

**FREE MEDICAL CAMP**

Naturopathy deals with the healing power of nature since it believes that all healing powers are within your body. This means that within every human organism there is a healing energy, which includes our immune system in the fuller sense of both the physical and the psyche, which is responsible for our wellness and our ability to heal and maintain health. Since we fall ill only when we go against Nature, the cause of diseases (toxins) is expelled from the body to cure it. Fasting has been described as Nature's way to recover. A thorough rest, which includes fasting, is the most favorable condition in which an ailing body can purify and recoup itself.

Naturopathic medicine treats the patient from the preventive stage through to serious, chronic and debilitating disease. Therefore, people can go to Naturopaths for colds, bronchitis, allergies, as well as for heart disease, diabetes, and malignant diseases.

Due to lagging behind naturopathy day to day because of popularity of allopathy our Foundation has organised Naturopathy health education programme for general public with the assistance of National Institute of Naturopathy at Z. P. high School for Girls in Huzurabad town of Karimnagar district.

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**ENVIRONMENTAL & SANITATION**

The Foundation has organized the Awareness Camp on “Climate Change” in the villages of Huzurabad Mandal in Karimnagar district under National Environment Awareness Campaign with the financial assistance from Ministry of Environment and Forests, govt. of India, New Delhi. The problems of climate change due to practice modern agricultural methods and extensive usage of chemical fertilisers. Further he added that, the systems of ‘Organic Farming’ that Organic refers to agriculture production system used to produce agricultural products organically. Organic farming management relies on developing biological diversity in the field to disrupt habitat for pest organisms, and the purposeful maintenance and replenishment of soil fertility. Organic farmers are not allowed to use synthetic pesticides or fertilizers. Further organically produced food is more nutritious than present inorganically produced food and it is as safe to consume as any other kind of food and also clarified that Organic farming does not totally exclude the elements of modern agriculture. Varying agro climatic conditions are to need inputs from the current technological advances. The Foundation has mobilized the people for demonstration of medicinal tree plantation in the premises of Elementary School of Huzurabad in plantation and planted the saples in the school premises. The Villagers were involved in the concept of control of Climate Change through plantation and conservation of water with the adoption of organic farming. They themselves have involved in tree plantation voluntarily.

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### **LEGAL AWARENESS PROGRAMME**

Huzurabad of Karimnagar district was selected as IWMP block based on the criteria circulated by NRAA. A contiguous area of 4780 hectares is selected. In this block 6 micro watersheds were proposed from 19 villages. This block covers 6 Grama Panchayaths

As Resource Agency our Foundation has developed 6 Detailed Project Reports (DPR) for 6 Micro Watersheds and an Integrated Watershed Management Programme Report submitted to the District Water Management Agency (DWMA) through Kotapadu Project, for executing the Watershed Works in proposed area.

### **HIV/AIDS AWERNESS**

The Foundation has continued to bring awareness on safe sex practice among female sex workers, truck drivers and MSM and the Foundation has organised safe sex practice through condom promotion programme through Behavioural Change Communication (BCC) method with the collaboration of district health department particularly HIV/ AIDS nodal agency. This programme was organised every month at Roadside dabhas sprawling on National Highway . The Ramula Sahithi Foundation NGO has received enormous positive attitude towards safe sex from female sex workers, truck drivers and MSM. The condoms made available at dabhas through keeping the outlets with the cooperation of shopkeepers at dabhas and unmanned outlets at Railway Stations, Bus Stands. Nearly 45000 condoms were distributed during the year.

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**DISABLE SERVICE**

The coverage of immunisation is very low in rural areas and some pockets of tribal habitations in Huzurabad mandal of Karimnagar district. To improve the coverage of immunisation in the area, our Foundation has conducted intensive awareness camps on immunisation. The Foundation is also involved in National Intensive Pulse-polio Programme launched by the government in tribal habitations and organised mobile camps in floating area of Kotapadu Bus station, and Sri Lakshmi Narasimha Swamy Temple in Kotapadu town.

**WOMEN EMPOWERMENT:**

To create awareness in women on faeatal deaths, To make awareness on women harassment in the society, To increase women litaracy rate, To conduct seminars on women rights, To conduct workshops on litaracy, To conduct door-to-door visit to create individual awareness

**YOUTH MOBILISATION:**

To mobilize youth on the adverse effects if liquor consumption and tobacco chewins, To mobilize the institutions and youth on the moral based education, To make awareness on personality developments, To mobilize the youth to achive success in All India Civil Services Examinations.

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**LEAF PLATE MAKING TRAINING PROGRAMME**

The Ramula Shithi Foundtion NGO has formed 145 Self Help Groups (SHGs) for the Women consisting of women in Huzurabad mandal of Karimnagar district of. Under this programme formation of new SHGs, strengthening of the groups and their capacity building, credit support for micro enterprises are some of the key activities. We aim at promoting micro enterprises through Self Help Groups as a means of poverty alleviation. Accomplishments through the programme are as follows:

The leaders of the SHGs have undergone training, which enables them to handle group income. Loan repayment, enforcement of group discipline, Book keeping and awareness on Health, Hygiene care, Environmental Sanitation Safe Drinking Water methods, planned family size etc., through our SHGs programme women emerged as strong independent, empowered personalities, capable of leading independent lives, engaged in developmental activities for improving their own and their families quality of life.

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### **CONSUMER AWARENESS CAMP**

Socio & economic backwardness, inferiority complex, lack of unity, illiteracy, ignorance, indebtedness the consumers are always cheating by manufacturers, Shop-keepers and service providers. Having recognised the importance of Consumer Rights, our Foundation has launched Intensive awareness programme on consumerism. As a part of programme, the Ramula Sahithi Foundation NGO has organised rallies and public meetings for generating awareness on Consumer Rights. Moreover, the Foundation has also conducted consumer awareness activities in 16 villages of the operational area.

### **VOCATIONAL TRAINING PROGRAMME FOR RURAL YOUTH**

The Ramula Sahithi Foundation NGO has provided vocational training to adolescent girls in Hand embroidery. The Training centre has been established in Singapur town. About 33 adolescent girls have been trained in Hand embroidery for sarees, blouses and dress material. Beneficiaries who underwent training successfully were supplied raw material through Bank Linkage. The training programme has equipped beneficiaries with necessary skill to improve their living conditions and generate Income for their families.

20 campaigns were conducted in tribal habitations for Child survival and safe motherhood.

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**AGP CAMP FOR WOMEN**

Under this programme about 275 children were benefited this year also through Early Child Hood Education and supplementary nutrition to below 5 years children. The organisation has established Pre-School centres in Ranga Reddy and Karimnagar Districts. rural have identified for this programme have chosen for it, by implementation of the above programme, there is a good impact among below 5 years Children in the targeted Community. It can be evaluated the impact that the improvement in the nutritional and Health Status of the children.

To improve the educational standards among rural school going children, especially SSC students our Foundation has conducted special coaching centres in 10 villages of Huzurbad mandal. The centres were made the slow learning children to score high marks. About 120 children were benefited through this programme.

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