



OUR UTKARSH

**SMOKING
SMOTHERS!**

**QUIT
NOW**

Monthly Newsletter
MAY 2024

www.utkarshglobalfoundation.org

TOBACCO ADDICTION IS AN INVITATION TO DEATH



(FILM - HUM DONO, 1961)

मैं जिंदगी का साथ निभाता चला गया, हर फ़िक्र को धुँ में उड़ाता चला गया |

This song romanticises smoking. The singer proclaims proudly that he releases his stress and worries into smoke rings. Sadly, in reality, the opposite happens. Every smoke adds to your worries and could even kill you in the not-so-distant future!

India has the second-largest population of people who smoke tobacco, as per the 2019 Global Burden of Disease Study. The study also finds that the largest tobacco chewing population is in India.

There are over 186 million tobacco users in India. The percentage of men in the age group of 15-54 who smoke is around 22.4%, while two in every five women in India smoke cigarettes or bidis.

TOBACCO KILLS!

Tobacco is highly addictive, and is among the most widely abused substances in the world. The main addictive chemical in tobacco is nicotine, which causes a rush of adrenaline when tobacco is inhaled or consumed via chewing. The consumption of tobacco also increases dopamine, known as the “happy” chemical of the brain.

Sadly, the joy lasts only a few minutes, but the repercussions last for a long time, as over time, the use of tobacco leads to physical and psychological addiction.

Tobacco use can cause lung cancer, as tobacco contains carcinogenic compounds that have the power to damage the DNA in lung cells. As smoking destroys lung tissues, smoking and tobacco chewing can also cause COPD, or Chronic Obstructive Pulmonary Disease, leading to respiratory infections and impacting the quality of your life.

Smokers also tend to suffer from heart diseases, as the chemicals in tobacco cause damage to blood vessels, thus increasing the risk of heart attacks, contributing to high mortality rates.

Long-term smoking habits also increase the risk of stroke, leading to brain damage, resulting in cognitive impairments, speech difficulties, and paralysis.

Smoking also damages the immune system and increases the risk of respiratory infections such as bronchitis, pneumonia, and other disorders. A weakened immune system leads to more infections and reduces the speed of recovery from illnesses.

Among the many harmful effects of tobacco is the damage it does to gums and teeth. Tooth loss is common among tobacco users, affecting oral health irreversibly.

Smoking can also lead to cancer of any part, not just the lungs.

Tobacco use is one of the major causes of disease and death in India. More than 1.35 million deaths occur every year in India from tobacco consumption.

SIGNS OF TOBACCO ADDICTION

You are unable to stop smoking, despite unsuccessful attempts. After every meal or after a period of time, you must smoke or chew tobacco.

You are not able to quit smoking despite having health problems, however serious they may be. You develop withdrawal symptoms when you don't smoke. It could include anxiety, restlessness, shaky hands, irritability, anger, sweating, strong cravings, insomnia, diarrhoea, or constipation.

You refuse to attend events or go to places that prohibit smoking, however important they may be. When stressed or anxious, you need to smoke to feel okay.

⊗ WHY QUIT?

You save others too when you quit smoking, as passive smokers or those around you who are forced to inhale the smoke can be spared. Statistics show that more than 1 million people die from exposure to second-hand smoke every year. Would you like your loved ones to be passive smokers?

Studies have shown that you get immediate benefits once you quit. Your heart rate improves within just 20 minutes of quitting.

You have fewer bouts of coughing and a decrease in shortness of breath within 1 to 9 months. By about 10 years, your risk of getting lung cancer or stroke is reduced.

HOW TO HELP?

The following strategies are suggested to assist tobacco users in motivational stage:



ACTION

Help in making a QUIT PLAN.

Provide practical counselling (Problem solving / skills training)

Provide intra-treatment social support.

Help in obtaining extra-treatment social support.

Recommend Pharmacotherapy.



STRATEGIES FOR IMPLEMENTATION

Preparations for quitting

- Set a quit date; ideally, the quit date should be within 2 weeks.
- Tell family, friends, and co-workers about quitting, plan and seek their support.
- Anticipate challenges to planned quit attempt, particularly during the critical first few weeks. These include nicotine withdrawal symptoms.
- Remove tobacco products from surroundings.
- Avoid Smoking or Using tobacco in places where a lot of time is spent e.g. work place.
- Avoid all forms of tobacco, do not substitute one tobacco product for another.

- Past quit experience-Identify what helped and what failed in previous quit attempts.
- Anticipate triggers or challenges in upcoming attempt – Discuss challenges and how user will successfully overcome them.
- Alcohol - The tobacco user should consider limiting/abstaining from alcohol while quitting.
- Other tobacco users in the household/workplace - Quitting is more difficult when there is another smoker/tobacco user in the household/workplace. Other housemates/coworkers/peers should also be encouraged to quit.

- Provide a supportive environment by encouraging tobacco users in their quit attempts.

- Provide help in developing social support for quit attempt in the environment outside of treatment.
- “Ask your spouse/partner, friends and coworkers to support you in your quit attempt.

- Explain how the medications improve success rates and reduce withdrawal symptoms.

Some Common Withdrawal Symptoms and Coping Strategies are as follows:



SYMPTOM

COPING STRATEGY

- | | |
|-------------------------|---|
| • Irritability | Take walk, take bath, relax and talk to friends, listen to favourite music, do breathing exercises/Yoga. |
| • Fatigue | Relax, take naps, increase intake of fluids |
| • Insomnia | Avoid tea, coffee, aerated drinks after 6pm; develop habit of reading books |
| • Cough | Drink plenty of fluids, use lozenges, steam inhalation |
| • Nasal Drip | Drink plenty of fluids |
| • Dizziness | Change positions slowly, relax |
| • Lack of Concentration | Plan workload, avoid stress, time management |
| • Constipation | Add fiber to your diet through fresh fruits, vegetables etc; drink plenty of fluids |
| • Headaches | Drink plenty of fluids, and practice relaxation, eat small snacks |
| • Hunger | Increase intake of fruits/vegetables/fluids; avoid heavy meals, take smaller meals at shorter intervals |
| • Craving for tobacco | Distract yourself – Drink water, read, exercise, talk to family members/friends. Remind yourself that the urge will die down in a few minutes |

(Source: <https://ntcp.mohfw.gov.in/>)

HOW CAN THE 5 “R”S HELP?

RELEVANCE

Encourage the tobacco user to consider the personal relevance of cessation. Take into account the disease status (if any), family or social situation, health concerns, age and gender.

REPETITION

This information should be reviewed regularly with tobacco users who are not yet ready to quit. It is also important for tobacco users who have not yet successfully quit to understand that most people attempting cessation quit several times before finally succeeding in quitting.

ROADBLOCKS

Barriers that the tobacco user may face in his/her quit attempt should be identified. Withdrawal symptoms, fear and concern associated with quitting, depression, lack of social support, enjoyment of tobacco are some of the barriers that the tobacco user may face in an attempt.

RISKS

Discuss short term, long term and environmental risks of continued tobacco use, including effects of exposure to second hand smoke on the family members especially children. Relate with the symptoms.

REWARDS

Encourage tobacco user to identify benefits of cessation. These may include withdrawal symptoms, fear and concern associated with quitting, depression, lack of social support, weight gain etc. Discuss strategies to address potential barriers.

5 “R”

(Source: <https://ntcp.mohfw.gov.in/>)

The healthcare provider should renew the strong message to quit and renew the offer of help

It is possible to quit addiction. Seek help if you are an addict or offer a helping hand if your friend or someone you know is facing difficulty in quitting. For a healthier tomorrow and for the well-being of our loved ones, let us say no to smoking, now and ever!



ANIMAL WELFARE MOVEMENT



1 Sterilization Surgeries
1687 Nos

Vaccination
2041 Nos



3 Treatment under
In-patient Department
969 Nos



Treatment under
Out-patient Department
1753 Nos



5 Ambulance Rescues
1083 Nos



24X7 OPD

AT UTKARSH ANIMAL HOSPITAL, MUMBAI IS AVAILABLE AT 8976925958



UTKARSH WORKSHOPS

MUMBAI



Utkarsh believes in continuous learning, as we hold seminars, workshops and other sessions to motivate our team and keep them updated.

On May 4, 2024, a training session on work management was conducted at Utkarsh Head Office, Mumbai. The session conducted by **Ms. Supriya Edke**, CEO, Women Education & Empowerment Movement, delved on ways to manage work efficiently.

ADOPTION NEWS

UTKARSH ANIMAL HOSPITAL



MUMBAI

We are grateful to Jayesh Salgaonkar and Sonali Pradhan for adopting little ZoZo and Sweety respectively. We are confident that these little ones will make their new homes happier. **Please adopt, do not buy pets!**



UTKARSH FILLS IN FOR ANIMAL LOVERS AND FEEDS STRAYS

Many kind-hearted animal lovers feed their stray siblings in their localities. But when they are not able to be around for a few days, these poor animals are forced to go hungry. But Utkarsh is here to help!

When a few animal lovers had to be away for a couple of days in Mulund (West), Utkarsh took over their role and fed around 20 strays at Navnandan Van Industrial Estate, and also fed over 70 dogs at Piramal Reventa in Mulund.



WE URGE ANIMAL LOVERS TO CONTACT UTKARSH TO FEED ANIMALS IN THEIR ABSENCE.

CALL UTKARSH AT
9820207313



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

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
MAY 2024

1188

Number of women who received employment through the project

21

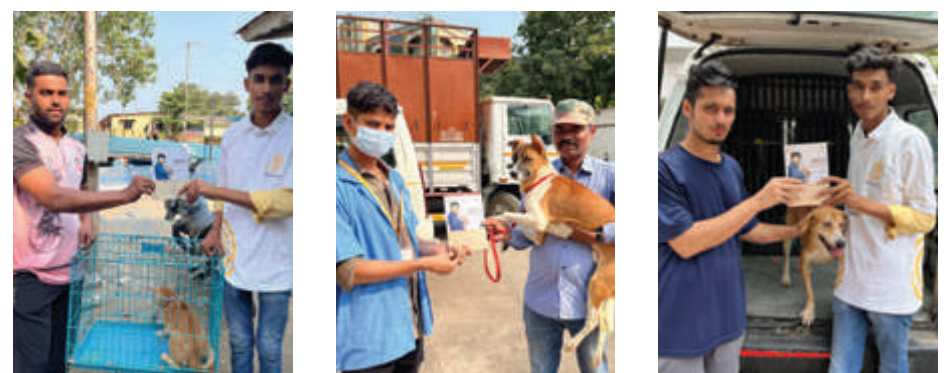


VOICE OF VOICELESS

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 MAY 2024

1019



#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

WOMEN'S EDUCATION AND EMPOWERMENT MOVEMENT

WORLD MENSTRUAL HYGIENE DAY CELEBRATIONS

On May 28, 2024, Utkarsh (Women Education & Empowerment Movement) organised World Menstrual Hygiene Day celebrations at the office of our CSR Partner, Argus India Price Reporting Services LLP (Argus Media), BKC, with an awareness session on menstrual health and hygiene.

Dr. Deep M Bhadra, Gynaecologist, Laparoscopic Surgeon and IVF specialist, the chief guest, conducted an informative session on menstrual health. More than 70 staff members of Argus India attended the event.



DISASTER PREPAREDNESS MOVEMENT

UTKARSH DROUGHT RELIEF PROJECT 2024

Maharashtra has been battling drought for years now. This year, the state government declared drought in 1532 out of the total 2292 revenue circles. It accounts for 66 percent of the state. If the average rainfall in an area is below 50 percent of normal, then the government declares the area drought-affected.

Water is the basic necessity of life. If that isn't available, then it becomes difficult to sustain life. Women and children bear the brunt, as they are the ones who have to cover miles under the scorching sun for a pot of water.

Utkarsh Drought Relief Project 2024 was launched to offer some solace to thousands of helpless villagers who were staring at uncertainty as lakes, wells, and other water resources in their villages dried up, with no solution available.

Four Districts

- Raigad
- Solapur

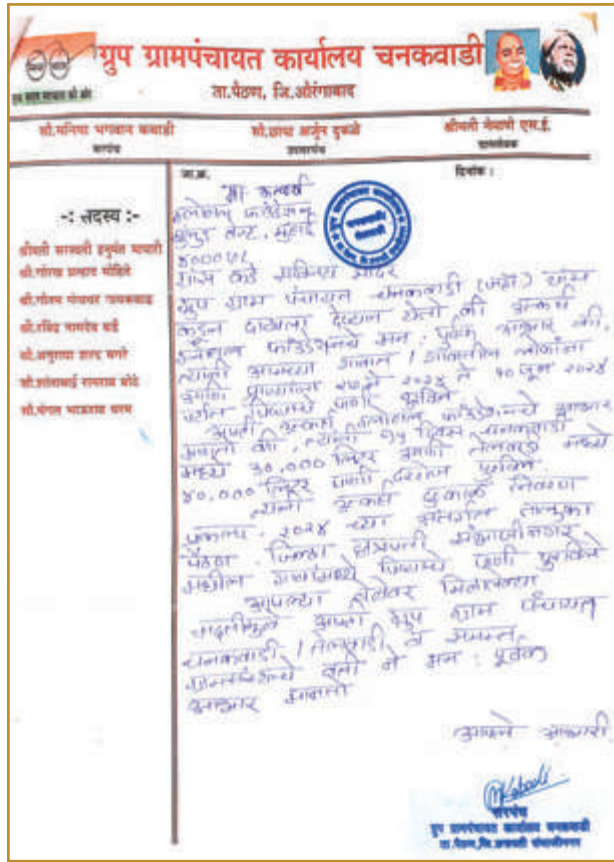
- Chhatrapati Sambhaji Nagar
- Pune

- More than 40 villages
- More than 12000 litres of drinking water supplied to the villagers for more than a month

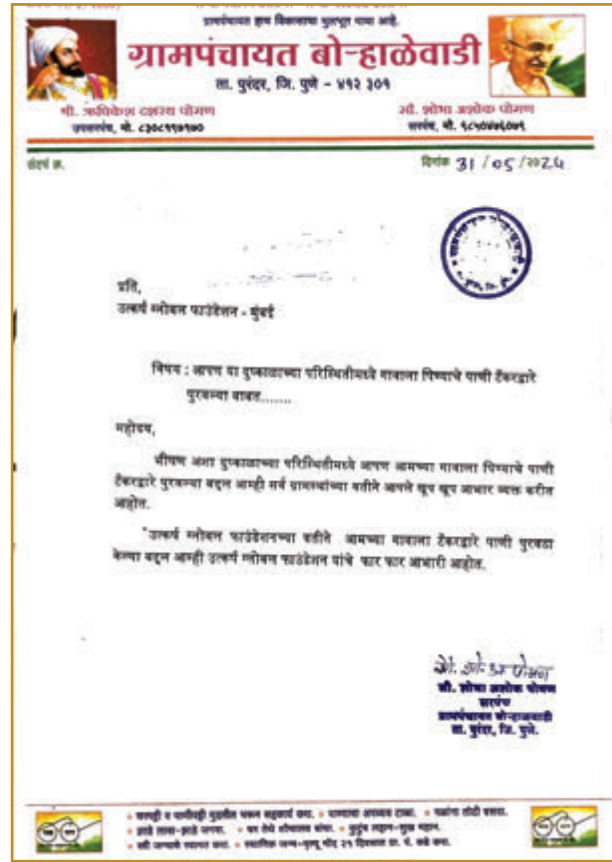


APPRECIATION LETTERS

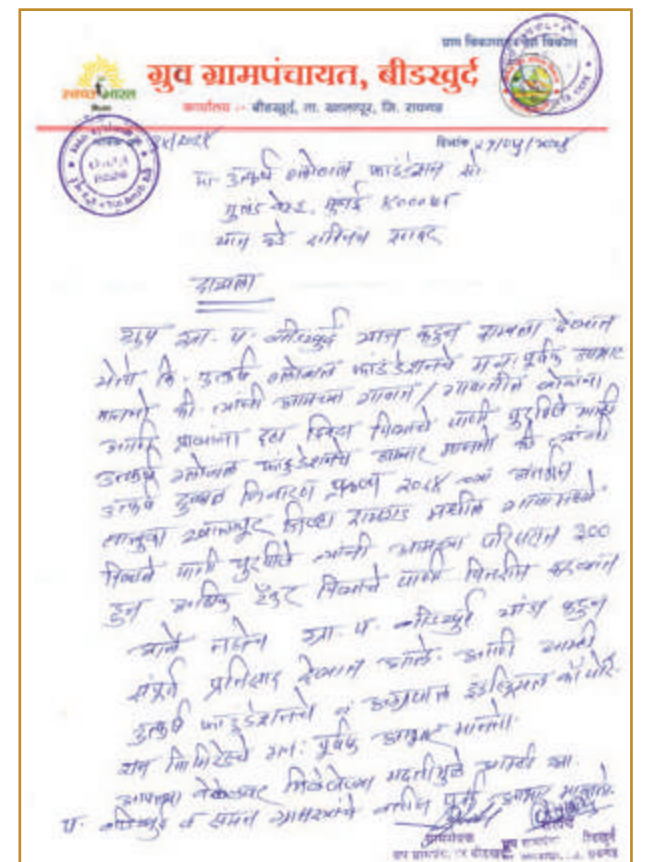
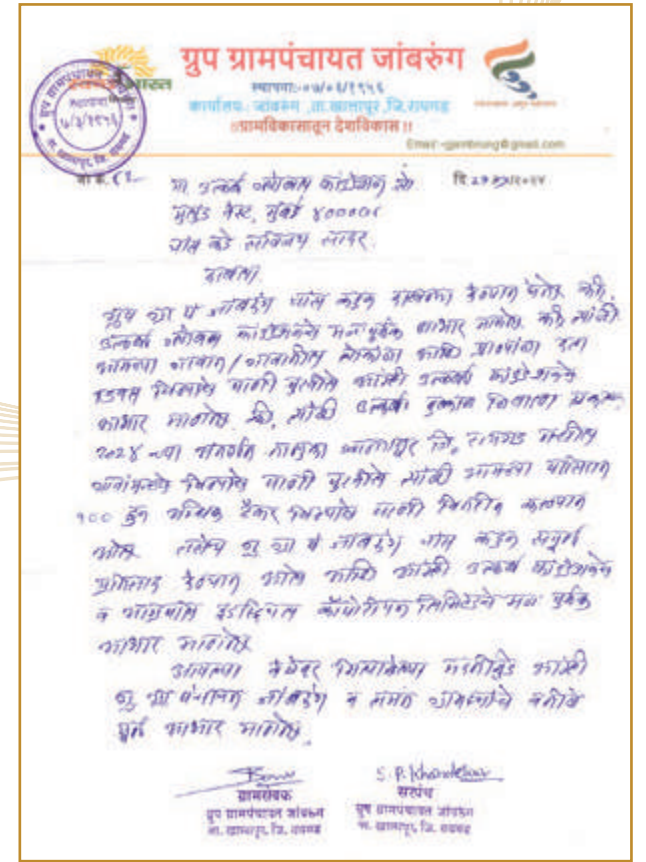
CHHATRAPATI SAMBAHJI NAGAR



PUNE



RAIGAD



FEEDBACK

“ MRS. MANJUSHA GOPAL GAIKWAD

Sarpanch, Kumbharwalan Village, Purandar Taluka, Pune District

Our village has been suffering from drought for years now. Our farmers and animals were suffering. The Drought Relief Project was a blessing, as it brought water tankers to our village. It has helped each and every household in our village. You have done a great job, indeed.



MS. DIPALI ANIL FADTARE

Sarpanch, Supegaon Village, Purandar Taluka, Pune District

Our village is facing severe water scarcity. Rains were less, and our lakes and wells have dried up. Our people get water once every four or five days. Utkarsh Global Foundation brought water tankers to our village, and filled every pot in the village with clean drinking water. It is such a relief! I am grateful to Utkarsh.



“ PRATIBHA SANDEEP KADAM

Sarpanch, Chambli Village, Purandar Taluka, Pune District

Drought had made our lives miserable beyond imagination. Women had to walk miles just for one pot of water. Wells and lakes were dried up. It was when we had given up all hopes that Utkarsh Global Foundation came to our village. They supplied drinking water to every home in the village. Now there is enough water for drinking water and for the household purposes. We are grateful to Utkarsh!



RAJENDRA MORE

Sarpanch, Dadegaon Village, Paithan Taluka, Chhatrapati Sambhaji Nagar District

Our village has been facing water scarcity for some years. Every year, we face the same issue. Our animals were suffering. Every day was a struggle. Our village heaved a sigh of relief as water tankers from the Utkarsh Global Foundation filled our pots with water, and our hearts with gratitude. Now there is enough water in each house, and our animals are also getting water to drink.



“ VILAS SUDAAM GHATE

Sarpanch, Kolvihire Village, Purandar Taluka, Pune District

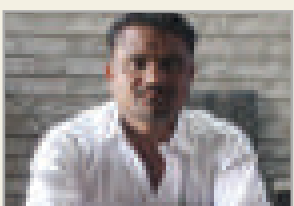
Our village comprises around 5,500 people. The drought conditions created havoc in our lives. Our village well, our only water resource, dried up as the rains were scanty. It was such a time that Utkarsh Global Foundation came to our village with the Drought Relief Project. The villagers rejoiced when they saw water tankers. Thank you for being there for us!



SAINATH HORKATE

Sarpanch, Group Gram Panchayat, Changatpuri, Paithan Taluka, Chhatrapati Sambhaji Nagar District

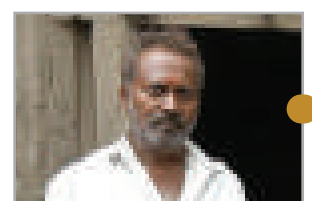
Utkarsh Global Foundation entered our village, not just with water, but with hope. Our villagers were in a state of despair, as the drought had made our lives worse. There was no water in our village. Utkarsh had an efficient system in place for supplying water. They ensured no one was left out. Our happiness has returned.



“ RAMDAS TUKARAM FADTARE

Bopgaon Village, Purandar Taluka, Pune District

The drought condition is severe in our village. Wells have dried up. There is not enough drinking water. Water tankers come once every 15 days or so, but that is not enough. We are a family of six. We have travelled 3 kilometres to fetch water and have to carry water pots on our heads. It is not easy to survive! The Utkarsh Global Foundation has come to our village as a blessing. We have enough water now. Our pots and tanks are full of clean water. Thank you, Utkarsh!



PRASHANT KHANDEKAR

Sarpanch, Beedkhurd Village, Khalapur Taluka, Raigad District

Our villagers faced much distress and helplessness because of water scarcity. Utkarsh initiative made our villagers smile again. Your water supply gave a new life to our village. We will always be grateful.



UTKARSH DROUGHT RELIEF PROJECT 2024



MAY 11, 2024 (Launched in Raigad and Solapur districts)

We distributed drinking water to 10 villages in Khalapur Taluka in Raigad district.

Present on the occasion were Mr. Bhau Pawar, Sarpanch; Ms. Namrata Rakesh Patil, Deputy Sarpanch, and Mr. Ramdas Fawde from the Police Mitra Sanghatana.

Utkarsh trustees Mr. Pravin Jadhav and Mr. Satish Gaikwad, along with the Utkarsh team members, including Ms. Rishika Kashyap, Manager, Operations, Ms. Sushma Thorat, State Coordinator, Maharashtra, Ms. Pranali Patil, Mr. Shyam Momin, and Ms. Shweta Kamble, also attended the event.

Solapur District

On May 11, 2024, we launched Utkarsh Drought Relief Project 2024 in Solapur as well.

Utkarsh distributed more than 12000 litres of drinking water to each of the 10 villages in the district.

The launch event was held at Sonalwadi Village in Sangola District.

Present on the occasion were Mr. Mahadev Burangale, Sarpanch, Sonalwadi; Mr. Tukaram Adsulkar, Sarpanch Baglewadi; Mr. Vikas Ingole, Sarpanch Ekapur, and Mr. Bhau Pawar, Sarpanch, Group Panchayat or Beed Khurd, Khalapur. Eminent social worker from Solapur Mr. Nand Kumar Yadav, was also present. The Utkarsh team was represented by Mr. Aatish Waghmare, Vice-President; Mr. Vinod Jhvir, Trustee Member; and Mr. Harshvardhan Waghmare, Public Relations Officer, Utkarsh.

पुढारी

सांगोला तालुक्यात टँकरद्वारे मोफत पाणीपुरवठा
सोनलवाडी, बागलवाडी भागात उत्कर्ष ग्लोबल फाऊंडेशनचा उपक्रम

सांगोला : पुढारी वृत्तसेवा
सोनलवाडी, बागलवाडी या भागात उत्कर्ष ग्लोबल फाऊंडेशनच्यावतीने टँकरद्वारे मोफत पाणीपुरवठा करण्यात येत आहे. ही एक समाधानाची बाब आहे. या मोहिमेमुळे सुमारे ८०० पेक्षा जास्त ग्रामस्थांना आनंद झाला.

उत्कर्षने जिल्हाधिकारी कार्यालयाच्या सहकार्याने सोलापूर जिल्ह्यात उत्कर्ष दुष्काळ निवारण प्रकल्प-२०२४ प्रारंभ केला. ते सांगोल्यातील दुष्काळग्रस्त गावकऱ्यांपर्यंत पोहोचले. या भागातील प्रत्येक गावात रानिवार, दि. ११ रोजी एकूण तीन पाण्याच्या टँकरद्वारे गावकरी व

सांगोला : टँकरद्वारे मोफत पाणीपुरवठा केला जात असल्याचे दिसत आहे.

पिण्याचे पाणी मोफत वळप करण्यात यायच उपस्थित होते. त्याचप्रमाणे उत्कर्ष संघाचे उपाध्यक्ष आतिश वाघमारे यांनी कार्यक्रमाचे सूत्रसंचालन केले. उत्कर्षचे सहादेव बुरंगले, बागलवाडीचे सरपंच तुकाराम अडमुळकर, एकतपूरचे सरपंच

याच उपस्थित होते. त्याचप्रमाणे उत्कर्ष संघाचे उपाध्यक्ष आतिश वाघमारे यांनी कार्यक्रमाचे सूत्रसंचालन केले. उत्कर्षचे सहादेव बुरंगले, बागलवाडीचे सरपंच तुकाराम अडमुळकर, एकतपूरचे सरपंच



MAY 19, 2024 (Launched in Pune District)

Utkarsh distributed over 300,000 litres of drinking water in 13 villages in Purandar Taluka. More than 56,000 villagers benefited and were relieved to find some relief amidst the severe drought conditions in the villages.

The Sarpanch of Kumbharvalan Village, Mrs. Manjusha Gopal Gaikwad, also graced the occasion.

We thank Shogun Organics Limited for supporting the noble initiative. Their team, including Mr. Santosh Kumar Panda, Vice-President, Operations; Mr. Sudhir Mule, DGM HR, IR and Compliance, and Mr. Ranjeet Khomne, HR, were present at the event.



UTKARSH DROUGHT RELIEF PROJECT 2024

MAY 21, 2024

Utkarsh Drought Relief Project reached the villages of Belsare, Ambale and Bopgaon, in Purandar Taluka, Pune District.

The sarpanchs of the villages, namely, Mr. Arjun Haribhau Dhende (Belsare); Mr. Namdeo Thorat (Ambale), and Mrs. Priyanka Shamrao Fadtare, (Bopgaon), also joined the event. A big thank you to Garware Technical Fibres Limited for their support towards the initiative.



MAY 27, 2024

Utkarsh Drought Relief Project 2024 launched in Chhatrapati Sambhaji Nagar District

More than 42 tankers were sent to 9 villages in Paithan Taluka. The tankers distributed drinking water to the villagers for more than a month.

The inaugural event was held in Changatpuri village. Mr. Bhagwan Kabadi, the Sarpanch, Changatpuri, and Mr. Gokul Patangrao Rawas, Sarpanch, Pategaon, were present at the event. We are grateful to Canpack India Pvt. Ltd., for supporting the event as the donor. Mr. Vikram Potdar, CEO, and Mr. Manoj Pallod, Legal Head, Canpack, also graced the event as the chief guests.

The Utkarsh team was represented by Adv. D. R. Londhe, President, Utkarsh, and Mr. Aatish Waghmare, Vice-President.



UTKARSH DROUGHT RELIEF – THE PREPARATIONS

Utkarsh surveys drought-affected districts

Before launching the Utkarsh Drought Relief Project 2024, Utkarsh undertook surveys of the villages in the districts and spoke to the villagers. They shared with us the conditions and the problems they were facing. The surveys helped us identify the villages and draw a proper water distribution plan for the villages.



UTKARSH PRESIDENT AND TRUSTEES VISIT PUNE DISTRICT

Adv. D. R. Londhe, President, Utkarsh, along with Mr. Aatish Waghmare, Vice-President; Mr. Pravin Jadhav, General Secretary; and Mr. Vinod Javir, Trustee Member, Utkarsh, visited the drought-stricken villages in Pune District on May 25, 2024, to find about the ground report of the ongoing disaster relief activities by Utkarsh in the villages of the district. The Utkarsh team met with officials, sarpanchs of the villages, and spoke to them about Utkarsh Drought Relief Project 2024 and also found out about the current situation in the villages.



MEETING WITH MINISTER TO SEEK A CAP ON WATER TANKER CHARGES

When disasters strike, the common man is the one who suffers the most. The exorbitant charges of water tankers have added to the suffering of the drought-affected people in Maharashtra.

To find a solution to the woes of the people, the Utkarsh team met with Shri Anil Patil Ji, Cabinet Minister, Relief & Rehabilitation and Disaster Preparedness, Maharashtra Government on May 22, 2024, to request a cap on the rates of water tankers. The Utkarsh team was represented by Mr. Pravin Jadhav, General Secretary, and Mr. Vinod Javir, Trustee Member.



HERE'S TO THE UTKARSH TEAM (ON THE FIELD AND AT THE BACKEND)

Utkarsh Drought Relief Project 2024 was a huge success, with hundreds of families receiving drinking water during the extreme drought conditions in their villages.

We could not have done it without the dedication and efficiency of our team working on the field and behind the curtains.

While the team on the field managed coordination, and ensured timely delivery of drinking water in each home, our backend team was also at work, managing fundraising, digital marketing, administration, and more.

A special shoutout to the photographers and videographers on the field who captured the helplessness, relief, joy, tears and excitement!

THANK YOU, TEAM!



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!



UTKARSH RESPONDS TO MCGM CALL ABOUT A RABID DOG IN MUMBAI

On May 8, 2024, Utkarsh organised an urgent anti-rabies vaccination drives at IIT Powai Gate No. 2, Mumbai, as we received a call informing the same from the MCGM. A suspected rabid dog was creating havoc as he had bitten 10 other dogs. Utkarsh reached the spot and vaccinated more than 23 dogs in the area, including a cat. The residents were relieved after the anti-rabies vaccination drives.



MAY 5, 2024

Number of dogs vaccinated: 72+

Locations:

- Mulund (Bhaji Market, Near Fish Market, Bharat Kirana Store, Jhulelal Marg, Main Bazar, and areas near Swastik Pharma)
- Bhandup (Shivam Apartment, Near Shriram College, Opp. Lotus Hospital, and Datta Mandir Road)
- Vikhroli (Kannamvar Nagar 2, and Shree Cooperative Housing Society).



MAY 23, 2024



MAY 25, 2024



Number of dogs vaccinated: 58+

Locations: Dream Mall, Bhandup Station Road, Bhandup west; Parksite Police Station, Surya Nagar Chandan Nagar, Vikhroli West; BMC Quarters 2, Bhim Nagar, Panchshil Nagar, Ghatkopar West; Nathani Road, Nausena Vihar, Khalai Village, Vidyavihar West, and Narayan Nagar Road, Azad Nagar, in Saki Naka

Number of dogs vaccinated: 49+

Locations: Bhagtani Enclave, Durga Road, Behind Asian Paints, Industrial Area, Bhandup West; Subhash Nagar, Mhada Colony, Nahur West and Mulund Checknaka, LBS Road, Mulund West

HEALTHCARE MOVEMENT



MAY 4, 2024

LATUR

MAY 18, 2024



Number of dogs vaccinated: 70+

Location: Anand Nagar, Samrat Chowk, Nanded Gaon Road, Bhabalgaon Road, and Maharana Pratap Nagar

Number of dogs vaccinated: 68+

Location: Manage Nagar, Maharana Pratap Nagar, Naik chowk, Kawa Road, Hudco Cidco and Ring Road

MAY 25, 2024

Number of dogs vaccinated: 70+

Location: Shri Nagar, Barshi Road, Walmiki Nagar, Sawewadi and Ganj Golai.



MAY 11, 2024

AMBERNATH

MAY 18, 2024

Number of dogs vaccinated: 74+

Location: Kailash Nagar, Wadavali Rotary Club Jai Hind Bank Area, areas around Ambernath Railways station, and Sai Section in Ambernath East



Number of dogs vaccinated: 54+

Location: Koyna Nagar Bhoir Chawl Lok Nagari, Shiv Shakti Nagar, MIDC Road, and MIDC Office.

PLEASE SUPPORT UTKARSH GLOBAL FOUNDATION

YOU CAN DONATE VIA

BANKING DETAILS AS BELOW:

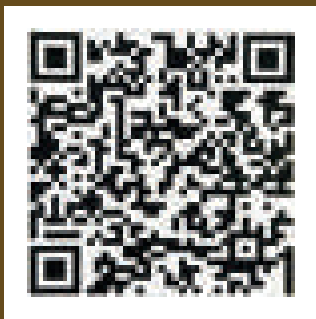
Name of Beneficiary:
Utkarsh Global Foundation

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 /
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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.



Block No.35, Room No.02, 1st Floor,
Powai Chowk, Mulund Colony,
Mulund (West), Mumbai - 400082

Contact: 8806207090

Email: wee@utkarshglobalfoundation.org

CTS No. 298/6, Behind Asian Paints, Sonapur
Lane, Off L. B. S. Marg, Bhandup (West),
Mumbai - 400078.

Contact: 8976925958 / 022 - 2567 6000

Email: mum1@utkarshglobalfoundation.org

Bhabha Atomic Research Centre,
Anushakti Nagar, Gate No. 6, Trombay,
Mumbai - 400 085

Contact: 98920 17483

Email: barc@utkarshglobalfoundation.org

Website: www.utkarshglobalfoundation.org

MUMBAI

Office no. 507, Galli no. 1 Sri Rampuram Colony Dev
Kali Bypass, Near Shiva Palace, Mandakini Nagar,
Ayodhya, Uttar Pradesh - 224001

Contact: +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

UTTAR PRADESH

25, Karnam Street, Ram Nagar,
Dhandeeswaram Nagar,
Velachery, Chennai - 600 042

Contact: +91 89767 08156

Email: tn@utkarshglobalfoundation.org

TAMIL NADU

Office no. 402-407, 4th floor, Vasudev
Chambers, Near Sonapur Signal, Opposite
D'Mart, Mulund (West), Mumbai-400078

Contact: +91 86559 69555

Email: Info@utkarshglobalfoundation.org

CORPORATE OFFICE

● 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

MAHARASHTRA

● WADA

Gauri Complex, opposite Bharat Gas
Agency, Khandeshwari Naka, Wada

Contact: +91 74996 14191 / 89769 25957

● NASHIK

Transport Nagar Adgaon,
Nashik, Maharashtra - 422201

Contact: +91 8655907604

Email: nashik@utkarshglobalfoundation.org

2C, Block D, HBK Vatika, Shivalik Green,
Royal Palace Road, Sector 127, Kharar,
Mohali, Punjab -140301

Contact: +91 86559 69549

Email: pun@utkarshglobalfoundation.org

PUNJAB

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

Email:
info@utkarshglobalfoundation.org

Website:
www.utkarshglobalfoundation.org

Contact:
+91 86559 69555