



LIFE CARE FOUNDATIONS.

(MEDICAL AND CHARITABLE TRUST.)

REG NO:- MAH/THANE/ E - 6778.

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Reg u/s 80G INCOME TAX ORDER NO :- THN/C.I.T.-I/Tech.1/80G/17/2012-13 & Reg u/s 12AA INCOME TAX ORDER NO :- THN/C.I.T.-I/Tech.1/12A/16/2012-13

NITI AYOOG REGISTRATION NO:- MH/2016/0100160 / GUIDESTAR NO:- 9010

ACTIVITY REPORT OF LIFE CARE FOUNDATION

SR. NO	DATE OF CAMP	PLACE OF CAMP	NO OF PEOPLE ATTENDED IN CAMP	NO OF PEOPLE EXAMINED	ACTIVITIES DONE	DETAILS OF ACTIVITIES
1.	19.08.2012	BHAYANDAR WEST.THANE	4 PEOPLE	70 -80 PEOPLE	D-WORMING CAMP	A camp was done by Dr.Rajesh Rathi(Secretary) at Sanjeevani Plus Clinic in Bhayandar West in Association with Gala Ayurvedic Health Care & Shree Aadarsh Seva Foundation Paladse.In this camp people were examined thoroughly for various abdominal and health issues and were given D-Worming(Used to detoxify worms) medicine and injections free of cost and the people were also educated about the Sanitary habits and about eating healthy food stuffs and cause of worms and its effects.
2.	09.09.2012	BHAYANDAR WEST.THANE	6 PEOPLE	100 -120 PEOPLE	GENERAL HEALTH CHECK UP,YOGA,PHYSIO THERAPY,	A General Health check up was done at Bhayandar west in Association with V4U where people were examined thoroughly for Orthopedic Consulation,General Illness

					HOMOEOPATHIC CONSULTATION, ORTHOPEDIC EXAMINATION. BLOOD ROUTINE CHECK UP.	and Disease, Dental Problems, Gynecology and Skin related problems. People were also given Yoga Training for fitness. A regular Thyroid and blood check up was arranged free of Cost and it was found that maximum people who were examined by Thyroid test were suffering from Thyroid related people and while giving reports on the next Day were explained about their problem and were consulted with diet chart.
3.	26.01.2015	BHAYANDAR WEST. THANE	3 PEOPLE	40 -50 PEOPLE	FREE VACCINATION CAMP	A free vaccination camp was conducted by Dr. Rajesh Rathi in Association with Shree Aadarsh Seva Foundation Paladse at Bhayandar west where he examined people and were given Hepatitis B vaccine, Rota Vaccine, Bcg vaccine, MMR vaccine, Chicken Pox Vaccine, Small Pox Vaccine, Diphtheria and Tetanus Vaccines free of cost and also the booster dose were given free when the patient arrived at our centre.
4.	31.05.2015	ANDHERI WEST(S.V. ROAD, OPP RAILWAY STATION). MUMBAI	4 PEOPLE INCLUDING TEAM OF BRAMHAKUMARI HOSPITAL	30-35	EXAMINATION OF PEOPLE EATING TOBACCO AND GIVING PROPER GUIDANCE	A General awareness and examination camp was held by Dr. Rajesh Rathi on WORLD NO TOBACCO Day where he examined general people and was also made them aware about the ill effects of tobacco on body and also guided them with medicines and certain exercises so that they can try to leave tobacco and live a happy life, also those who were examined with severity of the disease were told for higher checkup at Bramhakumari Hospital and were treated at a very lower cost under view of Dr. Rajesh.

5.	02.10.2015	PRATIKSHA NAGAR MUNICIPAL SCHOOL,JOGESH WARI WEST.MUMBAI	6 PEOPLE INCLUDING TEAM OF BRAMHAKUMA RI HOSPITAL	80-100	GENRAL HEALTH CHECK UP,SPECKS DISTRIBUTION.	A General Health checkup was conducted by Dr.Rajesh rathi in association with Bramhakumari Hospital where rural people were examined with Blood Pressure, Heart rate, E.C.G, Consultation by Doctors, Eye Checkup along with distribution of specks free of cost. In this camp people who were examined with any kind of illness were given medicines at free for a period of 5 days and after that were called at Dr.Rajesh Rathi Clinic where he treated them free of cost and if found with cataract disorders were called at Bramhakumari Hospital where surgery were done free under view of Dr.Rajesh rathi.
6.	15.12.2015.	NADODE KATKARWADI VILLAGE,KHALAPU R BLOCK,RAIGAD DISTRICT.	2 PEOPLE(DR.RICKKY AND HIS ASSISTANT(DR. JAGRUTI PATIL) WITH 4 PEOPLE OF MIND GENIUS CHARITABLE TRUST.	50-60 VILLAGE PEOPLE (ADULT + KIDS).	GENERAL HEALTH CHECK UP WITH MEDICINE AND PROTIEN POWDER DISTRIBUTION.	A General Health Checkup camp was done by Dr.Rickky Jain & Assistant in association with Mind Genius Charitable Trust where all the villager's(Age group :- 01 yr. to 60 yr.) were examined and we found that the villagers were suffering from full body pain along with various other illness along with Low weight. We have asked certain villagers their daily routine diet and they told that they just eat rice and dal and they even don't have money to buy vegetables and medicines. Many children were examined and every one was found low weight since birth. On asking certain questions we were told that the baby didn't had Breast feeding since birth as they were not aware of the procedure and also there was no doctor nor a primary health care center to visit. We have provided them Basic calcium tablets, Multivitamin tablets and Protein Powder for a course of 10 days

						so that their Pain due to Nutritional Deficiency gets reduced. People related to cataract were also examined and were referred to Eye specialist at a long distance Primary Health Care Centre. We were awarded with a trophy for the work done.
7.	21/01/2016	AMBEWADI,CHINC HMAL GAON,KHALAPUR BLOCK,KARJAT ROAD,RAIGAD DISTRICT.	2 PEOPLE (DR.RICKKY AND HIS ASSISTANT(DR. JAGRUTI PATIL) WITH 4 PEOPLE OF MIND GENIUS CHARITABLE TRUST	30-40 VILLAGE PEOPLE (ADULT + KIDS).	GENERAL HEALTH CHECK UP WITH MEDICINE AND PROTIEN POWDER DISTRIBUTION.	A general health camp was organized with Mind Genius Charitable Trust at the Chinchmal Gaon where we examined villagers(Age Group:- 1 yr – old age group) and we found that the people here too were underweight with many disease such as Cataract, Full body pain, Headache , Increased blood pressure. Here people were good in eating habits as compared to earlier village but were not having facility of the medical aid if needed. On asking villagers about where they go on illness then they told that they go to a PHC (Primary Health Care Centre) which is fare away from village. Many females were married below 18 years and were having 2-3 children. We made them aware about the health issues for giving birth to a child at age below 18 and also told them about eating habits during maternity and post maternity period. We gave them sufficient medicines and a protein powder to examined patient's free of cost.
8.	12.04.2016	NADAL ADIWASHI ,RAIGAD DISTRICT.	3 PEOPLE (DR.RICKKY JAIN,ADV.DOLL AR SHAH,DR.JAGR UTI	60-70 VILLAGERS (ADULTS + KIDS)	HEALTH EXAMINATION WITH AWARENESS	A health examination camp was done at Nadal Adhiwashi village to rule out illness among the villagers, it was found that here people are underweight and suffering from severe joint pain and major complains were headache and tingling sensation of the hands and legs.Further on taking case

						<p>history we found that the major affected people are young women's (Age:- 12-20) as they were eating only Rice and Dal and are not aware of the vegetables and other food products. Major complaints were of Cataract ,Increased Blood pressure and Malnourishment. I gave them a lecture on daily food requirements and "How to tackle their pain" and answered all questions related to their health. We gave them heavy nutritional tablets with protein powder.</p>
9.	06.06.2016	MUNICIPAL SCHOOL,AAREY COLONY,GOREGAON EAST.MUMBAI	2 PEOPLE (DR.RAJESH RATHI & DR.VARSHA RATHI)	40 – 50 STUDENTS	HEALTH AND DENTAL SCREENING CAMP	<p>On, this day dated 06.06.2016,a general health and dental screening camp was held at a Municipal School at aarey colony where students were examined for a routine health and dental check up by doctor's available and were also prescribed medicines (if found any illness) and students also were made aware by educating them about the health issues and how to remain fit. Also their parents were also told about the illness about their children if found and told them to take proper care by making them aware about "How to take care of children for their proper growth".</p>
10.	19.02.2017	CHINCHKHAMBAL A VILLAGE,KARJAT ROAD,RAIGAD DIST,KHALAPUR BLOCK	2 PEOPLE (DR.RICKKY JAIN,DR.JAGRUTI PATIL,ABDUL REHMAN QURESHI)	80 – 90 VILLAGERS	HEALTH SCREENING CAMP.	<p>A General health screening camp on a near by village to examine the status of health of the village and its awareness related to helath.At this village,we found that the villagers were not ready to meet a doctor and share their health related problems, then after sending a team of volunteers they gathered the villagers and we examined 80-90 villagers and found that the wholw village id under nourished and</p>

						all are undernourished with high blood pressure ,but here we found that the children were not healthy and were suffering from marasmus and kwashiorkor disease(caused due to deficiency of protein).The women were healthier and no such critical illness were found. The mother of child(who still feed by breast) were given supplements for them so that they won't come under any illness. We gave Nutritional Supplements to the villagers so that they remain healthy.
11.	10.04.2017	RANASAIWADI,KH ALAPUR BLOCK,RAIGAD DISTRICT	3 PEOPLE (DR.RICKKY JAIN,ABDUL REHMAN QURESHI,MR.V ARUN JINDAL)	60-70 VILLAGERS	HEALTH SCREENING CAMP.	A health examination camp was done at Ranasaiwadi village to rule out illness among the villagers, it was found that here people are underweight and suffering from severe joint pain and major complains were headache and tingling sensation of the hands and legs. Further on taking case history we found that the major affected people are young women's (Age:- 12-20) as they were eating only Rice and Dal and are not aware of the vegetables and other food products. Major complaints were of Cataract ,Increased Blood pressure and Malnourishment. I gave them a lecture on daily food requirements and "How to tackle their pain" and answered all questions related to their health. We gave them heavy nutritional tablets with protein powder.
12.	21.06.2017	GAODEVI MANDIR,AAREY MILK COLONY,GOREGA ON EAST	DR.RAJESH RATHI AND TEAM OF KUNTI EDUCATIONAL SOCIETY	20-25 PEOPLE	YODA TRAINING CAMP	On the International Yoga day, Dr.Rajesh rathi had conducted a Yoga training camp to teach people yoga. Dr.Rajesh has also had a talk about yoga benefits for fitness and also examined people for their illness and taught them proper yoga as per their

						illness.He answered many questions related to the topic.
13.	19.08.2017	PAWAR SCHOOL,ANDHERI EAST	2 PEOPLE (DR.RAJESH RATHI & DR.VARSHA RATHI)	40-50 CHILDREN	HEALTH SCREENING CAMP	On this day of 19.08.2017 a medical screening camp was done at pawar school at andheri east by Dr.Rajesh and Dr,Varsha. On routine screening he found out the children were complaining of abdomen pain and headache. On through history taking he came to the result that the children eating habits were not proper and so the parents of children were made aware of the children diet by a casual normal talk.
14.	22.11.2017	AMBEWADI,CHINC HMAL GAON,KHALAPUR BLOCK,KARJAT ROAD,RAIGAD DISTRICT	Dr.RICKKY JAIN	30-40 VILLAGERS	RE- SCREENING HEALTH CAMP	A general re-screening of the health status of the villagers were done and it was found that the villagers were healthy from EARLIER BUT NOE A NEW CHALLENGE OF Throat infection, Cough, Fever and Back pain to youngsters had came up. On evaluation it was found that many villagers suffered from Throat Infection and Lower Respiratory Tract Infection(Cough and Cold) due to changed weather and bad water. A medicine (Antibiotics as required)for 10 days was given to every ill villagers and also the severe cases were referred to Government Health Care Centres.
15.	10.03.2018	MIRA ROAD,THANE DIST.	DR.RICKKY JAIN,ABDUL REHMAN QURESHI,DR.A MRITA,TEAM OF WOKHART FOUNDATION	100-150 PEOPLE	GENERAL HEALTH CHECK UP,EYE CHECK UP,DENTAL CHECK UP,ORTHOPEDIC CHECK UP,ECG,BLOOD SUGAR CHECK	A general health and dental screening camp was organized by Mira Road Branch with Wokhart Foundation.On screening it was found that many patients were suffering from Diabetes related problems,Pain in joints was the major complaints of the patient.Our doctor has taken a through history of the patient and was advised a proper medicine and diet to

					UP,BLOOD PRESSURE CHECK UP.	the patient. Dental cases were not found more. Eye related cases were not much. ECG was done free of cost and also patient who has been diagnosed with severity of the illness were referred to corresponding hospital for further treatment. Old age cases with joint pain and back pain were examined and were given Oro-Calcium tablets with Nutritional Powder.
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Note:- The above activities are true to my knowledge and no manipulation is done.