adolescents on Reproduction Sexual Health**

The aim of this program is to help the adolescents to grow into mature and responsible adults and to guide them to lead a normal and healthy reproductive life. This is achieved by giving them correct and scientific information regarding changes in their body, myths about sexuality related matters, feelings and personality during puberty, importance of personal hygiene, sexually transmitted diseases, and HIV/AIDS.



SPARSH Training

The sessions are made interesting by

use of various games, flipcharts, slide shows and role-plays.

➤ **Outreach Program for Street Children**

Once a month check up camps are conducted for shelter and street children. Counseling services are also available to them twice in a month where children share their problems. Health education on personal hygiene is given at every health check-up camp.



Outreach Camp

➤ **HIV AIDS Awareness and Education Project for Kaarigars**

In collaboration with Avert Society, India, Niramaya conducts HIV AIDS awareness project for Kaarigars. These are 14-40 aged boys and men who are immigrants from other states, mostly Bihar workers. There are usually 15-20 workers in each shop, where they work and stay together. This makes them turn into a high-risk group as they visit commercial sex workers (CSWs) for sex or indulge in homosexual behavior. Niramaya has adopted a strategy of having one to one and in-group health education sessions on STI/HIV/AIDS and condom promotion to deal with the issue. Also some recreational events are organized to motivate them to participate in the project.



Kaarigars Meeting

➤ **PEHAL: Program for Education and Health Awareness through Libraries**

This project is currently being run in Pune through 100 libraries of Pratham. One library caters to the education needs of 250 households in the community. Niramaya reaches these children and their parents on personal hygiene, environmental hygiene and nutrition to give them health education through various games and interesting activities. Also once a year medical check-up is made available to them through networking with local doctors.

➤ **Clinics**

Niramaya runs 4 static clinics for Zari Karigars and community. These clinics are located at Bainganwadi, Shivajinagar, Patelwadi (Kurla) & Dharavi. In a month average 1200-1500 patients come for examination.



PEHAL - Checkup Camp

A FEW WORDS

Hi,

It is very difficult to sum up your work in a few words, but then if the world had some time for such issues they would not have needed such NGO's.

My visit to your health check up camp at Dharavi was an eye opener. The resting room you took me to for the working children had such basic things compared to even a lower middle class family but still they meant an hour of freedom and play for these child workers. So much so that it had a mattress where some children would just sleep, as they were too tired.

The next shocking incident was the child who came with boils on his hands, but was still working as the employer would not attend to him. Such exploitation of small children by the so called matured adults makes me wonder if we are still fully INDEPENDENT.

Thanks to Niramaya Health Foundation efforts to treat and entertain such children so that their burden is somewhat reduced. Knowing your limitations, your health initiatives and activities for the slum children and women are commendable. I am fortunate to be associated with such a noble cause and a dedicated team.

- Mr. Nimeshbhai Sumati

Niramaya Laughter Challenge

Santa! Your daughter has died!
Depressed, Santa jumps from 100th floor
At 50th floor he remembers I don't have a daughter!
At 25flr:I'm unmarried!
At 10flr:I'm Banta not Santa



19 fools went to see a film.
On asking them why they came in a big group of 19?
They replied that the film was only for above 18...

- Dr. Vinayak

DO YOU KNOW REAL MEANING OF
HIV/AIDS ???
H - I - VISA to
AN ISLAND of DEATH SENTENCES !!
- Dr. Shubalakshmi

NEVER ARGUE WITH A CHILD

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat is very small. The little girl stated that John was swallowed by a whale. Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible.

The little girl said, "When I get to heaven I will ask John".

The teacher asked, "What if John went to hell?"
The little girl replied, "Then you ask him".



A KG teacher was observing her classroom of children while they drew. She would occasionally walk around to see each child's work. As she got to one little girl who was working diligently, she asked what the drawing was?

The girl replied, "I'm drawing God."

The teacher paused and said, "But no one knows what God looks like."

The little girl replied without looking up from her drawing, "They will, when I finish drawing."

A teacher was giving a lesson on the circulation of the blood. Trying to make the matter clearer, she said, "Now, class, if I stood on my head, the blood, as you know, would run into it, and I would turn red in the face."

"Yes," the class said.

"Then why is it that while I am standing upright in the ordinary positions the blood doesn't run into my feet?"

A little fellow shouted, "Because your feet aren't empty."



The children were lined up in the school canteen for lunch. At the head of the table was a large pile of apples.

The teacher made a note, and posted on the apple tray: "Take only ONE. God is watching." Moving further along the lunch line, at the other end of the table was a large pile of chocolate biscuits.

A child had written a note, "Take all you want. God is watching the apples."

- contributed by Meenakshi

EVENTS



Addiction - Jindagi se pyar hai...

➤ POLIO RALLY (4th Oct.) :-

Following two Polio cases in Govandi, Niramaya arranged a rally for Pulse Polio Awareness with 30 school children. Staff from Apnalaya participated in the same.

➤ ANTI TOBACCO DAY (11th Oct.) :-

Celebration of National Anti-Tobacco Day, by Niramaya. Events consisted of street play and poster exhibitions at Dharavi and Patelwadi (Kurla) clinics resp. Community people, members of 'Population Services International' and also 35 children from Pratham participated in the event. The children held banners spreading the message of "Tobacco Free" world.

➤ Iftiar Party (8th Oct.) :-

Niramaya arranged Iftiar Party in Bainganwadi clinic, on RAMZAN occasion. 64 Karigars were present for the function. Dr. Janaki Desai had discussion with Karigars on various issues related to their problems.

➤ Ramzan Eid (29th Oct.) :-

Various one minute games like candle lighting, eating biscuits, blowing balloons etc. were arranged for Karigars on EID occasion at Patelwadi (Kurla) Clinic. 30 karigars enjoyed programme. Prizes were distributed to the winners at the end of event.



Subhan Allah!



Women talk.... (MAVIM Training)

➤ MAVIM - TRAINING :-

Niramaya SPARSH Team was invited to conduct various training programs all over Maharashtra. Daund (Pune), Dhule, Sindhudurga-Kokan, Shahapur, Shirdi in Ahmednagar and Jalgaon in month of November; training at Vasai for two days, and four days schedule at Nandurbar district in month of December.

days schedule at Nandurbar district in month of December.

➤ CHILDREN'S DAY (14th Nov.) :-

Niramaya organized special program for children to make it memorable, especially those who are working in dumping ground. 35 children actively took part in event. Events includes various competitions for children such as paintings, origami etc. and games like sack jumping, spoon lemon race, musical chair etc. Free children check up camp at Burma line slum at kurla on 'Baldin' occasion.



Dikhave pe mat jao... (AIDS Week)



On the roads for Aids awareness (Street Play)

➤ AIDS WEEK (1st Dec. to 9th Dec.) :-

On an occasion of 'World AIDS Day' (1st Dec 2006) Niramaya organized various programmes such as Rallies, Street Plays, Stalls, Exhibition, Cultural Programme and Cricket Match for zari

karigars and shelter children during the whole week.

➤ CHRISTMAS CELEBRATION (27th Dec.) :-

X-MAS & NEW YEAR celebration party was held for 30 children from dumping area (rag pickers) with competition, snacks and prize distribution.

➤ PEHAL Team arranged Diabetic Day and Food Day Programme on 15th & 16th Nov. respectively



Where is my gift?

EVENTS

➤ MISSION BIHAR (9th Oct. to 19th Oct. 2006) :-



All for a mouthful of meal... rescued labor children

Pratham has four shelters housing 150 children in BIHAR. Most of these children in shelter were rescued from Mumbai during child rescue operation. Niramaya got an opportunity to conduct check up camps for those children. Dr. Shamla Dupte, Dr. Rupesh Mahajan, Vijay as counselor, Arjun and Deepak as health workers went to Bihar on 9th oct.

It was total nine days schedule including children check up, training to Pratham teachers on First Aid and health education and awareness.



Recipe Contest

➤ Recipes Contest :-

Niramaya Foundation organized Recipe Contest for Health Workers at Dadar office, where delicious and nutritious recipes were presented and prize awarded.

Niramaya Kalakars

धरती के पुत्र है हम!

धरती के पुत्र है हम!
देश की सेवा करेंगे हम
गरीब लोगों की सेवा करेंगे हम
हर तुफान का सामना करेंगे हम
आतंकवाद और भ्रष्टाचार को मिटाएंगे हम
इस धरती को नया रूप देंगे हम!

धरती के पुत्र है हम!
देश की सेवा करेंगे हम
निरक्षर को साक्षर बनाएंगे हम
न्याय-अन्याय का रूप बदलेंगे हम
अत्याचारी को सजा देंगे हम
बेगुनाहों को बचाएंगे हम!

धरती के पुत्र है हम!
देश की सेवा करेंगे हम
अंधकार को दूर करेंगे हम
जिवन में उजाला लाएँगे हम
निरामय के साथ चलेंगे हम
गरीब लोगों की सेवा करेंगे हम!

धरती के पुत्र है हम
देश की सेवा करेंगे हम
हिंदु, मुस्लीम, सीख, इसाई
हम सब भाई-भाई
रुत्री और पुरुष भेदभाव मिटाएंगे हम
क्रांती का नया नारा लगाएँगे हम

धरती के पुत्र है हम!
देश की सेवा करेंगे हम

शंकर मंगळ भोईर...

‘व्यसन’

दारू, सिगारेट, तंबाखु, बिडी जो ओढी
तयाच्या जीवनात नाही गोडी ।
करिता तंबाखूचे सेवन
कॅन्सरला मिळे आमंत्रण ।
सोडून देऊया गुटखा
आरोग्य रक्षणाचा विचार करूया पक्का ।
व्यसन केल्याने शरीर होते निकामी
मग का करतो? आपण त्याची गुलामी ।
घेता दारू सिगारेटचा घुटका
संपेल तुमच्या आयुष्याची घटका ।
करिता नशा धुम्रपान
होईल उध्वस्त जीवन
म्हणूनच सांगत आहे निरामय
करिता व्यसनाचा नाश
सुंदर आरोग्य तयाचे होय
सौ. प्रज्ञा प्र. करावडे...

चारोळया

जगात सर्वात वार्ट वेळ एकटेपणाची आहे.
मी हे कधीच जाणून घेत नाही,
कारण ती माझ्या नशिबी आहे.



तुझ्या कुशीत डोळे उघडून सारे जग पाहायचे होते.
जग पाहून झाले तरी तुझ्याच कुशीत रहायचे होते.

विनय...

TEAM NIRAMAYA

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- | | |
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- & 70 Dedicated Niramayees



We can do it together!

Help us

Your support by way of donations could greatly help us improve the services rendered. All donations made to Niramaya are entitled to 50% tax exemption under section 80G of the Income Tax Act. Niramaya invites you to join hands with us by contributing in any of the following ways :

- » General monetary contributions - any amount is welcome.
- » Infrastructure - office space, vehicle, computers, printers, etc.
- » Medicines & medical instruments/supplies.

Cheques should be made out to "Niramaya Health Foundation" and mailed to our office.

Editorial Board

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