



## Public Health

### Our Land, Our Future

World Environment Day 2024 serves as a touching reminder of our collective responsibility in safeguarding the Earth. The theme for this year, "Our Land. Our Future. We are #GenerationRestoration," implores us to take decisive action towards revitalizing our planet. Our land is not merely soil; it is the lifeblood of our ecosystems, nurturing an innumerable species. However, human activities have inflicted irreparable harm, like deforestation, pollution, and unsustainable behaviors. Yet, this narrative is not one of hopelessness but of empowerment.

Taking up the mantle of #GenerationRestoration empowers us to become stewards of Earth's healing. Restoration transcends mere repair; it heralds the dawn of a new era. Each tree planted, every wetland restored, and all sustainable practices adopted propel us towards a rejuvenated planet. Imagine a land where desolate landscapes flourish anew, where untainted rivers meander freely, and where communities thrive in sync with nature. This vision can be our legacy. The choices we make today will shape our tomorrow.

The BCTA Public Health Division stands at the forefront of this noble cause. Our firm dedication to cultivating a healthier, greener environment is evident in pioneering programs and community endeavors. By advocating for sustainable methods and nurturing green spaces, we have not only bolstered public health but also enriched mother earth. Through our various project we've taken initiatives like environmental education, tree-planting campaigns, and pollution abatement drives, we have set a standard for others to imitate. Together, drawing inspiration from the BCTA Public Health Division, we can safeguard our land and usher in a flourishing future for the generations yet to come.

## World Environment Day Celebration @ Gurukul

World Environment Day was observed by BCTA's, Public Health Division in all our Gurukul Chapters with a lot of enthusiasm on June 5, our emphasis was the need to teach children about tree planting and preservation of our plants and animals. The event saw interesting sessions where kids were educated on various gains associated with trees such as oxygen production, wood, flowers and fruits; they additionally play an important part in keeping ecological equilibrium.

At the chapters, the children actively took part in planting trees and were encouraged to do this also at their homesteads. By so doing, they not only got more insight into environment but also developed a deep sense of responsibility to nature. This shows that BCTA is dedicated to ensuring environmental stewardship among the young children through such events hence guaranteeing a greener-healthier future for all of us.





## AMR WORKSHOP

Our Director, Dr. Sudhi Nath, has been invited to participate in the India-UK Symposium and Policy Workshop on Antimicrobial Resistance. This was a highly prestigious program held in Delhi, being jointly organized by the Indian Council of Medical Research and The Academy of Medical Sciences, UK. The symposium addressed AMR, a critical global health threat, through a One Health Approach Policy Workshop.

The workshop brought experts from various fields to discuss and identify how a universal intervention can be made adaptable to multiple contexts in order to foster comprehensive approaches toward fighting AMR. It was a fantastic opportunity for Dr. Nath: global science, and the arena along with BCTA's Public Health Division within which she works, is very exciting about this crucial international effort on public health. We believe Dr. Nath's contributions during the discussions held will further yield to our shared mission of developing sustainable interventions against AMR.



## FOREIGN DELEGATION VISIT FROM BSAC, UK



Dr. David Jenkins and Mr. Michael Corley from BSAC, UK, visited BCTA's corporate office in Delhi, engaging in a fruitful discussion with our leadership. They exchanged best practices and explored BCTA's impactful social projects, particularly in AMR. The discussion focused particularly on our efforts in combating Antimicrobial Resistance (AMR) and our commitment to empowering communities through sustainable models and effective tools. The brainstorming session considered collaboration opportunities under BMS, UK. The interaction was insightful and promising, sparking potential future partnerships.

## INTERNATIONAL YOGA DAY

Our Gurukul centres celebrated International Yoga Day across all locations, introducing children to the practice of yoga. They were taught the meaning of yoga as "to yoke or bind" body and mind together. Children learned in detail about the benefits of yoga, including improved body flexibility, mental health, strength building, anxiety reduction, improved body balance, better sleep, and more. Children were encouraged to see yoga beyond physical movements and should be practiced daily. Our instructors, helped children engage in various yoga postures during the session, allowing them to have a firsthand experience. This program not only promoted the importance of physical and mental fitness but also helped them to be informed and see how important it is to cultivate this habits and nurture for themselves a lifelong regime of wellness and self-care.



## KAJAL'S JOURNEY



In December 2022, Kajal, a brilliant student in class 11 was diagnosed with MDR TB. After her father died, her mother who was a house help struggled to support her and her three brothers. As a result of this disease, Kajal suffered from persistent vomiting, dizziness and fever which greatly affected her daily life as well as education. Despite them all, Kajal showed great resilience.

BCTA provided needed medical care including her transportation and monthly family counselling alongside nutrition support resulting into family support systems that enabled her regain normal health after a long struggle. She completed her 12th grade exams successfully and finished the treatment for MDR TB where she rose from 34 kg to 38 kg in weight alone. It is evident that Kajal's journey has been an incredible demonstration of how strong she is together with the invaluable assistance from both the family members and healthcare providers along with BCTA's timely intervention and guidance; it is no doubt something worth for others to learn from Her story also stands out because it shows what can be achieved through determination and significant help received at critical times.

