

# HELP & HELPS SAMITI



## ANNUAL REPORT 2013-14

*A YEAR 2013*

A year of help to Child and poor people with the help of Government and donors

Moving forward with objective and help every needy people, who are not special but need supports from all of us, they are our brothers and sisters in humanism, whom we never want to forget.

Come forward with smile to help as always...

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# ANNUAL REPORT 2013-14

## *A YEAR 2013*

The year 2013 has been a landmark year for us with a start of the Open Shelter Home for Children. We received a tremendous response and attention for our intense advocacy, actions that aligned with the project. So many people joined with us and raised their concerns for child rights and “AAHAR Yojna” in a heart-felt address. Further, the AIDS Awareness campaign created opportunities for lacks of adolescents and youth to participate in activity. A National Level Case study at IIM, Raipur has support and replied with their best with momentum that appreciated us. Now we are certified for FCRA. Overall look of our document. We applied for 12A, other projects and other certification...we move forward to electronics media for better transparency and accessibility that we launch our website where everyone and everything you can verify all our documents and details. We create pictures, charts, and diagrams; it also coordinates with your current scenario.

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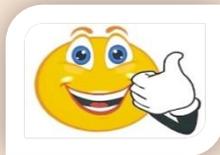
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## INTRODUCTION

We are Help and Helps Samiti, Working on Chhattisgarh State, Help and Helps Samiti is non-governmental organization working to provide quality for Health, Education, Livelihood, Pluck and Security to the poor and underprivileged people as well as children in Chhattisgarh.

### Our Vision

“Every Indian resides contentedly with their all needs with dignity”

### And Mission

“In its mission to achieve the Vision, Help & Helps Samiti focusing to help every Indian, completes their all requirements to keep nation with development country.”

Every year, we reach millions of people for both rural and urban areas through a range of interventions. Our programs include Awareness campaign, Blanket Distribution, Environment seminars etc...

Over the years, Help and Helps Samiti has moved from being a service delivery organization to one which successfully impacts policy and practice. Senior team members are a part of several policy making bodies both at the Central and State levels.

## OPEN SHELTER HOME FOR CHILDREN (BOYS)

Title: OPEN SHELTER HOME BOYS

Location :Korba, Chhattisgarh

Start Date: 01/10/2013 Estimated End Date: 30/09/2018

### Target group

Open Shelters in urban and semi-urban areas will cater to all children in need of care and protection particularly beggars, street and working children, rag pickers, small vendors, street performers, orphaned, deserted, trafficked and run-away children, children of migrant population and any other vulnerable group of children.



### Objectives

We provide permanent residential facilities for children but will complement the existing institutional care facilities. The objectives of these Open Shelters include:

- I. To attract above-mentioned target group of children from their present vulnerable life situation to a safe environment.
- II. To wean these children away from the vulnerable situations by sustained interventions.
- III. To guide these children away from high risk and socially deviant behaviors.
- IV. To provide opportunities for education and develop their potential and talent.
- V. To enhance life-skills and reduce their vulnerabilities to exploitation.
- VI. To reintegrate these children into families, alternative care and community.
- VII. To carry out regular follow up to ensure that children do not return to vulnerable situations.

### Program and activities

1. Identify such children within the geographical area/location of the Open Shelters.
2. Use innovative child friendly approaches and outreach activities to make contact with them.
3. Supplement services through Contact Locations that could be established on railway platforms, crowded market areas, tourist destinations, bus stands, etc.
4. Contact Locations can be established running the 24-hour Open Shelters.
5. Use techniques like music, drama, storytelling, outings and other child friendly methodologies to attract and sustain the interest of the children.
6. Once children start participating, Open Shelters should introduce age-appropriate education, access to vocational training, recreation, bridge education, linkages to the National Open School Program, health care, counseling, etc.
7. Cater to individual specific needs like substance abuse, behavioral problems and socially deviant behaviors among others.
8. Encourage involvement of social workers, community volunteers, peer educators, students and others. This will provide opportunity to people with skills and time to mentor, guide and improve the quality of life of these children.
9. Provide life skills to children leading to personality enhancement, raising self esteem, developing a positive approach to life, improving communication skills, ability to deal with trauma, reducing risk and vulnerabilities, etc.
10. Provide temporary stay facilities for children; and children requiring long term care shall be referred to the nearest Children's home.
11. Function as 24-hour Crisis Management Centers to receive and provide necessary assistance to children.
12. Provide accessibility to children of all age groups up to 18 years of age.
13. Provide quality toilets, lockers for children to keep their belongings, washing facilities, recreational facilities both indoor and outdoor, etc.
14. Provide health care facilities and refer children for specialized services for prevention of drug and substance abuse, HIV/AIDS/STIs and other chronic health disorders.
15. Maintain standards of care and children should be encouraged to participate in the activities of Open Shelters.
16. Prepare Individual Care Plan for each child.
17. Maintain electronic data of each child.

# **SOCIALISM PROCURATOR AT IIM, RAIPUR**

Title: Socialism Procurator Case Study Competition

Location: IIM. Raipur, Chhattisgarh

Start Date: 23/01/2014

End Date: 02/02/2014

Target group:

Students of IIM- Raipur,

Students of Symbiosis Institute of Business Management- Pune,

Students of College of Management Studies- Mumbai, and

Students of IBS Business School-Gurgaon



Objectives:

1. To provide the practical scenario as a case study by which the participant students from the prestigious institute of India provide a better solution for the given problem and best way to do better thing.
2. To evoke them to show the conditions of our society. To remind that we need youth intelligent like you. To help our society, people and science.
3. To encourage to join NGO like us or to be volunteer support for various project, Campaign, and to do better things for society. To help them for CSR Innovation for their studies. To come forward and bring forward to youth for socialism.



Program and activities

1. We provide the practical scenario as a case study. According to their understanding we provide all data about our Samiti.
2. We make them to meet the needy people and show them how we are doing help to them.
3. They understand the problems and situations. They again join us for better confirmation and rechecking.
4. Finally in front of honorable judge from various Foundations, NGOs like us and experts, they have given presentations and show the solutions.
5. They share their different ideas, vision, as well solutions for all different situations and problems.

## “AAHAR YOJNA”

Title: AAHAR YOJNA (Free Food to Poor and needy patient and attendant at Dr. B. R. Ambedkar Govt. Hospital.-Raipur)

Location:

Dal Bhat Kendra, Jail Road, In front of Dr. B. R. Ambedkar Govt. Hospital- Raipur

Start Date: 01/06/2013

Estimate End Date: Continuous

Target group:

1. Poor and needy patient and attendant at Dr. B. R. Ambedkar Govt. Hospital.
2. Patients far from Raipur area who are not aware about the city and not having enough money to buy daily foods.
3. Those are not having time and money because of treatment in Hospital.



Objectives:

1. To Help and provide foods for Poor and needy patient and attendant at Dr. B. R. Ambedkar Govt. Hospital.
2. To make them tension free from hospital treatment as well as treatment pressurized anxiety.
3. To make them wary less for the food and advice to go through their treatment.

Program and activities

1. We provide free foods to those Poor and needy patient and attendant at Dr. B. R. Ambedkar Govt. Hospital.
2. Provide them hassle free breath and feeling free at least for food and friends.
3. We provide time and share their problems and try to involve as well as try to help to solve their issues.

## **AIDS AWARENESS CAMPAIGN**

Title: A Campaign for AIDS Awareness

Location: Chobey Colony Ground, Raipur, Chhattisgarh

Start Date: 01/12/2013 (One Day Program)

Target group:

1. Adolescent students from various schools.
2. Teachers from various schools.



Objectives:

1. To aware what is AIDS, STI and other diseases.
2. To aware the important 4 reasons of AIDS spreading.
3. To aware “Prevention is cure” because no Medicine or treatment are available right now in a market.
4. To aware when donate or receive blood. To aware change needle while injection. To aware that it will not spread on eating food in same plate, mosquito bite, hand shake or playing together.
5. To aware use of condom how, when, where and its importance.
6. To provide knowledge of economy of India and World due to AIDS.



Program and activities

1. A World AIDS Day event taken place at science college and chobey colony ground.
2. Hundreds of student from various Schools assemble for getting information about AIDS and its effect.
3. We aware them visual, audible, pamphlets, models etc... techniques.
4. We provide T-shirt with Navbharat group.

# NACO CSM PROJECT

Title: NACO CSM AIDS Awareness Project.

Location: Raipur, Bilapur, Durg, Sarguja, Raigarh, Rajnandgoan, Bastar, Korias and Narayanpur, Chhattisgarh

Start Date: 22/02/2012  
22/11/2013

End Date:



Target group:

1. All Villagers of the village among the 9 Districts.
2. Main focus on Male aged 15-50 Years.
3. Married people for the family planning.
4. Transit Interceptive People,

Objectives:

1. To provide Awareness of AIDS/STI.
2. To help to find nearby ART(Antiretroviral Therapy) center.
3. To aware how to use condom and disposal
4. To aware family planning and gap carry in between two children.



Program and activities

1. We Design a Vehicle Tata magic with various slogan, logo, condom pack shots for the visibility among all other vehicle.
2. We prepared a basic and easier script for the drama which help to understand AIDS/STI and family Planning.
3. We prepare a group of 6 artists for the drama.
4. We distribute the pamphlets and small gift for the attention, attraction and to gain knowledge about AIDS/HIV/STI.
5. We did the stencil work as slogan for AIDS and given stickers to various shopkeepers to promote condom.

## BLANKET DISTRIBUTION AT KORBA

Title: Free Kambal distributions in Winter.

Location: Railway Station, Bus Stand, Near over Bridge, Temples, mosques, Churches at District Korba, Chhattisgarh

Start Date: 22/12/2013 (One Day Program)

Target group:

5. Poor People Sleeping on street or temporary shelter.
6. Winter suffer people at road side.
7. Beggar and needy people near railway station, bus stand.
8. People reside in open near temples, mosques, Churches etc...



Objectives:

5. To provide help to poor and needy people.
6. To help from cold on winter seasons.
7. To help safe at least on temporary shelter.
8. To reach and understand more problems what they are facing.



Program  
and activities

6. We separated in a group and plan the area for distribution of Hot Blanket.
7. We searched needy people those who need, we are not believe to do just made a camp and distribution.
8. We start our search and distribution after mid night then we can face or see real needy people because other time strengthen people get the more blankets and weaker left behind without anything.
9. We try to help more as food and medicine according to requirement as pain relief creams, cold relief tablets, anti fungus lotion, and some anti bionics.

## “SAHARA” - HELP TO OLD AGE HOME

Title: SAHARA “help to Old age people live in old age homes”

Location: Kuldip Nigam Smriti Old Age Home, Mana Camp, Raipur

Start Date: 01/10/2013 (Continuous)

Target group:

1. Old age people live in old age home.
2. Old age sick people.
3. Old age people separated from family.
4. Old age people on road side and unprivileged.



Objectives:

1. To provide general foods to old age home.
2. To provide medicine to old age people.
3. To provide time and share memories with smile.
4. To provide clothes, blankets and extra thing as per their needs



Program and activities

1. We visit some old age home and get the database from them.
2. We prepare a list as per the requirement and what other support or service can be given.
3. We purchase and supply general goods as poha, chana, rajma, dal, besan, clothes, bed sheet, blankets etc...
4. We provide medicine as per doctor's prescription, and provide general medicine as dettol, pain relief cream, acidity eno, cottons etc...
5. We take them to doctor for health issues and provide Help as well as supports.
6. We spend time and share the feeling and emotions.

## ENVIRONMENT DAY SEMINAR

Title: UNEP theme “**Think. Eat. Save. Reduce Your Food print**”

Location: Ahiwara-Bhilai, District-Durg, Chhattisgarh

Start Date: 05/06/2013 (One Day Program)

Target group:

1. College and School Students.
2. Professor, Lecturer, Staff, Hostel Warden etc...
3. People reside the ground.



Objectives:

1. To provide awareness that Save Food by individual Initiative because recent study has discovered that about one third of all food production world-wide gets wasted
2. To provide the technique, process and methods to reduce our food print
3. To provide information how that saves economically and helps others.



Program and activities

1. We did seminar in between the bunch of college areas.
2. We conduct a camp on UNEP theme “**Think. Eat. Save. Reduce Your Food print**”
3. We describe students and all people about this program how to utilization and distribution.
4. We share our ideas and adopt their ideas to reduce our food print.
5. We provide Tips on Think, Eat and Save

## WHAT WE ARE DOING

Help and Helps always works around the calendar. As apart from our Project, Events, Awareness Camp and other Campaign as well as program we did

- April- Prepare and design of Boucher as well as Annual Report.
- May- Attend all HLPPT seminars and classes for Governance, HR, Finance and others working of NGO for strengthening Help and Helps Samiti
- June- Plan and Prepare for Vocational Training Program (VTP) Registration and its important documentation for SDI (Skill Development Initiative Scheme) and CSSDM (Chhattisgarh State Skill Development Mission).
- July- As per our plan for transparency we design and establish the Help and Helps Samiti Web site at [www.helpandhelps.org](http://www.helpandhelps.org)
- August- Prepare and submit Expression of Interest in SLNA (State Level Nodal Agency) for the Integrated Watershed Management Program (IWMP). We submitted the Expression of Interest for 11 Districts. We are hoping for the best.
- September- Preparation and establishment of Open Shelter Home as we got the letter from WCD (Department of Women and Child welfare) late because the name and address was printed wrongly and it took time to understand and then we Started for 25 boys children at Korba, Appoint staff for Open Shelter Home.
- October- Prepare and submit Expression of Interest in CGSACS (Chhattisgarh state aids control society) for TI (Target Intervention) groups.
- November- We discussed, met with other NGO friends understand the need of FCRA (Foreign Contribution Regulation Act). So we prepare the documents and other things and applied for FCRA online. We submitted Hardcopy to FCRA Wing at New Delhi via speed post.

December- After long time apart from help we understand that the donors and volunteer can come forward to us though 12A & 80G. So, we start enquiry on income tax office and finally we prepare and submitted our file for the 12A and decided after completion of 12A, we will move forward to 80G.

January- We found the registration for drama, dancing, songs and other registration from Ministry of India, Ministry of Information and Broadcasting: Song and Drama Division for Registration. Therefore we applied for our Drama group for better working with Government body too.

We also applied for State Health Resource Center for the project Aayurved Gram for awareness Camp as Nukkud Natak.

February- We applied for R&R (Resettlement and Rehabilitation) for PWD (Public Work Department) Chhattisgarh, and ADB (Asian Development Bank) as per the EOI.

We got a letter from FCRA wing that some more documents required. So, we submitted the demanded documents and Demand Draft again.

March- This year again Pashupati Chemicals and Pharmaceuticals are working for NACO CSM (National AIDS Control Organization) (Condom Social Marketing). We are highly obliged that again, they like to work with us and they call for quotation and negotiations for Nukkud Natak.

We got FCRA Registration by Ministry of Home Affairs.

# FINANCIAL AUDIT REPORT

**HELP & HELPS SAMITI**  
**INCOME & EXPENDITURE ACCOUNT**  
**FOR THE PERIOD 01/04/2013 TO 31/03/2014**

EXPENDITURE	AMOUNT	INCOME	AMOUNT
<b><u>PROGRAMME EXP.</u></b>		Membership fees	28000.00
Blanket Distribution	7360.00	Donations	161282.00
Enviorment Program	9200.00	Received for NACO CSM	
Aahar Yojna Expenses	17600.00	Programme	1640212.00
Open Shetler Homes Exp.	445810.00	Women & Child Devp. Deptt.	
NACO CSM Program Exp.	1558201.00	(Open Shetler Homes Recd.)	670500.00
Social Procurator Exp.	9550.00	Bank Interest Income	3513.00
Aids Awareness Program	9100.00		
Sahara Program	19632.00		
<b><u>REGISTRATION EXP.</u></b>			
FCRA Reg Expenses	4000.00		
Infor Bradcasting Reg. Expenses	2000.00		
Watershed Reg. Expenses	11275.00		
Web Site Design & Reg. Exp.	14231.00		
<b><u>ADMINISTRATIVE EXP.</u></b>			
Accounting Charges	6000.00		
Advertisement Exp.	3188.00		
Bank Charges	1610.00		
Audit Fees	5618.00		
Challan Paid	455.00		
Office Rent Exp.	60000.00		
Staff Salary Expenses	151000.00		
Office Electirity Expenses	2370.00		
Office Expenes	30866.00		
Travelling Expenses	38650.00		
Broadband & Telephone Exp.	9475.00		
Printing & stationary Exp	5088.00		
Depreciations	76058.85		
Excess of Income Over Exp.	5169.15		
	<b>2503507.00</b>		<b>2503507.00</b>

## MESSAGE FROM PEOPLE

"I was interested to help a needy people 3 years ago. But, my wish is fulfilled only after I came to know about Help & Helps Samiti through various sources. Thank you for giving me this opportunity to join their free Blanket Distribution. I congratulate Help & Helps Samiti and its members to carry out such kind of activities and services."

"Rahul Singh, Korba (C.G.)"

It is my dream to help for ensuring children as future of our nation. I belongs to a poor family a single mother, alone had worked hard to educate and raise me and my sibling. No relative or organization had come forward to help us in good shelter, food and education. When I came to know about Help & Helps Samiti running a Shelter Home for Children are from various background like beggars, rag pickers, performers, orphaned. My best wish and pray to God for Help & Helps Samiti members and project personnel.

"Ghanshayam Jaiswal, Korba (C.G.)"

It gives us immense pleasure and satisfaction in contributing for Help & Helps Samiti "Aahar Yozna". We realize, it's our responsibility to help their fund rising arena by contributing our knowledge and support to stay continue such kind of program. It also gives us a good feeling that our little contribution brings happiness to the beneficiaries.

"Amrit Jain & Priyanka IIM Raipur (C.G.)"



# नईदुनिया

www.naidunia.com

बिलासपुर, बुधवार 02 अक्टूबर 2013

## तापमान

कोरबा	कटघोरा
▲ 28.19	▲ 29.29
▼ 21.08	▼ 22.09

सूर्यास्त आज: साय 17:59:00  
सूर्योदय कल: प्रातः 05:52:00  
शुभ समय: दिन: 01:59-03:28

# कोरबा

## कटघोरा-पाली-व

### कल्याण तौलरी

323, 34 क तहत अपराध दण्ड कर विवेचना शुरू कर दी है।

### बाल आश्रय गृह की स्थापना

कोरबा। हेल्प एंड हेल्पस समिति द्वारा बाल आश्रय गृह की स्थापना सोमवार को रविशंकर शुवाल नगर में गई। इस बाल आश्रय गृह को संचालनालय महिला एवं बाल विकास द्वारा स्वीकृति प्राप्त है। बाल आश्रय गृह एकीकृत बाल संरक्षण के तहत बच्चों के अस्थायी निवास, भोजन एवं देखरेख का कार्य करेगी। उद्घाटन समारोह में हेल्प एंड हेल्पस समिति के अध्यक्ष शिवशंकर साहा, सचिव सुमीत राठौर, जिला कार्यक्रम अधिकारी महिला एवं बाल विकास श्रीमती अमिता अग्रवाल, बाल कल्याण समिति के अध्यक्ष डॉ. एलानन जोरासवाल, देवा एंड देवा एंड समिति व बाल कल्याण समिति के सदस्य उपस्थित थे।

### मशाल रैली आज

कोरबा। पंचशील कौशल सेवा संस्थान द्वारा 2 अक्टूबर को नेहरू चौक ट्रांसपोर्ट नगर से सुबह 11.30 बजे मशाल रैली निकाली जाएगी। साथ ही नशीले पदार्थों की उपलब्धता एवं सेवन पर संयुक्त गोष्ठी आयोजन कर नशामुक्ति जन जागरण अभियान का शुभारंभ किया जाएगा। समिति ने समस्त नागरिकों से कार्यक्रम में शामिल होकर देश सेवा में सहभागिता प्रदान करने का आग्रह किया है।

### समाज की बैठक आज

कोरबा। कायस्थ समाज कोरबा की बैठक

## प्रदेश स्तरीय महिला कांग्रेस सम्मेलन

सरकार हाथ पर हाथ धरे रही। प्रदेश के विकास के नाम पर सरकार डोल पीट रही है। रमन सिंह स्वयं अपने नाम के डॉक्टर लगाते हैं किंतु प्रदेश के चिकित्सालयों की दशा यह है कि चिकित्सालय तो है पर चिकित्सक नहीं हैं। इसी तरह विद्यालय तो हैं पर शिक्षक नहीं हैं। प्रदेश में जो खाद्यान्न योजना

पहल कांग्रेस ने ही की है। अपने उद्बोधन में पार्टी के प्रदेश अध्यक्ष डॉ. चरण दास महंत ने कहा कि प्रदेश में राज्य शासन भले ही प्रदेश के विकास की बात कह रहा है, किंतु यहां पसरी कुसाशन के चलते स्वास्थ्य, चिकित्सा, शिक्षा की दशा में अपेक्षित सुधार नहीं हो सका है। केन्द्र द्वारा प्रदेश के विकास के

सुरक्षित नहीं है। प्रदेश से 12000 से भी अधिक आदिवासी युवतियां गुमशुदा दर्ज हैं। स्कूल, छात्रावासों की सुरक्षा पर संध लग गया है। चहुंओर से गरीबों का शोषण हो रहा है। प्रदेश में इतना संसाधन है कि यदि कांग्रेस की सरकार प्रदेश में सत्तासीन हुई तो सभी गरीबों को 35 किलो चावल मुफ्त दिया जाएगा। रायपुर

## आतंकी हमले में कोरबा का सपूत शहीद

कोरबा (निग्न)। जम्मू-कश्मीर के पूंछ इलाके में 26 सितंबर को हुई आतंकी हमले में जिले का एक और सपूत शहीद हो गया है। उसकी पार्थिव शरीर को लेकर पूरे सम्मान के साथ अंतिम संस्कार किया जा सकता है।

देश के लिए जान न्यौछावर करने का जज्बा ही कुछ और होता है। जिले के कई ऐसे क्षेत्र हैं जहां के युवक फौज में भर्ती होकर देश सेवा कर रहे हैं। ऐसा ही एक युवक है दीपका थाना क्षेत्र के एक छोटे से गांव लिटियाखार के स्वर्गीय सीताराम श्रीवास का 28 वर्षीय पुत्र संजय श्रीवास। बताया जा रहा है कि संजय बंगाल इंजीनियरिंग रेजीमेंट 409 में सेना के जवान के रूप में कार्यरत था। उनकी तैनाती जम्मू-कश्मीर में थी। जबकि उनके दो पुत्र व पत्नी पंजाब के भटिंडा में सेना के आवास में रह रहे थे। संजय 26 सितंबर को अपनी ड्यूटी पर तैयार हो चुके थे।

- » जम्मू-कश्मीर में थी तैनाती, आज पहुंचेगा पार्थिव शरीर
- » लिटियाखार में शोक का माहौल

को दी गई थी। सूचना मिलते ही पुलिस ने घटना की जानकारी परिजनों को दे दी थी। इसके साथ ही शहीद संजय के दो भाई पार्थिव शरीर को लेने रवाना हो गए थे। पुलिस के अनुसार भटिंडा से छत्तीसगढ़ एक्सप्रेस में शहीद जवान के शव को लेकर सेना के जवान व परिजन रवाना हो चुके हैं।

संभवतः वे बुधवार को दोपहर बिलासपुर पहुंच जाएंगे। यहां से पार्थिव शरीर को सड़क मार्ग से लिटियाखार लाया जाएगा। तत्पश्चात यहीं उनका अंतिम संस्कार पूरे राजकीय सम्मान के

## जेल प्रशार

कोरबा (निग्न)। जिला जेल में मंगलवार की शाम 4.15 बजे पुलिस और प्रशासन की टीम द्वारा अचानक की गई छापामार कार्रवाई से हड़कंप मच गया। हालांकि एक घंटे तक चली जांच के बाद इस बार भी टीम को जेल से बैरंग ही वापस लौटना पड़ा। निरीक्षण के पश्चात वापस लौटे अधिकारियों ने यहां की स्थिति को लेकर संतुष्टि जताई है।

जिला जेल कोरबा आज से एक वर्ष पूर्व हमेशा चर्चा में रहा है। जेल के

### उपजेल में भी

एक ओर जहां एसडीएम व नगर पुलिस अधीक्षक की टीम ने मंगलवार की शाम जिला जेल में दक्षिण दीवरी कर्मचारी संग जेल में

● टाउन हॉल के सामने युवाओं ने एड्स को श्रद्धांजलि अर्पित कर लोगों को किया जागरूक।

# एड्स को दी श्रद्धांजलि, जुदा अंदाज में किया अवेयर

EVENT OF THE DAY

## • सिटी रिपोर्टर रायपुर

इंटरनेशनल एड्स डे पर शहर में कई कार्यक्रमों के जरिए लोगों को एड्स के प्रति जागरूक किया गया। सामाजिक संस्थाओं से लेकर स्टूडेंट्स तक ने विभिन्न आयोजनों के जरिए लोगों को एड्स से बचाव के तरीके बताए।

## रेड रिबन कैम्पेन

मैग्नेटो मॉल में आयोजित रेड रिबन कैम्पेन में मॉल में आने वाले लोगों को रेड रिबन लगाकर एड्स के प्रति जागरूक किया गया। यूज की हुई नीडल का उपयोग न करने, पूरी तरह जांच के बाद ही ब्लड ट्रांसफ्लांट कराने और सेफ सेक्स के लिए युवाओं को अवेयर करते हुए एड्स के लक्षण और समय पर जांच कराने की जानकारी भी दी गई। कार्यक्रम में एड्स के मरीजों से समानता का

## एड्स में एड्स वीक की शुरुआत

एड्स में रविवार से एड्स वीक की शुरुआत की गई। 7 दिसंबर तक चलने वाले इस आयोजन के पहले दिन पोस्टर कंपीटिशन रखा गया। स्टूडेंट्स ने एड्स से बचने, बीमारी के इलाज, लक्षण और इसके सोसायटी पर प्रभाव को बखूबी चित्रित किया। स्टूडेंट के बनाए पोस्टर की प्रदर्शनी भी लगाई गई। सोमवार सुबह 9 बजे से एड्स के स्टूडेंट एड्स पर नाटक की प्रस्तुत देंगे। 4 दिसंबर को एड्स पर सेमिनार, 5 को एड्स फ्री वर्ल्ड विषय पर निबंध प्रतियोगिता, 6 को एमबीबीएस स्टूडेंट्स और 7 दिसंबर को पैरामेडिकल स्टाफ के लिए अवेयरनेस कार्यक्रम का आयोजन किया जाएगा।

व्यवहार करने की अपील भी की गई। रेडक्रॉस सोसायटी के सहयोग से मॉल परिसर में ब्लड डोनेशन कैम्प भी रखा गया।

## कराए एचआईवी टेस्ट

रविशंकर शुक्ल विश्वविद्यालय परिसर से साइंस कॉलेज तक रैली निकाली गई। उम दौरान विद्यार्थियों को एड्स के प्रति जागरूक करते हुए बताया गया कि प्रेग्नेंट लेडीज को एचआईवी टेस्ट जरूर कराना चाहिए।

यदि गर्भवती महिला एचआईवी पॉजिटिव है तो उसके होने वाले बच्चे को बचाया जा सकता है। महिला को नेवरापिन टेबलेट और होने वाले बच्चे को नेवरापिन मिरप देकर संक्रमण से बचा सकते हैं। इसमें रविवार के कुलपति डॉ. एमके पांडेय, छत्तीसगढ़ राज्य एड्स नियंत्रण समिति के अतिरिक्त परियोजना संचालक डॉ. एमके बिड़वार, संयुक्त संचालक महेंद्र जधेल सहित बड़ी संख्या में स्टूडेंट शामिल हुए।

## डरने से दूर नहीं होगी बीमारी...

रायपुर हेल्प एण्ड हेल्पस समिति रायपुर संस्था ने चौबे कॉलोनी के मैदान में एवं अन्य स्कूलों में एड्स अवेयरनेस प्रोग्राम आयोजित किया। इसमें डॉ. मालविका राठौर ने छात्रों को एड्स, एचआईवी और संक्रमण से जुड़ी जानकारी दी। डॉ. एम. राठौर ने बताया

कि असुरक्षित यौन संबंध, संक्रमण ब्लड और एक ही नीडल को ज्यादा बार यूज करने से एड्स का खतरा बढ़ जाता है। इससे डरने की बजाय इलाज के प्रति जागरूक रहने की आवश्यकता है। इस मौके पर शिव, सुमित, सन्दु एवं अन्य सदस्य उपस्थित थे।



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DATE - 12 DEC 13

## प्रशंसा पत्र

प्रमाणित किया जाता है कि हेल्प एण्ड हेल्पस् समिति रायपुर, छत्तीसगढ़ द्वारा राष्ट्रीय एड्स नियंत्रण संगठन के कण्डोम सोशियल मार्केटिंग प्रोजेक्ट के तहत 2010 से 2012 तक सात जिलों (रायपुर, बिलासपुर, दुर्ग, राजनांदगांव, बस्तर, सरगुजा और रायगढ़) में कुल 204 दिवस के अंतराल 816 स्थानों पर रोड शो के माध्यम से तथा 2012-13 में नुक्कड़ नाटक के माध्यम से 212 दिवस के अंतराल 848 स्थानों पर 9 प्रोजेक्ट जिलों (रायपुर, बिलासपुर, दुर्ग, राजनांदगांव, बस्तर, सरगुजा, रायगढ़, नारायणपुर एवं कोरिया ) में कार्यक्रम प्रस्तुत कर हमारे उद्देश्य को सफल पूर्वक किया।

पशुपति केमिकल एण्ड फार्मासुटीकल लिमिटेड तथा राष्ट्रीय एड्स नियंत्रण संगठन के कण्डोम सोशियल मार्केटिंग प्रोजेक्ट के समस्त सदस्य की ओर से इनकी उज्ज्वल भविष्य की कामना करते हैं।



परियोजना अधिकारी,

पशुपति केमिकल एण्ड फार्मासुटीकल लिमिटेड  
रायपुर, छत्तीसगढ़

## **THANKS**

Thanks to all of our members, our donors, our supporter with enormous pleasure that we write this message behalf of Help & Helps Samiti, we are very honored to carry out our commitment to stakeholders and our transparency. It is also an opportunity for Help & Helps Samiti to inform people about its achievements and future plan. Help & Helps Samiti has achieved outstanding results in its short life span. We are also grateful to the various regulatory bodies such as volunteers, donors, government and non-government organizations for their support, which has contributed to the success of the organization.

We sincerely pray to the Almighty to grace us with His blessings in our continued efforts in achieving success in the future.

Please feel free to contact for share your thoughts, ideas, suggestions and feedback you might have to improve our society and join us on this journey.

President/Secretary

Help & Helps Samiti