



Public Health

Importance of Mental Health

In today's world, where there is an intense focus on appearance and lifestyle, the crucial aspect of mental well-being often gets overlooked. Mental health refers to our overall psychological state, involves emotional, cognitive, and social functioning. It impacts many areas of our lives, including our relationships, fulfillment, and how we handle life's challenges.

Neglecting mental health can lead to issues such as:

- Low self-esteem and self-worth
- Difficulties in socializing
- Struggles in finding meaning and value in life
- Impaired memory and problem-solving
- Physical health problems
- Mental health disorders like anxiety or depression

So Mental health matters because it influences brain function, physical health, resilience, relationships, and self-image. Focusing on mental well-being is vital for a balanced, positive outlook on life. During this Mental Health Month, let's commit to nurturing our mental health, implementing life changes that foster well-being, and striving for a healthier, happier life.



Science Youth Club Inauguration

In our ongoing efforts to promote community awareness and empowerment, we inaugurated a new Science Lab at B.M. Gange Girls School in Civil Lines. This initiative aims to cultivate scientific knowledge, attitudes, and habits among students, allowing them to explore a wide range of scientific disciplines practically.

As a first step, we conducted an activity on hand hygiene, where students enthusiastically participated and learned the scientific reasons behind this essential practice. By understanding the "why" behind their actions, students gain a deeper, lifelong appreciation for scientific methods and processes. This hands-on approach not only makes science learning more engaging but also instills critical thinking and practical knowledge in our students.

MEDICAL CAMP

A free health camp was conducted in Myani, Uttarakhand, offering people in the community essential medical services under project RLEK. The event saw active participation from parents, children, and mothers of the Upper Primary School, facilitated by NSF and BCTA. Dedicated teachers, the school management, and the panchayat volunteered to make this camp a great success, underscoring the importance of community involvement in holistic educational development.

During this camp doctors successfully examined 210 patients, provided valuable medical advice and distributed medicines. Ten patients with eye-related ailments were referred to Graphic Era Hospital, with transportation arranged by the hospital. The impact of forest fires, smoke, and weather changes was evident, with an increase in eye related infections among women and children, this is mostly attributed to environmental factors. This initiative highlighted the community's willingness and commitment to health and well-being, fostering a proactive approach to medical care and environmental awareness.



GURUKUL MONTHLY REVIEW MEETING

Every month, we conduct regular training and workshops for our Gurukul instructors to enhance their skills, clarify doubts, and introduce new ideas for community impact. This month we had a fruitful session, featuring insightful discussions and feedback from the instructors themselves on the significant impact of our Gurukul chapters are making in respective area. Dr. Sudhi imparted valuable knowledge to align their skills with industry standards. These sessions not only upgrade our instructors but also reinforce our commitment to continuous improvement and meaningful community engagement. By investing in our instructors' growth, we ensure the sustained success of our initiative.



AMR STEWARDSHIP WITH SCHOOL ENGAGEMENT

BCTA Public Health Division, in partnership with ReAct, recently conducted a crucial workshop on Antimicrobial Resistance (AMR) for our institutional executives. Aimed at raising awareness and equipping teachers to educate students, this workshop addressed the pressing need for AMR knowledge in today's context.

Led by experts Dr. Sudhi Nath, Dr. Haafia, Dr. Ijyaa Singh, and Mr. Salman Khan, the session was both informative and engaging. The Q&A segment proved invaluable, clearing doubts and ensuring participants left with a solid understanding. This workshop reinforced our commitment to community health, empowering educators to disseminate vital information and foster awareness in their schools and communities.

SHAURYA'S JOURNEY @ GURUKUL LALBAGH

Shaurya, a three-year-old boy, has been part of the LalBagh Gurukul Chapter. Shaurya initially struggled with mischief and combative behavior, making it difficult for him to make friends or focus on his studies. Shaurya's father, works in an office, while his mother, is a homemaker. The family, lives in a rented house and faces financial hardships, relying solely on his father's income.

The instructor visited Shaurya's home multiple times to discuss his education and as a result of persistent visits and conversations with his mother Shaurya's started attending gurukul regularly. Shaurya resisted studying and socializing. He required repeated explanations and extra attention to engage with his lessons. Over time, and dedicated efforts by the instructor gradually his behavior transformed.

Now his life is dramatically improved and is now focused on his studies and has made numerous friends. His behavior has positively changed, bringing joy to his family, who fondly recall their decision to enroll him in the Gurukul chapter. Today, Shaurya thrives academically and socially, a testament to the power of persistence and education.



Social Projects - Science Youth Club, Gurukul & RLEK



Expanding Gurukul Chapters

In our mission to expand Gurukul chapters across Delhi NCR, thorough surveys conducted by our coordinators have identified three new areas: Goila Dairy, Sultanpuri, and Bakkerwala. Recognizing the pressing need for educational support, we have initiated new Gurukul chapters in these regions.

Three dedicated instructors were trained through our comprehensive induction session, will lead these chapters. Each chapter will cater to 25 children, preparing them for mainstream schooling. Our aim is to educate and empower these young minds, fostering positive changes within their families, communities, and the nation as a whole. By investing in education, we are building a brighter future for the next generation.



Gurukul Induction Workshop



SEED Bank- RLEK



Water conservation and Seed banking in upper hills



In our RLEK project in the upper hills, we operate over 15 schools across various locations. At one of these schools, students are engaging in a unique, hands-on learning experience focused on traditional seed banking. They are taught how to preserve seeds for years, ensuring the continuity of plant species. Utilizing this knowledge, students have successfully grown and harvested wheat from seeds obtained from the seed library.

Additionally, students learn traditional water conservation methods crucial for hilly areas, where storing rainwater and other sources can be challenging. This innovative approach not only educates children about their cultural heritage and traditional practices but also empowers them to preserve their natural resources in a modern context. By merging traditional wisdom with contemporary education, we are fostering a generation that values and sustains its natural wealth.



A Journey of Recovery

Rihana, diagnosed with MDR TB in November 2022, faced immense hardships. Living in a single-rented home with her husband, a fruit vendor, and two small children, frequent hospital visits disrupted their lives and livelihood. Despite severe side effects from the medication, Rihana persevered with the support and counseling from Priyanka our staff. The nutrition kits and travel allowance provided by BCTA were lifelines, ensuring she could complete her treatment. Over 18 months, Rihana's health improved dramatically, with her weight rising from 34 kg to 45 kg. Her journey from despair to recovery, ending in May 2024, is a testament to resilience and the transformative impact of compassionate support. Rihana and her family are profoundly grateful for the help that restored their lives.

