



**OUR UTKARSH**

**ENVIRONMENT**

**वारी 2024**



Monthly Newsletter | July 2024 | 165<sup>th</sup> Edition

[www.utkarshglobalfoundation.org](http://www.utkarshglobalfoundation.org)

## NATURE CONSERVATION FOR A BETTER WORLD FOR EVERYONE



“ It is good to remember that the planet is carrying you.  
— **VANDANA SHIVA**, *Environmental Activist*

Most of us seem to forget that we are dependent on nature. Indiscriminate use of plastics, an increase in concrete jungles, deforestation, and other human actions are harming the environment in umpteen ways, so much so that scientists are sounding alarm bells.

We need to remember that nature will survive without us—maybe even flourish—but humans will not be able to survive without a vibrant nature. Thus, it is high time for each of us to contribute to nature conservation.

### UNDERSTANDING NATURE CONSERVATION

July 28 was World Nature Conservation Day. It is celebrated worldwide to spread awareness about the urgency of protecting nature.

Nature conservation is the protection of the environment and natural resources, which include air, water, soil, minerals, plants, and wildlife.

### NATURE CONSERVATION IS CRUCIAL

Human survival depends on an active ecosystem, or a community of living things. Even if a single component of the ecosystem suffers damage, it affects the balance of the entire ecosystem.

Experts also point out that nature conservation efforts not only enhance the health of the planet and its species but also contribute to the economy by supporting the livelihoods of people that depend on nature for their survival.

Let us take a look at the three main factors in nature conservation.

### LOSS OF BIODIVERSITY

Biodiversity refers to the variety of life on earth. There are different species, a variety of animals, different types of plants, and even microorganisms and fungi that

constitute nature! Each of them plays an important role in maintaining the balance of the ecosystem. It is through biodiversity that we are able to survive, as it provides clean water, food, shelter, and medicines.

The increasing human population, coupled with our irresponsible lifestyle, is contributing to the loss of natural resources, leading to a loss of habitat for several species.

While climate change and overexploitation of natural resources affect biodiversity adversely, habitat destruction and pollution are also equal offenders.

The diverse species of animals and plants are essential for human existence because they are responsible for soil retention, preventing soil erosion, oxygen production, and even ensuring flood protection.

If urgent actions are not taken, more plant and animal species will face extinction, and by 2050, every sixth animal species will disappear from the earth.

With the loss of even a single animal, bird, bee, or microorganism, the whole ecosystem faces imbalances because of changes in the food chain. Loss of species also affects weather, soil fertility, carbon absorption, and causes floods and storms, while adversely affecting air, soil, and water quality.

### THE SURVIVAL OF HUMANS

Human actions have already damaged the environment. It is not irreversible, but it is high time we protect what is remaining.

Climate change and the loss of biodiversity are threatening human survival. The temperature patterns are changing. Global warming is affecting us in multiple ways, threatening crop collapse, causing the disappearance of lakhs of species, and also making communities inhabitable. Wildfires and storms are becoming more common. Because of widespread shifts in weather systems, droughts, floods, and hurricanes have become unpredictable.

Studies predict that in the next two or three decades, people will suffer adverse climate changes. Millions of people will face displacement because of annual floods. Because of regular natural disasters such as floods, droughts, and storms, there will be crop losses, leading to a food shortage. It is not just about it. Experts also caution against global pandemics becoming a regular phenomenon.

Of course, adding to all these disasters will be increasing air, water, and soil pollution.

Now do you see why nature conservation is a necessity and not something we can afford to ignore?



## PROTECTION OF HERITAGE

Nature and its resources are a part of our heritage. When we protect nature as heritage, we allow the environment to bloom and to be enjoyed. It also shows us how old ways of nature conservation are still relevant and worth practising.

In ancient times, people protected and conserved nature, and lived in harmony with it. Even in India, people followed eco-friendly lives, protecting plant and animal species. Practices such as maintaining sacred groves and the worship of rivers, mountains, and certain plants and trees were, in many ways, protecting nature. Indigenous people often lived in harmony with nature and used ancient knowledge of medicine and food for their survival.

Today, these ancient methods are ignored. It is time to go back and learn about sustainable living.

## HOW CAN YOU CONTRIBUTE TO NATURE CONSERVATION?

Let us reduce our ecological footprint, which means putting less demand on nature and its resources.

Follow the **3 R's**: **Reduce**, **Reuse**, and **Recycle**.

**Reduce the use of plastic, especially single-use plastics**

Try to reduce the use of at least one plastic item every day. Carry a cloth bag to markets, and do not accept plastic carry bags from the vegetable vendors. Do not ask for plastic or even paper straws. Carry a steel straw with you. Instead of buying water bottles, carry a reusable water bottle. Switch to eco-friendly items. It will be a huge help to the planet and to future generations. Plastic pollution is killing us and polluting precious natural resources. Act now!

## AVOID LITTERING

First, try not to use any one-use items. Put discarded items in a dustbin. Try to reuse as much as possible. Organise clean up drives in your locality or participate in Utkarsh cleaning drives.

## DONATE, DON'T THROW AWAY

Donate your old clothes, electronic items, newspapers, and other items to a local NGO or any charity. The more you reuse, the lesser will be the impact on the environment.

Call Utkarsh at  
**8976925975**  
to donate!

## USE RESOURCES SPARINGLY

Be it water, food, or electricity, do not waste! Switch off appliances when not in use. Run your air conditioners at 27°C. It will also cut your electricity bills. Repair your leaky taps to avoid water waste.

## WALK TO PLACES INSTEAD OF TRAVELLING IN VEHICLES

Vehicular pollution is choking the atmosphere. Minimise travels by vehicles as much as possible. Walk or cycle to places whenever you can. Walking is beneficial for your health, but it also helps the planet.

These are just a few ways to conserve nature. The time has come when each one of us needs to contribute to environmental protection in every manner possible. There are 800 crores of people in the world. There is enough for everyone's needs, but not enough for everyone's greed. If each of us will be responsible towards nature, there will still be time to save our planet and thereby save future generations!



## UTKARSH ENVIRONMENT WARI 2024

### SOLAPUR DISTRICT, MAHARASHTRA

Every year, more than 10 lakh devotees undertake the Pandharpur Wari, or the walk of worship, from different places to the Pandharpur Temple. Pandharpur Wari honours Lord Vitthal. Around 800 years old, the Wari is an important part of Maharashtra’s cultural heritage.

Wari means a periodical pilgrimage, and Warkari means “one who performs the wari.” Devotees carry the paduka, or the footprints of Sant Dnyaneshwar and Sant Tukaram, in a palkhi. The pilgrimage commences at the Alandi and Dehu Sansthan and culminates at the Pandharpur Temple. The Warkaris undertake the 21-day yatra on foot.

It is a sight to behold and a beautiful spiritual experience as the Warkaris sing and dance their way to meet Lord Vithoba. Children, men, women, and senior citizens participate in the event with the utmost devotion.

Utkarsh joined the Pandharpur Wari with our “Say No to Single-Use Plastic” campaign, which we named “Utkarsh Environment Wari!” Our slogan was “Single-Use-Plastic-Free Pandharpur Yatra!”

Plastic bags and plastic water bottles have become a part of our daily existence, because of the convenience they offer. These single-use plastic items either reach landfills, rivers or lie scattered around, causing plastic pollution, affecting the quality of water, air, and soil, and, of course, the health of humans and animals.

With our humble initiative, we ensured that the Pandharpur Yatra, from Dehu to Pandharpur, was free of single-use plastics!




The campaign to make Pandharpur Wari 2024 free from single-use plastics was a huge success, as we received a heartwarming response from the warkaris.

Utkarsh Environment Wari 2024 was launched on June 29, 2024 at Dehu, with the distribution of 50,000 cloth bags and 50,000 steel water bottles to the warkaris.

Utkarsh was present on all the main stops of Pandharpur Wari, including Alandhi Sansthan, Saswad, Baramati, Faltan, and Indapur, from June 29 to July 17. On the final day, as the Warkaris celebrated Ashadhi Ekadashi at Pandharpur on July 17, Utkarsh also joined in the spiritual fervour. The Utkarsh team, including Adv. D. R. Londhe, President, Utkarsh, along with trustees and other team members, was present in Pandharpur distributing cloth bags and steel water bottles.

Utkarsh distributed 5 lakh cloth bags and 2.5 lakh steel water bottles to the Warkaris from Dehu to Pandharpur.



	<b>JUNE 29</b>	<b>JUNE 30</b>	<b>JULY 4</b>	<b>JULY 7</b>	<b>JULY 11</b>	<b>JULY 17</b>
 DEHU	<b>ALANDI</b>	<b>SASWAD TO JEJURI</b>	<b>BARAMATI</b>	<b>INDAPUR</b>	<b>PANDHARPUR</b>	
	<b>50,000</b>	<b>50,000</b>	<b>50,000</b>	<b>50,000</b>	<b>50,000</b>	<b>2.5 LAKH</b>
	<b>50,000</b>	<b>25,000</b>	<b>25,000</b>	<b>25,000</b>	<b>25,000</b>	<b>1 LAKH</b>

We thank our supporters and volunteers for their contribution to making Utkarsh Environment Wari 2024 a huge success!



## UTKARSH ENVIRONMENT WARI 2024

### WHAT DID THE WARKARIS SAY ABOUT UTKARSH ENVIRONMENT WARI?



“ The Utkarsh initiative to distribute cloth bags and steel water bottles to Warkaris is commendable. It gives an essential message that plastic is harmful. We will not use single-use plastics anymore!

- **MRS. LATA ARUN GAABHANE**

“ I have been a part of Pandharpuri Wari for the last 40 years. It is the first time I am witnessing such a noble initiative. Utkarsh distributed cloth bags and steel water bottles to the Warkaris. I am touched! I am grateful to Utkarsh and I hope they will continue to support Warkaris!

- **AATMARAM RAIMAL**

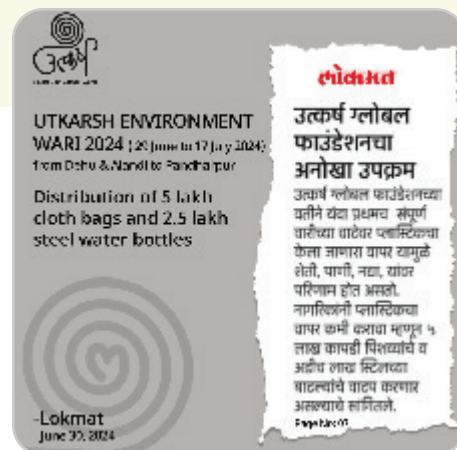


“ We are grateful to Utkarsh for undertaking this campaign to ensure Warkaris do not use plastic carry bags or plastic bottles. It is a great message and apt for today's times.

- **MRS. ALKA GANESH NAGRE**

“ I appreciate Utkarsh for undertaking such a noteworthy initiative. They have distributed cloth bags and steel water bottles to the Warkaris. It is not only beneficial to the Warkaris but also contributes to reducing plastic pollution and protecting the environment. On behalf of the Forest Department, I extend my gratitude for the Utkarsh campaign during the Pandharpur Wari 2024.

— **YOGESH GHODKE, FOREST OFFICER**



## ANIMAL WELFARE MOVEMENT



**2060**

Sterilisation  
Surgeries



**2492**

Vaccinations



**1172**

Treatment under In  
patient Department



**2159**

Treatment under Out  
patient Department



**1322**

Ambulance  
Rescues

**24X7 OPD AT  
UTKARSH ANIMAL HOSPITAL**



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

## ANIMAL WELFARE

#StrayTogether will be soon held at the MCGM Centre for Municipal Capacity Building and Research (MCMCR), Powai, Mumbai. The Utkarsh team, comprising Adv. D. R. Londhe, CEO; Shri Pravin Jadhav, General Secretary and Chief PRO; and Ms. Harsha Darpe, Centre Manager, Utkarsh Animal Hospital, Mumbai, met with Dr. Yogesh Wankhede, SR. Veterinary Officer, MCMGM, and Shri Chandrashekhar Karekar, Admin, MCMCR, and local feeders, to this effect on July 13, 2024. As a part of the initiative, Utkarsh will carry out ABC (sterilization and vaccination), feeding and medical care for dogs, and other services in the complex and the surrounding areas.

#StrayTogether is a unique and one-of-its-kind campaign from Utkarsh that aims to resolve human-animal conflicts through the scientific management of strays

## #STRAYTOGETHER



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



## TRAINING WORKSHOP AT UTKARSH

A refresher training workshop was held at Utkarsh Animal Hospital, Mumbai, on July 8, 2024, for the team. The workshop, detailed the rules and guidelines mandated by the ABC (Animal Birth Control) programme, and also informed the team about the proper dog handling and catching methods. Dog handling is a crucial part of dog catching for ABC. The right techniques and process ensures smooth functioning and minimal risk to the dogs and catchers.



## UTKARSH ABC (ANIMAL BIRTH CONTROL) PROGRAMME



### UTKARSH ABC HELPLINE

**89769 25972**

Utkarsh conducts the ABC programme in Mumbai, Ambernath, 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

## 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.

## 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 JULY 2024

**1449**

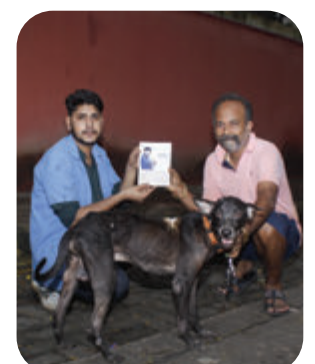
Number of women who received employment through the project

**26**



VoV ENGAGED IN JULY 2024

**1255**



## ENVIRONMENTAL PROTECTION MOVEMENT

### VARANASI, UTTAR PRADESH

#### Single-Use-Plastic-Free Kanwar Yatra 2024

Utkarsh launched the campaign “Single-Use-Plastic-Free Kanwar Yatra 2024” at Varanasi in Uttar Pradesh in July. The aim is to ensure the pilgrims of the Yatra do not use plastic carry bags or plastic water bottles.

We distributed 2 lakh cloth bags to the devotees at different locations in Varanasi on July 29, 2024.

The mission is to distribute 10 lakh cloth bags and 5 lakh steel water bottles to the devotees.



### MUMBAI, MAHARASHTRA

#### Biomedical Waste Management

Utkarsh Animal Hospital, Mumbai, organised a workshop for the team about the effective ways of managing biomedical waste. Prathamesh Mishra, Skill India certified trainer in biomedical waste management, conducted the workshop and explained the dos and don'ts about waste management.

Biomedical waste management helps in decontaminating the generated waste, thus protecting the health of healthcare workers, the public, and also the environment. Proper segregation and management of waste prevents the spread of infectious diseases as well.



### LATUR, MAHARASHTRA

#### Stress Management with the Art of Living

The Stress Management Workshop organised by Utkarsh in collaboration with the Art of Living was an eye-opener for many. The workshop, held on July 10, 2024, was conducted by Dr. Pranita Chakurkar and Kailas Patil from the Art of Living, Latur.

The audience received valuable tips about managing stress in their everyday lives. The Municipal Commissioner of Latur City Municipal Corporation, Babasaheb Manohare, and the Deputy Commissioner, Panjabrao Khansole, was also present at the event.





## 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 MUMBAI



**JULY 4, 2024**

**Location:** Jangal Mangal Road, Bhandup (West)

**06**



**JULY 6, 2024**

**Locations:** Rd No- 2 & 3, Govandi Slums; Shivaji Nagar, 2, Shivaji Nagar – Phase 1, Line No S and Market Road in Govandi West

**60**



**JULY 8, 2024**

**Locations:** Sai Smriti Building, Sarvodaya Nagar; Shop No 7, Siddhivinayak Chawl, Near Ganpati Mandir; Shop no 2, Sai Hill Rd; Ganesh Building, Gadhav Naka; Raja Shivaji Vidhyalay Rd, Lokmanya Nagar; Pada No-4, Mata Ramabai Ambedkar Nagar and Water Tank Rd, Bhandup West.

**80**



**JULY 13, 2024**

**Location:** Gate Number 1, Seepz Special Economic Zone (In collaboration with MCGM)

**23**



## DOGS VACCINATED LATUR



**JULY 6, 2024**

**Locations:** Old MIDC, 5 No. Chowk and Kallam Road

**90**



**JULY 13, 2024**

**Locations:** Rajiv Gandhi Chowk, LIC Colony, Naik Chowk, Mantri Nagar, and Anand Nagar

**81**



**JULY 20, 2024**

**Locations:** New Renapur Naka, Ambajogao Road, and Deep Jyoti Nagar

**30**

## AMBERNATH



**JULY 10, 2024**

**Locations:** Anand Nagar, MIDC, and Patil Petrol Pump in Ambernath West, and railway station premises in Ambernath (East & West)

**45**



**JULY 27, 2024**

**Locations:** Reliance City, Near Barku Pada; Koyaba Nagar, Loknagari; and Loknagari, Near Veer Goat Farm

**68**



# PLEASE SUPPORT UTKARSH GLOBAL FOUNDATION

YOU CAN DONATE VIA

## BANKING DETAILS AS BELOW:

Name of Beneficiary:

**Utkarsh Global Foundation**

Name of Beneficiary Bank:

**Canara Bank**

Beneficiary Bank Address:

**Mulund Camp Branch, Mumbai – 400 080**

Account No:

**0154101054534**

IFSC Code:

**CNRB0000154**

MICR Code:

**400015050**



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.





## CORPORATE OFFICE

Office no. 402-407, 4<sup>th</sup> floor, Vasudev Chambers, Near Sonapur Signal, Opposite D'Mart, Mulund (West), Mumbai-400078  
Contact: +91 8655969555  
Email: Info@utkarshglobalfoundation.org



## UTKARSH ANIMAL HOSPITALS

### MAHARASHTRA

#### MUMBAI

CTS No. 298/6, Behind Asian Paints,  
Sonapur Lane, Off L. B. S. Marg,  
Bhandup (West), Mumbai - 400078.  
**Contact:** +91 89769 25958 / 022 - 25676000  
**Email:** mum1@utkarshglobalfoundation.org

Bhabha Atomic Research Centre, Anushakti Nagar,  
Gate No. 6, Trombay, Mumbai - 400 085  
**Contact:** +91 98920 17483  
**Email:** barc@utkarshglobalfoundation.org  
**Website:** www.utkarshglobalfoundation.org

#### AMBERNATH

Chhatrapati Shivaji Maharaj Vegetable Market,  
Near Circus Ground, Harjerished, Ambernath  
(West), Thane - 421501  
**Contact:** +91 98898 81089  
**Email:** amb@utkarshglobalfoundation.org

#### LATUR

Near Sai Tourist Point, Sai Village,  
Latur - 413512  
**Contact:** +91 89767 49101  
**Email:** latur@utkarshglobalfoundation.org

#### NASHIK

Transport Nagar Adgaon, Nashik,  
Maharashtra - 422201  
**Contact:** +91 86559 07604  
**Email:** nashik@utkarshglobalfoundation.org



## REGIONAL OFFICES

### UTTAR PRADESH

Office no. 507, Galli no. 1 Sri Rampuram Colony Dev Kali Bypass,  
Near Shiva Palace, Mandakini Nagar, Ayodhya, Uttar Pradesh - 224001  
**Contact:** +91 98920 45849 | **Email:** Ayodhya@utkarshglobalfoundation.org

204, Second Floor, Almas Star Tower, Vidhansabha Marg, Opposite  
Union Bank, Burlington Chowk, Lucknow - 226001  
**Contact:** +91 88064 70990 | **Email:** up@utkarshglobalfoundation.org

### PUNJAB

# 2C, Block D, HBK Vatika, Shivalik Green, Royal Palace Road,  
Sector 127, Kharar, Mohali, Punjab -140301  
**Contact:** +91 86559 69549 | **Email:** pun@utkarshglobalfoundation.org

### TAMIL NADU

25, Karnam Street, Ram Nagar, Dhandeeswaram Nagar,  
Velachery, Chennai - 600 042  
**Contact:** +91 89767 08156 | **Email:** tn@utkarshglobalfoundation.org



## SAVITRIMAI PHULE WOMEN EMPOWERMENT CENTRES

#### MUMBAI

Block No.35, Room No.02, 1<sup>st</sup> Floor, Powai Chowk, Mulund Colony,  
Mulund (West), Mumbai - 400082  
**Contact:** +91 88062 07090 | **Email:** wee@utkarshglobalfoundation.org

#### WADA

Gauri Complex, Opposite Bharat Gas Agency,  
Khandeshwari, Naka, Wada  
**Contact:** +91 74996 14191/ 89769 25957



**Address:**  
1107, Rahul Nagar, B/H Mulund Darshan,  
Mulund (West), Mumbai - 400082



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