



# EDUQUEST-NGO

Annual Report 2020-2021



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Annual Report 2020-2021

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## DEDICATED VOLUNTEER OF EDUQUEST NGO TEAM



**D**r. Sneha Lata Rewaria Former Chief Medical Officer Tata Power Delhi Distribution Ltd. A Doctor by profession, Dr. Rewaria is thoroughly trained in management and skills. During her one decade of working with the Tata Power Delhi distribution Ltd (NDPL) & more than two decades with DVB (Delhi Govt). In addition to her job, she has educated lower, middle and senior level executive in preventive and promotive health care. Occupational health training, Stress Management,

Safety and First-aid training, Women empowerment, Work Life Balance, Corporate Ethics, Sexual harassment at working palace, Consultant for Corporate Social responsibility etc. She has organized more than 200 health camps and approx. 4000 awareness sessions till date.

Currently, she is actively associated with EDUQUEST NGO. She is fully involved in work for the society i.e., to reduce the school drop out for the children of weaker section of the society which are attending Govt. school in Delhi, Women empowerment and Awareness on Preventive and Promotive Healthcare. She is providing awareness on Breast self-examination and Ca cervix to women of J J Clusters, villages and urban areas.

She takes interest in Photography, Social and Health activities. She is also having interest in reading books on community service activities, Smart Leadership, Treasury of Courage & Confidence etc.





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## DEDICATED VOLUNTEER OF EDUQUEST NGO TEAM



**D**r. O P Rewaria Ex. Chief Medical Officer Indraprastha Power Generation Company Ltd. A Doctor by profession, Dr. Rewaria is thoroughly trained in management and skills. During his more than three decades of working with the IPGCL and with DVB (Delhi Govt). In addition to his job, he has educated lower, middle and senior level executive in preventive and promotive health care., Occupational health training, Stress Management, Corporate Social responsibility, Nodal officer of Pulse Polio program etc. He has been president of Welfare association of his locality since 1990.

Currently, he is actively associated EDUQUEST NGO. He is fully involved in work for the society i.e., like to reduce the school drop out for the children of weaker section of the society, who are attending Govt. school in Delhi, Women Empowerment and Awareness on Preventive and Promotive Healthcare.

He takes keen interest in indoor as well as outdoor sports, Art & Culture & paintings





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## DEDICATED VOLUNTEER OF EDUQUEST NGO TEAM



**M**r. S K Das is Director – Training in Mewar University. An engineer by profession, Mr. Das is thoroughly trained in management, skills and soft skills training in India and abroad. Currently, he is actively associated with improving employability of technical and management students. During his three decades of working with the house of Tata, one of the most respected business groups in India, he has trained more than 3000 middle and senior level executives in Stress Management, Work Life Balance, Quality System, Business Excellence, Corporate Ethics,

He was actively involved in Power Reforms in India. Through Distribution Reforms Upgrade Management (DRUM) programmed, an initiative of Ministry of Power, Govt. of India, he worked extensively on change management in state electrical utilities. He has trained power utility personnel from countries like Bhutan, Pakistan, Sri Lanka, Afghanistan, Bangladesh, etc. He also worked on a World Bank supported project for DABM, the Electricity Board of Afghanistan, as Training Expert giving consultancy on training and development of the utility personnel.

He has widely travelled across the continents and is a voracious reader. He takes keen interest in social work and adventure sports. He is an educationist at heart and had been in the managing committee of a missionary school in Jamshedpur for more than a decade.



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## ALL TEAM MEMBERS



**Dr. Snehlata**  
(General Secretary)



**Dr. R.A. Gautam**  
(Vice-President)



**Dr. Salini Chandra**  
(Secretary)



**Ms. Ravita**  
(President)



**Mr. Amarnath**  
(Treasurer)



**Ms. Sonu Devi**  
(Member)



**Mr. Anurag Rewari**  
(Member)





# EDUQUEST-NGO

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## INTRODUCTION

### EDUQUEST- NGO

EDUQUEST is NonGovt. Organization, under the leadership of Dr. Snehlata Rewaria

(Physician & Social worker) running several interventions in the areas of Health care, child

education, Women Empowerment & Vocational training. Eduquest reaches out to more than

700 beneficiaries every day including children, adolescent, women & families.

### MISSION



To Promote community Development through awareness on Health, Education Women Empowerment and Environment.

### VISION



To support and encourage the sustainable development of communities in distress

### Health Care:

Eduquest have provided preventive and promotive health care services. Eduquest is



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## INTRODUCTION

### Currently Running Project:

Mobile Health Dispensaries Services in Jhuggi Jhopari / Resettlement Colony Under TPDDL Area of Operation with partnership with TATA Power DDL since February, 2015 and providing OPD services and educated them through awareness on various diseases and Hygiene at doorstep of patients. It has organized.

Approximately 500 Awareness sessions and 80 health camps in different areas of Delhi since 2011 including a Govt. project "Health promotion targeting lifestyle factors and danger signals for prevention & early detection of Cancer". (Ministry of Health Govt. of Delhi. Karkardooma)

The Eduquest has Examined, awared and treated / counseled an approximate 600000 patients till March 2020.

Eduquest have provided awareness on various communicable and Non-communicable diseases... Presently Eduquest is running four **Mobile Dispensaries** in j j clusters of North and North-West areas of Delhi and covering approximate 600 patients daily in North-West area of Delhi.

### Education:

**Shiksha ka Adhikar Sabko:** Eduquest is providing life skill training, free tuition, Cultural activities, festivals celebrations etc. and prepare them mentally and psychologically for study.





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## INTRODUCTION

### Women Empowerment:

Empowering women through Vocational training like cutting & tailoring, Beauty parlor, Mehandi designing etc.

In today's world to get good health service is our fundamental rights." But unfortunately, we are not getting it. In our country the most important factor is rise in infectious and degenerative diseases.

In addition to country is experiencing a rise in lifestyle diseases like Hypertension, cardiac diseases, Diabetes, Obesity, cancer etc. India is grappling with the emergence of other diseases also such as HIV/AIDS and food and water born diseases.

A major portion of migrant labours that come from diseases endemic area settled in urban slums with highly vulnerable surroundings such as overcrowding, garbage, unsafe water, open sewers, stagnant water, poor immunity etc. These factors are suitable for transmission of communicable diseases & vector born diseases.

In addition to above other high prevalence of risk factors are smoking, alcohol, drugs, lack of fiber intake of diet, physical inactivity, malnutrition and obesity in non-communicable diseases.



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## INTRODUCTION

The Poor People Living in Rural / J J Clusters are unable to Avail Medical :

**Facilities due to:**

- High cost treatment
- Discrimination and perceived unfriendly environment at Govt. Hospitals.
- Lack of information and assistance to access these health care facilities.
- Lack of awareness regarding diseases caused by illiteracy non-guidance at hospital level

**Rise in diseases in India:**

- Substandard housing
- Inadequate water
- Swage and waste management system
- A crumbling public health infrastructure
- Lack of financial resources

Adopted unhealthy western diet that are high in fat & sugar. This causes increase in lifestyle, diseases like Hypertension, diabetes, cancer, obesity etc leading to high mortality rate

- Lacking standard of health care. Poor public obtaining the treatment from unqualified practitioners who are providing many inappropriate and unwanted treatments.
- Direct purchase of self-Medicines from chemists and using them inappropriate and doses.





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## INTRODUCTION

India is grappling with the emergence of diseases such as AIDS & non-potable water & food diseases.

### Objective:

- To improve the health status of people living in J J Clusters
- To improve the quality of health seeking behavior of people.
- To increase the credibility of service providers through improved quality of service.
- To provide awareness on preventive measures of diseases and healthy life style
- To provide awareness on importance of hygiene

### PROJECT:

**MOBILE HEALTH DISPENSARIES SERVICES IN JHUGGI JHOPARI / RESETTLEMENT COLONY UNDER TPDDL AREA OF OPERATION.**

**WHAT WE DO: AT A GLANCE – Through four Mobile dispensaries**

EDUQUEST is committed to work with TATA Power DDL to improve the health status of people living in J J Clusters & resettlement colonies through OPD service – Provisional Diagnosis & Investigations like Blood pressure and Blood sugar check-up, treatment, Counseling & health awareness at their doorsteps free of cost.



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## INTRODUCTION

### Our Priorities are:

- o Health Awareness & Examination, investigations, diagnosis & Treatment
- o Promotion of community health and life style
- o To ensure enlightening of these inhabitants on issues pertaining to treatment, hygiene, family welfare and ethics etc.

### Our Activities

at Location:

- OPD service – Provisional / clinical diagnosis, investigation & treatment and awareness

on different diseases, counseling etc.

- The main objective behind the Awareness sessions organizing at locations and at

Vocational Training centers is to educate the people for prevention of Communicable

- disease, Life style diseases, HIV/AIDS, STDs, skin diseases, sanitation, safe drinking

water, diseases caused by open defecation, women health etc.

### Year 2020-21 Covid-19 Pandemic

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. COVID-19 is now a pandemic affecting many countries globally.





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## INTRODUCTION

The year 2020-21 was the year of Covid-19 Pandemic. However, in view of pandemic with spread of Coronavirus in whole of the world including India and in Delhi an emergent situation has arisen for the community. Through awareness about prevention and safety measures in prevention of COVID-19

1. Distribution of Masks
2. Awareness on prevention of the Covid-19
3. Treatment through Telemedicine
4. Distribution of the food to the people
5. Distribution of Sanitary napkins
6. Any, other duties to be needed for community welfare

Infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

The most recently discovered coronavirus causes coronavirus disease COVID-19. Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory Prevention measures

- Medical masks are recommended primarily in health care settings, but can be considered in other circumstances. Medical masks should be combined with other key infection prevention and control measures such as hand hygiene and physical distancing.





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## INTRODUCTION

### Healthcare workers:

- Medical masks and respirators such as N95, FFP2 or equivalent are recommended for and should be reserved for, healthcare workers while giving care to patients. Close contact with people with suspected or confirmed COVID-19 and their surrounding environment are the main routes of transmission, which means healthcare workers are the most exposed.
- The most important thing to know about coronavirus on surfaces is that they can easily be cleaned with common household disinfectants that will kill the virus. Studies have shown that the COVID-19 virus can survive for up to 72 hours on plastic and stainless steel, less than 4 hours on copper and less than 24 hours on cardboard.
- As, always clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose

### Awards and Felicitation:

Our NGO receives many awards and Trophies on behalf of hard work of our team and supportive members. they did Too much efforts in all programs which was done by our Eduquest NGO.



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## FOOD DISTRIBUTION

Food Distribution at Ren Basera:



Our Organization Organized A Plan of Food Distribution at Ren Basera. In Which we make Healthy Food and Provide That Food for people who Lives in Ren Basera.

Because, they are homeless and they lost their parents. So, Ren Basera is a temporary place for live. Many people who come to Ren Basera in need of food and other basic necessities. NGOs and other charitable organizations often provide support to Ren Basera by donating food, clothing, and other essentials.

Our team Provide food at Ren Basera Located in Dholi Piao, Janakpuri, Delhi.

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## FOOD DISTRIBUTION

### Ration Distribution at Door Step:



Our NGO is providing Ration to people in need, and delivering it directly to their doorstep. This service is particularly important for people who may not have access to food, such as the elderly, the sick, or those who are living in poverty.

The process of Ration distribution at doorsteps by our NGO involves preparing the food, packaging it, and delivering it to people in need. The Ration may be prepared at a central location, such as a kitchen or distribution center, and then transported to the recipients' doorsteps.





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## SANITIZATION

### Sanitization of Mobile Vans:

In this time, sanitization has become a crucial aspect of maintaining health and safety. Mobile Vans Also Contact with many types of people who were healthy or unhealth. So, Sanitization of Mobile Vans Always Required for Prevention of Germs and Diseases.

Our NGO take several steps for Making our vans fully Sanitized:



1. Regular cleaning: Always Washing our vans with best washing materials or soaps and using sanitizer spray every hour. This is effective against a range of germs and viruses, including the coronavirus.
2. Focus on high-touch areas: We always focus on high-touch areas, like door handles, steering wheels, and other frequently touched areas. These areas are more likely to contact germs and should be cleaned and sanitize every time.





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## SANITIZATION

3. Personal Protection: our team responsible for cleaning and sanitizing mobile vans should wear personal protective equipment, like gloves and masks, to prevent the spread of germs.

### Sanitization by team Eduquest:



Our Team Also Supports the Sanitization they always aware of Diseases. They always carry hand sanitizer, mask on face, Always Making Distance.

Team of people is cleaning and disinfecting surfaces and objects to reduce the spread of germs and bacteria. This helps to maintain public health and safety, particularly in situations where people may be at a higher risk of contracting a disease.





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## COVID-19

### Covid-19 Pandemic:

It was a sudden outbreak of Covid-19 pandemic. Nobody was aware about the disease and virus, preventive measures and treatment. Everybody was scared. On 24 /3/2020 the Lockdown of the county was imposed. Not a single person was outside of the home. Our Eduquest team has done their job 24X7 in the community. Door to door aware the people on preventive measures of Covid-19 like Stay at home, sanitize your hands every time, wear masks, when you attend the hospital etc. distributed the Masks in the community and trained the people how to wear the mask. Awareness on Covid-19 provided to the most vulnerable group of the community i.e. pregnant women, children and the people who were suffering from cardiac diseases, Hypertension, Bronchial asthma, Diabetes etc. are more prone to infection. Treatment was also given through Telemedicine







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## COVID-19

### Awareness on Covid-19:

COVID-19 is a highly infectious disease caused by the novel coronavirus. It spreads easily with contact from person to person through respiratory droplets when an infected person talks, coughs, or sneezes. The disease has caused a global pandemic, with millions of people infected and thousands of deaths reported worldwide.

As an NGO, our team take speech in Public for awareness on COVID-19 and encourage people to take hard steps to prevent its spreading. Here are some simple things you can do to protect yourself and others:

1. **Wear a mask:** Wearing a mask helps to prevent the spread of respiratory droplets, which can carry the virus. Make sure your mask covers your nose and mouth and fits properly around your face.
2. **Wash your hands:** Washing your hands regularly with soap and water for at least 20 seconds can help to kill the virus. If soap and water are not available, use an alcohol-based hand sanitizer.







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## COVID-19

### Mask Distribution:

Our team taking a step forward for distribution of 15000 mask for people to protecting yourself from coronavirus. Through our mask distribution program, we aim to provide masks to people in need, such as those who may not be able to afford them or have limited access to them.

We hope to reduce the spread of COVID-19 and ensure that everyone has access to this important protective measure. Together, we can help protect our communities and keep each other safe.



### Our Covid-19 Team Eduquest:

Our covid-19 Team established to help combat the pandemic and support those in need during these challenging times. Our Covid-19 Team is made up of dedicated volunteers who are committed to making a difference in their communities.

Capacity building training for the staff in Covid-19 pandemic on Prevention from Covid-19, moral support, hygiene and sanitization for hi /herself, mobile vans etc. proper use of masks, Awareness on Covid-19





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## COVID-19

### Mask Distribution:

Here's what our COVID-19 team does:

1. Awareness on Covid-19: We provide education and awareness programs about COVID-19, including prevention and safety measures to help stop the spread of the virus.

2. Distribution of Mask: We distribute 15,000+ masks to people in need and can't afford.

3. Mobile Dispensary: Our team provides Mobile Dispensary services to help people get medicines door to door.

4. Food distribution: We distribute food packages to the Ren Basera and underprivileged who are struggling to meet their daily needs due to the pandemic.

5. Mental Health Support: Our team also provides emotional support and mental health counseling to those who may be struggling during these difficult times.







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## COVID-19

Capacity building program organised for staff of Eduquest in Covid-19 Pandemic to boost the moral in this pandemic and a grave situation:

capacity building programs by our NGO are designed to enhance the skills and knowledge of individuals and communities to better address the challenges they face. These programs can take various forms such as training workshops and seminars and can cover topics such as leadership, communication, fundraising, and more. The goal of these programs is to empower individuals and communities to become more self-sufficient and effective in achieving their goals.







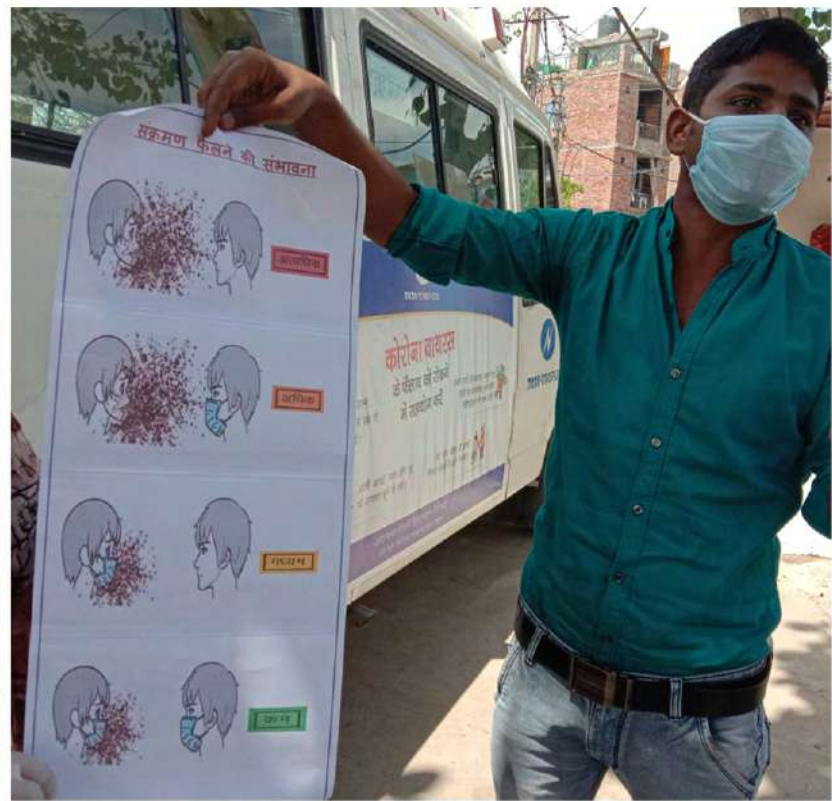
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## COVID-19

Our NGO can also provide information on the symptoms of COVID-19, such as fever, cough, and difficulty breathing. They can inform people on what to do if they experience these symptoms, including seeking medical attention and getting tested for the virus.

They can also provide information on the symptoms of the virus and what to do if someone is feeling sick.



Encouraging vaccination can also help protect people from getting infected with COVID-19.





# EDUQUEST-NGO

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## COVID-19

### Door to Door Awareness on Covid-19 at J J Clusters:

Door-to-door awareness on COVID-19 is an initiative taken by an NGO to raise awareness about COVID-19 by visiting individual households and providing them with information on the virus.

Our NGO team visits households and provides them with information on COVID-19. This includes explaining the symptoms, causes, and prevention methods of the virus, demonstrating proper hand hygiene techniques, and addressing any concerns or queries people may have. The team can also guide people on what to do if someone in their household shows symptoms of COVID-19 or tests positive for the virus.







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## SANITARY NAPKIN DISTRIBUTION

Our Team Distributed 5500+ Beneficiary Kits for three months for helping of women and girls.

Sanitary napkins are a basic necessity for women's menstrual hygiene, but unfortunately, many women and girls do not have access to them due to financial or social reasons. As an NGO, we aim to provide access to sanitary napkins to those in need.

Through our sanitary napkin distribution program, we hope to help reduce the stigma around menstruation and provide access to basic menstrual hygiene products to women and girls in need. Together, we can help promote women's health and empowerment.







# EDUQUEST-NGO

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## SANITARY NAPKIN DISTRIBUTION

### Awareness on Menstrual hygiene- and distribution of sanitary Napkins:

One New program was added in this Volunteers Week-14- Distribution of Sanitary Napkins for Adolescent girls in community reason being these girls are facing lots of problems to procure the napkins in COVID-19 pandemic as:

- o All schools across the country shut for months due to Coronavirus pandemic. The school girls can not avail the facility of free sanitary napkins
- o Continuous taboos and restrictions related to menstruation
- o Adolescent girls feeling anxiety for using cloth pads and how to manage menstrual hygiene management.
- o Due to poverty can't afford high price of sanitary napkins
- o In COVID-19 pandemic disrupted manufacturing of menstrual hygiene products







# EDUQUEST-NGO

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## SANITARY NAPKIN DISTRIBUTION

### Awareness on Menstrual hygiene- and distribution of sanitary Napkins:

- o Many factories are shut down

Our propose for this program was as

- o To create Awareness on Menstrual hygiene management through community program
- o Information on making homemade cloth pads
- o Awareness on the use of Home-made clothes pads.
- o Distribution of sanitary napkins in community
- o Ensure sanitation facilities are accessible in the community
- o Awareness on waste bins for disposing of menstrual products is a key component of safe and hygiene.







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## SANITARY NAPKIN DISTRIBUTION

- o Many factories are shut down

Our propose for this program was as

- o To create Awareness on Menstrual hygiene management through communi-ty program
- o Information on making homemade cloth pads
- o Awareness on the use of Homemade clothes pads.
- o Distribution of sanitary napkins in community
- o Ensure sanitation facilities are accessible in the community
- o Awareness on waste bins for disposing of menstrual products is a key component of safe and hygiene.

Under This program 5977 Sanitary Napkins were distributed to 1992 girls at 14 locations. Each girl has given 3 pkts of sanitary napkins for consumption for approx 3 to 4 months the Donation for organizing this program was received from Tata Power DDL Employees. Eduquest is highly thankful for this contribu-tion to Tata Power DDL Employees. Hope for this in future also for Noble cause.

Activities - 101

Locations - 101

Beneficiaries – 5500





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## AWARENESS ON HYGIENE

Our NGO team organised the awareness on Hygiene camp in public and take speech about Awareness on Hygiene.

Hygiene is the practice of keeping yourself and your surroundings clean and healthy. It is important to maintain good hygiene to prevent the spread of germs and diseases.

As an NGO, we believe that raising awareness about hygiene is essential for promoting good health and preventing the spread of diseases. We encourage everyone to take simple steps to maintain good hygiene and to share these tips with their friends and family. Together, we can make a positive impact on public health and safety.







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## AWARENESS ON CHIKUNGUNYA



Our NGO team Taking a step forward to Awareness on Chikungunya. In which we Aware people to take necessary precautions to prevent its spread.

Chikungunya is a viral disease that is transmitted to humans by infected mosquitoes. The virus causes fever and joint pain, which can be severe and long-lasting.

Wearing long-sleeved shirts and pants can help to prevent mosquito bites and reduce the risk of chikungunya.





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## AROGYA PROJECT

Distributed the vitamin-D drops door to door for children. Provided awareness and registration of new children and pregnant women.

Vitamin D is an essential nutrient that is important for the development and maintenance of strong bones and teeth. Our NGO recognize the importance of ensuring that children and pregnant women have access to this important nutrient.

Through our vitamin D distribution program, we aim to provide vitamin D drops to children and pregnant women who may not have easy access to them.

We source high-quality vitamin D drops from trusted suppliers, ensuring that they meet all safety standards and regulations.

We distribute the vitamin D drops directly to families in need, ensuring that they are distributed fairly and to those who need them the most.

Arogya project for women at Shabad Dairy vocational training. Activities taken were Weight measurement, Blood pressure, Blood Sugar and Hemoglobin check-up. Awareness was also given on diet and personal hygiene for pregnant women.



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## HEALTH CAMP

Our NGO decides to organize a Health Camp at Akhada at Jaunti Village for Players

We organize an event that provides free health check-ups, consultations, and other medical services to people in need.

Through our health camp program, we aim to improve access to healthcare and promote the importance of regular medical check-ups. By providing these services free of charge, we hope to help improve the health and well-being of individuals and communities in need.



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## TELEMEDICINE

Telemedicine used for treatment for patients through WhatsApp videos. and medicines issued from the mobile dispensaries in the community.

Telemedicine is a way for doctors and other healthcare professionals to provide medical care remotely using technology. This means that patients can receive medical advice, diagnosis, and treatment from the comfort of their own homes, without having to physically visit a doctor's office or hospital.

we recognize the importance of telemedicine in improving access to healthcare, particularly for people living in remote or underserved areas.

By providing telemedicine services, we can help to improve access to healthcare for people in underserved areas and those who have difficulty accessing traditional medical care. Telemedicine is a convenient and secure way to receive medical care, and it has the potential to revolutionize the way we deliver healthcare services.



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## PELVIC INFLAMMATORY DISEASES

### Awareness on Pelvic Inflammatory Diseases (PID):

Our NGO take a step forward for Awareness on Pelvic inflammatory disease a Women Reproductive Diseases to resolve their problems related to PIDs.

Pelvic inflammatory disease (PID) is an infection of the reproductive organs in women. It can cause pain, discomfort, and other symptoms, and if left untreated, it can lead to serious complications like infertility.

As an NGO, we want to raise awareness about PID and encourage women to take necessary precautions to prevent its development.

we can all do our part to prevent PID and protect our reproductive health. Together, we can raise awareness about this important issue and ensure that women have the knowledge and resources they need to stay healthy and well.







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## EYE CARE HEALTH CAMP

### Participation in Eye Care Health Camp:



Our NGO decides to take a step forward for resolve their problems related to Eyes.

As an NGO, we organized an eye care health camp to help people in the community take care of their eyes and prevent vision problems. The camp provided free eye check-ups and consultations with eye doctors to identify any vision problems and offer advice on how to manage them.

Participants were able to receive a comprehensive eye examination, which included checking their visual acuity, testing for color blindness, and checking for other eye-related issues. The eye care health camp also provided free glasses for those who needed them and gave advice on proper eye care and nutrition.





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## JOINT PAIN

### Awareness on Joint Pain:

Our NGO take a step forward for Awareness on Joint Pain. Joint pain is a common condition that affects millions of people worldwide. It can occur due to a variety of reasons, such as injury, arthritis, or overuse of joints. The pain can be mild or severe and can make it difficult to perform everyday tasks.

Here are some things you can do to prevent joint pain and maintain healthy joints:

1. Exercise regularly: Regular exercise can help to strengthen the muscles around your joints, reducing the strain on them and improving your overall joint health.
2. Maintain a healthy weight: Being overweight can put extra pressure on your joints, leading to pain and discomfort. Maintaining a healthy weight can reduce the strain on your joints and prevent joint pain.
3. Eat a balanced diet: A diet rich in nutrients, such as vitamin C, can help to reduce inflammation and promote healthy joints.







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## ANEMIA

### Awareness on Anemia:

Anemia is a condition where your body doesn't have enough healthy red blood cells to carry oxygen to your organs and tissues. This can cause you to feel tired, weak, and short of breath. Anemia can be caused by a lack of iron, vitamin B12, or folic acid in your diet, or by certain medical conditions.

Our NGO wants to resolve this cause of anemia. So, we want to raise awareness about anemia and encourage people to take necessary steps to prevent and manage the condition. Here are some simple things you can do:



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## ANEMIA

1. **Eat a healthy diet:** Eating a balanced diet that includes foods rich in iron, vitamin B12, and folic acid can help to prevent anemia. This includes foods like red meat, poultry, fish, eggs, beans, spinach, and fortified cereals.
2. **Take supplements:** If you have been diagnosed with anemia, your doctor may recommend taking iron, vitamin B12, or folic acid supplements to help manage the condition.
3. **Get tested:** If you are experiencing symptoms of anemia, such as fatigue or shortness of breath, talk to your doctor about getting tested. Anemia can be diagnosed through a simple blood test.
4. **Manage underlying medical conditions:** Anemia can be caused by certain medical conditions, such as kidney disease or cancer. Managing these conditions can help to prevent anemia.

By taking these simple steps, we can all do our part to prevent and manage anemia. By raising awareness about the condition, we can help people to get the care and support they need to live healthy, active lives. Together, we can make a difference and improve the health and well-being of our communities.



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# EDUQUEST-NGO

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## DENGUE

### Awareness on Dengue:

Dengue is a disease caused by a virus that is spread by mosquitoes. It can cause symptoms such as fever, headache, muscle and joint pain, and a rash. In severe cases, dengue can lead to complications that can be life-threatening.

Our NGO can raise awareness about dengue by educating people about how the disease is spread, how to prevent it, and what to do if someone becomes infected. Simple steps such as wearing long-sleeved shirts and pants, using mosquito repellent, and keeping homes and communities clean and free of standing water can help prevent the spread of dengue.







# EDUQUEST-NGO

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Submitted for Annual Report for the Year.  
2021-22.

Regards,

Dr. Snehlata Rewaria  
Former Chief Medical  
Officer Tata Power DDL  
General Secretary- Eduquest

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