



KAWACH FOUNDATION

ANNUAL REPORT 2023 TO 2024

FOSTERING HEALTH AND EDUCATION FOR
UNDERSERVED CHILDREN



PREPARED BY:
DR NIVEDITA JHA

A WORD FROM THE CHAIR

As the President of Kawach Foundation, Dr. Nivedita Jha, I am honored to present our annual report, reflecting our relentless pursuit of a healthier and fitter India. Our mission at Kawach Foundation is deeply rooted in the belief that access to health and education is fundamental to the well-being of our nation.

I am proud to lead a team of dedicated individuals who have shown unwavering commitment to the success of all our projects. Together, we strive to design initiatives that not only address immediate health concerns but also empower individuals to maintain lifelong well-being.

At Kawach Foundation, we prioritize innovation and accessibility in our approach. We offer a blend of online and offline services to ensure continuous support and interaction with those in need.



This enables us to stay connected with communities and tailor our interventions to their evolving needs effectively.

Looking ahead, Kawach Foundation envisions a future where every individual can enjoy a longer and happier life. We dream of a 2050 where increased life expectancy is coupled with greater fulfillment and wellness for all.

As we reflect on our accomplishments and challenges, I extend my heartfelt gratitude to our team, partners, and supporters for their unwavering dedication and collaboration. Together, we will continue to strive towards our vision of a healthier, fitter, and happier India.

DR NIVEDITA JHA

PRESIDENT

A WORD FROM THE CHAIR

As the Secretary of Kawach Foundation, it is my utmost pleasure to extend warm greetings to you on behalf of our esteemed organization.

At Kawach Foundation, we hold the belief that health should always be a top priority in every individual's life. Our mission revolves around the core principle that by raising awareness and educating others, we can effectively eliminate the risks associated with various health issues. Through our concerted efforts, we aim to foster a society where individuals are empowered with the knowledge and resources necessary to safeguard their well-being.

We firmly believe that prevention is indeed better than cure. By disseminating information about prevalent health diseases and promoting healthy lifestyle choices, we aspire to prevent illnesses before they manifest. Through our awareness campaigns, workshops, and community outreach programs, we strive to equip people with the tools they need to lead healthier lives.

Our vision extends beyond mere awareness-raising activities. We envision a future where every citizen of our nation is not only aware of the importance of health but also actively participates in endeavors aimed at achieving optimal well-being. With this vision in mind, we have embarked on a mission to build a healthier and fitter India.

Through collaborative efforts with like-minded individuals, organizations, and government bodies, we are committed to driving positive change in the realm of public health. By fostering partnerships and leveraging collective expertise, we aim to implement sustainable solutions that address the diverse health needs of our society.

As we embark on this journey towards a healthier future, we invite you to join hands with us in our endeavors. Your support and involvement are invaluable in advancing our mission of creating a healthier and fitter India for generations to come.

Thank you for considering our vision and mission. Together, let us work tirelessly towards a brighter and healthier tomorrow.

DR AMAN JHA

SECRETARY





FOUNDATION PRESENTS

आरंभ
SAPNO KI UDAAN
INITIATIVE

WEBINAR

POLY CYSTIC OVARIAN SYNDROME/DISEASE
PCOS/D

DR. PRIYA KAUSHIK

MAJOR PROJECT HIGHLIGHTS

PREVENTIVE HEALTH CARE

Empowering Women: Raising Awareness about Polycystic Ovarian Syndrome (PCOS) through Webinars

Introduction: In recent years, there has been a growing recognition of the importance of women's health issues, particularly those related to reproductive health. One prevalent condition that affects millions of women worldwide is Polycystic Ovarian Syndrome (PCOS). To address this health concern and empower women with knowledge and understanding, a series of webinars were conducted as part of a Women's Health Awareness Programme.

The Women's Health Awareness Programme was designed to provide comprehensive information about PCOS, covering its causes, symptoms, diagnosis, and management. The series of webinars served as a platform for healthcare professionals, experts, and individuals with lived experiences to share insights and engage in meaningful discussions.

The Women's Health Awareness Programme succeeded in raising awareness about PCOS and equipping women with knowledge to advocate for their own health. Moving forward, efforts will continue to expand outreach, promote early detection, and improve access to care for women affected by PCOS. Additionally, ongoing research and collaboration will drive advancements in PCOS management and support initiatives aimed at enhancing the quality of life for women with this condition.

By leveraging the accessibility and reach of online platforms, the series of webinars proved to be an effective means of disseminating information and fostering community engagement around the topic of PCOS. Empowering women with knowledge and support is essential in addressing the challenges posed by PCOS and promoting holistic well-being.

Enhancing Preventive Healthcare: Board Meeting Highlights and Strategies for Outreach



In a recent year board meeting, the imperative of preventive healthcare measures was underscored as a cornerstone of promoting healthy lifestyles and reducing disease burden. Discussions centered on organizing a series of online and offline programmes to reach a wider audience and ensure the effectiveness of the mission. Webinars and health campaigns emerged as key strategies to raise awareness about health issues and promote proactive care among the population.

1.Importance of Preventive Healthcare:

- Board members emphasized the significance of preventive healthcare in reducing healthcare costs, improving quality of life, and mitigating the burden of chronic diseases.
- Preventive measures such as regular health screenings, vaccination, and lifestyle modifications were highlighted as essential components of a proactive approach to health management.

2.Outreach Strategies:

- Recognizing the need for widespread dissemination of health information, the board proposed organizing a variety of online and offline programs.
- Webinars were identified as an effective tool for delivering educational content, facilitating expert-led discussions, and engaging with audiences remotely.
- Health campaigns, including workshops, seminars, and community events, were slated to complement online initiatives and provide opportunities for direct interaction with individuals in local communities.

3.Leveraging Online Platforms:

- The ubiquity and accessibility of online platforms were acknowledged as invaluable resources for reaching diverse demographics and geographies.
- Webinars were slated to cover a range of health topics, including preventive measures, disease management, nutrition, mental health, and more.
- Interactive elements such as live Q&A sessions and polls were proposed to enhance engagement and address participants' specific concerns and queries.

4.Offline Initiatives:

- While online programs offer scalability and convenience, offline initiatives were deemed essential for reaching populations with limited internet access or technological proficiency.
- Health campaigns would involve collaborating with local healthcare providers, community organizations, schools, and workplaces to deliver tailored health education and services.
- Outreach efforts would prioritize underserved communities and vulnerable populations to ensure equitable access to preventive healthcare resources.

The board meeting underscored the critical role of preventive healthcare in promoting healthier lifestyles and reducing disease prevalence. By leveraging a combination of online and offline programs, including webinars and health campaigns, the organization aims to raise awareness about health issues and empower individuals to take proactive steps towards better health. Through collaborative efforts and targeted outreach, the mission to improve public health and well-being will be pursued with diligence and determination.

TARGET ACHIEVED



65%

We've currently achieved only 65% of our target. However, we're committed to giving our best efforts to surpass this milestone soon. Stay tuned for our dedicated endeavors to achieve more.

35%

About the remaining 35% of the planned work for the project will persist as we continue to strive towards realizing the vision of 'Kawach'. Our dedication remains unwavering as we push forward to achieve our goals.

PROJECT “ AARAMBH S apno ki udaan“

Empowering women health and their well being

Introducing "Aarambh Sapno Ki Udaan", a transformative project aimed at empowering women's health and well-being. Through a series of online webinar sessions, we delve into crucial topics and issues surrounding women's health, providing valuable insights, guidance, and support.

Our webinar series covers a wide range of topics, including but not limited to PCOD management, menstrual health milestones, nutrition, mental well-being, and more. These sessions are designed to educate, inspire, and empower women to take charge of their health journey.

But our commitment doesn't end there. In recognition of outstanding achievements and contributions in the field of women's healthcare and social causes, we're proud to announce the "Appreciation Awards". These awards aim to honor individuals and organizations making significant strides in improving women's health and advocating for social causes that positively impact communities.

The webinar series will continue to expand, covering additional essential topics and inviting experts to share their knowledge and insights. We believe in the power of education and awareness to drive positive change, and we're dedicated to providing ongoing support and resources to women everywhere.

Mark your calendars for the month of June, as we prepare to host the "Appreciation Awards" ceremony, where we'll celebrate the remarkable achievements and contributions of individuals and organizations dedicated to advancing women's health and social causes. Together, let's embark on this journey of empowerment and make a meaningful difference in the lives of women everywhere.



PROJECT “ CHIRANJEEV “

Project of togetherness: spread love and happiness

Introducing "Project Chiranjeev" - a heartwarming initiative aimed at spreading joy, love, and togetherness among underserved children and isolated elders.

In this project, we are dedicated to organizing birthday celebrations every month, bringing together children from orphanages and elders from old age homes. These monthly gatherings serve as a beacon of hope, filling the hearts of both the young and the elderly with warmth and happiness.

The essence of "Project Chiranjeev" lies in fostering meaningful connections and bridging the gap between generations. By celebrating birthdays together, we create unforgettable moments of joy and camaraderie, instilling a sense of belonging and companionship among all participants.

For the underserved children, these celebrations are moments of pure delight, where they feel cherished and valued. Likewise, for the isolated elders, it's a chance to experience the love and care they deserve, often missing in their daily lives.

Through "Project Chiranjeev," we aim to create a ripple effect of positivity and compassion in our communities. By spreading love and togetherness, we not only uplift the spirits of those directly involved but also inspire others to embrace the spirit of giving and kindness.

Join us in making a difference in the lives of these precious souls. Let's come together every month to celebrate birthdays, create lasting memories, and most importantly, spread love and togetherness to those who need it the most.



PROJECT “ GYAN KAWACH “

Empowering population with life saving skills

Introducing "Project Gyan Kawach" – a pioneering initiative aimed at equipping individuals with life-saving skills through comprehensive first aid training. In this project, we recognize the critical importance of immediate and effective response during emergencies, which can significantly impact the outcome of an incident.

Through "Project Gyan Kawach," we are committed to providing accessible and practical first aid training to communities, workplaces, and educational institutions. Our goal is to empower individuals with the knowledge and confidence to respond effectively in emergency situations, thereby promoting quicker and more efficient recovery outcomes.

The training curriculum covers a wide range of topics, including basic wound care, CPR (Cardiopulmonary Resuscitation), choking emergencies, fracture management, and more. Participants learn essential skills such as assessing the scene, prioritizing care, and administering appropriate first aid interventions.

One of the key objectives of "Project Gyan Kawach" is to foster a culture of preparedness and resilience within communities. By imparting first aid training, we aim to create a network of knowledgeable individuals who can serve as first responders during emergencies, potentially saving lives in the process.

Moreover, by promoting good recovery practices through effective first aid, we contribute to reducing the severity of injuries and minimizing long-term complications. Every individual trained becomes a vital link in the chain of survival, making our communities safer and more resilient. Join us in our mission to empower individuals with the skills and knowledge needed to be effective first responders. Together, let's build a safer and more prepared society where everyone has the opportunity to make a difference in times of need. "Project Gyan Kawach" – because knowledge is the best protection.

A woman with dark hair, wearing a blue uniform and a red necklace, is smiling and looking towards the camera. She is standing next to a sign that reads "GYAN KAWACH" in large, bold, yellow letters. Below this, in blue letters, it says "FIRST AID INFORMATION & TRAINING". At the bottom of the sign, there is a yellow banner that says "COURSE TO KNOW". The background of the sign is a light blue and white graphic with a city skyline and some abstract shapes.

GYAN KAWACH

**FIRST AID INFORMATION
& TRAINING**

COURSE TO KNOW

PROJECT “ SASHAKT AASHA “

Empowering Underserved Children Through Education

Project Sashakt Aasha is a pioneering initiative aimed at providing quality education to underserved children while ensuring they are updated with the latest curriculum.

Recognizing the critical role education plays in breaking the cycle of poverty and empowering communities, Sashakt Aasha focuses on reaching out to marginalized children who often lack access to educational opportunities.

Objectives:

- 1. Education Access:** The primary goal of Project Shakti Aasha is to ensure that every child, regardless of their socio-economic background, has access to quality education.
- 2. Curriculum Update:** Understanding the importance of keeping pace with evolving educational standards, the project is committed to regularly updating its curriculum to align with current educational trends and requirements.
- 3. Holistic Development:** Beyond academic learning, Shakti Aasha emphasizes holistic development, including life skills, values education, and extracurricular activities, to nurture well-rounded individuals.

Key Features:

- 1. Community Outreach:** The project actively engages with local communities to identify and enroll underserved children, fostering a sense of ownership and participation among community members.
- 2. Qualified Instructors:** Shakti Aasha employs qualified educators who are passionate about making a difference in the lives of children, ensuring that they receive the best possible guidance and mentorship.
- 3. Interactive Learning:** Utilizing modern teaching methodologies and resources, such as educational technology and hands-on activities, the project promotes interactive and engaging learning experiences.
- 4. Regular Assessments:** To track progress and tailor instruction to individual needs, regular assessments are conducted to gauge students' understanding and identify areas for improvement.



PROJECT “ GOLDEN BITE “

EMPOWER HEALTH AND SMILE OF THE OLD AGED

The GoldenBite project represents a groundbreaking initiative aimed at revolutionizing dental health and overall well-being by introducing a novel approach to denture technology. At its core, this innovative project seeks to address not only the conventional concerns related to dental health but also ventures into uncharted territory by exploring the intricate connection between oral health and the well-being of the entire body, particularly focusing on gut health.

Traditional dentures have long served as a solution for individuals experiencing tooth loss, aiding in chewing and speech. However, the GoldenBite project recognizes that their impact can extend far beyond the confines of the mouth. Recent scientific research has increasingly underscored the crucial role of oral health in influencing overall health

GoldenBite project emphasizes the importance of personalized denture solutions tailored to individual needs and oral health profiles. By leveraging advancements in digital dentistry and 3D printing technologies, custom dentures can be crafted with unparalleled precision, ensuring optimal fit, comfort, and functionality for each patient.

In essence, the GoldenBite project represents a paradigm shift in dental care, transcending the traditional boundaries of oral health to address the intricate interplay between the mouth and the rest of the body. By harnessing the therapeutic potential of dentures to promote gut health, this pioneering initiative holds the promise of not only transforming smiles but also enhancing overall health and well-being for countless individuals.



PROJECT “ HEALTHY INDIA“

Promoting a Healthy India through Regular Check-ups and Counseling

From last few years, the concept of a Healthy India has gained significant momentum, emphasizing not just the absence of disease but the holistic well-being of its citizens. At the core of this concept lies the proactive approach of regular health check-ups and counseling, aimed at empowering individuals to take charge of their health and fostering a culture of wellness nationwide.

Regular health check-ups serve as a cornerstone of preventive healthcare. They enable early detection of potential health issues, allowing for timely interventions and effective management. By incorporating routine screenings for conditions such as hypertension, diabetes, cancer, and infectious diseases, healthcare providers can identify risks early on and implement strategies to mitigate them. Moreover, regular check-ups facilitate the monitoring of key health indicators, such as blood pressure, cholesterol levels, and BMI, enabling individuals to track their progress towards optimal health.

Furthermore, counseling serves as a platform for addressing mental health concerns, which often go unrecognized and untreated. By fostering open dialogue and reducing stigma, individuals are encouraged to seek help for conditions such as depression, anxiety, and substance abuse. Integrating mental health counseling into routine healthcare services not only improves access to care but also promotes resilience and psychological well-being across communities.

By emphasizing prevention, early intervention, and holistic well-being, it has the potential to reduce the burden of disease, enhance quality of life, and promote prosperity for generations to come. Through concerted efforts and collective action, India can aspire to become a beacon of health and vitality for the world.



KAWACH FOUNDATION YOUR HEALTH IS OUR PRIORITY

EVERY THURSDAY : TAPOWAN. 3 PM TO 4:30 PM

EVERY SUNDAY: VANIVIHAR. 11 AM TO 12:30 PM



MEDICAL CHECK UP



PHARMACY



www.kawachinstitute.com

www.kawachfoundation.com



SPONSORED BY:- **K.K.Dental care Implant
Centre and poly clinic**

**Navyoug Youth
Healthcare**

PROGRAMME HIGHLIGHTS



Program Highlights for Promoting Health and Well-being in India:

- 1. Mobile Health Check-up Camps:** Deploying mobile healthcare units to underserved communities, offering comprehensive medical screenings, including blood pressure checks, blood sugar tests, and BMI assessments. These camps prioritize reaching remote areas where access to healthcare is limited.
- 2. Online Webinars on Health Awareness:** Conducting online webinars covering a wide range of health topics, including nutrition, exercise, mental health, and disease prevention. These interactive sessions provide valuable information and resources to a large audience, promoting health literacy and empowering individuals to make informed decisions about their well-being.
- 3. Online Health Consultations:** Facilitating online health consultations with healthcare professionals, enabling more than 100 people to receive personalized medical advice and guidance from the comfort of their homes. This initiative improves accessibility to healthcare services, particularly for those who face barriers to traditional healthcare access, such as geographical constraints or mobility issues.
- 4. Education Initiatives for Underserved Children:** Implementing educational programs in schools and community centers to promote health and hygiene practices among underserved children. These initiatives include interactive workshops, educational materials, and hands-on activities designed to instill healthy habits from a young age.
- 5. Celebrating Birthdays with Orphans and Elderly:** Organizing birthday celebrations for orphans and elderly individuals who may feel isolated or lonely. These events provide companionship, joy, and a sense of belonging, fostering emotional well-being and social connection among vulnerable populations.
- 6. Empowering Women's Health:** Launching initiatives specifically tailored to address women's health needs, including reproductive health education, cervical cancer screenings, and access to maternal healthcare services. By empowering women to prioritize their health and well-being, these programs contribute to healthier families and communities.
- 7. Providing Dentures for Underserved Elderly:** Offering free or subsidized denture services to underserved elderly individuals, enhancing their oral health and overall well-being. Access to proper dental care can improve nutrition, speech, and self-esteem among the elderly, contributing to better overall health outcomes.

By implementing these diverse program highlights, we aim to address various health needs and challenges across different segments of the population, ultimately working towards the vision of a healthier and more resilient India.

THANKS TO THE SUPPORTERS

K.K.Dental care Implant center & poly clinic

I extend my heartfelt gratitude for your invaluable support. Your generosity is instrumental in bringing smiles to the faces of underserved children and elderly individuals, fulfilling their dreams of dental care. Your commitment to community well-being is truly commendable. Thank you for making a meaningful difference in their lives.

Kendriy Vidyalay OLF

I extend my heartfelt gratitude for your unwavering support towards the webinars organized under Aarambh for Girls. Your dedication has been instrumental in empowering young women with valuable knowledge and resources. Your commitment to this cause is deeply appreciated, and it's contributions like yours that make a real difference in the lives of many. Thank you for being a beacon of support and for championing the growth and development of girls everywhere.

Navyug youth

I want to express my sincere appreciation for your generous support in organizing multiple medical check-up camps. Your contribution has provided invaluable assistance to numerous individuals who have received free consultations and medical care. Your commitment to the well-being of the community is truly commendable, and it's heartening to witness the positive impact these camps have had on so many lives. Your dedication to serving those in need is a testament to your kindness and compassion. On behalf of all those who have benefited from your support, thank you for your generosity and for making a real difference in our community. Your contributions are deeply appreciated and have undoubtedly improved the health and happiness of many individuals.

Strong Life Nutrition

I extend my heartfelt gratitude for your invaluable support in organizing our camps. Your contribution has been instrumental in making these events possible and has helped countless individuals access much-needed medical care. Your generosity is truly appreciated and has made a significant difference in the lives of those we serve. Thank you for your continued support and dedication to our cause. We look forward to working together to make a positive impact on the community for years to come.

Ajayshree Foundation

I extend my sincere gratitude for your invaluable support in organizing our camps. Your generosity has played a vital role in ensuring the success of these events, allowing us to provide much-needed services to the community. Your commitment to improving healthcare accessibility is truly commendable and has made a significant difference in the lives of many. Thank you for your unwavering support and dedication to making a positive impact. We are immensely grateful for your partnership and look forward to continuing our collaboration in the future.

**CONTACT:- WWW.KAWACHFOUNDATION.COM
WWW.KAWACHINSTITUTE.COM**