

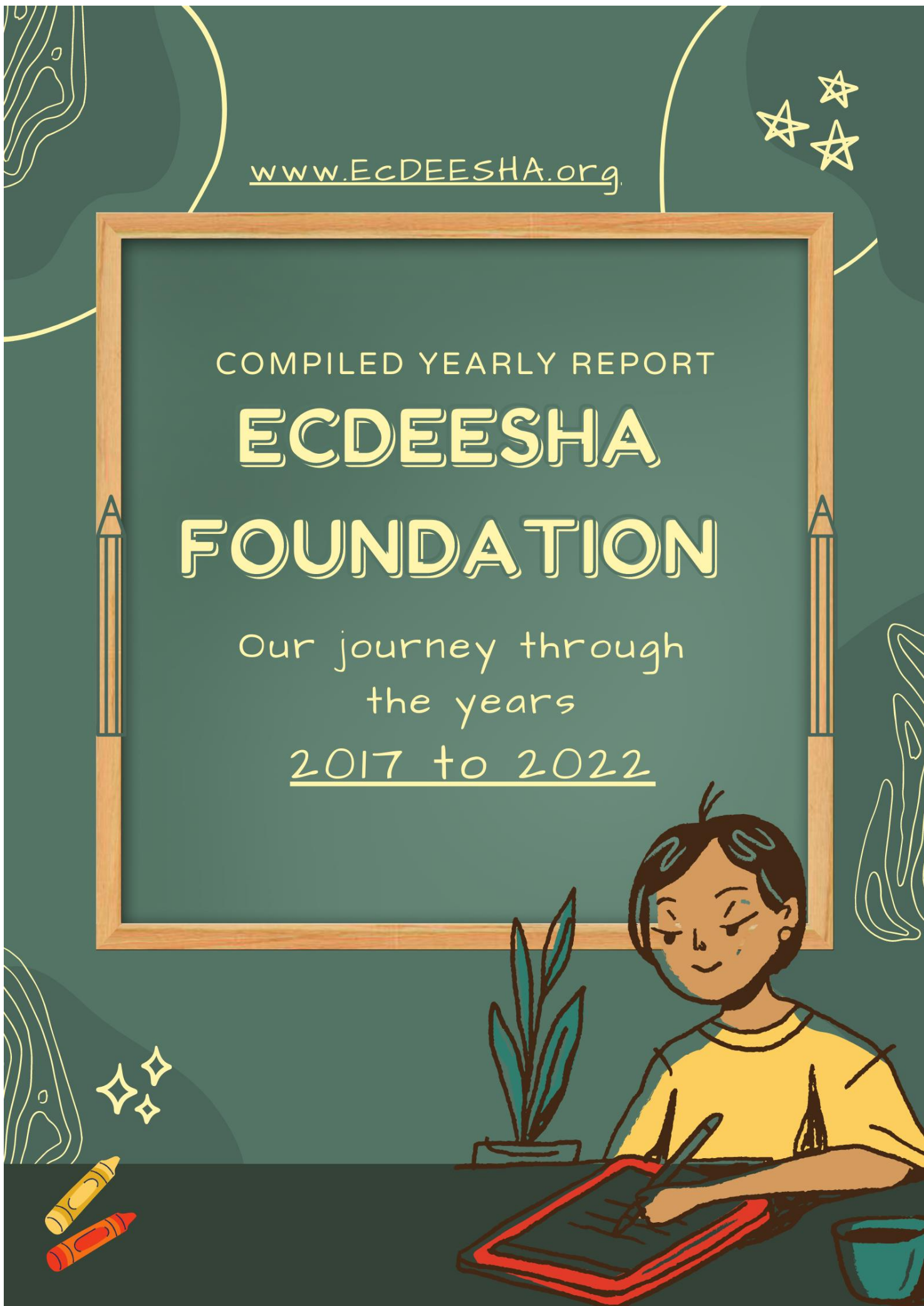
www.EcDEESHA.org

COMPILED YEARLY REPORT

ECDEESHA FOUNDATION

Our journey through
the years

2017 to 2022



Message from the President's desk

"We long to return to normal but we forget that normal led to this" ~Ed Young



Our generation has lived through one of the most eventful times in human history. We have seen everything, right from the hide and seek between economic boom and recession, the mass adaptation of the smartphone and the side effects of the social media craze, to the crippling COVID-19 pandemic that brought the entire planet to a standstill. In these circumstances, the quote cited above rings true. We are yearning for returning to normal but our compulsions in this dire situation have led us to a new normal. It's just not the confinement within four walls of our homes due to COVID, but also chronic and rampant disregard for environmental sustainability, apathy towards public health infrastructure and our appalling lifestyle habits that are responsible for the state of world today, where India plays a critical role with its billion plus and mostly young population.

EcDEESHA as an idea was conceived many years ago while my friends and I used to support the work of various NGOs working with underprivileged children. However, in February 2017, we officially registered the Foundation as a trust and launched it in the city of Anand, the milk capital of India, Gujarat. The aim, at that time, was to work for the betterment of people especially those belonging to underserved communities, with particular focus on improving health of children. However, during one of our initial meetings with the slum dwellers, it was revealing to note that they wanted to educate their children as a priority over health promotion. That inspired us to start our first remedial school in Jitodia for these children with the immediate motto of helping them to clear their secondary school board examinations. The idea flourished and we have been able to sustain remedial education as a focal activity in Anand and nearby districts. In 2019, we expanded our model to rural Assam as well. So far, we have been able to work with almost 400 children (and counting). We have also added vocational training for high school children and unemployed women. Health education and training for health providers belonging to NGOs across India has been another core activity. Finally, we forayed into environmental health via a high-tech organic composting solution for farmers in rural Assam in 2019.

EcDEESHA, today, has completed five successful years with a variety of activities and achievements that continue to inspire us. In this report, we attempt to present some of our major activities and achievements over the years which have kept us persevering to work harder and do better, thanks to the untiring efforts and guidance of our trustees and invaluable contribution from our volunteers who have always led our work from the front.

Pandemic or no pandemic, we have kept making humble efforts towards the betterment of our target audience. We believe that the new normal needs to be defined by a better, healthier world which seeks to provide avenues to children, young adults, and adults in fostering ways toward a greener tomorrow.

Dr. Nayanjeet Chaudhury

President, EcDEESHA Foundation

Meet the team

Leadership

Dr. Nayanjeet Chaudhury, President



Dr. Nayanjeet is a medical doctor and a Public Health specialist with over two and half decades of experience in primary healthcare, evaluation of health programs, policy

reforms and health-care education. On the side, one of his serious hobbies is to work with children to improve each child's inner potential as a performer in life. He also serves as the Director at Ramaiah International centre for Public Health Innovations, Bangalore.

Mr. Hemang Mehta, Secretary



Mr. Hemang Mehta, a graduate in Mechanical Engineering, is a first-generation successful entrepreneur in the field of health, wellness, and sports industry for two decades.

Based in Surat, his company, Ergo Engineers has established many world-class fitness and wellness centers. An avid enthusiast in nature, sports, and spirituality, he is in favour of health practices that are easily accessible as well as affordable to the community.



Mr. Alpesh Kumar Christy, Treasurer



Mr. Alpesh is a certified professional musician from Gujarat and the founder of "Taal Music" a popular musical troupe, based at Anand, but with footprints not only in

India but also across the U.K., U.A.E., South and East Africa where his troupe has performed Indian music since 1993. A passionate social worker, Alpesh has been a pioneer in setting up the remedial coaching classes for urban and rural poor children in Anand district on behalf of EcDEESHA Foundation.

Trustees

Mr. Jagdish Patel, Trustee



Mr. Patel is the Director of Peoples' Training and Research Centre (PTRC), Vadodara, a registered voluntary organization working for the welfare and uplift of

marginalized workers in various industries particularly for their occupational safety, health, and wellness. An active writer and an advocate for labour rights, he played a pivotal role in initiating a national campaign on dust related lung diseases. In the year 2007, he received the International Award of OHS Section of American Public Health Association (APHA). He is at the forefront of the struggle to ban asbestos in Asia and has helped several victims get compensation from ESIC for a range of occupational diseases.

Mr. Romen Dutta, Trustee



Mr. Dutta is the CEO of R.R. Chaussure World, a sourcing consultancy company advising several international brands for their sourcing requirements of leather products from India for international markets. He is also a visiting faculty, a PhD guide, and a member of the Board of Faculty selection at National Institute of Fashion Technology, New Delhi. The Founder president of Assam Peoples' Welfare Association (APWA), based in Indirapuram, New Delhi, Mr. Dutta is deeply associated with several organizations engaged in socio-cultural uplift of masses, health of the underprivileged and rehabilitation programs for people suffering from natural disasters.

Prof. Manish Singhal, Trustee



Prof. Singhal is the Chairperson, Organizational Behaviour, XLRI - Xavier School of Management, Jamshedpur. A PhD from IIM Kolkata, he brings an experience in the disciplines of Anthropology, Archaeology, Journalism, and Yoga as 'Sadhana' and therapy. He has delivered several Leadership Development Programs for corporate, government and non-government organizations. His stint as a selfless missionary dedicated to 'Man-making and Nation building' at Vivekananda Kendra (H.Qr. Kanyakumari) has provided him with a breadth of experience to be able to relate to various human challenges and encourage the move towards actualizing one's potential.

Dr. Bhaskar Bhattacharya, Trustee



Dr. Bhattacharya is an M.B.B.S., M.D (Biochemistry) and currently serves as a Laboratory Director and Chief Consultant Biochemist at Genu Path Labs Limited, Kolkata. An empanelled lead assessor for National Accreditation Board for Testing and Calibration Laboratories (NABL), he has been responsible for NABH and NABL accreditation of over 100+ laboratories pan India. He is also an active member of numerous organizations and has several awards to his name in the field of Clinical and Laboratory medicine.



Dr. Sulabha Natraj, Trustee

Dr. Sulabha is one of the most renowned scholars of English language in Western India. She retired as the Principal of Waymade College of Education, Vallabh Vidyanagar, Gujarat. She has served as the chairperson for board of studies for education at Sardar Patel University for last over three decades. She has coordinated multiple research projects with University Grants Commission, New Delhi and Ford Foundation, New York. She has been the recipient of Gujarat HEF award for her outstanding contribution to educational management. It has been Dr. Sulabha's unwavering support and encouragement that has kept EcDEESHA's committed team motivated to continue working with the underprivileged children in Anand and its neighbouring areas. She has been consistently helping in the up skilling of the Foundation's executive team.

Chief Patron:

Dr. Nishant Jayaswal, Dallas, Texas



Dr. Nishant is a multifaceted personality whose interests vary from medicine, business, and philanthropy to spirituality. He has been working at Baylor Hospital at Dallas, Texas, U.S.A. for over a decade as a hospitalist with well-deserved recognition for his work. He studied medicine from India and later graduated from residency training in New York and a fellowship in Geriatrics in Maryland. It was Dr. Nishant's generous contributions since the inception of the Foundation that EcDEESHA has been able to do so many activities successfully till date. We are ever grateful to him and his family for the support they have extended for the causes we champion at EcDEESHA Foundation.

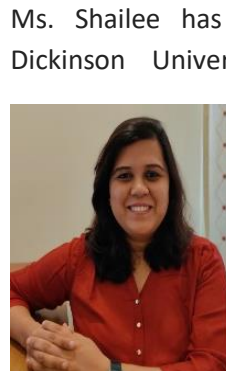
Executive Volunteers:

Dr. Ruchi Vaidya, Chief Scientific Officer
(Human Nutrition)



Dr. Ruchi holds a Ph.D. in Food and Nutrition from M.S. University, Vadodara and currently serves as a faculty at Ramaiah International Centre for Public Health Innovations (RICPHI), Bengaluru. Dr. Ruchi has carried out various research work in functional foods, pro & pre-biotics, and clinical nutrition research trials in chronic disorders such as diabetes, cardiovascular disorders, and obesity. She was awarded Young Scientist award by Nutrition Society of India for her research in 2013. She has conducted various training programs on nutrition for young child, mothers as well as patients of chronic diseases across India for the foundation. She lives in Vadodara, Gujarat.

Ms. Shailee Shah, Manager- Administration
and Operations



Ms. Shailee has an M.B.A from Fairleigh Dickinson University, New Jersey, U.S.A. Currently Shailee serves as Manager, Learning & personnel management at Ramaiah International Centre for Public Health Innovations (RICPHI), Bengaluru. She has been actively involved in developing an electronic training delivery platform called S.H.A.R.P.E.N. She is passionate about studying human resource development and organizational behavior in resource poor settings and solving their challenges with innovative solutions. She handles multiple roles at EcDEESHA Foundation including administration, operations, human resource, and external communications. She lives in Pune, Maharashtra.



Ms. Mridula Kapil Bhargava, Manager- Public Health



Ms. Mridula completed her Master of Public Health from Hebrew University of Jerusalem after completing MSc in Nanotechnology from Amity University, Noida.

She is the recipient of the prestigious Bakken Invitation award of Medtronic Foundation, in recognition of her work for the welfare of patients with diabetes. A certified diabetes educator, Mridula also champions her own foundation - the Diabetes Fighters in New Delhi, India which works with children affected with Type 1 diabetes. Mridula handles creative communication for public health programs at EcDEESHA Foundation. She lives in New Delhi. She also conducts health training for children and adolescents. Mridula is a resident of New Delhi.

Dr. Reema Chaudhury, Volunteer



Dr. Reema has a PhD in English Language Teaching and currently serves as the Director of Student Affairs at Ramaiah University of Applied Sciences, Bengaluru. Dr. Reema

works in the capacity of a mentor volunteer at EcDEESHA Foundation. She has contributed to the conceptualizing and execution of multiple initiatives of the foundation. She actively supports us with the creative aspect at the foundation including the design of the website, content and report writing etc.

Mr. Jyoti Prakash, Volunteer



Mr. Jyoti Prakash has a B.Tech in IT, M.Sc. in Ergonomics and a Master of Public Health (MPH) besides being a certified fitness trainer. He is pursuing PhD in Public

Health from Ramaiah University of Applied Sciences (RUAS), Bangalore. He has been instrumental in extending the reach of the Foundation in the eastern part of India. He has been instrumental in creating a network of adolescents and young adults throughout Bhubaneswar including the urban poor regions. His fun-filled workshops are very well attended by children and adults. He is an active volunteer with EcDEESHA. He is resident of Bhubaneshwar, Odisha,

Ms. Neha Phukan, Management Trainee



Ms. Neha, from Guwahati, Assam recently completed her Master of Arts from Cotton State University, Guwahati in Economics. She has been associated with EcDEESHA

Foundation as a Management Trainee and contributes to the documentation of various activities of the Foundation. She also actively manages the Foundation's social media pages. Neha resides in Guwahati, Assam.



Skill Enhancement Facilitators

Mr. Parth Patel completed his B.E. in Mechanical Engineering from Parul Institute of Engineering and Technology, Vadodara, Gujarat. Currently, he works as a faculty of Physics at Allen Career Institute, Ahmedabad centre. With a passion to offer education to the underprivileged children of the society, he has been associated with the Foundation as a Facilitator in the flagship program Shiksha@EcDEESHA, Jitodiya Centre. Parth is a resident of Vallabh Vidyanagar, Gujarat.



Mr. Ketan Parmar has an M.Sc. in Physics and runs his own coaching classes where special focus is provided for students who have cognitive difficulties with studies. Mr. Parmar has also been associated with the Salvation Army Memorial school, Anand for the past 3 years, where he acts as a full-time faculty and volunteers as a facilitator with the Foundation's Shiksha@EcDEESHA campaign.



EcDEESHA Volunteer presence:

The seed of our voluntary work was planted in the city of Anand around one of its largest urban poor clusters. However, in the last five years, volunteers have joined hands from various states in India to do their share of contribution to the cause of EcDEESHA, as shown by the position of the pins in the map below. It shows that despite being a small entity in the non-governmental space, the collective will of likeminded and passionate people can try to cause a difference to those who need support. Our efforts are small, yet sustainable. Our impact is yet to be visible, but our resilience is progressively stronger that keeps our efforts alive. In the coming years, we aspire to work in every part of India, using the wilful participation of genuine volunteers who can spare any amount of time and a bit of their talent and efforts to serve the underserved.



How it started...

In early 2016, a few friends residing in different corners of India, and bound by the passion to make a small yet significant difference in the development indices of populations that do not have the opportunities of the privileged, got together to set up a charitable trust dedicated to skill building of the less privileged in the fields of **health, education, and environment**. Thus, EcDEESHA Foundation was born. The name conveys the commitment of the stakeholders towards a unidirectional focus- that is skill enhancement in the above fields. However, there is a deeper thought behind the name as the first letter E was meant to reflect Empowerment and the small c next to it stands for the Community we serve while the word DEESHA was conceptualized as Development of Environment, Education, Science, Health and Agriculture - essentially major areas of skill enhancement for our children coming from the resource poor settings that we want to prioritize. Undoubtedly, this is an ambitious order to visualize for a small group of volunteers who want to do something meaningful outside of their professional commitments. Yet, we drew irresistible inspiration from the very thought of the name and the philosophy behind it. The foundation was formally registered on 22nd February 2017 with the Charity Commissioner in Anand, Gujarat.

OUR THRUST AREAS

01

EDUCATION FOR ALL

02

**BETTER HEALTH AND
LIFESTYLE
MANAGEMENT**

03

**ENVIRONMENTAL
HEALTH**



2017 Activities Report

Launch of the 'Shiksha@EcDEESHA' programme- August 2017

Under the 'Shiksha@EcDEESHA' programme, the first remedial class was established in Jitodia where students from underprivileged areas (slums near Jitodia) enrolled themselves to attend classes after school hours. Mr. Parth Patel, the Skill Facilitator along with Mr. Dhruvik Pandya began teaching these underprivileged children in different batches. The response received in the first year was quite overwhelming with over 100 students joining these classes and parents and children, both, praising the initiative.



2018 Activities Report

Remedial Classes at Salvation Army School,

Anand- November 2018

After the resounding success of coaching classes in Jitodia, the Foundation invited teachers from Salvation Army School, Anand to organize extra coaching classes for children of the school. This led the launch of EcDEESHA's remedial classes in the premises of Salvation Army School, Anand. Mr. Ketan Parmar, our dedicated Skill Facilitator conducted these classes after school hours for academically weaker children who needed extra coaching. EcDEESHA also organized a poster competition for the children of this school on various health awareness issues. A large number of students participated, and the winners received attractive prizes and recognition.



The Assam Project- December 2018

The end of 2018 saw the Foundation set up one more remedial coaching class in rural Assam where underprivileged students assembled to partake additional coaching. The Foundation is grateful to Dr. N. Saikia, Principal of Dolongguri H.S. School, Biswanath Chariali, Assam, who generously allowed his school premises for three locally recruited teachers who offered remedial coaching to over 42 students who were either dropouts or unsuccessful in previous attempts at their class 10 board exams. Finally, 26 of them took the board examination and 18 of them cleared it. The Foundation is currently exploring new opportunities to continue its support for needy students in Assam.



Nutrition Workshop, Tribhuvandas Foundation, Anand- April 2018

EcDEESHA Foundation was invited by Tribhuvandas Foundation, Anand to conduct a workshop on good diet and nutrition practices for its community health care workers. Tribhuvandas Foundation is one of the oldest developmental organizations in Anand working with over 800 plus villages via its various health programmes. Dr. Ruchi from EcDEESHA conducted a series of interactive and entertaining workshops for the community workers and spoke to them about the importance good nutrition and diet practices which they, in turn, would disseminate to their respective villages.



2019 Activities Report

Republic Day celebration in Government school, Hadgud village- January 2019

Team EcDEESHA sponsored the Republic Day celebration on January 26, 2019, at the government school in Hadgud village, Gujarat with the objective of maximizing participations by students in this event of national consciousness and to showcase talents among the school's children who do not get such privileges routinely. EcDEESHA veteran Mr. Alpesh Christy organized the sound and orchestra for a 'Patriotic songs competition' for the children of the school. A lot of the students participated in this event with gusto and the winner amongst the students' received gifts for the same.



Skilling programme for Shiksha@EcDEESHA - November 2019

Skilling of students at a young age is crucial to equip them with the requisite skill set to ensure livelihood when they become adults. It is even more crucial for underserved students. EcDEESHA launched the skilling programme for its education arm, 'Shiksha@EcDEESHA'. Under this programme, several other freelance volunteers from Anand and Vidyanagar regularly teach basic computer and software skills to young students at various Municipal schools in Anand on behalf of EcDEESHA. EcDEESHA invites student volunteers from nearby universities who can contribute to the skill building of young, underserved children in not only vocational areas such as computer science but also life skills. The Department of Food Sciences at Sardar Patel University has sent several of its graduate students to teach young schoolgirls of Anand and Vidyanagar about the importance of nutrition and healthy habits via entertaining mediums such as short skits and plays. We hope to expand this programme and garner more volunteer support to ensure sustainability of the same.



Diabetes Caregivers Training Program at Yog Dhyam Foundation- Dec 2019 - Jan 2019

Team EcDEESHA member Mridula Kapil Bhargava conducted a series of workshops at Yog Dhyam Foundation, New Delhi for children with type-1 diabetes between December 2018 and January 2019 with cheering support from the adult patients of type-1 diabetes and parents. The workshop ended with a discussion on healthy eating benefits and its impact on overall health. Yog Dhyam Foundation is a charitable organization that



regularly supports over hundred children with type-1 diabetes in Delhi. In continuation, Ms. Mridula also organized a Diabetes-Zumba dance workshop where the children from Yog Dhyaan Foundation were invited to dance, participate, and raise awareness on Type 1 diabetes.



AHANI India activities in schools-March 2019

As part of a Global Health Leaders Fellowship by Public Health Institute, Oakland, California, offered to our president Dr. Nayanjeet Chaudhury, EcDEESHA embarked on creating the Adolescent Health and Nutrition Initiative (AHANI) India program which was to create a network of active health promoting adolescents who would lead by example among their peers. The primary thrust areas chosen, were physical activity and nutrition. Under this initiative, EcDEESHA's team of volunteers conducted workshops for children in different schools in Delhi-NCR, Gujarat, and Odisha. These fun-filled workshops were very well attended and a huge hit among school going children in the collaborating schools.



Basic Life Support Training Workshop- April 4, 2019



Under the Adolescent Health and Nutrition Initiative (AHANI) India, EcDEESHA Foundation organized a Basic Life Support training workshop conducted in the premises of Asia Pacific Institute of Management, New Delhi by experts from Ramaiah Medical College, Bengaluru. Around 25 participants received intensive hands-on training on basic life support skills that can be useful in

emergency medical response situations. The one-day workshop covered various facets of BLS including pre- and post-test assessment done on state-of-the art mannequins purchased specially for this purpose. The participants clearing the examination received certification from American Heart Association (AHA).

Training for School teachers- Physical Activity and Nutrition- April 5, 2019

Under the Adolescent Health and Nutrition Initiative (AHANI) India, EcDEESHA Foundation organized a training session for schoolteachers and facilitators on adolescent and school health models. The visiting teachers, from various schools in and around Delhi/NCR, learnt about the different domains pertaining to adolescent health. Experts from EcDEESHA Foundation conducted interactive sessions



in areas of nutrition, physical activity, and non-communicable diseases. The day ended with a CPR (Cardiopulmonary Resuscitation) workshop/training conducted by Dr. Aruna Ramesh, Professor and HOD, Emergency Medicine, Ramaiah Medical College, Bengaluru, and her team.

Glimpses of Nutrition Week- September 2019

The first week of September is celebrated every year as 'Nutrition week' to create awareness among people regarding nutrition and healthy eating practices. EcDEESHA Foundation in collaboration with PG Department of Home Science, Sardar Patel University, Vallabh Vidyanagar performed 'Nutrition Awareness Program' in Nagarpalika Girls' School at Anand.



Fun act plays and skits were performed by the student volunteers from the Department of Home Science to impart knowledge on healthy foods, balanced diet, healthy eating habits, sanitation, and hygiene practices. The teachers and schoolgirls venerated the awareness program and showed willingness to inculcate healthy eating habits in their lifestyle. The entire program was very well received by the children and teachers of Nagarpalika Girls' School, Anand.

Environment

Climate change is a burning topic across the world today. For sustainability of the human race beyond the current century, we have to minimize all our activities that increase our carbon footprint and thereby raise the ambient air temperature. The unprecedented natural disasters in the form of tsunamis, heavy floods, avalanches, to name a few, are clear indications of the consequences of human interference with nature. In every sector, from industries and agriculture to trade and transport, we need to be conscious of protecting our environment from the deleterious effects of our activities. Environmental health is still a new domain for the Foundation. We are taking a small step at a time. In near future, we intend to approach each of our activities with a sustainability lens.

The United Nations has targeted to double the use of natural methods of agriculture by 2030, as part of the Sustainable Developmental Goals. As a humble effort to contribute to this cause, EcDEESHA Foundation has been working with Hygiea Service of Anand in developing a unique aerobic composting solution that can convert large volumes of organic waste into both solid and liquid compost within less than two weeks. The model has been validated by Indian Institute of Technology, Guwahati and has been tested by few municipalities in India.

OrgaDigester launch, Makeli village, Assam- April 2019

As a novel experiment with agriculture, EcDEESHA Foundation installed a version of this model in Makeli village, near Guwahati, Assam in February 2019. The function was hosted by various dignitaries from the government and the OrgaDigester was officially launched by the Sarpanch of Makeli village. This revolutionary technology holds the potential to combat all problems pertaining to organic solid waste management. The compost produced from the plant is distributed among farmers of the village in lieu of organic solid waste from their farms on a regular basis. Further experiments to enhance the efficiency of the system are underway.



2020 Activities Report

Reaching the Unreached- January 2020

Endorsing the Dietetics Day theme this year: *Reaching the Unreached*, EcDEESHA Foundation in collaboration with P.G. Department of Home Science, Sardar Patel University, Vallabh Vidyanagar organized a 'Nutrition Awareness Program' in a Nagarpalika school in Anand. The student volunteers from the P.G. Department spread awareness on macronutrient and



micronutrient deficiencies among the adolescents of 5th to 8th grades using charts and visuals. The program was well received by the school management. The students showed willingness to inculcate protein, calcium and iron rich sources in their diet and spread knowledge about the same within their peers and the community.

Celebrating World Cancer Awareness Day -February 2020

On World Cancer Awareness Day, Shri Alpesh Christy conducted a session at Shree Swaminarayan Vidyalaya, Anand. Students and teachers received an exposure to various aspects of common cancers and how to avoid carcinogenic elements in our day to day lives and aspire to live healthier. The students and teachers interacted with the resource person with exchange of questions and comments. The event was well covered by leading newspapers in Charutar region including Divya Bhaskar, Divya Samachar and Pratah Kaal.



Poshan Maah competition- September 2020

AHANI India in collaboration with EcDEESHA Foundation, Era Foundation, Ramaiah International Centre for Public Health Innovations (RICPHI) and Diabetes Fighters organized a "Poems and Art and Craft competition" along with a talk show on



"Adolescent Nutrition: Myths and Misconceptions" as part of the Nutrition Month celebration in September 2020. Eminent Senior Scientist and Head, Department of Foods Nutrition & Dietetics, Madras Diabetes Research Foundation (MDRF), Chennai- Ms. Sudha Vasudevan was the keynote speaker for this webinar along with Dr. Ruchi Vaidya, Assistant Professor, Nutrition, RICPHI and Chief Scientific Officer, EcDEESHA Foundation. Numerous entries were received as part of the creative competition and prizes for the same were distributed toward the end of the talk show.

BAALA Study, Alwar, Haryana - December 2020

EcDEESHA received a generous donation from the Balaa group of New Delhi that promotes healthy sanitary practices among adolescents in India, using a unique and reusable sanitary napkin that the organization distributes among school going adolescent girls at an interactive workshop organized for them. Accordingly, while Balaa conducted an



intervention campaign in several schools in Alwar to promote its reusable sanitary napkin EcDEESHA Foundation conducted a baseline and an endline evaluation study, one year apart, to see the impact of the intervention. The final report of the study is under preparation, which will be submitted to Balaa by June 2020.



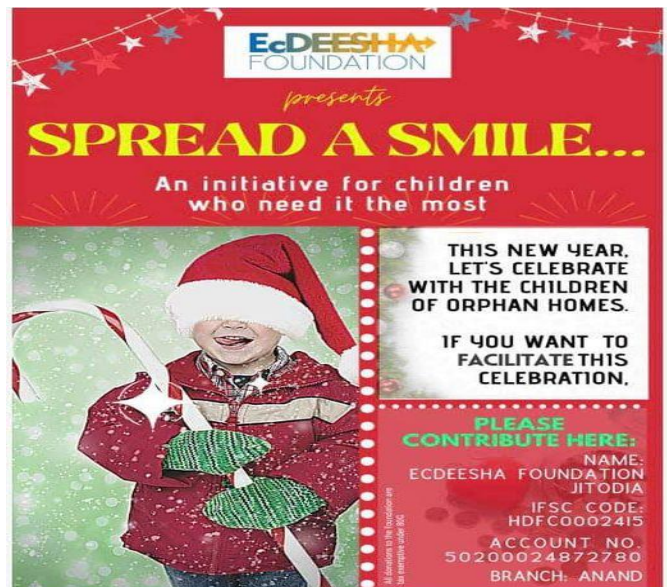
COVID awareness program in Anand- December 2020

As part of our efforts toward responding to the COVID-19 pandemic in December 2020, EcDEESHA Foundation's team visited various slums in Anand to educate the masses living there on the potential dangers posed by the COVID-19 pandemic. This awareness program aimed to educate the underprivileged residents of Anand on how to adopt better hygiene and sanitation practices via regular hand washing and disinfecting of surfaces. Curious faces in slums gathered to know more about the deadly virus.



Spread a smile: Initiative to help children in need- Dec 2020.

By end of 2020, the Covid-19 pandemic had already hit the world hard nearly for a year, including all sections of the society, especially the vulnerable groups. While EcDEESHA did within its capacity to help the communities to cope with the sudden exigency, it specifically wanted to support the children living in orphanages throughout India. With the help of trainees from the Nadiad Sewing Company project, the Foundation created and distributed Santa caps and masks as well as other necessary items and goodies for over 200 children living in orphan homes in Delhi, Gujarat, Odisha, and Karnataka.



The Sewing Company, Nadiad - December 2020



In extension of EcDEESHA's skilling program, the Foundation initiated the Sewing Company project in Nadiad in December 2020. Women from Nadiad and nearby areas enrolled themselves in the program to learn basic sewing and tailoring in order to up skill themselves and contribute to their family's finances. Nearly 100 women have been trained so far in this area and many more will be enrolled in the upcoming batches.

2021 Activities Report

International 'No Tobacco Day'

On the occasion of 'International No Tobacco Day', an Addiction Free Awareness Program was organised by the Foundation in Khodiyar Nagar, Anand. Social worker, Mr. Ankit Macwan gave very important information about the social, economic as well as physical harm caused by regular consumption of tobacco. Many labourers including women and specially abled children participated in the program enthusiastically. They expressed their desire to be free from addiction and work toward bettering their lives.



Nationwide VLOG Competition

To mark the celebration of National Nutrition month in September 2021, Team AHANI invited participation from school and college going students for an innovative video blogging competition "Create and Lead Change" to promote the United Nation's Zero Hunger goal by 2030. Over 50 plus participants from various corners of India submitted their video entries which were hosted on our [YouTube channel](#)



with the best ones being shortlisted by eminent experts in the field of social media marketing and communication. The month-long celebration culminated with an innovative webinar on 'Creative Communication for Social Change' curated by expert sessions from Mr. P.K. Anil Kumar, Creative Media Director and Script Writer and Mr. Sanjay Rao Chaganti, Social Marketing, and International Communications Expert.



2022 Activities Report

Pilot School Health Program

From December 2021 onward, AHANI embarked on a pilot program in V.C. Patel School, Anand where over 70 students enrolled for a fun-filled journey toward knowledge gaining around basic nutrition and physical health. The pilot started with capturing the demographic details of the students and subsequent sessions including quizzards and activities revolving around SDGs in Nutrition and Environmental Health. The first phase of this program ended with a culmination event organized on March 25, 2022. Key speakers and dignitaries included Dr. Sulabha Natraj, Former Principal and Professor at Waymade College of Education, and Dr. Salma Paleja, Vice Principal, V.C. Patel School.



Dr. Ruchi Vaidya, who led the entire program on behalf of AHANI India, shared the results of nutritional survey conducted among the participants. Interestingly, she said that over 20% boys and 13% girls were either overweight or obese



while 10% boys were thin for their age and height. She also informed that at the end of the phase 1, there was a 26% rise in the awareness among the students on important lifestyle habits such as sleep, eating breakfast and conscious eating. Students who participated in the program also shared their experiences and learnings from the program. Students who demonstrated extraordinary participation in the program were also felicitated with prizes.



EcDEESHA in news



News about the MoU between PTCR, EcDEESHA Foundation and Tribhuvandas Foundation



Coverage about the Diabetes Management Workshop organized at Tribhuvandas Foundation, Anand



Newspaper coverage about World Cancer Day program

જિટોડિયામાં કોરોના જાગૃતિ કાર્યક્રમ યોજાયો



આણંદ: એકદિશ ફાઉન્ડેશન જિટોડિયા દ્વારા મેલડી માતા વિસ્તારમાં કોરોના વિશે લોકોમાં જાગૃતિ લાવવાના હેતુથી કોરોના જાગૃતિ કાર્યક્રમનું આયોજન કરવામાં આવ્યું હતું. જેમાં કોરોના રોગથી બચવા માટે સાવચેતી સહિતના ઉપાય વિશે લોકોને સમજાવવામાં આવ્યા હતા.

News coverage about the COVID awareness program

વિશ્વ આંતરરાષ્ટ્રીય તમાકુ નિષેધ દિન તરીકે વ્યસન મુક્તિ કાર્યક્રમ યોજાયો



આણંદ, તા. ૧૧ જાજી વિશ્વ તમાકુ નિષેધ દિવસ તરીકે ઉજવવામાં આવે છે ત્યારે આણંદ શહેરમાં પણ વિવિધ સંસ્થાઓ દ્વારા આ દિવસ નિમિત્તે વ્યસનમુક્તિ સહિતના કાર્યક્રમો યોજવામાં આવ્યા હતા. જેમાં મોટી સંખ્યામાં યુવકો જોડાઈને વ્યસન મુક્ત બનવા માટે સોને અપીલ કરી હતી. આણંદ શહેરના સરકારી ગોડાઉન પાછળ ખોડીયારનગર વિસ્તારમાં એકદિશ ફાઉન્ડેશન જિટોડિયાના ઉપક્રમે વ્યસન મુક્તિ કાર્યક્રમ યોજવામાં આવ્યો હતો. આ ફાઉન્ડેશનના કાર્યકરોએ શ્રમજીવી પરિવારના સભ્યોને મળીને વ્યસન અને તમાકુ ખાવાથી શરીરને શું નુકસાન થાય તે અંગેની સમજ આપીને વ્યસન મુક્ત બનવા માટે અપીલ કરી હતી. અંકિત મેકવાન દ્વારા પ્રાસંગિક પ્રવચન કરવામાં આવ્યું હતું. કાર્યક્રમનું સંચાલન અલ્પેશકુમારે કર્યું હતું.

News coverage about the Tobacco Day program

એકદિશા ફાઉન્ડેશન, રામૈયા ઈન્ટરનેશનલ સેન્ટર ફોર પબ્લિક હેલ્થ ઈનોવેશન્સ દ્વારા પર્યાવરણ જાગૃતિ કાર્યક્રમ

આણંદ, તા. ૨૬ એકદિશા ફાઉન્ડેશન, રામૈયા ઈન્ટરનેશનલ સેન્ટર ફોર પબ્લિક હેલ્થ ઈનોવેશન્સ (RICPHI) અને અન્ય સંસ્થાઓ સાથે ટેકનિકલ સહયોગમાં, ૨૦૧૯ માં શરૂ કરાયેલ, કિશોર આરોગ્ય અને પોષણ પહેલ (AHANI) ભારત અભિયાનનું નેતૃત્વ કરી રહ્યું છે. તાજેતરમાં, AHANI અભિયાનને એક અનોખા શાળા આરોગ્યની શરૂઆત કરી છે. સંયુક્ત રાષ્ટ્રના સસ્ટેનેબલ ડેવલપમેન્ટ ગોલ્સ, ખાસ કરીને આરોગ્ય, પોષણ અને પર્યાવરણની આસપાસ જાગૃતિને પ્રોત્સાહન આપવાનો કાર્યક્રમ. પ્રોટોટાઇપ પ્રોગ્રામનું પ્રાયોગિક ધોરણે વી.સી. પટેલ ઈંગ્લિશ સ્કૂલ, વલ્લભ વિદ્યાનગર આણંદમાં જ્યાં શાળાના ધોરણ ૯ ના ૭૦ વિદ્યાર્થીઓએ પ્રથમ તબક્કામાં ભાગ લીધો હતો, જે ૨૬મી માર્ચ શાળાના ઓરિયન્ટેશનમાં આયોજિત પરાકાષ્ટા કાર્યક્રમ સાથે સમાપ્ત થયો હતો. ડૉ. સુલભા નટરાજ, ભૂતપૂર્વ પ્રોફેસર અને પ્રિન્સિપાલ, વેમેડ કોલેજ ઓફ એજ્યુકેશન અને હાલમાં એકદિશા ફાઉન્ડેશન ટ્રસ્ટી મંડળના સભ્ય, મુખ્ય વક્તવ્ય આપ્યું હતું જેમાં તેમણે હકારાત્મક વિચારસરણી નું મહત્વ પર ભાર મૂક્યો હતો આ પ્રસંગે ડૉ. રૂચિ વેધ, ચીફ સાયન્ટિફિક ઓફિસર, EcDEESHA ફાઉન્ડેશન અને મદદનીશ પ્રોફેસર, રામૈયા ઈન્ટરનેશનલ સેન્ટર ફોર પબ્લિક હેલ્થ ઈનોવેશન્સ (RICPHI) કે જેમણે AHANI India વતી આપા કાર્યક્રમનું નેતૃત્વ કર્યું હતું. કાર્યક્રમમાં અસાધારણ સહભાગિતા દર્શાવનાર વિદ્યાર્થીઓને ઈનામો અને ભેટ આપી સન્માનિત કરવામાં આવ્યા હતા.



(તસ્વીર: નરેન્દ્રસિંહ ચોહાણ)

વક્તવ્ય આપ્યું હતું જેમાં તેમણે હકારાત્મક વિચારસરણીના મહત્વ પર ભાર મૂક્યો હતો અને પોતાના માટે સકારાત્મક ફેરફારોની કલ્પના કરી હતી. તેણીએ ઉમેર્યું કે, આપણે હંમેશા પ્રતિભાશાળી તરીકે વિચારવું પડેલું, પછી ભલે તે પરિસ્થિતિ ગમે તે હોય. ડૉ. રૂચિ વેધ, ચીફ સાયન્ટિફિક ઓફિસર, એકદિશા ફાઉન્ડેશન અને મદદનીશ પ્રોફેસર, રામૈયા ઈન્ટરનેશનલ સેન્ટર ફોર પબ્લિક હેલ્થ ઈનોવેશન્સ (RICPHI) કે જેમણે AHANI India વતી આપા કાર્યક્રમનું નેતૃત્વ કર્યું હતું. કાર્યક્રમમાં ભાગ લેનાર વિદ્યાર્થીઓએ પણ તેમના અનુભવો અને શીખો શેર કર્યા હતા. કાર્યક્રમમાં અસાધારણ સહભાગિતા દર્શાવનાર વિદ્યાર્થીઓને ઈનામો અને ભેટ આપી સન્માનિત કરવામાં આવ્યા હતા. AHANI પહેલ

કિશોરો અને યુવા વયસ્ક પીઅર સપોર્ટ મોડલ દ્વારા તંદુરસ્ત જીવનશૈલી અપાડતી, જેમ કે ઊંચ, તંદુરસ્ત નાસ્તો લેવા જેવી આદતો દ્વારા સમાન આહાર વિશે વિદ્યાર્થીઓમાં જાગૃતિમાં ૨૬% વધારો થયો હતો. આ કાર્યક્રમમાં ભાગ લેનાર વિદ્યાર્થીઓએ પણ તેમના અનુભવો અને શીખો શેર કર્યા હતા. કાર્યક્રમમાં અસાધારણ સહભાગિતા દર્શાવનાર વિદ્યાર્થીઓને ઈનામો અને ભેટ આપી સન્માનિત કરવામાં આવ્યા હતા. AHANI પહેલ



એક દિશા ફાઉન્ડેશન, રામૈયા ઈન્ટરનેશનલ સેન્ટર ફોર પબ્લિક હેલ્થ ઈનોવેશન્સ (RICPHI) અને અન્ય સંસ્થાઓ સાથે ટેકનિકલ સહયોગમાં, ૨૦૧૯ માં શરૂ કરાયેલ, કિશોર આરોગ્ય

અને પોષણ પહેલ (AHANI) ભારત અભિયાનનું નેતૃત્વ કરી રહ્યું છે. તાજેતરમાં, AHANI અભિયાનને એક અનોખા શાળા આરોગ્યની શરૂઆત કરી છે. સંયુક્ત રાષ્ટ્રના સસ્ટેનેબલ ડેવલપમેન્ટ ગોલ્સ, ખાસ કરીને આરોગ્ય, પોષણ અને પર્યાવરણની આસપાસ જાગૃતિને પ્રોત્સાહન આપવાનો કાર્યક્રમ. પ્રોટોટાઇપ પ્રોગ્રામનું પ્રાયોગિક ધોરણે વી.સી. પટેલ ઈંગ્લિશ સ્કૂલ, વલ્લભ વિદ્યાનગર આણંદ, માં જ્યાં શાળાના ધોરણ ૯ ના ૭૦ વિદ્યાર્થીઓએ પ્રથમ તબક્કામાં ભાગ લીધો હતો, જે ૨૬મી માર્ચ શાળાના ઓરિયન્ટેશનમાં આયોજિત પરાકાષ્ટા કાર્યક્રમ સાથે સમાપ્ત થયો હતો. ડૉ. સુલભા નટરાજ, ભૂતપૂર્વ પ્રોફેસર અને પ્રિન્સિપાલ, વેમેડ કોલેજ ઓફ એજ્યુકેશન અને હાલમાં EcDEESHA ફાઉન્ડેશનના ટ્રસ્ટી મંડળના સભ્ય, મુખ્ય વક્તવ્ય આપ્યું હતું જેમાં તેમણે હકારાત્મક વિચારસરણી નું મહત્વ પર ભાર મૂક્યો હતો આ પ્રસંગે ડૉ. રૂચિ વેધ, ચીફ સાયન્ટિફિક ઓફિસર, EcDEESHA ફાઉન્ડેશન અને મદદનીશ પ્રોફેસર, રામૈયા ઈન્ટરનેશનલ સેન્ટર ફોર પબ્લિક હેલ્થ ઈનોવેશન્સ (RICPHI), AHANI India વતી આપા કાર્યક્રમનું નેતૃત્વ કર્યું હતું. કાર્યક્રમમાં અસાધારણ સહભાગિતા દર્શાવનાર વિદ્યાર્થીઓને ઈનામો અને ભેટ આપી સન્માનિત કરવામાં આવ્યા હતા. (તસ્વીર : સુરેશ ઠાકુર- આણંદ)



એકદિશા ફાઉન્ડેશન, રામૈયા ઈન્ટરનેશનલ સેન્ટર ફોર પબ્લિક હેલ્થ ઈનોવેશન્સ (RICPHI) અને અન્ય સંસ્થાઓ સાથે ટેકનિકલ સહયોગમાં, ૨૦૧૯ માં શરૂ કરાયેલ, કિશોર આરોગ્ય અને પોષણ પહેલ (AHANI) ભારત અભિયાનનું નેતૃત્વ હેઠળ સંયુક્ત રાષ્ટ્રના સસ્ટેનેબલ ડેવલપમેન્ટ ગોલ્સ, ખાસ કરીને આરોગ્ય, પોષણ અને પર્યાવરણની જાગૃતિને પ્રોત્સાહન આપવાનો કાર્યક્રમ યોજાયો

આણંદ, તા. ૨૬ એકદિશા ફાઉન્ડેશન, રામૈયા ઈન્ટરનેશનલ સેન્ટર ફોર પબ્લિક હેલ્થ ઈનોવેશન્સ (RICPHI) અને અન્ય સંસ્થાઓ સાથે ટેકનિકલ સહયોગમાં, ૨૦૧૯ માં શરૂ કરાયેલ, કિશોર આરોગ્ય અને પોષણ પહેલ (AHANI) ભારત અભિયાનનું નેતૃત્વ કરી રહ્યું છે. તાજેતરમાં, AHANI અભિયાનને એક અનોખા શાળા આરોગ્યની શરૂઆત કરી છે. સંયુક્ત રાષ્ટ્રના સસ્ટેનેબલ ડેવલપમેન્ટ ગોલ્સ, ખાસ કરીને આરોગ્ય, પોષણ અને પર્યાવરણની આસપાસ જાગૃતિને પ્રોત્સાહન આપવાનો કાર્યક્રમ. પ્રોટોટાઇપ પ્રોગ્રામનું પ્રાયોગિક ધોરણે વી.સી. પટેલ ઈંગ્લિશ સ્કૂલ, વલ્લભ વિદ્યાનગર આણંદમાં જ્યાં શાળાના ધોરણ ૯ ના ૭૦ વિદ્યાર્થીઓએ પ્રથમ તબક્કામાં ભાગ લીધો હતો, જે ૨૬મી માર્ચ શાળાના ઓરિયન્ટેશનમાં આયોજિત



(તસ્વીર : મનન પ્રિંઝુ, આણંદ)

પરાકાષ્ટા કાર્યક્રમ સાથે સમાપ્ત થયો હતો. ડૉ. સુલભા નટરાજ, ભૂતપૂર્વ પ્રોફેસર અને પ્રિન્સિપાલ, વેમેડ કોલેજ ઓફ એજ્યુકેશન અને હાલમાં એકદિશા ફાઉન્ડેશન ટ્રસ્ટી મંડળના સભ્ય, મુખ્ય વક્તવ્ય આપ્યું હતું જેમાં તેમણે હકારાત્મક વિચારસરણીના મહત્વ પર ભાર મૂક્યો હતો અને પોતાના માટે સકારાત્મક ફેરફારોની કલ્પના કરી હતી. તેણીએ ઉમેર્યું કે, આપણે હંમેશા પ્રતિભાશાળી

તરીકે વિચારવું પડેલું, પછી ભલે તે પરિસ્થિતિ ગમે તે હોય. ડૉ. રૂચિ વેધ, ચીફ સાયન્ટિફિક ઓફિસર, એકદિશા ફાઉન્ડેશન અને મદદનીશ પ્રોફેસર, રામૈયા ઈન્ટરનેશનલ સેન્ટર ફોર પબ્લિક હેલ્થ ઈનોવેશન્સ (RICPHI) કે જેમણે AHANI India વતી આપા કાર્યક્રમનું નેતૃત્વ કર્યું હતું. તેમણે સહભાગીઓ વચ્ચે હાથ ધરેલા પોષણ સર્વેના પરિણામો શેર કર્યા. રસપ્રદ વાત એ છે કે, તેણીએ કહ્યું કે ૨૦% થી વધુ છોકરાઓ અને ૧૩% છોકરીઓ કાં તો વધુ વજન ધરાવતા અથવા મેદસ્વી હતા, જ્યારે ૧૦% છોકરાઓ તેમની ઉંમર અને ઊંચાઈ માટે પાતળા હતા. તેણીએ એ પણ માહિતી આપી હતી કે તબક્કા ૧ ના અંતે, મહત્વપૂર્ણ જીવનશૈલી આદતો, જેમ કે ઊંચ, તંદુરસ્ત નાસ્તો લેવા જેવી આદતો દ્વારા સમાન આહાર વિશે વિદ્યાર્થીઓમાં જાગૃતિમાં ૨૬% વધારો થયો હતો. આ કાર્યક્રમમાં ભાગ લેનાર વિદ્યાર્થીઓએ પણ તેમના અનુભવો અને શીખો શેર કર્યા હતા. કાર્યક્રમમાં અસાધારણ સહભાગિતા દર્શાવનાર વિદ્યાર્થીઓને ઈનામો અને ભેટ આપી સન્માનિત કરવામાં આવ્યા હતા. AHANI પહેલ કિશોરો અને યુવા વયસ્કોને પીઅર સપોર્ટ મોડલ દ્વારા તંદુરસ્ત જીવનશૈલી અને સુખાકારીને અનુકૂળિત કરવા પ્રોત્સાહિત કરવાનો પ્રયાસ કરે છે.

News coverage of the culmination activity of the school health program organized at V.C. Patel School, Anand

Our Future Plans: COVID-19 and beyond...

The ongoing pandemic has drastically changed the way we do things today, whether for home or for work. Millions of people have been rendered jobless by the onslaught of the two consecutive waves of the COVID-19 crisis. With poor infrastructure of our health care system, the health facilities across the country are at a stage of impending collapse. Health care providers are highly fatigued by the pressure of saving lives on both for patients they attend as well as themselves. Panic stricken masses have been thronging health facilities in search of beds and oxygen support. Myths and misinformation about the virus spread through social media have crippled the population psyche about preventive measures for and management of the situation. One major group that has been hit hard are the students across all sections of the society. Those who belong to middle and upper classes, have been attending online classes while underprivileged children have been deprived of their share of education. Confinement and social isolation have increased the risk of depression, anxiety, and stress not only among students, but also adults.

As remedial education and skill building are EcDEESHA's major thrust areas, we are contemplating on adopting innovative methods of imparting skills training to both students as well as unemployed youth, especially women in the coming months, especially post COVID-19 era. We are interested in offering training that secures employment for our trainees. We would like to continue to run our remedial education classes, although via online interactive modes until the situation improves. We shall make renewed efforts to work with underprivileged women for improving their livelihood through vocational training. We would also like to conduct training of health workers in management of critical primary care areas. At a time like this, we need significant support from our patrons and well-wishers, particularly via innovative ideas and support in kind, much more than through financial help. Of course, generous financial support from philanthropists will go a long way in fulfilling our mission of serving the underserved.





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