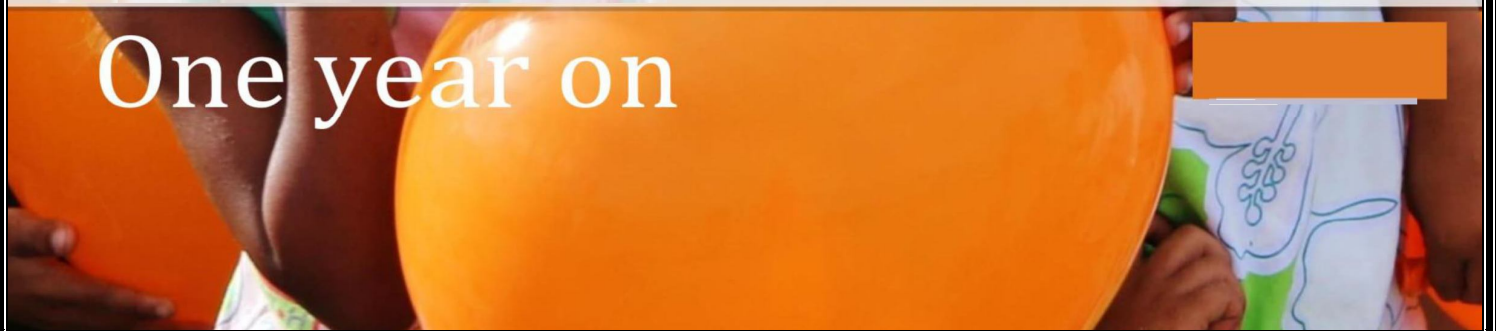


LIFE CARE FOUNDATION



Annual Report 2014-15

One year on



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About Us

A Trust which was formed on 26th April 2011 by Dr Rickky Jain (President) with a view to help poor and needy people in the field of medicine and education. The view of the Trust was made to complete the projects which will help poor and needy people and also serve our country.

Aims & Objectives

- To Help and provide medical aid facilities at low cost
- To provide educational facilities to needful students
- To build children orphanage and old houses
- To look forward for betterment of the country
- To build up Pathology, Radiology Centres and Dental clinics
- To build up special schools for mentally and physically challenged people.

Life Care Foundations

Vision

The vision of our trust is to work with the marginalized and under – privileged rural population to pull it out of poverty and place it on a new platform of economic self-sufficiency, morality and prosperity.

Mission

To create an economically viable, easily replicable mode of total self-sufficiency and economic prosperity for rural India.

- Where the lowliest member of the society is cared for,
- Where the women financially independent and where they at last find their rightful place in the social order,
- Where the children blossom into responsible citizens of high morality who, while being earthy, and environmentally sensitive, are technologically sound and are ready to carry the flame of holistic development far and wide



Seminar on Health Education (Yoga)

Health Fitness Training through Yoga. We had chosen Yoga because Gyms, Tablets and Doctor's prescription are not lasting and healthy process for the healthy future. So, we provide this training to students because if in starting of their life, they choose Yoga option to be fit and healthy so it will be beneficial for them in future also.

In seminar we involved expert yoga trainer and Homeopathic Doctors to provide training to students and teachers as well. They include Yoga lesson planning, techniques to teach Yoga poses, Pranayama, Meditation, Mantras, Teaching techniques include correcting yoga poses, assisting, encouraging, caring and guiding the progress of students in yoga. Yoga training Program also includes ethical and moral guidelines for Yoga to students and audience also.

For the students, trainers include Meditation most in training with its uses and benefits like they explained:

1. Improved concentration – A clear mind makes you more productive, especially in creative disciplines like writing.
2. Less bothered by little things It is the nature of the mind to magnify small things into serious problems. Meditation helps us detach. We learn to live in the here and now, rather than worrying about the past or future. We do not worry about meaningless things, but see the bigger picture.
3. Better Health – There have been numerous studies pointing to the health benefits of meditation. The reason is that meditation reduces stress levels and alleviates anxiety. If we can reduce stress, many health benefits follow.
4. Knowledge of Self – Meditation enables us to have a deeper understanding of our inner self. Through meditation we can gain a better understanding of our life's purpose.



Life Care Foundations

Educational Program

To enable people to move out of their underprivileged status, we shall have to create opportunities for them to be educated. Poverty and backwardness can be reduced through the spread of education. The level of illiteracy is still high and it will remain in that dismal state unless the civil society makes sincere efforts for making more people literate.

We provide both formal and informal education according to their needs. Our efforts in educating the underprivileged have been successful. In order to make this success sustainable, we shall have to put more emphasis and continue to work in this area in future years. Education is one of the areas that are on top of our agenda. During the year under review we put considerable emphasis on providing quality education to children of all communities – especially those belonging to underprivileged, SC/ST communities and weaker section of the society where educational facilities are most inadequate.

We organized literacy-training camps in August and December 2014 in rural areas for creating awareness about the importance of education. We distributed books and stationery to the children. We motivated their parents to ensure that their children – especially the girl children – study in schools.



Programme on Health Care

India is one of those countries where the individual incurs the largest out-of-pocket expenses on health as a percentage of private expenditure on health. The current situation of high preference for private facility and lack of adequate insurance mechanism along with insufficient government facility is likely to imply that the poor in India will bear the brunt of higher healthcare costs.

The voluntary sector is now emerging as an effective healthcare provider for the underprivileged. With our limited resources we try to provide basic healthcare services to the poor living in urban slums where poor people live and where hardly any government healthcare facilities reach/Through our healthcare program we provide a variety of healthcare services to the underprivileged people living in rural areas and urban slums. We hold regular medical check-up camps and detected the following common ailments -

- High blood pressure.
- Stomach/liver ailments due to malnutrition, consumption of poor quality food and excessive alcohol.
- Breathing ailments due to smoking and tobacco consumption.
- Dental problems due to poor hygiene and gutka chewing.
- Occupational hazards such as lungs problems in rickshaw pullers, cervical spondylitis.



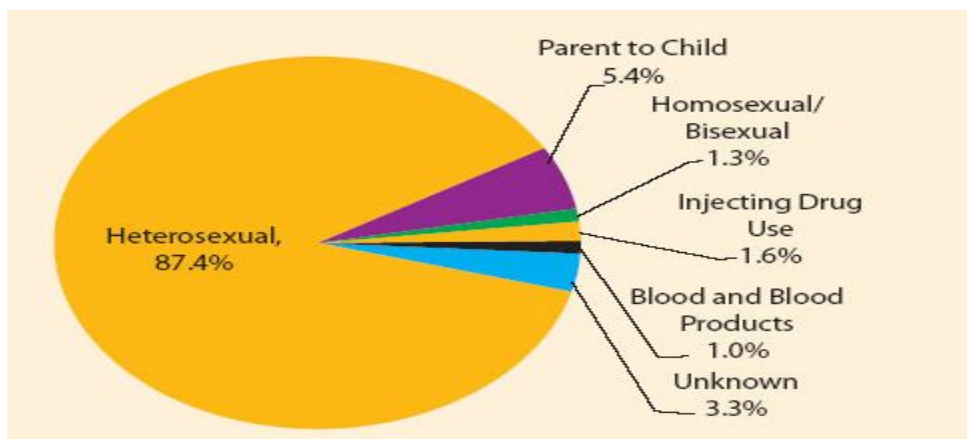
HIV/AIDS Awareness Programme

INTRODUCTION

Awareness HIV/AIDS Awareness Generation Camps on HIV/AIDS:-

During the year under report an awareness generation camps on HIV/AIDS were organized in of District- Thane to aware the people about precautionary measures to check the HIV/AIDS effects. More than 500 people both man and woman participated in these camps. Health's checkup arrangements were also done in these camps.

"It is estimated that by the end of 20th century there were 40 million people infected with HIV all over the world and India has been leading with highest number of cases (ranging from 10-



20 million). We may not be infected but will definitely be affected indirectly by it. Hence it is a duty of every citizen of India to have detailed knowledge about this disease". Due to lack of knowledge about AIDS

people have fear in their mind against the victims of this disease. Because of fear of social boycott, AIDS patients and their relatives hide their HIV status. Many doctors (due to fear of getting infection) also refuse to treat these patients. There is danger of AIDS for everybody and only thing that can save us is to be completely informed.

"AIDS, Difficult to get, Impossible to cure but, Easy to prevent"

AIDS is

Acquired – must do something to contract

Immune – ability to fight off infectious agents

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Deficiency – lack of

Syndrome – cluster of symptoms that are Characteristic
for a disease

HIV is:

Human – isolated to the human species

Immuno-Deficiency – Lacking the ability to fight off infectious agents

Virus – a disease causing agen



Family Life Education

Life Care Foundations has organized Family life education awareness program. The program implemented with the support & cooperation of community people and local NGOs, who extend their supportive hands for successful completion of the program, the society invited prominent sociologist, psychologist, doctors and lawyers to aware and guidance people to living together with proper family adjustment. The Speakers also discuss various topics related to orientation of youth for promotion of family and societal development, community actions against dowry torture, sexual harassment, legal rights both male and female, Hindu marriage Act, And other rule and regulation related to family life. The participants also discuss their family disputes and solution to the Speakers.



Thank you!