



OUR UTKARSH



GREENER EARTH

HEALTHIER YOU

Monthly Newsletter | June 2024 | 164th Edition

www.utkarshglobalfoundation.org

UTKARSH FOR ENVIRONMENT

The world celebrated Environment Day on June 5. The day reminds us about the importance of environmental conservation and encourages us to take proactive measures to lead eco-friendly lives.

At Utkarsh, every day is Environment Day. We walk the talk. Our offices practice environmental protection in our daily routines.

The Utkarsh Environmental Protection Movement, for the last 10 years, has been at the forefront in its battle against plastic pollution and to protect and conserve nature at every step of the way. Utkarsh organizes various campaigns that not only aim to spread awareness about plastic pollution but also lend a helping hand to people to follow practices to help nature and reduce pollution. The Movement also organises various other campaigns to ensure the overall protection of our planet.

Let us take a look at our campaigns that have impacted thousands of people, young and old, in the past few years.

SAY NO TO SINGLE-USE PLASTIC

Active in five states, the campaign focuses on mass education and community involvement, along with government collaboration, to encourage people to reduce plastic consumption.

We are aware of plastic pollution but how many of us are ready to give up the convenience plastic offers? This reluctance is what is killing our planet, inch by inch, day by day. Plastic pollution is harming our air, soil, and water, while also entering the food chain. That means plastic is now present in your food!

How did so much plastic end up around us? WE are to blame!

THE EXTENT OF PLASTIC POLLUTION

The Plastic Overshoot Day Report (released on April 11, 2024) finds that a whopping 220 million tonnes of plastic waste will be generated in 2024 worldwide. The study also finds that there are just 12 countries responsible for 60% of the world's plastic waste. We are not shocked to see that India is among the top five!

The most widely used plastic items are single-use plastics, or the items used for just about two or three minutes and then discarded. Plastic carry bags, cutlery, straws, cups, packaging materials, wrappers, etc., are some of the single-use plastics that the world uses and throws away in just a few seconds. These plastics end up in landfills, oceans, and soil and remain there for hundreds of years. Only 9 percent of plastic is recycled. Plastic is non-biodegradable which means it does not disintegrate but remains as it is for years before it is broken down into microplastics. They continue to emit toxic gases that enter the air, water, and soil and harm the environment as long as they exist, and that is forever.

Let us take a look at plastic bags. In addition to being a major cause of plastic pollution, these bags are also killing lakhs of marine animals every year. Studies state that by 2050, there will be more plastic than fish in the sea. Birds mistake plastic bags for food and consume them, filling their stomachs with the toxic material. Poor sea turtles assume plastic bags are jellyfish and end up eating the plastic.

The damage is done, but if we try, we can at least ensure no plastic is added to the mountains of plastic waste that are drowning the planet.

UTKARSH APPEALS "SAY NO TO SINGLE-USE PLASTIC"

The campaign focuses on education and solutions, as we organise awareness campaigns in educational institutions, commercial establishments, and public places, motivating people to switch to eco-friendly alternatives to plastic items. Utkarsh also distributes cloth bags and steel water bottles to discourage the use of plastic carry bags and plastic bottles.

In an attempt to ensure the easy availability of cloth bags, Utkarsh also installs cloth bag vending machines in markets and other public places.

People around the globe buy 1 million plastic water bottles every minute, studies find. Only about 9% of it is recycled. The rest are still lying around. Only if people had carried a water bottle with them instead of buying water in plastic bottles!



THE IMPACT

Reached
2 LAKH
people

Educated
1 LAKH
students

Distributed
1 LAKH+
cloth bags &
1 lakh+
steel water bottles

Employed
2000+
women

TREE PLANTATION DRIVES

Trees are the magic that we urgently need today. They keep the air clean as they absorb toxic pollutants and release oxygen into the air, making the air cleaner. In cities, trees act as a ‘super cleaner’ of the air, as they absorb pollutant gases like carbon monoxide, ozone, and nitrogen oxides and even sweep up dust and smoke. Considering urban environments fill the air with pollutants every minute, trees can reduce air pollution considerably.

Trees also reduce the risk of natural disasters such as landslides and floods, as they play a key role in capturing rainwater, with their roots acting like filters.

Sadly, we are cutting trees instead of planting them. Deforestation has reduced India’s green cover considerably, leading to desertification and drought in many areas. There is only one solution: more trees!

Utkarsh is committed to environmental protection and organises tree plantation drives regularly in five states.

We have planted more than 10,000 trees to date.

Utkarsh is also all set to launch **Utkarsh Green Project 2024**, with the target of 2024 tree plantations this year.



WASTE MANAGEMENT

Campaign – “My Waste, My Responsibility”

It comprises:

Awareness Campaigns on Dry and Wet Waste

Working with rag pickers and raddiwalas for waste collection

Collection of electrical waste

Collaboration with recycling units

Training in converting wet waste into manure or compost

Training in implementing ‘Zero Waste’ in schools and homes

“Know Your Air” Campaign in Schools and Households

Aim – To raise awareness about fine particulate matter (PM10) dust and Nitrogen Dioxide (NO₂) gas, pollutants that are highly toxic and damaging. NO₂ gas is formed when Nitrogen Dioxide (NO_x) released from exhaust pipes mixes with the air.

These pollutants come from vehicle exhaust pipes and are regarded as the biggest sources of air pollution. Diesel vehicles are the most polluting.

“Know Your Air” Campaign will include:

- Measuring AQI of the area and showing ways to improve air quality
- Awareness campaigns – to encourage people to walk or cycle more and drive less as and when possible
 - To switch off engines when stationary
 - To switch to car-sharing
 - To check tyre pressures
- Awareness on the importance of low emission vehicles – petrol vehicles are less polluting than diesel and hybrid vehicles
- Awareness campaigns in villages about the harmful effects of stubble burning and finding ways to recycle and reuse farm residue for a healthier environment



CLEAN WATER

Utkarsh undertakes cleaning of rivers, lakes and other polluted water resources, removing plastic and other pollutants from the rivers. We also check the water pollution of rivers and lakes via water checking labs.

Conducting awareness campaigns in factories and business areas to prevent water drainage system connecting to precious water resources and encouraging them to set up waste water management systems is also a part of the “Clean Water” campaign. We also organised cleaning drives for water tanks in government schools every month, to ensure young children get access to clean drinking water.



SAVE WATER CAMPAIGN

Campaign – Fix a Leak Today, Save Water for Tomorrow



Surveys find that:

A leaking tap wastes around
15 litres
of water a day.

A dripping tap can waste around
20,000 litres
of water a year.

We visit households and offices and fix leaking taps and valves. We also spread awareness about illegal water borewells, eating into groundwater resource.

HEALTHY SOIL

Awareness campaigns for farmers about organic farming and the harmful effects of pesticides and insecticides on soil and to the health of the farmers. Workshops on saving soil fertility and ways to make soil healthier.

Why Organic Farming?

Studies and surveys around the world have found that “organic nutrition is good for sustaining soil fertility and quality of produce. Organic methods such as using eco-friendly and natural pesticides instead of hazardous pesticides also ensures soil health. Soil organic matter is the major active reservoir of carbon, which prevents build-up of CO₂ concentration in the atmosphere.”

In conclusion, Utkarsh Environmental Protection Movement is on a mission to make the world greener, cleaner, and healthier! We aim to reach every village and city and ensure they are plastic-free and that the soil, water, and air are cleaner! We understand we have a long way to go, but we seek your support. Join us as Earth Warriors in this journey to safeguard our planet.



ANIMAL WELFARE MOVEMENT



1890

Sterilisation
Surgeries



2286

Vaccinations



1085

Treatment under In
patient Department



1981

Treatment under Out
patient Department



1224

Ambulance
Rescues

**24x7 OPD AT
UTKARSH ANIMAL HOSPITAL**



**AT UTKARSH ANIMAL HOSPITAL, MUMBAI
IS AVAILABLE AT
8976925958**

UTKARSH ABC (ANIMAL BIRTH CONTROL) PROGRAMME



**UTKARSH ABC
HELPLINE**

89769 25972

Utkarsh conducts the ABC programme in Mumbai, Ambarnath, Latur and Nashik.

ABC (Sterilisation & Vaccination) is crucial in dog population management.

Utkarsh ABC is unique. Apart from following the AWBI (Animal Welfare Board of India) guidelines, Utkarsh also undertakes the following procedures:

- Videography of the catching and releasing process to note and ensure the exact location
- 7-in-1 vaccination to the dogs at the time of admissions to prevent viral infections
- Complete blood examination of the dogs before surgery
- Tying reflective radium collars to the dogs on their release to protect them from road accidents at night

UTKARSH DAILY FEEDING DRIVE FOR STRAYS

Utkarsh undertakes feeding drive for stray animals in Mumbai and feeds more than 6000 animals daily. Strays are neglected animals and are forced to roam in search of food, often ending up in garbage bins. Hungry animals, especially dogs, can turn aggressive. When strays are well-fed, they do not roam but take rest. They are calm and peaceful when their stomachs are full. Utkarsh Daily Feeding Drives have helped reduce human-animal conflict in the regions.



RADIUM COLLAR PROJECT (MULUND)

Radium collars sold
in JUNE 2024

1342

Number of women who
received employment
through the project

24



VOICE OF VOICELESS



Every human who lends a helping hand to helpless strays is a 'Voice of Voiceless.' Utkarsh calls upon animal lovers to care for strays around them through the 'Voice of Voiceless' campaign. They will ensure food, treatment, vaccinations, and care of strays through the campaign with the help and support of Utkarsh.

VoV ENGAGED IN JUNE 2024

1151

#STRAYTOGETHER



Stray Together

Aimed at spreading awareness about strays and to encourage and facilitate human-animal peaceful cohabitation, '#StrayTogether' is held at housing societies and constitutes the following activities:

Sterilisation and vaccination of animals in and around the area

Fitting them with radium collars

Ensuring feeding, medical treatment, and care with the help of Utkarsh

Maintaining a register with details on each animal so outside animals could be identified



UTKARSH STAR OF THE MONTH – JUNE 2024



NARGIS PARWEEN
Donor Relationship Executive

Fundraising for an NGO is a challenging job. What would you do if you have to manage it all alone? Meet our hardworking, motivated, and inspiring fundraising executive, Nargis Parveen, who did not hesitate to take on the difficult job of raising funds for Utkarsh alone, when the earlier fundraising team was disbanded. In just a month, Nargis raised ₹ 82,036. She has also collected 3054 kg of rice, 29 kg of turmeric, and also 140 kg of old newspapers, for our daily feeding drives for strays. Utkarsh Animal Hospital would have gone without electricity if she hadn't raised an amount of ₹31,490/- which helped pay the electricity bill. Kudos Nargis! You are indeed a part of "People for Better World!"

ENVIRONMENTAL PROTECTION MOVEMENT

CHENNAI DISTRICT

World Environment Day Celebrations

Along with the “Say No to Single-Use Plastic” campaign, a tree plantation drive was also organised at the ITI Training Institute, Greater Chennai Corporation (GCC), Mylapore, Chennai, on June 5, 2024, on the occasion of World Environment Day.

More than 1000 cloth bags were distributed at the event. Around 50 saplings were planted at the venue as a part of the tree plantation drive.

Eminent personalities, including Dr. M. Dinakaran, District Environmental Engineer, Tamil Nadu Pollution Control Board; Dr. T.G. Srinivasan, Health Education Officer, GCC (Greater Chennai Corporation); Mr. G. Thangaraj, District Coordinator of NGC (National Green Corps), Chennai, and Mr. M. Govindharaj, Principal of ITI, GCC Chennai, were present at the event.



PUNE & SOLAPUR DISTRICTS

Utkarsh Environment Wari 2024

The campaign aims to ensure a plastic-free Pandharpur Wari 2024!

Pandharpur Wari is one of the most revered spiritual events in Maharashtra. Pilgrims undertake a padhyatra or procession on foot, from Dehu and Alandi in Pune district. They carry palkhis or palanquins carrying padukas (sandals) of Sant Dyaneshwar and Tukaram till Pandharpur, the abode of Lord Vithoba, with stops at prominent religious places on the way.

Utkarsh Environment Wari 2024 takes the ‘Utkarsh Say No to Single-Use Plastic’ campaign to the pilgrims. Utkarsh will distribute 5 lakh cloth bags and 2.5 lakh steel water bottles to the devotees. We have set up our stalls at Dehu, Alandi, Saswad, Baramati, Faltan, Indapur, and Pandharpur.



June 29, 2024



June 30, 2024

We launched Utkarsh Environment Wari at Dehu, near Shree Sant Tukaram Maharaj Mandir, with the distribution of 50,000 cloth bags and 50,000 steel water bottles.

We set up stall at Alandi Sansthan and distributed 50,000 cloth bags and 50,000 steel water bottles. The devotees were happy to receive the cloth bags and water bottles.



WOMEN'S EDUCATION AND EMPOWERMENT MOVEMENT

Utkarsh celebrated International Yoga Day today, June 21, with a rejuvenating yoga session in Mulund. Shri Ambika Yoga Kutir, a yoga training organisation, conducted the session for the Utkarsh team. The yoga instructors from the Yoga Kutir, Shri Nitin Dattani Ji, Shri Anish Anant Krishnan Ji, and Shri Vinay Kumar Pal Ji, guided the session, and also informed us about the benefits of practising yoga daily. Around 20 Utkarsh team members attended the session. Shri Ambika Yoga Kutir has been imparting the knowledge of yoga, free of charge, to people since 1965.



DISASTER PREPAREDNESS MOVEMENT

Utkarsh Drought Relief Project 2024 continued in June as well, as we launched the project in Belsare and Kolvihire villages in Purandar Taluka, Pune District on 7 June 2024! Shri Vilas (Aba) Ghate Ji, Sarpanch, Kolvihire Village, and Shri Arjun Dhende Ji, Sarpanch, Belsare Village, were present on the occasion.

Thank you to our donor ISMT Ltd. - (Parent organization: Kirloskar Ferrous Indus) for their support to the project. Representatives from the organisation, including Shri Satyamurthi Ji, Plant Head; Shri Pravin Pawar Ji, CSR Head, and Shri Suraj Pisal Ji, HR Officer, were also present at the event. Shri Aatish Waghmare Ji, Vice-president, Utkarsh, was also present.



HEALTHCARE MOVEMENT

The Utkarsh Rabies Mukti Mission aims to eradicate rabies from Maharashtra. We organise anti-rabies vaccination drives all over Maharashtra and vaccinate dogs (pets and strays) to ensure they are rabies-free. Till date, the Rabies Mukti Mission has vaccinated more than one lakh dogs in the state and made them rabies-free!



DOGS VACCINATED LATUR



JUNE 1, 2024

Locations: Ring Road Latur Old MIDC, PVR Chowk, Ausa Ring Road, Walmiki Nagar, and Shree Nagar Near MIDC, Latur

68



JUNE 15, 2024

Locations: Prakash Nagar, Khadgaon Road, Ring Road, MIDC Latur, Latur Kallam Road and Shree Nagar, MIDC Latur

74



JUNE 29, 2024

Locations: New Sai Naka, Siddheshwar Mandir Road, Ganj Golai, Vivekanand Chowk, Bhabhalgaon Naka, and Garud Chowk

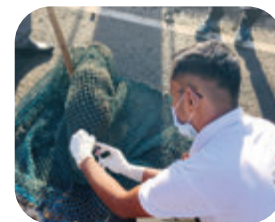
80



JUNE 8, 2024

Locations: Naded Naka, Maharana Pratap Nagar, Hudco Cidco, Moti Nagar, Naik Chowk, Rajiv Gandhi Chowk, Old Ausa Road, and Anand Nagar

87



JUNE 22, 2024

Locations: Ring Road, MIDC, HUDCO and CIDCO, and Maharana Pratap Nagar

84



DOGS VACCINATED



MUMBAI

AMBERNATH



JUNE 15, 2024

Locations: Chandivali Farm Road, Turbhe Road, Near Police Chowki, Gangagiri Society, Sanvidhan CHS, Gurukripa, and Niwara Apartment in Sangharsh Nagar; Sai Darshan Society, Mahada colony, Ganga CHS, Shree Ganesh Society, Shree Nagar Salim Compound, Nahar Amrit Shakti, Pragati CHS in Chandivali; Chandivali Mahada, Samvidhan building, Kherani Road, Sakinaka; Cluster Mumbai suburban, and Subhash Nagar, Asalpha

101



JUNE 22, 2024

Locations: Shivam Apartment in Bhandup (West) and Mahatma Phule Road in Gavanpada, Mulund (East)

Locations: Shankar, Shivanagar S V P Road, Ram Sudarshan Das Chowk Buwa Pada and near railway Station Road in Ambernath West

38

79



JUNE 29, 2024

Locations: H P Colony (East & West), Chembur

Locations: Ordnance Gate, Ordnance Factory, Ayappa Mandir, Jawsai Goan Near Riksha Stand, H 40 Plot's, H 49 Plot's, and H 44 Plot's Back Site in Ordnance Estate, and Matka Chowk, Ganage Shop

36

65



PLEASE SUPPORT UTKARSH GLOBAL FOUNDATION

YOU CAN DONATE VIA

BANKING DETAILS AS BELOW:

Name of Beneficiary:
Utkarsh Global Foundation

Name of Beneficiary Bank:
Bank of Maharashtra

Beneficiary Bank Address:
Mulund Colony, Mumbai – 400 080

Account No:
60220550003

IFSC Code:
MAHB0000789



OR YOU CAN
ALSO DONATE
VIA GPAY /
PAYTM / PHONEPE
9619036373

TAX EXEMPTION AND CSR

- When you DONATE to Utkarsh Global Foundation (Animal Welfare Movement), you can avail the 80G Exemption Under Income Tax Act, 1961.
- This Programme also falls under Corporate Social Responsibility activity under schedule VII of Companies Act, 2013 in item (iv).
- You can include support to Utkarsh Global Foundation under your CSR Project.
- Your employees can also donate their time, expertise and services to Utkarsh through volunteering.





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UTKARSH ANIMAL HOSPITALS

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AMBERNATH

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LATUR

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SAVITRIMAI PHULE WOMEN EMPOWERMENT CENTRES

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WADA

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